

CONTINUING EDUCATION

Live to Learn!

SPRING 2023

206.934.3705 | www.learnatnorth.org

This Spring I Will Learn:

- Edible Gardening
- Acrylic Painting
- Cooking with Wine
- Retirement Planning
- Writing

Register Now!

Healthy Skepticism: Tools for Deciding What's True, page 7

Acrylic
Painting
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Birding
by Ear
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Alpine Tricky
Zwiefacher Dance
page 5

Welcome to Continuing Education

Celebrating Learning Since 1970

We are committed to enriching lives by:

- Offering lifelong learning opportunities
- Serving community needs and interests
- Expanding horizons through quality educational experiences

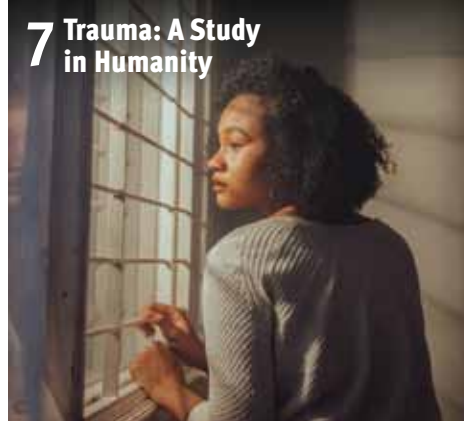
Registration is Easy

Sign up early to ensure your spot!

ONLINE www.learnatnorth.org

MAIL Fill out and mail form on page 9

PHONE 206.934.3705



CEUs and Clock Hours

Continuing Education Units CEU Fee \$15

Register for Continuing Education Units (CEUs) to verify the completion of a class. Pay this fee one time each quarter and earn CEUs for multiple classes.

Clock Hours Fee \$15

Teachers who would like to earn Clock Hours with the Office of Superintendent of Public Instruction for their Continuing Education class can do so by registering for this Clock Hours Fee. Pay this fee one time each quarter and earn clock hours for multiple classes.

Looking for a meaningful career opportunity? An adult family home career might just be for you! Employment in home health is projected to grow 25 percent through 2031, faster than the average for all occupations. For orientation and course training information please visit <https://continuinged.northseattle.edu/afh>.

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PROFESSIONAL

BUSINESS SKILLS

Grant-Writing

Take the mystery out of grant writing in this content-rich and hands-on course designed to dramatically improve your grant writing skills. Hone your skills as you work on an actual grant application in class and receive individualized feedback.

26781 4/7/2023 - 5/19/2023 9:00 - 11:00AM 7 ses F
Lang Online; Zoom \$275



Content Creation with Canva for Beginners ★

Learn the ins and outs of this graphic design platform for creating graphics for social media, blogs, websites, and other visual content such as video, presentations, and even book publishing. Learn how to effectively utilize this platform for both personal and professional content needs.

22494 4/26/2023 - 6/14/2023 7:00 - 9:00PM 8 ses W
Sweeney Online; Zoom \$315

Cómo Prepararse para Hablar en Público

Aprenda a mejorar sus técnicas de oratoria y a conectar en un nivel más profundo con su audiencia. Participantes aprenden a presentar con más confianza, reciben herramientas para mejorar su dicción, y estructurar una presentación efectivamente. This is a Spanish language Public Speaking class.

20203 5/2/2023 - 5/16/2023 6:30 - 8:30PM 3 ses Tu
Morel CC Bldg Room 3343 \$129

Introduction to Public Speaking

Would you like to reduce stage fright and gain more confidence speaking in front of a group? Learn key skills and strategies to deal with nervousness, plan and deliver an effective presentation, and practice presentation techniques to capture audience attention.

19366 5/11/2023 - 5/25/2023 6:30 - 8:30PM 3 ses Th
Tabor CC Bldg Room 3457 \$95

AUDIO ENGINEERING

Audio Engineering: Introduction to Ableton Live and Beatmaking ★

This course will introduce Ableton Live, the premier beatmaking DAW. Each student will be able to download an extended free trial of the software for this course, which will detail how to make your own drum grooves with an introduction to MIDI (Musical Instrument Digital Interface).

20827 4/19/2023 - 6/7/2023 6:30 - 8:30PM 8 ses W
Falconer Online; Zoom \$299

Audio Engineering: Introduction to Analog Gear ★

Course covers the plugin emulations of analog gear and how the analog world relates to mixing in-the-box. Learn analog signal processing, technical functioning and practical use of microphones, preamps, equalizers, and compressors. Learn the basics of electronic components and how to solder and repair.

20850 4/20/2023 - 6/8/2023 6:30 - 8:30PM 8 ses Th
Dane Online; Zoom \$299

Audio Engineering: Mastering Workshop ★

Mastering can improve the quality of a music production and get it ready for commercial distribution for CD, TV, the Internet, video games, and more. Mastering is the final process in audio and music production. In this stage, we optimize the track's mix and final volume to get a professional result.

20853 5/20/2023 - 5/21/2023 9:00AM - 4:00PM 2 ses Sa, Su
Dane Online; Zoom \$399

SMALL BUSINESS

Social Media Basics

Explore Instagram, Facebook, TikTok, YouTube, Pinterest, Twitter, and LinkedIn. Learn which features you should focus on for your business (or personal use) and the ins and outs of those features. Also covered; how to structure your content and strategies to juggle using multiple platforms.

