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

Winter 2016 Class Schedule

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

January 11 - March 19, 2016
REGISTRATION STARTS DECEMBER 7, 2015
# Center for Lifelong Learning: Winter Term 2016

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Classes & workshops start every week! More information on page 65.
Welcome!

We are excited to welcome you to the New Year (and leap year!) at the CLL with 280+ classes, including 30+ new classes this Winter 2016.

Have you made your New Year’s Resolutions for 2016? We all try to make them, whether we jot them down on a list, tell our friends and loved ones – or simply keep them to ourselves. It’s sticking to them which may not come so easy.

No matter what your resolution is, the CLL will motivate and inspire you. Choose from more than 280 classes and workshops starting every week!

Resolved to spend more time with friends? Or to get out and make new friends? We hear from students constantly that learning and creating together is an excellent way to connect.

We’ve even got something special for you on Leap Year Day: On February 29th, leap into your future, with a fascinating Mind & Supermind lecture, The Golden Elixir of Longevity and Immortality, featuring Dr. Roger Jahnke, OMD.

Our CLL teachers, all professional experts in their fields, are eager to share their skills and knowledge with you. So come leap into a favorite pursuit or try something entirely new… at the CLL!

Andrew G. Harper, Executive Director, CLL

Key Dates for WINTER 2016

- **December 7, 2015**: Registration Begins
- **January 11**: Winter Term Begins
- **January 18**: M.L. King, Jr. Holiday
- **February 12 - 15**: President’s Day weekend 
  No classes/Offices closed
- **March 12**: Last day of scheduled classes
- **March 14 - 19**: Week for any makeup classes to be scheduled
- **March 19**: Winter Term Ends

Registration is Easy!

**Winter Term 2016:**
**January 11 - March 19**

**Staggered Registration:**
**December 7 - December 10**

The first week of registration will be staggered by subject areas across four days. Registration begins at 8:00am each day online (and at both Schott and Wake Campus Offices). For more information on registration see page 65.

**MONDAY December 7**

- HOME & FAMILY
  - (all classes)
- EVENTS, LANGUAGE, PHOTO
  - (all classes)

**TUESDAY December 8**

- BODY, MIND, SPIRIT
  - (all classes)
- NATURE, SCIENCE, RECREATION
  - (all classes)

**WEDNESDAY December 9**

- 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)

**THURSDAY December 10**

NOTE Please see the inside cover Table of Contents for the CLL’s five categories and 25 program areas. Spring 2016 Tuition Assistance Applications Available Jan. 18 - Feb. 18.

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Online Registration is Easy! www.theCLL.org
Arts, Crafts, Performance

The CLL will quickly become the center of all your creative pursuits. Our affordable classes span the Studio Arts, Crafts, Design, Sewing, Singing, Music, Acting and more. Find yourself in a supportive community of beginners, enthusiasts and working professionals, making the world a more beautiful and fascinating place.

Create your passion... at the Center

Great Winter Classes in:
- Arts
- Crafts & Hobbies
- Jewelry
- Ceramics
- Sewing & Quilting
- Woodworking
- Music & Performing Arts

NEW Classes for Winter 2016:
- Sterling Silver Story Bracelet
- Playing the Ukulele: Intermediate
- Asian Art: Chinese Brush Painting
- Beginning Oil Painting Basics and Beyond
- Draw Your Way through Art History
- Mixed Media Construction and Creative Collage
- Eastern European Chasing and Repousse Pendant
- Textile Techniques for Jewelry: Using Metal Like Fabric
- Music Box Theater
ARTS, CRAFTS, PERFORMANCE

ARTS

➜ 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
Sect 1 › Jill Sattler • Jan 14 - Mar 10 • Schott, Rm 5
9 Thursdays • 1:00PM - 4:00PM • $162 + Materials $15

➜ 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 we 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
Sect 1 › (Tom) Louis Henderson • Jan 14 - Mar 10 • Schott, Rm 3
9 Thursdays • 9:30AM - 12:30PM • $162 + Materials $5

➜ Anatomy and Figure Drawing: Drawing from the Inside Out
A little anatomy goes a long way. Let your new understanding of bone and muscles allow you to create an accurate and truer expression of the human form. Displays and diagrams help you visualize as you work with a live model to capture the nuance of light and shadow. Watch your drawings come alive using techniques developed by the masters of art. See and render from knowledge combined with your artistic instinct. Capture the beauty and complexity of the human body like never before.
Course number: 402475
Sect 1 › Valori Fussell • Jan 12 - Mar 8 • Schott, Rm 23
9 Tuesdays • 1:30PM - 4:30PM • $162 + Lab $43 + Materials $5

 ➜ Animals Alive: Drawing at the Zoo
Looking for a new type of drawing class outside of the classroom? Drawing animals and birds is an exciting and fascinating type of portraiture, and involves unique skill sets. Enjoy meeting your class and teacher at the Santa Barbara Zoo to draw rare and exotic animals live, rather than from photography. Learn how to break down the structure of an animal with basic shapes, develop the ability to capture animals’ gestures in their movement and enhance your drawings with varying forms and textures.
Note: Easels not provided. Please bring a small drawing pad and portable drawing tools for easy movement to different animal enclosures. Materials fee covers SB Zoo admission.
Course number: 402470
Sect 1 › Lauren Manzo • Jan 14 - Mar 10 • Santa Barbara Zoo, Zoo Entrance
9 Thursdays • 10:00AM - 1:00PM • $162 + Materials $50

 ➜ Antiques and Art: Field Trip
Class consists of a field trip to a major museum exhibition, usually in Los Angeles, Pasadena, or Orange County area, such as the Huntington, Getty, LACMA. (See online for tour details.) Travel will be by airbus. Class materials fee includes round trip bus transportation and entry fee at museum or event. Bus departs at 9 am from the Schott Campus (off of Padre street), and returns before 8 pm. Students will pay separately for lunch at the location.
Course number: 401243
Sect 1 › Alice Karle • Mar 5 • Schott, Rm Main Entrance to Schott on Padre Street
1 Saturday • 9:30AM - 7:30PM • $24 + Materials $55

 ➜ Antiques and Art: Modernism for Art and Antique Lovers
With the art market trending toward modernism, this class will waken a deeper understanding and appreciation of 20th Century fine and decorative art. Modernism is a relative term. The designer Chippendale used it in 1754, and today we use the term for late 19th-20th Century art and design. The highest selling paintings of all time are by modern artists: Gauguin, Cezanne, Rothko, Picasso, Pollock, Klimt, de Kooning, Van Gogh, Francis Bacon, and Renoir. You can love your antique while appreciating modern and contemporary art. Student participation encouraged.
Course number: 401240
Sect 1 EVE › Alice Karle • Feb 24 • Schott, Rm 20
1 Wednesday • 5:30PM - 8:00PM • $20
"How to Hold a Paint Brush"

with Thomas Van Stein

Learn how to create magic with your paint brush with Thomas Van Stein!

Lose control of your paint brush and let the brush control you. Did you know that the more relaxed you are while painting, the better your skills and art will be? Check out some of these tips from Thomas:

- Hold the brush back away from the bristles in order to tilt the brush easily and dab the brush to create beautiful strokes, colors, lines, and more
- Hold the paint brush with a light grip to loosen control to let you spin the brush or slash it

Let the magic happen by letting the brush and the paint do the work!

Now you give it a try!

Watch the video on the CLL YouTube Channel! www.youtube.com/sbccCLL

Thomas’ Winter CLL classes:

➤ Beginning Oil Painting Basics and Beyond (p. 5)

➤ Light and Shadow in Art: A Plein Air Painting Experience  (p. 7)

➤ Art a la Carte

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

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

Course number: 402412

Sect 1 › (Dottie) Dorothy Pickering • Jan 12 - Mar 1 • Wake, Rm 7
8 Tuesdays • 1:00PM - 4:00PM • $144

➤ Art and Craft of Printmaking

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

Course number: 430029

Sect 1 › Siu Zimmerman • Jan 15 - Mar 11 • Schott, Rm 23
8 Fridays • 10:00AM - 2:00PM • $192 + Lab $12 + Materials $45

➤ Asian Art: Chinese Brush Painting  NEW!

Chinese calligraphy and brush painting is an ancient and revered fine art. Chinese calligraphy has beauty of image in painting, dynamic dancing movements, and beautiful rhythm in music. It is like ink is singing and brush is dancing on paper. Lecture on symbolism of each subject, color-loading techniques, and compositions. Learn to use Chinese brushes, watercolor materials, methods. Create elegant Asian subjects: Bamboo, Floral, Animal, Landscape, and special topics. Weekly demonstrations, individual attention, and instructional handouts. Come and enjoy a quiet meditation to begin your creative process. All skill levels welcome.

Course number: 402426

Sect 1 › Suemae Willhite • Jan 19 - Mar 1 • Wake, Rm 7
7 Tuesdays • 9:00AM - 12:00PM • $126 + Materials $18

Sect 2 › Suemae Willhite • Jan 21 - Mar 3 • Wake, Rm 7
7 Thursdays • 1:00PM - 4:00PM • $126 + Materials $18

➤ Beginning Oil Painting

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

Course number: 402376

Sect 1 › (Dottie) Dorothy Pickering • Jan 11 - Mar 7 • Wake, Rm 7
7 Mondays • 9:00AM - 12:00PM • $126
Beginning Oil Painting Basics and Beyond

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

Course number: 402439

Sect 1 SAT  ›  Thomas Van Stein • Jan 16 - Mar 12 • Schott, Rm 23
8 Saturdays • 9:00AM - 12:00PM • $144

Beginning Watercolor: Painting with the Flow

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

Course number: 402378

Sect 1  ›  (Tom) Louis Henderson • Jan 12 - Mar 8 • Schott, Rm 5
9 Tuesdays • 6:00PM - 9:00PM • $162 + Materials $5

Botanical Illustration and Nature’s Gems

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

Course number: 402390

Sect 1  ›  Catharine Runkle • Jan 12 - Mar 8 • Schott, Rm 20
9 Tuesdays • 1:00PM - 4:00PM • $162 + Materials $5

Color and Light: Fresh Watercolor Painting

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

Course number: 402432

Sect 1  ›  Kaaren Robertson • Jan 13 - Mar 9 • Schott, Rm 23
9 Wednesdays • 9:00AM - 12:00PM • $162 + Materials $10

Draw Your Way through Art History

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

Course number: 402478

Sect 1  ›  Barbara Eberhart • Jan 13 - Mar 9 • Schott, Rm 5
9 Wednesdays • 1:00PM - 4:00PM • $162 + Materials $5

Drawing for the True Beginner

This course teaches basic drawing skills and techniques. The class will focus on the absolute beginner, teaching students how to see and record their observations. The subject matter will be objects and still-life’s. Students will need to bring to the first class a sketch pad, pencil and eraser. Other materials such as charcoal and pastels can also be used. All students are welcome to discover new skills, improve their drawing skills or develop their individual art work.

Course number: 402373

Sect 1 EVE  ›  Paige Wilson • Jan 12 - Mar 8 • Wake, Rm 7
9 Tuesdays • 6:30PM - 9:00PM • $135 + Materials $7

Sect 2  ›  Colin Gray • Jan 13 - Mar 9 • Schott, Rm 20
9 Wednesdays • 9:00AM - 12:00PM • $162 + Materials $7

Driven to Abstraction: Inspiring Applications in Abstract Painting

Create lush and distinctive abstract paintings with weekly assignments studying the works of specific quintessential abstract painters in a supportive environment. Inspiring styles and techniques are the focus of this class with individualized one on one work with the instructor. Generous color handouts are given as important learning tools to accompany this fascinating art form. Each student will master a body of work inspired by riveting breakthrough techniques of these artists including the instructor’s own unique textural paint formulas.

Course number: 402442

Sect 1  ›  Jill Sattler • Jan 12 - Mar 8 • Schott, Rm 5
9 Tuesdays • 1:00PM - 4:00PM • $162 + Materials $15

It was something I’ve always wanted to do. It gave me a reason to paint a lot.

—Meg Ricks
→ Exploring Watercolor

For the young and old alike, come discover the fun of exploring watercolor painting. This class is designed to enhance, improve and increase your knowledge and skills in watercolor painting. Students will receive lessons in which they will continue to grow and advance in watercolor painting. Lessons will embrace color theory, value, composition and a multitude of watercolor techniques. Class includes lecture, demonstration, handouts and critique.

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

Course number: 402375

Sect 1 ➔ Cathy Quiel • Jan 14 - Mar 10 • Schott, Rm 5
9 Thursdays • 9:30AM - 12:30PM • $162 + Materials $6

→ Expressive Figure Drawing

Drawing from the Life Model as a foundation for learning how to see as an artist and how to develop a personal expressiveness. We begin each class with short gesture poses to warm up and proceed through longer poses to enable developing a compositional relationship between the subject and the ground. All levels of experience are nourished.

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

Course number: 402409

Sect 1 ➔ Robert Mask • Jan 13 - Feb 10 • Schott, Rm 22
5 Wednesdays • 9:00AM - 12:00PM • $90 + Lab $24 + Materials $5
Sect 2 ➔ Robert Mask • Jan 14 - Feb 11 • Schott, Rm 23
5 Thursdays • 6:30PM - 9:30PM • $90 + Lab $24 + Materials $5
Sect 3 ➔ Robert Mask • Feb 17 - Mar 9 • Schott, Rm 22
4 Wednesdays • 9:00AM - 12:00PM • $72 + Lab $19 + Materials $5
Sect 4 EVE ➔ Robert Mask • Feb 18 - Mar 10 • Schott, Rm 23
4 Thursdays • 6:30PM - 9:30PM • $72 + Lab $19 + Materials $5

→ Figure Drawing

Beginning and intermediate level students have the opportunity to draw directly from a live model. Individualized instruction is provided to address student’s diverse learning styles and abilities.

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

Course number: 402407

Sect 1 ➔ (Tom) Louis Henderson • Jan 12 - Mar 8 • Schott, Rm 23
9 Tuesdays • 9:00AM - 12:00PM • $162 + Lab $43 + Materials $5

→ Figure Drawing and Painting

Students enhance their ability to draw and paint the human figure. Focus on long poses by live models contribute to skill acquisition in perception, expression, composition and proportion.

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

Course number: 402414

Sect 1 ➔ Richard Stich • Jan 12 - Mar 8 • Schott, Rm 23
9 Tuesdays • 6:30PM - 9:30PM • $162 + Lab $43 + Materials $5
Sect 2 ➔ Richard Stich • Jan 14 - Mar 10 • Schott, Rm 20
7 Mondays • 9:00AM - 12:00PM • $147
Sect 3 ➔ Richard Askew • Jan 14 - Mar 10 • Schott, Rm 20
9 Thursdays • 9:00AM - 12:00PM • $189

→ 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

Sect 1 ➔ Richard Askew • Jan 11 - Mar 7 • Schott, Rm 20
7 Mondays • 9:00AM - 12:00PM • $147
Sect 2 ➔ Richard Askew • Jan 14 - Mar 10 • Schott, Rm 20
9 Thursdays • 9:00AM - 12:00PM • $189

The Human Figure

The human figure is one of the most enduring themes in the visual arts. At the CLL, learn to explore the myriad shapes and positions of the human figure - through drawing, painting and sculpture - to capture the expression of this timeless subject.

Don’t know where to start? A little anatomy goes a long way. An understanding of the structures that shape the body will help you more accurately capture the dynamics of the human figure.

