Spring 2017 Class Schedule

Discover Your Passion...at the Center for Lifelong Learning

January 17 - May 14, 2017
REGISTRATION STARTS NOVEMBER 7, 2016

Classes & Workshops Start Every Week!

www.theCLL.org
Welcome!

We are pleased to welcome you to the CLL this Spring Semester with more than 415 classes and workshops— including 95+ new ones— that are sure to inspire lifelong learners to discover their passion—or find a new one!

Try something brand new in Joyful Experimentation for Curious New Artists, or dance your way to health in Bhangra: A Dance of Joy and Celebration. Bring a friend, or make new ones at the CLL. You can even bring Fido to Dog Training and Life Skills for Our Canine Friends.

Explore the mysteries of the human mind and behavior in not one— but two Mind & Supermind lectures offered this semester. Develop your communication skills at the Nonviolent Communication (NVC) Conference, featuring internationally-acclaimed instructors and presenters to help you foster connection, authenticity, and create more harmony and peace at home and work.

Come join us and fill your spring with friends, fun, and learning!

Andrew G. Harper, Executive Director, CLL

Key Dates for Spring 2017
January 17-May 14
Classes & workshops start every week!

- Nov. 7-May 14: Staggered Registration Begins
- Feb. 17-20: Presidents Day Weekend No classes/Offices closed
- March 27 - April 1: Spring Break No classes
- May 14: Spring Semester Ends

Online Registration is Easy at www.theCLL.org

This term, the CLL is pleased to offer more than 95 brand-new classes and workshops. Check out what’s new!

- Adventures in Aliveness
- All About Tortillas
- Assemblage Art Workshop
- Become an Inspired Artist Through Meditation
- Bhangra: A Dance of Joy and Celebration
- Create Fold-formed Silver Earrings
- Dog Training and Life Skills for Our Canine Friends
- Fancy Cabochon Stone Cutting Techniques
- Graphic Design for Non-Designers
- Holistic Approaches to Treating Depression
- Indian High Tea
- Joyful Experimentation for Curious New Artists
- Love - Having More in Your Life
- Men and Women in Conversation: A Map to Successful Communication
- Modern Southern California Architecture
- Natural Facelift At Your Fingertips
- Olé: Flamenco Dance
- Poetry: A Momentary Stay Against the Confusion of the World
- Russian Literature Rediscovered
- Smart Garden Design for Dry Times
- Tea for Two: Make Your Own Ceramic Tea Set
- The Strange World of Mr. Mum
- Wire Wrapping Techniques for the Beginner
- Write Like a Journalist

…and many more!
Center for Lifelong Learning:
Spring Term 2017

Introduction
- Welcome to the CLL
- Key Dates for Spring 2017
- New Classes and Workshops

Mind & Supermind
- Mind and Supermind 2: Richard Tarnas Presents Humanity’s Rite of Passage

Arts, Crafts, Performance
- Arts
- Crafts & Hobbies: General
- Crafts: Ceramics
- Crafts: Jewelry
- Crafts: Sewing
- Music & Performing Arts
- Woodworking

Body, Mind, Spirit
- Dance, Fitness, & Personal
- Health
- Psychology & Spirituality

Nature, Science, Recreation
- Games
- Recreation
- Science & Nature

Events, Language, Photo
- Current Events, World Affairs & Local Culture
- Languages
- Photography & Film
- Writing & Literature

Home & Family
- Cooking
- Genealogy
- Home & Garden
- Mature Driver Certifications
- Non-Profit Skills
- Parenting
- Personal Finance & Home Business

General Information
- Fall 2016 Classes & Workshops
- Staggered Registration
- Board and Leadership Staff
- Connect with the CLL
- Directory of Locations
- Campus Maps
- Index by Category
- Important Information & Policies
- Three Easy Ways to Register for CLL Classes
- SBCC CLL Registration Form

Classes & workshops start every week!
A Wonderful World of Watercolor
Join in the fun and experience the flowing qualities of watercolor. This transparent water-based medium encourages creative freedom of expression. Enjoy demonstration, lecture, and critique throughout the course. Discover your unique artistic talents while improving your painting skills. Discuss, practice, and explore brush technique, composition, perspective, transparent layering, color theory, and the wonderful attributes of watercolor.

Course number: 402483
ID 20051 ➜ Catharine Runkle • Mar 14 - May 2 • Schott, Rm 20
7 Tuesdays • 1:00PM - 4:00PM • $126 + Materials $6

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 tactualizing 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 20393 ➜ Jill Sattler • Jan 17 - Feb 28 • Schott, Rm 5
7 Tuesdays • 1:00PM - 4:00PM • $126 + Materials $12
ID 20139 ➜ Jill Sattler • Jan 19 - Mar 2 • Schott, Rm 5
7 Thursdays • 1:00PM - 4:00PM • $126 + Materials $12
ID 20394 ➜ Jill Sattler • Mar 14 - May 2 • Schott, Rm 5
7 Tuesdays • 1:00PM - 4:00PM • $126 + Materials $12
ID 20140 ➜ Jill Sattler • Mar 16 - May 4 • Schott, Rm 5
7 Thursdays • 1:00PM - 4:00PM • $126 + Materials $12

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 20229 ➜ (Tom) Louis Henderson • Jan 19 - Mar 23 • Schott, Rm 3
10 Thursdays • 9:30AM - 12:30PM • $180 + Materials $5
ID 20230 ➜ (Tom) Louis Henderson • Apr 6 - May 4 • Schott, Rm 3
5 Thursdays • 9:30AM - 12:30PM • $90 + Materials $5

Antiques and Art: Field Trip
Enjoy this full day field trip to a major museum exhibition. Benefit from the insights and information of your expert teacher/tour guide. We might be visiting the Getty or LACMA in Los Angeles, the Norton Simon Museum in Pasadena, or the Huntington Garden in Orange County.

Note: See online listing for location and details.

Course number: 401240
ID 20232 SAT ➜ Alice Karle • Jan 18 - Feb 15 • Schott, Rm 31
5 Wednesdays • 5:30PM - 7:30PM • $60
→ **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 20007** › Siu Zimmerman • Jan 20 - Mar 17 • Schott, Rm 23  
8 Fridays • 1:00PM - 2:00PM • $192 + Lab $14 + Materials $45  
**ID 20008** › Siu Zimmerman • Apr 7 - May 5 • Schott, Rm 23  
5 Fridays • 10:00AM - 2:00PM • $140 + 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 20000** › Paige Wilson • Jan 17 - Feb 28 • Wake, Rm 7  
7 Tuesdays • 1:00PM - 4:00PM • $158 + Materials $7  
**ID 20001** › Paige Wilson • Mar 14 - May 2 • Wake, Rm 7  
7 Tuesdays • 1:00PM - 4:00PM • $158 + 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. Session 1 and 2, we will paint botanicals. Section 3 and 4, we will paint CA Native Botanicals, a field trip to Santa Barbara Botanic Garden.

**Course number:** 402426  
**ID 20151** › Suemae Willhite • Jan 24 - Mar 7 • Wake, Rm 7  
7 Tuesdays • 9:00AM - 12:00PM • $147 + Materials $18  
**ID 20152** › Suemae Willhite • Jan 25 - Mar 8 • Wake, Rm 7  
7 Wednesdays • 1:00PM - 4:00PM • $147 + Materials $18  
**ID 20154** › Suemae Willhite • Mar 14 - May 2 • Wake, Rm 7  
7 Tuesdays • 9:00AM - 12:00PM • $147 + Materials $18  
**ID 20156** › Suemae Willhite • Mar 15 - May 3 • Wake, Rm 7  
7 Wednesdays • 1:00PM - 4:00PM • $147 + Materials $18

→ **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 20053** › Catharine Runkle • Jan 23 - Mar 20 • Wake, Rm 7  
8 Mondays • 9:00AM - 12:00PM • $144 + Materials $12  
**ID 20052** › Catharine Runkle • Apr 3 - May 1 • Wake, Rm 7  
5 Mondays • 9:00AM - 12:00PM • $90 + Materials $12

→ **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 20217 SAT** › Thomas Van Stein • Jan 21 - Mar 25 • Schott, Rm 23  
9 Saturdays • 9:00AM - 12:00PM • $180 + Materials $5

→ **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 20214 EVE** › (Tom) Louis Henderson • Jan 17 - Mar 21 • Schott, Rm 5  
10 Tuesdays • 6:00PM - 9:00PM • $180 + Materials $5  
**ID 20215 EVE** › (Tom) Louis Henderson • Apr 4 - May 2 • Schott, Rm 5  
5 Tuesdays • 6:00PM - 9:00PM • $90 + Materials $5

---

**SBCC Center for Lifelong Learning / SPRING 2017 / Arts, Crafts, Performance 3**
→ **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 19999 〉 Rick Osgood • Jan 17 - Mar 7 • Schott, Rm 5
8 Tuesdays • 9:00AM - 12:00PM • $192 + Materials $6
ID 20292 〉 Rick Osgood • Apr 4 - May 2 • Schott, Rm 5
5 Tuesdays • 9:00AM - 12:00PM • $120 + Materials $6

→ **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 20054 〉 Catharine Runkle • Jan 17 - Mar 7 • Schott, Rm 20
8 Tuesdays • 1:00PM - 4:00PM • $144 + Materials $5

→ **Calligraphy**

Dress up your poetry, passages, quotations, envelopes, journals, scrapbooks, greeting cards, or invitations, with calligraphy. Design stylistic presentations that catch the eye and demand to be read and appreciated. Calligraphy adds dignity and finish to worthwhile text. This class provides experience creating the alphabet known as Copperplate written with a broad point pen. Pens, holders, inks, paper, and exemplars are all provided in your materials fee.

Course number: 451368
ID 20162 EVE 〉 Eliesa Bollinger • Jan 23 - Mar 6 • Wake, Rm 7
6 Mondays • 7:00PM - 9:00PM • $120 + Materials $15
ID 20163 EVE 〉 Eliesa Bollinger • Mar 20 - May 1 • Wake, Rm 7
6 Mondays • 7:00PM - 9:00PM • $120 + Materials $15

→ **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 20023 〉 Susan Tibbles • Jan 23 - Mar 20 • Schott, Rm 20
8 Mondays • 12:15PM - 3:15PM • $192 + Materials $15
ID 20024 〉 Susan Tibbles • Apr 3 - May 1 • Schott, Rm 20
5 Mondays • 12:15PM - 3:15PM • $120 + Materials $14

→ **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 abstractions. Features demonstrations plus time for personalized instruction in the basics of dynamic composition, value control, color temperature and color mixing.

Course number: 402432
ID 20266 〉 Kaaren Robertson • Jan 18 - Mar 22 • Schott, Rm 23
10 Wednesdays • 9:00AM - 12:00PM • $180 + Materials $5
ID 20267 〉 Kaaren Robertson • Apr 5 - May 3 • Schott, Rm 23
5 Wednesdays • 9:00AM - 12:00PM • $90 + Materials $5

→ **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’Keeffe, 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 20372 〉 Barbara Eberhart • Jan 25 - Mar 22 • 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 20002 EVE 〉 Paige Wilson • Jan 17 - Feb 28 • Wake, Rm 7
7 Tuesdays • 6:30PM - 9:00PM • $131 + Materials $7
ID 20382 〉 Colin Gray • Jan 18 - Mar 6 • Schott, Rm 20
7 Wednesdays • 9:00AM - 12:00PM • $126 + Materials $5
ID 20384 〉 Colin Gray • Mar 8 - Apr 26 • Schott, Rm 20
7 Wednesdays • 9:00AM - 12:00PM • $126 + Materials $5
ID 20003 EVE 〉 Paige Wilson • Mar 14 - May 2 • Wake, Rm 7
7 Tuesdays • 6:30PM - 9:00PM • $131 + Materials $7
→ 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 your learning style or experience may be, you'll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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

Course number: 402485
ID 20253 EVE › Richard Stich • Jan 17 - Mar 2 • Schott, Rm 23
15 Tuesdays • 6:30PM - 9:30PM • $315 + Lab $86 + 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 your learning style or experience may be, you'll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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

Course number: 402488
ID 202025 EVE › Richard Stich • Jan 17 - May 2 • Schott, Rm 23
15 Tuesdays • 6:30PM - 9:30PM • $126 + Lab $40 + Materials $5

→ Figure Drawing 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 your learning style or experience may be, you'll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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

Course number: 402486
ID 20383 › Colin Gray • Jan 19 - Mar 2 • Schott, Rm 23
7 Thursdays • 9:00AM - 12:00PM • $126 + Lab $40 + Materials $5
ID 20385 › Colin Gray • Mar 9 - Apr 27 • Schott, Rm 23
7 Thursdays • 9:00AM - 12:00PM • $126 + Lab $40 + 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 your learning style or experience may be, you'll see yourself improve with generous individualized instruction in an encouraging community atmosphere.

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

Course number: 402490
ID 20231 › (Tom) Louis Henderson • Apr 4 - May 2 • Schott, Rm 23
5 Tuesdays • 9:00AM - 12:00PM • $90 + Lab $29 + 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 discussing 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 20216 SAT › Thomas Van Stein • Jan 21 - Mar 25 • Schott, Rm 23
9 Saturdays • 1:00PM - 4:00PM • $210 + Materials $5

→ Graphic Design for Non-Designers NEW!

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 20253 EVE › Jack Mohr • Mar 1 - Apr 26 • Schott, Rm 20
8 Wednesdays • 6:00PM - 7:30PM • $96

→ How Expressionism Became American Abstract Expressionism NEW!

Watch the center of the art world shift from Europe to the United States as the German-based Expressionism is transformed into Abstract Expressionism. Preceded by surrealism Abstract Expressionism emphasizes spontaneous, automatic or subconscious creation. Jackson Pollack, Willem de Kooning and Mark Rothko are but a few of the artists discussed. You will understand the origins and context of this transformative art movement.

Course number: 402502
ID 20375 › Ursula Ginder • Jan 24 - Jan 31 • Schott, Rm 3
2 Tuesdays • 10:00AM - 12:00PM • $32
Intermediate and Advanced Painting

Students develop skills in composition, simplification of subject, and presentation. Students are encouraged to bring to class new painting ideas, works in progress, or older paintings needing revision. Class is structured as a semi-tutorial open studio atmosphere.

Course number: 402379
ID 20147 › Richard Askew • Jan 19 - Mar 23 • Schott, Rm 20
10 Thursdays • 9:00AM - 12:00PM • $210
ID 20148 › Richard Askew • Jan 23 - Mar 20 • Schott, Rm 20
8 Mondays • 9:00AM - 12:00PM • $168
ID 20149 › Richard Askew • Apr 3 - May 1 • Schott, Rm 20
5 Mondays • 9:00AM - 12:00PM • $105
ID 20150 › Richard Askew • Apr 6 - May 4 • Schott, Rm 20
5 Thursdays • 9:00AM - 12:00PM • $105

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 students drawing skills.

Course number: 402430
ID 20380 › Colin Gray • Jan 18 - Mar 1 • Schott, Rm 20
7 Wednesdays • 1:00PM - 4:00PM • $126 + Materials $5
ID 20381 › Colin Gray • Mar 8 - Apr 26 • Schott, Rm 20
7 Wednesdays • 1:00PM - 4:00PM • $126 + Materials $5

Joyful Experimentation for Curious New Artists

NEW!

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 20104 EVE › Adam Peot • Jan 23 - Mar 20 • Schott, Rm 5
8 Mondays • 6:00PM - 9:00PM • $144 + Materials $5

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 20218 › Thomas Van Stein • Jan 18 - Mar 22 • Andree Clark Bird Refuge, Bird Refuge parking lot
10 Wednesdays • 1:00PM - 4:00PM • $180

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 20055 › Story Kornbluth • Jan 17 - Feb 14 • Schott, Rm 22
5 Tuesdays • 9:00AM - 12:00PM • $105
ID 20056 › Story Kornbluth • Feb 21 - Mar 21 • Schott, Rm 22
5 Tuesdays • 9:00AM - 12:00PM • $105
ID 20075 › Story Kornbluth • Apr 4 - May 2 • Schott, Rm 22
5 Tuesdays • 9:00AM - 12:00PM • $105

Register online at www.theCLL.org / SBCC Center for Lifelong Learning / SPRING 2017
Modern Southern California Architecture

California led the nation in leading-edge architecture and Southern California nurtured trends that have been critically recognized through the decades. Giants in the field such as Irving Gill, R.M. Schindler, Frank Lloyd Wright, Richard Neutra, and Lutah Maria Riggs created lasting expressions that we can experience and enjoy today. Discover the stylistic influences from Europe and Asia, as well as the advent of the automobile and World Wars I and II spanning from the Mission Revival to the Los Angeles Neo-Avant-Garde. Form and function were never so interesting.

Course number: 402498
ID 20046 › Christine Bolli • Apr 6 - May 4 • Schott, Rm 3
5 Thursdays • 2:00PM - 4:00PM • $70

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 20039 › Gregory LeRoy • Jan 19 - Mar 2 • Schott, Rm 23
7 Thursdays • 1:30PM - 4:30PM • $147 + Lab $40 + Materials $5
ID 20335 › Gregory LeRoy • Mar 16 - May 4 • Schott, Rm 23
7 Thursdays • 1:30PM - 4:30PM • $147 + Lab $40 + Materials $5

Pastels and Colored Pencils

A course designed for students who have beginning to advanced skills using pastels and colored pencils. Color theory, including split–primaries, warm and cool color relationships, referencing shadows, highlights, and using color to enhance perspective are explored. Strong emphasis on composition and using local color as well as specific color schemes such as complimentary, analogous and split complimentary colors.

Course number: 402421
ID 20371 › Barbara Eberhart • Jan 27 - Mar 24 • Schott, Rm 20
8 Fridays • 9:00AM - 12:00PM • $144 + 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. The instructor is a nationally respected portrait artist who has painted many important American families.

Course number: 402436
ID 20256 › Valori Fussell • Jan 23 - May 1 • Schott, Rm 23
13 Mondays • 9:30AM - 12:30PM • $254 + Lab $68 + 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 20200 SAT › Rebecca Davis • Jan 21 - Mar 11 • SBCC, Humanities Building - outside room H-104
7 Saturdays • 9:30AM - 12:30PM • $126 + Materials $20
ID 20201 SAT › Rebecca Davis • Mar 25 - May 6 • SBCC, Humanities Building - outside room H-104
6 Saturdays • 9:30AM - 12:30PM • $108 + Materials $20

Still Life Painting

Using the still life format students will select objects or areas of interest, create a composition and make a painting. Topics include techniques used in painting with oils, acrylics, water color and pastel and an examination of still life painting from origins to contemporary methods.

Course number: 402406
ID 20004 › Paige Wilson • Jan 19 - Mar 2 • Schott, Rm 22
7 Thursdays • 1:00PM - 4:00PM • $158 + Materials $7
ID 20005 › Paige Wilson • Mar 16 - May 4 • Schott, Rm 22
7 Thursdays • 1:00PM - 4:00PM • $158 + Materials $7

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 20047 EVE › (Jodi) Joanne Miles • Jan 19 - Feb 23 • Wake, Rm 26
6 Thursdays • 5:00PM - 6:00PM • $36
ID 20048 EVE › (Jodi) Joanne Miles • Mar 16 - Apr 20 • Wake, Rm 26
5 Thursdays • 5:00PM - 6:00PM • $30

The Strange World of Mr. Mum

During the 1960’s social revolution American society began to see a change in attitudes. This nationally syndicated daily cartoon displayed the gathering attitude of cynicism, skepticism of the establishment and a Dada-like view of daily life. Mr. Mum generated a rich following of cartoons like The Far Side. Cartoonist, Broadway playwright, comedy writer Irving Phillips was the first humor editor for Esquire magazine. Come away with a unique retrospective of this pioneering cartoon and the impact on today’s society, and an original Mr. Mum cartoon panel, drawn by Phillips.

