Welcome!

We are pleased to welcome you to Summer Term at the CLL! Come choose from more than 200 classes and workshops.

Not sure where to start? Try something brand-new and “in the now” like Assisted Watercolor and Meditative Relaxation, or focus on your future with Grant Management Made Easy. Discover a tried-and-true favorite like Break into Voice Over or World Dance Workout. Evenings, weekdays or Saturdays, the CLL offers something for everyone—and every schedule!

Our teachers, all professional experts in the fields, are eager to share their skills and knowledge with you. Join us and come fill your summer with friends, fun, and learning!

Andrew G. Harper,
Executive Director, CLL

Key Dates for SUMMER 2017

May 15 - August 5
Classes & workshops start every week!

• April 10: Staggered Registration Begins
• May 29: Memorial Day No classes/Offices closed
• June 29: Independence Day No classes/Offices closed
• July 4: Independence Day No classes/Offices closed
• July 4: Independence Day No classes/Offices closed
• August 5: Summer Term Ends

Check out what’s new…

• A Gardener’s Tools of the Trade
• A Love Letter to the Future
• Beginning Print-Making Using Wooden Blocks
• Create Dynamic Art From Found Objects
• Dreams and How Spirit Guides Script Them
• French Conversation: Next Steps
• Gentle Yoga With Fabric
• Grant Management Made Easy
• Loaves in the Stove: Bread Making for Everyone
• ... and more!

and CLL all-time favorites!

• Body Mind Wakeup Call
• Ceramics: Beginning, Intermediate and Advanced
• Fragrant Feast: Indian Vegetarian Menu
• French for Travelers
• How to Communicate Simply, Lovingly, and Effectively
• My Favorite Movie
• Singing from the Heart: Basics of Singing
• Spanish Review
• Still Life Painting
• ... and more!

Online Registration is Easy at theCLL.org
Center for Lifelong Learning:
Summer Term 2017

Introduction
• Welcome to the CLL
• Key Dates for SUMMER 2017
• New Classes and Workshops

Body, Mind, Spirit
• Dance, Fitness, & Personal ... 12
• Health ........................................16
• Psychology & Spirituality ..... 16

Arts, Crafts, Performance
• Arts ...............................................2
• Crafts & Hobbies: General ..... 6
• Crafts: Ceramics .......................7
• Crafts: Jewelry ...........................8
• Crafts: Sewing ...........................9
• Music & Performing Arts ..... 9
• Woodworking ..........................11

Events, Language, Photo
• Current Events, World Affairs & Local Culture ..........18
• Languages ........................................18
• Photography & Film ...............19
• Writing & Literature .............. 20

Home & Family
• Cooking ....................................22
• Home & Garden ......................24
• Mature Driver Certifications ....25
• Non-Profit Skills .................... 26
• Parenting .................................26
• Personal Finance & Home Business ..........26

Nature, Science, Recreation
• Games ........................................29
• Science & Nature ..................... 29

General Information
• Spring 2017 Classes & Workshops .................28
• Board and Leadership Staff 30
• Connect with the CLL! ............ 30
• Directory of Locations ............ 31
• Campus Maps ............................32
• Index by Category .............. 33
• Staggered Registration ..............35
• Important Information & Policies ........36
• Three Easy Ways to Register for CLL Classes! ..........37
• SBCC CLL Registration Form ........27, 37

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 20666  ∙ Catharine Runkle ∙ Jun 6 - Aug 1 ∙ Schott, Rm 20
8 Tuesdays ∙ 1:00PM - 4:00PM ∙ $144 + Materials $5

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

Course number: 402401
ID 20553  ∙ Jill Sattler ∙ May 16 - Jun 20 ∙ Schott, Rm 5
6 Tuesdays ∙ 1:00PM - 4:00PM ∙ $108 + Materials $12
ID 20554  ∙ Jill Sattler ∙ May 18 - Jun 22 ∙ Schott, Rm 5
6 Thursdays ∙ 1:00PM - 4:00PM ∙ $108 + Materials $12
ID 20555  ∙ Jill Sattler ∙ Jul 6 - Aug 3 ∙ Schott, Rm 5
5 Thursdays ∙ 1:00PM - 4:00PM ∙ $90 + Materials $11
ID 20556  ∙ Jill Sattler ∙ Jul 11 - Aug 1 ∙ Schott, Rm 5
4 Tuesdays ∙ 1:00PM - 4:00PM ∙ $72 + Materials $11

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 20664  ∙ Tom Henderson ∙ May 18 - Jul 13 ∙ Schott, Rm 6
9 Thursdays ∙ 9:30AM - 12:30PM ∙ $162 + 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: 401243
ID 20707 SAT  ∙ Alice Karle ∙ May 20 ∙ Schott, Rm Main Entrance to Schott on Padre Street
1 Saturday ∙ 9:15AM - 7:30PM ∙ $24 + Lab $11 + Materials $75

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 20627  ∙ Paige Wilson ∙ May 16 - Jun 27 ∙ Wake, Rm 7
7 Tuesdays ∙ 1:00PM - 4:00PM ∙ $158 + Materials $7

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

Course number: 402503
ID 20551  ∙ Carissa Luminess ∙ May 19 - Jun 16 ∙ Schott, Rm 20
5 Fridays ∙ 1:00PM - 4:00PM ∙ $90 + Materials $20
How We Read Words!

Did you know?

Amongst the countless languages in this world, writing systems can be divided into two main types: alphabets and syllabaries. Alphabets are composed of symbols that represent consonants and vowels, whereas syllabaries have symbols that represent syllables/sounds. There are some writing systems that even do both!

Words play such an intrinsic part of our lives—they are the vehicle for all thoughts and concepts, and we perceive and experience more of the world through the descriptions painted by words. Join Eliesa Bollinger and learn how to display words in an artful way in **Calligraphy**!

➔ Calligraphy (p. 3)
Color Workshop with Thomas Van Stein

Discover how to harness the world of color. Demystify the perceived complexity surrounding color usage by exploring techniques/tools to help you make breakthroughs in your artwork. Uncover guaranteed strategies to improve your own knowledge and sophistication regarding color sensibilities and aesthetics. Come away with a new sense of control in your color choices. Oils and acrylics are preferred and watercolors are acceptable.

Course number: 402493
ID 20532 • Thomas Van Stein • Jul 7 - Aug 4 • Schott, Rm 23
5 Fridays • 9:00AM - 12:00PM • $150 + Materials $5

Create Dynamic Art From Found Objects

Imagine the excitement of a new artistic challenge - creating art from any random objects you may encounter. By combining, reshaping and providing a context, you can make even the most ordinary object become extraordinary. Receive tips and techniques from an expert in this art form, and most importantly, develop the artistic attitude necessary to see the potential in all the ‘stuff’ around you. Energize your own artistic sensibilities as you transform seemingly meaningless objects into a one-of-a-kind, masterful creation. Begin to impart dynamic meaning into what once were apparently one-dimensional ordinary objects.

Course number: 402506
ID 20546 • Susan Tibbles • Jul 3 - Jul 31 • Schott, Rm 20
5 Mondays • 9:00AM - 12:00PM • $135 + Materials $14

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 20634 • Paige Wilson • May 16 - Jun 27 • Wake, Rm 7
7 Tuesdays • 6:30PM - 9:00PM • $132 + Materials $7
ID 20669 • Colin Gray • May 17 - Jun 28 • Schott, Rm 20
7 Wednesdays • 9:00AM - 12:00PM • $126 + Materials $5

Exploring Art Mediums – For New Artists

Brand new to art and don’t know where to begin? Not sure of what medium would be the best for you? Want a supportive, non-threatening environment to help you find your way? Discover and explore a wide variety of choices of mediums. Find out about each medium, practice new techniques, and explore your creative side from drawing and ink wash to pastels and acrylics. There’s no better way to start and find what medium feels best to you. Welcome to your new artistic self!

Course number: 402505
ID 20533 • Thomas Van Stein • May 19 - Jun 16 • Schott, Rm 23
5 Fridays • 9:00AM - 12:00PM • $90

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 maybe, 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 20632 • Richard Stich • May 16 - Jun 20 • Schott, Rm 23
6 Tuesdays • 6:30PM - 9:30PM • $108 + Lab $34 + Materials $5
ID 20633 • Richard Stich • Jun 27 - Aug 1 • Schott, Rm 23
5 Tuesdays • 6:30PM - 9:30PM • $90 + Lab $29 + 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: 402485
ID 20628 • Robert Mask • May 17 - Jun 21 • Schott, Rm 22
6 Wednesdays • 9:00AM - 12:00PM • $108 + Lab $34 + Materials $5
ID 20629 • Robert Mask • May 18 - Jun 22 • Schott, Rm 23
6 Thursdays • 6:30PM - 9:30PM • $108 + Lab $34 + Materials $5
ID 20630 • Robert Mask • Jun 28 - Aug 2 • Schott, Rm 22
6 Wednesdays • 9:00AM - 12:00PM • $108 + Lab $34 + Materials $5
ID 20631 • Robert Mask • Jun 29 - Aug 3 • Schott, Rm 23
6 Thursdays • 6:30PM - 9:30PM • $108 + Lab $34 + Materials $5

Register online at www.theCLL.org / SBCC Center for Lifelong Learning / SUMMER 2017
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 you’re 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 20667  Colin Gray  May 18 - Jun 29  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 you’re 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 20662  Tom Henderson  May 16 - Jul 11  Schott, Rm 23
8 Tuesdays  9:00AM - 12:00PM  $144 + Lab $46 + Materials $5

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 20650  Richard Askew  May 15 - Jun 26  Schott, Rm 20
6 Mondays  9:00AM - 12:00PM  $126
ID 20658  Richard Askew  May 18 - Jun 29  Schott, Rm 20
7 Thursdays  9:00AM - 12:00PM  $147

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 20668  Colin Gray  May 17 - Jun 28  Schott, Rm 20
7 Wednesdays  1:00PM - 4:00PM  $126 + Materials $5

MEET OUR TEACHERS
Alex Meza
Alex began drawing and sculpting as a means of communication when he realized that this was easier for him than using words. Alex wants to help others discover their own artistic expression.