→ Anatomy and Figure Drawing: Drawing from the Inside Out (p. 3)
→ Expressive Figure Drawing (p. 6)
→ Figure Drawing and Painting (p. 6)
→ Figure Drawing (p. 6)
→ Modeling the Figure in Clay (p. 7)
Intermediate Drawing
This drawing class will work on measuring, line, use of color, shadow and shading, and use of charcoal, pen and ink, and pastels. Designed for students who want to improve their drawing skills, prepare for painting or water color classes, or develop independent works. Topics include the use of line, shadow, perspective, abstraction, and drawing people, drapery, animals and landscapes.
Course number: 402430
Sect 1 › Colin Gray • Jan 13 - Mar 9 • Schott, Rm 20
9 Wednesdays • 1:00PM - 4:00PM • $162 + Materials $7

Landscape Oil Painting From Photos
Good photographs are just the jumping off point for creating great landscape paintings. Paint with more dynamic colors by applying one of the three great color schemes. This course includes instruction and demonstration of creating an oil painting from a photo from start to finish. You will analyze your photo through drawing, color mixing and completion. You then will create paintings from your own photos, with individual hands on help and critique from the instructor. One class meeting will be a field trip to take photographs and learn to compose with your camera.
Course number: 402466
Sect 1 › Elaine Wilson • Jan 14 - Mar 10 • Schott, Rm 22
9 Thursdays • 9:30AM - 12:30PM • $162 + Materials $5

Light and Shadow in Art: A Plein Air Painting Experience
This course teaches students the fundamentals of light and shadow in painting. Technical skills in the use of oils, acrylics, and watercolors, are utilized to capture the quality of light and color relationships on a two-dimensional surface.
Course number: 402397
Sect 1 › Thomas Van Stein • Jan 13 - Mar 9 • Butterfly Lane, Butterfly Beach
9 Wednesdays • 1:00PM - 4:00PM • $162

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
Sect 1 › Story Kornbluth • Jan 12 - Feb 16 • Schott, Rm 22
6 Tuesdays • 9:00AM - 12:00PM • $108
Sect 2 › Story Kornbluth • Feb 23 - Mar 8 • Schott, Rm 22
3 Tuesdays • 9:00AM - 12:00PM • $54

Portrait Drawing
Students experience the challenge, excitement and creative self-expression of portrait drawing. This class emphasizes the underlying anatomy to help students build a believable likeness. An exploration of the effects of light on the planes of the head and neck help the student connect the head to the figure. Each class has ample individual instruction, a valuable demonstration and group critique. The instructor is a nationally respected portrait artist who has painted many important American families.
Course number: 402436
Sect 1 › Valori Fussell • Jan 11 - Mar 7 • Schott, Rm 23
7 Mondays • 9:00AM - 12:00PM • $126 + Lab $34 + Materials $5

Portrait Drawing for the Absolute Beginner
Do you struggle with capturing the human face in your drawings? The face may be considered the hardest part of a person to draw, but you can learn the basic techniques really easily in this fun class for absolute beginners. Discover how to break down the forms of the face to the simplest shapes, and learn how the facial features relate to each other and form with light and shadow. In this way you will be able to capture the face as you never have before.
Course number: 402462
Sect 1 › Lauren Manzo • Jan 13 - Mar 9 • Schott, Rm 23
9 Wednesdays • 1:00PM - 4:00PM • $162 + Lab $43 + Materials $5

Mixed Media Construction and Creative Collage
NEW!
This class teaches students composition and hands-on technique for collage assemblage and mixed media. Students will complete collage and mixed media projects, emphasizing the principles and elements of composition.
Course number: 402411
Sect 1 › Susan Tibbles • Jan 11 - Mar 7 • Schott, Rm 20
7 Mondays • 12:15PM - 3:15PM • $168 + Materials $14

Classes & workshops start every week!
Please register early to ensure your class will run.
Register today!
www.theCLL.org
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
Sect 1 SAT › Rebecca Davis • Jan 23 - Mar 12 • SBCC, Humanities Building - outside room H-104
7 Saturdays • 9:30AM - 12:30PM • $126 + Materials $20

Splashing Watercolor 1 and 2
Through lecture, demonstrations and handouts, students will learn a variety of beginning and intermediate level approaches and techniques to watercolor. Students explore a variety of styles, color theory and composition. Strong emphasis on color and light. Students will receive individualized and group instruction and critiques.
Course number: 402423
Sect 1 › Cathy Quiel • Jan 13 - Mar 9 • Schott, Rm 5
9 Wednesdays • 9:30AM - 12:30PM • $162 + Materials $6

Stories in Art - American Art and Artists
Stories in American art is an overview of important and uniquely American art movements. We learn about the artist’s role that both reflected and shaped our history, culture and singular heritage. Look at art forms including and beyond painting for past 300 plus years. Art and design theory are examined as well as what has shaped and propelled changes and growth in American art forms. You will see hundreds of beautiful art images in power point presentations. No art background is needed. Join us for a lively and informative class.
Course number: 402449
Sect 1 EVE › (Jodi) Joanne Miles • Jan 14 - Feb 11 • Wake, Rm 7
5 Thursdays • 5:00PM - 6:00PM • $30

The Perfect Spot: Plein Air Painting for the Hearty and Adventurous
Pack your paints and put on your hiking boots. Getting to the views that we will paint in this class is going to take a little work. The very special locations we will visit are only accessible by hiking/horseback riding riding trails. It is worth the effort, and you will see new vistas that will inspire you to paint your best work. Each class is a one of a kind experience that will challenge you physically as well as creatively. Guided on the trail and on the canvas by a teaching master artist, you will see and capture the Santa Barbara landscape in a way you have never done before.
Note: Students must have own easel for painting on location. Oils/ acrylics/watercolors/pastels. Must have previous plein air painting experience.
Course number: 402471
Sect 1 › Thomas Van Stein • Jan 15 - Mar 11 • Carpinteria Loon Point, Parking lot
8 Fridays • 9:00AM - 12:00PM • $168

Bow and Arrows and Archery Workshop
In this hands-on class you’ll develop the skills for crafting and using your own traditional bow and arrows! Watch your confidence grow as you create and use a functional work of art. Topics such as selecting the best wood, bow design and shaping, string and arrow making, proper archery techniques, and much more will be covered.
Course number: 405019
Sect 1 SAT › Richard Saffold • Jan 23 - Feb 27 • Wake, Rm 10 Carpentry Lab
5 Saturdays • 9:30AM - 12:30PM • $105 + Materials $20

Flower Arranging and Florist Style Designing
Take your pick of florist style flower arranging or western garden style flower arranging all inclusive. Taught by a professional florist of 35 years. Learn the secrets and techniques of floristry in either style. For home, office, event or competition.
Course number: 409014
Sect 1 › Richard Finn • Jan 11 - Mar 7 • Schott, Rm 5
7 Mondays • 9:00AM - 12:00PM • $126 + Materials $15

Glass Arts - Special Guest Workshop
Learn an exciting technique from accomplished fused-glass artist Frances Elson. In this 3 day workshop, we will concentrate on making our own custom glass, or kiln-formed, glass. We’ll be creating a segment slab that can be displayed or used as an element of another original work, as well as exploring methods to create exciting ‘half sheets’ that will be used to complete other unique pieces.
Course number: 451335
Sect 1 › Frances Elson • Mar 4 - Mar 7 • Wake, Rm 11 Stained Glass Lab
Friday Mar 4 • 1:00PM - 5:00PM & Saturday Mar 5 • 9:00AM - 5:00PM & Monday Mar 7 • 9:00AM - 12:00PM • $133 + Lab $26 + Materials $30

“I’ve always wanted to delve into specialty art techniques. You can access it anywhere but here they have top professors that excel in their craft.”
—Kerry Clarkson
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

Sect 1 ➜ Lorraine Vanhecke • Jan 15 - Mar 11 • Wake, Rm 11 Stained Glass Lab
8 Fridays • 9:00AM - 12:00PM • $192 + Lab $41 + Materials $10

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

Sect 1 ➜ Lorraine Vanhecke • Jan 12 - Mar 8 • Wake, Rm 11 Stained Glass Lab
9 Tuesdays • 9:00AM - 12:00PM • $189 + Lab $46 + Materials $10
Sect 2 ➜ Lorraine Vanhecke • Jan 14 - Mar 10 • Wake, Rm 11 Stained Glass Lab
9 Thursdays • 9:00AM - 12:00PM • $189 + Lab $46 + Materials $10
Sect 3 ➜ Lorraine Vanhecke • Jan 14 - Mar 10 • Wake, Rm 11 Stained Glass Lab
9 Thursdays • 12:15PM - 3:15PM • $189 + Lab $46 + 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

Sect 1 ➜ Lorraine Vanhecke • Jan 13 - Mar 9 • Wake, Rm 11 Stained Glass Lab
9 Wednesdays • 11:00AM - 2:00PM • $189 + Lab $46 + Materials $10
Sect 2 EVE ➜ Carolyn Holguin • Jan 13 - Mar 9 • Wake, Rm 11 Stained Glass Lab
9 Wednesdays • 6:00PM - 9:00PM • $189 + Lab $46 + Materials $10

Intermediate and Advanced Glass Fusing

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

Course number: 451350

Sect 1 EVE ➜ Carolyn Holguin • Jan 11 - Mar 7 • Wake, Rm 11 Stained Glass Lab
7 Mondays • 5:30PM - 8:30PM • $147 + Lab $36 + Materials $10
Sect 2 ➜ Carolyn Holguin • Jan 12 - Mar 8 • Wake, Rm 11 Stained Glass Lab
9 Tuesdays • 1:00PM - 4:00PM • $189 + Lab $46 + 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

Sect 1 ➜ TBD CLL Staff • Jan 28 - Mar 3 • Wake, Rm 32 Weaving Lab
6 Thursdays • 11:00AM - 3:00PM • $120

WOW: Wonders of Weaving

Create beautiful textiles of your choosing while learning the timeless craft of weaving on a floor loom. You will master this craft from learning the basic techniques of planning and loom set-up to finishing. You can choose from a variety of projects that range from scarves, blankets and fabric for clothing to tapestries and rugs, all woven on your personally assigned loom in a friendly, artistic studio atmosphere. Many examples and interesting materials, some are even eco-friendly, help motivate and inspire both the beginner and experienced weaver. Weaving is a wonderful creative process for all to enjoy. Men and women come discover this new adventure.

Note: Tuition fee partially covered through private donations.

Course number: 451363

Sect 1 ➜ Lynn Lopez • Jan 12 - Mar 8 • Wake, Rm 32 Weaving Lab
9 Tuesdays • 9:30AM - 3:00PM • $165 + Materials $25

Need help with online registration? We can help!

Call the CLL
Schott Campus
687-0812
or
Wake Campus
964-6853

PHOTO: CHUCK PLACE PHOTOGRAPHY®
Your First Ceramics Class: What You Should Know

Tips from Barbara Loebman, CLL Ceramics Teacher

1. Wear loose fitting clothes.
2. Purchase a set of basic potter’s tools (teacher will have list).
3. Bring a towel.
4. Get ready to commit the time needed to learn the art.
5. Expect to be surrounded and interacting with others.
6. Expect to learn from other students.
7. Expect to be persistent.
8. Expect to practice.
9. Trim your fingernails.
10. Prepare to focus and trust your teacher.
11. Potters are anarchists. Learn all the rules and be prepared to break them.
12. Trust the process.
13. Beware, this craft can become addictive.

"It’s amazing. It’s a treat. It’s a luxury. It’s better than a spa."

—Kerry Clarkson
MEET OUR TEACHERS

Genie Thomsen

“I didn’t make mud pies as a kid, so I guess I am making mud pies now.”

Genie Thomsen has been working with clay since she was 14 years old. She has a Masters in Fine Art and has taught both non-credit and for-credit classes. She loves the CLL and started teaching over 17 years ago.

Why clay?
• She loves working with her hands to create three dimensional objects

What you will learn:
• How to work with clay
• How to form
• How to use different techniques

Words to remember:
Let your imagination create what you want to do. There are no limits. The extent of your imagination is your only limitation.

Genie’s Winter CLL classes:
➤ Ceramics: Beginning, Intermediate and Advanced (p. 11)
➤ Decorative Ceramics (p. 12)
MEET OUR TEACHERS
Barbara Loebman

“I came of age in the mid-sixties in the midst of a flourishing arts and crafts movement. Fine crafts were everywhere and highly valued.”

Barbara Loebman was introduced to pottery while finishing her undergraduate studies at UCSB and later continued studying ceramics in adult education. She eventually became a teacher at SBCC Continuing Education in 1981.

Fun Fact:
Barbara studied clay at the Greenwich House in New York during her travels.

What you will learn:
In these classes students can expect to have an enjoyable experience with clay while developing and refining their throwing skills, hand building skills and glazing skills.

What you can expect from her class:
Students will enjoy the company of like-minded people and come to appreciate the place of pottery in the past and in the present.

Barbara’s Winter CLL classes:
➔ Ceramics: Beginning, Intermediate and Advanced (p. 11)
➔ Ceramics: Porcelain (p. 11)

➔ Clay Hand Building
Build something beautiful with your own hands! Join this class designed for students seeking to develop or refine skills in hand-building using a combination of pinch, coil, and slab techniques. You will have the opportunity to try a variety of hand-building and sculpture techniques. Topics include principals of design in clay construction with a variety of decorative options. The hands-on class is a fun and rewarding experience.

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

Course number: 451381
Sect 1 ➔ Danyel Dean • Jan 12 - Mar 8 • Schott, Rm 24 Ceramic Lab
9 Tuesdays • 12:30PM - 3:30PM • $162 + Lab $43 + Materials $15

➔ Creating Ceramic Containers
You would like just the right decorative pot for that certain spot in your home. Stop looking and make your own! In this class you will explore the techniques of hand-building and wheel throwing to create containers especially for fresh cut flowers and potted plants. No experience is needed to complete these ceramic projects, just a desire to create something beautiful with your own hands. All skill levels will benefit from demonstrations and then choose to complete their project by hand-building or wheel throwing.

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

Course number: 451385
Sect 1 ➔ Bernard Sayers • Jan 15 - Mar 11 • Schott, Rm 24 Ceramic Lab
8 Fridays • 1:00PM - 4:00PM • $144 + Lab $38 + Materials $15

➔ Decorative Ceramics
This class is designed to address the variety of decorative techniques for ceramics students of all levels. Students will gain a working knowledge of the ways one can decorate and enhance work through working with the clay in various states - wet, raw (green), bisque (1st firing), and overglaze. Topics include hand building techniques, wheel fundamentals, glazes, slips, stains, carving, patterns, textures, and decorative firing methods.

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

Course number: 451386
Sect 1 EVE ➔ Genie Thomsen • Jan 14 - Mar 10 • Schott, Rm 24 Ceramic Lab
9 Thursdays • 6:00PM - 9:00PM • $162 + Lab $43 + Materials $13

Get Connected

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CRAFTS: JEWELRY

→ **After Jewelry 1**

The class will review and expand on all of the basic skills learned in the Jewelry Making Level 1 and introduce new projects that will teach additional skills. Fabrication projects will be innovative and fun and will provide a perfect transition to other jewelry classes. The instructor will give guidance using proper procedure in developing, executing and finishing a design. Students will learn how to design, develop procedure utilizing the materials, and finish to presentation their pieces. Students should have The Art of Jewelry Level 1 or equivalent.

Course number: 452093
Sect 1 ➜ Keith Hale • Jan 15 - Mar 11 • Wake, Rm 8 Jewelry Lab 8 Fridays • 9:00AM - 12:00PM • $168 + Lab $22 + Materials $60

→ **Colored Stone Inlay Jewelry**

Inlay jewelry consists of gem stones that are placed side-by-side, with or without silver divisions, either flush with each other or individual stones with various heights. Increase your own jewelry skills by adding several techniques for making jewelry with inlaid colored stones. Follow the class project or choose your own design. Experience the use of inlaid colored stones such as: Turquoise, Malachite, Sugilite, Lapis Lazuli and other colored gem stones. Learn cutting, shaping, inlay and polishing of stones as well as the construction techniques needed to create the inlay areas for the jewelry project, and dazzle yourself and your classmates.

Course number: 452119
Sect 1 ➜ Carl Stanley • Jan 13 - Feb 24 • Wake, Rm 8 Jewelry Lab 7 Wednesdays • 1:00PM - 5:00PM • $224 + Lab $26 + Materials $80

→ **Eastern European Chasing and Repousse Pendant**

‘Chasing and Repousse’ is an ancient technique used to decorate sheet metal with intricate designs. Utilizing the plasticity of metal, shapes are formed by working both the front and back surfaces of a sheet of metal. You’ll raise thin sheets metal to extraordinary heights. ‘Chasing’ is the technique of adding detail to the surface of metal chasing and is used to refine and define the design on the front of the work. ‘Repousse’ is the technique in which a sheet of metal is ornamented or shaped by hammering from the reverse side (puff out) to create a design in relief. There are few techniques that offer such diversity of expression. Add these remarkable creations to your jewelry inventory. Previous jewelry experience required.

Course number: 452134
Sect 1 ➜ Gary Elkins • Jan 12 - Mar 8 • Wake, Rm 8 Jewelry Lab 9 Tuesdays • 9:00AM - 12:00PM • $162 + Lab $25 + Materials $60

→ **Enameling: Glass on Metal**

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

Course number: 452079
Sect 1 ➜ David Rosen • Jan 14 - Mar 10 • Wake, Rm 8 Jewelry Lab 9 Thursdays • 1:00PM - 4:30PM • $189 + Lab $29 + Materials $19

→ **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
Sect 1 ➜ David Rosen • Feb 17 - Mar 9 • Wake, Rm 8 Jewelry Lab 4 Wednesdays • 9:00AM - 12:00PM • $128 + Lab $15 + Materials $10

→ **Lamp work Glass Bead Making with a Hothead Torch**

‘Lampworking’ is a glasswork technique that involves using a torch to melt the glass. Glass beads with unique designs and beautiful colors can then be created by blowing and shaping the molten glass with tools and hand movements. Discover the excitement of heating glass rods to design intricate patterns, color swirls and blended glass beads to use in creating your own jewelry, bead projects, or one-of-a-kind gifts. Explore techniques under the guidance of a master Bead Maker and you will be making intricate and unique designs in no time.

Course number: 452128
Sect 1 EVE ➜ David Rosen • Jan 22 - Mar 4 • Wake, Rm 8 Jewelry Lab 6 Fridays • 5:00PM - 8:00PM • $195 + Lab $17 + Materials $45

**CLL Winter 2016**

280+ Classes, 30+ Brand New Classes
→ **Lost Wax Casting**

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

**Course number: 452085**

**Sect 1**  David Rodriguez  •  Jan 14 - Mar 3  •  Wake, Rm 8 Jewelry Lab  
8 Thursdays • 6:00PM - 9:00PM • $162 + Lab $25 + Materials $196

→ **Lost Wax Casting - Studio**

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

**Course number: 452118**

**Sect 1**  Carl Stanley  •  Jan 11 - Mar 7  •  Wake, Rm 8 Jewelry Lab  
7 Mondays • 9:00AM - 12:00PM • $168 + Lab $20 + Materials $25

→ **Sterling Silver Story Bracelet**  **NEW!**

Create an amazingly-detailed sterling silver bracelet that tells a unique story. Using a wide variety of silversmith skills and techniques, explore how to design and hand-fabricate an elaborate and multi-layered cuff bracelet from sterling silver sheet and wire. The layers will transition from a distant background to become a focal foreground image. Discover how this process creates forced perspective and an image that is rich with detail, texture, and dimension. Set your own stones to add color and additional detail. Practice sawing, filing, stamping and soldering techniques and come away with a finished and wearable art `story bracelet`.

**Course number: 452136**

**Sect 1**  Carl Stanley  •  Jan 13 - Feb 18  •  Wake, Rm 8 Jewelry Lab  
6 Thursdays • 9:00AM - 12:00PM • $108 + Lab $13 + Materials $5

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

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

**Course number: 452086**

**Sect 1 EVE**  Keith Hale  •  Jan 11 - Mar 7  •  Wake, Rm 8 Jewelry Lab  
7 Mondays • 6:00PM - 9:00PM • $147 + Lab $20 + Materials $60

→ **Textile Techniques for Jewelry: Using Metal Like Fabric**  **NEW!**

Imagine the beauty of intricate fabric patterning in fine metals. Take your creations to a whole new level. Discover and practice a variety of metal weaving applications including strip weaving, braiding, basketry, spool knitting, plating, twining, rushing and caning, knotting, coiling, hairpin lace and interlacing. Come away with your own exquisite, original jewelry product using your new-found fabric techniques. This unique class is not to be missed.