Course number: 402497
ID 20198 › William Thomas • Apr 3 • Schott, Rm 6
1 Monday • 10:00AM - 12:00PM • $16
ARTS, CRAFTS, PERFORMANCE

CRAFTS & HOBBIES: GENERAL

→ Flower Arranging and Florist Style Designing
Take your pick of florist style flower arranging or western garden style flower arranging all inclusive. Taught by a professional florist of 35 years. Learn the secrets and techniques of floristry in either style. For home, office, event or competition.

Course number: 409014
ID 20211 › Richard Finn • Jan 23 - Mar 13 • Schott, Rm 5
7 Mondays • 9:00AM - 12:00PM • $126 + Materials $15
ID 20212 › Richard Finn • Apr 3 - May 1 • Schott, Rm 5
5 Mondays • 9:00AM - 12:00PM • $90 + 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 20189 › Lorraine Vanhecke • Jan 20 - May 5 • Wake, Rm 11 Stained Glass Lab
14 Fridays • 9:00AM - 12:00PM • $289 + Lab $71 + Materials $5

→ Glass Creations: Leaded, 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 20183 › Lorraine Vanhecke • Jan 24 - May 2 • Wake, Rm 11 Stained Glass Lab
14 Tuesdays • 9:00AM - 12:00PM • $249 + Lab $42 + Materials $10
ID 20184 › Lorraine Vanhecke • Jan 26 - May 4 • Wake, Rm 11 Stained Glass Lab
14 Thursdays • 12:15PM - 3:15PM • $249 + Lab $42 + Materials $10
ID 20185 › Lorraine Vanhecke • Jan 26 - May 4 • Wake, Rm 11 Stained Glass Lab
14 Thursdays • 9:00AM - 12:00PM • $249 + Lab $71 + Materials $10

→ 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 20188 › Lorraine Vanhecke • Jan 25 - May 3 • Wake, Rm 11 Stained Glass Lab
14 Wednesdays • 11:00AM - 2:00PM • $289 + Lab $71 + Materials $10

→ Intermediate and Advanced Glass Fusing
Returning students will be taught a new firing and decorative technique each term. You will learn how to use these techniques to enhance your fused glass pieces. Firing schedules for advanced projects will also be discussed. This class will be taught at a relaxed pace with the mature student in mind. Join us in our wonderfully equipped glass studio and we will turn up the heat.

Course number: 451350
ID 20186 › Carolyn Holguin • Jan 17 - Apr 11 • Wake, Rm 11 Stained Glass Lab
12 Tuesdays • 1:00PM - 4:00PM • $249 + Lab $61 + Materials $10
ID 20187 EVE › Carolyn Holguin • Jan 18 - Apr 12 • Wake, Rm 11 Stained Glass Lab
12 Wednesdays • 6:00PM - 9:00PM • $249 + Lab $61 + Materials $10

→ Intro to Glass Fusing - Jewelry Workshop
NEW!
Discover the art of Fused Glass Jewelry in this special class designed for the true beginner. Come and see what beauty emerges when different pieces of glass are slowly and artfully melted together. You will cold work and polish and attach findings to create beautifully finished jewelry to wear or give as gifts. Projects are limited only by your creativity! In just a few hours you may find yourself fascinated with glass fusing. All materials are provided.

Course number: 451399
ID 20347 EVE › Carolyn Holguin • Jan 23 - Mar 20 • Wake, Rm 11 Stained Glass Lab
8 Mondays • 6:00PM - 9:00PM • $169 + Lab $41 + Materials $30

→ 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.

Note: Section 2 is a continuation of WOW 10 week class. Students must have taken Section 1.

Course number: 451390
ID 20219 › TBD CLL Staff • Feb 9 - Mar 16 • Wake, Rm 32 Weaving Lab
6 Thursdays • 11:00AM - 3:00PM • $120
ID 20220 › TBD CLL Staff • Apr 13 - May 4 • Wake, Rm 32 Weaving Lab
4 Thursdays • 11:00AM - 3:00PM • $80

→ 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 20038 › Matthew Eardley • Jan 17 - Mar 21 • Wake, Rm 32 Weaving Lab
10 Tuesdays • 9:30AM - 3:00PM • $185 + Materials $15
ID 20221 › Matthew Eardley • Apr 4 - May 2 • Wake, Rm 32 Weaving Lab
5 Tuesdays • 9:30AM - 3:00PM • $150 + Materials $10
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 beginner 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 20280 ✔ Bernard Sayers • Jan 20 - May 5 • Schott, Rm 24 Ceramic Lab
14 Fridays • 1:00PM - 4:00PM • $252 + Lab $74 + Materials $15
ID 20262 EVE ✔ Bernard Sayers • Jan 20 - May 5 • Schott, Rm 24 Ceramic Lab
14 Fridays • 6:00PM - 9:00PM • $234 + Lab $68 + 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 20236 EVE ✔ Barbara Loebman • Jan 17 - May 2 • Schott, Rm 24 Ceramic Lab
15 Tuesdays • 6:30PM - 9:30PM • $270 + Lab $79 + Materials $15
ID 20237 ✔ Robert McGuire • Jan 18 - May 3 • Schott, Rm 24 Ceramic Lab
15 Wednesdays • 9:00AM - 12:00PM • $270 + Lab $79 + Materials $15
ID 20238 ✔ Robert McGuire • Jan 18 - May 3 • Schott, Rm 24 Ceramic Lab
15 Wednesdays • 1:00PM - 4:00PM • $270 + Lab $79 + Materials $15
ID 20239 EVE ✔ Zoe Primrose • Jan 18 - May 3 • Schott, Rm 24 Ceramic Lab
15 Wednesdays • 6:00PM - 9:00PM • $252 + Lab $74 + Materials $15
ID 20241 ✔ Genie Thomsen • Jan 19 - May 4 • Schott, Rm 24 Ceramic Lab
15 Thursdays • 1:00PM - 4:00PM • $270 + Lab $79 + Materials $15
ID 20242 EVE ✔ Genie Thomsen • Jan 19 - May 4 • Schott, Rm 24 Ceramic Lab
15 Thursdays • 6:00PM - 9:00PM • $270 + Lab $79 + Materials $15
ID 20243 ✔ Barbara Loebman • Jan 20 - May 5 • Schott, Rm 24 Ceramic Lab
14 Fridays • 9:00AM - 12:00PM • $252 + Lab $74 + Materials $15
ID 20245 SAT ✔ Deanna Pini • Jan 21 - May 6 • Schott, Rm 24 Ceramic Lab
14 Saturdays • 9:00AM - 12:00PM • $252 + Lab $74 + Materials $15
ID 20246 EVE ✔ Marjorie Basch • Jan 23 - Mar 6 • Schott, Rm 24 Ceramic Lab
6 Mondays • 6:00PM - 9:00PM • $108 + Lab $32 + Materials $15
ID 20247 EVE ✔ Marjorie Basch • Mar 13 - May 8 • Schott, Rm 24 Ceramic Lab
8 Mondays • 6:00PM - 9:00PM • $126 + Lab $37 + Materials $15

→ Ceramics: Building with Clay
Make clay objects using a combination of slab, coil and pinch techniques. Topics will include principles of design in clay construction, decoration and glazing. Each week the demos will teach skills that allow students to master more difficult clay techniques.
Course number: 451370
ID 20278 ✔ Danyel Dean • Jan 17 - Mar 21 • Schott, Rm 24 Ceramic Lab
10 Tuesdays • 12:30PM - 3:30PM • $180 + Lab $53 + Materials $15
ID 20279 ✔ Michael Adcock • Apr 4 - May 2 • Schott, Rm 24 Ceramic Lab
5 Tuesdays • 12:30PM - 3:30PM • $90 + Lab $26 + 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 20388 ✔ Barbara Loebman • Jan 19 - May 4 • Schott, Rm 24 Ceramic Lab
15 Thursdays • 9:00AM - 12:00PM • $270 + Lab $79 + 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 20228 ✔ Michael Adcock • Jan 23 - Mar 6 • Schott, Rm 24 Ceramic Lab
6 Mondays • 12:00PM - 4:00PM • $108 + Lab $32 + Materials $15

→ Tea for Two: Make Your Own Ceramic Tea Set
NEW!
It’s Tea Time! Admire your beautiful teapot, matching cups, plates, sugar bowl and creamer. How elegant and just think, you made them yourself. Create a variety of ceramic functional shapes that uniquely reflect your personality and style. Step-by-step with one-on-one guidance will guarantee successful results. Learn the options with design and glazes. Now you have a good reason to invite friends to tea and show off your works of art. Who knew things made out of clay could taste so good.

Course number: 451413
ID 20251 EVE ✔ Lorie Stout • Jan 18 - Mar 8 • Carpinteria High School, Ceramics Rm
8 Wednesdays • 6:00PM - 9:00PM • $144 + Lab $42 + Materials $15
CRAFTS: JEWELRY

→ Create Anticlastic Cuffs, Bangles and Earrings **NEW!**

Turn a single piece of metal into a wondrous form that has curves flowing in two directions. Using special rubber hammers and metal stakes designed for forming such shapes, you will learn to create a variety of bracelet forms (cuffs and bangles) as well as earrings in silver and copper. Develop this new skill set to advance your jewelry making abilities. Anticlastic designs are used creatively for many jewelry projects so practicing these techniques will enhance your jewelry making in other forms as well.

Course number: 452151
ID 20248 EVE  ➔ Carl Stanley • Mar 15 - May 3 • Wake, Rm 08 Jewelry Lab
7 Wednesdays • 6:00PM - 9:30PM • $196 + Lab $25 + Materials $90

→ Create Fold-formed Silver Earrings **NEW!**

Fold-forming uses lightweight sheet metal folded and unfolded to create 3D volume and form. This exciting technique offers a wide variety of beautiful and unique forms. You will create two distinct pairs of earrings from sheet silver - using fold forming techniques. The earrings are light and comfortable to wear and have a full 3D form. Colored beads, or pearls and wire accents will complete the designs. These simple techniques are fast to learn and will open doors allowing you to experiment on your own with Fold-forming techniques.

Course number: 452150
ID 20260  ➔ Carl Stanley • Jan 18 - Jan 25 • Wake, Rm 08 Jewelry Lab
2 Wednesdays • 1:00PM - 5:00PM • $64 + Lab $8 + Materials $25

→ Creative Faceted Stone Setting Techniques **NEW!**

Add a variety of new and creative ways to add faceted gems to your jewelry projects. Setting faceted (cut like a diamond) stones is an advanced skill that will add value, color and sparkle to your jewelry projects. Explore variations on traditional techniques, with a creative edge to make them more interesting, artistic and unique. Practice these techniques using different colors and shapes of faceted stones and a wide range of tools. You will discover ways to set stones that are new, creative and appealing.

Course number: 452153
ID 20378 EVE  ➔ Carl Stanley • Jan 18 - Mar 8 • Wake, Rm 08 Jewelry Lab
8 Wednesdays • 6:00PM - 9:30PM • $224 + Lab $28 + Materials $70

→ 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 20298  ➔ David Rosen • Jan 26 - Mar 23 • Wake, Rm 08 Jewelry Lab
9 Thursdays • 1:00PM - 4:30PM • $189 + Lab $32 + Materials $19

→ Fancy Cabochon Stone Cutting Techniques **NEW!**

Develop your lapidary skills to cut, shape and polish cabochon stones for your jewelry projects. Cabochon stones are domed and smooth on the top and flat on the bottom. Make fancy freeform shapes and blend more than one colored stone together for a stone in stone look. Create stones with stripes or polka-dots of contrasting colors. Discover carving techniques using diamond burs to add texture and form to your cabochon stones. Create two or more stones from rough material using our state-of-the-art lapidary equipment.

Course number: 452148
ID 20271  ➔ Carl Stanley • Apr 5 - May 3 • Wake, Rm 08 Jewelry Lab
5 Wednesdays • 1:00PM - 4:30PM • $140 + Lab $18 + Materials $65

→ Hollow Rings - Design and Construction

‘Hollow’ rings make a bold statement. Discover how to expand on basic ring design by experimenting with fabricated, hollow formed rings. Working in sterling silver, fashion a dimensional hollow box ring with many design options including flat, angled or curved tops. Develop your fabrication skills with forming, piercing, soldering, stone setting, fitting and polishing. Design and create your own hollow ring, and walk away with a unique creation as a gift or keepsake.

Course number: 452141
ID 20006  ➔ Gary Elkins • Jan 17 - Mar 7 • Wake, Rm 08 Jewelry Lab
8 Tuesdays • 1:00PM - 4:00PM • $168 + Lab $24 + Materials $60

→ 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 20210  ➔ Carl Stanley • Jan 18 - Feb 15 • Wake, Rm 08 Jewelry Lab
5 Wednesdays • 9:00AM - 12:00PM • $120 + Lab $15 + Materials $5
ID 20211  ➔ Carl Stanley • Feb 22 - Mar 22 • Wake, Rm 08 Jewelry Lab
5 Wednesdays • 9:00AM - 12:00PM • $120 + Lab $15 + Materials $5
ID 20212  ➔ Carl Stanley • Apr 3 - May 1 • Wake, Rm 08 Jewelry Lab
5 Mondays • 9:00AM - 12:00PM • $120 + Lab $15 + Materials $5

→ 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 20159  ➔ Gary Elkins • Jan 17 - Mar 14 • Wake, Rm 08 Jewelry Lab
9 Tuesdays • 9:00AM - 12:00PM • $162 + Lab $27 + Materials $60
→ **Jewelry Workshop**

This class allows experienced jewelry students to work on personal projects with instructor support. Demonstrations will be provided by the instructor in a variety of jewelry making techniques and methods pertaining to student’s individual needs. Materials will not be provided; students will be expected to provide materials for their own projects. Students should have completed beginning jewelry classes and be familiar with the use of the jewelry lab. This class is not structured for beginning students.

**Course number:** 452089  
**ID 20269** › Keith Hale • Apr 21 - May 5 • Wake, Rm 08 Jewelry Lab  
3 Fridays • 9:00AM - 12:00PM • $72 + Lab $9 + Materials $10

→ **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 20045 EYE** › David Rodriguez • Jan 19 - May 4 • Wake, Rm 08 Jewelry Lab  
15 Thursdays • 6:00PM - 9:00PM • $315 + Lab $45 + Materials $65

→ **Lost Wax Casting - Studio**

In this exciting course students will learn and practice several techniques for making jewelry using the Lost Wax Casting method. Learn from the class demonstrations and hand-outs, and practice wax carving, use of organic materials for casting, casting set-up, burnout of wax and casting, cast-in-place stones and clean-up and finishing techniques. Work on one of the class projects, or just stick to your own project if you prefer.

**Course number:** 452118  
**ID 20213** › Carl Stanley • Jan 23 - Mar 20 • Wake, Rm 08 Jewelry Lab  
8 Mondays • 9:00AM - 1:00PM • $256 + Lab $32 + Materials $15

→ **Make a Silver Bangle Bracelet with Gemstone Inlay** **NEW!**

Create a silver bangle bracelet that is decorated all around with colorful gemstone inlay. Explore a variety of lapidary (stone cutting and polishing) techniques to cover the bangle with color, sparkle and form, using colored gemstones from Mother Nature. The stones are inlaid side-by-side and in a variety of shapes and angles to produce amazing detail and design flair to the bracelet. Using rectangular wire and silver sheet, discover a variety of silver-smithing techniques and specific designs to accommodate the inlay process.

**Course number:** 452147  
**ID 20250** › Carl Stanley • Feb 1 - Mar 22 • Wake, Rm 08 Jewelry Lab  
8 Wednesdays • 1:00PM - 4:30PM • $224 + Lab $28 + Materials $90

→ **Make A Silver Ring with a Faceted Stone** **NEW!**

Make amazing jewelry pieces using your favorite beads, pearls and gemstones. Using round and square wire you will create unique earrings, pendants, rings or bracelets. Make your own jewelry findings, including head pins, bales and clasps. Discover how this is an easy and creative application of basic wire wrapping - there's no soldering required in completing these jewelry pieces. Experience this wonderful medium and create exciting jewelry pieces for yourself, family and friends.

**Course number:** 452146  
**ID 20261** › Carl Stanley • Apr 5 - May 3 • Wake, Rm 08 Jewelry Lab  
5 Wednesdays • 9:00AM - 12:00PM • $120 + Lab $15 + Materials $35

→ **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 20268** › Keith Hale • Jan 20 - Apr 14 • Wake, Rm 08 Jewelry Lab  
11 Fridays • 9:00AM - 12:00PM • $264 + Lab $35 + Materials $65  
**ID 20270 EYE** › Keith Hale • Feb 6 - May 1 • Wake, Rm 08 Jewelry Lab  
11 Mondays • 6:00PM - 9:00PM • $264 + Lab $33 + Materials $65

→ **Viking Knit Timeless Creations** **NEW!**

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 20101 SAT** › Paula Gregoire-Jones • Jan 28 - Feb 24 • Wake, Rm 7  
2 Saturdays • 10:00AM - 2:00PM • $48 + Materials $7  
**ID 20084** › Paula Gregoire-Jones • Mar 23 - Apr 13 • Wake, Rm 7  
3 Thursdays • 9:00AM - 12:00PM • $54 + Materials $7

→ **Wire Wrapping Techniques for the Beginner** **NEW!**

Make amazing jewelry pieces using your favorite beads, pearls and gemstones. Using round and square wire you will create unique earrings, pendants, rings or bracelets. Make your own jewelry findings, including head pins, bales and clasps. Discover how this is an easy and creative application of basic wire wrapping - there's no soldering required in completing these jewelry pieces. Experience this wonderful medium and create exciting jewelry pieces for yourself, family and friends.

**Course number:** 452145  
**ID 20081** › Paula Gregoire-Jones • Jan 19 - Mar 9 • Wake, Rm 7  
8 Thursdays • 9:00AM - 12:00PM • $144 + Materials $15
CRAFTS: SEWING

→ 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 20009 › Judith Brooks • Jan 18 - Feb 15 • Wake, Rm 9
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $12 + Materials $5
ID 20010 › Judith Brooks • Jan 18 - Feb 15 • Wake, Rm 9
5 Wednesdays • 12:30PM - 3:30PM • $90 + Lab $12 + Materials $5
ID 20011 › Pamela Vestal • Jan 19 - Mar 2 • Wake, Rm 9
7 Thursdays • 9:00AM - 12:00PM • $147 + Lab $17 + Materials $5
ID 20012 EVE › Pamela Vestal • Jan 19 - Mar 2 • Wake, Rm 9
7 Thursdays • 6:00PM - 9:00PM • $147 + Lab $17 + Materials $5
ID 20013 EVE › Judith Brooks • Jan 23 - Mar 6 • Wake, Rm 9
6 Mondays • 6:00PM - 9:00PM • $108 + Lab $14 + Materials $5
ID 20014 › Judith Brooks • Feb 22 - Mar 22 • Wake, Rm 9
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $12 + Materials $5
ID 20015 › Judith Brooks • Feb 22 - Mar 22 • Wake, Rm 9
5 Wednesdays • 12:30PM - 3:30PM • $90 + Lab $12 + Materials $5
ID 20016 EVE › Judith Brooks • Mar 13 - May 1 • Wake, Rm 9
7 Mondays • 6:00PM - 9:00PM • $126 + Lab $17 + Materials $5
ID 20017 › Judith Brooks • Apr 5 - May 3 • Wake, Rm 9
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $12 + Materials $5
ID 20018 › Judith Brooks • Apr 5 - May 3 • Wake, Rm 9
5 Wednesdays • 12:30PM - 3:30PM • $90 + Lab $12 + Materials $5
ID 20019 › Pamela Vestal • Apr 6 - May 4 • Wake, Rm 9
5 Thursdays • 9:00AM - 12:00PM • $105 + Lab $12 + Materials $5
ID 20020 EVE › Pamela Vestal • Apr 6 - May 4 • Wake, Rm 9
5 Thursdays • 6:00PM - 9:00PM • $105 + Lab $12 + Materials $5

→ Zip It Up NEW!
Ever get stuck trying to install a zipper in your garment? Don’t be intimidated by zipper installation. Discover the tips and techniques you’ll need to tackle any project. In this class you will make samples of the basic zipper installations and practice some short cuts resulting in a notebook of samples by the end of class. Never get stuck again.