19358 4/13/2023 - 6/15/2023 7:00 - 9:00PM 10 ses Th
Sweeney Online; Zoom \$399

WORK FOR YOURSELF

Starting a Legal Home-Based Food Business

Dream of turning your love for baking into a side business? Learn about business licensing requirements, health code issues specific to home-based food businesses, and step-by-step information about food costing, sales channels, and the financial aspects of making a successful start.

19346 5/6/2023 - 5/7/2023 9:00AM - 5:00PM 2 ses Sa, Su
Lewis HS Bldg Room 2536A \$145



Intro to Audiobook Narration and Production at Home ★

Audiobooks are the fastest growing format in book publishing, and most audiobooks are recorded in home studios. Learn everything you need to get started narrating, engineering, and producing audiobooks, as well as some great tips on finding paid work as an audiobook narrator.

19697 5/11/2023 - 6/8/2023 7:30 - 9:30PM 5 ses Th
Lee Online; Zoom \$129

Introduction to Voiceover

Learn to use your speaking voice for commercials, films, and videos. Discover how to succeed at a lucrative full- or part-time career. This is a business that you can handle on your own terms, turf, time, and with little overhead.

19351 5/16/2023 - 5/16/2023 6:00 - 8:00PM 1 ses Tu
Foster CC Bldg Room 3350 \$49

ARTS

WRITING

The Secrets of Powerful Writing

Whatever you write, professional or personal, you'll benefit from expressing yourself clearly and directly. Learn to clarify your message, communicate complex information, avoid common mistakes, edit, and proofread your writing, use proper grammar and punctuation, communicate on social and electronic media, and more.

19285 4/10/2023 - 4/24/2023 6:30 - 8:00PM 3 ses M
 Dubois Online; Canvas and Zoom \$99



Free-Writing Workshop

Discover a gentle, safely supportive approach to writing. With prompts and creative writing tips, we will free write together in 10-12 minute sessions. Then each student has a chance to read what they wrote, and the class responds with exclusively supportive feedback. Beginners welcome.

19209 4/20/2023 - 6/8/2023 6:30 - 8:00PM 8 ses Th
 Peizer Online; Zoom \$129

Beginning Fiction: Crash Course

Improve the depth and flow of your storytelling in a class designed for new and developing creative writers. Work step-by-step through a plan for a complete story including developing characters, mapping plot, writing dialogue, and creating exciting beginnings and resolutions.

20521 5/3/2023 - 6/7/2023 6:30 - 8:30PM 6 ses W
 Hall Online; Zoom \$149

Writing A Short Memoir

Turn your life experiences—dramatic and everyday—into a powerful short memoir. Tell the story of your life in bite-sized chunks. Learn the process of writing a short memoir piece: from selecting and reflecting on your experience, to writing and publishing your story.

19314 5/8/2023 - 5/22/2023 6:30 - 8:30PM 3 ses M
 Dubois Online; Canvas and Zoom \$99

VISUAL ARTS

Oil Painting for Beginners ★

Learn the fundamentals of painting with oils, knowledge of the materials, and a range of approaches both historical and contemporary. Learn how to create and work from a still-life, self-portrait, as well as from each other.

20197 4/4/2023 - 6/6/2023 6:00 - 9:00PM 10 ses Tu
 Norsworthy AS Bldg Room 1532 \$245

NEW Explore the Mysteries of Color 2 ★

Review Itten's 7 color contrasts and Albers' exercises, and add new concepts of transparency, transposing color keys, split complements, and more. Gain confidence and have fun applying intentional color and design choices to fashion, home décor, story boards and artworks.

23023 4/4/2023 - 5/9/2023 6:30pm-9:00pm 6 ses Tu
 McNair CC Bldg Room 3450 \$129

Mixed Media Self Abstraction ★

Explore multiple mediums and new techniques to aid in self-expression. Learn to combine mediums: watercolor, acrylic, collage, pencil, oil pastel, and ink. Explore the use of symbols, written words, texture, drawing, and the use of representational images. 2D abstract class experience is helpful.

19736 4/5/2023 - 6/7/2023 10:00AM - 1:00PM 10 ses W
 Hamburger CC Bldg Room 1254B \$275

NEW Oil Painting 2 ★

Enjoy continued exploration of oil paint as a medium, having taken Oil Painting for Beginners, or having some experience working with oils previously. We will explore abstracting from observation, developing a personal narrative, working from memory, as well as some painting in the landscape.

21047 4/6/2023 - 6/8/2023 6:00 - 9:00PM 10 ses Th
 Norsworthy AS Bldg Room 1532 \$245

Abstract Watercolors ★

Combine the expressive, personal, object-free vision of abstraction with the smaller, particular, intimate beauty of watercolors. This class will focus on the elements of design, color and harmony, line, and shape while creating an exciting and compelling painting that expresses a personal inner vision.

19735 4/6/2023 - 6/15/2023 10:00AM - 1:00PM 10 ses Th
 Hamburger CC Bldg Room 1254B \$275

NEW Acrylic Painting ★

In Acrylic Painting, students will discover a variety of techniques using this versatile medium. We'll learn about the application of paint, color mixing, mediums, collage, and ways to make acrylic look as thin as watercolor and opaque textural as oil. This course is perfect for those new to acrylic or those who want to expand their skills.

19732 4/7/2023 - 6/9/2023 10:00AM - 1:00PM 10 ses F
 Arnitz CC Bldg Room 1254B \$275

Watercolors for Beginners ★

Expand your creative expression by learning how to paint with watercolors. Learn the basics of traditional watercolor techniques while exploring how to combine watercolor with other media and materials such as ink and graphite. Explore and get inspiration from great art in this class.