**Course number: 452135**

**Sect 1**  Martin Fowler  •  Jan 12 - Mar 8  •  Wake, Rm 8 Jewelry Lab  
9 Tuesdays • 1:00PM - 4:00PM • $162 + Lab $25 + Materials $196

→ **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**

**Sect 1**  Judith Brooks  •  Jan 11 - Mar 7  •  Wake, Rm 9  
7 Mondays • 6:00PM - 9:00PM • $126 + Lab $15 + Materials $5

→ **A Virtuoso Season: A Guide to CAMA’s Current Season**

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

**Course number: 301183**

**Sect 1 EVE**  David Malvinni  •  Jan 11 - Mar 10  •  Wake, Rm 3  
1 Monday • 7:30PM - 9:30PM • $16
**Beginning Piano Level 1**

This is a hands-on opportunity to begin a musical exploration. This piano course is designed for the beginning adult student. Those with prior piano experience will benefit by revisiting basic skills. We will learn the meaning of the notes on the staff and on the keyboard. We will learn how to move our hands to create familiar melodies and songs. Beginning theory will be covered and musicianship will be introduced. All you need to bring is a desire to learn, and the book: Alfred’s Basic Adult Piano Course, Adult All-in-One Course, Level 1. (Palmer, Manus and Lethco)

Course number: 301188

Sect 1 ❯ David Campos • Jan 13 - Mar 9 • Schott, Rm 3
9 Wednesdays • 3:45PM - 5:15PM • $88

**Beginning Piano Level 2**

This is a hands-on opportunity to continue your musical exploration, a piano course designed for the beginning adult student with some prior piano experience. Further explore the meaning of the notes on the staff and on the keyboard. Discover how to move your hands to create familiar melodies and songs. Get off to the right start with beginning theory and basic musicianship. All you need is a desire to learn. This course is a continuation of Beginning Piano Level 1. We begin approximately halfway through the book: Alfred’s Basic Adult Piano Course, Adult All-in-One Course Level 1 (Palmer, Manus and Lethco).

Course number: 301224

Sect 1 EVE ❯ David Campos • Jan 13 - Mar 9 • Schott, Rm 3
9 Wednesdays • 7:15PM - 8:45PM • $88

**Beginning Songwriting**

Always wanted to learn how to write a song but not sure where to start? Discover the fundamental tools and creativity exercises needed to gather ideas, convert those ideas into a verse, and then produce a song. Explore the basics of harmony, lyric writing, and melody in a fun and supportive environment. Walk away, or rather sing away, knowing how to create your own unique song.

Course number: 301230

Sect 1 EVE ❯ Nicola Gordon • Jan 12 - Feb 16 • Schott, Rm 20
6 Tuesdays • 5:15PM - 6:15PM • $48

**Sing Your Heart Out!**

Avoid the jitters and embrace the fun of vocal performance. Learn the necessary skills to sing like nobody’s watching and deliver presentations with confidence!

Have you ever been told your voice is perfect for radio? Start following your dream in *Break into Voice Over*. This is an introductory course that will allow you to gain greater confidence in your voice and speaking abilities.

Impress your friends at the next karaoke night. Explore the potential of your performance and vocal skills in *How to Be Killer at Karaoke.*

❯ Break into Voice Over (p. 15)
❯ How to Be Killer at Karaoke (p. 16)

**Choral Singing**

Students learn vocal techniques, song interpretation, tone, pitch, dynamics and performance technique to effectively perform choral music in front of an audience.

Course number: 301192

Sect 1 ❯ Dauri Kennedy • Jan 12 - Mar 8 • Schott, Rm 20
9 Tuesdays • 9:30AM - 11:30AM • $108

**Dissecting A Hit Song: Why Songs Stick in our Mind**

Ever have a catchy piece of music that continually repeats in your mind after it is no longer playing? How are these songs created? What is the melody, harmony, instrumentation, song structure, chord structure, and production techniques that makes them so effective? Discover the techniques to create your own memorable compositions. All music genres are included. An understanding of music theory is helpful but this class is for anyone interested in the making of music.

Course number: 301228

Sect 1 SAT ❯ Craig Richter • Jan 16 • Schott, Rm 20
1 Saturday • 9:00AM - 12:00PM • $24
**Essence of Opera**

This course teaches the history of opera through study of individual works. Course will show how each operatic work fits into the period in which it belongs and will include reflections on the composer. Students will watch and listen to selections from each opera as it is presented.

Course number: 301191

Sect 1 EVE › Diane Kemp • Jan 12 - Feb 16 • Schott, Rm 3
6 Tuesdays • 7:00PM - 9:00PM • $72

**Harmonica Blues, Getting Started**

Pick it up, put it in your mouth and wait that mournful sound. Do you have a desire to play music but don’t want to commit the kind of time it takes to master any instrument? Using a standard 10 hole diatonic harmonica in the key of A major you can be playing the blues without being bogged down with too much music theory or an expensive instrument. Use the natural human breathing process to have fun with this instantly intuitive instrument. What budding musician wouldn’t want the instant gratification provided by a harmonica?

Course number: 301213

Sect 1 EVE › David Campos • Jan 25 - Feb 29 • Wake, Rm 15
5 Mondays • 6:00PM - 8:00PM • $80

**How to Be Killer at Karaoke**

Sharpen up your performance and vocal skills for that next Karaoke party, family gathering, or audition. Learn to sing with confidence, style, and range, projection and emotion. Discover how to focus on stage presence and microphone skills and how to properly stylize that pop, rock, jazz, or original song you’ve been working on. Benefit from the 30 years performing and teaching experience of a professional singer who sings with a jazz trio and whose recordings include songs for Universal Studios and Yamaha Corporation. Beginner to advanced singers are all welcome! This class will culminate in a live performance.

Course number: 301219

Sect 1 EVE › Celeste Tavera • Jan 11 - Mar 7 • Schott, Auditorium
6 Mondays • 6:30PM - 8:00PM • $72

**Intermediate Piano**

This course continues the road towards musical competence. The development of musicianship and confidence will be emphasized. Intermediate theory will be introduced and reading skills will be augmented. Repertoire will be stressed. Performance opportunities will be available for those who want to share what they have learned. A year of prior piano experience recommended. Book: Alfred’s Basic Adult Piano Course; Adult All-In-One Course, Level 2. (Palmer, Manus and Lethco)

Course number: 301174

Sect 1 EVE › David Campos • Jan 13 - Mar 9 • Schott, Rm 3
9 Wednesdays • 5:30PM - 7:00PM • $88

**Join the CLL Chamber Orchestra**

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

Course number: 301177

Sect 1 EVE › Laurel Fryer • Jan 11 - Mar 7 • Goleta Valley Jr. High School, 604
7 Mondays • 7:00PM - 9:00PM • $84

**Music Box Theater NEW!**

Musical theater is alive and well! Release your inner musical singer in the company of others who appreciate musical theater and want to perform. Sharpen your acting and singing skills and meet new, like-minded people in an exciting, fulfilling workshop environment. As you work on scenes and songs from musical theater repertory, practice character development, enhanced vocal techniques, and musical expression. The class culminates in a public performance where you can demonstrate your new skills. Open to performers of all levels.

Course number: 351121

Sect 1 › Celeste Tavera • Jan 13 - Mar 2 • Schott, Auditorium
8 Wednesdays • 6:45PM - 8:15PM • $96

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

Music is more than just reading notes or putting chords together to make a song. This interactive workshop will provide an understanding of how music is structured. Discover how to figure out melodies and chords more quickly for any song, and how to easily transpose music from one key to another. Learn the notes to any chord without a need for chord charts, sheet music, or tablature. Become familiar with the techniques of other musicians, and start creating catchy compositions of your own. Suitable for musicians of all ages regardless of instrument and proficiency.

Course number: 301216

Sect 1 EVE › Craig Richter • Jan 12 - Mar 8 • Wake, Rm 15
9 Tuesdays • 7:00PM - 8:30PM • $81

**Playing the Ukulele: Intermediate NEW!**

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

Course number: 301211

Sect 1 EVE › Nicola Gordon • Jan 12 - Feb 16 • Schott, Rm 20
6 Tuesdays • 7:45PM - 8:45PM • $48
Playing the Ukulele: Today not Tomorrow for Beginners
Playing the ukulele made easy yet complete. Students will learn the chords necessary to play songs by strumming and accompanying themselves on the ukulele in a few short weeks.

Course number: 301189
Sect 1 EVE > Nicola Gordon • Jan 11 - Mar 7 • Schott, Rm 6
7 Mondays • 5:15PM - 6:15PM • $56

Recorder Playing
Have fun learning and playing the recorder (or Old English Flute). Students will receive group and individual instruction and have an opportunity to make music with others. This class is appropriate for beginners and continuing students. The first hour will be devoted to beginners. Please bring a recorder of any kind (soprano, alto, tenor, bass) to the first class.

Course number: 301196
Sect 1 EVE > Nancy Roman • Jan 12 - Mar 8 • Wake, Rm 15
9 Tuesdays • 4:30PM - 6:30PM • $108

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
Sect 1 > Laurel Fryer • Jan 14 - Mar 10 • Schott, Rm 20
9 Thursdays • 6:00PM - 8:00PM • $108

Talkin’ About My Generation
Baby Boomers ruled the world - or at least that’s what they thought. Explore how Boomers were influenced by the significant events of the 60’s and 70’s using iconic music clips, engaging short readings and lively discussion to recreate this pivotal period. Whether you remember first-hand or are just trying to make sense of these turbulent and transformative times, you’ll find this a fun and informative way to put it all into context. Why was this generation unique? What were the major influences? Are we still trying to change the world? What exciting challenges do we face as we live longer? Leave feeling ‘Glad All Over.’

Course number: 301229
Sect 1 EVE > Madelyn Palley • Jan 14 - Feb 4 • Schott, Rm 3
4 Thursdays • 6:30PM - 9:00PM • $80

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
Sect 1 > Stephen Scheftic • Jan 12 - Mar 8 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 6:00PM - 9:00PM • $162 + Lab $15 + Materials $5

Sect 2 EVE > Stephen Scheftic • Jan 13 - Mar 9 • Wake, Rm 10 Carpentry Lab
9 Wednesdays • 6:00PM - 9:00PM • $162 + Lab $15 + Materials $5

Sect 3 EVE > Stephen Scheftic • Jan 13 - Mar 9 • Wake, Rm 10 Carpentry Lab
9 Thursdays • 6:00PM - 9:00PM • $162 + Lab $15 + 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: 909339
Sect 1 > Stephen Scheftic • Jan 11 - Mar 7 • Wake, Rm 10 Carpentry Lab
7 Mondays • 9:00AM - 12:00PM • $126 + Lab $15 + Materials $5

Sect 2 EVE > Stephen Scheftic • Jan 12 - Mar 8 • Wake, Rm 10 Carpentry Lab
9 Tuesdays • 6:00PM - 9:00PM • $162 + Lab $15 + Materials $5

Sect 3 EVE > Stephen Scheftic • Jan 13 - Mar 9 • Wake, Rm 10 Carpentry Lab
9 Wednesdays • 6:00PM - 9:00PM • $162 + Lab $15 + Materials $5

Classes fill fast. Register now!
Body, Mind, Spirit

The CLL promotes Body, Mind and Spirit inside and out. Choose from an amazing variety of classes designed to guide you to your center.

Find your center... at the Center

NEW Classes for Winter 2016:

- Nia Dance - Heal Your Body
- Hypertension Treatments That Work
- Successful Sleep Solutions
- Mind and Supermind: The Golden Elixir of Longevity and Immortality
- Attitude Reconstruction: A Special Workshop
- Crazy Makers and How to Deal With Them
- How our Subconscious Can Help and Heal or Hinder and Harm
- Love - Too Good To Leave But Too Bad To Stay?
- Parenting Your ADHD Child
- Stop Making Yourself Sick: Mind-Body Skills for Stress Reduction
- Successful Living and Dying Using Invisible Helpers
- The Power of Faith, Belief, Trust and Hope in Transformation
- The Power of Words and the Potential of Our Imagination
- When Diets Fail - Free Yourself from Emotional Eating
- Why Am I Dreaming About This? A Guide to Dream Analysis

→ Yoga for Active Seniors (p. 23)
**DANCE, FITNESS, & PERSONAL**

→ **All Ages and Stages Gentle Yoga**

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

Course number: 608744

**Sect 1**  ➜ Fredda Spirka • Jan 12 - Mar 8 • Wake, Auditorium
9 Tuesdays • 9:30AM - 10:30AM • $63

**Sect 2**  ➜ Fredda Spirka • Jan 14 - Mar 10 • Wake, Auditorium
9 Thursdays • 9:30AM - 10:30AM • $63

→ **Beginning Salsa and Cha-Cha Workout**

Want to get fit to the Latin rhythms of Salsa and Cha-Cha? Fall in love with these unique dances while discovering how to feel the beat and make it your own. Get your heart pumping as we explore basic steps and then put it all together with music. Gain confidence by progressively building on each step sequence until you are captivating the dance floor with your exuberance. Get ready for uncontrollable fun and energy!

Course number: 608750

**Sect 1 SAT**  ➜ Holly Hungett • Mar 5 • Schott, Auditorium
1 Saturday • 10:00AM - 12:00PM • $16

→ **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

**Sect 1**  ➜ Holly Hungett • Jan 12 - Mar 8 • Schott, Auditorium
9 Tuesdays • 7:45AM - 8:45AM • $54

**Sect 2**  ➜ Holly Hungett • Jan 14 - Mar 10 • Schott, Auditorium
9 Thursdays • 7:45AM - 8:45AM • $54

→ **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

**Sect 1 EVE**  ➜ Patrick Hackney • Jan 15 - Feb 5 • Schott, Auditorium
4 Fridays • 5:30PM - 6:30PM • $44

**Sect 2 EVE**  ➜ Patrick Hackney • Feb 19 - Mar 11 • Schott, Auditorium
4 Fridays • 5:30PM - 6:30PM • $44

→ **Dance the Salsa: Next Steps**

Are you ready to take the next steps with your basic salsa skills to turn yourself into a seasoned intermediate salsero? Now that you are comfortable with the chips and salsa of the matter, the salsa basic step, and foundational leads and turns, it’s time to build upon this confidence and skill! Discover more complex moves and have fun as we refine our sense of technique, rhythm, body awareness, partnering communication, and sense of artistry and athleticism. Let’s salsa mucho mas!

Course number: 608647

**Sect 1 EVE**  ➜ Patrick Hackney • Jan 15 - Feb 5 • Schott, Auditorium
4 Fridays • 6:45PM - 7:45PM • $44

**Sect 2 EVE**  ➜ Patrick Hackney • Feb 19 - Mar 11 • Schott, Auditorium
4 Fridays • 6:45PM - 7:45PM • $44

→ **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

**Sect 1**  ➜ (Alexandra) Laurie (King) Alexander • Jan 20 - Mar 9 • Schott, Auditorium
8 Wednesdays • 5:30PM - 6:30PM • $48 + Materials $5

CLL Winter 2016

280+ Classes, 30+ Brand New Classes
"Salsa"

with Pat Hackney

Ever wanted to salsa dance? You don’t need experience - anyone can do it!

Come learn how to move and groove, salsa style, at the CLL! Salsa dancer and teacher Pat Hackney will help you perfect your moves while meeting new people (and getting in a great workout!).

Salsa dancing mimics the body’s natural movements; a simple rocking of the hips and you’ve got it down!

Here’s how:

Keep rocking! The dance combines 8 counts, 8 steps with rocking forward and back.

Grab a partner! Salsa is a couple’s dance, so once you master the steps you’ll want to tune into the rhythm of the music with a partner. Find confidence with the steps and feel a sense of ease as you perfect the salsa.

Pat invites everyone to come make lifelong friendships, amazing connections, and have fun while discovering salsa!

Watch the video on the CLL YouTube Channel!
www.youtube.com/sbccCLL

Pat’s Winter CLL classes:

→ Dance the Salsa: First Steps (p.19)
→ Dance the Salsa: Next Steps (p.19)

→ 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
Sect 1 〉 Holly Hungett • Jan 13 - Feb 10 • Schott, Auditorium
5 Wednesdays • 9:00AM - 10:00AM • $30
Sect 2 〉 Holly Hungett • Feb 17 - Mar 9 • Schott, Auditorium
4 Wednesdays • 9:00AM - 10:00AM • $24

→ Evening Yoga Flow

A more dynamic flow of yoga postures for those familiar with the basic postures of yoga. These dynamic classes taught with music allow the student to actively practice sequences designed to enhance strength, balance and endurance. Guided imagery and deep relaxation provides a wonderful conclusion to your yoga practice.

Course number: 608680
Sect 1 EVE 〉 Fredda Spirka • Jan 12 - Mar 8 • Schott, Auditorium
9 Tuesdays • 5:30PM - 7:00PM • $108

→ Fitness Flow with a Yogic Twist

Engage in a continual flow of movement designed to increase flexibility and endurance! Through the use of unique fluid floor and barre stretches you will work to lengthen muscles, enhance circulation and minimize the stresses of daily life. Come and enjoy the fitness flow.

Course number: 608580
Sect 1 〉 Fredda Spirka • Jan 11 - Mar 7 • Schott, Auditorium
7 Mondays • 12:30PM - 1:30PM • $63
Sect 2 〉 Fredda Spirka • Jan 13 - Mar 9 • Schott, Auditorium
9 Wednesdays • 12:30PM - 1:30PM • $81

Classes fill fast.
Register now!

The quickest and most convenient way to register for classes is online at:
www.theCLL.org
starting on DECEMBER 7, 2015.
→ **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.