Course number: 603138
ID 20202 › Pamela Vestal • Mar 23 - Mar 24 • Wake, Rm 9
Thursday & Friday • 9:00AM - 12:00PM • $42

MUSIC & PERFORMING ARTS

→ A Virtuoso Season: A Guide to CAMA’s Current Season
Since 1919 CAMA (Community Arts Music Association) has brought world class orchestras and recitalists to Santa Barbara. This class will provide a preview lecture and a performance in CAMA’s Master or International series. Concert ticket is included with the preview lecture and distributed at the end of the class.

Note: See online notes for specific concert information.

Course number: 301183
ID 20031 EVE › David Malvinni • Feb 6 • Schott, Rm 6
1 Monday • 7:45PM - 9:45PM • $48
ID 20032 EVE › David Malvinni • Mar 6 • Schott, Rm 6
1 Monday • 7:45PM - 9:45PM • $48
ID 20033 EVE › David Malvinni • Apr 3 • Schott, Rm 6
1 Monday • 7:45PM - 9:45PM • $48

→ 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: 301126
ID 20276 SAT › David Lawrence • Feb 4 • Schott, Rm 3
1 Saturday • 9:00AM - 3:30PM • $90
ID 20277 SAT › David Lawrence • Apr 29 • Schott, Auditorium
1 Saturday • 9:00AM - 3:30PM • $90

→ ‘California Dreamin’: Sixties Music Scenes in LA, San Francisco, and Santa Barbara
Rock music proliferated in the 1960s, with unique music scenes in Los Angeles, San Francisco, and Santa Barbara. Relive the musical shock wave of the groups that laid the groundwork for art rock in the mid and late sixties and helped define the free love and drug culture of the times with their psychedelic sound. Join fellow devotees and novices as we explore the roots of this innovative time. Numerous classic songs, concert clips and special guest artists will bring the era to life with insightful overviews and little known details of what actually happened. Here is an opportunity to relive and gain a clear perspective of this important cultural era.

Course number: 301120
ID 20259 EVE › Madelyn Palley • Feb 1 - Feb 15 • Wake, Rm 7
3 Wednesdays • 7:00PM - 9:00PM • $75
→ **Choral Singing**

Singing in a choir is like no other experience. The beauty of blended voices is remarkable. The choir becomes one huge powerful voice, filling a room and captivating an audience. Come join your friends and make new friends in this supportive environment, and enjoy performing fabulous songs. Develop and practice vocal techniques, song interpretation, tone, pitch, dynamics and performance techniques. Discover the joys of performing captivating choral music in front of an audience.

**Course number:** 301192  
**ID:** 20255  
**Gregory LeRoy • Jan 21 - Apr 29 • Schott, Rm 20  
10 Tuesdays • 9:30AM - 11:30AM • $120 + Lab $45

→ **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:** 20043 SAT  
**Gregory LeRoy • Jan 21 - Apr 29 • 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 use the natural human breathing process 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:** 20079 EVE  
**David Campos • Jan 31 - May 2 • Wake, Rm 15  
3 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:** 20077 EVE  
**David Campos • Mar 20 - Apr 10 • Wake, Rm 15  
3 Mondays • 6:00PM - 8:00PM • $48

→ **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:** 20363 EVE  
**Vivian Geffen • Jan 18 • Wake, Rm 15  
1 Wednesday • 6:00PM - 8:00PM • $20

→ **Improvisation: Sharpen Your Intuition and Imagination**

Come stimulate your funny bone while strengthening your imagination, improving your listening skills and gaining confidence in your ability to take risks and be seen. This fun, friendly and supportive class is open to anybody who has ever seen an improvised scene and wondered 'how do they do that'? By the end of the series you will know. Each week you’re sure to have a good laugh and leave feeling uplifted. No performance experience necessary.

**Course number:** 301227  
**ID:** 20021 EVE  
**Vivian Geffen • Jan 25 - Feb 22 • Wake, Rm 15  
5 Wednesdays • 6:00PM - 8:00PM • $85

→ **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:** 20203 EVE  
**Laurel Fryer • Jan 23 - Apr 24 • Goleta Valley Jr. High School, 604  
12 Mondays • 7:00PM - 9:00PM • $144

→ **Music Theory and Composition: Why Both are Important to Any Musician**

Music is more than just reading notes or putting chords together to create a song. The key is understanding how music is structured. Discover how to pick out the melodies and figure out the chords more quickly for any song. Learn how to easily transpose music from one key to another. Understand the notes that make up a chord without a need for chord charts, sheet music, or tablature. Start creating catchy compositions of your own. Suitable for musicians of all ages regardless of instrument and proficiency.

**Course number:** 301216  
**ID:** 20160 EVE  
**Craig Richter • Jan 31 - May 2 • Wake, Rm 15  
13 Tuesdays • 7:00PM - 8:30PM • $117
→ **Opera in Performance**

Bravo - a rare opportunity to receive invaluable insight into the script, music, performance history and nuance of opera before you attend the actual performance. Guided by our area’s top opera experts, explore a masterpiece’s background and context and take your experience to a whole new level of appreciation and understanding. Discover the wonder of opera, and share and discuss your experience with fellow opera aficionados.

Note: The class will center around operas being performed by Opera Santa Barbara and on some of the operas in the Metropolitan Opera HD season. Classes will be visited by artists in the OSB productions. See online notes for featured operas.

Course number: 301237
ID 20364 **EVE** › Simon Williams • Jan 17 • Schott, Rm 3
1 Tuesday • 5:30PM - 7:30PM • $16 + Materials $3
ID 20366 **EVE** › Simon Williams • Feb 27 • Schott, Rm 6
1 Monday • 5:30PM - 7:30PM • $16 + Materials $3
ID 20367 **EVE** › Simon Williams • Mar 6 • Schott, Rm 6
1 Monday • 5:30PM - 7:30PM • $16 + Materials $3
ID 20369 **EVE** › Simon Williams • Apr 24 • Schott, Rm 6
1 Monday • 5:30PM - 7:30PM • $16 + Materials $3
ID 20370 **EVE** › Simon Williams • May 1 • Schott, Rm 6
1 Monday • 5:30PM - 7:30PM • $16 + Materials $3

→ **Perform the Beatles**

Who doesn’t love The Beatles? Many of us can sing every song by heart as they were indelibly etched on our psyche. Enjoy this opportunity to perform your favorites in front of a bunch of adoring fans. Lead the group or sing along in the audience. Discover the back story of your favorite songs, listen to the digitally remastered original studio recordings, receive the actual ‘lead sheets’ and sing a solo or with a group. Instantly transport yourself to younger days and discover your inner John-Paul-George and Ringo!

Course number: 301231
ID 20026 **EVE** › Douglas Nielsen • Feb 16 - Mar 9 • Schott, Rm 22
4 Thursdays • 7:00PM - 9:00PM • $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; Adult All-In-One Course, Level 2. (Palmer, Manus and Lethco).

Course number: 301174
ID 20130 **EVE** › David Campos • Jan 18 - May 3 • Schott, Rm 3
15 Wednesdays • 5:30PM - 7:00PM • $146

→ **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 Piano Course, Adult All-in-One Course, Level 1 (Palmer, Manus and Lethco).

Course number: 301188
ID 20129 › David Campos • Jan 18 - May 3 • Schott, Rm 3
15 Wednesdays • 3:45PM - 5:15PM • $146

→ **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 Piano Course, Adult All-in-One Course, Level 1 (Palmer, Manus and Lethco).

Course number: 301224
ID 20131 **EVE** › David Campos • Jan 18 - May 3 • Schott, Rm 3
15 Wednesdays • 7:15PM - 8:45PM • $146

→ **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 20041 **SAT** › Gregory LeRoy • Jan 21 - Apr 29 • Schott, Rm 20
13 Saturdays • 9:00AM - 10:00AM • $130 + Materials $5
ID 20042 **EVE** › Gregory LeRoy • Jan 23 - May 1 • Schott, Rm 20
13 Mondays • 5:00PM - 6:00PM • $130 + Materials $5

→ **Playing the Ukulele: Intermediate**

Build on your ukulele experience. Enjoy learning the fundamentals of music theory, fingerin techniques, melody notes, chords and advance strumming. In a supportive and social atmosphere, develop chording and rhythm skills, and experiment with techniques for developing speed while performing music from a portfolio of your favorite songs.

Course number: 301211
ID 20281 **EVE** › Mark Alciati • Feb 14 - May 2 • Schott, Rm 22
11 Tuesdays • 6:30PM - 7:30PM • $88
Read Music Using Fundamental Rhythm

Using just a drum stick and a drum pad you can unlock the secrets, the fundamentals of music. Start the journey to understanding harmony, melody and rhythm using this unique and successful approach to the language of music. Discover how these fundamentals can provide the foundation to your understanding of music. A simple way to tackle a complex subject. Let rhythm unlock the door to your appreciation of music.

Course number: 301241
ID 20524 › Scott Moyer • Jan 23 - Mar 20 • Schott, Rm 5
8 Mondays • 1:00PM - 2:30PM • $72 + Materials $10

Recorder Playing

The recorder is one of the oldest woodwind instruments. The ‘old English flute’ is also one of the simplest to play. Have fun learning and playing the recorder in this fun, supportive group setting. Benefit from group and individual instruction as you discover how to play tunes and harmonize together. Complete beginners are welcome in this class where all levels enjoy a lively community musical experience.

Course number: 301996
ID 19998 EVE › Nancy Roman • Jan 17 - Feb 28 • Wake, Rm 15
7 Tuesdays • 4:30PM - 6:30PM • $84
ID 19997 EVE › Nancy Roman • Mar 14 - May 2 • Wake, Rm 15
7 Tuesdays • 4:30PM - 6:30PM • $84

Singing from the Heart - Intermediate Level

Hello solo singers, Karaoke singers, band singers, chorus singers and closet singers! Music styles covered in this class will include Pop, Folk, Broadway, and Country. Enhance your singing and performance abilities either as a soloist or group singer. Develop your skills in a supportive, nurturing and ‘safe’ workshop environment. Learn the ‘blueprint’ basics of the voice, including breathing, posture and vowels. Join us, and take your singing to the next level! Basic singing experience required.

Course number: 301214
ID 20205 EVE › Laurel Fryer • Mar 9 - May 4 • Schott, Rm 20
8 Thursdays • 6:00PM - 8:00PM • $96

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 20204 EVE › Laurel Fryer • Jan 19 - Feb 23 • Schott, Rm 20
6 Thursdays • 6:00PM - 8:00PM • $72
ID 20273 EVE › Kimberly Ford • Jan 23 - Apr 17 • Schott, Rm 20
11 Mondays • 6:15PM - 8:15PM • $132

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 20272 EVE › Kimberly Ford • Jan 18 - Apr 19 • Schott, Auditorium
13 Wednesdays • 6:45PM - 8:45PM • $156

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 20040 SAT › Gregory LeRoy • Jan 21 - Apr 29 • Schott, Rm 20
13 Saturdays • 11:30AM - 12:30PM • $130

Ukulele Playing for Today: Play Today not Tomorrow

This charming stringed instrument is the perfect entree to the world of Hawaiian music. In this fun, lively, supportive class, discover the basics of ukulele playing, and develop a firm foundation to progress to more advanced levels of performance. Find out how to play and strum the chords needed to play simple songs, and start playing by yourself in a few short weeks. Take your ukulele everywhere you go - you'll find you and your song are always welcome!

Course number: 301189
ID 20282 EVE › Mark Alciati • Feb 14 - May 2 • Schott, Rm 22
11 Tuesdays • 5:15PM - 6:15PM • $120

Classes & Workshops Start Every Week!

Evenings, Weekdays and Saturdays

www.theCLL.org
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 class is a mandatory safety class. 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 20070 ➔ Stephen Scheftic • Jan 23 - Mar 20 • Wake, Rm 10 Carpentry Lab
8 Mondays • 9:00AM - 12:00PM • $144 + Lab $20 + Materials $5
ID 20126 ➔ Stephen Scheftic • Apr 3 - May 1 • Wake, Rm 10 Carpentry Lab
5 Mondays • 9:00AM - 12:00PM • $90 + Lab $13 + Materials $5
ID 20127 ➔ Stephen Scheftic • Apr 4 - May 2 • Wake, Rm 10 Carpentry Lab
5 Tuesdays • 6:00PM - 9:00PM • $90 + Lab $13 + 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 20286 EVE ➔ Stephen Scheftic • Jan 18 - Mar 15 • Wake, Rm 10 Carpentry Lab
9 Wednesdays • 6:00PM - 9:00PM • $162 + Lab $20 + Materials $5
ID 20288 EVE ➔ Stephen Scheftic • Apr 5 - May 3 • Wake, Rm 10 Carpentry Lab
5 Wednesdays • 6:00PM - 9:00PM • $90 + Lab $13 + 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 20068 ➔ Stephen Scheftic • Jan 17 - Mar 14 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 9:00AM - 11:30AM • $135
ID 20128 ➔ Stephen Scheftic • Apr 4 - May 2 • Wake, Rm 10 Carpentry Lab
5 Tuesdays • 9:00AM - 11:30AM • $75

"Mum’s the Word"
Broadway playwright, comedy writer (and now CLL teacher!) Irving Phillips was the first humor editor for Esquire magazine. Come away with a unique retrospective of his pioneering cartoon, and its impact on today’s society, in The Strange World of Mr. Mum. Students will also receive an original Mr. Mum cartoon panel, drawn by Phillips.

→ NEW! The Strange World of Mr. Mum (p. 7)
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 mediations. 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 20360 SAT › Jessica Kolbe • Apr 29 - May 6 • Wake, Rm 15
2 Saturdays • 10:00AM - 1:00PM • $35

➜ **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 19993 EVE › (Alexandra) Laurie (King) Alexander • Jan 18 - Mar 8 • Schott, Auditorium
8 Wednesdays • 5:30PM - 6:30PM • $65

Registration is Easy!
www.theCLL.org

➜ **Bhangra: A Dance of Joy and Celebration**  NEW!

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 20312 EVE › Jasprit Singh • Jan 23 - Feb 13 • Schott, Auditorium
4 Mondays • 7:00PM - 8:00PM • $25
ID 20313 EVE › Jasprit Singh • Mar 6 - Apr 24 • Schott, Auditorium
7 Mondays • 7:00PM - 8:00PM • $42

➜ **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 19978 • Holly Hungett • Jan 17 - Feb 28 • Schott, Auditorium
7 Tuesdays • 7:45AM - 8:45AM • $42
ID 19979 • Holly Hungett • Jan 19 - Mar 2 • Schott, Auditorium
7 Thursdays • 7:45AM - 8:45AM • $42
ID 19980 • Holly Hungett • Mar 7 - May 2 • Schott, Auditorium
8 Tuesdays • 7:45AM - 8:45AM • $49
ID 19981 • Holly Hungett • Mar 9 - May 4 • Schott, Auditorium
8 Thursdays • 7:45AM - 8:45AM • $49

➜ **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 20060 EVE › Patrick Hackney • Jan 27 - May 5 • Schott, Auditorium
13 Fridays • 5:30PM - 6:30PM • $129
**Dance the Salsa: Next Steps**
Are you ready to take the next steps with your basic salsa skills to turn yourself into a seasoned intermediate salsero? Now that you are comfortable with the chips and salsa of the matter, the salsa basic step, and foundational leads and turns, it’s time to build upon this confidence and skill! Discover more complex moves and have fun as we refine our sense of technique, rhythm, body awareness, partnering communication, and sense of artistry and athleticism. Let’s salsa mucho mas!

Course number: 608647
ID 20338 EVE › Patrick Hackney • Jan 27 - May 5 • Schott, Auditorium 13 Fridays • 6:45PM - 7:45PM • $129

**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 19965 › Holly Hungett • Jan 18 - Mar 22 • Wake, Auditorium 10 Wednesdays • 2:00PM - 3:00PM • $59
ID 19964 › Holly Hungett • Jan 23 - Mar 20 • Wake, Auditorium 8 Mondays • 2:00PM - 3:00PM • $49
ID 19966 › Holly Hungett • Apr 3 - May 1 • Wake, Auditorium 5 Mondays • 2:00PM - 3:00PM • $29
ID 19967 › Holly Hungett • Apr 5 - May 3 • Wake, Auditorium 5 Mondays • 3:30PM - 4:30PM • $29

**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. Students should be able to get on and off the floor.

Course number: 608608
ID 20336 EVE › Holly Hungett • Jan 18 - Mar 22 • Wake, Auditorium 13 Fridays • 6:45PM - 7:45PM • $129

**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 19968 › Holly Hungett • Jan 18 - Mar 1 • Schott, Auditorium 7 Wednesdays • 9:00AM - 10:00AM • $42
ID 19969 › Holly Hungett • Mar 8 - May 3 • Schott, Auditorium 8 Wednesdays • 9:00AM - 10:00AM • $49

**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 19961 › Lauri Wilson • Jan 25 - Mar 15 • Wake, Rm 15 8 Wednesdays • 11:00AM - 12:00PM • $65
ID 19962 EVE › Lauri Wilson • Jan 26 - Mar 16 • Wake, Rm 15 8 Thursdays • 5:30PM - 6:30PM • $65

**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 20076 › Kathleen O’Connor • Jan 23 - Mar 10 • SBCC, PE113 6 Mondays & 6 Fridays • 10:00AM - 11:00AM • $49
ID 20078 › Kathleen O’Connor • Apr 3 - May 5 • SBCC, PE113 5 Mondays & 5 Fridays • 10:00AM - 11:00AM • $39

**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 19974 › Holly Hungett • Jan 18 - Mar 22 • Wake, Auditorium 10 Wednesdays • 3:30PM - 4:30PM • $59
ID 20073 › Roberta Hewson • Jan 20 - May 5 • Wake, Auditorium 14 Fridays • 2:30PM - 3:30PM • $85
ID 19975 › Holly Hungett • Jan 23 - Mar 20 • Wake, Auditorium 8 Mondays • 3:30PM - 4:30PM • $49
ID 20331 › Gabriele Barysch-Crosbie • Jan 31 - Apr 11 • Wake, Auditorium 10 Tuesdays • 10:00AM - 11:00AM • $59
ID 20332 › Gabriele Barysch-Crosbie • Feb 2 - Apr 13 • Wake, Auditorium 10 Thursdays • 10:00AM - 11:00AM • $59
ID 19976 › Holly Hungett • Apr 3 - May 1 • Wake, Auditorium 5 Mondays • 3:30PM - 4:30PM • $29
ID 19977 › Holly Hungett • Apr 5 - May 3 • Wake, Auditorium 5 Wednesdays • 3:30PM - 4:30PM • $29
Gentle Yoga With Rope

Yoga with rope (russa) is a unique, gentle form of Yoga. RussaYog® incorporates postures and movements developed to address the challenges of the modern lifestyle. Learn and practice traditional yoga poses with a free-flowing rope specifically addressing 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 better balance. RussaYog® is for everyone – no previous yoga necessary.

