

WINTER 2011

SBCC Continuing Education

Schedule of Classes • Continuing Education Division/Santa Barbara City College



REGISTRATION STARTS

DECEMBER 6*

www.sbcc.edu/ce

CLASSES START JANUARY 10



* The first week of registration will be staggered according to subject area across five days: Mon. Dec. 6 through Fri. Dec. 10. See page 13 for details.

HOW TO REGISTER: see pages 11 – 13

WINTER TERM HOLIDAYS: See page 9

KEY DATES & CALENDAR for WINTER TERM: see page 4

MIND & SUPERMIND for WINTER: see back cover



**From Dr. Andreea M. Serban,
SBCC Superintendent/President**



Message for WINTER 2011

At SBCC, we are committed to maintaining a robust and vibrant lifelong learning program that is affordable and accessible to our community. We are your advocates and have heard your voices and concerns. We value your input. We want to continue to work together with you to maintain and strengthen the tradition of our beloved Continuing Education program.

In spite of significant cuts in state funding for SBCC over the last two years, we continue to offer about 2,000 Continuing Education class sections during the 2010-2011 academic year. Most of these classes are state-supported and offered free to the public. Modest student fees support classes not funded by the state. The fees recover direct cost only. Thanks to the generosity of the community, scholarships are available to assist students with tuition. Our second scholarship application cycle for the winter 2011 term took place in October 2010. We will continue to offer scholarships to cover the tuition fee for students with financial needs.

Students, faculty, staff and community members held fundraising events to support our programs, and we are grateful to have received significant contributions including \$2,000 from Allergan, Inc. and \$25,000 from the Amgen Foundation for the Health Care Interpreter Program; \$1,350 for Computers in Our Future, and \$6,000 from Wells Fargo to assist with the Community Education Center outreach program.

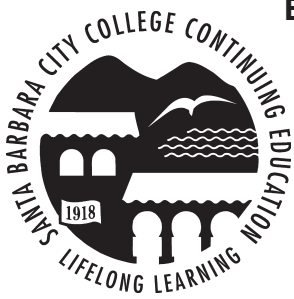
The Continuing Education Division continues to receive a Workforce Investment Act federal grant of \$470,000 per year to support English as a Second Language and Adult Basic Education programs. Another grant allowed for the development of a new Medical Assistant Certificate Program.

We are pleased to offer a full complement of classes for the winter 2011 term. The winter term will run for a full 10 weeks, same as fall, with over 600 course sections across all disciplines. Most of the course sections are state-supported and tuition-free. The spring 2011 term will also run for 10 weeks. Education Programs for Older Adults (55 and over) continue to be open to all residents and include classes in art, crafts, literature, music, psychology, and communication.

For the most up-to-date information on Continuing Education programs and activities please visit our web site: <http://www.sbcc.edu/ce>

Thanks to our great community, SBCC's Continuing Education Division is the seventh largest among all 112 California Community Colleges. Santa Barbara City College's program and our two Continuing Education Centers, the Schott Center and the Wake Center, named for great advocates of lifelong learning, are the envy of many colleges in the state, and faculty, staff and administration intend to keep it that way.

On behalf of all of us at SBCC, thank you for your support of our Continuing Education Program. I wish you an engaging and rewarding winter term.



SBCC Continuing Education is the noncredit Continuing Education Division of Santa Barbara City College, dedicated to maintaining a strong program of lifelong learning that

is affordable and accessible to the entire community.

Our State-supported offerings include an Adult High School program, Short-Term Vocational programs, English as a Second Language classes, courses in Parenting Education, Health & Safety, Family & Consumer Sciences, and Education Programs for Older Adults in art, crafts, literature, music, finance, psychology, communication, and the Omega Elderhood program. (Courses for older adults designed primarily for adults aged 55+, although all adults are eligible to enroll.)

We also offer a number of community education courses (for a tuition fee) in Crafts, Literature, Languages, Science & Nature, Fitness, and Cooking. Hundreds of daytime, evening and weekend classes are offered in fall, winter, spring terms each year.

WHERE TO FIND US:

ALICE F. SCHOTT CENTER

(Continuing Education Division headquarters)
 310 W. Padre Street, Santa Barbara, CA 93105-4366
 PHONE: 805-687-0812 • FAX: 805-569-5457

SELMER O. WAKE CENTER

300 N. Turnpike Rd., Santa Barbara, CA 93111-1931
 PHONE: 805-964-6853 • FAX: 805-964-7564

OFFICE HOURS (while classes are in session)*

Mondays – Thursdays: 8 a.m. – 7:45 p.m.
 Fridays: 8 a.m. – 4:15 p.m.
 Saturdays: 8:30 a.m. – 12:15 p.m.

* offices are close on holidays, see page 4.

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CONTINUING EDUCATION KEY DATES FOR WINTER 2011

WINTER TERM 2011

Registration begins	Dec. 6 - 10
Winter term begins	Jan 10
Martin Luther King, Jr. holiday (no classes, offices closed).	Jan. 17
Lincoln's Day holiday (no classes, offices closed).	Feb. 18
President's Day holiday weekend (no classes, offices closed)	Feb 19 - 21
Winter term ends	Mar. 20*

*Adult High School, GED®, ESL and other certificate/diploma program schedules may vary. Also, due to holidays, full-term (10-week) classes that meet on Fridays and Saturdays will hold their last meeting on March 25 and March 26 respectively; full-term Monday classes will hold the last meeting on March 28. See page 9 for details

***Registration for the Winter term starts December 6-7-8-9-10 at 8 a.m.**

Registration will roll out across the first five days by subject area as follows:

- **Monday, Dec 6th, 8 am: Ceramics and Jewelry only**
- **Tuesday, Dec 7th, 8 am: All Crafts classes & Humanities classes (Humanities classes include Language, Literature, Music, World Affairs)**
- **Wednesday, Dec 8th, 8 am: all Arts, Crafts & Humanities classes**
- **Thursday, Dec 9th, 8 am: Fitness, Computers, Health, Field Trips, Science & Nature (in addition to all Arts, Crafts & Humanities)**
- **Friday, Dec 10th, 8 am: All courses available for registration**

SEE PAGE 13 FOR MORE DETAILS ON STAGGERED REGISTRATION FOR WINTER

To register online, go to the SBCC Continuing Ed website: www.sbcc.edu/ce
and click the link: **Regsiter For and View Continuing Ed Classes**

REGISTRATION DAY TIPS:

1. Make sure you know your username and password BEFORE registration day.
2. The busiest time - and the most online traffic - occurs in the morning hours. If possible, we suggest you wait until later in the day to register.
3. For more useful tips, visit our website: www.sbcc.edu/ce

Schedule subject to change. Please check our website regularly for updates: www.sbcc.edu/ce

UNDERSTANDING THE SYSTEM FOR LISTING CATEGORIES & SUBCATEGORIES

(online and in print)

As you look through this printed Schedule of Classes—and when you go online to register—you will notice a few differences in the way that classes are organized and listed compared to years past. Specifically you'll see an additional main category, "Short-Term Vocational Programs," and dozens of subcategories that now include "For Older Adults" or "Community Education" as part of the heading. Our programs have not changed, this system (which was first implemented in Fall 2010) is simply the first phase in a long-term project to reorganize our class listings to meet State requirements and introduce transparency into the way classes are funded.

Why reorganization is necessary

The State requires that all courses funded under the noncredit instructional category of "Education Programs for Older Adults" be clearly identified as classes "for older adults." (The majority of Continuing Education courses that receive State funding fall within the "older adult" category. For more about funding and noncredit instructional categories, see page 7.) During this first phase of reorganizing our class schedule listings, we have chosen to identify "older adult" classes at the subcategory level.

Our plan is to eventually list all of our offerings according to State funding categories so that the community can better understand how their favorite classes are funded.

Classes under "For Older Adults" subcategories

In order for a class to be eligible for State funding under the noncredit instructional category "Education Programs for Older Adults" it must be designed and offered primarily for adults aged 55 or older, although all adults are eligible to enroll. Since these classes are funded by the State, they are offered tuition-free, although many of them have materials fees.

Classes under "Community Education" subcategories

Classes that are not eligible for State funding must be self-supporting and therefore require tuition fees. In many cases there are additional materials fees, as well.

Classes under the "Short-Term Vocational Programs" category

Classes that are funded under the noncredit instructional category "Short-Term Vocational Programs" are now listed together under the main category "Short-Term Vocational Programs" (see page 48). The subcategories include classes in business & job training, certificate programs, computer classes, woodworking and carpentry. Since these classes are funded by the State, they are offered tuition-free, although some of them may have materials fees.

FREQUENTLY ASKED QUESTIONS

The State Budget, State priorities for community colleges, and the status for Winter 2011

Q. What is the impact of the State Budget on Continuing Education?

A. Over \$9 million in one-time and ongoing funding cuts imposed by the state in 2008-2009 and 2009-2010 affected every level of SBCC, including Continuing Education. On October 8, 2010, Governor Schwarzenegger signed into law the 2010-2011 State Budget. It was 100 days late, making it the most overdue state budget in California history. During that span of 100 days, the only payment the college received from the State was in July 2010: a delayed payment that was owed to the college for the 2009-2010 fiscal year. Fortunately, due to the healthy state of the SBCC reserves and prudent fiscal management, SBCC was able to function without borrowing and without making additional cuts in programs or services.

The 2010-2011 State Budget relies heavily on deferred payments, which means the reserves will continue to be critical for the college.

This academic year will continue the fiscal challenges that started in June 2008 at a level of magnitude that the college has never had to face before. Please be assured that during these times of unprecedented fiscal stress, every effort is being made to arrive at decisions that are in the best interest of all students, the college as a whole, and the community at large. These decisions have been made in the past and will continue to be made through the college's normal consultation process.

Q. What is the status of Continuing Education classes for Winter 2011?

A. This winter, the Continuing Education Division is offering over 600 classes across a wide variety of subject areas to meet the needs of all adults in our community: the Adult High School program, Short-Term Vocational programs, English as a Second Language classes, courses in Parenting Education, Health & Safety, Family & Consumer Sciences, and Education Programs for Older Adults in art, crafts, literature, music, finance, psychology & communication, and the Omega Elderhood program. (Classes funded under the category "for older adults" have traditionally been open to all adults, and continue to be so.)

Q. How many classes charge tuition fees?

A. The Continuing Education Division has always offered some classes that are not eligible for State funding and therefore require tuition fees. For each class the fee covers direct costs only.

In total, approximately 14% of the over 600 individual class offerings this term will charge tuition fees, ranging from \$13 for one of the cooking classes to \$195 for Aquatic Arthritis, which meets for 30 one-hour sessions during January, February and March. The majority of tuition-fee classes charge between \$40 and \$80.

Q. Can't you just charge a small nominal fee to augment State funding?

A. Under existing State law, we cannot charge tuition for classes for which the State provides funding. (It's an either/or situation.) We may, however, charge a fee to cover the direct costs of materials, such as art supplies, etc.

FREQUENTLY ASKED QUESTIONS

State funding for Continuing Education (noncredit) instruction

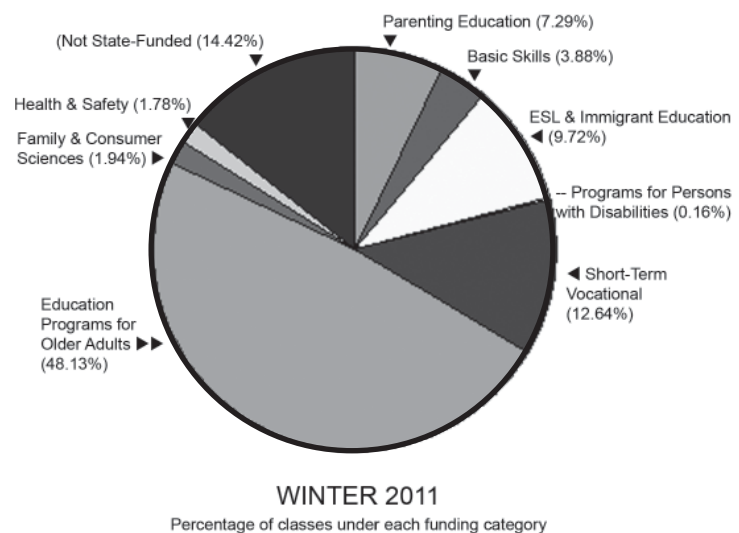
Q. How does the SBCC Continuing Education Division determine which classes will charge tuition and which ones will be offered tuition-free?

A. As the noncredit, Continuing Education Division of the College, we are subject to the laws, regulations and guidelines set by the California Education Code, Title 5 and the California Community Colleges Chancellor's Office.

For practical, working definitions of each of the noncredit instructional areas that is supported by State funding you can view and/or download a 40-page document published by the California Community Colleges Chancellor's Office "Noncredit at a Glance" available online at: http://www.cccco.edu/Portals/4/AA/Noncredit/n_guide_5e.pdf.

"Noncredit at a Glance" lists nine categories of noncredit instruction that are supported by State funding:

- Parenting Education
- Basic Skills
- English as a Second Language
- Immigrant Education
- Education Programs for Persons with Substantial Disabilities
- Short Term Vocational Programs with High Employment Potential
- Education Programs for Older Adults
- Family & Consumer Sciences
- Health & Safety



In October 2009, a tenth category was added:

- Workforce Preparation: Educational programs with job-specific technical training.

The pie chart graphic above reflects what percentage of Continuing Education classes for Winter 2011 are funded under each noncredit funding category. It also includes the percentage of classes offered this term that are not supported by State funding.

The largest percentage of classes dependent on State funding falls within the "Education Programs for Older Adults" category. While classes funded under that category are designed and offered primarily for adults 55+ years old, all adults are eligible to enroll.

FREQUENTLY ASKED QUESTIONS

Tuition Assistance Scholarships

Q. Are scholarships available for students who need financial assistance if they wish to enroll in a class that charges tuition?

A. Yes. Although the vast majority of Continuing Education classes continue to be State-funded and are offered tuition-free, some classes, which are not supported by State funds, are offered as Community Education courses that charge tuition fees to cover direct costs.

With that in mind, the Santa Barbara City College Continuing Education Scholarship Fund, established in 2010 through a combination of community donations and various fundraising events, began awarding scholarships to financially needy students who wish to register for a tuition-fee-course. (Scholarships do not cover course material fees.)

Students who apply for tuition assistance must demonstrate financial need, and priority will be given to applicants wishing to register for classes that are:

- Health related
- Life/Social Enrichment
- Needed due to special circumstances

The Scholarship Selection Committee is composed of two student representatives, members of the Continuing Education Citizens' Advisory Council, a Foundation for SBCC representative and two Continuing Education staff members. The Committee meets on an as-needed basis to review applications, and notifies recipients of the Committee's decisions after each meeting.

The beginning of the application period for each term and deadlines for submitting completed applications are announced approximately six to eight weeks prior to the first week of registration. Check the Continuing Education website regularly for updates: www.sbcc.edu/ce

FREQUENTLY ASKED QUESTIONS

The length of the Winter term, holidays, important dates for Spring

Q. The Winter term is advertised as running for 10 weeks. Why, then, are some classes listed as running for 11, 12 weeks or "weeks vary?"

A. The Winter term has been scheduled so that full-term classes meeting once a week will meet for 10 sessions (10 weeks). Classes meeting more than once a week will also meet for a full 10 weeks. However, there are several holidays this term—Martin Luther King, Jr. Day, Lincoln’s Day, President’s Day weekend—that fall on two Mondays, one Friday and one Saturday.

Therefore, in order for full-term (10-week) classes that meet on Fridays, Saturdays or Mondays to meet for a full term, they will have to hold the final class meeting on March 25, 26, and 28, respectively.