**Course number:** 608697

**Sect 1**  
Kathleen O’Connor • Jan 25 - Mar 11 • SBCC, PE113  
12 Mondays • Fri 10:00AM - 11:00AM • $45

→ **Gentle Yoga for Seniors**

This class is especially designed for seniors, beginners or those wanting a gentle yoga practice. Students explore easy, chair-assisted yoga, as well as standing and floor poses. These yoga poses are designed especially for the older body with limited mobility. Students practice gentle, restorative yoga to assist with insomnia, hypertension, healing, and to increase range of motion.

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

**Course number:** 608610

**Sect 1**  
Holly Hungett • Jan 11 - Mar 7 • Wake, Auditorium  
7 Mondays • 3:30PM - 4:30PM • $42

**Sect 2**  
Holly Hungett • Jan 13 - Mar 9 • Wake, Auditorium  
9 Wednesdays • 3:30PM - 4:30PM • $54

**Sect 3**  
Roberta Hewson • Jan 22 - Mar 11 • Wake, Auditorium  
7 Fridays • 2:30PM - 3:30PM • $42

→ **Introduction to Aikido**

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

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

**Course number:** 608491

**Sect 1**  
Christine Wong • Jan 13 - Mar 2 • Aikido of Santa Barbara, Studio  
8 Wednesdays • 7:30PM - 8:30PM • $48

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

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

**Course number:** 608748

**Sect 1**  
Elyse Warnecke • Jan 19 - Mar 1 • Airobic Fitness, Main Gym  
7 Tuesdays • 10:30AM - 11:30AM • $70

→ **Nia Dance - Heal Your Body**

Do you love to move and dance but have some kind of injury? Do your knees or lower back hurt? Or do you have stiff joints or foot pain? If you answered yes and are ready to heal your body, then this class is for you. Discover how to enhance your Body-Mind connection as well as develop body-centered awareness. Explore your own body’s way of moving and re-organize your movement patterns to move in alignment and harmony. Deepen your compassion for your body and create a pain-free, flexible and stronger, more joyous you!

**Course number:** 608684

**Sect 1**  
Cleo Hill • Jan 19 - Mar 8 • Schott, Auditorium  
8 Tuesdays • 11:00AM - 12:00PM • $64

**Sect 2**  
Cleo Hill • Jan 21 - Mar 10 • Schott, Auditorium  
8 Thursdays • 11:00AM - 12:00PM • $64

→ **Nia: A Celebration of the Body**

Nia will give you a joyous, total body movement experience that draws from Tai Chi, Tae Kwon Do, Aikido, jazz dance, modern dance, Duncan dance, yoga, Alexander Technique and Teachings of Moshe Feldenkrais. Nia is based on a combination of 52 unique moves, all concentrating on the main areas of the body. Appropriate for all, stiff beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels. Nia is a body centered personal growth and fitness modality that changes bodies and lives.

**Course number:** 608670

**Sect 1**  
Hazel Carlsen • Jan 25 - Mar 7 • Schott, Auditorium  
6 Mondays • 7:30AM - 8:30AM • $42

→ **Nia Dance - Heal Your Body**

Do you love to move and dance but have some kind of injury? Do your knees or lower back hurt? Or do you have stiff joints or foot pain? If you answered yes and are ready to heal your body, then this class is for you. Discover how to enhance your Body-Mind connection as well as develop body-centered awareness. Explore your own body’s way of moving and re-organize your movement patterns to move in alignment and harmony. Deepen your compassion for your body and create a pain-free, flexible and stronger, more joyous you!

**Course number:** 608684

**Sect 1**  
Cleo Hill • Jan 19 - Mar 8 • Schott, Auditorium  
8 Tuesdays • 11:00AM - 12:00PM • $64

**Sect 2**  
Cleo Hill • Jan 21 - Mar 10 • Schott, Auditorium  
8 Thursdays • 11:00AM - 12:00PM • $64

→ **Nia: A Celebration of the Body**

Nia will give you a joyous, total body movement experience that draws from Tai Chi, Tae Kwon Do, Aikido, jazz dance, modern dance, Duncan dance, yoga, Alexander Technique and Teachings of Moshe Feldenkrais. Nia is based on a combination of 52 unique moves, all concentrating on the main areas of the body. Appropriate for all, stiff beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels. Nia is a body centered personal growth and fitness modality that changes bodies and lives.

**Course number:** 608670

**Sect 1**  
Hazel Carlsen • Jan 25 - Mar 7 • Schott, Auditorium  
6 Mondays • 7:30AM - 8:30AM • $42
→ **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
Sect 1 › Eva Masin • Jan 11 - Mar 7 • Schott, Auditorium
7 Mondays • 10:45AM - 11:45AM • $42
Sect 2 › Eva Masin • Jan 13 - Mar 9 • Schott, Auditorium
9 Wednesdays • 10:45AM - 11:45AM • $54

→ **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
Sect 1 › Edward Rockett • Jan 15 - Mar 11 • Wake, Auditorium
8 Fridays • 10:30AM - 12:00PM • $72

→ **Resistance Pilates**

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
Sect 1 › Hazel Carlsen • Jan 12 - Mar 8 • Schott, Auditorium
9 Tuesdays • 9:30AM - 10:30AM • $72
Sect 2 › Hazel Carlsen • Jan 14 - Mar 10 • Schott, Auditorium
9 Thursdays • 9:30AM - 10:30AM • $72
Sect 3 › Hazel Carlsen • Jan 20 - Feb 24 • Schott, Auditorium
6 Wednesdays • 7:30AM - 8:30AM • $42

→ **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
Sect 1 › Sally Saenger • Jan 19 - Mar 8 • Wake, Auditorium
8 Tuesdays • 2:30PM - 3:30PM • $48
Sect 2 › Sally Saenger • Jan 21 - Mar 10 • Wake, Auditorium
8 Thursdays • 2:30PM - 3:30PM • $48

→ **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
Sect 1 › Merissa Foster • Jan 12 - Feb 16 • Schott, Auditorium
6 Tuesdays • 7:15PM - 8:45PM • $54

→ **Tai Ji**

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

Course number: 608596
Sect 1 › Chao-Sun Pang • Jan 12 - Mar 8 • Wake, Auditorium
9 Tuesdays • 7:00PM - 8:30PM • $81
Sect 2 › Chao-Sun Pang • Jan 13 - Mar 9 • Wake, Auditorium
9 Wednesdays • 9:00AM - 10:30AM • $81

→ **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
Sect 1 › Janet Reineck • Jan 14 - Mar 11 • Schott, Auditorium
8 Fridays • 8:15AM - 9:30AM • $60

People are friendly. The teachers are awesome. It’s a really freeing experience. I call this my therapy. That’s my gift.

—Pearl Francis
**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

- **Sect 1** Elena Poddubnaya • Jan 11 - Mar 7 • Wake, Auditorium 6 Mondays • 5:30PM - 6:45PM • $53
- **Sect 2** Elena Poddubnaya • Jan 13 - Mar 9 • Wake, Auditorium 9 Wednesdays • 5:30PM - 6:45PM • $68
- **Sect 3** Elena Poddubnaya • Jan 16 - Mar 12 • Wake, Auditorium 8 Saturdays • 9:30AM - 11:00AM • $72
- **Sect 4** Roberta Hewson • Jan 21 - Mar 10 • Wake, Auditorium 8 Thursdays • 5:30PM - 6:30PM • $48

**Yoga Flow**

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

Course number: 608698

- **Sect 1** Fredda Spirka • Jan 12 - Mar 8 • Schott, Auditorium 9 Tuesdays • 12:30PM - 1:30PM • $81
- **Sect 2** Fredda Spirka • Jan 14 - Mar 10 • Schott, Auditorium 9 Thursdays • 12:30PM - 1:30PM • $81

**Yoga for Active Seniors**

This class is designed for active seniors who want to improve their flexibility, strength and concentration through the practice of yoga. Students use traditional yoga postures that are modified with the help of a chair or other props. Students learn deep breathing methods, focusing techniques, meditation, and relaxation.

Note: Bring a mat and a blanket or beach towel to class.

Course number: 608608

- **Sect 1** Holly Hungett • Jan 11 - Mar 7 • Wake, Auditorium 7 Mondays • 2:00PM - 3:00PM • $42
- **Sect 2** Holly Hungett • Jan 13 - Mar 9 • Wake, Auditorium 9 Wednesdays • 2:00PM - 3:00PM • $54

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**MEET OUR TEACHERS**

**Roberta Hewson**

“The ancient practice of yoga connects the mind, body, and spirit through body poses, controlled breathing and being still and quiet.”

After 40 years of yoga practice, Roberta’s teacher suggested that she become a teacher. Teaching has allowed Roberta to pass on what she’s learned from yoga: peace, flexibility, and openness in body and mind. Roberta finds that being a yoga teacher is one of the most rewarding experiences of her life.

**Words she lives by:**
- Cultivate a healthy body, quiet mind, open heart and vibrant spirit.
- Get your Down Dog on!
- Go with the flow.
- I’m a warrior, not a worrier.

**What you will learn:**

When I am your teacher, you will learn about yourself—about you and your body, as you move through the yoga poses. You will receive the tools that will allow you to get off the merry-go-round, and instead journey inside your body while quieting your mind. You will learn how to focus and get out of your head, you’ll be checking in with your body and improving your overall flexibility and mental attitude.

**Did you know?**

Studies show that regular yoga practice provides consistent energy. In fact, most yogis state that when you perform your yoga correctly, you will feel energized after your yoga session rather than tired. How wonderful!

**Robert’s Winter CLL classes:**

- **Yoga** (p. 23)
- **Gentle Yoga for Seniors** (p. 21)

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**Easy Online Registration!**

See page 65
**Zumba Gold**

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

Course number: 608639

- **Sect 1**: Holly Hungett • Jan 12 - Mar 8 • Wake, Auditorium
  - Tuesdays • 12:00PM - 1:00PM • $54
- **Sect 2**: Holly Hungett • Jan 14 - Mar 10 • Wake, Auditorium
  - Thursdays • 12:00PM - 1:00PM • $54
- **Sect 3**: Holly Hungett • Jan 21 - Feb 11 • Schott, Auditorium
  - Thursdays • 5:30PM - 6:30PM • $24
- **Sect 4**: Holly Hungett • Feb 18 - Mar 10 • Schott, Auditorium
  - Thursdays • 5:30PM - 6:30PM • $24

**HEALTH**

**Advances in Biology: Prospects for a Longer, Healthy Life [CEU]**

We all know of social and spiritual approaches to a younger outlook on life, but what is normal biological aging, and is it also subject to manipulation? How does aging vary between different animal species and human groups? What are the current theories of aging and the research testing them? Are there prospects for significantly extending our healthy lifespan? What can we do today to improve our odds for a healthy old age? Let’s explore these issues and examine the prospects of a healthier life.

**CEU Info:** RN/LVN/CNA, MFT/LCSW Contact Hours: 10

Course number: 608726

- **Sect 1**: Karl Blasius • Feb 4 - Mar 3 • Wake, Rm 16
  - Tuesdays • 6:00PM - 8:00PM • $60 + Materials $5

**How to Use Your Dreams for Healing [CEU]**

We dream every night. Dreams are part of everyone’s night experience. Through dreams we are able to connect to our vast reservoir of lifetime experience of thought, feeling, action and aspiration. Our dream life is also a well-spring of healing insight, energy and inspiration. In this class you will learn about the dream sleep, how to remember dreams and interpret them. Join the discussion of dream incubation for healing and guidance.

**CEU Info:** CNA, MFT/LCSW contact hours: 2

Course number: 608704

- **Sect 1**: James Kwako • Feb 6 • Schott, Rm 20
  - Saturday • 10:00AM - 12:00PM • $16

**Hypertension Treatments That Work [NEW! CEU]**

Hypertension, or high blood pressure, affects one in three people and is a major cause of strokes and heart attacks. The medications your doctor prescribes may be effective but they often cause adverse side effects. Discover ways that medications for hypertension can be minimized with the wise use of supplements and enlightened lifestyle changes. Explore the benefits and risks of supplements, learn how to prevent heart disease, and find out how to slow down or even reverse risk factors. Come away with an array of additional options for treating hypertension, safe in the knowledge that you can live well with this treatable condition.

**Note:** CNA, MFT/LCSW Contact Hrs: 2

Course number: 608756

- **Sect 1**: James Kwako • Jan 23 • Schott, Auditorium
  - Saturday • 10:00AM - 12:00PM • $16

**Live to be 100 and Die Disease Free**

Imagine eliminating chronic illness from 95% of your life while having the ability to control the ‘aging hormone’ responsible for repair and maintenance at the cellular level. Discover the role of intermittent fasting to enhance health and to increase cellular resistance to disease. Take control and reverse the aging process using strength training. Learn how the right kind of exercise can impact sexual vitality. Transform yourself to find a new and disease-free world that awaits you.

Course number: 608745

- **Sect 1**: Mikki Reilly • Feb 6 • Schott, Rm 20
  - Saturday • 10:00AM - 11:30AM • $12

**Scientific Nutrition - Thinking Outside of the Box [CEU]**

Eating a healthy diet can help people to heal themselves from Overweight, (Pre)-Diabetes, High Cholesterol, Low Energy, Digestive problems, Depression/Mood/Sleep Disorders, Allergies etc. In this far-reaching class, we will explore science and research-based theories that may challenge conventional wisdom. We start with a systematic overview of human physiology, and find out how we may use food to heal a variety of health-related issues. As many health issues are caused by stress, part of each session will focus on stress release through meditation and imagery. Apply what you learn in this class for a healthier, happier life.

**CEU Info:** RN/LVN/CNA contact hours: 10.

Course number: 608711

- **Sect 1**: Tanja Stoyan • Jan 25 - Feb 22 • Wake, Rm 18
  - Mondays • 6:00PM - 8:30PM • $60 + Materials $5
**Stress Break Massage for Couples**

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

Course number: 608718  
Sect 1 SAT  
Course number: 608757  
Course number: 202197  
Course number: 202205  
Course number: 202213

**Strokes: Prevention, Rehabilitation and Possibilities**  

Stroke prevention strategies are vital in reducing the risk of stroke. Family members and caregivers are encouraged to attend and learn the latest stroke information and care giving skills. Learn what you can do to avoid the devastating long-term physical, psychological, social, and financial effects that stroke can have on patients and families. Topics include anatomy and physiology of strokes, understanding communication challenges, positioning and transfer techniques, and psychological adjustment. Don’t miss this opportunity to hear about stroke support services and rehabilitation resources.

CEU Info: RN/LVN/CNA, MFT/LCSW contact hours: 12. In collaboration with Cottage Rehabilitation Hospital.

Course number: 912183  
Sect 1 SAT  
Course number: 608718  
Sect 1 SAT  
Course number: 202197

**Successful Sleep Solutions**

Tired of waking up feeling even more tired than before you went to sleep? Discover supplements that promote healthy sleep and creative uses of medications. Explore how to use your mind to ensure a wholesome and complete sleep cycle. Uncover the causes of insomnia, how to heal them, how to relax, and how to access sources of healing during the sleep state. Come away with the tools needed to return your evening slumber into what it’s meant to be - a time to renew energy, to heal, and to have sweet dreams.

Note: CNA, MFT/LCSW contact hrs: 2

Course number: 608718  
Sect 1 SAT  
Course number: 608757  
Sect 1 SAT  
Course number: 202205

**Mind and Supermind: The Golden Elixir of Longevity and Immortality**

Dr. Roger Jahnke, OMD, will discuss how the MOST PROFOUN MEDICINE is produced within your own being - FOR FREE! Ancient physicians and philosophers in Asia refer to this as the Golden Elixir. You cannot buy this medicine. You can only make it yourself. Discover why it is easy and inexpensive to produce and explore contemporary research including neuroplasticity, genomics and physics along with ancient Chinese medicine and philosophy. Find out how the Fountain of Youth is within our own being utilizing Qigong, the mother of Tai Chi. Re-discover the portal to your deeper self. The Golden Elixir goes beyond longevity, health and wellbeing. Can we become immortals? Are we already immortal? You will come away with fascinating insights about the nature of your own being and the power of the Golden Elixir of Longevity and Immortality.

Note: Tuition/Fees partially covered through private donations. Spencer Sherman will be the moderator for the event. Flowers courtesy of San Roque Florist.

Course number: 202197  
Sect 1 SAT  
Course number: 608718  
Sect 1 SAT  
Course number: 202205

**ADHD Through the Lifespan**

This class teaches students how to address complex issues about effectively recognizing Attention Deficit Hyperactivity Disorder (ADHD) throughout the lifespan. Students explore cutting-edge strategies to help them manage distractibility, disorganization, interrupting in conversations, restlessness, moodiness, and impulsive decisions. Students learn to identify if members of their family have ADHD and gain insightful tools to cope with hopelessness, chronic underachievement, low frustration tolerance, and poor self-esteem.

CEU Info: RN/LVN/CNA, MFT/LCSW contact hours: 3.5

Course number: 202213  
Sect 1 SAT  
Course number: 608718  
Sect 1 SAT  
Course number: 202205

**Adventures in Consciousness**

Class teaches students to explore their personal history and enhance self-understanding and integration. Students discover the healing, empowering, and inspiring realms of the collective unconscious. Class combines deep relaxation with precisely directed awareness, giving students access to regions of the mind with great interest and value.

Course number: 202205  
Sect 1 SAT  
Course number: 608718  
Sect 1 SAT  
Course number: 202205

Classes & workshops start every week!  
Please check our website regularly.  
www.theCLL.org
“What Makes You Attractive?”

With Barbara Boyd, MFT

Do you ever wonder what makes you attractive to others?

Do you have to look like a movie or TV star?

CLL teacher, psychologist and writer Barbara Boyd tells us that research clearly shows that people choose a partner who is upbeat, positive, enthusiastic, and energetic.

Is that you? If not, here are some of the simple steps that you can try today!

- Keep your chin up, and eyes forward
- Engage with the world
- Stay positive and cheerful

Now you give it a try!

Watch the video on the CLL YouTube Channel! www.youtube.com/sbccCLL

Barbara’s Winter CLL class:

- Looking for Love in All the Right Places (p. 28)

Art of Mediumship: Talking to Spirit

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

Note: Not recommended for people with Dissociative Identity Disorder.