Course number: 608767
ID 20379 EVE > Teresa Singh • Jan 25 - Feb 22 • YogaDancePower, Studio
5 Wednesdays • 6:00PM - 7:00PM • $49

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.

Course number: 608491
ID 20093 EVE > Christine Wong • Jan 25 - Mar 15 • 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 20090 EVE > Elyse Warnecke • Jan 26 - Mar 2 • Airobic Fitness, Studio
6 Thursdays • 5:30PM - 6:30PM • $59
ID 20091 EVE > Elyse Warnecke • Mar 16 - Apr 27 • Airobic Fitness, Studio
6 Thursdays • 5:30PM - 6:30PM • $59

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 19995 EVE > Gabriele Barysch-Crosbie • Jan 23 - May 1 • Wake, Auditorium
13 Mondays • 9:30AM - 10:30AM • $79
ID 19996 EVE > Gabriele Barysch-Crosbie • Jan 23 - Feb 13 • Schott, Auditorium
4 Mondays • 5:30PM - 6:30PM • $25
ID 20300 EVE > Gabriele Barysch-Crosbie • Mar 6 - Apr 24 • Schott, Auditorium
7 Mondays • 5:30PM - 6:30PM • $42

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 20120 EVE > Christine Loizeaux • Jan 19 - Feb 23 • Schott, Auditorium
6 Thursdays • 12:30PM - 1:30PM • $35
ID 20122 EVE > Christine Loizeaux • Apr 6 - May 4 • Schott, Auditorium
5 Thursdays • 12:30PM - 1:30PM • $29

Let’s Get Physical!

Did you know? You can explore another culture while getting a workout! Discover the rhythms of Spain in Olé: Flamenco Dance, or picture yourself on a Bollywood set in Bhangra: A Dance of Joy and Celebration. Grab a friend (or two!) and dance yourselves fit!

NEW! Olé: Flamenco Dance (p. 20)
NEW! Bhangra: A Dance of Joy and Celebration (p. 17)
Nia: A Celebration of the Body
Nia will give you a joyous, total body movement experience that draws from Tai Chi, Tae Kwon Do, Aikido, jazz dance, modern dance, Duncan dance, yoga, Alexander Technique and Teachings of Moshe Feldenkrais. Nia is based on a combination of 52 unique moves, all concentrating on the main areas of the body. Appropriate for all, stiff beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels. Nia is a body centered personal growth and fitness modality that changes bodies and lives.
Course number: 608670
ID 20340 › Cleo Hill • Jan 17 - Mar 21 • Schott, Auditorium
10 Tuesdays • 11:00AM - 12:00PM • $89
ID 20396 › Cleo Hill • Jan 19 - Mar 23 • Schott, Auditorium
10 Thursdays • 11:00AM - 12:00PM • $89
ID 20341 › Cleo Hill • Apr 11 - May 2 • Schott, Auditorium
4 Tuesdays • 11:00AM - 12:00PM • $35
ID 20395 › Cleo Hill • Apr 13 - May 4 • Schott, Auditorium
4 Thursdays • 11:00AM - 12:00PM • $35

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.
Course number: 608738
ID 20111 › Hazel Carlsen • Jan 17 - Mar 14 • Schott, Auditorium
9 Tuesdays • 9:30AM - 10:30AM • $69
ID 20112 › Hazel Carlsen • Jan 19 - May 4 • Schott, Auditorium
15 Thursdays • 9:30AM - 10:30AM • $119

Olé: Flamenco Dance
NEW!
Experience the strumming of the guitar, wailing of the gypsy song, and action-packed rhythms created by moving across the dance floor. Olé! 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. Please bring skirt and shoes to class.
Course number: 608681
ID 20334 › Eve Castellanos-Wolf • Feb 9 - Apr 20 • Schott, Auditorium
10 Thursdays • 5:30PM - 6:30PM • $79

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.
Course number: 608624
ID 20334 › Hazel Carlsen • Apr 4 - May 2 • Schott, Auditorium
5 Tuesdays • 9:30AM - 10:30AM • $39

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 19957 › Edward Rockett • Jan 20 - Feb 3 • Wake, Auditorium
3 Fridays • 10:30AM - 12:00PM • $29
ID 19958 › Edward Rockett • Feb 24 - Apr 14 • Wake, Auditorium
7 Fridays • 10:30AM - 12:00PM • $65

Qigong Wellness for Spring: Rebirth and Renewal
NEW!
Emerge from the dreary days of Winter into the optimism and new beginnings that come with the light of the Spring. Discover how to let go and clean out unwanted stress, anger, worry and fear. Spring Qigong exercises will help you feel refreshed and optimistic again! As you clear the clutter from the mind, you’ll make space for rebirth and transformation. Awaken from winter ready to forgive, let go and learn to embrace the light of kindness and compassion.
Course number: 608776
ID 20357 SAT › Jessica Kolbe • Apr 8 • Wake, Rm 15
1 Saturday • 10:00AM - 1:00PM • $25
→ Strength and Stability Training for 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 20190 › Sally Saenger • Jan 17 - Mar 7 • Wake, Auditorium
8 Tuesdays • 2:30PM - 3:30PM • $49
ID 20191 › Sally Saenger • Jan 19 - Mar 9 • Wake, Auditorium
8 Thursdays • 2:30PM - 3:30PM • $42
ID 20192 › Sally Saenger • Mar 14 - May 2 • Wake, Auditorium
7 Tuesdays • 2:30PM - 3:30PM • $42
ID 20193 › Sally Saenger • Mar 16 - May 4 • Wake, Auditorium
7 Thursdays • 2:30PM - 3:30PM • $42

→ Swing Dance for Beginners
Time to put those happy feet to work. Dancing the East Coast Swing, Lindy Hop and Charleston will get you moving and swinging in a way that you’ll lose yourself in the energy of the moment. Meet fellow dancers-to-be and experience all the fun and excitement of these 20th century classics. Never danced before or just worried about your two left feet getting in the way? Come on and give it a try in a warm and welcoming environment. Let those happy feet transform into a happy you.

Course number: 608751
ID 20359 EVE › Robert Moore • Feb 21 - Apr 18 • Schott, Auditorium
8 Tuesdays • 7:15PM - 8:45PM • $69

→ 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 that 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 renews 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 19992 › Jessica Kolbe • Jan 30 - May 1 • Wake, Auditorium
12 Mondays • 11:30AM - 12:30PM • $75

→ 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 20080 EVE › Chao-Sun Pang • Jan 17 - Mar 21 • Wake, Auditorium
10 Tuesdays • 7:00PM - 8:30PM • $89
ID 20082 › Chao-Sun Pang • Jan 18 - Mar 22 • Wake, Auditorium
10 Wednesdays • 9:00AM - 10:30AM • $89
ID 20083 EVE › Chao-Sun Pang • Apr 4 - May 2 • Wake, Auditorium
5 Tuesdays • 7:00PM - 8:30PM • $49
ID 20085 › Chao-Sun Pang • Apr 5 - May 3 • Wake, Auditorium
5 Wednesdays • 9:00AM - 10:30AM • $45

→ Trampolining to Reduce Pain and Heal from Injury NEW!
Do you have an injury that keeps you from doing the activities you once enjoyed? With the intention to heal, comfortably explore gentle movements at your own pace on the padded, low-impact surface of an individual and ground-level trampoline. Help your body to become stronger and more stable and increase your mobility - all while reducing stress and pain. Leave class with an increased range of movement and improved confidence.

Course number: 608775
ID 20315 › Elyse Warnecke • Jan 25 - Mar 1 • Airobic Fitness, Studio
6 Wednesdays • 12:30PM - 1:30PM • $59
ID 20316 › Elyse Warnecke • Mar 15 - Apr 26 • Airobic Fitness, Studio
6 Wednesdays • 12:30PM - 1:30PM • $59

→ 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.
Note: Bring an exercise mat to class.

Course number: 608617
ID 20087 EVE › Janet Reineck • Feb 9 - May 4 • Schott, Auditorium
12 Thursdays • 7:00PM - 8:15PM • $105
ID 20088 › Janet Reineck • Feb 10 - May 5 • Schott, Auditorium
11 Fridays • 8:30AM - 9:40AM • $89

Classes & Workshops Start Every Week! Evenings, Weekdays and Saturdays
www.theCLL.org
**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: Please bring a yoga mat to class.

Course number: 608287

ID 20097 **EVE** » Elena Poddubnaya • Jan 18 - May 3 • Wake, Auditorium
15 Wednesdays • 5:30PM - 6:45PM • $109

ID 20072 **EVE** » Roberta Hewson • Jan 19 - May 4 • Wake, Auditorium
15 Thursdays • 5:30PM - 6:30PM • $89

ID 20092 **SAT** » Elena Poddubnaya • Jan 21 - May 6 • Wake, Auditorium
13 Saturdays • 9:30AM - 11:00AM • $135

ID 20098 **EVE** » Elena Poddubnaya • Jan 23 - May 1 • Wake, Auditorium
13 Mondays • 5:30PM - 6:45PM • $95

ID 20327 **EVE** » Roberta Hewson • Jan 24 - Apr 11 • Schott, Auditorium
11 Tuesdays • 5:30PM - 6:30PM • $65

**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 19970 » Holly Hungett • Jan 17 - Feb 28 • Wake, Auditorium
7 Tuesdays • 12:00PM - 1:00PM • $42

ID 19971 » Holly Hungett • Jan 19 - Mar 2 • Wake, Auditorium
7 Thursdays • 12:00PM - 1:00PM • $42

ID 19972 » Holly Hungett • Mar 7 - May 2 • Wake, Auditorium
8 Tuesdays • 12:00PM - 1:00PM • $49

ID 19973 » Holly Hungett • Mar 9 - May 4 • Wake, Auditorium
8 Thursdays • 12:00PM - 1:00PM • $49

**HEALTH**

**Advances in Biology: Aging and the Brain**

As we age, our brain becomes subject to a variety of diseases including Alzheimer’s and Parkinson’s. Explore the biology of the aging human brain and come to understand cell biology, dynamics of diseases, potential treatments, and strategies for lowering your personal risks. Benefit from information on new and potential medical treatments for age-related brain disorders, and discover the lifestyle decisions that can play a part in disease prevention for you and your family.

Course number: 608733

ID 20353 **EVE** » Karl Blasius • Feb 9 - Feb 16 • Wake, Rm 16
2 Thursdays • 6:00PM - 8:00PM • $25 + Materials $4

**Golden Elixir of Longevity - The Body**

The ‘Body’ - In ancient Shamanic and Chinese medicine, the body is the vehicle for the ‘Mind’ and ‘Spirit’. It is one of the three ‘Glorious Treasures’ of the Golden Elixir - Body, Mind, and Spirit. The body vehicle is at risk for depreciation as well as empowerment. Inevitably the body will lose its capacity to sustain. However, 70% - 90% of disease, and dysfunction, is preventable! The ancients knew this and developed sophisticated practices - Qigong, Yoga, meditation - to activate naturally occurring internal healing resources - The Golden Elixir - within. We will learn and practice elegant Mind-Body methods, developed through ancient sciences and traditions, to enable you to ‘cultivate’ the very powerful ‘Golden Elixir’ of longevity and immortality - to sustain vitality and wellbeing and reduce the risk for pain and disease.

Course number: 608760

ID 20303 **SAT** » Roger Jahnke • Feb 25 • Schott, Rm 31
1 Saturday • 10:00AM - 1:00PM • $25

**Golden Elixir of Longevity - The HeartMind**

The ‘HeartMind’ - In ancient Shamanic and Chinese medicine, the bridge between the ‘Body’ and the ‘Spirit’ - the ‘HeartMind’ - is one of the three ‘Glorious Treasures’ of the Golden Elixir. The ancients understood how to incorporate cultivation of the HeartMind - intellect, emotions - into their everyday lives. Discover how to cultivate the Golden Elixir of the HeartMind for yourself. Learn and practice how to accept that which cannot be changed, to forgive and trust the nature of the unfolding universe as it presents itself in our lives. Combining your increased understanding of traditional medicine and philosophy with new insights from contemporary science, empowers you and enables you to produce the Golden Elixir of Longevity and Immortality for the ‘Mind’ and ‘Emotions’.

Course number: 608762

ID 20304 **SAT** » Roger Jahnke • Mar 4 • Schott, Rm 31
1 Saturday • 10:00AM - 1:00PM • $25

**Dare to be 100: Recharge Yourself and Energize!**

Recharge yourself, energize, and aim to live to 100 years old! Discover how genetics plays a smaller role in aging than previously thought and how engagement in meaningful relationships is a key factor in long, healthy lives. Explore the role that physical fitness plays and how it can recover 20+ years of aging. Leading gerontologist, Dr. Walter Bortz discusses science-based secrets and practical tips learned from having treated many, 100 year-old patients. Dare to be 100.

Note: This class is sponsored.

Course number: 608780

ID 20368 **EVE** » Walter Bortz • Apr 10 - May 1 • Schott, Rm 31
4 Mondays • 6:00PM - 8:00PM • $0
NEW! Golden Elixir of Longevity - The Spirit

The ‘Spirit’ - The immortal self is one of the three ‘Glorious Treasures’ of the Golden Elixir of Body, Mind, and Spirit. ‘Spirit’ in ancient Shamanic and Chinese medicine, is the eternal aspect of self. Explore why the definition of immortality that we typically use is faulty. Rather than living forever in the material body, immortality means to be familiar with the aspect of oneself that is eternally well, cannot get sick and does not die. Discovering the Golden Elixir for the ‘Spirit’ will be a personal revelation for you. Learning to combine the practices related to creating the elixirs for the ‘Body’ and ‘HeartMind’ will potentiate your capacity to reveal the ultimate inherent immortality elixir of the ‘Spirit’.

Course number: 608763
ID 20305 SAT Roger Jahnke • Mar 11 • Schott, Rm 31
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $5

NEW! 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 20361 SAT Brian Falk • Apr 8 • Schott, Rm 6
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $5

NEW! Holistic Approaches to Treating Depression

Depression can be treated with a comprehensive combination of medical and psychological approaches. Medications and counseling do help many patients. However, alternative approaches are also effective for a growing number of individuals, and at times, should be the first line of treatment. Discover the innovative role of nerve hormones, amino acids, and herbs in the treatment of depression. Explore the healing effects of courage, cheerfulness, gratitude and graciousness. Come away with an array of holistic approaches, taught by a practicing medical doctor.

Course number: 608779
ID 20330 SAT James Kwako • Mar 18 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

NEW! Innovative Cancer Prevention and Treatment Approaches

Many types of cancer are preventable and treatable. In fifty percent of cases, cancer can be diagnosed early and prevented. Diet, supplements, exercise and attitude play large roles in the treatment of cancer. Discuss major cancer causes, cutting edge testing, and innovative treatment options. Discover from a practicing medical doctor the healing effects of diets, vitamins, and herbs and your own mind as you manage your health in years to come.

Course number: 608777
ID 20354 SAT James Kwako • May 6 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

NEW! Long Term Care: Myths and Realities

One out of every two people will require some long term care (LTC) during their life. The costs for care keep escalating and can easily wipe out retirement funds and dramatically change the lives of family members having to care for a loved one. LTC insurance provides a viable option for those who plan ahead. Discover what policies are available today and learn a formula that may help you decide how much, if any, coverage is appropriate.

Note: This class is partially sponsored.
Course number: 608631
ID 20197 EVE Diane Doiron • Mar 15 • Schott, Rm 6
1 Wednesday • 7:30PM - 9:30PM • $12

NEW! Natural Facelift At Your Fingertips

Give yourself a natural facelift by harnessing the healing practices of acupressure, massage and aromatherapy to promote healthy, vibrant skin. Incorporate unique techniques to naturally protect, nourish, hydrate, and tone your skin type through a 20 step routine that activates the body’s natural healing process. Use this quick and easy massage that combines the benefits of acupressure with aromatherapy, and begin to prevent and slowdown the onset of aging. Come away with your personally created natural beauty product to assist in revitalizing your skin.

Course number: 608774
ID 20306 SAT Laurie Wolf • Mar 11 • Schott, Rm 5
1 Saturday • 9:00AM - 12:30PM • $29 + Materials $10

NEW! 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.

Note: This class is partially sponsored.
Course number: 608632
ID 20196 EVE Diane Doiron • Feb 15 • Schott, Rm 20
1 Wednesday • 7:30PM - 9:30PM • $12

NEW! 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 20109 EVE Lisa Trivell • Jan 19 - Feb 2 • Wake, Rm 20
3 Thursdays • 7:00PM - 9:00PM • $59 + Materials $10
Successful Sleep Solutions
Tired of waking up feeling even more tired than before you went to sleep? Discover supplements that promote healthy sleep and creative uses of medications. Explore how to use your mind to ensure a wholesome and complete sleep cycle. Uncover the causes of insomnia, how to heal them, how to relax, and how to access sources of healing during the sleep state. Come away with the tools needed to return your evening slumber into what it’s meant to be - a time to renew energy, to heal, and to have sweet dreams.

Course number: 608757
ID 20329 SAT > James Kwako • Jan 21 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

Mind and Supermind 1: James Fadiman Presents New Paradigms and New Tools for the Mind
Join psychologist and 'psychedelic explorer', James Fadiman, to transform our view of the mind and ways in which the mind can be enhanced. We will explore two emerging understandings. The first displaces the old 'single self' assumption and suggests that a healthy personality is actually composed of multiple selves. The second displaces the idea that effects of psychedelics can be disturbing and overwhelming. When these substances are taken as microdoses, neither of these negative consequences occurs. This allows researchers to discover unanticipated beneficial uses of psychedelics including healing depression, anxiety and menstrual pain, as well as enhancing learning and creativity.
Note: Tuition/Fees partially covered through private donations. Spencer Sherman will be the moderator for the event.

Course number: 202197
ID 20234 EVE > Spencer Sherman • Feb 27 • Schott, Auditorium
1 Monday • 7:30PM - 9:30PM • $20

Mind and Supermind 2: Richard Tarnas Presents Humanity’s Rite of Passage
Join depth psychologist, Richard Tarnas, as he draws on philosophy, religion, and cultural history to seek a larger context for both understanding and action. Our civilization, indeed the Earth community itself, seems to be on the threshold of a fundamental transformation. This impending transmutation bears a striking resemblance to what takes place on the individual level in initiatory rites of passage, near-death experiences, spiritual crises, and critical stages of what C. G. Jung called the individuation process. Can we find a place of equilibrium, an eye in the storm, from which we can engage this time of intense polarization and radical change? What is the role of those 'heroic' communities which carry principles and perspectives that transcend the mainstream modern world view?

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

Course number: 202196
ID 20365 EVE > Spencer Sherman • May 8 • Schott, Auditorium
1 Monday • 7:30PM - 9:30PM • $20

ADHD - A Motivational Deficit Disorder
Attention Deficit Hyperactivity Disorder (ADHD) is essentially a deficit in the ability to motivate oneself to achieve a future goal. This condition significantly impacts children, students and adults in all aspects of daily living. Often feeling bored, ADHD sufferers have trouble starting and finishing tasks. Find out why morning and bedtime routines are so difficult, and how fear of not fulfilling future goals and promises can become a daily reality. Explore beyond the basics of ‘what is ADHD’. Explore the current research that connects neurological functions with successful real life strategies for children, teens and adults such as fidget, mindfulness, and timing strategies.