The number of weeks from the class start date to the end date is listed in the printed schedule in order to assist students in determining very quickly the time commitment for each class. In the cases where a course has multiple class sections, and one or more section meets on a Monday, Friday or Saturday, the number of weeks is listed in parentheses after each section.

Although there are full-term classes scheduled in nearly every category of class offerings this term, most of those affected by the holidays—and therefore scheduled to end either 11 weeks or 12 weeks after they start—fall within the areas of Art, Crafts, Fitness, and the Omega Elderhood Program.

If you plan to register for a Monday, Friday or Saturday class, please note both the start date and the end date listed in this printed schedule and online. Also, when planning your registrations, you are encouraged to check the class details online for specific holiday/skip dates.

Q. When does registration begin for the Spring term?

A. The first week of registration for the Spring term is scheduled to begin Monday, March 21, 2011. As we near that time, please check our website regularly for details and updates: www.sbcc.edu/ce (click the link for “Key Dates & Calendar”).

Q. How many weeks is the Spring term scheduled to run?

A. Full-term classes for the Spring 2011 term are scheduled for 10 weeks, beginning April 11, 2011. Because of the Memorial Day Holiday, most Monday classes are likely to end 11 weeks after they start: June 20. Again, you are encouraged to check our website regularly for more information and updates: www.sbcc.edu/ce

How to Use the Printed Schedule

The printed schedule of classes has been designed to be consistent with the online system, making it easy for you to go from the printed page to the computer screen and find the specific information you need in order to register for classes. Note that all listings are in alphabetical order—online and in print—first by main category, then by subcategory, with individual classes listed alphabetically under subcategory by exact course name. **You'll also find an index of all classes for Winter 2011 beginning on page 66.**

There are 7 main subject area categories.

Each main category has a number of subcategories.

The State requires us to clearly identify all classes that are funded under the category of "Education Programs for Older Adults."

Courses are listed alphabetically under subcategories by course name, followed by a course description.

Class size limit appears in italics.

Course number, number of weeks the class meets, and fees (if any) are listed after the course description, followed by section numbers, instructor name / day of the week & time the class meets start date - end date / location, room number.

Main Category > ARTS, CRAFTS & HUMANITIES



SUBCATEGORY >

Subcategory description >

▶ ART: WATERCOLOR FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Course name >

Beginning Watercolor: Painting with the Flow

Course description >

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. *Limit 30.*

Course number • number of weeks • fees (if any) >

402254 • 10 wks • Materials: \$5

Section number **Instructor** /day and meeting time
start date - end date / location, room number

Sect 01 **Henderson** / Tu 6:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 20

How to Register Online

Online registration is the fastest, easiest way to register yourself for all the classes you wish to take each term. Simply follow these steps:

1. Go to the SBCC Continuing Ed website www.sbcc.edu/ce and click “Register For and View Continuing Ed classes” to access the online registration section of our site.

2. Click “sign in” in the menu bar on the left side of the screen.

3. If you haven’t created your user profile yet, you will need to do that now. [Click the “create new student profile” button and then enter the information requested. Be sure to write down the user name and password you create so that you can sign in quickly and easily in the future.]

~ OR ~

If you have already created a user profile, simply type in your user name and password.

4. Once you’ve signed in, click on “courses” to browse all classes, or click “search” for the specific classes you wish to register for, and add them to your “shopping cart.” Using only one search field generally yields the best results.

5. When you’ve finished selecting classes, click the “checkout” button in the Shopping Cart box near the upper right corner of the screen.

6. Review the classes in your Shopping Cart. Verify your student details, class details, and amount figures. The course number and section number are listed in place of the class name, but you can click on that number to make sure the number corresponds to the correct class name. Don’t forget to click the box to indicate you Agree to the Refund Policy.

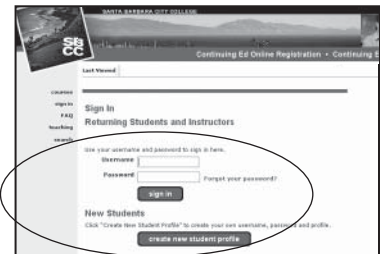
7. Click “Checkout” at the bottom of the screen. If there are fees associated with your class, you will be taken to a secure screen where you will enter your credit card information. Otherwise, you will be taken straight to the screen where you can print out your transaction receipt and confirmation.



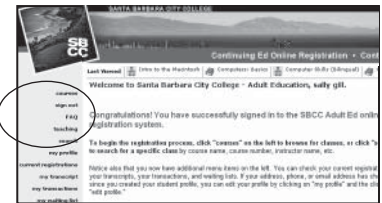
1. Continuing Ed website home page



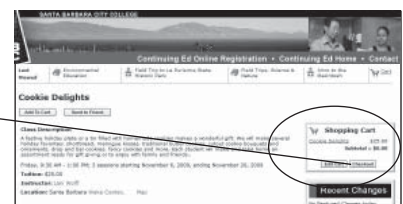
2. Online registration welcome page



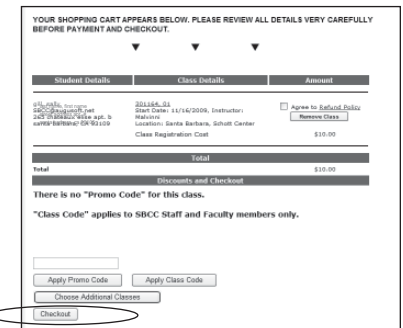
3. Sign in page



4. Click “courses” or “search” to begin selecting classes for registration.



5. Click “checkout” button to begin the checkout process



6-7. Review your shopping cart and complete the checkout process.

How to Register Online (continued)

Helpful hints & tips for online registration

YOUR STUDENT PROFILE

Creating a student profile is a one-time-only process. If you have already created your student profile, double check your user name and password before registration starts.

If you haven't already created your student profile, you'll want to create one soon, ideally before registration starts. Be sure to make a note of the user name and password you create, so you will be able to sign in quickly in the future.

BROWSING CLASS OFFERINGS ONLINE

To browse all course offerings, click "courses" in the menu bar on the left side of the screen to display a grid listing the seven main subject area categories, and the subcategories under each one. Click on a subcategory to display the list of classes offered this term. Click on the course name to display the course description. Subcategories are listed in alphabetical order; classes are listed under each subcategory by course title.



courses screen

USING THE SEARCH FUNCTION

Click "search" in the menu bar on the left side of screen to search for classes by date, instructor, city, specific location, or class start and end times. Using only one search field generally yields the best results.

Looking for weekend classes? Using the search function, enter the dates of the specific weekend you have in mind and then click the "Go" button to get a list of classes for that weekend.



search screen

LOCATION INFORMATION AND INSTRUCTOR BIOGRAPHIES

You'll notice that on the screens listing individual class information, instructor names and locations display in red. Clicking on the instructor name will open a small window with that instructor's professional biographical information. Clicking on the location will open a small window with directions to that location.

CHECKING FOR RECENT CHANGES & UPDATES

The schedule is subject to change; new classes are added, or a room or location is changed, etc. Stay informed by clicking "Recent Changes & Updates" on a regular basis.

HAVE QUESTIONS OR NEED HELP?

Click "FAQ" for answers to frequently asked questions.



How To Register in Person

If you do not have access to a computer and the internet, or if you cannot pay fees with a credit card, you may register in person. Come to the main office at either the Schott Center or the Wake Center when registration begins, but before the first class meeting. (Choose whichever location is most convenient to you; see page 3 for Schott and Wake addresses and office hours.) Office staff will be available to assist you in registering for classes using the online student registration system.

PLEASE NOTE: Continuing Ed classes are extremely popular, and if you choose to register in person, you may encounter a long line of others waiting to register in person also. To keep the process running smoothly and efficiently, we ask that you follow the steps below in advance.

1. **Select the classes you wish to register for**, noting the class name, course number, section number, and any applicable fees.
2. **Fill out a “Application for Admission and Registration”** form available at the Schott and Wake Centers). If you have taken classes within the past year, you need only fill out your name and class information.

REMEMBER: You must register before the first class meeting. “Walk-ins” who show up to class without having registered beforehand are not guaranteed a seat in class. If space is available you may be directed to the main office to get a registration form, and to fill it out before the registration process can begin.

Staggered Registration for Winter

Due to the overwhelming popularity of Continuing Education classes, our online registration system has in the past experienced overload caused by too much online traffic to the site at one time.

Last year, our system provider, Augusoft, Inc., made system modifications to allow staggered registration across several days to alleviate potential problems.

The first week of Winter registration will be staggered by subject area across five days.

Registration will begin at **8:00 a.m. (Pacific Time) on December 6th for Ceramics and Jewelry classes only**. Our offices will open at that same time to assist those who register in person. Over the course of the following four days, registration will open for additional classes, organized by subject area.

Registration for Winter 2011 will roll out across five days as follows:

- **Monday, December 6:**
8 am: Ceramics and Jewelry only
- **Tuesday, December 7:**
8 am: all Crafts & Humanities (Language, Literature, Music World Affairs)
- **Wednesday, December 8:**
8 am: Arts (in addition to all Crafts & Humanities)
- **Thursday, December 9:**
8 am: Fitness, Computers, Health, Field Trips, Science & Nature (in addition to all Arts, Crafts & Humanities)
- **Friday, December 10:**
8 am: all courses available for registration

STUDENT SERVICES



**Our
Mission
is
Student
Success**

Are you unsure about your future? Your education? Your job? Continuing Education has a Student Services program to help guide you. These Student Services include:

- Individual academic counseling and advising
- Goal setting and planning
- Assessment and orientation services
- Career advisement
- Transfer assistance to Santa Barbara City College

Schott Center

Room 2
310 W. Padre St.
Santa Barbara, CA 93105
(805) 898-8160

Wake Center

Room 29
300 N. Turnpike Rd.
Santa Barbara, CA 93111
(805) 683-8260

**Services are available
Monday & Tuesday from
9 a.m. – 7:30 p.m.;
Wednesday – Friday,
9 a.m. to 5 p.m**

IMPORTANT NOTICE

New Adult High School Program Approved

On July 1, 2009, new Title V regulations were mandated by the State of California for all community colleges granting high school diplomas. Those new regulations required curriculum modifications to increase the amount of time and work required for a student to earn a High School Diploma through Santa Barbara City College Continuing Education.

Our Adult High School (AHS) Diploma Program, recently revised to meet the new regulations, has been approved by the State of California Community College Chancellor's Office. Santa Barbara City College is fully accredited by the Commission for Community and Junior Colleges, which is part of the Western Association of Schools and Colleges (WASC). The College is also approved by the California Department of Education.

The Adult High School Diploma Program is designed for adult students. Through individualized teaching and the opportunity to self-pace, students are able to earn their high school diploma or GED®, and improve skills in study subjects including reading comprehension, vocabulary and grammar development, spelling, writing, mathematics, along with other subjects.

Offering an open-entry Learning Center setting, the AHS Diploma Program allows students to meet with a counselor, create an individual learning plan, and interact with faculty who provide one-on-one and small group instruction.

ADULT HIGH SCHOOL, ESL, GED®



► ADULT HIGH SCHOOL / GED / LEARNING SKILLS

Basic Skills Enrichment

In a friendly, non-pressure atmosphere, brush up on reading, writing, spelling, math and other subjects. Whatever your current level is now, you can work at your own pace to develop the skills you need to reach your goals—whether it be earning a diploma, studying for the GED, working toward a job promotion, going back to college, helping your children with schoolwork, or just improving your reading, writing and math skills for your own satisfaction. *Limit 75.*

801011 • 10 wks

Sect 01 **Mautone** / MTuWTh 4:15 pm - 7:15 pm
Jan 10 - Mar 17 / Wake Center, Rm 19

Bilingual Basic Reading and Writing

Learn to read and write in Spanish. Later, when you are ready, you will learn to read and write in English also. *Limit 100.*

801061 • 10 wks

Sect 03 **Beers** / MW 5:00 pm - 7:00 pm
Jan 10 - Mar 16 / La Cumbre Middle
School, Rm 101

Sect 02 **Duarte** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High
School, Rm 202

Bilingual GED® Test Preparation

A program of individualized instruction to prepare students to take the General Education Development (GED) Tests. Students will work individually or in small groups to prepare for individual tests and/or the full series of five tests. Students can also receive credit towards a High School Diploma. *Limit 300.*

801004 • 10 wks

- Sect 02 Ponce** / MW 5:00 pm - 8:00 pm
Jan 10 - Mar 16 / Wake Center, Rm 21
- Sect 04 Torres** / MWF 9:00 am - 12:00 pm
Jan 10 - Mar 18 / Wake Center, Rm 21
- Sect 03 Torres** / TuTh 9:00 am - 12:00 pm
Jan 11 - Mar 17 / Schott Center, Rm 29
- Sect 01 Galvis** / TuTh 5:00 pm - 8:00 pm
Jan 11 - Mar 17 / Schott Center, Rm 29
- Sect 06 Uribe** / Sat 9:00 am - 12:00 pm
Jan 15 - Mar 19 / Wake Center, Rm 21
- Sect 05 Uribe** / Sat 1:30 pm - 4:30 pm
Jan 15 - Mar 19 / Schott Center, Rm 29

Individualized Instruction: All Subjects

Offers individualized instruction in all high school subjects: reading comprehension, spelling, vocabulary and grammar development, writing, mathematics and more. Prepare for the diploma-program competency tests in reading, writing and mathematics, as well as for the GED tests. Earn high school credit for successful completion of courses. Open enrollment. *Limit 300.*

801005 • 10 wks

- Sect 02 Mathers-Winn** / MTuWThF 8:30 am - 11:30 am
Jan 10 - Mar 18 / Schott Center, Rm 16
- Sect 25 Anderson** / MTuWThF 9:00 am - Noon
Jan 10 - Mar 18 / Wake Center, Rm 19
- Sect 27 Johnson Madrigal** / MTuWThF 11:30 am - 2:30 pm
Jan 10 - Mar 18 / Schott Center, Rm 16
- Sect 33 Swanson** / MTuWTh 12:00 pm - 3:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 19
- Sect 24 Messer** / MTuWTh 2:30 pm - 5:30 pm
Sat 1:00 pm - 4:00 pm
Jan 10 - Mar 19 / Schott Center, Rm 16
- Sect 17 Cate** / MTuWTh 5:30 pm - 8:30 pm
Jan 10 - Mar 17 / Schott Center, Rm 16
- Sect 53 Moreno** / TuTh 7:00 pm - 9:00 pm
Jan 11 - Mar 17 / Salvation Army Hospitality House, Dining Rm

**GED® PREPARATION****2011 GED TEST DATES:**

The second Saturday of each month,
9:00 a.m.-3:00 p.m.: Jan. 8, Feb. 12, Mar. 12,
Apr. 9.

**The first and third Friday of each month
(*holiday exception), 7-9:30 p.m.:** Jan. 7, 21;
Feb. 4, 25*; Mar. 4, 18; Apr. 1, 15.

Tests given on the above dates are:

Saturday AM: Reading, Social Studies,
Science

1st Friday PM: Writing Skills

3rd Friday PM: Mathematics

Test accommodation may be extended to adults with physical and/or learning disabilities upon presentation and approval of documentation of need.

Photo identification, government-issued (which includes name, birth date, and signature) and proof of California residency are required when registering for tests. Photo ID is also required when tests are administered.

Testing fees: If you take one or more of the five GED Tests, you must pay a one-time \$60 fee for testing services as well as Adult Education fees of \$15 for each of the tests. These fees must be paid when making reservations for testing. Retest fees: \$20.

Refund policy: The testing fee of \$60 is nonrefundable. All fees are non-refundable if testing does not begin within one year.

Test results: When you pass all five tests, you will receive an official California High School Equivalency Certificate. All testing records will remain permanently on file with the State of California.