Course number: 202651
Sect 1 SAT > Terri Cooper • Mar 5 • Wake, Rm 20
1 Saturday • 10:00AM - 1:00PM • $24 + Materials $2

Attitude Reconstruction: A Special Workshop

NEW! CEU

Use the Attitude Reconstruction blueprint to rewire your thinking and conquer your destructive thoughts. Finally understand what emotions really are and how to constructively manage them. Reconnect with your intuition and utilize it as a trustworthy guide for making sound decisions. Speak up by practicing how to communicate simply, lovingly, and effectively. Conquer old habits and move through lingering stuck situations. You’ll feel your own inner potential as you use these commonsense and uplifting tools. Make positive changes for a lifetime in your relationships and dealings with family, friends, coworkers, and community.

CEU Info: RN/LVN/CNA, MFT/LCSW contact hours: 8.5.

Course number: 202203
Sect 1 > Jude Bijou • Feb 26 - Feb 27 • Schott, Rm 6
Friday • 6:30PM - 9:00PM & Sat 9:30AM - 4:30PM • $95

Consciousness Class

CEU

This ongoing class is about becoming more aware of what’s within and around us. We begin each session with mindfulness instruction and practice, and then turn our attention to the newest developments in psychology and the social sciences, the physical sciences and technology, the arts, world culture, and spirituality. Guest speakers and Internet resources are integral in our explorations. Our goal is to evolve personally, and meaningfully contribute to humanity’s evolution.

CEU Info: MFT/LCSW contact hours: 6

Course number: 202574
Sect 1 > Spencer Sherman • Jan 15 - Feb 5 • Schott, Auditorium
4 Fridays • 10:15AM - 11:45AM • $36

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26 Register online at www.theCLL.org / SBCC Center for Lifelong Learning / WINTER 2016
Crazy Makers and How to Deal With Them

Are the ‘crazy makers’ in your life making you crazy? Don’t let it happen anymore! Discover how to recognize and set boundaries in your relationships with five types of difficult people: Aggressors, Egotists, Borderlines, Professional Victims, and Control Freaks. Explore how to release your anger, frustration, hurt and fear using Cognitive Behavioral Therapy and EFT Tapping. Break free once and for all - you owe it to yourself!

CEU Info: CNA/RN/LVN, MFT/LCSW Contact Hours: 3
Course number: 202705
Sect 1 SAT > Gloria (Arenson) Brockway • Mar 12 • Schott, Rm 31
1 Saturday • 10:00AM - 1:00PM • $24 + Materials $3

Finding Words To Honor a Life: Exploring Grief, Loss, and Creative Coping

Loss is a universal experience as we grow up and grow older, yet few venues exist to explore themes of loss, grief, and coping within our wider culture. This innovative class combines practical and poignant materials that highlight the experience of survivors who are navigating in new and unfamiliar surroundings. In a safe, comfortable environment, discuss such topics as anniversary reactions, the phases and stages of grief, the role of Eulogies in honoring a life, and creative approaches to coping with loss and moving toward healing. Community members and professionals alike will come away with useful skills and new insights.

CEU Info: RN/LVN/CNA, MFT/LCSW Contact Hours: 5
Course number: 202660
Sect 1 SAT > Gail Eisen • Mar 5 • Schott, Rm 6
1 Saturday • 10:00AM - 3:30PM • $48

Focusing: A Pathway to Wellness

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

CEU Info: RN/LVN/CNA, MFT/LCSW contact hours: 6
Course number: 202623
Sect 1 SAT > Joyce McWilliams • Mar 12 • Schott, Rm 20
1 Saturday • 9:30AM - 4:30PM • $48

Hiking Santa Barbara

Are you looking for 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
Sect 1 > Rodger Sorrow • Jan 13 - Feb 10 • Wake, Rm 20
5 Wednesdays • 9:30AM - 12:00PM • $75
Sect 2 > Rodger Sorrow • Feb 17 - Mar 9 • Wake, Rm 20
4 Wednesdays • 9:30AM - 12:00PM • $60

Honing Your Intuitive Edge

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

CEU Info: CNA, MFT/LCSW contact hours: 4
Course number: 202561
Sect 1 SAT > Terri Cooper • Jan 30 • Wake, Rm 18
1 Saturday • 10:00AM - 3:00PM • $32 + Materials $3

How our Subconscious Can Help and Heal or Hinder and Harm

Our subconscious remembers everything and can manipulate our behavior. How? By subtly imposing a template that actualizes the intentions, good or bad, formed by our conscious minds. Explore in detail how the subconscious operates, how it can help and heal or hinder and harm. Learn to reprogram your subconscious, practice and enjoy the benefits of sensory meditation, and become more skillful and fulfilled. You’ll find out that the subconscious is most suggestible around the time of sleep. Discover how your imagination and affirmations have the potential to allow the subconscious to help and heal you and your loved ones.

CEU Info: CNA, MFT/LCSW Contact Hours: 2
Course number: 202706
Sect 1 > David Cumes • Feb 26 • Schott, Auditorium
1 Friday • 10:15AM - 12:15PM • $16

CLL Winter 2016

280+ Classes, 30+ Brand New Classes
Learn the New Rules of Marriage - Marriage in the 21st Century

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

CEU Info:
MFT/LCSW contact hours: 3
Course number: 202594
Sect 1 SAT ➢ Wendy Allen • Feb 27 • Schott, Rm 3
1 Saturday • 9:00AM - 12:00PM • $24

Life Realignment After Illness

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

Note: Class is co-taught by Deb Artz.

Course number: 202701
Sect 1 SAT ➢ (Cathy) Catherine Boggs • Feb 27 • Wake, Rm 18
1 Saturday • 10:00AM - 1:00PM • $24

Life Realignment for Career Transitioners

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

Note: Class is co-taught by Deb Artz.

Course number: 509071
Sect 1 SAT ➢ (Cathy) Catherine Boggs • Feb 6 • Wake, Rm 16
1 Saturday • 10:00AM - 1:00PM • $24

Looking for Love in All the Right Places

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

CEU Info:
MFT/LCSW contact hours: 8
Course number: 202661
Sect 1 EVE ➢ Barbara Boyd • Jan 21 - Feb 11 • Schott, Rm 31
4 Thursdays • 6:00PM - 8:00PM • $48

Love - Too Good To Leave But Too Bad To Stay?

Do you have a history of unhappy love relationships or are you currently in one now? Are you miserable yet unable to move on? Explore your fear of not being lovable or your worry that you are undeserving of a mate who loves and treats you well. Discover how to recognize and release self-defeating beliefs to break this pattern once and for all. Utilizing solution-focused techniques, you will come away knowing what gifts you offer in a relationship and the type of person with whom you would like to build a future.

CEU Info:
RN/LVN/CNA, MFT/LCSW Contact hours: 3
Course number: 202707
Sect 1 SAT ➢ Gloria (Arenson) Brockway • Jan 30 • Schott, Rm 31
1 Saturday • 10:00AM - 1:00PM • $24

Discovering Love

Whether you’re looking for a new relationship or strengthening your ongoing relationship, the CLL has the classes that will take your love to the next level. Discover new techniques and habits to develop the healthy, thriving, and inspiring relationship of your dreams.

Looking for Love in All the Right Places (p. 28)

Love – Too Good to Leave but Too Bad to Stay? (p. 28)

Learn the New Rules of Marriage – Marriage in the 21st Century (p. 28)

Relationship Visioning (p. 30)
Parenting Your ADHD Child [NEW! CEU]

Want to understand what your child with ADHD is going through and how best to support them? Discover what behaviors are normal for an ADHD child, and how to help your child grow and develop with self-confidence and self-esteem to have success in life. Explore skills and techniques that have helped others in an interactive and understanding environment. Uncover how to help your child with organization and time management. Walk away with tips on handling the issues that arise with a child who has ADHD within the family unit, at school, and socially.

Note: MFT/LCSW contact hrs: 3
Course number: 202708

Sect 1 ➜ Juli Shulem • Feb 18 - Feb 25 • Wake, Rm 20
2 Thursdays • 7:00PM - 8:30PM • $30 + Materials $10

Past Life Regression Workshop [CEU]

More than half the world embraces the belief that we have lived before and that our lives through time affect the life we lead today. Learn about the theory of Reincarnation, experience a past life regression during the session and then have your facilitator, who is a gifted Past Life Reader, bring through vital information for you - information that will enhance your understanding of the life you are living and how to maximize its potential. Don’t miss this fascinating journey.

CEU Info: MFT/LCSW contact hours: 3
Course number: 202591

Sect 1 ➜ Terri Cooper • Feb 20 • Wake, Rm 20
1 Saturday • 10:00AM - 1:00PM • $27 + Materials $2

Practicing Mindfulness - Harmony, Health, Happiness [CEU]

Learn a range of mindful meditation, movement, and contemplation techniques so you can discover and create a daily practice that best meets your needs - whether it is to strengthen your health and well-being, focus attention, reduce negative stress responses, or simply experience greater joy and contentment. Remembering how to live in this present moment strengthens our body, calms our mind, and helps us greet life’s challenges and surprises with greater courage and ease. Beginners and experienced meditators welcome.

CEU Info: RN/LVN/CNA contact hours: 10
Course number: 202575

Sect 1 ➜ Dana Drobny • Feb 2 - Mar 8 • Schott, Rm 31
5 Tuesdays • 10:30AM - 12:30PM • $60

Procrastination and Perfectionism [CEU]

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.

CEU Info: MFT/LCSW contact hours: 4
Course number: 202537

Sect 1 SAT ➜ Gloria (Arenson) Brockway • Feb 20 • Schott, Rm 3
1 Saturday • 9:00AM - 1:00PM • $32 + Materials $3

“Shaking Away Stress”

with Lisa Kelly, Ph.D.

As humans, we are constantly stressed and filled with tension. Rather than holding all the stress within our bodies, Lisa Kelly teaches us a simple trick for feeling more relaxed.

Imagine two dogs playing, jumping all over each other, and getting riled up. They then separate to shake off and undo the stress. Just like dogs, we should be shaking out our bodies during the day to remain calm during stressful times.

Psychology expert Lisa Kelly invites you to join her and learn to shake away stress!

- Find somewhere where other people aren’t watching so you don’t feel self-conscious
- Close your eyes and focus on relaxing
- Start to shake your arms, legs, shoulders, and finally your entire body

Feel your endorphins moving around your body and feel the great sense of peace. Lisa urges you to try this next time you are stressed and overwhelmed!

Watch the video on the CLL YouTube Channel! www.youtube.com/sbccCLL

Lisa’s Winter CLL classes:

- Stop Making Yourself Sick: Mind-Body Skills for Stress Reduction (p. 30)
- You are a Better Parent than You Think! (p. 46)
→ **Relationship Visioning** [CEU](#)

Use the technique of Relationship Visioning to create the relationship of your dreams. You begin with a vision in your imagination of what that relationship looks and feels like. Your visioning process will include becoming still and connected to yourself. Then let your creativity and imagination flow to identify the obstacles that have gotten in the way of your dream relationships in the past. Recognize what gets in the way and what action steps you will need to take in order to realize both compassionate communication and an honest relationship.

**CEU Info:** CNA, MFT/LCSW contact hours: 6  
**Course number:** 202663  
**Sect 1** SAT ▶ Rodger Sorrow • Jan 23 • Wake, Rm 18  
1 Saturday • 9:00AM - 4:00PM • $48

→ **Stop Making Yourself Sick: Mind-Body Skills for Stress Reduction** [NEW! CEU](#)

Release stress and hone the power of your mind to heal your body. Discover the research behind mind-body healing techniques that have been proven to reduce anxiety and to improve health and well-being. Through the use of guided imagery, self-hypnosis, and self-acupressure you will experience an immediate reduction in tension and a noticeable increase in energy. Come away with practical mind-body techniques that you can apply daily to reduce stress, strengthen your immune system, and enhance your sense of well-being and engagement in life.

Note: RN/LVN/CNA, MFT/LCSW contact hrs: 5  
**Course number:** 202709  
**Sect 1** SAT ▶ Lisa Kelly • Feb 20 - Feb 27 • Wake, Rm 16  
2 Saturdays • 9:30AM - 12:00PM • $30

→ **Successful Living and Dying Using Invisible Helpers** [NEW! CEU](#)

Invoking invisible helpers to bring insight, healing and a loving presence helps each of us cope when a family member or friend faces serious disease, distress, death and dying. Discover the concrete science behind these helpers, how you can reach out to receive this guidance, and how these interactions provide long term benefits for your own health. Explore real-life stories of understanding, courage, creative problem-solving, and inspiration from those who guide us. Come away knowing how to unlock a world of help that is always available to support you.

Note: CNA, MFT/LCSW contact hrs: 2  
**Course number:** 202714  
**Sect 1** SAT ▶ James Kwako • Mar 5 • Schott, Rm 31  
1 Saturday • 10:00AM - 12:00PM • $16

→ **The Power of Faith, Belief, Trust and Hope in Transformation** [NEW! CEU](#)

Faith, belief, trust and hope can all help, or alternatively hinder us on the path of healing and transformation. Discover the importance of ‘placebo’ and why medical science is beginning to acknowledge its increasing significance. Explore ‘nocebo’, the opposite of ‘placebo’. Placebo is connected to love nocebo to fear. Both placebo and nocebo work through the power of intention, imagination, and belief - for good or ill, depending on the intention. Realize that science is frequently at odds with deep spiritual wisdom, appreciate the nuances of placebo and nocebo, and transform your life simply by accepting that love facilitates and fear inhibits.

Note: RN/LVN/CNA, MFT/LCSW contact hrs: 2  
**Course number:** 202710  
**Sect 1** SAT ▶ David Cumes • Jan 30 • Schott, Auditorium  
1 Saturday • 10:00AM - 12:00PM • $16

→ **The Power of Words and the Potential of Our Imagination** [NEW! CEU](#)

Einstein once admitted that for him the potential of fantasy and imagination was more profound than all of the other cognitive faculties he possessed. Everything that people accomplish or produce begins with imagination and later continues with the verbalizing of their intentions and plans. Learn how the power of words, harnessed to the potential of our imagination produces limitless possibilities, and then explore the four stages of this manifestation. Discover the added potential of imagination and sensory meditation to actualize your intentions and spiritual transformation.

Note: CNA, MFT/LCSW contact hrs: 2  
**Course number:** 202711  
**Sect 1** ▶ David Cumes • Mar 11 • Schott, Auditorium  
1 Friday • 10:15AM - 12:15PM • $16

**Need help with online registration?**

We can help!

Call the CLL  
Schott Campus 687-0812  
or  
Wake Campus 964-6853

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Register online at www.theCLL.org / SBCC Center for Lifelong Learning / WINTER 2016
**Whale Whisperer: A Path to Awakening**

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

Note: This class is sponsored. Class is co-taught by Carolyn Gorman.

Course number: 202703
Sect 1 SAT  Keith Hale  Feb 6  Schott Auditorium, Rm 20
1 Saturday  9:00AM - 12:00PM  $24

**When Diets Fail - Free Yourself from Emotional Eating**

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

Note: RN/LVN/CNA, MFT/LCSW contact hrs: 4

Course number: 202712
Sect 1 SAT  Petra Beumer  Jan 23  Schott, Rm 3
1 Saturday  9:00AM - 1:00PM  $32

**Why Am I Dreaming About This? A Guide to Dream Analysis**

Interested in learning whether your dreams hold special meaning or subconscious intentions? Frustrated because you can’t remember your dreams in the morning? Ever wondered why you dream of bizarre images unrelated to your daytime life? Discover simple exercises for remembering more of your dreams with greater accuracy and explore techniques for examining dreams to gain valuable insights that apply to your waking life. Homework includes getting good sleep and bringing dream sequences into class for personal inquiry. Come discover what your dreams are made of - and no sleeping in class, please!

Course number: 202713
Sect 1  Nathan Ohren  Feb 3 - Feb 24  Schott, Rm 3
4 Wednesdays  9:00AM - 11:30AM  $60

**What Dreams are Made of**

“The future belongs to those who believe in the beauty of their dreams.”
—Eleanor Roosevelt

As adults, we often long for naptime, but do we really know the benefits of sleeping and dreaming? As the days get shorter, and the nights get longer, find out what our dreams can tell us about ourselves.

At the CLL, explore ways to gain access to the meanings behind dreams, for example through

➤ **How to Use Your Dreams for Healing** (p. 24)
➤ **Why Am I Dreaming About This? A Guide to Dream Analysis** (p. 31)

You might also be interested in...

➤ **How our Subconscious Can Help and Heal or Hinder and Harm** (p. 27)

Need more sleep?! Discover ways to help you slumber and re-energize in...

➤ **Successful Sleep Solutions** (p. 25)
Events, Language, Photo

The CLL puts the world in your hands this Winter. Try foreign language classes for students at all levels, explore fascinating insights into news and events, and enjoy journeys through modern and classic literature and film. Also, our exceptional array of writing classes opens the door to new worlds, from pure personal expression to writing as a career.