Course number: 202720
ID 20170 SAT > Roland Rotz • Apr 29 • Schott, Rm 3
1 Saturday • 9:00AM - 12:30PM • $29

Adventures in Aliveness
What practices powerfully promote well-being? How can we make them part of our daily life? We will begin each class session with mindfulness. Then we’ll turn our attention to those activities that have been empirically demonstrated to strengthen mind, body, and spirit, and to paragons of life well lived. Further, we will explore the emerging synthesis of Eastern introspection and Western psychological science as it pertains to what is most beneficial for each and all of us. What we will realize is enhanced understanding, appreciation, and effectiveness in our lives - in other words, greater aliveness.

Course number: 202735
ID 20235 > Spencer Sherman • Jan 20 - Mar 17 • Schott, Auditorium
8 Fridays • 10:15AM - 11:45AM • $69

Create Your Own Luck - Three Easy Steps
Create your own luck using the Laughing Heart method. Discover how to shift your perception at any time from stressed out to Laughing Heart, a state of open-heartedness, gratitude, and flow. Connect more deeply to those around you and watch meaningful interactions unfold. Pay this energy forward to continue in the Laughing Heart cycle. Walk away understanding the science behind Laughing Heart, and receive a sneak preview of the cutting-edge technology App in its design phase.

Note: Roger Jahnke, OMD and Qigong Master Li Junfeng will also teach.

Course number: 202736
ID 20311 SAT > Julian Gresser • Mar 25 • Schott, Auditorium
1 Saturday • 9:00AM - 12:00PM • $25
Stress is unhealthy. Learn how to relax, even when you think you are too busy to do so. This class presents over twenty highly effective and fast-acting techniques to help you live with less stress. Use these tools to help you quickly and easily reduce tension and rapidly ease pain. You will achieve insight into personal problems, and significantly lower your stress levels. Learn how these stress-reducing techniques will enhance and extend your life. Isn’t it time to find a sense of peace? Serenity in the 21st Century is possible!

Course number: 202559
ID 20358 SAT  Rodger Sorrow • Mar 4 • Wake, Rm 20
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $2

Focusing is a self-help technique that will help you to experience a deeper sense of the relationship between your body, mind, emotions, and spirit. Develop a sense of how we carry our life experiences in our body and how ‘focusing’ can change the way we carry those experiences. Use focusing to release tensions, gain new insights, and promote healing and well-being in your daily life. This step by step technique is easily learned and shared. New material is presented each term in this experiential workshop.

Course number: 202623
ID 20174 SAT  Joyce McWilliams • Apr 22 • Schott, Rm 31
1 Saturday • 9:30AM - 4:30PM • $49

The transition of death can be confusing and stressful for loved ones. Near death studies of ordinary people and the skills of extraordinary people have established guidelines for how to understand the continuity of life. Explore your own feelings of death and how to support family and friends who are dying. Analyze accounts of individuals who report what happens to those who die. Come away with increased knowledge and comfort about death and how that can help you to heal from the loss of a loved one.

Course number: 202741
ID 20359 SAT  James Kwako • Apr 8 • Schott, Rm 31
1 Saturday • 10:00AM - 12:00PM • $19

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 20099 SAT  Rodger Sorrow • Jan 17 - Feb 28 • Wake, Rm 16
6 Tuesdays • 9:30AM - 12:00PM • $89
ID 20100 SAT  Rodger Sorrow • Apr 4 - May 2 • Wake, Rm 16
5 Tuesdays • 9:30AM - 12:00PM • $75

Everyone has the ability to hone their intuitive edge. Intuition, like a muscle, can be developed, expanded and strengthened. Become more fully attuned to your world by learning to see, hear, feel and know far more than you thought possible. You will be amazed at what you are capable of knowing and doing. You can live an extraordinary life. Join in the fun while learning how to enhance your intuitive edge so that you can make your life all that you wish it to be.

Course number: 202561
ID 20397 SAT  Terri Cooper • Jan 28 • Wake, Rm 20
1 Saturday • 10:00AM - 4:00PM • $39 + Materials $2

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: 202644
ID 20102 SAT  Rodger Sorrow • Jan 18 - Mar 1 • Wake, Rm 20
6 Wednesdays • 9:30AM - 12:00PM • $89
ID 20103 SAT  Rodger Sorrow • Mar 15 - Apr 19 • Wake, Rm 20
5 Wednesdays • 9:30AM - 12:00PM • $75

Are you looking for gentle exercise in beautiful places and with excellent company? If so, join us as we hike the trails, beaches, parks and neighborhoods of Santa Barbara. The hikes are about three miles and fairly level. We move at the relaxed pace, stretching at the beginning and resting halfway to meditate. You will see places you haven’t seen in a while and places you have never seen! Can you think of a happier, healthier way to spend a Wednesday morning?

Course number: 202644
ID 20102 SAT  Rodger Sorrow • Jan 18 - Mar 1 • Wake, Rm 20
6 Wednesdays • 9:30AM - 12:00PM • $89
ID 20103 SAT  Rodger Sorrow • Mar 15 - Apr 19 • Wake, Rm 20
5 Wednesdays • 9:30AM - 12:00PM • $75

Kissing The Joy As It Flies: Zen Buddhism and a Life Well Lived

Zen is an ancient but accessible practice that helps you manage stressful emotions and changing life situations, enjoy the simple moments of daily life, find contentment and peace, and fully appreciate your life. Discover how Zen draws on elegant Buddhist psychological and ethical principles that enrich your perspective and deepen your understanding. Develop a reservoir of ‘meditative muscle’ to bring you increased acceptance and joy throughout your life’s changing circumstances. Everyday examples, clear instructions, and warm responsiveness will help you learn to practice Zen while sitting (in a chair or on a cushion), walking, or doing any daily activity.

Course number: 202717
ID 20336 SAT  Joseph Bobrow • Jan 28 • Schott, Auditorium
1 Saturday • 9:00AM - 12:00PM • $25

Register now!
Learn the New Rules of Marriage - Marriage in the 21st Century

Students study cutting-edge theories and skills to find out what makes adult intimate relationships fail or succeed. Anyone in a relationship or marriage will be helped by this unique perspective about relationship problems, realities, and fixes. All relationships, especially marriage, shape and impact the best and worst of ourselves and insist that we grow; therefore, instead of saying ‘I’ should we really be saying ‘self in relationship?’ After this educational and experiential class, participants will leave thinking about themselves in relationships in an entirely new way, in addition to being newly-equipped with skills that they can use for a lifetime.

Course number: 202594
ID 20177 SAT › Wendy Allen • Feb 11 • Schott, Rm 5
1 Saturday • 9:00AM - 12:00PM • $25

Life Realignment After Illness

Living in the aftermath of a health crisis and unsure what to do next? Experiencing acute or chronic illness can shake your faith in yourself and your ability to fulfill your obligations to family, work, and community. Discover how to mine the emotional and social fallout of your health issues to find hidden gifts. Explore how the Life Realignment process can help you to let go of fear, rebuild your self-confidence, and find the internal and external support you need moving forward. Learn how to use health challenges to realign with your soul’s purpose and find the joy of following your life’s true path.

Note: Class is co-taught by Deb Artz.

Course number: 202701
ID 20176 SAT › (Cathy) Catherine Boggs • Mar 18 • Wake, Rm 18
1 Saturday • 9:00AM - 1:00PM • $35

Life Realignment for Career Transitioners

Are you undergoing a major career transition, not sure what you want to do next, and experiencing the disorienting emotions, both negative and positive, that accompany career changes? Whether you’re just starting out in your career, retiring from one, rejoining the workforce after a break, or reassessing your objectives mid-career, you’ll discover how to clarify your goals and how to re-tool your self-images and beliefs. Find out how to use this transition period to realign with your soul’s purpose and create the life’s work you truly desire. Start developing an action plan for the next phase of your life now.

Note: Class is co-taught by Deb Artz.

Course number: 509071
ID 20175 SAT › (Cathy) Catherine Boggs • Feb 25 • Wake, Rm 18
1 Saturday • 9:00AM - 1:00PM • $35

Light and Dark - Infinite Polarity

The universe was created to embrace the polarity of light and dark. Together with karma and free will, this polarity provides a template for spiritual perfection. This template, or formula, operates continually in the ‘Field’ of our human potential. The formula is often confusing and obscure, and is also unrelenting. Trace this key part of our existence back to the beginnings of time, and discover how subtle and pernicious the light/dark polarity can be in all its various forms. Come away with a renewed understanding that knowledge is power and recognize that our true enemies are complacency and debilitating fear.

Course number: 202737
ID 20314 SAT › David Cumes • Feb 4 - Feb 11 • Schott, Auditorium
2 Saturdays • 10:00AM - 12:00PM • $25

Listening: Being Heard and Understood NEW!

We all have a deep-seated need to be truly heard. How often have we been told, ‘You don’t listen?’ Or how often have we felt that we are not being heard? Listening is a core component of good communication, connection, and healthy relationships. Explore compassionate listening skills and identify the common obstacles that often get in the way. Everyone needs a good listener. Come away knowing how to be a good listener to your friends, family and loved ones.

Course number: 202740
ID 20351 SAT › Rodger Sorrow • Mar 11 • Wake, Rm 16
1 Saturday • 9:30AM - 12:30PM • $25

Looking for Love in All the Right Places

You are ready for love, but where do you find it? Have you been looking for love in all the wrong places? Perhaps you’ve been in the right place at the wrong time? Learn the number one secret to recognizing the ideal man or woman for you - and how to find them! You will hear time-tested tips about where to find your true love, what to say once you find them, and how to attract this charming person to you! Join this fun class packed with tried and true dating tips and relationship advice for singles.

Course number: 202661
ID 20061 EVE › Barbara Boyd • Mar 2 - Mar 23 • Schott, Rm 31
4 Thursdays • 6:00PM - 8:00PM • $49

Lost Art of Dying Well

Contemplating death and dying promotes confidence, awareness, and understanding. It is life affirming for those willing to risk exploration of this taboo topic. Explore the rich meaning and practical knowledge about death and dying ‘do’s and don’ts’, options for care, green burials, advance directives, myths, and more. Discover how to become an empowered advocate and start to develop your death ‘to do’ list. Explore the top 10 big ideas on how relate to death as the ultimate teacher. Come away with insight that will inform the way you live for the rest of your life.

Course number: 202721
ID 20348 SAT › Laurel Lewis • May 6 • Schott, Rm 6
1 Saturday • 9:00AM - 1:00PM • $35
Love - Having More in Your Life **NEW!**

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 20309 SAT › Barbara Boyd • Feb 4 • Schott, Rm 6
1 Saturday • 9:00AM - 12:30PM • $29

Nonviolent Communication (NVC): An Introduction

Nonviolent Communication (NVC) emphasizes deep listening both to others and to ourselves. Find out more about the NVC Conference in this introductory class. Learn the basics of NVC principles, meet the presenters, and receive the agenda for the full NVC Conference. Ask questions and decide if this conference will suit your needs.

Course number: 202716
ID 20355 EVE › Rodger Sorrow • May 12 • Wake, Auditorium
1 Friday • 7:00PM - 9:30PM • $0

Men and Women in Conversation: A Map to Successful Communication **NEW!**

Discover how to negotiate successfully the communication between you and the opposite sex. Even in the closest of relationships, women and men live in different worlds made of different words, perspectives, priorities, cultural core differences and physical differences. Fully understand how men and women communicate, how they are different, and how to have true and authentic communication with the opposite sex.

Course number: 202739
ID 20346 SAT › Terri Cooper • Apr 8 • Wake, Rm 20
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $2

Nonviolent Communication (NVC) Conference

Nonviolent Communication (NVC) emphasizes deep listening both to others and to ourselves. NVC provides practical tools which foster connection, authenticity, compassion and solutions that work for everyone. Explore mediation and restorative practices, compassion in the way you talk to yourself and compassion in the classroom. Learn how to enjoy anger, how to encourage more collaboration in the workplace, and the power of NVC as a form of practical spirituality. Discover how to deepen connections with your friends, family and co-workers, speak from the heart, listen without judging, transform conflict into compassionate dialogs, create more harmony and peace at home and work, and enhance rich relationships with children, partner, and family.

Note: Funded in part by SBCC Foundation.

Course number: 202715
ID 20356 EVE › Rodger Sorrow • May 12 - May 14 • Wake Campus
Fri • 7:00PM - 9:30PM & Sat 9:00AM - 4:00PM & Sun 9:00AM - 4:00PM
• $75 + Materials $5

Post Traumatic Stress Disorder: Healing With the Tearless Trauma Technique

Traumatic Stress can result from negative emotional experiences during childhood, war, assault, accidents, or other terrifying life experiences. When these memories are not healed they lead to a life of misery. Recent scientific discoveries provide us with new understandings of the brain that have led to powerful innovative techniques to treat and heal Post Traumatic Stress and unprocessed trauma memories. Experience the 'Tearless Trauma Technique.' Watch videos of treatment sessions with veterans and other trauma victims.

Course number: 202638
ID 20178 SAT › Gloria ( Arenson) Brockway • Jan 28 • Schott, Rm 3
1 Saturday • 9:00AM - 1:00PM • $35

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: 20275
ID 20195 EVE › David Richo • Apr 3 - May 1 • Schott, Rm 3
5 Mondays • 10:00AM - 12:00PM • $59

Reading and Writing Poetry for Personal Growth

Discover ways of looking at poetry that help you look back over the events of your lives to see what still needs to be resolved. The reading of poems becomes a vehicle to see the meaning and purpose of your life. Write your own poems in class and listen to other students’ poems when they are ready to share. This will help you notice the similarities in the human experience and deal with future life issues in creative ways.

Course number: 202583
ID 19994 › David Richo • Apr 3 - May 1 • Schott, Rm 3
5 Mondays • 10:00AM - 12:00PM • $59
Sacred sites, ancient and modern, are a worldwide phenomenon. Follow the Earth spirit’s trail via myth-imbued ancient Greek sanctuaries, majestic Egyptian temples, puzzling pre-Roman Etruscan ruins, Neolithic alignments in Brittany, and Knights Templar power sites in Southern France. Explore the mysteries behind Earth energies, and also the three pre-requisites and four properties of sacred sites. Discover the principles of purpose, directions, shapes, numbers, and intention, and how multifarious cultures, including the Chumash, have applied these principles. Harness these concepts and create your own, personalized sacred space.

Course number: 202731
ID 20328  Svetlana Meritt • Apr 7 - Apr 21 • Schott, Auditorium
3 Fridays • 10:15AM - 11:45AM • $29

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 20181  Pamela Nichols • Apr 15 • 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 20317  Alyce Jackson • Feb 4 - Feb 11 • Wake, Rm 16
2 Saturdays • 9:30AM - 12:30PM • $35

What’s Holding You Back From Moving Forward

Are you putting off starting an exercise program, finishing a project, or looking for a new job? Stop sabotaging yourself from reaching your goals. Learn how to motivate yourself by converting the negative thoughts and beliefs into positive solutions that get you moving. Uncover the 5 fears that keep you stuck. Break free from the guilt and shame of putting off your plans when you discover how to use Cognitive Behavioral Therapy and Energy Psychology techniques like mindfulness and Emotional Freedom to help you set and achieve new goals for success.

Course number: 202215
ID 20180  SAT  Gloria (Arenson) Brockway • Apr 8 • Schott, Rm 3
1 Saturday • 9:00AM - 1:00PM • $35

When Diets Fail - Free Yourself from Emotional Eating

70% of Americans are overweight and obese. Millions of dollars are spent on fad diets which produce short-lived results. By not addressing the emotional eating component, weight loss is temporary and leaves the dieter feeling more hopeless and frustrated than ever. Explore the triggers that lead to emotional eating and discover the tools and strategies for establishing a healthy relationship with food. Walk away understanding how to free yourself from this cycle and how to transform your mind (and body) along the way.

Course number: 202712
ID 20155  SAT  Petra Beumer • Feb 11 • Schott, Rm 6
1 Saturday • 9:00AM - 1:00PM • $35

When Too Much Is Not Enough: How to Understand and Control Cravings

Compulsive behaviors are ways we use pleasure to treat stress. Whether you use drinking, overeating, drugs, sex, exercising, compulsive spending, overworking, computer addiction, or something else, you can learn to change this pattern. In a safe environment, you will learn to stop replacing one compulsion with another by recognizing the underlying life stresses that trigger your cravings. Find out how negative emotions affect brain chemistry in a harmful way. Discover how the application of Energy Psychology techniques and the Four Level Plan can help you eliminate binges, resolve painful problems and manage stress immediately.

Course number: 202199
ID 20179  SAT  Gloria (Arenson) Brockway • Mar 4 • Schott, Rm 3
1 Saturday • 9:00AM - 1:00PM • $35

Create Your Own Luck

Don’t wait for Lady Luck to find you. Be proactive with CLL classes.

→ Create Your Own Luck (p. 24)
→ Tarot Cards Demystified (p. 28)
→ Life Realignment for Career Transitioners (p. 26)
→ What’s Holding You Back from Moving Forward (p. 28)
Fall Semester 2016
Remaining Classes & Workshops

Check out what’s starting soon!
November 3 – December 10, 2016

→ Figure Drawing with Bob Mask
   starts Nov. 3
→ Chocolate Delights
   starts Nov. 3
→ Past Life Regression Workshop
   Nov. 5
→ What’s it Worth?
   Nov. 5
→ ADHD Through the Lifespan
   Nov. 5
→ Whale Whisperer
   Nov. 5
→ DIY Interior Design with Feng Shui
   Nov. 5
→ Life Realignment After Illness
   Nov. 5
→ Premonitions as Preventive Medicine
   Nov. 5
→ 1031 Tax Deferred Exchanges and Owning Management Free Real Estate
   Nov. 5
→ Silver Cuttlebone Cast Ring
   starts Nov. 7
→ Opera in Performance
   Nov. 7
→ Attracting Abundance
   Nov. 12
→ Intro to Glass Fusing - Holiday Workshop
   starts Nov. 12
→ How to Communicate Simply Lovingly and Effectively
   Nov. 12
→ Tacos From the Inside Out
   Nov. 12
→ Food for Your Holiday Open House and Entertaining
   Nov. 15
→ Easy Thanksgiving Side Dishes
   Nov. 16
→ Jewelry Workshop
   starts Nov. 18
→ YouTube for Beginners: Your Videos Their Videos
   Nov. 18
→ Connecting With Your Teenager
   Nov. 19
→ Tamales - Make Your Own
   Nov. 19
→ The Secrets of Men’s Depression - The Plight of Wounded and Wounding Men
   Nov. 19
→ Jewelry Workshop
   starts Nov. 21
→ Beautiful Holiday Food Treats
   Nov. 30
→ Art of Mediumship: Talking to Spirit
   Dec. 3
→ Break into Voice Over
   Dec. 3
→ Practicing Mindfulness - Harmony Health Happiness
   Dec. 3
→ Tamales from Oaxaca and Veracruz
   Dec. 3
# Registration is Easy!