20215 4/15/2023 - 4/29/2023 12:00 - 2:00PM 3 ses Sa
 Chubotin AS Bldg Room 1530 \$75

NEW Watercoloring Spring Florals ★

Nature is waking up from its winter slumber. In this beginner to intermediate level class learn techniques to produce realistic and accurate spring flower inspired watercolor paintings. Students leave with finished watercolor pieces of spring specimens and the confidence to paint other subject matter.

21040 4/17/2023 - 5/22/2023 6:30 - 9:00PM 6 ses M
 Bundi ED Bldg Room 2843A \$149

★ Visit class website page for information on textbook, supply list or materials fee.

Twentieth Century Art: The Growth of Abstraction 1950-Present ★

In this follow-up course, we will start with Abstract Expressionism and continue studying the variations in this style through contemporary mainstream and fringe multicultural abstract artists. We will examine the work in relation to concurrent historical, social, technological developments, and more.

20214 4/17/2023 - 5/22/2023 11:00AM - 1:00PM 6 ses M
John Online; Zoom \$129

Spring at Seattle Art Galleries

What better way to celebrate the lush imagery of spring than to explore the art galleries in Seattle. We will meet weekly at local art galleries to hear talks, tour the space, and ask questions about the work.

20212 4/19/2023 - 5/24/2023 12:30 - 2:30PM 6 ses W
John Off Campus; Arranged \$129

Introduction to Drawing II ★

Create still-lives, work from the landscape and the figure, both from observation (if possible) and from memory. Students will explore concepts of space, light, and form through previous knowledge of materials such as graphite, charcoal, and ink.

20192 4/3/2023 - 6/12/2023 6:00 - 8:00PM 10 ses M
Norsworthy IB Bldg Room 1307 \$199

Figure Drawing ★

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from short poses to longer, more considered poses.

19138 4/7/2023 - 6/9/2023 6:00 - 8:30PM 10 ses F
Chubotin AS Bldg Room 1532 \$225

Introduction to Drawing ★

Learn the basic techniques of drawing while working from still life, places in our immediate environment, and each other in this introductory drawing class. We will focus on the building blocks of drawing such as composition, measurement, line, shape, value, gesture, and mark.

20191 4/8/2023 - 6/10/2023 3:30 - 5:30PM 10 ses Sa
Norsworthy CC Bldg Room 1254B \$199

Charcol Drawing ★

Experience the freedom of charcoal in this introductory class. All levels welcomed. Explore reduction and additive techniques of charcoal drawing. Through observational drawing practices and tutorials, you'll learn to push and pull light by examining tonal values and studies in scale and proportion.

26774 4/18/2023 - 6/6/2023 7:00 - 9:00PM 8 ses Tu
Arnitz CC Bldg Room 1254B \$199

Pens, Ink and Art ★

Pen and ink are still one of the favorite tools of nowadays artists. In this class, students will be introduced to and practice basic steps and a variety of pen techniques. Learn about technical pens, brush pens, and ballpoint pens; and practice using dip pens.

20216 5/27/2023 - 6/10/2023 12:00 - 2:00PM 3 ses Sa
Chubotin AS Bldg Room 1530 \$75

3D ARTS

Jewelry Special Projects

Practice jewelry making skills with help and mentorship from an experienced instructor; this student-driven class focuses on problem-solving individual projects the students are working on. Enjoy camaraderie and artistic accomplishment by working with other experienced jewelers.

Must have taken North Seattle Beginning Jewelry class or equivalent.

23334 4/4/2023 - 6/6/2023 6:30 - 9:30PM 10 ses Tu
Foy Online; Zoom \$325

Beginning Ceramics ★

Transform a lump of clay into a piece of art. Using basic wheel-throwing and hand-building methods, learn to create cups, bowls, boxes, and more. Individualized instruction and demonstrations of the technical underpinnings will give you a strong foundation in the ceramic arts.

20956 4/8/2023 - 6/10/2023 10:00AM - 1:00PM 10 ses Sa
Lockhart AS Bldg Room 1630 \$325

21063 4/11/2023 - 6/13/2023 6:00 - 9:00PM 10 ses Tu
Georger AS Bldg Room 1630 \$325

Intermediate and Advanced Ceramics ★

Take your ceramic exploration to the next level and improve your wheel throwing and hand building skills. Improve technique with more challenging forms, participate in group critiques, and learn more about the ceramics process like loading, firing, and glaze varieties.

21067 4/13/2023 - 6/15/2023 6:00 - 9:00PM 10 ses Th
Georger AS Bldg Room 1630 \$325

Intermediate and Advanced Jewelry Workshop ★

Take your jewelry design skills to the next level. Tackle ideas and complex projects and advance skills in a supportive environment. Learn multi-step soldering, stone setting, forming, and finishing techniques that will help make your elaborate jewelry design ideas a reality.

26448 4/3/2023 - 6/12/2023 6:00 - 9:00PM 10 ses M
Quarles AS Bldg Room 1633 \$325

Beginning Jewelry Fabrication ★

Learn how to produce your own jewelry design. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces.

19702 4/5/2023 - 6/7/2023 6:00 - 9:00PM 10 ses W
Graham AS Bldg Room 1633 \$325

PHOTOGRAPHY

Photography Basics: Techniques and Art ★

Have you used your digital DSLR or digital mirrorless camera automatically, but want to learn how to use its full creative potential? Learn the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure metering, filters, and flash in this introductory color class.

19703 4/12/2023 - 5/3/2023 7:00 - 9:00PM 4 ses W
Stahl Online; Zoom \$149

NEW Using Available Light ★

Explore light's many facets: backlight, window light, soft light, mountain light, artist's light, storm light, quiet light, and many more including mist, fog, and twilight. Learn how to anticipate and interpret light as it creates shape, line, texture, and perspective in a photograph. Intermediate class.