Explore your world... at the Center

Learn a new language this Winter 2016:

- French 1
- French 2
- French 7
- French 9 Advanced: Speak Like a Parisian
- German - Beginning
- German - Intermediate
- Spanish 1: First Steps
- Spanish Review - Beginning
- Spanish 2 - Low Beginning Conversational
- Spanish 3 - Beginning Conversational
- Spanish 4 - High Beginning Conversational
- Spanish 6 - Intermediate Conversational
- Spanish 7 - High Intermediate Conversational
- Spanish 9 - Advanced Conversational

Sharpen your life skills:

- Current Events, World Affairs & Local Culture
- Languages*
- Photography
- Writing & Literature

* For SBCC credit language classes, please go to www.sbcc.edu/modernlanguages and www.sbcc.edu/classes
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: 001005
Sect 1  Fred Hofmann  Jan 12 - Feb 9  Vista del Monte Retirement Community, Los Padres Lounge
5 Tuesdays • 10:30AM - 12:00PM • $45
Sect 2  Fred Hofmann  Jan 15 - Feb 5  Schott, Rm 6
4 Fridays • 10:30AM - 12:00PM • $36
Sect 3  Fred Hofmann  Feb 16 - Mar 8  Vista del Monte Retirement Community, Los Padres Lounge
4 Tuesdays • 10:30AM - 12:00PM • $36
Sect 4  Fred Hofmann  Feb 19 - Mar 11  Schott, Rm 6
4 Fridays • 10:30AM - 12:00PM • $36

LANGUAGES

French 2

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

Course number: 102025
Sect 1 EVE  Valerie Comte  Jan 21 - Mar 10  Schott, Rm 6
8 Thursdays • 5:30PM - 7:30PM • $96 + Materials $5

French 7

French 7 is for students who have completed French 6 class in our program or the equivalent. Students should have prior knowledge of French regular, irregular conjugations in different tenses, and have good basic knowledge of French grammar. Emphasis will be placed on deepening conversation skills and knowledge of French culture through relevant topics such as travel, lifestyle, and local customs. All language skills are practiced, including listening, reading, speaking, and writing.

Course number: 102030
Sect 1  Valerie Comte  Jan 20 - Mar 9  Schott, Rm 5
8 Wednesdays • 5:30PM - 7:30PM • $96 + Materials $5

French 9 Advanced: Speak like a Parisian

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

Course number: 102032
Sect 1  Valerie Comte  Jan 19 - Mar 1  Schott, Rm 31
7 Tuesdays • 5:15PM - 7:15PM • $91 + Materials $5

Classes fill fast. Register now!
“Speaking French”
with Valerie Comte

When Valerie Comte arrived in the U.S. she was told by her teachers and the admissions officer at Long Beach State that her English was flawless.

However, when she stepped on a bus and asked a man for directions – he couldn’t understand what she was saying! She was speaking like a text book, and making sense to no one.

It was a tough lesson for Valerie, but one which inspired her to teach others – and share these tips on learning a language:

- Learn idiomatic expressions
- Don’t be afraid to use slang
- Relax!

When you are trying to learn French, you don’t need to panic if you use the wrong verb! Your main goal is simply to relay a message to somebody else. And remember that you can only really improve if you practice, practice, practice!

Watch the video on the CLL YouTube Channel! www.youtube.com/sbccCLL

Valerie’s Winter CLL classes:
- French 2 (p. 33)
- French 7 (p. 33)
- French 9 Advanced: Speak Like a Parisian (p. 33)

➔ German - Beginning

This basic conversational class is for students with no prior German knowledge. Engaging learning activities focus on the development of practical language usage in everyday life: introductions, greetings, family, numbers, colors, clothing, time, weather, directions, shopping, dining and other basic vocabulary. Students will be able to travel confidently to Germany and have more fun experiencing the German-speaking world.

Course number: 103011
Sect 1 EVE ➔ Daniela Kostruba • Feb 17 - Mar 9 • Wake, Rm 20
4 Wednesdays • 6:00PM - 8:00PM • $80

➔ German - Intermediate

This intermediate level class is for students who already have a basic knowledge of German and have been introduced to the Present Perfect Tense (talking about the past). This course incorporates lots of conversation in German and realistic situation role plays. Also includes reading and discussion of texts, poems, songs and videos exploring Germany and its culture. Brush-up on forgotten grammar in a fun way.

Course number: 103012
Sect 1 ➔ Daniela Kostruba • Jan 13 - Feb 10 • Wake, Rm 20
5 Wednesdays • 6:00PM - 8:00PM • $80

➔ Spanish 1 - First Steps CEU

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

CEU Info: RN/LVN/CNA Contact Hours: 14
Course number: 105157
Sect 1 EVE ➔ Barbara Lotito • Jan 21 - Mar 10 • Wake, Rm 18
8 Thursdays • 5:15PM - 7:15PM • $96

➔ Spanish 2 - Low beginning Conversational CEU

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.

CEU Info: RN/LVN/CNA Contact Hours: 10
Course number: 105161
Sect 1 EVE ➔ Bonnie Blakley • Jan 13 - Feb 17 • Schott, Rm 6
6 Wednesdays • 5:15PM - 7:15PM • $72
→ Spanish 3 - Beginning Conversational CEU

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.

CEU Info: RN/LVN/CNA Contact Hours: 14
Course number: 105162
Sect 1 › Silvia Morgan • Jan 13 - Mar 2 • Wake, Rm 18
8 Wednesdays • 5:15PM - 7:15PM • $96

→ Spanish 4 - High Beginning Conversational CEU

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

CEU Info: RN/LVN/CNA Contact Hours: 14
Course number: 105163
Sect 1 › Irma Esquivel-Kromis • Jan 19 - Mar 8 • Wake, Rm 18
8 Tuesdays • 12:15PM - 2:15PM • $96

→ Spanish 6 - Intermediate Conversational CEU

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

CEU Info: RN/LVN/CNA CEUs. For the number of CEU contact hours offered, go on-line to view the individual class listing. Chapters 9-11 in Dos Mundos En Breve 3rd Edition.
Course number: 105165
Sect 1 EVE › Bonnie Blakley • Jan 12 - Feb 16 • Schott, Rm 6
6 Tuesdays • 5:15PM - 7:15PM • $72
Sect 2 EVE › Irma Esquivel-Kromis • Jan 20 - Mar 9 • Schott, Rm 31
8 Wednesdays • 5:15PM - 7:15PM • $96

→ Spanish 7 - High Intermediate Conversational CEU

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

CEU Info: RN/LVN/CNA Contact Hours: 14
Course number: 105166
Sect 1 › Silvia Morgan • Jan 14 - Mar 3 • Wake, Rm 18
8 Thursdays • 12:15PM - 2:15PM • $96

→ Spanish 9 - Advanced Conversational CEU

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

CEU Info: RN/LVN/CNA Contact Hours: 10
Course number: 105167
Sect 1 › Bonnie Blakley • Jan 12 - Feb 16 • Schott, Rm 6
6 Tuesdays • 12:45PM - 2:45PM • $72
Sect 2 › Bonnie Blakley • Jan 12 - Feb 16 • Schott, Rm 6
6 Tuesdays • 3:00PM - 5:00PM • $72

Discover Spanish

Immerse yourself in the Spanish language at the CLL.

Beginners, take note! The CLL has the classes you need to get started and enhance your Spanish skills

→ Spanish 1 - First Steps (p. 34)
→ Spanish 2 - Low Beginning Conversational (p. 34)
→ Spanish 3 - Beginning Conversational (p. 35)
→ Spanish 4 - High Beginning Conversational (p. 35)

Look for the NEW! alert to discover many more brand new classes at the CLL!
“What is Shutter Drag?”

with Chuck Place

When capturing movement, photographers try to convey the emotion of a scene by freezing the motion. These photos need to be sharp, but many of us just end up with a blur.

With “shutter drag,” you can learn how to capture the shape of the motion clearly and beautifully.

The process of slowing the shutter down becomes a way to capture the emotion!

If you’re photographing a dancer spinning across the stage, using shutter drag will create a soft background, a slight blur of motion, and the dancer will be sharp.

Take just a couple of minutes right now with CLL teacher Chuck Place, award-winning international photographer, in this CLL Look & Learn video – and discover how to use different shutter speeds to create a perfect photograph!

Watch the video on the CLL YouTube Channel! www.youtube.com/sbccCLL

Chuck’s Winter CLL classes:

→ Create Dynamic Photographic Portraits on Location (p. 36)
→ Create Photographs with Impact (p. 36)
→ Photography for Travelers (p. 37)
Photography For Travelers
Discover the techniques professional travel photographers use to create dynamic, powerful images in any kind of situation. Learn to produce spectacular architectural and landscape photographs captured at the perfect time of day. Gain insights into approaching strangers and learn how to produce intimate portraits with minimal equipment and available light. Leverage bad weather, producing some of your most popular images, and learn how to make use of harsh mid-day sunlight. Make the images from your next trip captivating to both friends and family while transporting you back to the sights, sounds and smells of your favorite destinations.

Course number: 411070
Sect 1 (Chuck) Charles Place • Jan 26 - Feb 23 • Schott, Rm 6
5 Tuesdays • 9:00AM - 12:00PM • $150

WRITING & LITERATURE

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
Sect 1 Shelly Lowenkopf • Jan 12 - Mar 8 • Schott, Rm 3
9 Tuesdays • 1:00PM - 3:00PM • $108

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
Sect 1 EVE Shelly Lowenkopf • Jan 13 - Mar 9 • Schott, Rm 20
9 Wednesdays • 5:15PM - 7:15PM • $108

It provides a safe environment to practice with the social aspect of other artists coming in and working. It’s fun. —Kathleen Martin

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
Sect 1 Mark Ferrer • Jan 15 - Mar 11 • Schott, Rm 3
8 Fridays • 10:00AM - 12:00PM • $96

Shakespeare
There are 157 million Google pages devoted to Shakespeare, compared to 132 million for God, and 2.7 million for Elvis Presley. This class, through close reading and open discussion, pursues the meaning of and questions arising from the lines of each play we take up. Google lends a hand as do the various performances we view, but the text’s the thing. Discuss plot, character, theme, point of view, and setting. Analyze the effect of words, ambiguity, irony, paradox, images, metaphors, patterns, and cadences in each work. Explore the effect on the reader of the Bard’s portrayal of culture and values.

Course number: 151332
Sect 1 Mark Ferrer • Jan 11 - Mar 7 • Schott, Rm 3
7 Mondays • 4:00PM - 6:00PM • $84

Writing Personal Histories
Course teaches students to succeed in the memoir writing process. Students learn to collect and prepare their ideas, how to write and structure their memoirs and autobiographies, and how to edit them. Students learn to develop a conversational, individual narrative voice for their memoirs, and to create a framework for fictional works based on their 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
Sect 1 Shelly Lowenkopf • Jan 13 - Mar 9 • Schott, Rm 6
9 Wednesdays • 9:45AM - 11:45AM • $108
MONDAY, FEBRUARY 29TH

The Golden Elixir of Longevity and Immortality
with DR. ROGER JAHNKE, OMD

“The most profound medicine is produced within us, through the balance and harmony of physiology, mind, and spirit.” –Roger Jahnke

"The Healer Within: The Four Essential Self-Care Methods For Creating Optimal Health"

What is the secret to longevity?
In this lecture, Dr. Roger Jahnke will explore what ancient physicians and philosophers in Asia referred to as The Golden Elixir, along with how easy and inexpensive it is to produce. Find the portal to your own deeper self as The Golden Elixir goes beyond longevity, health, and well-being.

Dr. Jahnke will also discuss contemporary research into ancient Chinese medicine and philosophy. Change your life - his fascinating insights into inner alchemy, The Golden Elixir, and immortality will help you maintain and make the most of your well-being.

➔ Monday, February 29th
7:30pm - 9:30pm
Location: Wake Auditorium
Admission: $15
Course Number: 202197
See page 25

About Dr. Roger Jahnke, OMD

For more than 35 years, our Mind & Supermind series has brought the community together with top minds to explore and question the nature of human psychology and consciousness. Notable guest speakers throughout the long-running series have included Deepak Chopra, Byron Katie, Gregg Levoy, Rupert Sheldrake, Fritjof Capra, Judith Orloff, Fred Alan Wolf, and Alan Wallace.

Dr. Roger Jahnke is the director and chief instructor of the Institute of Integral Qigong and Tai Chi in Santa Barbara and a cofounder for the National Qigong Association.

He has written both The Healer Within: The Four Essential Self-Care Methods For Creating Optimal Health and The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi which became a classic in mind-body and energy medicine.

Dr. Jahnke has more than 30 years of clinical practice as an acupuncture specialist and has emerged as a key spokesperson for Tai Chi and Qigong. He has lectured on self-healing and alternative medicine for hospital systems and health care associations.
Two Easy Ways to Register for CLL Classes!

Winter Term 2016: January 11 - March 19
Staggered Registration Begins December 7, 2015

IMPORTANT: There is a staggered registration schedule for several categories of classes from December 7 through December 10, 2015. The staggered registration schedule applies to both online and in-person registration. Please See page 65 to use a handy planner to help you prepare for registration as you review the most up to date class schedules at www.theCLL.org

The quickest and most convenient way to register for classes is online at www.theCLL.org starting on DECEMBER 7, 2015.

- 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. We accept: VISA MasterCard

You may register in person at either the SBCC Schott Campus or the SBCC Wake Campus. Need help with online registration? We can help!

SBCC SCHOTT CAMPUS
310 W. Padre St., Santa Barbara, CA 93105
Tel. (805) 687-0812

SBCC WAKE CAMPUS
300 N. Turnpike Rd., Santa Barbara, CA 93111
Tel. (805) 964-6853

NOTE Please see the inside cover Table of Contents for the CLL’s five categories and 25 program areas. We hope that this will make it easier for you to find your favorite classes. Spring 2016 Tuition Assistance Applications Available Jan. 18 - Feb. 18.
Home & Family

We all know that cooking is more fun when friends or family join in. Many of our Home & Family classes are great opportunities to bond with old friends or meet new ones! Join us and learn new skills and techniques to bring your culinary skills to the next level.

Feed your passion... at the Center

NEW Classes for Winter 2016:

- Appreciating the Bubbles: A Wonderful Accident
- Family History Research: Intermediate/Advanced
- A Gourmet Approach to Make Ahead Meals
- Winter Warming Dishes from Trader Joe’s
- Writing for Non-Profits Made Easy
- You are a Better Parent than You Think!
- Inns and Outs of Airbnb Hosting

Enhance your life skills:

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

COOKING

➔ A Few Good Noses: Wine Tasting and Selection for the Novice

Interested in wine but don’t know where to start? Explore the different tastes and aromas, the most popular regions and varietals, and how to combine wine and food, using not only your mind, but also your palate. The goal is to make you comfortable selecting wine, appreciating fine wine, and making this wonderful creation a part of your life. Improving your nose is just an added benefit.

Course number: 606438
Sect 1 EVE › Ferran Contell I Vazquez • Jan 29 - Feb 5 • Schott, Rm 27 Culinary Lab
2 Fridays • 6:30PM - 9:00PM • $75 + Lab $12 + Materials $35

➔ A Gourmet Approach to Make Ahead Meals

NEW!

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

Course number: 606349
Sect 1 › Diana Coburn • Feb 5 • Schott, Rm 27 Culinary Lab
1 Friday • 10:00AM - 2:00PM • $32 + Lab $3 + Materials $10

➔ Appreciating the Bubbles: A Wonderful Accident

NEW!

What is it about sparkling wine that it has made it such a loved and sought after drink? Why do we use it for celebrations, with appetizers, with dessert, or even alone? What does Brut, N.V., or Blanc de Blancs really mean? Discover why not every sparkling wine is Champagne, and learn to differentiate the two. Now you will have something to say at the next wedding, reception or celebration, and you’ll be confident when picking up a bottle for your next dinner.

Note: Must be over 21yrs to register.

Course number: 606455
Sect 1 EVE › Ferran Contell I Vazquez • Mar 11 • Schott, Rm 27 Culinary Lab
1 Friday • 6:30PM - 9:30PM • $45 + Lab $7 + Materials $45

➔ Chocolate Delights

Now you can create your own ticket to heaven. Chocolates! Make them, paint with them, package them and of course eat your creations. Discover how to correctly melt and mold chocolates, use candy molds, and concoct all those delicious looking hand-made chocolates you see in the candy shops, without having to pay big bucks per pound. Master the art of ‘painting’ with chocolate to make your finished product ‘pop’. Explore some creative ways of packaging your handwork for any occasion. Create Turtles, Caramel Squares, Peanut Butter Cups, Truffles, Fudge, and filled chocolates. What’s not to like about this class!

Course number: 606417
Sect 1 › Illiana Wolff • Feb 4 - Feb 11 • Schott, Rm 27 Culinary Lab
2 Thursdays • 10:00AM - 1:00PM • $54 + Lab $5 + Materials $25

➔ Cooking for Dummies or How to Boil Water

For students who love to eat, but hate to cook, this class teaches novices how to prepare a complete, easy meal while learning the basics of cooking. Topics include cooking techniques, reading recipes, stocking your kitchen, knife skills, and basic equipment and food preparation. Students prepare a three course dinner they will be proud to serve. Please bring an apron, a good knife and a cutting board.

Course number: 606355
Sect 1 EVE › Suzanne (Landry) Lemagie • Jan 26 • Schott, Rm 27 Culinary Lab
1 Tuesday • 6:00PM - 9:30PM • $32 + Materials $10

➔ Cooking with Herbs and Spices

Students create delicious and spicy entrees, soups, salads and veggie dishes. Topics include the difference between herbs and spices, substituting fresh herbs for dried, how to store herbs and spices, flavor families of spices for different cuisines, and stocking a pantry with a basic spice list. Recipes are presented using fresh herbs and spices.

Course number: 606354
Sect 1 EVE › Suzanne (Landry) Lemagie • Mar 1 - Mar 8 • Schott, Rm 27 Culinary Lab
2 Tuesdays • 6:00PM - 9:00PM • $48 + Materials $22

➔ Discover the Truth about Spanish Wine

Looking for astonishing value wines? Ever wondered what other delightful wines Spain offered in addition to Rioja? Explore Spain and its wine regions without having to leave home. Discover new varietals from Galicia to Catalonia, through Rioja and Ribera del Duero. Find out the different ways a Tempranillo wine is made and try them out while you learn tips for savoring every sip of wine.

Note: Must be 21 years or older to participate.