**Staggered Registration**

**November 7 – November 10, 2016**

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).

| MONDAY  
November 7 | TUESDAY  
November 8 | WEDNESDAY  
November 9 | THURSDAY  
November 10 |
|------------|------------|------------|-------------|
| **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)  
- Jewlery (10:00AM)  
- Crafts & Hobbies: General (10:00AM)  
- Woodworking (10:00AM)  
| **GRAND TOTAL**  
| **TOTAL FEES**  

### SBCC CLL REGISTRATION FORM

<table>
<thead>
<tr>
<th>FIRST NAME _________________________________</th>
<th>LAST NAME _________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PLEASE PRINT</strong></td>
<td><strong>PLEASE PRINT</strong></td>
</tr>
<tr>
<td>STUDENT ID# ________________________________</td>
<td>E-MAIL ______________________________________</td>
</tr>
<tr>
<td><strong>IF KNOWN</strong></td>
<td><strong>IF KNOWN</strong></td>
</tr>
<tr>
<td>ADDRESS ____________________________________</td>
<td>CITY ______________</td>
</tr>
<tr>
<td><strong>DATE OF BIRTH</strong> __________________________</td>
<td><strong>DATE OF BIRTH</strong> __________________________</td>
</tr>
</tbody>
</table>

**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
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 20374  Erin Graffy  Apr 4 - Apr 18  Schott, Auditorium
3 Tuesdays  3:30PM - 5:00PM  $36

➡ 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 19986  Fred Hofmann  Jan 17 - Feb 14  Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays  10:30AM - 12:00PM  $45
ID 19987  Fred Hofmann  Jan 20 - Feb 10  Schott, Rm 31
4 Fridays  10:30AM - 12:00PM  $35
ID 19988  Fred Hofmann  Feb 21 - Mar 21  Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays  10:30AM - 12:00PM  $45
ID 19989  Fred Hofmann  Feb 24 - Mar 24  Schott, Rm 31
5 Fridays  10:30AM - 12:00PM  $45
ID 19990  Fred Hofmann  Apr 4 - May 2  Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays  10:30AM - 12:00PM  $45
ID 19991  Fred Hofmann  Apr 7 - May 5  Schott, Rm 31
5 Fridays  10:30AM - 12:00PM  $45

➡ Santa Barbara History You Don’t Know - but Would Love to Ask!  NEW!
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 20373  Erin Graffy  Feb 28 - Mar 21  Schott, Auditorium
4 Tuesdays  3:30PM - 5:00PM  $48

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 19963  Valerie Comte  Jan 25 - Apr 5  Schott, Rm 5
10 Wednesdays  5:30PM - 7:30PM  $119 + Materials $5

➡ French 3
Practice French in an interactive environment through dialogues, vocabulary, grammar, and pronunciation. Deepen the foundation of French grammar by studying the usage of the Passe compose and imperfect tense, the future tense, the formation of adverbs, and review reflexive verbs. Conversation is emphasized but all areas of the language are covered including listening, writing, and reading. Come away with more confidence and knowledge in speaking and understanding French.
Course number: 102026
ID 19960  Valerie Comte  Jan 26 - Apr 6  Schott, Rm 6
10 Thursdays  5:30PM - 7:30PM  $119 + 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: 105144
ID 20157 ➔ Barbara Lotito • Jan 19 - Mar 23 • Wake, Rm 18
10 Thursdays • 12:30PM - 2:30PM • $119
ID 20352 ➔ Wesley Hensley • Jan 23 - Mar 20 • Schott, Rm 31
8 Mondays • 5:30PM - 7:30PM • $95

→ Spanish 1

With an emphasis on conversation, students will learn basic vocabulary, grammar and expressions relating to greetings, sharing personal information about themselves and their families, professions, body parts, clothing, days of the week, months of the year, numbers and the alphabet.

Course number: 105144
ID 20144 ➔ Bonnie Blakley • Jan 18 - Apr 26 • Schott, Rm 6
12 Wednesdays • 5:15PM - 7:15PM • $119
ID 20164 ➔ Barbara Lotito • Jan 19 - Mar 23 • Wake, Rm 18
10 Thursdays • 5:15PM - 7:15PM • $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: 105144
ID 20144 ➔ Bonnie Blakley • Jan 18 - Apr 26 • Schott, Rm 6
12 Wednesdays • 5:15PM - 7:15PM • $119
ID 20164 ➔ Barbara Lotito • Jan 19 - Mar 23 • Wake, Rm 18
10 Thursdays • 5:15PM - 7:15PM • $119

→ Spanish 5 - Low Intermediate Conversational

Are you ready to start talking about what you did on your last vacation or project? Do you interact with native Spanish speakers and would you like to understand their stories? You will benefit the most if you are already comfortable speaking in the Present Tense. Learning activities and games will focus on reporting past events, expressing likes and dislikes. Topics include regular and irregular preterit verb forms, direct and indirect object pronouns, and the impersonal 'se.' All classes are geared toward improving your conversational Spanish.

Course number: 105164
ID 20096 ➔ Irma Esquivel-Kromis • Jan 24 - Mar 21 • Wake, Rm 18
9 Tuesdays • 12:15PM - 2:15PM • $109

→ 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 20089 ➔ Bonnie Blakley • Jan 17 - Apr 25 • Schott, Rm 6
12 Tuesdays • 12:45PM - 2:45PM • $139
ID 20106 ➔ Bonnie Blakley • Jan 17 - Apr 25 • Schott, Rm 6
12 Tuesdays • 3:00PM - 5:00PM • $139

→ Spanish in Action 2: To Be or Not To Be?

There are five Spanish verbs for 'to be' - ser, estar, tener, hacer, and haber. Join this fun accelerated learning course that rewrites your brain to automatically choose the right verb in Spanish. Enjoy class activities that create a supportive learning community and engage in real-life communication enhanced by games, songs, art, movement, and visual grammar aids. Everyday topics include identifying, describing, and locating people, events, and places, referring to specific times and ages, and describing and reacting to the weather. Note: All levels will enjoy this useful class and it's especially beneficial for students enrolled in or having completed the equivalent of CLL's 'Spanish 2: Low Beginning Conversational.'

Course number: 105177
ID 20165 ➔ Barbara Lotito • Apr 6 - Apr 27 • Wake, Rm 18
4 Thursdays • 12:30PM - 2:30PM • $49

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

www.theCLL.org
PHOTOGRAPHY & FILM

→ Conceptual Photography - Anyone Can Do It NEW!

Why do photographs of the same subject look so different? When you slow down, you will quickly realize there are many different ways of seeing. Can something that is happy appear to be sad? Discover how common images can be both unique and meaningful. Challenge yourself to create a photograph that is different from your fellow classmates to reflect your own unique point of view. Shatter your creative ‘photography’ block and begin developing a style that is all your own!

Course number: 411076
ID 20136 EVE › Lindsey Baumsteiger • Jan 25 - Feb 22 • Schott, Rm 22, Off site - see class details
7 Wednesdays • 6:00PM - 8:00PM & Sat 9:00AM - 11:00AM & Sat 9:00AM - 11:00AM • $90

→ Create Photographs With Impact

Discover new techniques and skills to help you 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 20117 › (Chuck) Charles Place • Feb 7 - Mar 7 • Schott, Rm 3
5 Tuesdays • 12:00PM - 3:00PM • $150

→ 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 20116 SAT › (Chuck) Charles Place • Feb 25 - Mar 25 • 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 20118 › (Chuck) Charles Place • Jan 25 - Feb 22 • Schott, Rm 6
5 Wednesdays • 12:00PM - 3:00PM • $150

→ Portrait Photography: Capturing the Soul of Your Subject NEW!

Upgrade your personal, family, or professional portraits to the next level by mastering the technical aspects of taking photographs. Using either a simple digital camera or a traditional analog film camera, discover how best to incorporate your subjects into the environment around you and to recognize the magic that photo each contains. Explore how to gather the elements needed to elevate your images to magazine quality with or without a budget. Capture the moment rather than the scene, and have your photos speak volumes rather than document memories.

Course number: 411077
ID 20049 SAT › TC Reiner • Jan 21 - Apr 15 • Schott, Rm 22
11 Saturdays • 1:00PM - 5:00PM • $352

→ Santa Barbara, Through Your Lens

Santa Barbara is famous for its majestic mountain and seascapes along with its dizzying array of unique flora and fauna. Advance your photography skills through fun and interactive photo walks throughout Santa Barbara. Guided by a local and professional photographer, discover how to capture iconic places from a fresh angle. Walk away with new photography skills and perspectives to push your work to a new level. Ideal for all photography enthusiasts.

Note: See online notes for offsite locations.

Course number: 411073
ID 20222 EVE › Lindsey Baumsteiger • Mar 22 - May 3 • Schott, Rm 22
6 Wednesdays • 6:00PM - 8:00PM • $96
→ Communicate Your Message through Clear Writing  
Feeling misunderstood? Wish people would grasp what you are saying through your written word? In a supportive environment, discover what disconnects a reader from your writing and how to convey your message effectively. Explore composition techniques to reflect your true intent and integrate your personality into your writing. Come away knowing how to successfully communicate via Facebook/Twitter/Instagram aficionado or have always wanted to write a novel or even your memoirs? Become a writer that is understood and effective.
Course number: 157195  
ID 20158  
Lynelle Paulick • Jan 23 - Mar 20 • Schott, Rm 6  
8 Mondays • 12:30PM - 3:00PM • $120

→ Elena Ferrante, The World’s Foremost Modern Writer  
Celebrated Italian writer Elena Ferrante recently caught the world’s attention with her novels about growing up in the slums of Naples. Praised around the globe for their gritty realism, the books have brought Ferrante fame and fortune... but no one knows who she is! Take an unforgettable journey back to postwar Italy as we unravel the mystery of the woman who many are calling ‘the world’s foremost modern writer’.
Course number: 157204  
ID 20362  
Ross Robins • Mar 22 - Apr 19 • Schott, Rm 3  
6 Wednesdays • 9:30AM - 11:30AM • $48

→ How to Write the Modern Short Story  
For many storytellers, the short story is a distinct and satisfying narrative form, its major thrust being a result that can be read in one sitting. Other writers see it as a building block for the longer, more inclusive structure, the novel. Each approach has brought memorable work into being. Discover the evolution of the short story while writing your own stand-alone narratives, and explore ways to build the kinds of related series we think of as the novel. Come away with a matrix for examining and developing individual narrative voice.
Course number: 151351  
ID 20036  
Shelly Lowenkopf • Jan 19 - May 4 • Schott, Rm 3  
15 Thursdays • 7:15PM - 9:15PM • $180

→ Jazz History and Appreciation  
Called America’s most important contribution to the world of music, this unique music genre served as the cultural touchstone for the 20th century. Jazz permeates most contemporary music. Explore the roots of Jazz from its beginning in New Orleans to the modern day with special emphasis on classical and swing style jazz. Listen and let your body and mind connect with jazz and discover a new passion.
Course number: 157203  
ID 20274  
Chuck Wood • Feb 14 - Mar 21 • Schott, Rm 20  
6 Tuesdays • 6:00PM - 8:00PM • $72

→ Explorations in Literature  
Become a more avid, savvy reader of fiction by learning how to ‘close-read’. Through classroom readings, lecture, and discussion, you will understand the dynamics of fiction and how they apply to your life. Fiction reveals relationships between people and people’s relationships to the world. Fiction often gives a clearer view of its times than contemporary news reports of history. As you learn what to look for in your reading, your pleasure and confidence in your literary judgment will grow with every page you turn.
Course number: 157169  
ID 20035  
Shelly Lowenkopf • Jan 17 - May 2 • Schott, Rm 3  
15 Tuesdays • 1:00PM - 3:00PM • $180

→ Getting Started, Getting Good, and Getting Your Fiction Published  
Effective, publishable fiction requires intriguing characters, a good story line, a compelling narrative voice, convincing dialogue, energetic pace, palpable mood, and a strong relationship to contemporary life. Easy to prescribe but difficult to achieve, but the necessary skills can be taught. This class, presented by a longtime editor and writer, provides instruction in the vital techniques, an arena for practicing them until those skills are mastered, and demonstrable ways for the student to develop an individual narrative voice.  
Note: Optional reading fee $20. Please come to the Wake or Schott front desk to pay your reader fees during or after the second week of class.
Course number: 157171  
ID 20034  
Shelly Lowenkopf • Jan 18 - Mar 22 • Wake, Rm 18  
10 Wednesdays • 5:15PM - 7:15PM • $120
Modern and Classic Short Stories

Titles,anthologized for each term, include contemporary and classic short stories from the U.S., Britain, the European continent, Africa, Latin America, Japan, India, Israel, China and other nations. Students pursue a close reading of texts paying sustained attention to the characters, plot, style, images, metaphors, patterns, and themes that carry the story forward and engage in an interpretive immersion that transforms attention into deeper thought and comprehension. This fusion generally results in a cohesive sense of the whole.

Course number: 157168
ID 20030 > Mark Ferrer • Jan 27 - Mar 24 • Schott, Rm 3
8 Fridays • 10:00AM - 12:00PM • $96
ID 20386 > Mark Ferrer • Apr 7 - May 5 • Schott, Rm 3
5 Fridays • 10:00AM - 12:00PM • $60

Poetry: A Momentary Stay Against the Confusion of the World NEW!

Whether you fear or love poetry, this class is for you. Live poetry through this enlivening and thought-provoking class. The goal is not to define the ‘right’ interpretation but to provide a receptivity and openness to all mindful ideas and contributions. In an accepting environment, share your passion for poetry. Make poetry a part of your everyday life and share in the company of fellow kindred spirits.

Course number: 157201
ID 20252 > Mark Ferrer & David Richo • Apr 6 - May 4 • Schott, Rm 3
5 Thursdays • 10:00AM - 12:00PM • $60

Russian Literature Rediscovered NEW!

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 20258 > Ross Robins • Feb 1 - Mar 15 • Schott, Rm 3
7 Wednesdays • 9:30AM - 11:00AM • $84

Shakespeare

There are more Google pages devoted to Shakespeare than to God. Experience the Bard through close reading and open discussion. Discover the meaning of, and questions arising from, the brilliant lines of each play we read while discussing the plot, characters, themes, point of views, and settings. Analyze the effect of words, ambiguity, irony, paradox, images, metaphors, patterns, and cadences in each work. Explore the effect on the reader of portrayal of culture and values. The Bard keeps getting better.

Note: See online listing for class reading.

Course number: 151332
ID 20028 > Mark Ferrer • Jan 23 - Apr 3 • Schott, Rm 3
9 Mondays • 4:00PM - 6:00PM • $108
ID 20029 > Mark Ferrer • Apr 10 - May 1 • Schott, Rm 3
4 Mondays • 4:00PM - 6:00PM • $48

Storytelling for Effective Presentations NEW!

Persuade donors, board members, investors and your own boss to support your next phase of development, your client or pet project. Tell a compelling story. Make your presentations come alive so they will generate results. Use archetypes, structure, and narrative techniques to hook an audience. Discover how to optimize the secrets of genre for your presentations. Incorporate the seven basic storytelling tropes to make your message resonate. Take the upper-hand and captivate others by renewing your sense of power and controlling your message.

Course number: 157196
ID 20291 EVE > Kathleen Sharp • Mar 22 - Apr 26 • Schott, Rm 6
5 Wednesdays • 12:00PM - 2:00PM • $150

Using Narrative Therapy - It Could Transform Your Life

We use our language to define ourselves. Our stories and our memories create our self-perceptions and the personas we display to the world. Narrative therapy transforms our perceptions and places everyday struggles into a self-perception that is more nuanced and even heroic. Acquire the tools to de-contextualize events and experiences by placing them into a larger mythical and archetypal context. Narrative therapy helps to connect with the world, each other, and remind us of the magic in our lives.

Course number: 157194
ID 20290 > Riven Barton • Feb 2 - Feb 23 • Schott, Rm 3
4 Thursdays • 12:30PM - 3:00PM • $70

What’s So Funny? How to Recognize, Understand, and Write Humor NEW!

Humor occurs in many forms, predominately in comedy, satire and parody. Humor always has a target and a purpose. Discover how to recognize why and where the barbs are directed, the differences between these weapons, and how to launch missiles of your own. Enjoy this fun, fast-paced reading, writing, and sharing course, with special guest appearances from such visitors as Mark Twain, Dorothy Parker, and Sarah Silverman.

Course number: 157205
ID 20310 EVE > Shelly Lowenkopf • Jan 23 - Mar 20 • Schott, Rm 3
8 Mondays • 7:15PM - 9:15PM • $96

SBCC Center for Lifelong Learning / SPRING 2017 / Events, Language, Photo 35
MEET OUR TEACHERS
William “Bill” Thomas

As a newspaper editor and a journalism professor at Cal State Northridge, Bill knows how to help you format your writing to help effectively communicate your thoughts and ideas.

Bill has tips on interviewing techniques that produce results. Instead of asking questions that can be answered with a simple short response, give gentle commands such as “Tell me about … or “Elaborate on that”. Don’t be afraid to remain silent. Silence can provoke an unexpected response.

Bill’s spring classes:

➡️ NEW! Write Like a Journalist (p. 36)
➡️ NEW! The Strange World of Mr. Mum (p. 7)

ертв a New life Narrative - Create the Past You Desire 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 20283  ➡️ Randi Rabin • Jan 24 - Mar 14 • Schott, Rm 6
8 Tuesdays • 9:30AM - 12:00PM • $120
ID 20307  ➡️ Randi Rabin • Apr 4 - May 2 • Schott, Rm 6
5 Tuesdays • 9:30AM - 12:00PM • $75

➡️ Write Like a Journalist NEW!

Employees are often assigned the tasks of creating and maintaining blogs and newsletters or writing public relations releases for their organizations. They are asked to be professional researchers, interviewers, writers and editors - without any formal training. Now you can master the format, understand the style and control your content. Discover and practice the basic skills from an experienced newspaper editor and university professor of journalism.

Course number: 157198
ID 20199  ➡️ William Thomas • Jan 23 - Mar 20 • Schott, Rm 6
8 Mondays • 10:00AM - 12:00PM • $96

➡️ 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 20194 SAT  ➡️ Dana Drobny • Feb 11 • Schott, Rm 31
1 Saturday • 9:30AM - 12:30PM • $25

➡️ Writing Personal Histories

Discover yourself through using the memoir writing process. Capture your rich life, so full of people, places and experiences, and share it with others. Learn how to collect and distill your ‘peers’ feedback. Find out how to write and structure your own memoirs and autobiographies and also how to edit them. Develop a conversational, individual narrative voice for your memoirs, and create an effective framework for fictional works based on your autobiographies.

Note: Optional reading fee $20. Please come to the Wake or Schott front desk to pay your reader fees during or after the second week of class.

Course number: 157175
ID 20037  ➡️ Shelly Lowenkopf • Jan 18 - Apr 12 • Schott, Rm 6
12 Wednesdays • 9:45AM - 11:45AM • $144
Tea Time

Do you fancy a cup of tea? Everyone enjoys attending a tea party or throwing one. Make your next tea party a special one with your own personalized tea set in **Tea for Two: Make Your Own Ceramic Tea Set**, made by YOU. Don’t know the ins and outs of a tea party? Discover the routine of high tea in **Indian High Tea** where the tradition has been enjoyed for over a hundred years.

- **NEW!** Tea for Two: Make Your Own Ceramic Tea Set (p. 10)
- **NEW!** Indian High Tea (p. 38)
Crawfish and Catfish and Gumbo, Oh My

Enjoy a Cajun-style outdoor party. With live crawfish flown straight from Louisiana, we'll have a genuine Southern feast. Discover how to combine the essential fresh ingredients and spices to elevate these tasty, lobster-like crustaceans to Cajun Nirvana. Find out how to fry catfish to a non-greasy, crunchy, golden brown. And as no Cajun shindig is complete without a bowl of Seafood Gumbo, we'll work together on an original yet authentic recipe. Oh my...Backyard BBQ the Cajun way.