Proctored tests are available for distance learning courses (on-line, correspondence, etc.). The fee is \$25 for the first hour and \$5 for each additional hour (or portion thereof).

Please call 898-8128 for GED information.

For information about the schedule for GED application and registration, please check our website www.sbccc.edu/ce or speak with an Adult High School/GED counselor in Room 2, Schott Center (phone: 898-8160), or Room 29, Wake Center (phone 683-8260).

► CITIZENSHIP



ESL/Citizenship

This class prepares immigrants to take the written and oral portions of the USCIS Citizenship Test. Topics include United States government and history, instruction in English as a Second Language, and test-taking skills. *Limit 100.*

801059 • 10 wks

- Sect 03 Palafox** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 203
- Sect 02 Palafox** / Sat 9:00 am - 12:00 pm
Jan 15 - Mar 19 / Wake Center, Rm 20

► ENGLISH AS A SECOND LANGUAGE (ESL)



STEPS TO ENROLLMENT

Steps for all new ESL students enrolling in ESL classes:

Pasos para todos los estudiantes de nuevo ingreso:

1. Take the assessment placement test.
Presente el examen de colocación.
2. Attend orientation.
Asista a la orientación.
3. Register in ESL class.
Inscríbase en la clase de ESL.

ASSESSMENT

The assessment test helps us place you in the right English classes. This helps you succeed in school. Assessment practice worksheets are available at the Student Services Offices.

El examen de valoración nos ayuda a colocarlo en las clases de inglés apropiadas para su nivel. Esto le ayudará a tener éxito como estudiante. Formas de práctica de la prueba de colocación están disponibles en las oficinas de Apoyo al Estudiante.

ORIENTATION

At the orientation you will:

- Receive your placement results.
- Learn how to read the schedule of classes, how to plan your class schedule and how to register for classes.
- Learn about important dates and deadlines.
- Learn about college student support services.

En la orientación usted:

- Recibirá el resultado del examen de colocación.
- Aprenderá como entender el horario de clases, cómo planear su horario de clases y como inscribirse en sus clases.
- Se informará acerca de fechas importantes y fechas límites.
- Se informará acerca de los servicios de apoyo para los estudiantes del colegio.

DATES, TIMES AND LOCATION INFORMATION:

For information call (805) 898-8150.

Para información llame (805) 898-8150

ESL Beginning - High/Level 3

This course addresses language skills in the areas of listening, speaking, reading, writing and comprehension, and includes communication tasks and skills for real-life situations. This course is intended to integrate language with culture. *Limit 100.*

801015 • 10 wks

Sect 10 **Giuffre** / MTuWTh 9:00 am - 12:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 13

Sect 05 **Perez** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / Carpinteria Middle School, Rm 31

Sect 04 **Messier** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 208

Sect 98 **Keller** / MTuWTh 7:30 pm - 10:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 17

ESL Beginning - Low/Level 2

This course addresses language skills in the areas of listening, speaking, reading, writing and comprehension, and includes communication tasks and skills for real-life situations. This course is intended to integrate language with culture. *Limit 100.*

801014 • 10 wks

Sect 03 **Graham** / MTuWTh 9:00 am - 12:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 16

Sect 15 **Van Wingerden** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / Carpinteria Middle School, Rm 16

Sect 98 **Karppinen** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 206

Sect 23 **Rempe** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 209

Sect 09 **Weeks** / MTuWTh 7:30 pm - 10:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 13

ESL Beginning Literacy/Level 1

This course addresses language skills in the areas of listening, speaking, reading, writing and comprehension, and includes communication tasks and skills for real-life situations. This course is intended to integrate language with culture. *Limit 100.*

801033 • 10 wks

Sect 03 **Leavitt** / MTuWTh 9:00 am - 12:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 14

Sect 98 **Blackadar** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / La Cumbre Middle School, Rm 102

Sect 04 **Carlson** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / Carpinteria Middle School, Rm 18

Sect 75 **Mancic-Johnson** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 303

Sect 99 **Scherz** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 210

Sect 05 **Bellamy** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 205

Sect 90 **Oetken** / MTuWTh 7:30 pm - 10:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 20

Sect 74 **Van Wingerden** / TuTh 4:45 pm - 6:30 pm
Jan 11 - Mar 17 / Westland Floral, Cafeteria

ESL Computer Class

In this hands-on computer lab course, students will review and greatly enhance their ESL abilities through use of language learning software, e-mail projects and ESL specific internet sites. All language skills including reading, writing, listening, conversation and pronunciation will be covered. Independent practice with one-on-one tutoring will be available. Students will contribute stories and photos to a class web page to share with the

internet world. *Limit 100.*

801076 • 10 wks

Sect 02 **Matosian** / F 6:00 pm - 8:30 pm
Jan 14 - Mar 18 / Carpinteria Middle School, Rm 19

ESL Conversation Workshop

Students practice conversation in small groups of language learners with the instructor or a native speaker of English volunteer. Conversation topic handouts prepared by the instructor are used during the first hour of the workshop. Students choose topics they want to talk about during the second hour. The goal of Let's Talk is to promote spoken English fluency. *Limit 100.*

801039 • 10 wks

Sect 05 **Blakley** / Th 5:15 pm - 7:15 pm
Jan 13 - Mar 17 / Wake Center, Rm 13

ESL Intermediate - Low/Level 4

This course addresses language skills in the areas of listening, speaking, reading, writing and comprehension, and includes communication tasks and skills for real-life situations. This course is intended to integrate language with culture. *Limit 100.*

801055 • 10 wks

Sect 02 **Laula** / MTuWTh 9:00 am - 12:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 17

Sect 07 **Beers** / MTuWTh 7:30 pm - 10:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 16

ESL Multi-Level

Multi-Level ESL, Beginning: Basic survival English emphasizing oral communication and vocabulary development.

Multi-Level ESL, Intermediate: Gives further instruction in the basic English language skills of reading, writing, listening and speaking. Emphasizes comprehension of phrases and expressions used in everyday American English.

Multi-Level ESL, Advanced: Emphasizes the sharpening of pronunciation skills and the explanation and practice of correct grammar usage. Other areas of study include prepositions, phrasal verbs, idioms, relaxed English, listening exercises, vocabulary and conversation. *Limit 100.*

801051 • 10 wks

Sect 58 **Valenzuela** / MTuWThF 8:00 am - 11 am
Jan 10 - Mar 18 / Canalino School, Rm 37

Sect 47 **Koop** / MTuWF 8:00 am - 10:30 am
Jan 10 - Mar 18 / Franklin School, Rm 9

Sect 28 **Kroes** / MTuWThF 8:30 am - 11:30 am
Jan 10 - Mar 18 / Catholic Charities, Rm 1

- Sect 60 Bellido** / M,Tu,W,Th 8:30 am - 11:30 am, F 8:30 am - 1:00 pm
Jan 10 - Mar 18 / Cleveland School, Rm 23
- Sect 17 Berris** / MWF 8:30 am - 11:30 am
Jan 10 - Mar 18 / Harding School, Rec Center
- Sect 20 Corcoran** / MTuWThF 9:00 am - Noon
Jan 10 - Mar 18 / Schott Center, Rm 28
- Sect 38 Bolton** / MTuWTh 9:00 am - 12:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 27
- Sect 19 Nunez** / MTuWThF 9:00 am - 12:00 pm
Jan 10 - Mar 18 / Schott Center, Rm 30
- Sect 61 Ryan** / MTuWThF 12:30 pm - 3:30 pm
Jan 10 - Mar 18 / Wake Center, Rm 13
- Sect 04 Kastner** / MTuWTh 12:30 pm - 3:30 pm
Jan 10 - Mar 17 / Wake Center, Rm 16
- Sect 11 Matosian** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / Carpinteria Middle School, Rm 32
- Sect 62 Mason** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / La Cumbre Middle School, Rm 110
- Sect 75 Graybill** / MTuWTh 6:30 pm - 8:30 pm
Jan 10 - Mar 17 / Ellwood School, Rm 23
- Sect 34 Allen** / MTuWTh 6:30 pm - 9:30 pm
Jan 10 - Mar 17 / Isla Vista School, Rm 16
- Sect 29 Garcia** / MTuWTh 6:30 pm - 9:30 pm
Jan 10 - Mar 17 / Adelante School, Rm 115
- Sect 90 Kostruba** / MTuWTh 6:30 pm - 9:00 pm
Jan 10 - Mar 17 / Goleta Valley Community Center, Rm 2
- Sect 16 Hurst** / MTuWTh 7:00 pm - 9:30 pm
Jan 10 - Mar 17 / Santa Barbara High School, Rm 301
- Sect 13 Stoker** / MW 7:00 pm - 9:00 pm
Jan 10 - Mar 16 / Transition House, Rm 2
- Sect 08 Locke** / MTuWTh 7:30 pm - 10:00 pm
Jan 10 - Mar 17 / Wake Center, Rm 27
- Sect 26 Simon** / TuWTh 8:45 am - 11:45 am
Jan 11 - Mar 17 / Isla Vista Youth Projects, HPC Classroom
- Sect 52 Locke** / TuTh 5:00 pm - 7:00 pm
Jan 11 - Mar 17 / Adams School, Rm 3
- Sect 02 McNay** / TuTh 6:30 pm - 8:30 pm
Jan 11 - Mar 17 / Lower Westside Neighborhood Center, Rm 1
- Sect 27 Smith** / MTuWTh 6:30 pm - 9:00 pm
Jan 18 - Mar 21 / Aliso School, Cafeteria
- Sect 92 Estes** / MTuWTh 7:00 pm - 9:30 pm
Jan 18 - Mar 21 / Santa Barbara High School, Rm 308

ESL Pronunciation and Conversation

Half the class is devoted to pronunciation and half to conversation. The pronunciation portion

involves intensive repetition, distinguishing between sound pairs, identifying long and short vowels and key consonant sounds. Sounds in stressed and unstressed positions, and intonation and linking are also included in the instruction. The conversation portion of the class is conducted in small discussion groups with guided topics. *Limit 100.*

801065 • 10 wks

- Sect 01 Stephen** / MW 12:30 pm - 3:00 pm
Jan 10 - Mar 16 / Schott Center, Rm 29
- Sect 02 Stephen** / Tu 5:00 pm - 7:15 pm
Jan 11 - Mar 15 / Wake Center, Rm 13
- Sect 13 Bolton** / F 9:00 am - 12:00 pm
Jan 14 - Mar 18 / Wake Center, Rm 27
- Sect 10 Laula** / F 9:00 am - 12:00 pm
Jan 14 - Mar 18 / Wake Center, Rm 16
- Sect 11 Giuffre** / F 9:00 am - 12:00 pm
Jan 14 - Mar 18 / Wake Center, Rm 13
- Sect 05 Giuffre** / F 12:30 pm - 2:30 pm
Jan 14 - Mar 18 / Wake Center, Rm 16

ARTS, CRAFTS & HUMANITIES



▶ ART: ART & CULTURE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Antiques

Whether you are a collector, have inherited, or are fascinated by antiques, you'll learn more about these pleasing and puzzling objects while beginning to gain keys for distinguishing genuine from fake. A 'Roadshow' type environment highlighting art and cultural history, but without valuation. Short lecture, followed by demonstrations discussions, and student presentations. Student collectors may discuss their collections. Includes fine art, furniture, folk art, silver, Americana, art-glass,

ceramics, Native American arts, quilts, textiles, prints, book arts, etc. *Limit 35.*

Eight Wednesday classes and one Saturday class field trip March 12th.

401225 • 8 wks • Materials: \$10

- Sect 01 Karle** / W 7:30 pm - 9:45 pm
Jan 19 - Mar 12 / Schott Center, Rm 29

Santa Barbara Architecture-A General Survey

The history of Santa Barbara's Spanish Colonial Revival architecture reveals distinctive people who envisioned a new Spain. But in and around this city known for its red tile roofs, there is so much more. Join your guide Rose Thomas and experience the vitality of our city's architectural heritage. The course will cover select architectural styles with slide talks, speakers of note and on-site visits. Tours include an adobe, a Victorian, a Craftsman Bungalow and a Spanish Colonial Revival residence. A contemporary residence will also be on the schedule. *Limit 25.*

401205 • 6 wks • Materials: \$5

- Sect 01 Thomas** / W 9:30 am - 12:30 pm
Jan 12 - Feb 16 / Schott Center, Rm 3

▶ ART: COLLAGE & PRINTMAKING FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Basic Printmaking

Explore the traditions of printmaking with non-toxic materials. Learn to use professional etching presses and print a variety of plates in both relief and intaglio. The Fall term covers relief and reduction prints; Winter term explores drypoint and lithography, and Spring introduces monotype and Solarplate etching. Lectures and demonstrations begin each class and materials and tools provided. Beginners and advanced printers welcome. *Limit 22.*

402165 • 12 wks • Materials: \$45

- Sect 01 Zimmerman** / M 1:00 pm - 4:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 23

Collage and Mixed Media Workshop

This term, the focus is on elements and principles of composition. Assignments, done in or out of class, will illustrate the components that comprise an integrated and balanced collage or

mixed media piece. Each week will be devoted to one aspect of composition design and class time will include critique and discussion of finished work. Open to artists at all levels of accomplishment. *Limit 25.*

Carpenteria class in collaboration with: Faith Lutheran Church

402184 • wks vary (10-12 wks) • Materials: \$12

Sect 01 Browdy / M 1:00 pm - 4:00 pm (12 wks)
Jan 10 - Mar 28 / Schott Center, Rm 20

Sect 02 Askew / W 1:00 pm - 4:00 pm (10 wks)
Jan 12 - Mar 16 / Wake Center, Rm 9

Sect 03 Browdy / Th 1:00 pm - 4:00 pm (10 wks)
Jan 13 - Mar 17 / Faith Lutheran Church,
Carpenteria, Fellowship Hall

Monotypes and Monoprints with Oil Based Inks

This is a collegial workshop for beginners and advanced printmakers. The class develops printmaking skills and encourages exploration of each student's artistic vision. Weekly demonstrations, slides and focused discussions place current techniques in the historical context of printmaking as an art form. While learning monotype techniques we also cover relief in the Fall term, intaglio in the Winter term, and make collagraphs and combine techniques in the Spring. *Limit 24.*

402348 • 11 wks • Materials: \$45

Sect 01 Zimmerman / F 10:00 am - 2:00 pm
Jan 14 - Mar 25 / Schott Center, Rm 23

Printmaking Like a Pro

Artists of all levels are welcome to this survey of intaglio and relief printmaking processes with professional printmaker Elaine LeVasseur. There will be an emphasis on planning images, papers, tools and inks for printing small editions, images in series, and larger format works. We will use a safe, non-toxic process with oil-based inks. Lectures and demonstrations begin each class, followed by student printmaking. All materials and tools provided. *Limit 25.*

430020 • 11 wks • Materials: \$45

Sect 01 LeVasseur / F 6:00 pm - 9:00 pm
Jan 14 - Mar 25 / Schott Center, Rm 23

Safe Printmaking with Solarplate

This class offers students a simple, non-toxic way to make etchings, relief prints and lithograph-like or photo-gravure-like prints. Artists may draw or paint directly onto plates, or create photo positives, before exposing plates to the sun then washing with plain water to etch. Learn basic inking and use of etching presses. No experience necessary, just bring

rubber gloves and cotton rags. *Limit 25.*

402333 • 11 wks • Materials: \$45

Sect 01 LeVasseur / Sat 12:00 pm - 3:00 pm
Jan 15 - Mar 26 / Schott Center, Rm 23

▶ ART: DRAWING & PAINTING FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Abstract Painting Workshop

This course is offered as a studio workshop and meeting place for students interested in painting abstract pictures. We'll explore the history of abstract painting (both East and West) through weekly slide presentations and discuss important material related to this fascinating endeavor. We'll try techniques using traditional and experimental materials and offer critiques as a group discussion. *Limit 35.*