22190 4/15/2023 - 5/6/2023 9:00 - 11:00AM 4 ses Sa
Stahl Online; Zoom \$149



DRAMA

NEW Improv Acting and Comedy

Whether your aspirations are for Hollywood, video game voice-over, or just to be the funniest person in your next Zoom conference, this is a great place to start. In this class, you will play games and improvise comedic scenes with partners. No experience is necessary.

19699 4/25/2023 - 5/30/2023 7:00 - 9:00PM 6 ses Tu
Lee Online; Zoom \$159

MUSIC

Jazz Ensemble

Practice and perform in concert the newest big-band arrangements which cover all styles of big-band jazz. This class combines talents of professional and student musicians in the big-band experience. Membership is by audition only.

19341 4/12/2023 - 6/14/2023 8:00 - 10:00PM 10 ses W
Radke CC Bldg Room 1254B \$175

Beginning Guitar ★

Pick up the guitar and play. Learn chords, strum patterns, tablature, and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

19340 4/18/2023 - 6/6/2023 7:00 - 9:00PM 8 ses Tu
Kohl HS Bldg Room 2536A \$179

Vocal Performance and Stage Technique Workshop

Learn more about vocal performance, techniques, and stage presence in individual study in this eight week, one-hour sessions to be arranged with instructor and will meet via zoom. This class features a recital preformed at the end of the quarter with big band accompaniment.

22851 4/19/2023 - 6/7/2023 Arranged 8 ses W
Funes Online; Zoom \$375

HOME AND GARDEN

HOME STYLE

Basic Carpentry and Woodworking ★

Learn the basics of joinery, jigs, materials, methods, and project design. After selecting your materials, you'll apply everything you've learned to safely use hand and power tools in the construction and assemblage of your own toolbox, sewing box, garden box, etc.

19367 4/8/2023 - 4/9/2023 10:00AM - 3:00PM 2 ses Sa, Su
Marx CC Bldg Room 1161 \$175

19368 5/20/2023 - 5/21/2023 10:00AM - 3:00PM 2 ses Sa, Su
Marx CC Bldg Room 1161 \$175

Basic Hands-On Home Repair and Maintenance ★

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches, and lighting, plumbing, faucets and wall repair, and more.

19369 4/19/2023 - 5/3/2023 6:00 - 9:00PM 3 ses W
Marx IB Bldg Room 1307 \$135

19370 5/17/2023 - 5/31/2023 6:00 - 9:00PM 3 ses W
Marx IB Bldg Room 1307 \$135

★ Visit class website page for information on textbook, supply list or materials fee.

GARDENING

NEW Learn to Grow: Edible Gardening 101 ★

Interested in growing a successful edible garden this year? This introductory class will teach you all you need to know to get started growing your own fruit, herbs, and veggies. Learn about garden placement, soils, seeds, and starts, types of garden beds/containers, and more.

20996 4/5/2023 - 4/5/2023 6:00 - 8:00PM 1 ses W
Marni Swart Online; Zoom \$39

NEW Edible Gardening: Spring Garden Tasks ★

Springtime means gardening. Learn how to prepare your garden beds, pest prevention, and what to plant now for an abundant spring harvest. Take an in-person garden tour to reinforce the learning concepts from the class, plus get inspiration and ideas for your garden.

21000 4/12/2023 - 4/12/2023 6:00 - 8:00PM 1 ses W
Swart Online; Zoom \$49

NEW Edible Gardening: Summer ★

Home grown summer veggies are the best. Learn all about what to plant and when for a successful summer harvest of all your favorites vegetables. Discuss soil, watering, and fertility needs, and how to manage pesky garden pests. Enjoy an in-person garden tour.

21005 5/3/2023 - 5/3/2023 6:00 - 8:00PM 1 ses W
Swart Online; Zoom \$49

FOOD AND WINE

COOKING

NEW Cooking with Wine ★

Cooking with wine can be divine. In this class, we will pan-roast chicken in white wine, make spring pea risotto with Chardonnay, and round out our meal with spring salad dressed with a homemade champagne vinaigrette.

26806 4/30/2023 - 4/30/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

NEW Baking for High Tea ★

Whip up two different tea sandwiches: chicken pecan salad and a vegetarian option and homemade scones with lemon mascarpone cream and strawberry tea cookies with a lemon glaze. Chef Michele will share her favorite tea combinations and how to arrange your tea party tray.

26805 5/7/2023 - 5/7/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69



NEW Spring Scallops ★

Learn to make seared scallops in a wine sauce alongside a farmers' market-inspired side dish of braised spring vegetables including leeks, baby artichokes, asparagus, and peas. Chef Michele will also provide ideas for simple, light desserts to round out this fresh, delicious meal.

26813 5/21/2023 - 5/21/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

NEW Plant-Based Cooking ★

Spring in the PNW means a plethora of fresh veggies, and what better way to enjoy them than with this plant-based cooking class. Chef Michele will show you how in-season fresh veggies combined with delicious grains and plant-based proteins can be transformed into delicious, flavorful meals.

26810 6/11/2023 - 6/11/2023 2:00 - 5:00PM 1 ses Su
Sweeney Online; Zoom \$69

DESSERTS

The Art of Cakes ★

Learn to make one-of-a-kind creations for family and friends. In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques, and experience the excitement of making your cake a work of art.