Course number: 606464
ID 20143 SAT  David Postada • May 6 • Schott, Rm 27 Culinary Lab
1 Saturday • 11:30AM - 2:30PM • $24 + Lab $8 + Materials $10

First You Make A Roux: Secrets to Great Cajun and Creole Cooking

The Cajun holy trinity is - 3 parts onions, 2 parts celery, 1 part green bell pepper. Discover rural Louisiana cooking fundamentals including the perfect roux and 'the trinity'. Master New Orleans and traditional Cajun dishes including Seafood Gumbo, Red Beans and Rice, Jambalaya, Shrimp Creole and Crawfish Etouffee, and even one-of-a-kind family recipes. Add to your repertoire the culturally rich cuisine of New Orleans that combines French and exotic West Indies influences. Laissez les bon temps rouler!

Course number: 606462
ID 20145 EVE  David Postada • Feb 21 - Feb 28 • Schott, Rm 27 Culinary Lab
2 Tuesdays • 6:00PM - 9:00PM • $36 + Lab $15 + Materials $20

Flavor Fusion: Mixing Cultural Food Traditions

Bring your creative self to this class where we will practice combining the best flavors from a range of culinary traditions to make surprisingly tasty new dishes. Discover which ingredients work well together and see how far you can push your culinary boundaries. Get in on this current foodie trend, grow your confidence in the kitchen, and wow your guests with unique flavor sensations!

Course number: 606476
ID 20285  Diana Coburn • Feb 8 - Feb 15 • Schott, Rm 27 Culinary Lab
2 Wednesdays • 10:00AM - 2:00PM • $56 + Lab $8 + Materials $20

Fragrant Feast: Indian Vegetarian Menu

Master the delicious vegetarian dishes of India. From pakoras and paneer to palau, 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 20224  Farhana Sahibzada • Apr 11 • Schott, Rm 27 Culinary Lab
1 Tuesday • 11:00AM - 2:00PM • $33 + Lab $8 + Materials $10

Indian High Tea

Coffee mornings and high teas are essential to Indian/Pakistani social life. Whether designed as a mid-morning social or an early evening affair, everyone enjoys attending a tea party or throwing one. Not just a theme for a party, tea and (now) coffee breaks are a daily tradition and part of the daily routine of the Indian/Pakistani lifestyle. Experience this tradition introduced and left behind perhaps by the British, who called India ‘home’ – and enjoyed tea there - for over a hundred years.

Course number: 606475
ID 20223 SAT  Farhana Sahibzada • Apr 29 • Schott, Rm 27 Culinary Lab
1 Saturday • 1:00PM - 4:00PM • $33 + Lab $8 + Materials $10

Local Chefs and Their Favorite Dishes

Meet Santa Barbara’s best chefs! Join us for a one-of-a-kind experience where you’ll meet chefs from some of Santa Barbara’s favorite restaurants and sample their favorite recipes. Discover the technique and tips that ensure that each dish consistently delights. Learn the steps involved in creating their favorite dishes and have your cooking questions answered by our local culinary maestros. Come away being ‘in the know’ next time you visit their restaurants, and also when you prepare their delectable dishes yourself at home.

Note: See online listing for featured restaurant.

Course number: 606463
ID 20376 EVE  Irma Esquivel-Kromis • Feb 22 • Schott, Rm 27 Culinary Lab
1 Wednesday • 6:00PM - 8:30PM • $20 + Lab $5 + Materials $10
ID 20377 EVE  Irma Esquivel-Kromis • Mar 2 • Schott, Rm 27 Culinary Lab
1 Thursday • 6:00PM - 8:30PM • $20 + Lab $5 + Materials $10

Make a Meal Out of ... Anything

Hate wasting food but don’t know what to do with excess or expired food? At a loss for making something out of the hodgepodge of ingredients in your refrigerator and pantry? Discover the techniques and methods of making wonderful meals out of a variety of food, spices and products that you never knew could be put together into such a tasty and appealing dish. Master the basics of menu creation and follow the most common tricks of the trade to use anything you have and everything you have.

Course number: 606470
ID 20289  Carol Cannon • Jan 26 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $24 + Lab $8 + Materials $10

Make the Best Soups You’ve Never Tasted

Soup is a quick, tasty nutritious meal. Learn to be creative with your soups - they don’t need to be boring and predictable. Stir things up with these inventive creations to produce new flavors, textures and combinations that you never thought possible in a soup. Let our soup expert provide the recipes, techniques and understanding of soups to help make them an exciting part of your weekly menu. There's a delicious steaming bowl just waiting for you to dig into!

Course number: 606471
ID 20050  Carol Cannon • Mar 2 - Mar 16 • Schott, Rm 27 Culinary Lab
3 Thursdays • 2:00PM - 5:00PM • $54 + Lab $8 + Materials $30
→ Mastering Paneer Massala NEW!

The Indian homemade cheese now widely available at Indian grocery stores is used to make many Indian main dishes and even desserts! Discover the secrets to mastering a simple paneer massala and some mouth-watering variations. Try making a dish of Aloo palak (spinach with potatoes seasoned with fenugreek leaves) to complete the meal. For dessert we'll make some Sooji Halwa and enjoy it all with some ‘garam chai’ (freshly brewed Indian tea!) We'll all join the fun of the action, so come prepared to roll up your sleeves!

Course number: 606474
ID 20227 › Farhana Sahibzada • Jan 19 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $33 + Lab $8 + Materials $10

→ Meal in One: Soups and Stews

This course teaches students to create hearty and delicious meal-in-one soups and stews featuring organic chicken and beef. Recipes include traditional dishes, California style dishes, unique ingredients, and accompanying breads and biscuits.

Course number: 606352
ID 20067 › Diana Coburn • Jan 18 - Jan 25 • Schott, Rm 27 Culinary Lab
3 Wednesdays • 1 Fri • 10:00AM - 2:00PM • $56 + Lab $7 + Materials $20

→ Play with Your Food: A Guide to Fearless Cooking NEW!

Intimidated by recipes? Feel like your whole meal will be ruined if you make a mistake? Shed the apprehension and put the fun back into your cooking. Discover tips and techniques used by professionals as they experiment and try out new dishes. Never feel afraid again and learn what it’s like to always be in control. Explore new combinations, what goes with what, and how to improvise in the kitchen. Play with your food, and experience the joy of a new creation that is uniquely your own.

Course number: 606472
ID 20027 › Carol Cannon • Apr 20 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $24 + Lab $10 + Materials $10

→ Shammi Kabobs and Homemade Chappati NEW!

From stove to freezer... You’ll find these Shammi Kabobs prepared and tucked away in the freezers of many Indian and Pakistani homes for later use as a quick snack, a full meal, or for entertaining company that surprises you with an unexpected visit! Shammi Kabobs can be prepared with chicken, beef or even lamb! Enjoy them with ketchup or the traditional Indian chutney-as a sandwich in a hamburger bun, wrapped in a piping hot home-made chappati or with some fresh steamed basmati rice. Shammi Kabobs are delicious in any combination!

Course number: 606473
ID 20226 › Farhana Sahibzada • Feb 16 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $33 + Lab $8 + Materials $10

→ 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 20161 SAT › Takako Wakita • Jan 21 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $3 + Materials $20

→ The Art of the Mediterranean Table

Experience the diverse and delectable cuisines that comprise the Mediterranean. From Spanish tapas to French Bistro style menus, discover foods from Southern, Central and Northern Italy, the Greek Isles, Spain and Portugal, Regional France and Morocco. You will learn the art of the table, which includes the key elements for creating your own happy table memories. From positive conversations to colorful Mediterranean table decor, the class explores some of the elements that contribute to an uplifting atmosphere and an enjoyable (or memorable?) experience. Make the dishes, receive the recipes and create these wonderful meals at home for family and friends.

Course number: 606372
ID 20066 › Diana Coburn • Mar 8 - Mar 22 • Schott, Rm 27 Culinary Lab
3 Wednesdays • 10:00AM - 2:00PM • $84 + Lab $10 + Materials $30

→ 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 20065 › Diana Coburn • Apr 5 - Apr 12 • Schott, Rm 27 Culinary Lab
2 Wednesdays • 10:00AM - 2:00PM • $56 + Lab $7 + Materials $20

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

→ Family History Research: Intermediate/Advanced

Have you reached a dead end in your genealogy research? Need a new strategy plan for tackling your ‘brick wall?’ Explore alternative and less known sources including using newspapers, directories, many types of military, land, probate, and other court records. You will create an action plan, compile a toolbox of resources, and explore creative ways to think outside the box to aid in your research.

Course number: 1413
ID 20119  ➪ Norma Eggli • Jan 18 – Feb 22 • Wake, Rm 16
5 Wednesdays • 5:30PM - 7:00PM • $49 + Materials $5

→ Genealogy Goes Digital

Class teaches the use of new software and techniques for both MAC and PC platforms to help with genealogical research. Topics include research using the Internet, creating digital archives, scanning and correcting images, creatively designing layouts, and sharing media online. Students learn digital organizational skills to format, publish, and share genealogical pictures and information. Students will bring ideas, photos, charts, and Word documents to work on individual projects in class.

Course number: 1434
ID 20115  ➪ Norma Eggli • Feb 15 - Mar 22 • Wake, Rm 04 Lab
6 Wednesdays • 9:00AM - 11:30AM • $89 + Materials $5

HOME & GARDEN

→ 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 20153  ➪ (Alexandra) Laurie (King) Alexander • Feb 11 • Schott, Rm 3
1 Saturday • 9:00AM - 12:00PM • $25

→ Genealogy Goes Digital

Class teaches the use of new software and techniques for both MAC and PC platforms to help with genealogical research. Topics include research using the Internet, creating digital archives, scanning and correcting images, creatively designing layouts, and sharing media online. Students learn digital organizational skills to format, publish, and share genealogical pictures and information. Students will bring ideas, photos, charts, and Word documents to work on individual projects in class.

Course number: 1434
ID 20115  ➪ Norma Eggli • Feb 15 - Mar 22 • Wake, Rm 04 Lab
6 Wednesdays • 9:00AM - 11:30AM • $89 + Materials $5

→ 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. Use positive reinforcement for training your dog to sit, down, stay, come when called, walk nicely on leash, and more! Designed for puppies and dogs of all skill levels. Dogs must be at least 4 months of age and handlers at least 18 years of age. Fun for all the family - and your canine friend.

Note: PROOF OF VACCINATIONS REQUIRED. Dogs must wear a harness or plain flat collar and four to six foot leash. Please bring a variety of your dog’s favorite treats cut into small pieces, a mat, towel or bed for your dog, and a copy of your dog’s current vaccination records. (Please, NO choke, prong, or citronella collars as these are prohibited). Dogs need to show no signs of aggressive behavior, including leash reactivity, growling, lunging, or snapping towards other dogs or people. Students need to be able to have their dog under verbal control while in a public, group setting with distractions.

Course number: 613049
ID 20207  ➪ Joan Mayer • Jan 21 - Feb 11 • Wake, Rm 15
4 Saturdays • 2:00PM - 3:15PM • $40 + Materials $5
ID 20209  ➪ Joan Mayer • Apr 8 - Apr 29 • Wake, Rm 15
4 Saturdays • 2:00PM - 3:30PM • $63 + Materials $10

→ Dog Training Workshop - Indoors Manners and Life Skills

Does your dog want to greet everyone he or she meets? Is your dog jumping up and going nuts every time the doorbell rings? If you’ve said ‘Yes!’ then this dog behavior workshop is for you. Find out how to teach your dog a more acceptable way to greet humans. Discover fun and useful behaviors you can use for when the doorbell rings or someone comes a knockin’. Workshop is for all dogs who are comfortable around other dogs and people while on leash. Taught by a Certified Professional Dog Trainer.

Note: PROOF OF VACCINATIONS REQUIRED. Dogs must wear a harness or plain flat collar and four to six foot leash. Please bring a variety of your dog’s favorite treats cut into small pieces, a mat, towel or bed for your dog, and a copy of your dog’s current vaccination records. (Please, NO choke, prong, or citronella collars as these are prohibited). Dogs need to show no signs of aggressive behavior, including leash reactivity, growling, lunging, or snapping towards other dogs or people. Students need to be able to have their dog under verbal control while in a public, group setting with distractions.

Course number: 613050
ID 20320  ➪ Joan Mayer • Mar 25 • Wake, Rm 15
1 Saturday • 2:00PM - 3:15PM • $18 + Materials $6

Doggy and Me: 5 NEW Workshops!

We always want to bring our “furbabies” along with us, and now you can – at the CLL! Discover what makes your dog tick and how to encourage healthy, happy behavior as well as a few tricks to make things fun for you and your curious canine. It’s a tail-wagging time!

→ NEW! Dog Training and Life Skills for Our Canine Friends (p. 40)
→ NEW! Dog Training Workshop – Indoors Manners and Life Skills (p. 40)
→ NEW! Dog Training Workshop – Tips and Techniques (p. 41)
→ NEW! Pawsitive Parenting Workshop for Happy Dog Owners (p. 41)
→ NEW! Dog Training Workshop - Outdoors Manners and Life Skills (p. 41)
→ Dog Training Workshop - Outdoors Manners and Life Skills **NEW!**

Do you love taking your dog on outdoor adventures, but sometimes find it to be challenging? If so, then this is the dog training workshop for you! Perfect for beginners as well as those who have had training experience. Discover the secrets of: coming when called, leaving things alone when asked, and leash manners. Workshop is for all dogs who are comfortable around other dogs and people while on leash. Taught by a Certified Professional Dog Trainer.

Note: PROOF OF VACCINATIONS REQUIRED. Dogs must wear a harness or plain flat collar and four to six foot leash. Please bring a variety of your dog’s favorite treats cut into small pieces, a mat, towel or bed for your dog, and a copy of your dog’s current vaccination records. (Please, NO choke, prong, or citronella collars as these are prohibited). Dogs need to show no signs of aggressive behavior, including leash reactivity, growling, lunging, or snapping towards other dogs or people. Students need to be able to have their dog under verbal control while in a public, group setting with distractions.

Course number: 613053
ID 20319 SAT ➜ Joan Mayer • Mar 11 • Wake, Rm 15
1 Saturday • 2:00PM - 3:15PM • $18 + Materials $6

→ Dog Training Workshop - Tips and Techniques **NEW!**

Looking for fun and efficient ways to teach your dog new behaviors or refine existing ones? This class includes: lure and reward, shaping, capturing, and more. Specific behaviors including ‘sit’, ‘down’, and ‘stay’, greeting people politely, as well as a few tricks to make things fun for you and your inquisitive canine. Lessons can be adapted for each dog, no matter his or her level of experience. Taught by a Certified Professional Dog Trainer.

Note: PROOF OF VACCINATIONS REQUIRED. Dogs must wear a harness or plain flat collar and four to six foot leash. Please bring a variety of your dog’s favorite treats cut into small pieces, a mat, towel or bed for your dog, and a copy of your dog’s current vaccination records. (Please, NO choke, prong, or citronella collars as these are prohibited). Dogs need to show no signs of aggressive behavior, including leash reactivity, growling, lunging, or snapping towards other dogs or people. Students need to be able to have their dog under verbal control while in a public, group setting with distractions.

Course number: 613051
ID 20319 SAT ➜ Joan Mayer • Mar 11 • Wake, Rm 15
1 Saturday • 2:00PM - 3:15PM • $18 + Materials $6

→ Pawsitive Parenting Workshop for Happy Dog Owners **NEW!**

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 20322 EVE ➜ Joan Mayer • Jan 17 • Schott, Rm 20
1 Tuesday • 6:00PM - 8:30PM • $20 + Materials $5

ID 20323 EVE ➜ Joan Mayer • Mar 15 • Schott, Rm 22
1 Wednesday • 6:00PM - 8:30PM • $20 + Materials $5

→ Smart Garden Design for Dry Times **NEW!**

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 20044 SAT ➜ William (Billy) Goodnick • Mar 4 - Mar 11 • Schott, Rm 6
2 Saturdays • 9:00AM - 12:00PM • $36

ID 20392 SAT ➜ William (Billy) Goodnick • Mar 18 • Schott, Rm 6
1 Saturday • 9:00AM - 12:00PM • $36

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 20142 SAT ➜ Mary Brown • Feb 11 • Wake, Rm 20
1 Saturday • 9:00AM - 5:00PM • $45

Registration is Easy!
www.theCLL.org
**Home & Family**

Register online at www.theCLL.org / SBCC Center for Lifelong Learning / SPRING 2017

**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 20141 SAT > Mary Brown • Feb 4 • Wake, Rm 20
1 Saturday • 9:00AM - 1:30PM • $29

**Non-Profit Skills**

**Government Grant Writing Made Easy**

Is your non-profit applying for state, county, or federal funding? Santa Barbara alone is home to hundreds of nonprofit organizations competing for funding in an increasingly economically challenged environment. Participate in practical, hands-on exercises to take you step-by-step from identifying funding opportunities and understanding application guidelines to developing and crafting winning proposals. Discover how to build a proactive and effective master plan to approach federal funding and how to avoid common mistakes. Come away with concrete strategies to give your non-profit an edge over the competition.

Course number: 506223
ID 20350 SAT > Leonie Mattison • Apr 22 - Apr 29 • Schott, Rm 6
2 Saturdays • 9:00AM - 1:00PM • $49

**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 20173 SAT > Aletha Solter • Feb 25 • Schott, Rm 6
1 Saturday • 9:00AM - 1:00PM • $35

**Growing Times I: Parenting Toddlers (18-24 months)**

Parents and caregivers with children 18 - 24 months of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships.

Course number: 251287
ID 20057 > Bonnie Kerwin • Jan 17 - Feb 21 • UCSB Family Student Housing, Community Room
6 Tuesdays • 9:15AM - 11:00AM • $69 + Materials $6
ID 20390 > Bonnie Kerwin • Mar 7 - Apr 18 • UCSB Family Student Housing, Community Room
6 Tuesdays • 9:15AM - 11:00AM • $75 + Materials $6

**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 20058 > Bonnie Kerwin • Jan 18 - Feb 22 • UCSB Family Student Housing, Community Room
6 Wednesdays • 9:15AM - 11:00AM • $69 + Materials $6
ID 20391 > Bonnie Kerwin • Mar 8 - Apr 19 • UCSB Family Student Housing, Community Room
6 Wednesdays • 9:15AM - 11:00AM • $75 + Materials $6

**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 20124 > Wendy Castellanos-Wolf • Feb 6 - Apr 24 • Wake, Rm 15
10 Mondays • 10:45AM - 11:45AM • $75

**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, escucharan cuentos en espanol con dramatizacion y con titeres, y aprendaran acerca de la 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 20125 > Wendy Castellanos-Wolf • Feb 6 - Apr 24 • Wake, Rm 15
10 Mondays • 9:30AM - 10:30AM • $75
Squish, Splatter and Roll

Parents and caregivers with children three to five years of age participate in a stimulating environment that teaches age-appropriate art experiences to enhance development. Parents facilitate children’s artistic exploration using a variety of art materials, media, recipes and sensory experiences. Parents learn how creative expression leads to children’s growth and development.

Note: This class is limited to 15 students.