402290 • 12 wks • Materials: \$5

Sect 01 Stich / M 1:00 pm - 4:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 7

Art a la Carte

A study of painting in oils on canvas with brush and palette knife. Students will learn and experience a variety of styles in painting including representational, impressionism, post-impressionism, cubism and abstract expressionism (non-objective and geometric). Students will also receive both group and individual guidance, and the assignments will include a variety of subject matter. Recommended prerequisite: Beginning Oil Painting or other previous oil painting experience. *Limit 32.*

402192 • 10 wks • Materials: \$5

Sect 01 Pickering / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 7

Art Workshop

This is a course designed for the professional and student studio artist to increase self awareness of their artwork, and guide them with interactive and constructive criticism to build a new awareness of their creative potential. Weekly creativity exercises and goal setting will be emphasized. Students will bring in their current work for criticism and discussion. Some reading assignments will be given and a journal or sketch book is required. Suggested reading: *The Shape of Content*, by Ben Shahn. *Limit 24.*

402097 • 10 wks • Materials: \$8

Sect 01 Askew / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 5

Beginning Oil Painting

Enjoy painting in a relaxed atmosphere. Learn about materials, set-up and palette mixing, color combinations that work and the use of light. Experience the art of applying paint to canvas with brush and palette knife and gain exposure to various styles of painting, from still life to landscape, representational to abstract, including impressionistic. You'll receive individual guidance. Note: New beginning students must attend the first day of class. *Limit 39.*

402122 • 12 wks • Materials: \$5

Sect 02 Pickering / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 7

Beginning Oil Painting - Basics and Beyond

This studio oil painting class will excite your passion for painting in oils, gaining an understanding to confidently approach any subject you choose. We'll cover: materials, values, color mixing, drawing, gesture, perspective, composition, still life, light, the elements of landscape painting and more. Intermediate to advanced artists are also welcome. *Limit 30.*

402356 • 12 wks • Materials: \$5

Sect 01 Iwerks / M 1:00 pm - 4:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 22

Botanical Illustration

Immerse yourself in the meditative art of botanical illustration. Working with pencil, watercolor, pen and ink, students of nature will learn to depict plant species and understand their form and function. Choose to focus on our native plants, backyard garden varieties or other organic subjects. Though we strive for accuracy, our approach will lean a little toward artistic license over traditional illustration. Bring art supplies plants or other organic subject

matter to each session. Beginners to advanced students welcome. *Limit 30.*

402256 • 10 wks • Materials: \$10

Sect 01 Iwerks / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 20

Color Exploration

Join us to experiment, explore and discover the importance of color in creating paintings. Learn how colors can enhance the perspective aspect of painting. We will explore hue, value and intensity of color and learn how to use these color characteristics to create better paintings. Students will participate in the still life set-ups creating variety and new ideas. All water media accepted: acrylics and pastels encouraged. Beginning to advanced students are welcome in this class. Please bring any fruit or vegetable and painting materials to the first class. *Limit 21.*

402315 • 10 wks

Sect 01 Breedon / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Carpinteria Veterans' Memorial Building, meeting hall

Composition and Design for Artists

"Arrange whatever pieces come your way."
- Virginia Woolf. A next step for the experienced and a foundation for beginners, this class uses short exercises, collage and thumbnail sketches to teach participants how to organize the picture plane, and "arrange the pieces." Drawing skills are not a prerequisite. Student projects and slides of master work inspire lively class discussions focusing on the fundamentals of design: balance, unity/variety, figure/ground and depth, concepts that happily transfer to other mediums. *Limit 25.*

402222 • 10 wks • Materials: \$5

Sect 02 Schoeff / Th 1:00 pm - 4:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 5

Creativity and the Imagination

In this class we will use a journal as a base in which to collage, paint, write, and record our daily lives. Using mixed media techniques taught in class, we will document our everyday experiences, those that make us unique and our lives truly quite extraordinary. No prior art experience is required. We will be inspired by the art journals of Frida Kahlo, Dan Eldon and Sabrina Ward Harrison. *Limit 30.*

402302 • 12 wks • Materials: \$10

Sect 01 Wroblewski / M 1:00 pm - 4:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 5

Critique Class for Painters: Intermediate and Advanced

An opportunity for critique of your completed paintings or works in progress, regardless of the medium or approach. Emphasizes the importance of presenting your art effectively. *Limit 30.*

402069 • 10 wks

Sect 01 Armstrong / M 9:30 am - 11:30 am
Jan 10 - Mar 14 / Schott Center, Rm 20

Drawing: The Beginning

"I have learned that what I have not drawn I have never really seen, and that when I start drawing an ordinary thing, I realize how extraordinary it is, sheer miracle" Frederick Franck, *The Zen of Seeing*. Learn to draw by observing the extraordinary world of line, shape and value. Working in a variety of black and white mediums, students practice techniques that will improve eye/hand coordination resulting in more accurate, compelling drawing. *Limit 25.*

402052 • 10 wks • Materials: \$10

Sect 01 Kearns / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 20

New Techniques in Painting and Mixed Media

In this class we will combine a variety of painting methods for both acrylic and oil while developing the application of mixed media into a fascinating art form. We will tastefully explore the use of texture, color, and design to produce original works of art. The combination of short films on innovative artists as well as handouts makes this class inspiring while working on your art. Bring painting supplies to the first class with a small assortment of mixed media items. A materials list will be provided the first day of class. No previous painting experience is necessary. *Limit 26.*

402168 • 10 wks • Materials: \$15

Sect 01 Sattler / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 5

Oil and Acrylic Painting

Learn to paint with inspiring techniques to facilitate understanding color, texture, design, and novel painting applications for both realistic and abstract works. We will apply exciting methods that encourage each person to produce meaningful paintings for personal or professional application. Many well known artists will be studied each week to explore their amazing techniques, beauty, and diversity. Please bring to the first class meeting a small set of

paints, brushes, and palette. A materials list will be provided the first day of class for additional supplies needed. No previous painting experience is necessary. *Limit 26.*

402307 • 10 wks • Materials: \$15

Sect 01 Sattler / Th 1:00 pm - 4:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 20

Painting in Acrylic

"Painting in acrylic offers the practical and metaphorical reminder that there are always opportunities to move forward and change." Jacqui Beck, *The Artists' Magazine*. Use of acrylics gives one the freedom to truly experiment and create rich, vibrant paintings. In this class we will explore color theory, composition and design principles, and then create a series of individual paintings. Examples, handouts and supportive critiques will be a part of the class. *Limit 25.*

402138 • 10 wks • Materials: \$10

Sect 01 Tollefson / W 1:00 pm - 4:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 22

Painting the Pictures of Health

In this class, patients, survivors and their loved ones have the opportunity for self-expression and socializing with others through the use of a variety of creative art materials. Art can help to gently access underlying emotions and strengths to help in the healing process, besides it's fun. Come and join us, art talent not required. *Limit 20.*

In collaboration with: The Cancer Center of Santa Barbara

402282 • 12 wks

Sect 01 Stich / M 10:00 am - 12:00 pm
Jan 10 - Mar 28 / Cancer Center of Santa Barbara, Meeting Room

Painting: Intermediate and Advanced

A study of painting with emphasis on contemporary viewpoints. We'll use works in progress and/or variations of similar ideas using all media. Features class critiques and suggestions on presentation. Come prepared to work at first meeting. *Limit 30.*

402146 • 10 wks

Sect 01 Armstrong / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 20

▶ ART: FIGURE & PORTRAITURE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Beginning Drawing: Introduction to the Human Figure

This class is designed for beginners as well as experienced students who wish to develop their figure drawing technique. We will cover the basic skills, such as gesture drawing, anatomy and form, with short poses by the model. Every class will feature detailed step-by-step demonstrations by the instructor, plus individual critiques. Materials: dry media (charcoal, pencil, pastel, conte, etc.). Minors (under age 18) are not allowed in this class. *Limit 25.*

402177 • 10 wks • Materials: \$10

Sect 02 Unkefer / Tu 6:00 pm - 9:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 22

Beginning Figure Drawing

For beginning students or those students with some drawing background but little or no experience drawing the human figure. Explore various black and white drawing media, look at various aspects of drawing including composition, structure, proportion, line quality, while also bringing more awareness to 'seeing', and applying it all toward drawing the human form. Demonstrations will be made from each unique viewpoint of the model. Minors (under age 18) are not allowed in this class. *Limit 25.*

402152 • 12 wks • Materials: \$10

Sect 01 Gray / M 6:30 pm - 9:30 pm
Jan 10 - Mar 28 / Schott Center, Rm 23

Figure Drawing

Personal artistic expression enhanced by increasing visual awareness is at the core of this class. Using the figure, simple problem solving approaches to volume, perspective, form and relationship will be taught. Demonstrations will occur weekly. Students are encouraged to work large so that they may experience physical expression as a pathway to making art. Exploring new graphic materials is encouraged. Each class closes with a student-oriented critique designed to develop analytical processes concerning composition, line, space, tonal and tactile impact. Minors (under age 18) are not allowed in this class. *Limit 25.*

402058 • 10 wks • Materials: \$10

Sect 01 Fussell / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 23

Figure Drawing

Beginners and more seasoned artists will have the opportunity to draw directly from the model for three hours. Instruction will be focused on individual needs, but beyond the basics, the emphasis will be on encouraging and refining each person's natural and unique way of drawing. Minors (under age 18) are not allowed in this class. *Limit 25.*

402218 • 11 wks • Materials: \$10

Sect 01 Gray / F 6:00 pm - 9:00 pm
Jan 14 - Mar 25 / Schott Center, Rm 22

Figure Drawing and Painting

This class is for students who wish to explore and expand their artistic abilities in perceiving the human figure. Students with prior experience are welcome, though beginners will receive special attention. There will be a critique at the end of each class. Minors (under age 18) are not allowed in this class. *Limit 35.*

402126 • 10 wks • Materials: \$10

Sect 03 Stich / Tu 6:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 23

Sect 04 Mask / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 22

Sect 05 Mask / W 6:30 pm - 9:30 pm
Jan 12 - Mar 16 / Schott Center, Rm 22

Sect 01 Smith / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 23

Sect 02 Mask / Th 7:00 pm - 10:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 23

Figure/Portrait Drawing Studio

Basic drawing instruction for beginners or artists who seek to improve their skills in portraiture, face to full figure, working from the model. Longer poses will allow time to create a finished picture. Lessons include gesture drawing, form, contour drawing and composition. Includes demonstrations and individual critique by the instructor. Materials: dry media (pastel, charcoal, pencil, conté crayon, etc.). Minors (under age 18) are not allowed in this class. *Limit 25.*

402343 • 10 wks • Materials: \$10

Sect 01 Unkefer / Th 1:00 pm - 4:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 23

Keys to Drawing/Painting Life

Slices of Life - Beginning and advanced students will have the unique opportunity to explore classical and less traditional poses in this class. Emphasis will be on capturing the human form in authentic, day-to-day situations, at work and at play, clothed and unclothed. All students will be encouraged to draw freely and discover

their own individual style. One-on-one guidance will be available if desired. Bring charcoal or your favorite drawing medium to the first class. Minors (under age 18) are not allowed in this class. *Limit 25.*

401181 • 10 wks • Materials: \$10

Sect 01 Henderson / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 23

Portrait Drawing and Painting

Use portraiture to heighten your skills of observation. Students are encouraged to work large and freely while allowing the portrait to emerge. Simple tools are taught which help students see the relationships of forms, shapes and values to each other and to the whole. Underlying anatomy is discussed to support the structure of the drawing. Demonstrations are accompanied by a clear commentary during which students are encouraged to ask questions. Critique is held in class to support students in cultivating a discerning eye. *Limit 25.*

402082 • 12 wks • Materials: \$10

Sect 01 Fussell / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 23

▶ ART: LANDSCAPE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.



Art and the Environment

An opportunity for students to enhance their landscape painting skills and further appreciate the beauty and importance of our endangered landscapes in Santa Barbara. Class instruction will be primarily in oils and watercolor. However, any medium and all skill levels are welcomed. Most classes will meet directly on location. *Limit 35.*

401135 • 10 wks

Sect 01 Drury / Th 2:00 pm - 5:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 3

Beginning Outdoor Sketching in Pen, Ink and Watercolor

Adding color to your ink sketches can be fun as you transform even the simplest subject into a work of art. Join us as we learn about this extremely expressive medium and explore Santa Barbara's countless picturesque scenes, just waiting for your unique interpretation. Personalized instruction will focus on composition, simplifying perspective, color and finding your own style. Bring minimum supplies to the first class. *Limit 40.*

402324 • 10 wks • Materials: \$5

Sect 01 Henderson / Th 9:30 am - 12:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 3

Building Paintings Outdoors

This class features a combination of plein-air landscape painting in oils and acrylics with critiques. We will work in medium-to-large formats and develop at least two paintings. Please bring your paints. *Limit 35.*

First class meets at Schott Center. All other meetings are at different locations.

402275 • 10 wks

Sect 01 Drury / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 20

Inside-Out: Studies in Landscape Painting and the Figure

This class includes both the painting of the landscape and that of the figure. Students will enjoy days of painting in the local landscape, which will be interspersed with indoor studio sessions on the figure. This is in the tradition of artists such as Cezanne and Winslow Homer who took up both the figure and the landscape as lifelong studies. The indoor sessions will be preceded by slides and a discussion of these and other artists' work. Minors (under age 18) are not allowed in this class. *Limit 25.*

402219 • 10 wks • Materials: \$5

Sect 01 Stich / Th 9:30 am - 12:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 22

Light and Shadow in Art

Capture Santa Barbara's timeless light while painting en plein air in all conditions. While referencing historic as well as contemporary master painters, we will explore techniques in painting and develop skills of 'seeing' color so the light we capture will 'feel' timeless. Open to multiple mediums and levels. First class will meet on location, rain or shine. *Limit 25.*

402253 • 10 wks

Sect 01 Van Stein / W 1:00 pm - 4:00 pm
Jan 12 - Mar 16 / Andree Clark Bird
Refuge, Parking lot

Pastels: A Class in Color and Technique

Curious about pastels? Interested in an opportunity to improve your skills with this interesting medium? Then this class is for you. Working indoors and outdoors and using the beautiful environment of this area for inspiration, students of all levels who want to work with soft and oil pastels are welcome in this class. Beginners should have some drawing experience. Bring pastels, pastel paper and support board to first class. *Limit 21.*

402068 • 10 wks

Sect 01 Breedon / W 1:00 pm - 4:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 20

Sketching in Nature

Start your week sketching and painting outdoors in beautiful Santa Barbara. Our classroom is the beach, the bluffs, the mountains, gardens and more. Bring a sketch book and drawing materials to the first class. *Limit 40.*

402175 • wks vary (11-12 wks) • Materials: \$5

Sect 02 Iwerks / M 9:00 am - 12:00 pm (12 wks)
Jan 10 - Mar 28 / Schott Center, Rm 3

Sect 03 Iwerks / Sat 9:00 am - 12:00 pm (11 wks)
Jan 15 - Mar 26 / Schott Center, Rm 5

▶ ART: SCULPTURE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Beginning Bronze Casting

If you have ever wanted to learn bronze casting this is the class for you. Upon completing this course, students will have acquired the skills to successfully sculpt a model in wax, cast it in bronze and finish it for presentation. Join one or both classes to work on your project. Please note: Students will be responsible for buying their own tools (sculpting wax and wax carving tools) at an estimate of \$60. If students wish to pour a casting in bronze, there is an additional cost estimated at \$190 (market cost fluctuates) for the required bronze and sand. *Limit 24.*