Course number: 606436
Sect 1 EVE › Ferran Contell I Vazquez • Feb 19 - Feb 26 • Schott, Rm 27 Culinary Lab
2 Fridays • 6:30PM - 9:00PM • $50 + Lab $12 + Materials $35
 Knife Skills and Kitchen Shortcuts
A good set of knives is vital for your kitchen and your culinary inspirations. Discover everything you always needed to know about purchasing knives, using them and sharpening them. Explore knives, knife skills and kitchen shortcuts. Learn how to choose essential tools for a well-equipped kitchen such as the right cutting board. Prepare simple vegetable recipes with a variety of knives, and practice the good cutting techniques used by chefs worldwide. Note: Bring your best vegetable cutting knife if you have one.
Course number: 606446
Sect 1 EVE > Suzanne (Landry) Lemagie • Jan 12 • Schott, Rm 27 Culinary Lab
1 Tuesday • 6:00PM - 9:00PM • $27 + Lab $5 + Materials $5

 Meantle Meals from Trader Joe’s
Our favorite store with wonderfully diverse products is also the perfect source of meatless meals. Enjoy creating great, easy-to-prepare meatless dishes from many of TJ’s best ingredients - everything from pre-cut vegetables to great sauces. Spice up your kitchen life with recipes that are high in protein and which taste great to both vegetarians and meat lovers.
Course number: 606434
Sect 1 EVE > Suzanne (Landry) Lemagie • Feb 23 • Schott, Rm 27 Culinary Lab
1 Tuesday • 6:00PM - 9:00PM • $24 + Lab $7 + Materials $10

 Paella Party
Invite your friends, get the table ready and prepare to wow them with a taste sensation. Valencian Paella can be your new signature dish. You will learn step by step from equipment, ingredients spices and how to combine and prepare in just the right way to create a masterful delight. Come make this national dish of Spain your new speciality.
Course number: 606420
Sect 1 EVE > Carlos (Rodrigo) Gimenez • Jan 22 • Schott, Rm 27 Culinary Lab
1 Friday • 5:00PM - 8:00PM • $24 + Lab $7 + Materials $15

 Peruvian Ceviche
Ceviche is a seafood favorite in Peru. Explore for yourself the rich flavors and techniques of traditional Peruvian cuisine by creating a variety of ceviche dishes. You start by marinating the freshest fish in lemon and lime juice, but it is where you take the dish with seasonings that makes it special. Discover the delicious flavors that develop when you combine the freshness of local seafood with chillies from the Amazon. These flavors are so amazing your biggest challenge will be deciding which recipe to make at home.
Course number: 606429
Sect 1 > Carlos (Rodrigo) Gimenez • Jan 15 • Schott, Rm 27 Culinary Lab
1 Friday • 5:00PM - 8:00PM • $24 + Lab $7 + Materials $15

 Sushi: Make it Yourself
Course teaches the basic techniques of making traditional Japanese sushi, including California roll, hand roll and creative rolls. Students also learn how to make miso soup and vegetable dishes. Course instructs in the use of materials and utensils for the preparation of sushi recipes.
Course number: 606340
Sect 1 SAT > Takako Wakita • Jan 23 • Schott, Rm 27 Culinary Lab
1 Saturday • 10:00AM - 2:00PM • $32 + Lab $3 + Materials $20

 The Art of the Mediterranean Table
Experience the diverse and delectable cuisines that comprise the Mediterranean. From Spanish tapas to French Bistro style menus, discover foods from Southern, Central and Northern Italy, the Greek Isles, Spain and Portugal, Regional France and Morocco. You will learn the art of the table, which includes the key elements for creating your own happy table memories. From positive conversations to colorful Mediterranean table décor, the class explores some of the elements that contribute to an uplifting atmosphere and an enjoyable (or memorable?) experience. Make the dishes, receive the recipes and create these wonderful meals at home for family and friends.
Course number: 606372
Sect 1 > Diana Coburn • Feb 19 - Mar 4 • Schott, Rm 27 Culinary Lab
3 Fridays • 10:00AM - 2:00PM • $84 + Lab $9 + Materials $30

 Vegetarians on the Verge
Course for students who are not strict vegetarians but enjoy meatless meals or want to learn about vegetarian eating. Learn the basics of healthy vegetarian cooking. Emphasis will be on proper meal balancing, nutrition, saving time in the kitchen and eating out. Several delicious recipes from soups to entrees and veggie side dishes will be prepared using whole grains, soy protein, legumes, fresh vegetables, herbs and spices.
Course number: 606359
Sect 1 > Suzanne (Landry) Lemagie • Feb 2 • Schott, Rm 27 Culinary Lab
1 Tuesday • 6:00PM - 9:00PM • $24 + Materials $10
**Winter Warming Dishes from Trader Joe’s**

_Burrrrr, what we need is some hot food to shake away the cold. Look no further than our favorite store to have answers on what to fix that will be warming, healthy, convenient and delicious. This class will give you the answers and provide creative combinations to create exciting meals. Discover new products that will satisfy your family while being simple to assemble. Conquer the cold with meals that satisfy._

_Course number: 606456
Sect 1 › Suzanne (Landry) Lemagie • Feb 9 - Feb 16 • Schott, Rm 27 Culinary Lab
2 Tuesdays • 6:00PM - 9:00PM • $48 + Lab $14 + Materials $20_

**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
Sect 1 SAT › Mary Brown • Jan 30 • Wake, Rm 20
1 Saturday • 9:00AM - 5:00PM • $42_

**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
Sect 1 SAT › Mary Brown • Feb 6 • Wake, Rm 20
1 Saturday • 9:00AM - 1:30PM • $27_

**GENEALOGY**

**Family History Research: Intermediate/Advanced**

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

_Course number: 001413
Sect 1 EVE › Norma Eggli • Jan 12 - Mar 8 • Wake, Rm 16
8 Tuesdays • 6:00PM - 7:00PM + Materials $5_

**NON-PROFIT SKILLS**

**Writing for Non-Profits Made Easy**

_Your favorite non-profit needs you and your writing skills. Discover how to craft compelling press releases, mission-driven fundraising materials, actionable social media posts and powerful public service announcements. Develop strategies for making a year-round public relations schedule, and take advantage of free marketing opportunities. Learn effective techniques for creating special-event materials including invitations, request letters, tickets, auction sheets, and thank you notes. All volunteers, board members and staff members will benefit from this fun, interactive workshop and will walk away with a media-ready press release. You can’t afford not to come._

_Course number: 506221
Sect 1 SAT › Leonie Mattison • Jan 30 - Feb 6 • Schott, Rm 3
2 Saturdays • 9:00AM - 12:00PM • $36_

If your New Year’s resolution is to cook more meals at home, you’ve come to the right place! Whether you eat to live, or live to eat, these classes will take you from takeout to the kitchen. In **Cooking for Dummies or How to Boil Water**, the most novice of cooks will learn how to prepare a complete meal while learning the basics of cooking. Discover cooking techniques, simple recipes, and how to stock your kitchen, all in a beginner-friendly setting!

_cooking for dummies or how to boil water (p. 41)
The CLL Parenting Education Classes... because kids don’t come with instructions!

Come learn positive parenting attitudes and how to create your healthy parent-child relationship in a safe and stimulating environment with age appropriate activities for infants and children age one month to 5 years. Parents and caregivers with children learn about typical stages of development through observation, participation with other families, and discussion.

→ Childbirth Yoga - Pregnancy, Labor, Birth and Postpartum

Pregnant women and new moms - these yoga exercises are aimed at encouraging freedom of movement, strength, stamina, flexibility and toning of muscles. Learn how to compose a birth plan, the role of the labor support person, and issues relating to changing body image. Acquire skills and information about the power and intensity of labor. Also, plan on establishing a positive breastfeeding relationship and developing strategies to encourage bonding, holistic baby care, and postpartum care of your new family. A great place to meet other moms and moms-to-be! Babies are welcome in class.

Note: Bring your own mat to class. Infants in arms most welcome in class

Course number: 251302

Sect 1  ❯  Fredda Spirka • Jan 21 - Feb 11 • Wake, Rm 15
4 Thursdays • 5:30PM - 7:00PM • $48

Sect 2  EVE  ❯  Fredda Spirka • Feb 18 - Mar 10 • Wake, Rm 15
4 Thursdays • 5:30PM - 7:00PM • $48

→ Enjoy Parenting! Engaging Your Child to Cooperate and Communicate

Are you tired of struggling to have your kids cooperate? Do you feel guilty about how much you yell at your kids out of frustration? Do you find that your child doesn’t talk to you as much as you would like? If so, let’s build your parenting tool box! Through fun and lively exercises, parents learn effective discipline practices by developing skills in active listening, peaceful conflict resolution, holding a family meeting, and misbehavior prevention. Explore your own childhood experiences, and discover how these experiences affect how you parent. For parents and teachers of newborns to pre-adolescents.

Course number: 251279

Sect 1 SAT  ❯  Heather Stevenson • Mar 5 • Schott, Rm 3
1 Saturday • 9:00AM - 12:30PM • $28

Center for Lifelong Learning Parenting Classes
Growing Times I: Parenting Toddlers (18-24 months)

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

Course number: 251287
Sect 1 › Bonnie Kerwin • Jan 12 - Feb 2 • UCSB Family Student Housing, Community Room
4 Tuesdays • 9:30AM - 11:15AM • $46 + Materials $5
Sect 2 › Bonnie Kerwin • Feb 9 - Mar 1 • UCSB Family Student Housing, Community Room
4 Tuesdays • 9:30AM - 11:15AM • $46 + Materials $5

Growing Times II: Parenting the Two to Three Year Old Child

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

Course number: 251288
Sect 1 › Bonnie Kerwin • Jan 14 - Feb 4 • UCSB Family Student Housing, Community Room
4 Thursdays • 9:30AM - 11:15AM • $46 + Materials $5
Sect 2 › Bonnie Kerwin • Feb 11 - Mar 3 • UCSB Family Student Housing, Community Room
4 Thursdays • 9:30AM - 11:15AM • $46 + Materials $5

Helping Children Heal From Stress and Trauma

Stress and trauma early in life can alter children's neurobiological systems and lead to anxiety, aggressive behavior, hyperactivity, attachment disorders, sleep problems, learning difficulties, depression, and physical illnesses. Luckily, children know how to heal from trauma if we give them the opportunity. You will learn how to create an atmosphere of emotional safety in which babies and children can restore emotional health. The focus will be on facilitating children's spontaneous stress-release mechanisms of play, laughter, crying, and raging.

Note: RN/LVN/CNA, MFT/LCSW contact hrs: 6

Course number: 251313
Sect 1 SAT › Aletha Solter • Feb 20 • Schott, Rm 6
1 Saturday • 9:00AM - 4:00PM • $48

Infant Times I: Newborn to Crawling

Infant Times I provides current information about infant development, stimulation, and 'self-calming' techniques. Class also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, stimulating songs, and how to make hand-made toys/equipment and play games.

Course number: 251296
Sect 1 › Camila Barreto • Jan 14 - Feb 25 • Wake, Rm 15
7 Thursdays • 10:45AM - 12:15PM • $74

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
Sect 1 › Camila Barreto • Jan 13 - Mar 9 • Wake, Rm 15
9 Wednesdays • 10:45AM - 11:45AM • $63

Music Times III: For Parents of Children Aged 18-36 months

In this course, parents and children ages 18-36 months explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, and finger plays in an interactive environment.

Course number: 251294
Sect 1 › Camila Barreto • Jan 13 - Mar 9 • Wake, Rm 15
9 Wednesdays • 9:30AM - 10:30AM • $63

Everybody’s so supportive it’s incredible.

—Ann Shelton Beth
→ 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 tititres, y aprenderan acerca de la la cultura y el patrimonio hispano. Esta clase es adecuada para familias que hablan espanol y para familias que no hablan espanol.

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

Course number: 251312
Sect 1 › Camila Barreto • Jan 11 - Mar 7 • Schott, Auditorium
7 Mondays • 9:30AM - 10:30AM • $49

→ Toddler Times

Parents learn how toddlers aged 12-18 months learn through songs, finger plays, toys, crafts, puppets and books in order to expand language, sensory learning and physical independence. Students explore and create age-appropriate play and communication in a joyful, stimulating environment.

Course number: 251298
Sect 1 › Camila Barreto • Jan 14 - Feb 25 • Wake, Rm 15
7 Thursdays • 9:00AM - 10:30AM • $74

→ You are a Better Parent than You Think!

Stop trying to be all things to your children and embrace your unique parenting style. Discover why one parent’s joy is another parent’s torture. Explore why some aspects of parenting come naturally to you and others are a struggle. Identify your personality preferences using Carl Jung’s theory of personality, and find out how to optimize your strengths and honor your limitations. You’ll come away with increased self-esteem and self-respect, along with an action plan for taking care of yourself to become the most effective and loving parent you can be.

Note: MFT/LCSW contact hrs: 3
Course number: 251318
Sect 1 SAT › Lisa Kelly • Mar 12 • Wake, Rm 16
1 Saturday • 9:00AM - 12:00PM • $24

→ Squish, Splatter and Roll

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

Note: This class is limited to 15 students.

Course number: 251291
Sect 1 › Bonnie Kerwin • Jan 13 - Feb 3 • UCSB Family Student Housing, Community Room
4 Wednesdays • 9:30AM - 11:15AM • $49 + Materials $12
Sect 2 › Bonnie Kerwin • Feb 10 - Mar 2 • UCSB Family Student Housing, Community Room
4 Wednesdays • 9:30AM - 11:15AM • $49 + Materials $12

→ 110 Ways to Put a Real Estate Transaction Together - Where Only One is All Cash

Class will analyze proven creative techniques for buying and selling real property, with special emphasis on solving students’ actual real estate problems in the classroom with input from classmates. Open to beginning and advanced students of real estate.

Note: Tuition and fees covered through private donations.
Course number: 511102
Sect 1 SAT › Leonard Jarrott • Jan 23 • Wake, Rm 16
1 Saturday • 9:00AM - 1:00PM

→ PERSONAL FINANCE & HOME BUSINESS

CLL Winter 2016
280+ Classes, 30+ Brand New Classes

Register online at www.theCLL.org / SBCC Center for Lifelong Learning / WINTER 2016
→ Are You Prepared For Retirement?
Learn basic information about financial issues that relate to planning for and being in retirement. You will learn the importance of using a regularly updated comprehensive financial plan as context for many of these issues. Topics discussed include budgeting, pensions, life insurance, Social Security, personal real estate, long-term care, taxes, and inflation. Online resources will be provided to help you create financial plans. The goal of the class is for you to be able to apply this learned knowledge to your own retirement planning.

Note: Tuition/Fees covered through private donations.

Course number: 504141
Sect 1 EVE › Steven Weintraub • Feb 23 • Wake, Rm 16
1 Tuesday • 7:15PM - 9:15PM

→ Collaborative Communication in the Workplace

Do you want to be happier, more effective, and experience less stress at work? Do you long for more respectful work relationships? Do you want to move beyond gossip and power struggles to improved trust and productivity? If you’ve ever wondered if just one person can positively affect work relationships and company culture, regardless of your position, this class offers a resounding ‘yes.’ The key is shifting how we think, and talk. Discover how to enjoy your workplace more, reduce workplace conflict and stress, and improve individual and team productivity.

CEU Info: RN/LVN/CNA, MFT/LCSW contact hours: 6
Course number: 506219
Sect 1 SAT › Rodger Sorrow • Feb 20 • Wake, Rm 18
1 Saturday • 9:00AM - 4:00PM • $48

→ Modern Retirement Planning
Will you retire on time? How does your current debt impact your retirement plan? Do you understand the different vehicles you may use to grow your retirement fund? In this class you will discover important retirement concepts and identify tools that will help you develop a successful retirement plan. Leave this class with current and valuable information to guide your retirement planning as well as the ability to speak more confidently with finance professionals.

Course number: 504164
Sect 1 EVE › Kenji Saito • Mar 1 - Mar 8 • Wake, Rm 20
2 Tuesdays • 6:00PM - 8:30PM • $30 + Materials $29
Sect 2 EVE › Kenji Saito • Mar 3 - Mar 10 • Wake, Rm 20
2 Thursdays • 6:00PM - 8:30PM • $30 + Materials $29

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

Course number: 509059
Sect 1 › Ilania Wolff • Jan 29 • Wake, Rm 18
1 Friday • 9:00AM - 4:00PM • $65 + Materials $15

→ Notary Public Commission
Did you know the state recommends notaries take this course eight months prior to their commission expiration date? Don’t put it off! New or previously commissioned notaries will gain the knowledge and skills required to pass the state examination. You will receive the state-approved Certificate of Completion required to take the state-proctored notary examination upon completion of the class. Immediately following class the state exam is offered. If you intend to stay for the exam, bring valid ID and a check made out to ‘Secretary of State’ for $40.00. Your materials fee includes a passport photo.

Course number: 901143
Sect 1 › Thomas Peavyhouse • Mar 11 • Wake, Rm 18
1 Friday • 8:00AM - 4:30PM • $60 + Materials $39

→ Inns and Outs of Airbnb Hosting
Curious about what it takes to become an Airbnb host? Interested in making extra money to fund future travel and having the opportunity to meet well-travelled individuals? Discover all the facets of Airbnb hosting including the business side, the hosting side, and best of all - the fun side! Whether you have an extra room, a travel trailer, or an entire home to rent, you will come away with the basics needed to get up and running and best of all - hosting!

Course number: 504167
Sect 1 SAT › Kristen Walker • Feb 6 • Wake, Rm 18
1 Saturday • 9:00AM - 12:00PM • $24

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

Note: Tuition/Fees covered through private donations.

Course number: 504154
Sect 1 EVE › Steven Weintraub • Mar 1 • Wake, Rm 16
1 Tuesday • 7:15PM - 9:15PM
Nature, Science, Recreation

All of our Nature, Science, Recreation classes are great opportunities to bond with old friends or meet new ones! Learn to Play Chess with Success or learn to play Bridge. In Birds of the Santa Barbara Region, learn a new hobby while exploring our great local outdoors.