19356 4/22/2023 - 5/27/2023 1:00 - 5:00PM 6 ses Sa
Sweeney ED Bldg Room 2843A \$359

The Art of Cookie Decorating ★

Learn how to decorate a set of spring/summer inspired sugar cookies using royal icing. Techniques taught include icing consistencies, outlining, flooding, and decorating cookies for any occasion. You will also learn how to make your own sprinkles and royal icing transfers to embellish your creations.

19357 6/10/2023 - 6/10/2023 1:00 - 5:00PM 1 ses Sa
Sweeney ED Bldg Room 2843A \$79

FITNESS

EXERCISE

Stronger Together: A Partners Workout

Get fit and have a blast in this fitness class where your partner is your equipment through weight resistance exercises. Join forces with another person from your household for a fun workout that focuses on both strength and flexibility.

19274 4/3/2023 - 5/22/2023 6:00 - 7:00PM 8 ses M
Brenith WC Bldg Room 0829F \$249

Strength and Conditioning

Get fit and have a blast. Interval training blends strength and cardiovascular circuits using body weight, dumbbells, and a variety of equipment. This 90-minute class provides full-body conditioning and will target strength, balance, cardio, and flexibility.

19260 4/4/2023 - 6/6/2023 6:00 - 7:30PM 10 ses Tu
Brenith WC Bldg Room 0827D \$155

Mat Pilates for Strength and Flexibility

Experience the incredible benefits of mat Pilates. With emphasis on core stability, postural alignment, and proper muscle engagement, you'll improve core strength, flexibility, posture, and muscle tone. Enjoy mindful, full-body workouts, offering various exercises and modifications for both beginners and experienced Pilates students.

26780 4/19/2023 - 6/7/2023 9:00 - 10:00AM 8 ses W
Mire Online; Zoom \$119

DANCE

NEW Alpine Tricky Zwiefacher Dance

The basis of dancing is motion; the rhythm leads the dance. Learn to hear, then dance to, traditional rhythms, the Zwiefacher, a folkdance common in Alpine countries. No fancy moves, no tricky leads, just dancing.

21036 4/27/2023 - 6/15/2023 11:00AM - 12:30PM 8 ses Th
McMonagle WC Bldg Room 0829F \$159

Beginning Ballet for Adults

Join a welcoming, moderately paced course for students with or without previous dance experience. We'll begin with basic movements at the barre to develop a fundamental understanding of ballet technique, then practice simple exercises across the floor.

19247 4/19/2023 - 6/7/2023 7:15 - 8:30PM 8 ses W
Wilson WC Bldg Room 0829F \$99



Ballroom Basics and Beyond

Improve your dance skills or learn to step out onto the dance floor. Move to the upbeat Latin rhythms of the nightclub dance, salsa; then dance the dramatic tango. Perfect for the beginner or continuing learners.

20168 4/20/2023 - 6/8/2023 6:30 - 7:30PM 8 ses Th
Boarman WC Bldg Room 0827D \$120

West Coast Swing

West Coast Swing is a slower swing created for busy dance floors and danced to a variety of music from Blues to Motown to Country. Perfect for beginners and those wishing to brush up on technique and learn a few more moves.

21167 4/20/2023 - 6/8/2023 7:35 - 8:35PM 8 ses Th
Boarman WC Bldg Room 0827D \$120

MOVEMENT

Tai Chi Ruler: Simple Exercises for Health and Longevity

Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises and is easier to learn than Tai Chi. Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation, and enhances neuromuscular coordination.

19323 4/4/2023 - 6/6/2023 10:00 - 10:55AM 10 ses Tu
Sharp WC Bldg Room 0829F \$95

Sustaining Vitality: Qigong

Increase vitality, give your immune system a boost, and feel more energetic. Qigong is based on the principle of balancing your body's natural energy (Qi) through meditation, breathing, and movement exercises that are easy to learn and put into practice.

19338 4/6/2023 - 6/8/2023 10:00 - 10:55AM 10 ses Th
Sharp WC Bldg Room 0829F \$95

Beginning Tai Chi: Grasping the Sparrow's Tail

Learn one of the best forms of low-impact exercise for health and longevity. Increase flexibility and strength by learning this slow flowing movement meditation. Experience deeper self-awareness, improved balance, and mental concentration, as well as increased physical energy. Tai Chi is beneficial for all.

19336 4/8/2023 - 6/10/2023 9:10 - 10:40AM 10 ses Sa
 Sharp WC Bldg Room 0827D \$155



Continuing Tai Chi: Grasping the Sparrow's Tail 2

Our focus is to complete and refine the long form, which consists of four sections containing about 45 postures each. Partner drills and beginning pushing hands enhance each student's comprehension of the subtle and profound nature of Tai Chi Chuan.

19337 4/8/2023 - 6/10/2023 10:45AM - 12:15PM 10 ses Sa
 Sharp WC Bldg Room 0827D \$155

YOGA

Philosophy of Yoga Through Posture Practice

Understanding the definition of Yoga alongside performing the posture can fire-up and deepen what you already know about Yoga. Learn various postures including standing, seated, twisting, back bending, and restoratives. Students will learn Yoga postures and breath exercises progressively, accurately, and safely.

20211 4/20/2023 - 6/15/2023 8:00 - 9:15AM 8 ses Th
 Bernstein WC Bldg Room 0829F \$115

ENRICHMENT

CRAFTS

Quilting Basics ★

Learn quilting basics on how to choose colors, create a quilt block, piecing techniques, sandwiching, and binding a quilt. In class you will finish the perfectly sized beginners lap quilt with a unique design to keep or give as a gift.