405013 • 11 wks • Materials: \$25

Sect 02 Littlehale / F 3:00 pm - 6:00 pm
Jan 14 - Mar 25 / SBCC, Rm H104 - East
Campus

Sect 01 Littlehale / F 6:05 pm - 9:05 pm
Jan 14 - Mar 25 / SBCC, Rm H104 - East
Campus

Beginning Stone Carving

This class will focus on the development of the student's creativity and the learning of basic techniques of carving. Beginning students will develop models, learn how to select stone and will use hand tools to carve alabaster. This will begin a process which will lead to advanced techniques using power tools to create finished works of art in stone. Class room H104 is located at SBCC's East Campus, in the southeast corner of campus. *Limit 40.*

402156 • 11 wks

Sect 01 Davis / Sat 9:30 am - 12:30 pm
Jan 15 - Mar 26 / SBCC, Rm H104 - East
Campus

Sect 02 Davis / Sat 12:35 pm - 3:35 pm
Jan 15 - Mar 26 / SBCC, Rm H104 - East
Campus

Clay Modeling: Exploration of Water-based Clay and Its Application to Sculpture

Attend one or both Tuesday classes and work from a live model every session. Long poses will enable students of all levels to explore techniques for creating gesture, anatomical proportion and construction, as well as portrait sculpture. Join us in this revealing three-dimensional experience. Most materials available for purchase at Schott Center. Minors (under age 18) are not allowed in this class. *Limit 25.*

451088 • 10 wks • Materials: \$10

Sect 01 Kornbluth / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 22

Sect 02 Kornbluth / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 22

Clay Portraiture

Learn the art of sculpting the human head in clay. Students will gain an understanding of facial features and the structure of the head by working from the model. There will be demonstrations on how to use tools and build armatures. Students will learn how to work with water-based clay and prepare finished works for firing. *Limit 30.*

451153 • 10 wks • Materials: \$10

Sect 01 Davis / Th 6:30 pm - 9:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 22

▶ ART: WATERCOLOR FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

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. *Limit 30.*

402254 • 10 wks • Materials: \$5

Sect 01 Henderson / Tu 6:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 20

Exploring Watercolor

Come discover the joy of exploring watercolor painting. Push color to the limits while completing lessons on color theory, color harmony and reflected color. Lessons will embrace color, value, composition and a variety of watercolor techniques. Students will receive lessons in which they will continue to grow. Class includes lecture, demonstration, hand-outs and critique. This class is designed for students with some watercolor painting experience. *Limit 28.*

402206 • 10 wks • Materials: \$6

Sect 01 Quiel / Th 9:30 am - 12:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 5

Layering Color, Capturing Light: Beginning in Watercolor

Discover how to make bright, loose, free-flowing paintings filled with light and color using layers of transparent watercolor and white paper. Learn how to use paper, paints, water and brushes and experiment with color to create interpretive florals, landscapes and abstracts. Students of all levels are welcome as we take a slow, relaxed approach to this wonderful medium. Features demonstrations plus time for personalized instruction in the basics of dynamic composition, value control, color temperature and color mixing. *Limit 30.*

401180 • 10 wks • Materials: \$10

Sect 01 Robertson / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 23

Splashing Watercolor

Discover the joy and skill of painting with watercolor. Through lecture, demonstrations and handouts, students will learn a variety of approaches to watercolor. Explore a variety of styles, color theory and composition. Includes a strong emphasis on color and light. Students will receive individual and group critiques. This class is open to beginning and intermediate students. *Limit 28.*

402326 • 10 wks • Materials: \$6

Sect 01 Quiel / W 9:30 am - 12:30 pm
Jan 12 - Mar 16 / Schott Center, Rm 5

Sect 02 Quiel / W 6:00 pm - 9:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 5

Watercolor and the Great Outdoors

Join us as we explore and recreate our beautiful surroundings in Santa Barbara County. Learn the joy of painting on site and how it differs from work in the studio. Students will expand their knowledge as we emphasize composition, color theory, watercolor techniques and much more through demonstrations, lectures and critiques. First class meeting at the Schott Center, all other meetings are out on location. *Limit 30.*

402142 • 10 wks • Materials: \$6

Sect 01 Quiel / Tu 1:15 pm - 4:15 pm
Jan 11 - Mar 15 / Schott Center, Rm 27

Watercolor: Bold and Free

A beginning and continuing class using transparent watercolor paints. Our goal is to achieve rich clear colors, dynamic contrasts, interesting compositions, and varied shapes and shadows. Light will fill your paintings and you will develop a love of the medium. *Limit 25.*

In collaboration with: Valle Verde Retirement Community

402099 • 11 wks • Materials: \$5

Sect 03 Robertson / F 9:00 am - 12:00 pm
Jan 14 - Mar 25 / Valle Verde Retirement Community, Santa Barbara Room



▶ CRAFTS: CERAMICS FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Ceramics

Discover the joys of working with clay using either a potter's wheel or your own hands. Beginning students will learn the basic techniques necessary to develop personalized styles with clay. Intermediate and advanced students are welcome. *Limit 30.*

451004 • wks vary (10-12 wks) • Materials: \$25

Sect 02 Basch / M 6:00 pm - 9:00 pm (12 wks)
Jan 10 - Mar 28 / Schott Center, Rm 24

Sect 03 Loebman / Tu 6:30 pm - 9:30 pm (10 wks)
Jan 11 - Mar 15 / Schott Center, Rm 24

Sect 04 McGuire / W 9:00 am - 12:00 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 24

Sect 05 McGuire / W 1:00 pm - 4:00 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 24

Sect 08 Primrose / W 6:00 pm - 9:00 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 24

Sect 06 Thomsen / Th 1:00 pm - 4:00 pm (10 wks)
Jan 13 - Mar 17 / Schott Center, Rm 24

Sect 07 Thomsen / Th 6:00 pm - 9:00 pm (10 wks)
Jan 13 - Mar 17 / Schott Center, Rm 24

Sect 10 Loebman / F 9:00 am - 12:00 pm (11 wks)
Jan 14 - Mar 25 / Schott Center, Rm 24

Sect 11 Sayers / F 6:00 pm - 9:00 pm (11 wks)
Jan 14 - Mar 25 / Schott Center, Rm 24

Sect 09 Pini / Sat 9:00 am - 12:00 pm (11 wks)
Jan 15 - Mar 26 / Schott Center, Rm 24

Ceramics - Porcelain

Create pure classics from porcelain clay. Students will experiment with glazes and learn various oriental decorating techniques using green, blue, gray and transparent Celadon glazes. This class is recommended for students

with at least one year of throwing experience. The fee covers the cost of your first bag of porcelain clay. *Limit 30.*

451151 • 10 wks • Materials: \$31

Sect 01 **Loebman** / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 24

Clay Handbuilding Class

Discover the ancient art of clay handbuilding. Students develop skills as they make pinch pots, build with coils and explore the techniques of slab construction with draping, folding and wrapping. *Limit 36.*

451096 • 10 wks • Materials: \$25

Sect 01 **Dean** / Tu 12:30 pm - 3:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 24

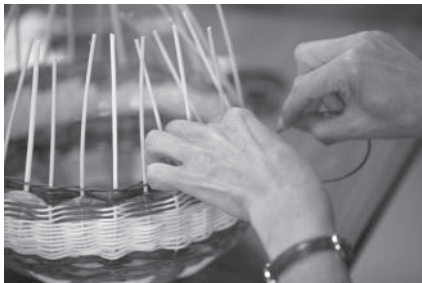
Decorative Techniques for Pottery

Join us as we enter the exciting world of decoration. Each quarter we will explore a different technique. Come and have fun while you learn to enhance your pottery creations. *Limit 35.*

451262 • 11 wks • Materials: \$25

Sect 01 **Kearns** / Sat 12:30 pm - 3:30 pm
Jan 15 - Mar 26 / Schott Center, Rm 24

► CRAFTS: FIBER ARTS FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Basket Weaving Techniques

Learn the structural organization of the elements of the varied basketry techniques of the world. We will explore the use and preparation of some of the plentiful plant materials in the Santa Barbara area along with quick and accessible elements to make a variety of useful and artistic containers while learning this ancient craft and its history. *Limit 25.*

451145 • 10 wks • Materials: \$14

Sect 01 **Kralovic Logan** / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 32

Sect 02 **Kralovic Logan** / W 1:00 pm - 4:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 32

Beginning Quiltmaking

A course for those who have never quilted and those who want to sharpen their basic skills. Learn the fundamentals of quiltmaking while constructing a small sampler quilt. Covers traditional and contemporary techniques of piecing, appliqué and quilting. *Limit 30.*

603022 • 10 wks • Materials: \$10

Sect 01 **Frolli** / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 18

Japanese Embroidery: Bunka Shishu

The art of 'Painting with Thread' is easily learned and, with countless choices of subjects, one is limited only by one's imagination. The effect attained from subtle shading and blending of colorful threads gives the pictures a depth that is truly remarkable. No prior experience is necessary. Please bring small, sharp scissors. *Limit 35.*

451247 • 10 wks

Sect 01 **Daily** / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 9

Sect 02 **Daily** / Tu 12:30 pm - 3:30 pm
Jan 11 - Mar 15 / Wake Center, Rm 9

Knitting Workshop

Unwind and relax with a congenial group of knitters while you finish those projects that are waiting in your closet. Conquer your knitting problems and learn new techniques that will increase your confidence and ability. Bring your new or unfinished project and receive expert, personal attention to complete it. You'll have fun in the process. Open to all, from beginners to experts. *Limit 35.*

451050 • wks vary (10-12 wks)

Sect 03 **Kuntz** / M 7:00 pm - 10:00 pm (12 wks)
Jan 10 - Mar 28 / Wake Center, Rm 14

Sect 01 **Kuntz** / Tu 1:00 pm - 4:00 pm (10 wks)
Jan 11 - Mar 15 / Schott Center, Rm 31

Sect 02 **Kuntz** / W 1:00 pm - 4:00 pm (10 wks)
Jan 12 - Mar 16 / Carpinteria Veterans' Memorial Building, meeting hall

Knitting: Beyond the Basics

So you are beyond basic knitting. Now let your imagination soar while you master new stitches. Explore the possibilities of creating one-of-a-kind knits that look professional

and fit. We'll cover such techniques as laces, cables, color knitting, smocking and circular knitting. Discover new finishing methods and discover how to fix mistakes without ripping. Expand your skills while sharing the enjoyment and inspiration of knitting with others in an encouraging atmosphere. Bring yarn and needles to first class. *Limit 35.*

451097 • 10 wks

Sect 01 **Kuntz** / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 3

Needlework Workshop

This is a great time to finish a project you started years ago. Come in and let me help you get started again. Even if you don't need help come join us as we are all working on wonderful projects. You'll also meet some wonderful people who also love needlework. *Limit 30.*

451126 • 10 wks

Sect 01 **Burr** / Th 12:30 pm - 3:30 pm
Jan 13 - Mar 17 / Wake Center, Rm 7

Patchwork and Quilting

The focus this term will be Baby Quilts. Welcome the new little bundle of joy with a cozy and cuddly crib quilt. You'll enjoy stitching up these quick and easy baby quilts, while learning some basic quiltmaking techniques for cutting and piecing. Patterns and concise instructions will be provided for a number of little quilts that are sure to delight the baby for years to come. Although this class is designed for the older adult, all are welcome to participate. Recommended prerequisite: At least one quarter of Beginning Quiltmaking or the equivalent. *Limit 30.*

603043 • 12 wks • Materials: \$10

Sect 01 **Frolli** / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 18



Quilter's Workshop

You'll enjoy three hours of uninterrupted quilting bliss. Join friends in this non-structured class to complete projects from other quilt-

ing classes. Take advantage of the large tables to baste quilts or use the Bernina machines to do some machine quilting. Recommended prerequisite: At least one quarter of Beginning Quilting or the equivalent. *Limit 30.*

451292 • 11 wks • Materials: \$10

Sect 01 Frolli / F 9:00 am - 12:00 pm
Jan 14 - Mar 25 / Wake Center, Rm 18

Surface Embroidery

Join us in a very relaxing and enjoyable morning of stitching. We will try many interesting types of stitching including Silk Ribbon Embroidery, Brazilian Embroidery, Huck Embroidery, Prick and Stitch on Paper, Needle Punch and Stumpwork. Come in and see what lovely things we are all doing. All levels of stitching skills are welcome. *Limit 30.*

451315 • 10 wks

Sect 01 Burr / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 7

Weaving: Floor Loom

Create useful and decorative projects while learning the craft of handweaving. Includes project planning, warping the loom and weaving theory and techniques. Designed for beginning, intermediate and advanced students. *Limit 25.*

451025 • 10 wks • Materials: \$25

Sect 01 Lopez / TuTh 9:00 am - 3:30 pm
Jan 11 - Mar 17 / Wake Center, Rm 32

► CRAFTS: GENERAL CRAFTS FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Beginning Decorative Painting

Students in this beginning class will learn the basic techniques of decorative art that can be used in designing objects for the home or as gifts. Using bottled acrylic paints students will learn the techniques of shading, highlighting and use of color. Students will have the opportunity to choose from a variety of projects at the first class. *Limit 25.*

451242 • 10 wks • Materials: \$10

Sect 01 Ribet / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 7

Bookbinding

Come join in the fun and sociability of creating your own books or repairing that old family Bible or cookbook in the authentic, old-fashioned way. Creativity and originality are encouraged in creating boxes, portfolios, books and more. If you have the will, you will acquire the skill. *Limit 24.*

451006 • 10 wks • Materials: \$10

Sect 01 Zittel / Th 1:00 pm - 4:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 9

Calligraphy

Learn the art of beautiful writing using a broad point pen. In this class, the mature adult will learn basic techniques and equipment used by contemporary calligraphers to produce beautiful and exciting letterforms. We'll emphasize correct letter formations with plenty of in-class practice. Students will receive alphabet exemplars, practice paper and weekly projects to encourage creativity. All are welcome to join in. *Limit 25.*

451009 • 12 wks • Materials: \$10

Sect 01 Bollinger / M 7:00 pm - 9:30 pm
Jan 10 - Mar 28 / Wake Center, Rm 7

Chinese Calligraphy and Brush Painting

Explore and learn the timeless beauty of Chinese calligraphy & brush painting. Students will practice basic brush strokes, write traditional Chinese words, and learn the spiritual meaning behind each word. Paint Asian subjects such as bamboo, blossom, orchid, iris, and lotus. Weekly live demonstrations, along with personal instructions. Your daily practice is essential to learn this meditative discipline. Material fee includes instructional handouts, one new brush, and samples of Shuen (rice) paper. *Limit 28.*

451222 • 10 wks • Materials: \$25

Sect 01 Willhite / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 7

Floral Design-Florist Style

The focus for this class will be florist-style floral design. Students will learn the do's and don'ts of professional floral design. Create bouquets, hi-style arrangements and flowers to wear and carry. Learn all the basics and more from a professional florist with over 20 years of experience. Some flowers and basic supplies will be available in class. Students may take their work home. *Limit 25.*

409013 • 12 wks • Materials: \$25

Sect 01 Finn / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 5

Flower Arranging

Join us to learn an artistic but simple style of flower arranging for your home, office or competition. Learn and use the principles of arrangement that will guide you along with a wide range of plant materials and accessories. Our first class will be an introduction and demonstration of the first assignment to be arranged at the next session. Includes a casual critique of all the arrangements each week. *Limit 25.*

409009 • 10 wks

Sect 01 Finn / Th 6:30 pm - 9:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 5

Picture Framing I

A complete introduction for students interested in picture framing, including design, mounting, mat cutting, glassing and frame building. Explore the principles of quality frame design and art conservation with extensive step-by-step lectures each meeting. Practice the basic skills and complete one project. Project size is a maximum of 9x12 inches. *Limit 24.*