Follow your passion... at the Center

Winter Classes Outside the Classroom:
- Birds of the Santa Barbara Region: Beginning
- Birds of the Santa Barbara Region: Intermediate
- Natural History Hikes
- The Night Sky

Enhance your life skills:
- Games
- Recreation
- Nature & Science
GAMES

— Bridge: Beyond the Basics
If you enjoy bridge, and you are ready to go beyond basic techniques - this is the class for you! Dynamic, informative lectures and interactive practice games inspire you to apply the fundamental principles you already know. Take your bridge skills to the next level as you develop and improve opening, bidding, conventions and game play. Come and make new friends, join the fun, and move up to the next level.
Course number: 608729
Sect 1 › Carole Bennett • Feb 22 - Mar 7 • Schott, Rm 5
3 Mondays • 1:00PM - 3:00PM • $36

— 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
Sect 1 › Illana Wolff • Jan 26 - Feb 16 • Wake, Rm 16
4 Tuesdays • 1:00PM - 4:00PM • $72 + 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
Sect 1 › Jason Garfield • Feb 18 - Mar 10 • Schott, Rm 31
4 Thursdays • 6:00PM - 8:00PM • $80

It’s All Fun and Games.
Take fun to the next level while challenging your brain! Advance your game skills – and make new friends - in a fun and engaging atmosphere.
Experience an interactive learning environment to play bridge for the first time in Start Playing Bridge Now. Enjoy the step by step instruction that will leave you confident enough to host your own game of bridge!
Take advantage of the opportunity to play bridge with experienced players in Practice Bridge in an Open Studio. Learn tips and gain the experience you need to defeat your opponents.
In Bridge: Beyond the Basics, advance your bridge playing abilities with interactive practice.

—I sometimes take 5 classes in one session. It’s a little nutty. I enjoy it so much. I’m learning all the time.
—Jan Smith

Bridge: Beyond the Basics (p. 49)
Practice Bridge in an Open Studio (p. 50)
Start Playing Bridge Now (p. 50)
"Bird" Your Way Back to Nature

Birds provide an excellent doorway into nature as they are easy to see and study. Moreover, with very little equipment, birding provides a cheap and relaxing educational hobby that will get you out of the house and into our great local outdoors!

Come deepen your appreciation of the natural world through sight and sound. From migration patterns to coloration and song, Birds of the Santa Barbara Region will take you outside the classroom and into the field.

Beginners welcome! Birds of the Santa Barbara Region: Beginning class explores our local habitats, including beaches, sloughs, creeks and woodlands, and provides an opportunity to observe the birds and discuss their behavior, migration patterns and geography.

Start Playing Bridge Now

Time to learn this creative and interesting game that will help you engage your mind as well as meet some new folks. Exercise your brain, make new social connections and learn the wonders of fun and competitive bridge. Step by step instructions in a small group setting help you progress until you are feeling confident enough to break out the card table and call up your friends. Don’t put it off any longer, we are dealing you in on the next hand. Join the fun.

NATURE & SCIENCE

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.

Birds of the Santa Barbara Region: Intermediate

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

POP QUIZ!

Can you identify these birds that frequent Santa Barbara? (Answers are below).

1. ____________ 2. ____________ 3. ____________

4. ____________ 5. ____________ 6. ____________


ANSWERS:

Course number: 019008
Sect 1  Carole Bennett • Jan 11 - Mar 7 • Santa Barbara Museum of Natural History, Mac Veagh House
7 Mondays • 8:30AM - 10:30AM • $84

Course number: 019078
Sect 1  Joan Lentz • Jan 13 - Mar 2 • Santa Barbara Museum of Natural History, Mac Veagh House
8 Wednesdays • 8:00AM - 10:00AM • $96
Natural History Hikes

This class is designed to familiarize students with the geology, flora and fauna encountered while walking Santa Barbara trails. Although the round trip distance may be up to five miles and involve a 300’ - 1000’ elevation change, the pace is relaxed to moderate. There are frequent stops to examine rock formations, learn the distinctive features of various plants and talk about the birds, mammals, reptiles and amphibians we happen to come across. Students may wish to bring a hiking staff or trekking poles, cameras, and binoculars, but please leave your dog at home for our walks.

Course number: 001427
Sect 1 › Steven Timbrook • Jan 12 - Mar 1 • Santa Barbara Museum of Natural History, Farrand Hall
8 Tuesdays • 9:00AM - 12:00PM • $144
Sect 2 › Steven Timbrook • Jan 14 - Mar 3 • Santa Barbara Museum of Natural History, Farrand Hall
8 Thursdays • 9:00AM - 12:00PM • $144

The Night Sky

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

Course number: 019115
Sect 1 EVE › Lynne Stark • Feb 10 - Mar 9 • Santa Barbara Museum of Natural History, Gladwin Planetarium
5 Wednesdays • 5:00PM - 6:00PM • $30

Registration is Easy!

Winter Term 2016:
January 11 - March 19

Staggered Registration:
December 7 - December 10

The first week of registration will be staggered by subject areas across four days. Registration begins at 8:00am each day online (and at both Schott and Wake Campus Offices). For more information on registration see page 65.

- 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)

NOTE: Please see the inside cover Table of Contents for the CLL’s five categories and 25 program areas. Spring 2016 Assistance Applications Available Jan. 18 - Feb. 18.
The CLL classes are offered on weekdays, evenings and weekends – to accommodate every schedule. Here is a list of weekend and evening classes to help you plan your term.

**Weekend (Saturday) Classes**

(labeled as SAT throughout catalog)

**ARTS, CRAFTS, PERFORMANCE**

Jan 16  Beginning Oil Painting Basics and Beyond .... 5
Jan 16  Ceramics: Beginning, Intermediate and Advanced ........................................ 11
Jan 16  Ceramics: Beginning, Intermediate and Advanced ........................................ 11
Jan 16  Break into Voice Over ........................................ 15
Jan 16  Dissecting A Hit Song: Why Songs Stick in our Mind ........................................ 15
Jan 23  Saturday Stone Carving, Beginners to Intermediate ........................................ 8
Jan 23  Bow and Arrows and Archery Workshop ....... 8

**BODY, MIND, SPIRIT**

Jan 16  Yoga ................................................................. 23
Jan 23  Hypertension Treatments That Work .......... 24
Jan 23  Relationship Visioning ................................. 30
Jan 23  When Diets Fail - Free Yourself from Emotional Eating ................................ 31
Jan 30  Honing Your Intuitive Edge ............................ 27
Jan 30  Love - Too Good To Leave But Too Bad To Stay? ............................................... 28
Jan 30  The Power of Faith, Belief, Trust and Hope in Transformation .............................. 30
Feb 6   How to Use Your Dreams for Healing ........ 24
Feb 6   Live to be 100 and Die Disease Free ............... 24
Feb 6   Life Realignment for Career Transitioners ...28
Feb 6   Whale Whisperer: A Path to Awakening ......31
Feb 20  Successful Sleep Solutions .............................. 25
Feb 20  Adventures in Consciousness .......................... 25
Feb 20  Procrastination and Perfectionism .......... 29
Feb 20  Stop Making Yourself Sick: Mind-Body Skills for Stress Reduction .................. 30
Feb 27  ADHD Through the Lifespan ......................... 25
Feb 27  Life Realignment After Illness ..................... 28
Mar 5   Beginning Salsa and Cha-Cha Workout ...... 19

Mar 5  Strokes: Prevention, Rehabilitation and Possibilities ............................................ 25
Mar 5  Art of Mediumship: Talking to Spirit .......... 26
Mar 5  Finding Words To Honor a Life: Exploring Grief, Loss, and Creative Coping .......... 27
Mar 5  Successful Living and Dying Using Invisible Helpers ........................................... 30
Mar 12 Crazy Makers and How to Deal With Them ................................................................ 27
Mar 12 Focusing: A Pathway to Wellness .......... 27
Mar 12 The Power of Words and the Potential of Our Imagination ................................... 30

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Jan 23  110 Ways to Put a Real Estate Transaction Together - Where Only One is All Cash ...... 46
Jan 30  Mature Driver Initial Course ............................ 43
Jan 30  Writing for Non-Profits Made Easy ................ 43
Feb 6   Transforming your life with Feng Shui - an Introduction ........................................... 43
Feb 6   Mature Driver Renewal: A Review Course .. 43
Feb 6   Inns and Outs of Airbnb Hosting .................. 47
Feb 20  Helping Children Heal From Stress and Trauma .................................................... 45
Feb 20  Collaborative Communication in the Workplace ....................................................... 47
Mar 5   Enjoy Parenting! Engaging Your Child to Cooperate and Communicate .................. 44
Mar 12 You are a Better Parent than You Think! ...... 46

**Evening Classes**

(labeled as EVE throughout catalog)

**ARTS, CRAFTS, PERFORMANCE**

Jan 11  Intermediate and Advanced Glass Fusing ...... 9
Jan 11  Ceramics: Beginning, Intermediate and Advanced ............................................ 11
Jan 11  The Art of Jewelry Making - Level 1 .............. 14
Events, Language, Photo

Jan 12 Spanish 6 - Intermediate Conversational ............................... 35
Jan 13 Spanish 2 - Low beginning Conversational......................... 34
Jan 13 Getting Started, Getting Good, and Getting Your Fiction Published .................................................. 37
Jan 20 Spanish 6 - Intermediate Conversational ............................... 35
Jan 21 French 2 ........................................................................... 33
Jan 21 Spanish 1 - First Steps ..................................................... 34
Jan 25 Spanish Review - Beginning ............................................. 36
Feb 17 German - Beginning .......................................................... 34

Home & Family

Jan 12 Knife Skills and Kitchen Shortcuts ....................................... 42
Jan 12 Family History Research: Intermediate/Advanced ................. 43
Jan 22 Paella Party ........................................................................ 43
Jan 26 Cooking for Dummies or How to Boil Water ......................... 41
Jan 29 A Few Good Noses: Wine Tasting and Selection for the Novice .............................................................. 41
Feb 18 Childbirth Yoga - Pregnancy, Labor, Birth and Postpartum .... 44
Feb 19 Discover the Truth about Spanish Wine ....................... 41
Feb 23 Meatless Meals from Trader Joe's ..................................... 42
Feb 23 Are You Prepared For Retirement? .................................. 47
Mar 1 Cooking with Herbs and Spices ........................................ 41
Mar 1 Manage Your Own Portfolio ............................................. 47
Mar 1 Modern Retirement Planning ............................................. 47
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Mar 11 Appreciating the Bubbles: A Wonderful Accident ................ 41

Nature, Science, Recreation

Feb 10 The Night Sky .................................................................. 51

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Jan 13 Yoga ............................................................................... 23
Jan 14 World Dance Workout ....................................................... 22
Jan 15 Dance the Salsa: First Steps ............................................. 19
Jan 15 Dance the Salsa: Next Steps ............................................. 19
Jan 21 Zumba Gold ...................................................................... 24
Jan 21 Looking for Love in All the Right Places ............................. 28
Feb 2 Stress Break Massage for Couples ....................................... 25
Feb 4 Advances in Biology: Prospects for a Longer, Healthy Life .... 24
Feb 18 Zumba Gold ................................................................. 24
Feb 19 Dance the Salsa: First Steps ............................................. 19

Center for Lifelong Learning

www.theCLL.org

SBCC Center for Lifelong Learning / WINTER 2016 53
Continuing Education Units (CEUs) for Licensed Health Care & Mental Health Professionals

All CEU units are FREE! There is no additional charge for CEUs

(PLEASE NOTE: Tuition & any lab or materials fees will be charged).

The CLL offers many classes for which professionals may earn CEUs.

SBCC Continuing Education/Center for Lifelong Learning is authorized to issue continuing education credits (CEUs) to eligible professionals in the courses so designated in this schedule. Students must register on time at the first class meeting for CEU credits.

All CEU units are free! There is no charge for CEUs.

- RN/LVN CEUs are approved by the California Board of Registered Nursing, Provider 01368.
- CNA CEUs are authorized by the California Department of Public Health.
- MFT/LCSW CEUs as noted in this schedule are offered for courses which meet the qualifications for continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider PCE 684.
- Students must register within fifteen (15) minutes of the starting time of the class.
- Students must sign in at the beginning of each class, and sign out of each class in order to be registered for CEUs.
- Check with your licensing agencies to determine if CEUs may be awarded more than once for the same class.

Courses Offering CEUs

(Babeled as CEU throughout catalog)

**BODY, MIND, SPIRIT and HOME & FAMILY**

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**HOME & FAMILY**

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Connect with The CLL!

Join the conversation and find us online at @sbccCLL on Facebook, Twitter, LinkedIn, and Google+

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

Our New Website: theCLL.org

The CLL is pleased to welcome you to our shiny, brand new website at theCLL.org

Our new website is designed with **YOU** in mind. In addition to a complete redesign, theCLL.org has many new 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.

In response to the most frequently requested features, and the latest in website technology, we are pleased to announce:

- "Live" updated lists of classes & workshops that are starting soon
- Easier Navigation
- Mobile Responsive
- New Blog
- Award-winning video series: Look & Learn and Meet Our Teachers
- Loads of great classes, student and teacher photos
Classes & workshops start every week!
280+ Classes, 30+ Brand New Classes
www.theCLL.org
Support the CLL

Your financial support is critical to help ensure the Center for Lifelong Learning is able to serve our diverse Santa Barbara community today... and for generations of lifelong learners to come!

Through the SBCC Foundation, you may direct your tax deductible gift to the Center for Lifelong Learning toward general support or tuition assistance for those students who cannot afford the course fees.

Support the CLL today!

MAIL

SBCC Foundation
721 Cliff Drive, Santa Barbara, CA 93109

NOTE: Please make your check payable to “SBCC Foundation” and on the memo line write “SBCC Center for Lifelong Learning”.

ONLINE

www.theCLL.org

NOTE: Click on “Support the CLL” to donate online or by phone.

If you have ever enjoyed a class at “Adult Ed,” we encourage you to come re-discover the new Center for Lifelong Learning – take a class and try something new. Come discover and enjoy, and let friends and colleagues know we’re here for the entire community!

Many, many thanks to all the generous individuals and foundations who have already made a donation to support the SBCC Center for Lifelong Learning!

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

Goleta & Isla Vista

GOLETA VALLEY JR. HIGH SCHOOL
6110 Stow Canyon Road

UCSB FAMILY STUDENT HOUSING
799 Juniper Walk

Santa Barbara

AIKIDO OF SANTA BARBARA STUDIO
121 North Milpas Street

ARIOBIC FITNESS
136 S. Hope Ave
La Cumbre Plaza

COTTAGE REHABILITATION HOSPITAL
2415 De La Vina Street

MACKENZIE PARK LAWN BOWLS -
3 LAWN BOWLING AREA
McCaw Ave at Las Positas Road

SBCC, HUMANITIES BUILDING -
OUTSIDE ROOM H-104 721
Cliff Drive (Loma Alta Drive, access from
Cliff Drive or Shoreline Drive)

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

SANTA BARBARA MISSION
ROSE GARDEN
Located across from Mission Santa Barbara

SANTA BARBARA MUSEUM OF
NATURAL HISTORY
2559 Puesta del Sol Road

SANTA BARBARA ZOO
Zoo Entrance, 500 Ninos Drive

Summerland

SUMMERLAND BEACH
OVERLOOK PARK
Parking Lot, Summerland exit off Highway 101

Montecito

BUTTERFLY LANE
Butterfly Lane at Channel Drive

Carpinteria

CARPINTERIA LOON POINT
Parking Lot, Padaro Lane exit off Highway 101
Map of Schott Campus

SCHOTT CAMPUS
310 W. Padre Street

Map of Wake Campus

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300 N. Turnpike Rd.
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Important Information & Policies

The SBCC Center for Lifelong Learning

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.

REFUND & TRANSFER POLICY
To apply for a transfer or refund, please fill out a “CLL Refund and Transfer Form” at the Wake or Schott main office. For full details of the SBCC CLL Policies and Procedures, please visit www.theCLL.org

BEFORE 1ST CLASS
- A student may receive a refund of all fees minus a $10 processing fee per class
- A student may transfer to another class at no charge

BEFORE 2ND CLASS
- NO refunds
- A student may transfer into another class at no charge

AFTER 2ND CLASS
- NO refunds
- *NO transfers

BEFORE THE FIRST CLASS MEETING
This is the only time refunds are granted.
- A student may receive a refund of their class fees, less a $10 processing fee, if the request is submitted to the office before the first class meeting.
- A student may transfer into another class before the first class meeting at no charge. The student is responsible for the balance of any tuition due for the new class. Transfers of the following classes are only permitted BEFORE the first class meeting: food/cooking classes, one-day and two-day workshops, day trips, performance and theater tickets.
- A student may transfer into another class at no charge before the second class meeting of the original class. The student is responsible for the balance of any tuition due for the new class.

AFTER THE SECOND CLASS MEETING
- A student is no longer eligible to receive a refund.
- A student is no longer eligible to transfer into another class.

*Language Exception: A student in a language class may transfer to a class that is a different level of the same language before the third class meeting of the original class. There is no charge for the transfer, but the student is responsible for the balance of any tuition due for the new class.

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.
Two Easy Ways to Register for CLL Classes!

Winter Term 2016: January 11 - March 19
Staggered Registration Begins December 7, 2015

IMPORTANT: There is a staggered registration schedule for several categories of classes from December 7 through December 10, 2015. The staggered registration schedule applies to both online and in-person registration. Please see page 1 for details.

Two Easy Ways to Register for CLL Classes!

Winter Term 2016: January 11 - March 19
Staggered Registration Begins December 7, 2015

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Two Easy Ways to Register for CLL Classes!

Winter Term 2016: January 11 - March 19
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New Year - New You!

**Evenings**
- RESOLUTION - Learn How to Cook
  ➜ Cooking for Dummies or How to Boil Water (see p. 41)

**Weekdays**
- RESOLUTION - Get in Shape
  ➜ 7:30AM Resistance Pilates (see p. 22)

**Saturdays**
- RESOLUTION - Develop Positive Habits
  ➜ NEW! Attitude Reconstruction: A Special Workshop (see p. 26)

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Mind & Supermind

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With DR. ROGER JAHNKE, OMD
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**Monday, February 29th • Wake Campus Auditorium** (See p. 25)

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