19365 4/8/2023 - 4/29/2023 9:00AM - 2:00PM 4 ses Sa
 Johnson CC Bldg Room 1254B \$205

Beginning Sewing ★

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics, and laying out fabric to create a finished piece you can be proud of.

19361 4/20/2023 - 6/8/2023 6:30 - 9:00PM 8 ses Th
 Johnson CC Bldg Room 1254B \$205

Alter This – Alter That! ★

Get more wear from your garments by learning simple alterations and repair techniques. In this class you will learn how to alter hems and waistlines and create a fitted garment. **Bring to class a few of your favorite wardrobe pieces and your sewing machine.**

19363 5/6/2023 - 5/6/2023 9:00AM - 3:00PM 1 ses Sa
 Johnson CC Bldg Room 1254B \$65

Beginning Sewing II: Designed Apparel ★

Want to sew more? This course focuses on sewing clothes using the home sewing pattern. You'll choose from a selection and add your custom design looks by employing a variety of techniques and applications. Sew sleeves, buttonholes, and much more.

19362 5/13/2023 - 6/3/2023 9:00AM - 2:00PM 4 ses Sa
 Johnson CC Bldg Room 1254B \$205

Serging Made Simple ★

So many threads. Where do you start? We will cover how to thread the serger, adjust tensions, and serge to to three projects right in class. You will be surprised how fast you can complete a project with this amazing machine.

19364 6/10/2023 - 6/10/2023 9:00AM - 3:00PM 1 ses Sa
 Johnson CC Bldg Room 1254B \$65

NATURE & SCIENCE

NEW Cyclist's Guide to the Palouse to the Cascades Trail

One hundred and ten miles of mountain biking awaits you on this unique ride. Class covers logistics, equipment, conditioning, and time of year to make the ride. Learn the history behind the trail and essential information in this information-packed workshop.

26792 4/10/2023 - 4/10/2023 6:30 - 8:30PM 1 ses M
 Kaynor Online; Zoom \$39

Common Spring Birds of Washington

Join us for a look at how to identify 75 of the most common bird species found in Washington State during spring. Instructor David Kaynor will share photos and fun facts about these birds, including how to identify and where to find them.

26796 4/11/2023 - 4/11/2023 6:30 - 8:30PM 1 ses Tu
 Kaynor Online; Zoom \$39

Birding by Ear

Discover the hidden world of bird language where identification, behavior and music come alive. Explore the use of bird songs and calls to identify bird species. Tools, apps and methods of learning birding by ear and practice skills will be introduced.

20213 4/13/2023 - 4/20/2023 6:30 - 8:30PM 2 ses Th
 Rose Online; Zoom \$49

NEW Less Common Spring Birds

Join us for a look at 54 of the less common bird species that are found in western Washington State in the spring. This class is suitable for anyone who loves birds and covers lots of fun facts about each species.

26772 4/24/2023 - 4/24/2023 6:30 - 8:30PM 1 ses M
 Kaynor Online; Zoom \$39

NEW Lewis & Clark Trail: Idaho, Oregon and Washington

Explore the Lewis and Clark Trail through Idaho, Oregon, and Washington with David Kaynor as your guide. We will virtually visit sites where the Expedition of Discovery stopped throughout their passage.

26801 5/2/2023 - 5/2/2023 6:30 - 8:30PM 1 ses Tu
 Kaynor Online; Zoom \$39

★ Visit class website page for information on textbook, supply list or materials fee.

PERSONAL

NEW Savvy Tax Planning for Retirement

Tax planning for retirement is as important as saving for retirement but is often overlooked; you must create a strategy, so you don't lose your hard-saved money. Learn the foundations of tax planning for retirement so that you can avoid mistakes and maximize your income.

26814 4/18/2023 - 4/18/2023 1:00 - 3:00PM 1 ses Tu
Beckhusen Online; Zoom \$39

Introduction to Yoga Philosophy

There is much more to yoga than the physical poses. Learn the eight philosophical limbs of yoga as explained in The Yoga Sutras of Sage Patanjali. Learn to develop resilience, concentration, and felicity, while journaling and learning simple relaxation techniques to quiet the mind.

20210 4/19/2023 - 6/14/2023 5:00 - 6:00PM 8 ses W
Bernstein ED Bldg Room 2843A \$95

Welcome to Medicare

Need help understanding Medicare? Current and new beneficiaries, those who are soon eligible and anyone who wants to learn more about Medicare health coverage should sign up. Various plan options, prescription drug coverage, supplements, and ways to get help paying for Medicare will be discussed.

20406 4/29/2023 - 4/29/2023 9:30 - 11:30AM 1 ses Sa
SHIBA Instructor Online; Zoom Free

CSI – Myth vs. Fact ★

Enjoy CSI shows? Join a Forensic Scientist to learn how they process crime scenes. Look at photos of the real crime scene to determine what the evidence revealed. Test your knowledge of behind-the-scenes facts of a crime scene survey via game play and more.

19353 5/10/2023 - 5/10/2023 6:00 - 9:00PM 1 ses W
Dean Online; Zoom \$39

Trauma: A Study in Humanity

Trauma is as much part of the human experience as is loss, grief, and identity. Explore the critical dynamics of trauma, going beyond fight or flight, and into how these dynamics impact us and integrate into our daily lives.

19355 5/11/2023 - 6/15/2023 6:30 - 8:30PM 6 ses Th
Sideman Online; Zoom \$175

Mindfulness Meditation for Stressful Situations

Freedom from anxiety, worry and trauma evolves from incorporating small moments of stillness into your everyday life. Join a supportive community to enjoy practices proven to increase energy and joy like mindful breathing, movement, and doodling that engage your senses and help overcome trauma.