“I understand it can be so intimidating at first but there is a method to it. Once you understand those things then it becomes more of a matter of putting it all together.”

The purpose of his teaching methods is to teach the basics without interfering with your own individual style.

What you will learn: The tools to realize your own artistic aspirations.

Join Alex in his sculpting class today!

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 20668  Colin Gray  May 17 - Jun 28  Schott, Rm 20
7 Wednesdays  1:00PM - 4:00PM  $126 + Materials $5

Registration is Easy!

www.theCLL.org
@sbccCLL  sbccCLL
sbccCLL  sbccCLL

SBCC Center for Lifelong Learning  /  SUMMER 2017  /  Arts, Crafts, Performance
→ **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 20685 **EVE** › Alexander Meza • May 15 - Jul 24 • Schott, Rm 22
10 Mondays • 5:00PM - 8:00PM • $180

ID 20686 › Alexander Meza • May 16 - Jul 25 • Schott, Rm 22
10 Tuesdays • 9:00AM - 12:00PM • $180

→ **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 20561 **EVE** › Christine Bolli • Jul 3 - Jul 31 • Schott, Rm 6
5 Mondays • 6:00PM - 8:00PM • $64

→ **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 20649 › Gregory LeRoy • May 18 - Jun 29 • Schott, Rm 23
7 Thursdays • 1:30PM - 4:30PM • $147 + Lab $40 + 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 20661 **SAT** › Rebecca Davis • May 20 - Jul 1 • SBCC, Humanities Building - outside room H-104
7 Saturdays • 9:30AM - 12:30PM • $126 + 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 20635 › Paige Wilson • May 18 - Jun 29 • Schott, Rm 22
7 Thursdays • 1:00PM - 4:00PM • $158 + Materials $7

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

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

Course number: 402481
ID 20560 **EVE** › Jack Mohr • May 16 - Jun 13 • Wake, Rm 18
5 Tuesdays • 6:00PM - 8:00PM • $80

→ **Beginning Print-Making Using Wooden Blocks**

Get started with print-making using these easy-to-carve blocks and create wonderful designs that can easily be printed over and over again. No need for special equipment or hours of practice. Achieve instant success and spark your creative ideas using these flexible blocks and water-based inks. Take your designs to a more complex level and enjoy this exciting artistic expression. Walk away with a new skill and increased confidence.

Course number: 451414
ID 20724 **SAT** › Jodi Miles • Jun 3 - Jun 17 • Schott, Rm 5
3 Saturdays • 9:30AM - 12:00PM • $45 + Materials $20

→ **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 20622 › Lorraine Vanhecke • May 26 - Jul 28 • Wake, Rm 11 Stained Glass Lab
10 Fridays • 9:00AM - 12:00PM • $209 + Lab $51 + 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 20623 > Lorraine Vanhecke • May 23 - Jul 25 • Wake, Rm 11 Stained Glass Lab
9 Tuesdays • 9:00AM - 12:00PM • $159 + Lab $27 + Materials $10
ID 20624 > Lorraine Vanhecke • May 25 - Jul 27 • Wake, Rm 11 Stained Glass Lab
10 Thursdays • 9:00AM - 12:00PM • $179 + Lab $30 + 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 20737 EVE > Sue Hemmis • Wake, Rm 18 • May 23 - Jun 27 • Wake, Rm 11 Stained Glass Lab
8 Tuesdays • 1:00PM - 4:00PM • $125 + Lab $31 + Materials $10

WOW Weaving Lab

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

Course number: 451390
ID 20583 > TBD CLL Staff • Jun 29 - Jul 27 • Wake, Rm 32 Weaving Lab
5 Thursdays • 11:00AM - 3:00PM • $100

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 20708 > Matthew Eardley • May 16 - Jul 25 • Wake, Rm 32 Weaving Lab
10 Tuesdays • 9:30AM - 3:00PM • $185 + Materials $15

CRAFTS: CERAMICS

Ceramics in the Garden

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

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

Course number: 451385
ID 20671 > Bernard Sayers • May 19 - Aug 4 • Schott, Rm 24 Ceramic Lab
12 Fridays • 1:00PM - 4:00PM • $216 + Lab $63 + Materials $15
ID 20672 EVE > Bernard Sayers • May 19 - Aug 4 • Schott, Rm 24 Ceramic Lab
12 Fridays • 6:00PM - 9:00PM • $216 + Lab $63 + 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 20674 EVE > Marjorie Basch • May 15 - Jul 31 • Schott, Rm 24 Ceramic Lab
11 Mondays • 6:00PM - 9:00PM • $198 + Lab $50 + Materials $15
ID 20683 > Lorie Stout • May 16 - Jul 11 • Schott, Rm 24 Ceramic Lab
8 Tuesdays • 9:00AM - 12:00PM • $144 + Lab $38 + Materials $15
ID 20675 EVE > Barbara Loebman • May 16 - Aug 1 • Schott, Rm 24 Ceramic Lab
11 Tuesdays • 6:30PM - 9:30PM • $198 + Lab $58 + Materials $15
ID 20677 > Robert McGuire • May 17 - Aug 2 • Schott, Rm 24 Ceramic Lab
12 Wednesdays • 1:00PM - 4:00PM • $216 + Lab $63 + Materials $15
ID 20676 > Robert McGuire • May 17 - Aug 2 • Schott, Rm 24 Ceramic Lab
12 Wednesdays • 9:00AM - 12:00PM • $216 + Lab $63 + Materials $15
ID 20679 > Genie Thomsen • May 18 - Aug 3 • Schott, Rm 24 Ceramic Lab
12 Thursdays • 1:00PM - 4:00PM • $216 + Lab $63 + Materials $15
ID 20680 EVE > Genie Thomsen • May 18 - Aug 3 • Schott, Rm 24 Ceramic Lab
12 Thursdays • 6:00PM - 9:00PM • $216 + Lab $63 + Materials $15
ID 20678 > Barbara Loebman • May 19 - Aug 4 • Schott, Rm 24 Ceramic Lab
12 Fridays • 9:00AM - 12:00PM • $216 + Lab $63 + Materials $15
ID 20681 SAT > Deanna Pini • May 20 - Jul 15 • Schott, Rm 24 Ceramic Lab • Note: 4 Hours
9 Saturdays • 9:00AM - 1:00PM • $216 + Lab $63 + Materials $15
ID 20682 EVE > Zoe Primrose • May 31 - Aug 2 • Schott, Rm 24 Ceramic Lab
10 Wednesdays • 6:00PM - 9:00PM • $180 + Lab $53 + 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 20673 > Barbara Loebman • May 18 - Aug 3 • Schott, Rm 24 Ceramic Lab
12 Thursdays • 9:00AM - 12:00PM • $216 + Lab $63 + Materials $25

**Crafts: Jewelry**

**Create a Tree of Life Pendant**  **NEW!**

Create an instant classic for your jewelry collection by constructing a Tree of Life Pendant. These pendants are made with care and can impart spiritual enlightenment. Design and construct your own Tree of Life pendant from a selection of wire and using small beads or semi-precious gemstone chips. Discover the many options and variation to make your design unique and very special. Add a moon or charm to your tree and learn the two bale options. This stunning piece of jewelry will generate compliments and admiration from family and friends.

Course number: 452156

ID 20596 SAT > Paula Gregoire-Jones • Jun 24 • Wake, Rm 7
1 Saturday • 10:00AM - 2:00PM • $32 + Materials $4

**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 20576 > Carl Stanley • Jun 7 - Jun 28 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 1:30PM - 5:00PM • $112 + Lab $14

ID 20575 > Carl Stanley • Jun 7 - Jun 28 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 9:00AM - 12:30PM • $112 + Lab $14

ID 20573 > Carl Stanley • Jul 12 - Aug 2 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 1:30PM - 5:00PM • $112 + Lab $14

ID 20577 > Carl Stanley • Jul 12 - Aug 2 • Wake, Rm 08 Jewelry Lab
4 Wednesdays • 9:00AM - 1:30PM • $144 + Lab $18

**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, the burnout procedure and the actual casting. Students will have the opportunity to cast their own project.

Course number: 452085

ID 20572 EVE > Carl Stanley • Jun 7 - Jul 26 • Wake, Rm 08 Jewelry Lab
8 Wednesdays • 6:00PM - 9:30PM • $224 + Lab $28 + Materials $45

**Stone Wrapping Techniques for the Beginner**  **NEW!**

Make amazing wire-wrapped pendants using your favorite beach stones, sea glass or crystals. Using round and square wire, explore two methods of wrapping stones. No soldering is required to complete your jewelry piece, so this method is not only creative but also an easy way to explore wire wrapping methods. Come experience this wonderful medium and create exciting wrapped stones for yourself, family and friends.