451014 • 12 wks • Materials: \$15

Sect 01 Adelman / M 1:00 pm - 4:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 9

Picture Framing II

A workshop for intermediate and advanced framing students who wish to continue framing under the supervision of a professional framer. Students will work on their own selected projects with individual coaching, as necessary, from the instructor. Includes lectures and/or demonstration as needed. Recommended prerequisite: Picture Framing I or consideration by the instructor. *Limit 24.*

451181 • 12 wks • Materials: \$15

Sect 01 Adelman / M 6:00 pm - 9:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 9



► CRAFTS: GLASS ARTS FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Copper Foil Lamp and Window Construction

Designed for beginning to advanced students; learn all the techniques needed to create beautiful copper foil lamps and windows. Both leaded and copper foil methods will be taught in this class. *Limit 25.*

451320 • 10 wks • Materials: \$20

Sect 01 McNally / Th 6:00 pm - 9:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 11

Glass Arts: Open Workshop

Students of all levels interested in the glass arts, including leaded copper foil, fusing, mosaic and sandblasting are encouraged to attend this open workshop. The instructors will provide guidance and ideas for all your glass projects. This is a great opportunity to use this wonderful facility. Team-taught with Karen Hardin. *Limit 25.*

451313 • 11 wks • Materials: \$15

Sect 01 Vanhecke / F 9:00 am - 12:00 pm
Jan 14 - Mar 25 / Wake Center, Rm 11

Glass Fusing

This class is for students wanting to explore the versatile and beautiful art of glass fusing. You will learn the basic skills necessary to create several pieces by the end of the term, including a small plate or bowl. Come join us in making lovely glass objects that are beautiful as well as functional. Instructional focus is on beginners. *Limit 30.*

451099 • 10 wks • Materials: \$20

Sect 01 Holguin / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 11

Sect 04 Hardin / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 11

Stained Glass: Leaded, Copper Foil and Mosaic for Beginners

Designed for students who have no experience working with glass and want to learn the art of leaded stained glass, copper foil and mosaic. This class will take you through every stage needed to fabricate a glass project. It includes instruction on how to use the sandblaster and offers weekly handouts covering the history of stained glass. Come and have fun learning a new craft. *Limit 25.*

451305 • 10 wks • Materials: \$20

Sect 01 Vanhecke / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 11

Sect 02 Vanhecke / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 11

Sect 03 Vanhecke / Th 12:05 pm - 3:05 pm
Jan 13 - Mar 17 / Wake Center, Rm 11

► CRAFTS: GLASS FUSING (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Glass Fusing Emphasis on Jewelry

This class will focus on the creation of small fused glass pieces, particularly jewelry. You will learn essential techniques such as cold working and the use of table top kilns to bend and manipulate glass. Includes a demonstration of the use and attachment of jewelry findings. You will have the opportunity to complete several projects that you would be proud to wear or give as gifts. This class is for students with fusing experience or at least one term of beginning fusing. *Limit 20.*

451351 • 5 wks • Tuition: \$96 • Materials: \$20

Sect 02 Holguin / Tu 6:00 pm - 9:00 pm
Jan 11 - Feb 8 / Wake Center, Rm 11

Sect 03 Holguin / Tu 6:00 pm - 9:00 pm
Feb 15 - Mar 15 / Wake Center, Rm 11

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. *Limit 20.*

451350 • 5 wks • Tuition: \$96 • Materials: \$20

Sect 04 Holguin / W 6:00 pm - 9:00 pm
Jan 12 - Feb 9 / Wake Center, Rm 11

Sect 03 Holguin / W 6:00 pm - 9:00 pm
Feb 16 - Mar 16 / Wake Center, Rm 11

Multi Level Glass Fusing

This glass fusing class is taught by Karen Hardin, an experienced artist who has a passion for glass. All skill levels will be welcome in this class. Karen will teach beginners the basics of fusing and help the more experienced students create intricate designs in their work. Come and join Karen for this fun and informative class. *Limit 25.*

451352 • 5 wks • Tuition: \$96 • Materials: \$20

Sect 01 Hardin / F 6:00 pm - 9:00 pm
Jan 14 - Feb 11 / Wake Center, Rm 11

Sect 02 Hardin / F 6:00 pm - 9:00 pm
Feb 25 - Mar 25 / Wake Center, Rm 11

► CRAFTS: JEWELRY FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

A Taste of Jewelry: Wire Wrapping

Learn the art of jewelry making with wire wrapping techniques, no soldering required. A variety of projects and techniques will be taught giving students skills to develop their own creative ideas. *Limit 24.*

452052 • wks vary (10-11 wks)

Sect 02 Ribet / Th 6:30 pm - 9:30 pm (10 wks)
Jan 13 - Mar 17 / Wake Center, Rm 7

Sect 01 Ribet / F 1:00 pm - 4:00 pm (11 wks)
Jan 14 - Mar 25 / Wake Center, Rm 7

Bead Creations I

Design your own jewelry as you learn essential techniques for making beaded jewelry, including crimping and plain and wrapped loops. Discover different types of beads as well as a large variety of bead sources. Share design ideas. Become aware of the history of beads.

Designed for beginning students. *Limit 40.*

451122 • wks vary (10-12 wks) • Materials: \$30

Sect 01 Gasparrini / M 9:30 am - 12:30 pm (12 wks)
Jan 10 - Mar 28 / Schott Center, Rm 31

Sect 03 Gasparrini / W 1:30 pm - 4:30 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 23

Sect 02 Gasparrini / W 6:30 pm - 9:30 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 23

Bead Creations II

Take your beadwork to the next level. Continue building your beadwork skills by creating more advanced necklaces, earrings and bracelets. Focus on complex assemblage projects as well as bead weaving techniques and beaded appliqué. Previous beading experience required. Recommended prerequisite: Bead Creations I *Limit 40.*

452068 • 12 wks • Materials: \$30

Sect 01 Gasparrini / M 1:30 pm - 4:30 pm
Jan 10 - Mar 28 / Schott Center, Rm 31

Enameling: Glass on Metal

Come and enjoy a step-by-step introduction to the ancient art of enameling on metal with highly qualified, friendly instructor Margot Niederer. Start by exploring the basic principles of enameling by applying and melting powdered glass onto the surface of copper sheet metal in artistic patterns. You'll also learn a variety of more advanced techniques including using gold and silver foils, cloisonné and champlevé. Enameling is easy to learn, and the results are outstanding. All skill levels are welcome. Please note, depending on the market, there may be an extra cost for silver. Fees may vary according to the number of hours each class section meets. *Limit 24.*

452036 • 10 wks • Materials: \$45

Sect 01 Niederer / Tu 6:00 pm - 9:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 8

Sect 02 Niederer / Th 1:00 pm - 4:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 8

Jewelry Soldering: Information, Focus, Practice

Feeling uncomfortable about soldering? Learn how to solder well once and for all in this excellent intensive technique-oriented course. You will be presented with a series of soldering exercises through which you will practice all of the basic soldering techniques. Class size will be small to provide you with torches. *Limit 20.*

452041 • 10 wks • Materials: \$45

Sect 02 Elkins / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 8

Jewelry Workshop

This class is available to students currently enrolled in our other jewelry classes who want more studio time to complete their projects and to receive additional instruction and learn new techniques from experienced jewelry instructors. All levels welcome. *Limit 24.*

452044 • 10 wks • Materials: \$40

Sect 01 Fowler / W 9:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 8

Sect 02 Stanley / Th 9:00 am - 12:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 8

Lost Wax Casting: Level 1 and Level 2

Beginners are welcome in this wonderful exploring casting class. Students will learn how to carve wax using hand and mechanical tools to make sterling silver rings and pendants. There will also be an opportunity to try Cuttle Fish bone casting and other interesting new techniques. Please note, depending on the market, there may be an extra cost for silver. *Limit 24.*

452043 • 12 wks • Materials: \$45

Sect 01 Stanley / M 6:00 pm - 9:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 8

Southwest Style Jewelry Making

All are welcome to come on in and learn how to make an attractive piece of Southwest Style Jewelry with the guidance of a very knowledgeable instructor, Norm Gutshall. Students will be given instruction on how to design, saw, bend wires, solder, cut and inlay colorful gemstones to create beautiful jewelry. Recommended prerequisite: Basic jewelry making skills including soldering. Please note, there is an extra cost for silver in this class. *Limit 24.*

452033 • 10 wks • Materials: \$50

Sect 01 Gutshall / W 1:00 pm - 5:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 8

Specialized Jewelry Techniques

The instructor will present lots of interesting techniques, new approaches to working metal, and demos of new equipment and tools in this fun-filled specialty techniques jewelry class. Please note, depending on the market, there may be an extra cost for silver. *Limit 24.*

452034 • wks vary (10-12 wks) • Materials: \$45

Sect 01 Fowler / M 1:00 pm - 4:00 pm (12 wks)
Jan 10 - Mar 28 / Wake Center, Rm 8

Sect 02 Stanley / W 6:00 pm - 9:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 8

Sect 03 Fowler / F 1:00 pm - 4:00 pm (11 wks)
Jan 14 - Mar 25 / Wake Center, Rm 8

The Art of Jewelry Making: Level 1

Students are invited to come and learn how to make silver rings, earrings pins, pendants and gemstone settings in this fun beginning-level jewelry class. No experience necessary. We have all of the tools, metal and stones you will need for your projects ready for you. All are welcome to come and enjoy. Please note, depending on the market, there may be an extra cost for silver. *Limit 24.*

452039 • wks vary (10-12 wks) • Materials: \$45

Sect 04 Stanley / M 9:00 am - 12:00 pm (12 wks)
Jan 11 - Mar 15 / Wake Center, Rm 8

Sect 03 Hale / Tu 1:00 pm - 4:00 pm (10 wks)
Jan 11 - Mar 15 / Wake Center, Rm 8

Sect 01 Hale / Th 6:00 pm - 9:00 pm (10 wks)
Jan 13 - Mar 17 / Wake Center, Rm 8

Sect 02 Hale / F 9:00 am - 12:00 pm (11 wks)
Jan 14 - Mar 25 / Wake Center, Rm 8

► CRAFTS: SEWING

Individualized Sewing

Work on the project of your choice—gifts, costumes, garment construction, home decorating, alterations, repairs and crafts—all with instructor assistance. All levels of sewing abilities are welcome, including beginners. Improve your sewing skills using our new machines including sergers and overstitch machines, commercial irons, cutting facilities and new techniques, etc. This is the class for you and your friends. *Limit 35.*

603006 • wks vary (10-12 wks) • Materials: \$10

Sect 02 Brooks / M 6:00 pm - 9:00 pm (12 wks)
Jan 10 - Mar 28 / Wake Center, Rm 18

Sect 01 Brooks / W 9:00 am - 12:00 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 6

Sect 03 Brooks / W 12:30 pm - 3:30 pm (10 wks)
Jan 12 - Mar 16 / Schott Center, Rm 6

Sect 04 Vestal / Th 9:00 am - 12:00 pm (10 wks)
Jan 13 - Mar 17 / Wake Center, Rm 18

Sect 05 Vestal / Th 12:30 pm - 3:30 pm (10 wks)
Jan 13 - Mar 17 / Wake Center, Rm 18

Sect 06 Vestal / Th 6:00 pm - 9:00 pm (10 wks)
Jan 13 - Mar 17 / Wake Center, Rm 18

Sewing for Everyone (Bilingual)

Dress according to today's fashion and design your own clothes. Learn everything from making alterations to creating a wedding dress from your instructor who is a professional seamstress. Bring your 'sewing projects.' (This bilingual class is taught in English and Spanish.) *Limit 40.*

603041 • 11 wks • Materials: \$10

Sect 03 Fuentes / Sat 9:00 am - 12:00 pm
Jan 15 - Mar 26 / Schott Center, Rm 6

Sewing Tips and Techniques

Make sewing fun. Learn easy techniques to help you sew like a pro. Beginners as well as experienced sewers are welcome. Make this class your time each week to sew. *Limit 30.*

603068 • 10 wks • Materials: \$10

Sect 01 Hansen / Tu 6:00 pm - 9:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 6

The Designer Look

This class is designed for beginners and experienced sewers who want to learn new skills. Discover techniques to customize commercial patterns to your figure. Learn from a professional designer the secrets of the pros on how to update your wardrobe, alter wedding dresses, create fiesta costumes and design accessories and hand bags. Create home decor. Discover easy sewing techniques that eliminate basting and pinning. Learn how to use the industrial sewing machines with state-of-the-art equipment and high cutting tables. *Limit 30.*

603047 • 12 wks • Materials: \$10

Sect 03 Cocolo / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 6

Sect 02 Cocolo / M 12:30 pm - 3:30 pm
Jan 10 - Mar 28 / Schott Center, Rm 6

▶ LANGUAGES (COMMUNITY EDUCATION)



Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

French 2

With an emphasis on conversation, we will learn how to find our way around town, how to rent a car, use public transportation and tell time, how to buy a variety of items in stores and compare products. We will learn more verbs in the present and the near future (with going to) tense. We will use CD's and different exercises to learn the grammar and improve

pronunciation. *Limit 33.*

102012 • 10 wks • Tuition: \$80

Sect 02 Wilson / W 2:15 pm - 4:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 14

Intermediate French

After you finish French 1, 2, and 3, or the equivalent of at least one year of French, you can enroll in the Intermediate class. This can also be a refresher course for those who haven't had French for a few years. We learn through listening, speaking, and writing about everyday situations and travel. We focus on vocabulary, basic grammar, pronunciation, and oral and written exercises. Students will be able to take this class several times before moving up to the next level. *Limit 30.*

102002 • 10 wks • Tuition: \$80

Sect 01 Wilson / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 17

Intermediate French Conversation

Practice French conversation after you have had about a year of French classes. You will learn to speak French using dialogues and talking about different topics relating to travel, family and life. *Limit 34.*

102023 • 10 wks • Tuition: \$80

Sect 01 Wilson / Th 5:15 pm - 7:15 pm
Jan 13 - Mar 17 / Schott Center, Rm 28

Advanced French

This class is intended to improve your proficiency in all the verb tenses and moods. We learn to communicate more effectively and confidently by studying selected verb tenses, building sentences and expanding vocabulary with the help of written and oral exercises, as well as a song, a poem, a movie, a news article or an exchange of ideas. We continue to work on pronunciation and fluency. *Limit 34.*

102004 • 10 wks • Tuition: \$64

Sect 01 Wilson / M 5:15 pm - 7:15 pm
Jan 10 - Mar 14 / Schott Center, Rm 28

Beginning Multilevel German

With an emphasis on conversation, an introduction to German using short dialogs emphasizing pronunciation, basic practical vocabulary (numbers, colors, food, clothes, weather and time). Grammar includes the present tense. Lots of active participation. *Limit 34.*

103006 • 10 wks • Tuition: \$80

Sect 01 Kostruba / Tu 7:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 30

Intermediate German

An intermediate German course with lots of conversation in German based on realistic situation role plays and dialogues. Reading and discussion of texts and songs exploring Germany and its culture. Brush-up on grammar (present perfect and future tenses, all cases, irregular, reflexive and modal verbs, subordinating conjunctions). *Limit 34.*

103002 • 10 wks • Tuition: \$80

Sect 01 Kostruba / W 7:30 pm - 9:30 pm
Jan 12 - Mar 16 / Schott Center, Rm 30

Italian 1

Students will learn basic vocabulary, sentences and verbs. We will share short dialogs emphasizing pronunciation and practical vocabulary including numbers, time, food, weather, months, colors, etc. Students will learn various typical expressions and proverbs, which are very popular and used in every day conversation in Italy. Though this is a beginner's class, students with some Italian language background are encouraged to join to improve or simply maintain their Italian conversational skills. *Limit 32.*