Course number: 251291
ID 20059  Bonnie Kerwin • Jan 19 - Feb 23 • UCSB Family Student Housing, Community Room
6 Thursdays • 9:15AM - 11:00AM • $69 + 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 20182 EVE  Steven Weintraub • Feb 28 • Wake, Rm 20
1 Tuesday • 7:00PM - 9:00PM • $0

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 20132 SAT  Ilana Wolff • Feb 3 • Wake, Rm 18
1 Friday • 9:00AM - 4:00PM • $65 + Materials $15

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 20171 EVE  Steven Weintraub • Feb 21 • Wake, Rm 20
1 Tuesday • 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 20167 EVE  Kenji Saito • Mar 7 - Mar 14 • Wake, Rm 20
2 Tuesdays • 6:00PM - 8:30PM • $35 + Materials $29
ID 20168 EVE  Kenji Saito • Mar 9 - Mar 16 • Wake, Rm 20
2 Thursdays • 6:00PM - 8:30PM • $35 + Materials $29
Online Identity Theft Protection  NEW!
Up to 9 million Americans have their identities stolen each year according to the FTC. Identity theft is any kind of deception, scam, or crime that results in the loss of personal data, including the loss of user names, passwords, banking information, credit card, Social Security and health ID’s. Discover the shocking truth about the more than one hundred ways your identity can be stolen and exploited. There are things you can do to prevent further damage if your mail or other accounts are compromised. Take this class and become a safe and secure computer user.

Course number: 903485
ID 20297 ‣ Jacqueline Lopez ‣ Feb 2 - Feb 9 ‣ Schott, Rm 6
2 Thursdays • 10:00AM - 12:00PM • $24

Personal Data Protection  NEW!
Don’t be afraid of a computer malfunction and the havoc that it would wreck. Discover the options of cloud based data storage. Understand the concept and the processes used to back-up your personal data in a safe, secure environment. Learn the pitfalls and advantages to remote data storage. Explore the vendors and variety of services. Feel confident in your ability to share data with friends and family with the ease of cloud-based data storage. Protect your personal data and live free from the fear of a desktop disaster.

Course number: 903486
ID 20296 ‣ Jacqueline Lopez ‣ Feb 16 - Feb 23 ‣ Schott, Rm 6
2 Thursdays • 10:00AM - 2:00PM • $24

Use Your Cell Phone To Manage Your Life - My Digital Life  NEW!
Smartphones have transformed the role of communication devices in our lives. High-end processors and 3G technology of new age smartphones have made them an indispensable gadget in improving our lifestyle. Numerous productivity apps such as calendars, to-do lists, reminders, cloud storage and note-taking apps are available that help managing your hectic life schedule. Discover the simplest productivity apps that will help you manage and organize your work and day to day life. Let your phone help you create a fuller, better connected and more positive lifestyle.

Course number: 903487
ID 20295 ‣ Jacqueline Lopez ‣ Mar 2 - Mar 9 ‣ Schott, Rm 6
2 Thursdays • 10:00AM - 2:00PM • $24

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 20134 ‣ Ilanna Wolff ‣ Jan 24 - Feb 14 ‣ 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 20337 EVE > Jason Garfield • Apr 4 - Apr 25 • Schott, Rm 31
4 Tuesdays • 6:00PM - 8:00PM • $79

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 sail boats up to 27’ worldwide.

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

Course number: 608367
ID 20318 TBD CLL Staff • Mar 1 - May 3 • Santa Barbara Sailing Center, Santa Barbara Harbor
9 Wednesdays • 3:00PM - 5:30PM • $349

Become a Savvy Traveler

Travel is the key that unlocks the wonders of the world, unless your luggage is too heavy. Join this fun, interactive course designed to improve your skills for getting the most value and meaningful experience from your travel adventures. We explore three key areas starting with ‘Savvy Trip Planning’ to prepare you to plan for the best at the cheapest price. ‘Fun with Flying’ uncovers the secrets of the airline industry like how to find the best seats and packing light. Then discover money, safety, health, and ‘live like a local’ tips in ‘It’s in The Details.’ Top travel professionals will visit our class to share the latest travel tips for the savvy traveler. So fasten your seatbelts and get ready for takeoff!

Course number: 100049
ID 20169 EVE > Tara Stoker • Apr 20 - Apr 27 • Schott, Rm 31
2 Thursdays • 6:00PM - 9:00PM • $35 + Materials $4

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 20389 Rebecca Fagan Coulter • Feb 6 - Apr 10 • Santa Barbara Museum of Natural History, Mac Veagh House
8 Mondays • 8:30AM - 10:30AM • $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 19983 Joan Lentz • Jan 18 - Feb 8 • Santa Barbara Museum of Natural History, Mac Veagh House
4 Wednesdays • 8:00AM - 10:00AM • $49
ID 19982 Joan Lentz • Apr 5 - Apr 26 • Santa Barbara Museum of Natural History, Mac Veagh House
4 Wednesdays • 8:00AM - 10:00AM • $49

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.

Note: Class is co-taught by Krissie Cook.

Course number: 19115
ID 20094 EVE > Lynne Stark • Feb 15 - Mar 1 • Santa Barbara Museum of Natural History, Gladwin Planetarium
3 Wednesdays • 5:00PM - 6:00PM • $19
ID 20095 EVE > Lynne Stark • Apr 19 - May 3 • Santa Barbara Museum of Natural History, Gladwin Planetarium
3 Wednesdays • 5:00PM - 6:00PM • $19

Registration is Easy!
www.theCLL.org
Join the conversation and find us online at @sbccCLL on Facebook, Twitter, LinkedIn, Google+, and now Pinterest!

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

Our website is designed with YOU in mind. In addition to a complete redesign, theCLL.org has many features to make the Center for Lifelong Learning easier to navigate. The CLL is truly YOUR center, on our campuses, "outside the classroom", and now... online.

- Mobile Responsive, Blog and Easier Navigation
- Award-winning video series: Look & Learn and Meet Our Teachers
- Loads of great classes, student and teacher photos
- "Live" updated lists of classes & workshops that are starting soon

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 North Milpas Street

• AIROBIC FITNESS
  136 South Hope Avenue

• SANTA BARBARA MUSEUM
  OF NATURAL HISTORY
  2559 Puesta Del Sol

• SANTA BARBARA SAILING
  CENTER
  133 Harbor Way

• YOGA DANCE POWER
  1213 State Street, Suite L

• 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

• UCSB FAMILY STUDENT
  HOUSING
  799 Juniper Walk

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.

**Arts, Crafts, Performance**

**ARTS**

A Wonderful World of Watercolor ................. 2
Abstract Painting ..................................... 2
All About Watercolor Painting Outdoors .......... 2
Anatomy and Figure Drawing: Drawing from the Inside Out ......................... 2
Antiques and Art: Field Trip ....................... 2
Antiques and Art: What’s Hot in the World of Art and Antiques ................. 2
Art and Craft of Printmaking ..................... 3
Artist’s Open Studio Workshop ................... 3
Asian Art: Chinese Brush Painting ............... 3
Assemblage Art Workshop ........................... 3
Beginning Oil Painting .............................. 3
Beginning Oil Painting Basics and Beyond .......... 3
Beginning Watercolor: Painting with the Flow ..................... 3
Beginning Watercolor: Starting Right, Painting Loose ....................... 3
Botanical Illustration and Nature’s Gems ........ 4
Calligraphy ............................................. 4
Collage and Mixed Media Construction ........ 4
Color and Light: Fresh Watercolor Painting .... 4
Draw Your Way through Art History ............. 4
Drawing for the True Beginner .................... 4
Figure Drawing and Painting with Rick Stich ........................................ 5
Figure Drawing with Bob Mask ................. 5
Figure Drawing with Colin Gray .............. 5
Figure Drawing with Tom Henderson ........ 5
Finishing Techniques for Successful Paintings .................................. 5
Graphic Design for Non-Designers  **NEW!** .... 5
How Expressionism Became American  **NEW!** .......... 5
Abstract Expressionism  **NEW!** .............. 5
Intermediate and Advanced Painting .......... 6
Intermediate Drawing .................................. 6
Joyful Experimentation for Curious New Artists  **NEW!** .............. 6
Light and Shadow in Art: A Plein Air Painting Experience ...................... 6
Modeling the Figure in Clay ..................... 6
Modern Southern California Architecture  **NEW!** .............. 7
Painting or Drawing the Costumed Model ........................................ 7
Pastels and Colored Pencils .......................... 7
Portrait Drawing ...................................... 7
Saturday Stone Carving, Beginners to Intermediate .......................................... 7
Still Life Painting ..................................... 7
Stories in Art - American Art and Artists ........ 7
The Strange World of Mr. Mum  **NEW!** .... 7

**CRAFTS & HOBBIES: GENERAL**

Flower Arranging and Florist Style Designing ........................................ 8
Glass Arts Workshop ................................ 8
Glass Creations: Lead, Copper Foil, Sandblasting and Mosaic ................. 8
Glass Fusing .......................................... 8
Intermediate and Advanced Glass Fusing .................. 8
Intro to Glass Fusing - Jewelry Workshop  **NEW!** .................. 8
WOW Weaving Lab .................................... 8
WOW: Wonders of Weaving ......................... 8

**CRAFTS: CERAMICS**

Ceramics in the Garden ................................ 9
Ceramics: Beginning, Intermediate and Advanced......................................... 9
Ceramics: Building with Clay ....................... 9
Ceramics: Porcelain .................................. 9
Fundamentals for Wheel Thrown Pottery ............. 9
Tea for Two: Make Your Own Ceramic Tea Set  **NEW!** .............. 9

**CRAFTS: JEWELRY**

Create Anticlastic Cuffs, Bangles and Earrings  **NEW!** .............. 10
Create Fold-formed Silver Earrings  **NEW!** .................. 10
Creative Faceted Stone Setting Techniques  **NEW!** .................. 10
Enameling: Glass on Metal .......................... 10
Fancy Cabochon Stone Cutting Techniques  **NEW!** .................. 10
Hollow Rings - Design and Construction ............. 10
Jewelry - Open Studio .............................. 10
Jewelry Soldering - Information, Focus, Practice .................................. 10
Jewelry Workshop .................................... 11
Lost Wax Casting ...................................... 11
Lost Wax Casting - Studio ................................ 11
Make a Silver Bangle Bracelet with Gemstone Inlay  **NEW!** .............. 11
Make A Silver Ring with a Faceted Stone  **NEW!** .................. 11
The Art of Jewelry Making - Level 1 .................. 11
Viking Knit Timeless Creations  **NEW!** .................. 11
Wire Wrapping Techniques for the Beginner  **NEW!** .................. 11

**CRAFTS: SEWING**

Individualized Sewing ................................ 12
Zip It Up  **NEW!** ................................... 12

**MUSIC & PERFORMING ARTS**

A Virtuoso Season: A Guide to CAMA’s Current Season .................. 12
Break into Voice Over ................................ 12
‘California Dreamin’: Sixties Music Scenes in LA, San Francisco, and Santa Barbara ........................................ 12
Choral Singing ......................................... 13
Guitar Playing - Intermediate Level ............. 13
Harmonica Blues, Getting Started ................. 13
Harmonica Blues, Movin’ On .......................... 13
Improvisation Basics: One Night to Entice .......... 13
Improvisation: Sharpen Your Intuition and Imagination .................. 13
Join the CLL Chamber Orchestra .................. 13
Music Theory and Composition: Why Both are Important to Any Musician .... 13
Opera in Performance ................................ 14
Perform the Beatles .................................. 14
Piano - Intermediate 1 ................................ 14
Piano for Beginners Level 2 .......................... 14
Piano for Beginners: Level 1 .......................... 14
Playing the Guitar for Beginners and Beyond ............... 14
Playing the Ukulele: Intermediate ................. 14
Read Music Using Fundamental Rhythm  **NEW!** .................. 14
Recorder Playing .................................... 15
Singing from the Heart - Intermediate Level .............. 15
INDEX BY CATEGORY

Singing from the Heart: Basics of Singing .................................................. 15
Singing Jazz Standards ................................................................. 15
Slide Guitar and Open Tunings .................................................. 15
Ukulele Playing for Today: Play Today not Tomorrow .................................. 15

WOODWORKING

A Woodworking Woodshop .................................................. 16
Intermediate / Advanced Woodworking Woodshop .................................................. 16
Wood Product Manufacturing Methods .................................................. 16

Body, Mind, Spirit

DANCE, FITNESS, & PERSONAL

5 Element Tai Chi: Moving Meditations for Emotional Healing NEW! ........ 17
Belly Dance and Dances of the Middle East .................................................. 17
Bhangra: A Dance of Joy and Celebration NEW! .................................................. 17
Body Mind Wakeup Call ................................................................. 17
Dance the Salsa: First Steps ............................................................... 17
Dance the Salsa: Next Steps ............................................................... 18
Dynamic Yoga for Seniors NEW! .................................................. 18
Easy Does It Exercises ................................................................. 18
Feldenkrais Mat Class ................................................................. 18
Fitness for Adults ........................................................................ 18
Gentle Yoga for Every Body NEW! .................................................. 18
Gentle Yoga With Rope ................................................................. 19
Introduction to Aikido ................................................................. 19
Lighter than Air: A High Energy, Low Impact Trampoline Workout ........... 19
Meditate and Recharge with Yin Yoga .. 19
Modern Dance for Fitness and Fun .................................................. 19
Nia: A Celebration of the Body ...................................................... 20
Olé: Flamenco Dance NEW! .................................................. 20
Pilates for Life ........................................................................... 20
Pilates: Core and More with a Foam Roller .................................................. 20
Pilates: Resistance ................................................................... 20
Qi Gong ................................................................. 20
Qigong Wellness for Spring: Rebirth and Renewal NEW! ................... 20
Strength and Stability Training for Seniors ............................................. 21
Swing Dance for Beginners ...................................................... 21
Tai Chi Easy ................................................................. 21
Tai Ji ........................................................................... 21
Trampolining to Reduce Pain and Heal from Injury NEW! ................... 21
World Dance Workout ...................................................... 21
Yoga ........................................................................... 22
Zumba Gold ............................................................................ 22

HEALTH

Advances in Biology: Aging and the Brain ........................................... 22
Dare to be 100: Recharge Yourself and Energize! ............................... 22
Golden Elixir of Longevity - The Body .................................................. 22
Golden Elixir of Longevity - The HeartMind ........................................ 22
Golden Elixir of Longevity - The Spirit .................................................. 22
Healing Body and Soul with Essential Oils ........................................ 23
Holistic Approaches to Treating Depression NEW! ......................... 23
Innovative Cancer Prevention and Treatment Approaches NEW! .... 23
Long Term Care: Myths and Realities .................................................. 23
Natural Facelift At Your Fingertips NEW! ........................................ 23
Navigating the Medicare Maze ...................................................... 23
Stress Break Massage for Couples .................................................. 23
Successful Sleep Solutions .............................................................. 24

MIND & SUPERMIND

Mind and Supermind 1: James Fadiman Presents New Paradigms and New Tools for the Mind .................................................. 24
Mind and Supermind 2: Richard Tarnas Presents Humanity’s Rite of Passage ... 24

PSYCHOLOGY & SPIRITUALITY

ADHD - A Motivational Deficit Disorder24 Adventures in Aliveness NEW!........ 24
Create Your Own Luck - Three Easy Steps NEW! .................................. 24
Disappearing Stress: A Day of Serenity NEW! ........................................ 25
Focusing: A Pathway to Wellness ...................................................... 25
Healing from the Loss of a Loved One NEW! ........................................ 25
Hiking Santa Barbara ................................................................... 25
Hiking Santa Barbara - Intermediate .................................................. 25
Honoring Your Intuitive Edge ...................................................... 25
Kissing The Joy As It Flies: Zen Buddhism and a Life Well Lived ........... 25
Life Realignment After Illness ...................................................... 26
Life Realignment for Career Transitions .................................................. 26
Light and Dark - Infinite Polarity ...................................................... 26
Listening: Being Heard and Understood NEW! .................................. 26
Looking for Love in All the Right Places .................................................. 26
Lost Art of Dying Well ................................................................. 26
Love - Having More in Your Life NEW! ............................................ 27
Men and Women in Conversation: A Map to Successful Communication NEW! ................................................................. 27
Nonviolent Communication (NVC) Conference ........................................ 27
Nonviolent Communication (NVC): An Introduction ............................... 27
Post Traumatic Stress Disorder: Healing With the Tearless Trauma Technique .... 27
Practicing Mindfulness - Harmony, Health, Happiness .................................. 27
Reading and Writing Poetry for Personal Growth .................................. 27
Sacred Sites: Tracking Earth Spirit .................................................. 28
SoulCollage: An Artful Path to Self-Discovery .................................... 28
What’s Holding You Back From Moving Forward .................................. 28
When Diets Fail - Free Yourself from Emotional Eating .................................. 28
When Too Much Is Not Enough: How to Understand and Control Cravings ........ 28

Events, Language, Photo

CURRENT EVENTS, WORLD AFFAIRS & LOCAL CULTURE

After the Fall: A Cultural History of Postwar Vietnam NEW! .............. 31
Current Events ........................................................................... 31
Santa Barbara History You Don’t Know - but Would Love to Ask! NEW! .... 31

LANGUAGES

French 1 ........................................................................... 31
French 3 ........................................................................... 31
French 9 Advanced: Speak like a Parisian .................................................. 32
Spanish 1........................................................................... 32
Spanish 3 - Beginning Conversational .................................................. 32
Spanish 5 - Low Intermediate Conversational ........................................ 32
Spanish 7 - High Intermediate Conversational ........................................ 32
Spanish 9 - Advanced Conversational .................................................. 32
Spanish in Action 2: To Be or Not To Be? .................................................. 32
Spanish in Action 3: Who Does What to Whom? ........................................ 33
IMPORTANT INFORMATION & POLICIES

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.**

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](http://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](http://www.theCLL.org) for refund information.

**Register online at [www.theCLL.org](http://www.theCLL.org) / SBCC Center for Lifelong Learning / SPRING 2017**
THREE EASY WAYS TO REGISTER

Three Easy Ways to Register for CLL Classes!
Spring Term 2017: January 17 – May 14

EXPRESS SIGN UP ONLINE
The quickest and most convenient way to register for classes is online at: www.theCLL.org starting on Nov. 7, 2016

- 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

SBCC CLL REGISTRATION FORM

FIRST NAME ___________________________________________ LAST NAME ___________________________________________

STUDENT ID# _______________________________ E-MAIL _________________________________________________

ADDRESS __________________________________ CITY ___________________ STATE ______ ZIP ________________

DAYTIME PHONE (_____)______________________________ DATE OF BIRTH _________________________________

<table>
<thead>
<tr>
<th>CLASS NAME</th>
<th>CLASS ID # (FIVE DIGITS)</th>
<th>TEACHER LAST NAME</th>
<th>TOTAL FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

GRAND TOTAL $

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
Mind & Supermind

New Paradigms & New Tools for the Mind
with
Jim Fadiman Ph.D.

Discover from psychologist James Fadiman how to transform our view of the mind and the ways in which the mind can be enhanced through multiple personalities and psychedelics.

⇒ Monday, February 27th • 7:30pm - 9:30pm
Schott Campus Auditorium

Humanity’s Rite of Passage
with
Richard Tarnas, Ph.D.

Our civilization is on the threshold of a fundamental transformation. Join cultural historian and psychologist Richard Tarnas as he draws on depth psychology, philosophy, religion and cultural history to seek a larger context for both understanding and action.

⇒ Monday, May 8th • 7:30pm - 9:30pm
Schott Campus Auditorium

Nonviolent Communication Conference

Discover practical tools to foster connection, authenticity, compassion and solutions to create more harmony and peace at home and work.

⇒ Friday, May 12th • Saturday, May 13th • Sunday, May 14th
Wake Campus

Visit www.theCLL.org today!