Course number: 452157

ID 20594 SAT > Paula Gregoire-Jones • Jun 3-4 • Wake, Rm 7
1 Saturday • 10:00AM - 2:00PM • $32 + Materials $4

ID 20595 SAT > Paula Gregoire-Jones • Jul 22 • Wake, Rm 7
1 Saturday • 10:00AM - 2:00PM • $32 + Materials $4

**Wire Wrapping Techniques for the Beginner**

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 20592 > Paula Gregoire-Jones • May 25 - Jun 15 • Wake, Rm 7
4 Thursdays • 9:00AM - 12:00PM • $72 + Materials $10

ID 20593 > Paula Gregoire-Jones • Jul 6 - Jul 27 • Wake, Rm 7
4 Thursdays • 9:00AM - 12:00PM • $72 + Materials $10
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 20578 EVE ➔ Judith Brooks • May 15 - Jun 12 • Wake, Rm 9
4 Mondays • 6:00PM - 9:00PM • $36 + Lab $10 + Materials $3
ID 20580 ➔ Judith Brooks • May 17 - Jun 14 • Wake, Rm 9
5 Wednesdays • 12:30PM - 3:30PM • $90 + Lab $12 + Materials $3
ID 20579 ➔ Judith Brooks • May 17 - Jun 14 • Wake, Rm 9
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $12 + Materials $3
ID 20582 EVE ➔ Pamela Vestal • May 18 - Jul 20 • Wake, Rm 9
10 Thursdays • 6:00PM - 9:00PM • $180 + Lab $24 + Materials $5
ID 20581 ➔ Pamela Vestal • May 18 - Jul 20 • Wake, Rm 9
10 Thursdays • 9:00AM - 12:00PM • $180 + Lab $24 + Materials $5

MUSIC & PERFORMING ARTS

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

Course number: 301242
ID 20549 ➔ Scott Moyer • May 15 - Jul 31 • Schott, Rm 5
11 Mondays • 3:00PM - 4:30PM • $165 + Materials $10

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

Course number: 301226
ID 20563 SAT ➔ David Lawrence • May 20 • Schott, Rm 3
1 Saturday • 9:00AM - 3:30PM • $90
ID 20564 SAT ➔ David Lawrence • Jul 22 • Schott, Rm 3
1 Saturday • 9:00AM - 3:30PM • $90

“Read Music Using Fundamental Rhythm”
with Scott Moyer

Unlock the fundamentals of music using just a drum stick and a drum pad. Discover the language of music through rhythms. Learn simple and complex rhythms, including:

• Samba
• Marengue
• Clave

And many more!

Scott has been teaching for over 40 years and has been playing for over 50 years. This class will not only teach you to define rhythms, you will leave with an in-depth knowledge of how to create rhythms from scratch. No previous music experience necessary.

Go do it! You’ll love it!

“Read Music Using Fundamental Rhythm” with Scott Moyer

Unlock the fundamentals of music using just a drum stick and a drum pad. Discover the language of music through rhythms. Learn simple and complex rhythms, including:

• Samba
• Marengue
• Clave

And many more!

Scott has been teaching for over 40 years and has been playing for over 50 years. This class will not only teach you to define rhythms, you will leave with an in-depth knowledge of how to create rhythms from scratch. No previous music experience necessary.

Go do it! You’ll love it!
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 20647 SAT › Gregory LeRoy • May 20 - Jul 22 • Schott, Rm 20
10 Saturdays • 10:15AM - 11:15AM • $110 + Materials $5

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 20720 EVE › Gregory LeRoy • May 15 - Jul 31 • Schott, Rm 20
11 Mondays • 5:00PM - 6:00PM • $110 + Materials $5

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 20587 EVE › David Campos • May 31 - Jul 26 • Schott, Rm 3
9 Wednesdays • 5:15PM - 6:45PM • $95

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 20550 › Scott Moyer • May 15 - Jul 31 • Schott, Rm 5
11 Mondays • 1:00PM - 2:30PM • $165 + Materials $10

Piano for Beginners: Level 2

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

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

Course number: 301224
ID 20586 EVE › David Campos • May 31 - Jul 26 • Schott, Rm 3
9 Wednesdays • 7:00PM - 8:30PM • $95

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 20571 EVE › Laurel Fryer • Jun 22 - Jul 27 • Schott, Rm 20
6 Thursdays • 6:00PM - 8:00PM • $72
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 20570 EVE > Laurel Fryer • Jun 23 - Jul 28 • Schott, Rm 20
6 Fridays  6:00PM - 8:00PM  $72

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 20646 SAT > Gregory LeRoy • May 20 - Jul 22 • Schott, Rm 20
10 Saturdays  11:30AM - 12:30PM  $110 + Materials $5

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: 909337
ID 20636 EVE > Stephen Scheftic • May 16 - Jun 6 • Wake, Rm 10 Carpentry Lab
4 Tuesdays  9:00AM - 11:30AM  $60

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 20640 EVE > Stephen Scheftic • May 16 - Jun 6 • Wake, Rm 10 Carpentry Lab
4 Tuesdays  6:00PM - 9:00PM  $72 + Lab $12 + Materials $5
ID 20641 EVE > Stephen Scheftic • May 17 - Jul 7 • Wake, Rm 10 Carpentry Lab
4 Wednesdays  6:00PM - 9:00PM  $72 + Lab $12 + 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 20636 > Stephen Scheftic • May 16 - Jun 6 • Wake, Rm 10 Carpentry Lab
4 Tuesdays  9:00AM - 11:30AM  $60

Classes & Workshops
Start Every Week!

Evenings, Weekdays and Saturdays

www.theCLL.org
**DANCE, FITNESS, & PERSONAL**

**Become Pain Free with Foam Rolling and Stretching**
Experience the benefits of having a professional trainer guide you through a regimen of foam rolling and stretching. This process helps you identify those areas of your body that are restricted and need deep tissue release. Many injuries can be avoided through proper stretching and foam rolling. This simple but effective technique will provide relief and increased mobility and flexibility that will change your life.

Note: Please bring a 6x36 foam roller and exercise mat to class.

Course number: 608707
ID 20670 › Mikki Reilly • Jul 12 - Jul 26 • Fitness Transform Studios, Studio
3 Wednesdays • 2:00PM - 3:00PM • $29 + Materials $5

**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 20598 EVE › Alexandra King • May 17 - Jul 26 • Schott, Auditorium
11 Wednesdays • 5:30PM - 6:30PM • $79

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

Course number: 608773
ID 20618 EVE › Jasprit Singh • May 15 - Jun 26 • Schott, Auditorium
6 Mondays • 7:00PM - 8:00PM • $35

**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 20616 › Holly Hungett • May 22 - Jul 24 • Wake, Auditorium
8 Mondays • 2:00PM - 3:00PM • $49

ID 20617 › Holly Hungett • May 24 - Jul 26 • Wake, Auditorium
9 Wednesdays • 2:00PM - 3:00PM • $55

**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 20610 › Holly Hungett • May 23 - Jul 25 • Schott, Auditorium
9 Tuesdays • 7:45AM - 8:45AM • $63
ID 20611 › Holly Hungett • May 25 - Jul 27 • Schott, Auditorium
9 Thursdays • 7:45AM - 8:45AM • $63

**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 20597 EVE › Patrick Hackney • May 26 - Jul 28 • Schott, Auditorium
10 Fridays • 5:30PM - 6:30PM • $95

**Body, Mind, Spirit**
Find your passion... at the Center
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 20609  Holly Hungett  May 24 - Jul 26  Schott, Auditorium
9 Wednesdays  9:00AM - 10:00AM  $63

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 20607  EVE  Luis Sanchez  May 16 - Jul 11  Wake, Rm 15
8 Tuesdays  6:30PM - 8:00PM  $72
ID 20606  Luis Sanchez  May 17 - Jul 5  Wake, Rm 15
8 Wednesdays  11:00AM - 12:30PM  $72

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 20657  Kathleen O’Connor  Jun 26 - Jul 14  SBCC, PE114
3 Mondays, 3 Wednesdays, 3 Fridays  9:00AM - 10:00AM  $35

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 20651  Gabriele Barysch-Crosbie  May 18 - Jul 27  Wake, Auditorium
11 Thursdays  9:30AM - 10:30AM  $65
ID 20619  Roberta Hewson  May 19 - Jul 28  Wake, Auditorium
11 Fridays  2:00PM - 3:00PM  $65
ID 20614  Holly Hungett  May 22 - Jul 24  Wake, Auditorium
8 Mondays  3:30PM - 4:30PM  $49
ID 20615  Holly Hungett  May 24 - Jul 26  Wake, Auditorium
9 Wednesdays  3:30PM - 4:30PM  $55

Gentle Yoga With Fabric  NEW!
Yoga with fabric is a unique, gentle form of Yoga. You will be provided with one yard of soft, colorful fabric to use with strength movements, balancing poses, and luxurious stretches. Explore traditional yoga poses and incorporate free-flowing fabric to specifically address issues related to spine alignment and balance. Develop mindful breathing techniques that will help you build core strength, an open posture, beautifully toned muscles, and improved balance. Yoga with fabric is for everyone - no previous yoga necessary.
Course number: 608767
ID 20714  Teresa Singh  May 16 - Jun 13  Schott, Auditorium
5 Tuesdays  11:00AM - 12:00PM  $35
ID 20715  Teresa Singh  May 18 - Jun 15  Schott, Auditorium
5 Thursdays  11:00AM - 12:00PM  $35