20596 5/20/2023 - 5/20/2023 10:00AM - 12:30PM 1 ses Sa
D'Asaro HS Bldg Room 2536A \$29

Therapeutic Massage for Couples

Designed for partners looking to aid themselves and their intimates with basic massage techniques to relieve stress, improve physical comfort, and foster intimacy. Gain experience in proper body mechanics for injury prevention. Explore traditional Swedish massage techniques to care for another person through touch.

19277 6/1/2023 - 6/15/2023 6:00 - 7:30PM 3 ses Th
Brenith HS Bldg Room 2536A \$175

Healthy Skepticism: Tools for Deciding What's True

In today's media-rich world we are drowning in information. How do we know if what we read and hear is reliable? Healthy skepticism and critical thinking can help rescue us. We'll learn to apply these tools using fun and entertaining examples.

19313 6/3/2023 - 6/10/2023 9:00 - 11:00AM 2 ses Sa
Green CC Bldg Room 3345 \$39

ENTERTAINMENT

Flying Saucer Cinema

This class showcases classic sci-fi films from the Golden Age of the 1950s and 60s to dystopian standouts from the 1970s and beyond. Co-hosts Eric Cohen and Mark Daniels provide film trivia and lively post-screening discussions every week. *See online catalog for film details.*

19339 5/3/2023 - 5/24/2023 7:00 - 9:00PM 4 ses W
Cohen, Daniels CC Bldg Room 3457 \$79



NEW 20 Great History and Natural History Museums of Washington

Take a virtual tour of ten of Washington's top cultural and historic museums and ten natural history museums that highlight amazing artifacts from our state's unique natural history. From astronomy, geology, and oceanography to biology and paleontology—all are represented within Washington's natural history museums.

26827 5/4/2023 - 5/4/2023 6:30 - 8:30PM 1 ses Th
Kaynor Online; Zoom \$39

LANGUAGE

SPANISH

Spanish for Fun and Travel – Level 1 ★

Learn the basics of Spanish in a practical and enjoyable way with an experienced, fluent instructor. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation and pronunciation.

19347 4/3/2023 - 5/22/2023 6:30 - 8:30PM 8 ses M
Miranda HS Bldg Room 2536A \$169

Spanish for Fun and Travel – Level 2 ★

A continuation of Spanish for Fun and Travel – Level 1. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation, and pronunciation.

19349 4/4/2023 - 5/23/2023 6:30 - 8:30PM 8 ses T
Miranda Online; Zoom \$169

Spanish for Fun and Travel – Level 3 ★

A continuation of Spanish for Fun and Travel – Level 2. Learn vocabulary through activities, stories, interviews, and reading. Grammar structures will be introduced, and some homework will be assigned. Great for those who already converse in Spanish but want to increase fluency.

21338 4/5/2023 - 5/24/2023 6:30 - 8:30PM 8 ses W
Miranda Online; Zoom \$169



Spanish for Fun and Travel – Level 4 ★

Taught only in Spanish, this course is a continuation of Spanish for Fun and Travel Level 3. Activities are designed around stories, interviews, and role-playing, with some focus on the cultures of the Spanish-speaking world. Grammar is reviewed and new areas explored.

19350 4/6/2023 - 5/25/2023 6:30 - 8:30PM 8 ses Th
Miranda Online; Zoom \$169

JAPANESE

Conversational Japanese II ★

Continue to have fun and expand your skills while making plans, asking for permission, expressing like/dislike, and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered. **Prerequisite: Conversational Japanese I or permission of instructor.**

19701 4/11/2023 - 5/30/2023 7:00 - 9:00PM 8 ses Tu
Nakamura-Lambert Online; Zoom \$169

Conversational Japanese I ★

This conversational class is for beginners with little or no Japanese background and for those who want to brush up on Japanese speaking skills. Covers useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words, and grammar.

19700 4/13/2023 - 6/1/2023 7:00 - 9:00PM 8 ses Th
Nakamura-Lambert Online; Zoom \$169

ESL

Everyday English Conversation

Join a friendly and relaxed atmosphere where you'll have the opportunity to practice casual English and learn more about life in this culture. Great for students who can comfortably read, write, and speak English as their second language but want to build confidence.

20208 4/3/2023 - 6/12/2023 7:30 - 9:00PM 20 ses M, W
Chai CC Bldg Room 3443 \$299

TOEFL Preparation

If you are planning to take TOEFL (Test of English as a Foreign Language) or want to improve your reading and listening comprehension of academic materials, this test prep class is for you. This class focuses on English language skills development and test-taking techniques.

20209 4/6/2023 - 5/25/2023 6:30 - 9:30PM 8 ses Th
Chai CC Bldg Room 3443 \$255

Intermediate ESL Workshop: Speaking and Listening

Designed to help non-native speakers improve their oral communication skills, accent and pronunciation. We will review and practice various grammatical forms and develop conversation skills for use in everyday communication. Listen and watch video clips, participate in class discussion, games, and role play.

19354 4/25/2023 - 6/15/2023 7:00 - 9:00PM 16 ses Tu, Th
Markova Online; Zoom \$299

FRENCH

French for Beginners ★

Get a solid foundation in learning French. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. You will develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

19344 4/20/2023 - 6/8/2023 6:30 - 8:30PM 8 ses Th
Brown CC Bldg Room 3345 \$169

Continuing French: Esprit Critique ★

For French learners eager to expand their speaking skills and reinforce their language usage and terminology. Each session will hinge on a language lesson and topical exploration.