104001 • 10 wks • Tuition: \$80

Sect 01 Cocolo / W 1:00 pm - 3:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 28

Italian 2

Review what you learned in the previous quarter and progress by learning verbs in the future and pass tense, and the conjugation of irregular verbs. Expand your vocabulary with proper grammar, spelling, pronunciation and practical phrases. Get familiar with numbers, weather, months, colors, food and Italian customs. Our friendly atmosphere will encourage you to engage in conversation with other students while practicing new vocabulary and grammar. *Limit 34.*

104003 • 10 wks • Tuition: \$80

Sect 01 Cocolo / Tu 1:00 pm - 3:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 14

Beginning Italian Conversation

With an emphasis on conversation, learn the basics including greetings, numbers, colors, clothing, descriptions, and basic travel vocabulary and phrases. *Limit 34.*

104006 • 10 wks • Tuition: \$80

Sect 01 Morrison / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 7

Beginning Japanese

In this class, learn simple basic Japanese conversation: Greeting one another, introducing and describing yourself, shopping, ordering food, time and dates, plus a little more. We will emphasize conversational skills using a textbook written in both Japanese and Romanized characters. You will also learn basic Japanese characters, touch on Japanese culture and speak a lot of Japanese in a fun and innovative way. While this is a beginning class, those who have some background are most welcome to join. *Limit 33.*

108004 • 10 wks • Tuition: \$80

Sect 01 Lee / Tu 7:30 pm - 9:30 pm
Jan 11 - Mar 15 / Wake Center, Rm 9

Spanish 1

With an emphasis on conversation, students will learn basic vocabulary, grammar and expressions relating to greetings, sharing personal information about themselves and their families, professions, body parts, clothing, days of the week, months of the year, numbers and the alphabet. *Limit 34.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105144 • 10 wks • Tuition: \$72

Sect 01 Checa-García / F 9:00 am - 11:00 am
Jan 14 - Mar 18 / Schott Center, Rm 29



Spanish 2

Dates, numbers. Giving and asking for personal data, expressing likes and dislikes, preferences, desires, future plans (ir + a + infinitive), telling time. Regular verbs, present tense. Text: *Dos Mundos En Breve*, Third Ed. capítulos 1 y 2. *Limit 35.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105145 • 10 wks • Tuition: \$80

Sect 01 Lotito / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Wake Center, Rm 17

Sect 02 Esquivel-Kromis / W 3:00 pm - 5:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 30

Spanish 3

With an emphasis on conversation, speak about dates, origin, location and future plans using the present tense and present progressive. Text: *Dos Mundos En Breve*, 3rd. Ed. *Limit 34.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105146 • 10 wks • Tuition: \$64

Sect 02 Lotito / M 5:15 pm - 7:15 pm
Jan 10 - Mar 14 / Schott Center, Rm 30

Spanish 4

Holidays, and celebrations, daily routines, physical and emotional states. Talking about habitual actions (stem-vowel changes in the present). Reflexive verbs. Describing states (different ways to express 'to be'). Text: *Dos Mundos En Breve*, Third Ed. capítulo 4. *Limit 34.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105147 • 10 wks • Tuition: \$80

Sect 01 Checa-García / Th 7:30 pm - 9:30 pm
Jan 13 - Mar 17 / Schott Center, Rm 30

Spanish 5

Indicating to whom something is said (indirect object pronouns). Expressing abilities (saber and poder + infinitives), demonstrative adjectives, common activities and professions, plans and desires. Text: *Dos Mundos En Breve*, capítulo 5. *Limit 34.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105148 • 10 wks • Tuition: \$80

Sect 01 Morgan / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Wake Center, Rm 9

Spanish 6

The neighborhood and rooms in the house. Making comparisons, knowing people, places and facts (conocer y saber). Expressing actions

in the past (preterite tense, regular verbs). Referring to people already mentioned (direct object pronouns). Text: *Dos Mundos En Breve*, Third Ed., chapter 6. *Limit 34.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105149 • 10 wks • Tuition: \$80

Sect 01 Blakley / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Schott Center, Rm 30

Spanish 9

Describing family relationships. Expressing for, from and to whom (Prepositions + Pronouns). Saying what you used to do (Imperfect tense). Text: *Dos Mundos En Breve*, chapter 9 *Limit 33.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105152 • 10 wks • Tuition: \$80

Sect 01 Esquivel-Kromis / W 12:15 pm - 2:15 pm
Jan 12 - Mar 16 / Schott Center, Rm 31

Low Intermediate Conversational Spanish

With an emphasis on conversation, review tenses and important grammar points, adding vocabulary and idiomatic expressions. *Limit 30.* Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105155 • 10 wks • Tuition: \$80

Sect 01 Blakley / Tu 12:45 pm - 2:45 pm
Jan 11 - Mar 15 / Schott Center, Rm 30

Sect 02 Morgan / Th 5:15 pm - 7:15 pm
Jan 13 - Mar 17 / Wake Center, Rm 21

High Intermediate Conversational Spanish

Using the workbook *Repaso*, we'll study the subjunctive and use it in oral activities and conversations. *Limit 30.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105143 • 10 wks • Tuition: \$80

Sect 01 Morgan / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 14

Advanced Conversational Spanish

With an emphasis on conversation, continue your studies of Spanish. We'll practice a variety of grammar points and build vocabulary with a variety of interactive activities. *Limit 30.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105123 • 10 wks • Tuition: \$80

Sect 02 Blakley / Tu 3:00 pm - 5:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 30

Sect 03 Blakley / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Schott Center, Rm 30

Sect 01 Blakley / W 12:45 pm - 2:45 pm
Jan 12 - Mar 16 / Schott Center, Rm 30

Spanish Through Culture and Literature

This class is for advanced level Spanish students, as the class is taught in Spanish. Learn about the culture of various countries in Latin America and Spain through literature and native guest speakers' presentations. In each class, students will read and analyze a short story, poem, excerpt of a novel from a popular Latin American author or an article related to the country presented in class. Guest speakers will talk about the history, food, customs and music from their countries. Students will have an opportunity to interact with these native Spanish speakers and learn about their rich culture. *Limit 33.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, go online to view class listing for this class.

105142 • 10 wks • Tuition: \$80

Sect 01 Esquivel-Kromis / Th 5:15 pm - 7:15 pm
Jan 13 - Mar 17 / Schott Center, Rm 30



▶ LANGUAGES: OCCUPATIONAL

American Sign Language: Level I

Designed for the non-signer who wishes to acquire basic signing skills. Learn basic vocabulary and everyday signs with the goal of beginning the non-verbal communication process. Practice signing in small groups, work on eye training and learn use of space and elementary facial grammar. *Limit 37.*

912016 • 10 wks • Materials: \$8

Sect 01 Walsh / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 9

Bilingual Conversation for the Workplace

This course will be different from any other offered at Continuing Education. Native speakers of both English and Spanish will meet once a week to help each other communicate better in the workplace. Each week a particular workplace theme will be taken up in both languages. *Limit 36.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, see class listing online

801074 • 10 wks

Sect 01 Esquivel-Kromis / F 12:30 pm - 2:30 pm
Jan 14 - Mar 18 / Schott Center, Rm 30

Spanish for the Workplace

This course is for those who need a basic knowledge of Spanish for communicating with employers, employees, clients or peers on the job. Each week a particular workplace theme will be addressed. Some basic Spanish skills required. *Limit 30.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. For the number of CEU contact hours offered, see class listing online.

901051 • 10 wks

Sect 01 Molina / M 5:30 pm - 7:30 pm
Jan 10 - Mar 14 / Holy Cross Church, Meeting Room

Sect 06 Molina / TuTh 5:30 pm - 7:30 pm
Jan 11 - Mar 17 / Pueblo, Conference Room

Sect 03 Molina / W 2:00 pm - 4:00 pm
Jan 12 - Mar 16 / Presidio Springs, Rm 1

Sect 02 Lotito / Th 3:30 pm - 5:30 pm
Jan 13 - Mar 17 / Friendship Manor, Meeting Room

Sect 05 Molina / F 2:00 pm - 4:00 pm
Jan 14 - Mar 18 / Unitarian Society of Santa Barbara, Parish Hall

▶ LITERATURE: FILM FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

The Wonderful World of Movies

The instructor will discuss the origin of films set in locales around the globe—the writing, the actors, the awards. After the movie, there will be a discussion with class members of their reaction to the work. *Limit 35.*

151314 • 10 wks

Sect 02 Alpert / Tu 1:00 pm - 4:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 29

Sect 01 Alpert / W 1:30 pm - 4:30 pm
Jan 12 - Mar 16 / Maravilla Senior Living Community, Theatre

▶ LITERATURE: READING FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Enjoying Contemporary Literature

Increase student enjoyment of and ability to read critically, analyze, and discuss literary works by selected authors. Share insights about the self and society which such reading may suggest. Format may include viewing film adaptations: compare success of literary and cinematic technique. Buy or bring your own books. Winter 2011 Texts: *Olive Kitteridge* by Elizabeth Strout and *The Reader* by Bernhard Schlink. *Limit 50.*

151284 • 10 wks

Sect 01 Fallert / W 10:00 am - 12:00 pm
Jan 12 - Mar 16 / Vista del Monte Retirement Community, Sierra Madre Lounge

Explorations in Literature

Become a more avid, savvy reader of fiction. 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. *Limit 36.*

151303 • 10 wks

Sect 01 Lowenkopf / Tu 1:00 pm - 3:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 28

Literary Classics

Presents older adults with the opportunity and guidance to read, analyze, evaluate and discuss literary classics. Assists students to place modern experience in a historical context and to view historical events with a modern perspective. *Limit 45.*

151197 • 12 wks

Sect 01 Ohlsen / M 10:00 am - 12:00 pm
Jan 10 - Mar 28 / Vista del Monte
Retirement Community, Sierra Madre
Lounge

Modern and Classic Short Stories

Teaches older adult students techniques for close reading of short stories and novellas. Examines the elements of storytelling, i.e. plot, character, theme, point of view, and setting. Analyzes the effect of words, images, metaphors, patterns, and structures of the various works. Explicates effect of culture, values, irony and paradox on the reader. Titles will be determined in class and will include selections from classic and contemporary, American and international authors. *Limit 50.*

151020 • 11 wks

Sect 01 Ferrer / F 10:00 am - 12:00 pm
Jan 14 - Mar 25 / Schott Center, Rm 3

LITERATURE: SPECIAL TOPICS (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Poetry, Prose and Plays

Titles will be determined in class, and will include selections from poetry and prose, or the plays of Shakespeare. Students pursue a close reading of texts, conjuring a sense of

the whole moving through the words, images, metaphors, patterns, and cadences as they carry the experience forward. By the end of this collaboration, students generally find a moment of lucid pleasure, or as Frost characterized it, "... a momentary stay against the confusion of the world." *Limit 40.*

151332 • 12 wks • Tuition: \$63

Sect 03 Ferrer / M 4:00 pm - 6:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 3

LITERATURE: WRITING FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Basic Fiction

Tighten your plot; sharpen your characters; developing voice in fiction: formatting your manuscript; writing the synopsis & query letter; how agents, editors and publishers work; contracts for books & film options; and, overview of fiction market. Up-to-date reference book list and 15 helpful handouts. No assignments or reading aloud. Individual manuscripts critiqued. Excellent for older adults, since writing is a career where age—life experience—is an advantage. The instructor is the best-selling author of *Gray Eagles*, *Code Sakura*, and a new writing book, *Basic Fiction*. *Limit 36.*

Optional reading fee: \$30.00. Please come to the Wake or Schott front desk to pay your reader fees any time during or after the second week of class.

157093 • 10 wks

Sect 01 Unkefer / Th 5:15 pm - 7:15 pm
Jan 13 - Mar 17 / Schott Center, Rm 31

Getting Started, Getting Good, and Getting Your Fiction Published

Fiction—both short stories and novels—requires intriguing characters, a good story line, a compelling narrative voice, convincing dialogue, an energetic pace, palpable mood and a strong engagement with life. Easy to prescribe but difficult to achieve. The necessary skills can be learned. This class will provide instruction in the necessary techniques and an arena for practicing until those skills are mastered. *Limit 36.*

Optional reading fee \$20. Please come to the Wake or Schott front desk to pay your reader

fees any time during or after the second week of class.

157142 • 10 wks

Sect 01 Lowenkopf / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Schott Center, Rm 29

How to Write Quality Nonfiction

Write for yourself? For friends and family? For publication? This class offers the chance to learn from published non-fiction, to share your work, to get feedback, to hone your craft and to get support in moving forward on a project. All genres of non-fiction and creative non-fiction considered, including memoir, journalistic features and reviews. *Limit 40.*

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

157134 • 10 wks

Sect 01 Taylor-Schott / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 16

Recollecting and Writing

Learn to record some of your priceless experiences and memories—the adventures, dreams, longings and accomplishments of a lifetime. Approach writing as both therapeutic and satisfying self-expression, and discover how to enrich your narrative and/or poem with a distinctive absorbing style. *Limit 60.*

157017 • 10 wks

Sect 02 Fallert / Tu 9:00 am - 11:30 am
Jan 11 - Mar 15 / Valle Verde Retirement
Community, Santa Barbara Room

Screening Your Ideas

This class shows older adults how to write a TV screenplay using professional tools and methods. Participants discuss ideas for TV and movies and consider whether the idea is worth pursuing, developing discrimination and judgement in regard to creative works. DVD's and screenplays from current academy nominated films will be used to exemplify technique and stimulate discussion. *Limit 50.*

157130 • 10 wks

Sect 01 Freeman / W 7:30 pm - 9:30 pm
Jan 12 - Mar 16 / Wake Center, Rm 28

Write From the Start

A proven program for writing and selling nonfiction if you've never been published before. Well-known author Cork Miller shows you how to: Develop magazine article and book ideas that sell. Write your Memoir. Learn the craft of writing creative nonfiction.