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 20653  EVE  Gabriele Barysch-Crosbie  May 15 - Jul 24  Schott, Auditorium
10 Mondays  5:30PM - 6:30PM  $65
ID 20652  Gabriele Barysch-Crosbie  May 15 - Jul 24  Wake, Auditorium
10 Mondays  9:30AM - 10:30AM  $65

Nia - Move, Feel and Heal!  NEW!
Join us for a special Nia class that combines the healing properties of Tai Chi, the bone alignment of yoga, and the muscle conditioning punches of Martial Arts in order to move and heal your body. Discover exercises to target specific parts of your body to bring awareness to it and its relationship to the rest of your body. Beginning with footwork, movements extend upward to the pelvis, spine, and head, all while integrating arm movements rooted in Martial Arts. Dance away feeling lighter, stronger, and with a refreshed mental outlook on life!
Note: This class is sponsored.
Course number: 608782
ID 20716  Cleo Hill  May 16 - Jun 8  Schott, Auditorium
4 Tuesdays, 4 Thursdays  12:15PM - 1:15PM  $79

Ole: Flamenco Dance
Experience the strumming of the guitar, wailing of the gypsy song, and action-packed rhythms created by moving across the dance floor. Ole! This is Flamenco Dance: pure, core-rocking emotion and fire. What are you waiting for? Build rhythm, grace, strength and confidence in a fun and supportive environment. Explore another culture, language and dance form all while improving your physical fitness and self-esteem. Please bring skirt and shoes to class.
Course number: 608681
ID 20605  EVE  Wendy Castellanos-Wolf  Jun 22 - Jul 27  Schott, Auditorium
6 Thursdays  5:30PM - 6:30PM  $49
Pilates for Life

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

Note: Please bring a mat to class.

Course number: 608601
ID 20703 > Eva Masin • May 22 - Jul 24 • Schott, Auditorium
9 Mondays • 10:45AM - 11:45AM • $63
ID 20698 > Eva Masin • May 24 - Jul 26 • Schott, Auditorium
10 Wednesdays • 10:45AM - 11:45AM • $69

Pilates: Core and More with a Foam Roller

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

Note: Please bring a mat and foam roller to class. Recommended size for foam roller is 36 by 6 inches.

Course number: 608624
ID 20626 > Hazel Carlsen • May 16 - Jul 25 • Schott, Auditorium
10 Tuesdays • 9:30AM - 10:30AM • $79

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 20625 > Hazel Carlsen • May 18 - Jul 27 • Schott, Auditorium
11 Thursdays • 9:30AM - 10:30AM • $85

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 20528 > Edward Rockett • May 19 - Jun 30 • Wake, Auditorium
7 Fridays • 10:30AM - 12:00PM • $65

Qigong for Summer - Cultivating Joy and Creativity NEW!

Celebrate summer by practicing exercises that bring joy and creativity into your life. In Chinese Medicine, Summer is the season of the heart. Discover heart-healthy exercises to lower blood pressure and ease emotional distress. Say goodbye to feeling overwhelmed and hello to feeling refreshed and ready to take on life. Come away with more light and happiness to infuse into your life and your heart.

Course number: 608783
ID 20709 SAT > Jessica Kolbe • Jun 17 • Wake, Rm 15
1 Saturday • 10:00AM - 12:00PM • $25

Qigong Inner Power with Jessica Kolbe NEW!

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

Note: This class is sponsored.

Course number: 608784
ID 20710 > Jessica Kolbe • Jun 14 - Jul 26 • Wake, Auditorium
7 Wednesdays • 11:00AM - 12:00PM • $59 + Materials $10

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 20654 > Sally Saenger • May 23 - Jun 27 • Wake, Auditorium
6 Tuesdays • 10:45AM - 11:45AM • $35
ID 20655 > Sally Saenger • May 25 - Jun 29 • Wake, Auditorium
6 Thursdays • 10:45AM - 11:45AM • $35
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 20727 EVE  Robert Moore • May 23 - Jun 27 • Schott, Auditorium
6 Tuesdays • 7:15PM - 8:45PM • $55

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 rewire 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 20539 Jessica Kolbe • Jun 12 - Jul 24 • Wake, Auditorium
7 Mondays • 11:30AM - 12:30PM • $65

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 20734 EVE  Janet Reineck • May 18 - Jul 27 • Schott, Auditorium
11 Thursdays • 7:00PM - 8:15PM • $105
ID 20726 Janet Reineck • May 19 - Jul 28 • Schott, Auditorium
11 Fridays • 8:30AM - 9:40AM • $95

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 20542 EVE  Elena Poddubnaya • May 15 - Jul 24 • Wake, Auditorium
10 Mondays • 5:30PM - 6:45PM • $75
ID 20620 EVE  Roberta Hewson • May 16 - Jul 25 • Schott, Auditorium
10 Tuesdays • 5:30PM - 6:30PM • $65
ID 20543 EVE  Elena Poddubnaya • May 17 - Jul 26 • Wake, Auditorium
11 Wednesdays • 5:30PM - 6:45PM • $82
ID 20621 EVE  Roberta Hewson • May 18 - Jul 27 • Wake, Auditorium
11 Thursdays • 5:30PM - 6:30PM • $65
ID 20544 SAT  Elena Poddubnaya • May 20 - Jul 22 • Wake, Auditorium
10 Saturdays • 9:30AM - 11:00AM • $105

“The Importance of Verticality in Dancing”

with Robert Moore

When people are first interested in taking a dance class, it’s really common to focus just on left to right or front to back. People want to know where they should be and how to get to somewhere new.

However, in CLL dance teacher Robert Moore’s opinion, “the best way to signal to your partner that you are trying to do a certain move or get to a certain place, is to play with your height, with your verticality; that’s sort of a variable that we can always play with when we’re dancing.”

If you’re interested in doing expressive and dynamic moves, learn how to successfully communicate with your partner:

• Sink in a little and let your waist fall a bit to communicate a reach or a kick
• Fall into a move and drop down to communicate a quick transition
• Get on your tiptoes and elevate yourself to communicate an accent in the move

Discover a different way to view dancing!

Robert’s Summer CLL class:

⇒ Swing Dance for Beginners (p. 15)
**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 20612 › Holly Hungett • May 23 - Jul 25 • Wake, Auditorium
9 Tuesdays • 12:00PM - 1:00PM • $55
ID 20613 › Holly Hungett • May 25 - Jul 27 • Wake, Auditorium
9 Thursdays • 12:00PM - 1:00PM • $55

**Beachside Healing**

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

Course number: 608766
ID 20540 EVE › Glenn Wollman • May 16 - Jun 20 • Hendry’s Beach, Grassy Knoll behind restaurant
6 Tuesdays • 5:30PM - 7:00PM • $55

**PSYCHOLOGY & SPIRITUALITY**

**Death - The Unplanned Uncharted Final Journey** NEW!

Appreciating the law of Karma is critical when approaching death. To die well is to have lived a fruitful life of service to humanity and the planet. To cross over skillfully is to go into existential free fall, happily without guilt. The dead need to know they have been forgiven and honored appropriately, as ‘unfinished business’ can affect the living and the dead adversely. Discover how to prepare and how to cross over; find out about the pathologies of death; and discuss what the landscape may look like when you arrive.

Course number: 202742
ID 20699 SAT › David Cumes • May 20 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

**Dreams and How Spirit Guides Script Them** NEW!

There are several valid methods of dream interpretation; Subconscious, Jungian, Yogic and Shamanic. To Shamans and others working in the cosmic ‘Field’ a psychological interpretation of dreams is seriously limited. Dreams are often ‘instructional’ in nature and are a gateway to a ‘Field’ of non-localized space/time information through which our spirit guides help us. Discover how these methods differ, how spirit guides script our dreams and how to interpret them. Share your dreams with your classmates.

Course number: 202743
ID 20700 SAT › David Cumes • Jul 8 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $19

**Eliminate Negative Beliefs with the Phoenix Effect Process**

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

Course number: 202201
ID 20527 SAT › Gloria (Arenson) Brockway • May 27 • Schott, Rm 6
1 Saturday • 9:30AM - 12:30PM • $25

**Hiking Santa Barbara**

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 20719 › Rodger Sorrow • May 24 - Jun 28 • Wake, Rm 20
6 Wednesdays • 9:30AM - 12:00PM • $89
» Hiking Santa Barbara - Intermediate
Mindful hiking can transform consciousness. Enjoy moderate exercise as we hike the exquisite front county trails overlooking Santa Barbara, and develop your diaphragmatic breathing and self-confidence. Our hikes are about three miles with mild elevation gain. We’ll stretch at the beginning, move at a steady pace, and rest halfway to meditate. Discover places that you haven’t seen in a long time, and discover places that you’ve never seen. Come away with a renewed relationship with nature and a heightened sense of well-being.

Course number: 202728
ID 20718 › Rodger Sorrow • May 23 - Jun 27 • Wake, Rm 20
6 Tuesdays • 9:30AM - 12:00PM • $89

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

Course number: 506216
ID 20704 SAT › Jude Bijou • Jun 3 • Schott, Rm 3
1 Saturday • 9:30AM - 4:30PM • $49

» Introduction to Vocal Sound Healing
This class offers you both a didactic and experiential presentation on the fundamental principles guiding the modality of Vocal Sound Healing. You will learn how vocal sound and singing can be used to transform human consciousness and the human experience at physical, mental, emotional and spiritual levels. No singing or previous sound healing experience required. This intro class is recommended but not required before taking the ‘Vocal Sound Healing Journey’ class series.