19352 4/29/2023 - 6/10/2023 10:00AM - 12:00PM 7 ses Sa
Morehead Online; Zoom \$149

ITALIAN

Italian for Beginners ★

Get a solid foundation in learning Italian. This course will guide you through how the language works and prepare you either for your vacation trip or for further study. You will develop a sound understanding of grammar and a broad knowledge of essential vocabulary.

19345 4/18/2023 - 6/6/2023 6:30 - 8:30PM 8 ses Tu
Brown CC Bldg Room 3345 \$169

Italian I

Benvenuto! Welcome to the beautiful language of Italy. This engaging class uses a variety of materials to increase your vocabulary. You'll get a basic introduction to the Italian language which includes conversation, grammar, and pronunciation.

20198 4/21/2023 - 6/9/2023 9:00 - 11:00AM 8 ses F
Rzhondkovsky Online; Zoom \$169

SIGN LANGUAGE

Basic Sign Language

Open the doors of communication and explore basic conversational sign language. You will quickly learn finger spelling, develop a basic vocabulary, and grasp the general concepts and structure of sign language communication. Consistently top-rated instructor will help you gain a solid ASL foundation.

20160 4/18/2023 - 6/6/2023 6:30 - 8:30PM 8 ses Tu
Jordan CC Bldg Room 3452 \$169

Sign Language – Level 2

This class is a continuation of Basic Sign Language. You will be exposed to increased development of communication strategies with emphasis on expanding vocabulary and grammatical understanding.

20163 4/20/2023 - 6/8/2023 6:30 - 8:30PM 8 ses Th
Jordan CC Bldg Room 3452 \$169

★ Visit class website page for information on textbook, supply list or materials fee.

REGISTRATION & GENERAL INFORMATION

Registration Begins February 13.

Register Online Anytime
www.learnatnorth.org

THREE EASY WAYS TO REGISTER

- 1 **ONLINE** www.learnatnorth.org
- 2 **MAIL** Continuing Education
 North Seattle College
 9600 College Way North
 Seattle, WA 98103-3599
- 3 **PHONE** 206.934.3705

Continuing Education Policies

- 100% refund if a class is cancelled by North.
- To cancel a registration, contact the Continuing Education office by phone or email at least two business days prior to the start of class. You will be refunded 100% of the class fee.
- Students under 18 years must obtain permission to enroll.
- Payment is due upon registration.

Inclement Weather and School Closure

- If we must cancel sessions due to weather or other emergency-related events beyond our control, we'll make every effort to reschedule. However, we cannot guarantee makeup hours for classes cancelled as a result, nor can we provide refunds.
- Register for the Campus Alert system at www.getrave.com/login/seattlecolleges. Click register button, then create an account and opt-in to receive text messages.
- You may also contact us at 206.934.3705 for updates or check for North closure announcements at www.learnatnorth.org.

SPRING QUARTER OFFICE HOURS

M-Fri 8:30AM-5:00PM
 Spring Quarter: 4/3/2023-6/16/2023

HOLIDAYS

5/29/2023 Memorial Day
 6/19/2023 Juneteenth

LOCATION

CC 1152, 1st Floor
 College Center Building

Volume 17, No. 2
 Designed by Paulette Eickman
 Printed by Consolidated Press

Spring 2023 Continuing Education Noncredit Registration Form

Name _____
 Street _____
 City/State/Zip _____
 Phone _____
Day Evening
 Email _____ Gender _____
 Student I.D. # _____ Birthdate _____
No I.D. number? One will be assigned. Required to verify your I.D.

CLASS #	CLASS TITLE	START DATE	FEE

Payment Method (check one) **Total** _____

VISA
 Master Card
 Discover
 AmEx
 Personal check payable to North Seattle College

Credit Card Information

Name on card _____
 Account # _____
 Expiration Date _____

YOUR SATISFACTION IS OUR PRIORITY

Continuing Education at North Seattle College is dedicated to the quality of our classes, services and instructors. If you are unsatisfied with your experience or were unable to attend a course for reasons beyond your control, please contact us. We'll do our best to provide a solution that meets your individual needs. Either email us at conted@seattlecolleges.edu or call us at 206.934.3705.

Continuing Education Student Resources

FIND MORE INFORMATION ABOUT:

- Textbook and supply lists
- Credits for au pairs
- Clock hours
- Underage students
- Campus resources
- Accommodation requests
- CE policies
- Weather and closures

continuinged.northseattle.edu/student-resources

Online learning. Anytime. Anywhere.



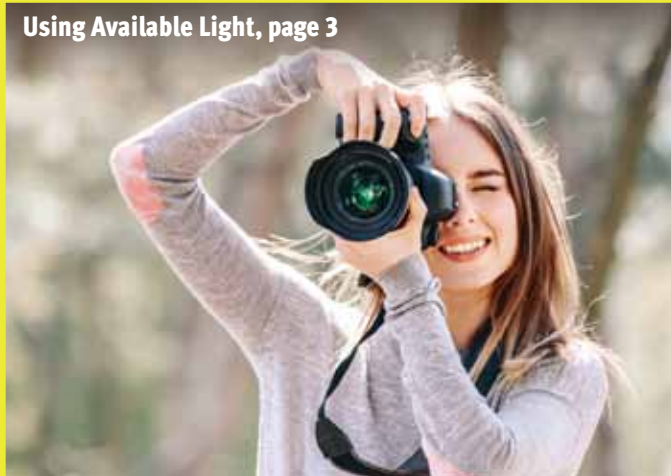



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