Course number: 202691
ID 20735 EVE › Wendy McClure • Jun 29 • Wake, Rm 15
1 Thursday • 6:30PM - 9:00PM • $19

» Online Dating: Safe, Secure and Successful
Want to wake up tomorrow and see that your online dating profile has attracted someone new and exciting? You can! Learn proven techniques to find a partner online. Write your personal profile to attract the lover you want. Figure out which three photos of yourself you should post, and which ones you shouldn’t post. Discover how to look for clues in others’ photos, read between the lines of their profile, and ask the right follow up questions. Explore safe practices and security resources in this fun, interactive workshop and leave equipped with the best techniques for using internet dating sites.

Course number: 202679
ID 20525 EVE › Barbara Boyd • May 18 - Jun 8 • Schott, Rm 3
4 Thursdays • 6:00PM - 8:00PM • $49

» Procrastination and Perfectionism
It is difficult to give up procrastinating until you understand the function it serves in your life. Explore the hidden roots of procrastination and uncover the five fears that underlie this problem. Learn specific skills to overcome fears, defeat perfectionism, and take action now.

Course number: 202537
ID 20538 SAT › Gloria (Arenson) Brockway • Jun 24 • Schott, Rm 3
1 Saturday • 9:00AM - 12:30PM • $29 + Materials $3

» 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 20521 › David Richo • May 15 - Jul 24 • Schott, Rm 3
10 Mondays • 10:00AM - 12:00PM • $119

» Vocal Sound Healing Journey
This dynamic class offers students gentle breathing, body relaxation, vocal release, grounding, and psychological healing through vocal sounding. Students release inhibition, pain and stress through a supportive, guided opportunity to create an intimate relationship to their breath, body and voices. Students increase self-esteem, self-confidence, and self-expression through creating spontaneous sounds, singing, art, movement, and experiencing the support of a community focused on vocal sound healing. Exercises allow students to explore self-acceptance and unconditional love for self and others.

Course number: 202582
ID 20736 SAT › Wendy McClure • Jul 1, Jul 15, Jul 29 • Wake, Rm 15
3 Saturdays • 8:30AM - 4:30PM • $169 + Materials $4

» Your Energy Field: How to Use it for Protection, Projection and Manifestation
You are a field of energy living in a larger field of energy. That’s scientific fact. How you interact with external energy and how you calibrate your own energy field determines the success or challenges of your life. You have the inherent ability be shape this energy to support you in creating serenity, success, safety, and abundance both within yourself and within the greater field of energy we all live in. Learn more than a dozen ways to use your energy to make the world you live in - inside and out - the life you desire.

Course number: 202653
ID 20541 SAT › Terri Cooper • Jun 17 • Wake, Rm 18
1 Saturday • 10:00AM - 1:00PM • $25 + Materials $2
CURRENT EVENTS, WORLD AFFAIRS & LOCAL CULTURE

➜ 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 20535 › Fred Hofmann • May 16 - Jun 13 • Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45
ID 20537 › Fred Hofmann • Jun 20 - Jul 25 • Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45

LANGUAGES

➜ French Conversation: Next Steps

Have you taken beginning French classes, and are you now itching to move on? Improve your conversation skills and strengthen your foundation in French grammar in an enjoyable conversational setting. Meet new friends and talk about real events. Watch videos with subtitles, have fun practicing, and watch your vocabulary and confidence in speaking soar.

Course number: 105175
ID 20713 EVE › Valerie Comte • May 16 - Jun 13 • Schott, Rm 20
5 Tuesdays • 5:30PM - 7:00PM • $59 + Materials $5

➜ French for Travelers

If you are planning a trip to France or Canada or simply wish to deal with daily situations in French in the future, this class is for you! Build your confidence through learning general greetings, time, and days of the week. Explore how to ask for and understand directions, order from a menu, make reservation, and ask key question on shopping terms all while learning about French culture. This class is for individuals with little knowledge of French.

Course number: 102033
ID 20705 EVE › Valerie Comte • May 17 - Jun 7 • Schott, Rm 5
4 Wednesdays • 5:30PM - 7:00PM • $49 + Materials $5

➜ French Through Songs

Have fun discovering the significance of French songs and the role they play in French culture. Explore different French artists to develop your oral and written comprehension skills, boost your vocabulary, and sharpen your grammar and verb conjugations while deepening your knowledge about French culture. This class is for students who have had a minimum of two years of French or for advanced students.

Course number: 102034
ID 20706 EVE › Valerie Comte • May 18 - Jun 8 • Schott, Rm 5
4 Thursdays • 5:30PM - 7:00PM • $49

➜ 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 20600 › Barbara Lotito • May 25 - Jun 22 • Wake, Rm 18
5 Thursdays • 12:30PM - 2:30PM • $59
→ Spanish 2 - Low beginning Conversational
This class is for students with very little knowledge of Spanish or who have had exposure to more Spanish but some time ago. Students will review the sound system, how to describe people, and how to form sentences in the present tense, and will learn to talk of plans, preferences, numbers, and to ask for basic information.
Course number: 105161
ID 20601 > Barbara Lotito • Jun 29 - Jul 27 • Wake, Rm 18
5 Thursdays • 12:30PM - 2:30PM • $59

→ Spanish 3 - Beginning Conversational
This class is for students with limited knowledge of Spanish, or exposure to more Spanish but some time ago. Students will review sound system, expressing preferences, asking for basic information, numbers, and regular verbs in the present tense, and will learn to talk about plans, the weather, to locate things, and will enrich their vocabulary for festivities and physical and mental states descriptions. They will also learn some new irregular verbs.
Course number: 105162
ID 20656 EVE > Bonnie Blakley • Jun 7 - Jul 26 • Schott, Rm 6
7 Wednesdays • 5:15PM - 7:15PM • $85

→ Spanish Review - Intermediate
This conversational class is for students who are familiar with the present, past and future tenses in Spanish. Review present, past and future tenses emphasizing the use of the preterit and imperfect to talk about what we did in the past as well as what we used to do at certain times of our lives. Students will practice all sorts of ways to refer to somebody or something they have already mentioned (using pronouns). Contrast between ‘por’ and ‘para’. Enjoy games, dialogues, videos, songs, online activities, and much more to generate an atmosphere that is conducive to learning, and practice Spanish in a fun, highly interactive way.
Course number: 105130
ID 20608 > Barbara Lotito • May 23 - Jun 27 • Wake, Rm 18
6 Tuesdays • 12:30PM - 2:30PM • $72
ID 20643 EVE > Bonnie Blakley • Jun 6 - Jul 25 • Schott, Rm 3
6 Tuesdays • 5:15PM - 7:15PM • $72

→ Spanish Review - Advanced
This highly interactive and conversational class is for students with considerable Spanish knowledge and a desire to increase fluency. Learning activities focus on reviewing ways to report past events, giving commands, indirect commands, and expressing wishes, desires and plans. Topics include relative pronouns, uses of ‘se’, present subjunctive, past subjunctive, idiomatic expressions and vocabulary. Enjoy games, dialogues, videos, songs, online activities, and much more in an atmosphere that is conducive to learning, and practice Spanish in a fun, highly interactive way.
Course number: 105170
ID 20645 > Bonnie Blakley • Jun 6 - Jul 25 • Schott, Rm 3
6 Tuesdays • 12:45PM - 2:45PM • $72
ID 20644 > Bonnie Blakley • Jun 6 - Jul 25 • Schott, Rm 3
6 Tuesdays • 3:00PM - 5:00PM • $72

→ Spanish Review - Beginning
This conversational class is for students who know some Spanish either through attending beginning level courses or have had exposure to Spanish through their social life, work or travel. Students review introductions, dialogues, meeting new people, descriptions of others, clothing, colors, numbers, and other basic vocabulary. Students review the present tense while participating in activities that increase their knowledge of the Spanish- speaking world. Review ser/estar, regular and irregular verbs in the present tense, question formation, pronouns and basic prepositions. Enjoy games, dialogues, videos, songs, online activities, and much more to generate an atmosphere that is conducive to learning, and practice Spanish in a fun, highly interactive way.
Course number: 105126
ID 20701 EVE > Adriana Moosekian • May 22 - Jun 26 • Schott, Rm 6
5 Mondays • 6:00PM - 8:00PM • $59
ID 20602 EVE > Barbara Lotito • Jun 15 - Jul 20 • Wake, Rm 18
6 Thursdays • 5:15PM - 7:15PM • $72

PHOTOGRAPHY & FILM

What do the founders of Google and Twitter have in common with the paterfamilias of 20th Century Fox and Warner Brothers Studio? How are Steve Jobs and Bill Gates like Universal Studio chief Lew Wasserman and MGM’s legendary leader Louis B. Mayer? Here’s a hint: They all used myth, madness and emoji-style management to build their empires. Award-winning journalist Kathleen Sharp takes you behind the scenes of America’s most sweeping cultural inventions - motion pictures and silicon chips - to understand the shared roots of their extraordinary success.
Course number: 509072
ID 20558 EVE > Kathleen Sharp • May 23 • Schott, Rm 6
1 Tuesday • 6:00PM - 8:00PM • $18

→ 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 20591 SAT > (Chuck) Charles Place • May 27 - Jun 24 • Schott, Rm 22 and off-site
5 Saturdays • 9:00AM - 12:00PM • $150
My Favorite Movie

All of us have a favorite movie which has special meaning for us and about which we feel we have special insights. Why not share these insights about your favorite movie with other students? In this entertaining and thought-provoking class, everyone chooses a favorite movie. With guidance from the instructor, each student previews their favorite movie for the class, and, after the movie is shown, then leads a class discussion. Discover great movies, and develop an appreciation of this great art along the way.

Course number: 151348
ID 20732 ➔ Fred Hofmann • Jun 16 - Jul 21 • Schott, Rm 3
6 Fridays • 1:30PM - 3:30PM • $69

Portrait Photography: Capturing the Soul of Your Subject

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 20557 SAT ➔ TC Reiner • Jun 3 - Jul 8 • Schott, Rm 22
6 Saturdays • 12:00PM - 4:00PM • $240 + Materials $15

WRITING & LITERATURE

A Love Letter to the Future

How do you write a letter about your own passing, to be delivered after your time on Earth has passed, to bring comfort to a grieving loved one? If you are responsible enough to have a current will or a trust, the next step is to leave a letter that will console someone who loves you and who will grieve deeply for your passing. Explore a set of suggestions of content to include that can be significantly helped your loved one during their healing process. Come away with potentially the most significant, meaningful, and heartfelt letter that you have ever written.

Course number: 157206
ID 20691 EVE ➔ Marilee Zdenek • May 19 - May 26 • Schott, Rm 6
2 Fridays • 1:00PM - 3:00PM • $24

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 20687 ➔ Shelly Lowenkopf • May 16 - Aug 1 • Schott, Rm 6
11 Tuesdays • 1:00PM - 3:00PM • $132

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 20688 EVE ➔ Shelly Lowenkopf • May 17 - Aug 2 • Wake, Rm 20
12 Wednesdays • 5:15PM - 7:15PM • $144
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 20584 › Mark Ferrer • May 19 - Aug 4 • Schott, Rm 3
12 Fridays • 10:00AM - 12:00PM • $144

Opera Plots Revealed NEW!

Do you love opera but wonder about those wacky plots? There is a surprising history to the greatest musical stories we have, often starting from an ancient tale. Follow the transformation as the story is retold through the ages, from the Greeks and Romans to Shakespeare and on to Verdi and company. Opera will never be the same as you see the reshaping of a plot into operatic spectacle and gain a new understanding for the literary roots of this dynamic art form. Walk away ‘in the know’ about the plots and gain an even greater appreciation for this extraordinary art form.

Course number: 157202
ID 20531 › Ross Robins • Jun 1 - Jul 6 • Schott, Rm 3
6 Thursdays • 1:00PM - 3:00PM • $72

Poetry: A Momentary Stay Against the Confusion of the World

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 20642 › Mark Ferrer and David Richo • May 25 - Aug 3 • Schott, Rm 3
11 Thursdays • 10:00AM - 12:00PM • $129

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 20585 EVE › Mark Ferrer • May 15 - Jul 31 • Schott, Rm 3
11 Mondays • 4:00PM - 6:00PM • $132

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 20689 › Shelly Lowenkopf • May 17 - Aug 2 • Schott, Rm 6
12 Wednesdays • 9:45AM - 11:45AM • $144

Registration is Easy!

www.theCLL.org

SBCC Center for Lifelong Learning / SUMMER 2017 / Events, Language, Photo
COOKING

→ Amazing Health Recipes - What to Eat, When and How
Planning what, when and how to eat? Need some simple and practical ideas for meals and snacks? Let a nationally recognized Registered Dietitian translate scientific research into practical recommendations to prevent and manage diabetes, heart disease, cancer and promote longevity. Select and cook meals that have a lower sugar index to minimize food cravings, stabilize moods, sustain your energy, achieve healthy weight, enhance performance, reduce inflammation and provide the key to the beginnings of a healthier new you. Prepare recipes and menus using fresh ingredients and wholesome food products that will produce amazing health results.

Course number: 606478
ID 20559 SAT Gerri French • May 20 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:30AM - 2:30PM • $40 + Lab $4 + Materials $10

ID 20722 SAT Gerri French • Jun 3 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:30AM - 2:30PM • $40 + Lab $3 + Materials $10

→ Cooking for Two (or one): Tricks, Tips, and Techniques
Too busy? Bored of cooking for two (or one)? Tired of store bought prepared food? Going out too expensive? You CAN cook quick, fresh, and delicious meals with little fuss and few left-overs. Discover techniques and shortcuts for quickly defrosting food and how to prepare a full meal in minutes. Have fun with lots of easy and tasty recipes that will turn your cooking from a chore into something to look forward to doing...and sharing!

Course number: 606477
ID 20567 Tue Carol Cannon • Jun 22 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $24 + Lab $8 + Materials $10

→ Enjoy Tasty Summer Soups NEW!
Summer’s bounty of gorgeous fruits and vegetables begs to be turned into light and delicious dishes to be shared with friends and family. Why not turn those overflowing baskets of squash, herbs, tomatoes and fruits into cool and refreshing gazpachos, light and lively vegetable pistous, vibrant beet borscht and more? These delicious recipes make a perfect light lunch or first course of a summer’s evening meal on the patio.

Course number: 606482
ID 20723 SAT Diana Coburn • Jun 7 • Schott, Rm 27 Culinary Lab
1 Wednesday • 10:00AM - 2:00PM • $28 + Lab $3 + Materials $10

→ Fermentation: Preserving a Healthy You
For good reason 30% of the American diet is fermented, and fermented means tasty! These healthy, flavorful, sustainable superfoods can easily be made in your home and included in an exciting variety of recipes. Reduce food waste, increase shelf life (how’s 3 to 9 months?) while you use ancient methods to create modern, simple cuisine to bring delicious fermented foods to your dinner table. Discover the fundamentals of anaerobic fermentation which will allow you to ferment just about anything! This class will focus on vegetables and fruits. Start feeling good about preserving your favorite foods in a way that supports good health and great flavor.

Course number: 606479
ID 20588 EVE Lauren Temkin • Jun 6 - Jun 20 • Schott, Rm 27 Culinary Lab
3 Tuesdays • 6:00PM - 8:30PM • $75 + Lab $5 + Materials $30

→ 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 20590 Diana Coburn • Jun 21 - Jun 28 • Schott, Rm 27 Culinary Lab
2 Wednesdays • 10:00AM - 2:00PM • $56 + Lab $7 + Materials $20

Classes fill fast. Register now!
Fragrant Feast: Indian Vegetarian Menu

Master the delicious vegetarian dishes of India. From pakoras and chutney to paneer and palao, your everyday cooking will never be the same. Authentic recipes and hands-on practice will provide a unique cooking experience. Discover the proper uses and combinations of spice and herbs as you create flavorful delights that will please even the fussiest eater. Time to add India to your weekly menu.

Course number: 606461
ID 20552 SAT › Farhana Sahibzada • Jul 22 • Schott, Rm 27 Culinary Lab
1 Saturday • 11:00AM - 2:00PM • $45 + Lab $10 + Materials $10

Indian Curries with Seasonal Fruits and Vegetables

Some of the finest Indian dishes never make it to restaurant menus! Discover these hidden gems and an additional array of gourmet Indian curries still waiting to be unveiled. Explore unexpected ingredients like mango and exotic flavors like saffron for a true royal experience. Come away with delighted taste buds and the know-how to create delicacies enjoyed by selective tastes all over the sub-continent, many of which have been passed on for generations.

Course number: 606483
ID 20725 SAT › Farhana Sahibzada • May 20 • Schott, Rm 27 Culinary Lab
1 Saturday • 11:00AM - 2:00PM • $45 + Lab $7 + Materials $10

Loaves in the Stove: Bread Making for Everyone NEW!

Join the upper crust of bread-baking with this simple and fun introduction to making healthy bread at home. Using only water, flour, yeast, salt, and a tiny bit of elbow grease, you will be baking delicious bread in no time. The popular ‘No-Knead’ method will be used to quickly get you acquainted and comfortable with baking bread. Have fun baking together, and take home your own fresh baked loaf at the end of the session. Put this on your To-Dough list, and join us as we loaf around in the bakery.

Course number: 606480
ID 20565 SAT › Keld Hove • Jun 3 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $7 + Materials $10
ID 20739 SAT › Keld Hove • Jun 10 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $7 + 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 20566 › Carol Cannon • May 25 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $24 + Lab $8 + Materials $10

The Single-Serving Lifestyle!

As social beings, we often crave interaction with others in various aspects of our lives: when we exercise, when we work, even when we eat. However, learning to enjoy your own company is a vital attribute for a happy and healthy life.

Cooking a meal and eating solo has a multitude of benefits—it can be a time of reflection and self-discovery or a peaceful retreat from a bustling life.

Learn how to navigate through recipes for full-blown feasts and transform them into single-serving masterpieces tailored to your taste buds in Cooking for Two (or one): Tricks, Tips, and Techniques.

Expand your culinary boundaries with Carol Cannon. Carol has owned and operated a soup delivery business as well as being a private chef to families in Montecito.

Cooking for Two (or one): Tricks, Tips, and Techniques (p. 22)
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 20568 • Carol Cannon • Jul 6 - Jul 20 • Schott, Rm 27 Culinary Lab
3 Thursdays • 2:00PM - 5:00PM • $54 + Lab $8 + Materials $30

Play with Your Food: A Guide to Fearless Cooking

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 20569 • Carol Cannon • Aug 3 • Schott, Rm 27 Culinary Lab
1 Thursday • 11:00AM - 2:00PM • $24 + Lab $10 + Materials $10

A Gardener’s Tools of the Trade

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

Course number: 601084
ID 20721 SAT • Joan Calder • Jun 10 • Schott, Rm 6
1 Saturday • 10:00AM - 12:00PM • $16

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 20522 SAT • Alexandra King • May 20 • Schott, Rm 6
1 Saturday • 9:00AM - 12:00PM • $25

Feng Shui!

with Alexandra King

According to Taoist philosophy, the natural world is alive and filled with chi, or energy. Feng shui is an intricate science of balancing energies in any inhabited space to encourage good fortune and positive chi.

How does it work?

Everything is energy. If energy is not cared for and managed well, it can be destructive. Feng shui uncovers how the energy of the physical universe and human energy interact in a given space--how they impact each other--whether good or bad.

Easy ways to add feng shui to your space:

• De-clutter
• Repair
• Refresh
• Re-decorate
• Actively acknowledge every sphere of life in your home

Come learn how to integrate feng shui into your home or business space in DIY Interior Design with Feng Shui taught by Alexandra King, a Santa Barbara based interior designer, stager and organizer.

Alexandra’s Summer class:

⇒ DIY Interior Design with Feng Shui (p. 25)
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. This positive reinforcement class covers techniques and behaviors including: sit, down, stay, come when called, and how to walk nicely on leash. Dogs must be at least 4 months of age and handlers at least 18 years of age. New and seasoned learners welcomed. Important info: Do Not Bring Your Dog to the First Session

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

Note: Do Not Bring Your Dog to the First Session

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

Course number: 613049

ID 20692  › Joan Mayer • Jun 1 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

ID 20693  › Joan Mayer • Jun 22 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

ID 20694  › Joan Mayer • Jun 29 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

ID 20695  › Joan Mayer • Jul 13 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

ID 20696  › Joan Mayer • Jul 20 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

ID 20697  › Joan Mayer • Jul 27 • Wake, Rm LOWER LEVEL back parking lot - Wake Campus
1 Thursday • 2:45PM - 4:00PM • $20 + Materials $5

Pawsitive Parenting Workshop for Happy Dog Owners

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

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

Course number: 613052

ID 20690  SAT  › Joan Mayer • Jun 27 • Schott, Rm 6
1 Tuesday • 6:00PM - 8:30PM • $25 + Materials $5

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 20524 SAT  › Mary Brown • Jun 10 • Wake, Rm 20
1 Saturday • 9:00AM - 5:00PM • $45
Mature Driver Renewal: A Review Course

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

Course number: 608609
ID 20520 SAT ➜ Mary Brown • Jun 3 • Wake, Rm 20
1 Saturday • 9:00AM - 1:30PM • $29

Grant Management Made Easy

Managing and maximizing grant awards can be a daunting challenge. Discover industry best practices for the process of stewarding funds from the point of the award, to project implementation, to crafting a mid-year grant report, to tracking funds, and finally to grant closeout. Enhance your grant management skills whether you are affiliated with a nonprofit, federal agency, pass-thorough entity, or recipient organization. Walk away with concrete skills that strengthen your organization in the eyes of funders for years to come.

Course number: 506224
ID 20717 SAT ➜ Leonie Mattison • May 20 • Schott, Rm 5
1 Saturday • 9:00AM - 4:00PM • $49

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 20603 ➜ Wendy Castellanos-Wolf • Jun 19 - Jul 24 • Wake, Rm 15
6 Mondays • 10:45AM - 11:45AM • $45

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 aprenderan acerca de la cultura y el patrimonio hispano. Esta clase es adecuada para familias que hablan espanol y para familias que no hablan espanol.

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

Course number: 251312
ID 20604 ➜ Wendy Castellanos-Wolf • Jun 19 - Jul 24 • Wake, Rm 15
6 Mondays • 9:30AM - 10:30AM • $45

Investing and Financial Planning for Women

This course provides an overview of cash flow management and investment strategies. Students will gain information to confidently manage their financial portfolios and accomplish their financial goals.

Note: This class is sponsored.

Course number: 502024
ID 20733 EVE ➜ Katherine Silsbury • May 23 - Jun 13 • Wake, Rm 20
4 Tuesdays • 5:30PM - 7:30PM
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>
<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
CLL Spring Semester 2017 Remaining Classes & Workshops

Check out classes starting April 3 - May 14, 2017

- America's Greatest Songwriting Teams and Duos
  starts April 3
- Jewelry – Open Studio
  starts April 3
- Collage and Mixed Media Construction
  starts April 3
- A Virtuoso Season: A Guide to CAMA's Current Season
  starts April 3
- A Woodworking Workshop
  starts April 3
- The Strange World of Mr. Mum
  April 3
- Intermediate and Advanced Painting
  starts April 3
- Fitness for Adults
  starts April 3
- Flower Arranging and Florist Style Designing
  starts April 3
- Reading and Writing Poetry for Personal Growth
  starts April 3
- Beginning Oil Painting
  starts April 3
- Gentle Yoga for Every Body
  starts April 3
- Dynamic Yoga for Seniors
  starts April 3
- Wood Product Manufacturing Methods
  starts April 4
- Write a New Life Narrative – Create the Past You Desire
  starts April 4
- Perspective Drawing with Confidence
  starts April 4
- Figure Drawing with Tom Henderson
  starts April 4
- Hiking Santa Barbara – Intermediate
  starts April 4
- Modeling the Figure in Clay
  starts April 4
- Tai Ji
  starts April 4
- Beginning Watercolor – Painting with the Flow
  starts April 4
- After the Fall: A Cultural History of Postwar Vietnam
  starts April 4
- Play Chess with Success
  starts April 4
- Pilates – Core and More with a Foam Roller
  starts April 4
- Ceramics – Building with Clay
  starts April 4
- Beginning Watercolor – Starting Right, Painting Loose
  starts April 4
- Current Events
  starts April 4
- A Woodworking Workshop
  starts April 4
- WOW – Wonders of Weaving
  starts April 4
- Make a Silver Ring with a Faceted Stone
  starts April 5
- Tai Ji
  starts April 5
- Figure Drawing with Bob Mask
  starts April 5
- Individualized Sewing
  starts April 5
- Fancy Cabochon Stone Cutting Techniques
  starts April 5
- Color and Light – Fresh Watercolor Painting
  starts April 5
- Intermediate / Advanced Woodworking Woodshop
  starts April 5
- The World of Small Bites – Hors d’oeuvres, Tapas, Meze, Antipasta
  starts April 5
- Birds of the Santa Barbara Region – Intermediate
  starts April 5
- Gentle Yoga for Seniors
  starts April 5
- Figure Drawing with Bob Mask
  starts April 6
- All About Watercolor Painting Outdoors
  starts April 6
- Spanish in Action 3 – Who Does What to Whom?
  starts April 6
- Individualized Sewing
  starts April 6
- Assemblage Art Workshop
  starts April 6
- Modern Dance for Fitness and Fun
  starts April 6
- Poetry – A Momentary Stay Against the Confusion of the World
  starts April 6
- Spanish in Action 2 – To Be or Not To Be?
  starts April 6
- Intermediate and Advanced Painting
  starts April 6
- Modern Southern California Architecture
  starts April 6
- De-clutter and Sell Your Treasures on the Internet
  April 7
- Art and Craft Printmaking
  starts April 7
- Modern and Classic Short Stories
  starts April 7
- Sacred Sites – Tracking Earth Spirit
  starts April 7
- Current Events
  starts April 7
- What’s Holding You Back From Moving Forward
  April 8
- Qiqong Wellness for Spring – Rebirth and Renewal
  April 8
- Healing from the Loss of a Loved One
  starts April 8
- Dog Training and Life Skills for our Canine Friends
  starts April 8
- Healing Body and Soul with Essential Oils
  April 8
- Shakespeare
  starts April 10
- Dare to be 100 – Recharge Yourself and Energize!
  starts April 10
- Nia – A Celebration of the Body
  starts April 11
- Become a Savvy Traveler
  starts April 12
- Nia – A Celebration of the Body
  starts April 13
- WOW Weaving Lab
  starts April 13
- SoulCollage – An Artful Path to Self-Discovery
  April 15
- The Night Sky
  starts April 19
- Play with your Food – A Guide to Fearless Cooking
  April 20
- Focusing – A Pathway to Wellness
  April 22
- Government Grant Writing Made Easy
  starts April 22
- Opera in Performance
  April 24
- Fragrant Feast – Indian Vegetarian Menu
  April 25
- A Gourmet Approach to Make Ahead Meals
  April 26
- Indian High Tea
  April 29
- Break into Voice Over
  April 29
- ADHD – A Motivational Deficit Disorder
  April 29
- 5 Element Tai Chi – Moving Meditations for Emotional Healing
  starts April 29
- Opera in Performance
  May 1
- All About Tortillas
  May 5
- Crawfish and Catfish and Gumbo, Oh My
  May 6
- Innovative Cancer Prevention and Treatment Approaches
  May 6
- Mind and Supermind 2 – Richard Tarnas Presents Humanity’s Rite of Passage
  May 8
- Nonviolent Communication (NVC) Conference
  starts May 12
**GAMES**

**Let’s Play American Mah Jongg**

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

Course number: 608725
ID 20711 › Illana Wolff • May 18 - Jun 8 • Wake, Rm 16
4 Thursdays • 1:00PM - 3:30PM • $79 + Materials $10
ID 20712 › Illana Wolff • Jul 11 - Aug 1 • 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 20599 EVE › Jason Garfield • Jun 6 - Jun 27 • Schott, Rm 22
4 Tuesdays • 6:00PM - 8:00PM • $79

**SCIENCE & NATURE**

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

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

Course number: 19008
ID 20731 › Libby Patten • May 17 - Jun 7 • Santa Barbara Museum of Natural History, Mac Veagh House
4 Wednesdays • 8:30AM - 10:30AM • $49

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

[www.theCLL.org](http://www.theCLL.org)
Board and Leadership Staff

SANTA BARBARA CITY COLLEGE
PRESIDENT
Anthony Beebe, Ph.D.

SANTA BARBARA CITY COLLEGE
EXECUTIVE VICE PRESIDENT
Paul Jarrell, Ph.D.

SANTA BARBARA CITY COLLEGE
BOARD OF TRUSTEES
Marianne Kugler, Ph.D.
Marty Blum
Marsha S. Croninger (President)
Veronica Gallardo
Peter O. Haslund, Ph.D.
Jonathan Abboud
Craig Nielsen (Vice President)
Emily Gribble (Student Trustee)

CENTER FOR LIFELONG LEARNING
EXECUTIVE DIRECTOR
Andrew G. Harper

CENTER FOR LIFELONG LEARNING
ASSOCIATE DIRECTORS
Kendall Harris
Jeanette Chian

The CLL’s dynamic leadership team: Andy Harper, Executive Director (center), and Associate Directors Ken Harris and Jeanette Chian.

Connect with the CLL!

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
• SANTA BARBARA SAILING CENTER
  133 Harbor Way
• SBCC HUMANITIES BUILDING –
  Outside Room H-104
  721 Cliff Drive (Loma Alta Drive, access from Cliff Drive or Shoreline Drive)
• FITNESS TRANSFORM STUDIOS
  1213 State Street, Suite K

Goleta
• SBCC PE 113
  721 Cliff Drive
  (Loma Alta Drive, access from Cliff Drive or Shoreline Drive)

Montecito
• ANDREW CLARK BIRD REFUGE

Carpinteria
• CARPINTERIA HIGH SCHOOL
  4810 Foothill Road
• SEASIDE GARDENS
  3700 Via Real

Directory

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.

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.
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
Antiques and Art: Field Trip .......................................................... 2
Artist’s Open Studio Workshop ..................................................... 2
Assisted Watercolor and Meditative Relaxation NEW! ............... 2
Beginning Oil Painting ................................................................. 3
Beginning Watercolor: Painting with the Flow ......................... 3
Calligraphy ..................................................................................... 3
Collage and Mixed Media Construction ...................................... 3
Collage and Mixed Media for Beginners NEW! ......................... 3
Color Workshop with Thomas Van Stein ................................. 4
Create Dynamic Art From Found Objects NEW! ....................... 4
Drawing for the True Beginner................................................... 4
Exploring Art Mediums – For New Artists NEW! .................... 4
Figure Drawing and Painting with Rick Stich ............................ 4
Figure Drawing with Bob Mask .................................................. 4
Figure Drawing with Colin Gray .................................................. 5
Figure Drawing with Tom Henderson ........................................ 5
Intermediate and Advanced Painting ....................................... 5
Intermediate Drawing ................................................................. 5
Modeling the Figure in Clay ...................................................... 6
Modern Southern California Architecture .................................. 6
Painting or Drawing the Costumed Model ................................. 6
Saturday Stone Carving, Beginners to Intermediate ............... 6
Still Life Painting ......................................................................... 6
Working with Galleries to Market Your Art ............................... 6

CRAFTS & HOBBIES: GENERAL

Beginning Print-Making Using Wooden Blocks NEW! ............... 6
Glass Arts Workshop .................................................................. 6
Glass Creations: Leaded, Copper Foil, Sandblasting and Mosaic .............................................................................. 7
Glass Fusing .................................................................................. 7
WOW Weaving Lab ..................................................................... 7
WOW: Wonders of Weaving ...................................................... 7

CRAFTS: CERAMICS

Ceramics in the Garden ..................................................................... 7
Ceramics: Beginning, Intermediate and Advanced ................. 7
Ceramics: Porcelain ....................................................................... 8

CRAFTS: JEWELRY

Create a Tree of Life Pendant NEW! ........................................... 8
Jewelry - Open Studio .................................................................. 8
Lost Wax Casting .......................................................................... 8
Stone Wrapping Techniques for the Beginner NEW! ........... 8
Wire Wrapping Techniques for the Beginner .......................... 8

CRAFTS: SEWING

Individualized Sewing .................................................................. 9

MUSIC & PERFORMING ARTS

America’s Greatest Songwriting Teams and Duos ................ 9
Break into Voice Over ................................................................. 9
Guitar Playing - Intermediate Level .......................................... 10
Piano - Intermediate 1 ............................................................... 10
Piano for Beginners: Level 2 ..................................................... 10
Playing the Guitar for Beginners and Beyond ....................... 10
Read Music Using Fundamental Rhythm .................................. 10
Singing from the Heart - Intermediate Level ......................... 10
Singing from the Heart: Basics of Singing ............................... 11
Slide Guitar and Open Tunings ............................................... 11

WOODWORKING

A Woodworking Woodshop ....................................................... 11
Intermediate / Advanced Woodworking Woodshop ................. 11
Wood Product Manufacturing Methods ................................. 11
Home & Family

COOKING

Amazing Health Recipes - What to Eat, When and How... 22
Cooking for Two (or one): Tricks, Tips, and Techniques ... 22
Enjoy Tasty Summer Soups NEW! 22
Fermentation: Preserving a Healthy You ... 22
Flavor Fusion: Mixing Cultural Food Traditions ... 22
Fragrant Feast: Indian Vegetarian Menu ... 23
Indian Curries with Seasonal Fruits and Vegetables ... 23
Loaves in the Stove: Bread Making for Everyone NEW! ... 23
Make a Meal Out of Anything ... 23
Make the Best Soups You've Never Tasted ... 24
Play with Your Food: A Guide to Fearless Cooking ... 24

HOME & GARDEN

A Gardener's Tools of the Trade NEW! ... 24
DIY Interior Design with Feng Shui ... 24
Dog Training and Life Skills for Our Canine Friends ... 25
Pawsitive Parenting Workshop for Happy Dog Owners ... 25

MATURE DRIVER CERTIFICATIONS

Mature Driver Initial Course ... 25
Mature Driver Renewal: A Review Course ... 26

NON-PROFIT SKILLS

Grant Management Made Easy NEW! ... 26

PARENTING

Music Times I/II ... 26
Pequenos Cantantes - Para Padres Con Ninos 12 to 48 meses ... 26
Investing and Financial Planning for Women ... 26

Nature, Science, Recreation

GAMES

Let's Play American Mah Jongg ... 29
Play Chess with Success ... 29

SCIENCE & NATURE

Birds of the Santa Barbara Region: Beginning ... 29

Registration is Easy!

Summer Term 2017
Staggered Registration: April 10 - April 13, 2017

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

- HOME & FAMILY
  - (all classes)

- EVENTS, LANGUAGE, PHOTO
  - (all classes)

- BODY, MIND, SPIRIT
  - (all classes)

- NATURE, SCIENCE, RECREATION
  - (all classes)

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

- CRAFTS
  - You may register for classes in these programs:
    - Ceramics (8:00am)
    - Crafts: Quilting & Sewing (8:00am)
    - Jewelry (10:00am)
    - Crafts & Hobbies: General (10:00am)
    - Woodworking (10:00am)
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.

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.
Three Easy Ways to Register for CLL Classes!

Summer Term 2017: May 15 – August 5

EXPRESS SIGN UP ONLINE

The quickest and most convenient way to register for classes is online at:
www.theCLL.org
starting on Apr. 10, 2017

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

SIGN UP IN PERSON

You may register in person at either the SBCC Schott Campus or the SBCC Wake Campus.

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

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

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

MAIL IN REGISTRATION FORM

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

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

Please include a personal check made out to “SBCC CLL” when you mail your registration form to:
Center for Lifelong Learning, SBCC Wake Campus, 300 N. Turnpike Rd., Santa Barbara, CA 93111, Attn: Betty

SBCC CLL REGISTRATION FORM

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 $
Dive into a fun-filled summer at the CLL!

Discover your passion with all-time favorites and brand NEW classes starting every week!

- **NEW!** Tend your garden in *A Gardener’s Tools of the Trade*
- **NEW!** Enjoy summer fruits and veggies in *Enjoy Tasty Summer Soups*
- Get to the seashore in *Beachside Healing*
- Master sightseeing in *Location Photo Shoots with a Pro*
- Explore the great outdoors in *Hiking Santa Barbara*
- Plan your vacation in *French for Travelers*

**MIND & SUPERMIND and NONVIOLENT COMMUNICATION CONFERENCE**

**MIND & SUPERMIND**

**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.

⇒ May 8th • Schott Campus Auditorium

**10th Annual Nonviolent Communication Conference**

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

⇒ May 12th - 14th • Wake Campus

Visit theCLL.org today!