Use fiction techniques in nonfiction writing. Write irresistible query letters. Learn the new magazine and book marketplace. E-Book publishing. Write book proposals. *Limit 60.*

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

157074 • 10 wks

Sect 01 Millner / Th 9:30 am - 11:30 am
Jan 13 - Mar 17 / Schott Center, Rm 31

► MUSIC & PERFORMING ARTS FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

A Virtuoso Season: A Guide to CAMA's 92nd Season

Since 1919, CAMA (Community Arts Music Association) has brought world-class orchestras and recitalists to Santa Barbara, making it one of the oldest community arts organizations in the United States. Join us for a preview lecture and a performance in CAMA's Master or International Series. Concert ticket is included with the preview lecture, and is distributed at the end of class. For concert details please go to www.camassb.org *Limit 40.*

Refunds are only available five days before the first class meeting; Co-sponsor: Community Arts Music Association

301164 • 1 wk • Materials: \$10

Sect 01 Malvinni / M 7:30 pm - 9:30 pm
Jan 10 / Schott Center Auditorium

Sect 02 Malvinni / M 7:30 pm - 9:30 pm
Feb 7 / Schott Center Auditorium

Essence of Opera

History and appreciation of opera for beginners, as well as seasoned opera lovers. Features a guided tour through a different opera each week via video excerpts, audio clips and handouts. Includes a potpourri, drawing and goodie potluck on the last night. Receive a schedule at the first class. Join us in evenings to educate, entertain and exhilarate. *Limit 70.*

301085 • 10 wks • Materials: \$5

Sect 01 Paulson / Th 7:00 pm - 9:00 pm
Jan 13 - Mar 17 / SBCC, Rm H 111

Jazz Appreciation and History

Declared a National Treasure by United States Congress, Jazz is America's unique and original art form. Through demonstration, discussion, listening and viewing archival film, students will gain insights into American musical & cultural history while expanding their breadth of knowledge for jazz music and musicians. The older adult will have opportunities for group interaction that build camaraderie through this common interest and shared love of our nation's music. *Limit 50.*

In collaboration with: Free Methodist Church

301145 • 10 wks

Sect 01 Collins / Tu 5:15 pm - 6:30 pm
Jan 11 - Mar 15 / Free Methodist Church,
Upstairs Sanctuary

Songwriting Workshop

Want to write songs? The songwriting workshop is designed for all levels of writers, from beginner to advanced. The class provides a safe space for sharing and learning how to listen. We explore the theory and craft of songwriting essentials. Guest songwriters come and share their music and process. The emphasis is on creativity, personal discovery and finding our own unique expression. Come write some songs with us. *Limit 30.*

301091 • 10 wks

Sect 01 Gordon / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Schott Center, Rm 5

Theatre: An Urge to Act

Ever wanted to act; or if you had acting experience (from school plays to film) this is the class for you. Through the guidance of your instructor, and the shared experience of learning with your classmates in a safe environment, this class will introduce you to monologue, and scene work. Stage presence, audition techniques, and improvisation will also be covered. This class will help you to discover and polish the actor within. Remember, everybody is a star. *Limit 25.*

351109 • 12 wks

Sect 01 Metcalf / M 7:30 pm - 9:30 pm
Jan 10 - Mar 28 / Wake Center Auditorium

► MUSIC: INSTRUMENTAL GROUPS FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Evening Orchestra

This course offers the solo musician an opportunity to share in the experience of practicing as a member of an orchestra. Learn the skills necessary to be a member of a large ensemble. All ages welcome. Sharpen your musical abilities and produce beautiful music. *Limit 60.*

301019 • 12 wks • Materials: \$5

Sect 01 Fryer / M 7:00 pm - 10:00 pm
Jan 10 - Mar 28 / Goleta Valley Jr. High
School, Room 604

Jazz Combo Workshop

Learn about improvisation, swing and self expression while performing in a close knit jazz ensemble. Instructor Kim Collins focuses on ear training, knowing chords, scales and arranging which are important to jazz settings as students learn about fitting in a jazz combo. Although this class is suitable for people new to jazz, it is not recommended for those just learning their instruments. A basic knowledge of reading notes and chords from a lead sheet is required. *Limit 30.*

In collaboration with: Free Methodist Church

301047 • 10 wks • Materials: \$5

Sect 01 Collins / Tu 7:00 pm - 10:00 pm
Jan 11 - Mar 15 / Free Methodist Church,
Upstairs Sanctuary

Are you interested in volunteer opportunities in the credit music program? See page 69.

► MUSIC: INSTRUMENTS FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Amazing Phrasing: Improvisation for Piano

Learn creative ways to make your own piano arrangements and discover some great tools for improvisation. Find out how to make wonderful musical phrases in many styles including: swing, blues, gospel, rock, Latin, ballad and Brazilian. This class is for all keyboard players who want to learn or improve their improvisational skills. Text: *Amazing Phrasing-Keyboard* by Debbie Denke (published 2002 by Hal Leonard, book/CD) *Limit 28.*

301161 • 12 wks

Sect 01 Denke / M 7:00 pm - 9:00 pm
Jan 10 - Mar 28 / SBCC, Rm ECC 10 - East Campus



Beginning Electronic Keyboard

Learn to read music while mastering those bells and whistles, voices and styles on state of the art digital keyboards. This three-quarter course will incorporate both lectures and hands on instruction in rhythm, note reading, theory and performance. The second half of the text book will be emphasized. An electronic keyboard at home is recommended. *Limit 26.*

301143 • 10 wks • Materials: \$10

Sect 01 Pierskalla / W 3:30 pm - 5:30 pm
Jan 12 - Mar 16 / Schott Center, Rm 3

Beginning Guitar

Learn simple accompaniment for songs as well as chords and rhythm techniques through left-hand and right-hand coordination. *Limit 40.*

301082 • 10 wks • Materials: \$5

Sect 01 Villaverde / Tu 7:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 31

Beginning Piano

This three-quarter course will incorporate both lectures and hands-on instruction in rhythm, note reading, theory, keyboard performance, and eventually, improvisational techniques. The second half of the text book will be emphasized. Everyone will have a chance to play state of the art digital piano. A piano or keyboard at home is recommended. *Limit 26.*

301014 • 10 wks • Materials: \$10

Sect 02 Pierskalla / W 5:33 pm - 7:33 pm
Jan 12 - Mar 16 / Schott Center, Rm 3

Intermediate Guitar

Increase your chording and rhythm skills, and experiment with Barre chords and techniques for developing speed. *Limit 40.*

301081 • 12 wks • Materials: \$5

Sect 01 Villaverde / M 7:30 pm - 9:30 pm
Jan 10 - Mar 28 / Schott Center, Rm 31

Intermediate Piano

Are you tired of playing the same piano songs over and over? Need to review your note reading? Then take the plunge to Intermediate Piano. Play on new state of the art digital pianos, explore new music, and delve into the mysterious world of music theory. A year of beginning piano lessons and a piano or keyboard at home is recommended. *Limit 26.*

301153 • 10 wks • Materials: \$10

Sect 02 Pierskalla / W 7:35 pm - 9:35 pm
Jan 12 - Mar 16 / Schott Center, Rm 3

Playing the Ukulele

This beginning course, taught by one of Hawaii's premier players, focuses on fundamentals of music theory and application on the ukulele. Discover why the ukulele is capturing the attention and interest of people worldwide. You'll be offered techniques in strumming, finger picking, chords and improvisations. Experiment with left and right hand techniques. Learn to accompany or go solo. Bring your ukulele to the first meeting. *Limit 40.*

301017 • 10 wks • Materials: \$5

Sect 02 Villaverde / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Schott Center, Rm 31

Recorder Playing

Have fun learning to play the recorder (or Old English flute). Beginning and continuing students will receive instruction and an opportunity to make music with others. Come to all or part of the class. The first hour will be

devoted to beginners. Please bring a recorder to the first class. *Limit 30.*

301157 • 10 wks • Materials: \$5

Sect 01 Roman / Tu 4:15 pm - 7:15 pm
Jan 11 - Mar 15 / Wake Center, Rm 15

► MUSIC: SINGING FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Basics of Singing I

This class is for students who would like to experience the joy of singing. It offers an introduction to the basics of singing in a relaxed and supportive atmosphere. We'll cover the 'blueprint' of the voice, breathing, posture, vowels, the use of energy and letting go of unnecessary tensions and more. Come and discover your singer within. *Limit 40.*

301111 • wks vary (11 or 12 wks)

Sect 01 Underwood / M 5:15 pm - 7:15 pm
Jan 10 - Mar 28 / Schott Center, Rm 20 (12 wks)

Sect 02 Underwood / F 5:15 pm - 7:15 pm
Jan 14 - Mar 25 / Schott Center, Rm 31 (11 wks)

Beginning Singing-A Bilingual Class

Do you want to learn to sing? Learn what is needed to discover your singing voice. Learn proper breathing techniques, song delivery, interpretation, and practice techniques while you sing different types of songs. We will sing music such as folk, pop, classical and Spanish-language. Although designed for the beginning singer, all levels of experienced singers are welcome to join in the fun. This class may be taught in English and in Spanish. *Limit 28.*

301158 • 10 wks • Materials: \$10

Sect 01 Rangel / Th 7:00 pm - 9:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 20

Choral Singing

Explore the basics of group singing through classical, semi-classical and popular music. Meet new friends and share in the joy of making music. Open to all men and women who enjoy the experience of singing together. *Limit 60.*

301005 • 10 wks • Materials: \$10

Sect 01 Kennedy / Tu 9:30 am - 11:30 am
Jan 11 - Mar 15 / Schott Center Auditorium

Are you interested in volunteer opportunities in the credit music program? See page 69.

Performance Singing

Improve your vocal technique with singer and teacher Dauri Kennedy. Work on solos, in groups and with backup singers. Discover your best look and sound. Come to the first class with a prepared, memorized song (anything from country to classical). Designed for experienced solo singers, not beginners. Bring a video tape to the first class. We will have performance opportunities in the community to showcase your perfected songs. *Limit 25.*

Note: Class will meet in Room 20 on 1/10/11 (first day of class) and on 2/7/11.

301090 • 12 wks

Sect 01 Kennedy / M 7:30 pm - 10:00 pm
Jan 10 - Mar 28 / Schott Center Auditorium

► WORLD AFFAIRS (COMMUNITY EDUCATION)



Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Current Events

Get the real information behind today's headlines through discussions, films and guest lectures. Join others who enjoy discussing what is happening in the world right now. *Limit 30.*

001005 • 9 wks • Tuition: \$32

Sect 04 Hofmann / F 3:00 pm - 4:00 pm
Jan 21 - Mar 18 / Vista del Monte
Retirement Community, Los Padres Lounge

BUSINESS, CAREER SKILLS



► BUSINESS ENTREPRENEURSHIP (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Buying and Selling on the Internet

One person's trash is another person's treasure. Whether you are shopping for or selling some of those treasures that have been collecting dust, or want to unload excess inventory from your business, the Internet is the perfect venue. This one-day class, taught by an eBay Education Specialist and Power Seller, will teach you how to navigate the Internet securely, while protecting your information and avoiding fraud. You will learn how to locate and price items, make a purchase or sell, create listings, photograph items correctly, secure payment methods, and ship merchandise. *Limit 25 Limit 25.*

509059 • 1 wk • Tuition: \$23

Sect 01 Wolff / F 9:00 am - 4:00 pm
Jan 14 / Wake Center, Rm 26

Sect 02 Wolff / Sat 9:00 am - 4:00 pm
Jan 22 / Wake Center, Rm 26

► ECONOMICS FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Economic Issues That Affect Us All

Learn why the 'dismal science' is not dismal at all. In this class of lectures and lively

discussions you will learn how the world's greatest economic minds have shaped our lives today, and how their insights help us better understand current economic events. You will also learn how Wall Street got its name and how Dow met Jones. *Limit 50.*

504126 • 10 wks

Sect 01 Ridling / W 10:00 am - 12:00 pm
Jan 12 - Mar 16 / Schott Center, Rm 29

► FINANCIAL SEMINARS



Classes under this subcategory are sponsored by the Foundation for SBCC.

Estate Planning Fundamentals

This four-hour seminar will assist you with the estate planning process and offers a variety of methods you can use to reduce estate taxes while increasing earnings and assets. Specific topics include: wills (what they are and why you need one); advantages of revocable or living trusts; the use of unified credit; life insurance and how to use it to decrease taxable assets; and income and reduction of estate taxes. The presenters are Joseph Green, Esq., Attorney at Law; Len Jarrott, Realtor, broker and real estate investor; and E. David Yossem, CFP, ChFC. Includes generous time for questions and answers and provides helpful materials. *Limit 45.*

In collaboration with: the SBCC Foundation.

504143 • 1 wk

Sect 01 Jarrott / Sat 9:00 am - 1:00 pm
Feb 26 / Wake Center, Rm 27

Smart Financial Planning: How to Plan to Succeed

Learn how stocks, bonds, mutual funds and annuities work, how to invest for financial independence, and how to decide which may be right for you. Learn to calculate when you can afford to retire and make your money last as you do. Figure out how much you'll need to set aside each year, what rate of return you'll need to get, and how to manage financial risk along the way. Learn the key strategies to help make your retirement as financially fulfilling as possible. *Limit 30.*

In collaboration with: the Foundation for SBCC.

504151 • 2 wks

Sect 01 Kauffman / Sat 9:00 am - 12:00 pm
Mar 5 - Mar 12 / Wake Center, Rm 26

► PERSONAL FINANCE (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Can You Afford to Retire?

Successful retirement takes planning—planning that can take you from where you are to where you want to go. Learn the questions you need to ask yourself now. Master tools that you can use to identify potential problems and promising solutions. Review options that can optimize your funds within the parameters of risk you choose. Bring a calculator and writing materials to class. *Limit 45.*

504141 • 1 wk

Sect 01 Yossef / Sat 9:00 am - 12:00 pm
Mar 5 / Wake Center, Rm 28

► PERSONAL FINANCE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Basics for the Novice Investor

Take this course to understand the elements of money, interest rules, business news and the psychology of the markets so you can make informed financial decisions. Explore fixed income selections and some of the nuances of the different bond markets, including the best time to sell a bond. Learn how stocks are valued and prices targets are set by Wall Street analysts, including ValueLine and S&P reports. From this discussion on investments, you will have a better idea of what to expect from mutual funds, indexes and private money managers. *Limit 40.*

504081 • 3 wks

Sect 01 Kally / W 5:15 pm - 7:15 pm
Jan 12 - Jan 26 / Wake Center, Rm 13

Estate Planning Basics

An integrated estate plan consists of many elements. This course will introduce students to these elements, including different kinds of wills and trusts, an overview of the probate process, conservatorship and guardianship requirements and powers of attorney for health care and finances. Samples of the wills and trusts of well-known decedents will be used for illustration. Students will leave the course with a basic understanding of the estate planning elements and how they may or may not relate to

their own particular circumstances. *Limit 45.*

502012 • 3 wks

Sect 01 McIver / W 5:15 pm - 7:15 pm
Jan 12 - Jan 26 / Wake Center, Rm 28

Financial Fitness for Baby Boomers

Less than 2/3 of the 78 million Baby Boomers are prepared for retirement, according to a recent CBS News study. Many will need to work longer, reduce their desired lifestyle or both. Whether you are already retired or planning to do so, this unique workshop helps you take charge by peering deep into the 'Black Box' that Wall Street does not want you to see. Learn the insider techniques for addressing longevity and market risk, managing Social Security benefits, staying ahead of inflation and strategies for generating lifetime income. Learn how different investments work and how best to select and utilize them and when. *Limit 45.*

In collaboration with: Foundation for SBCC.

504131 • 3 wks

Sect 02 Kally / W 5:15 pm - 7:15 pm
Feb 2 - Feb 16 / Wake Center, Rm 13

Manage Your Portfolio

In three hours, you can learn how to effectively manage your own investment portfolio. Most investors make the same mistakes over and over again. Hot tips, market timing, last year's winners all lead to disappointing results over the long term. Learn a simple, easy to understand approach that can put you in the upper 20 percent. Pencil and paper is all that is required. *Limit 45.*

504107 • 1 wk

Sect 01 Yossef / Sat 9:00 am - 12:00 pm
Mar 19 / Wake Center, Rm 28

Selecting Investments for Income

Investors who want all income producing options will appreciate this class introducing the older adult to the key considerations necessary to an investor intent on converting financial resources into income-producing investments. Classes begin with an evaluation of the risk and rewards of Funds and other collections of debt instruments. The class workshop devoted to building an income-producing portfolio follows. In the final class, students learn how individual bonds may be used to minimize risks common to the other debt instruments. *Limit 45.*

504045 • 1 wk

Sect 01 Handley / MTuWTh 5:15 pm - 7:15 pm
Jan 31 - Feb 3 / Wake Center, Rm 20

► REAL ESTATE FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

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

In this fast-paced class, we'll analyze proven creative techniques for buying and selling real property, with special emphasis on solving student's actual real estate problems in the classroom with input from classmates. Open to beginning and advanced students of real estate. *Limit 35.*

511094 • 1 wk

Sect 01 Jarrott / Sat 9:00 am - 1:00 pm
Feb 5 / Wake Center, Rm 27

ENVIRONMENT, FITNESS & HEALTH ED



► FIELD TRIPS, SCIENCE & NATURE (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Birds of the Santa Barbara Region: Beginning

Learn how to recognize the wide variety of birds unique to the Santa Barbara area. Visit local habitats, including beaches, sloughs, creeks and woodlands, to observe the birds and discuss their behavior, migration patterns

and geographical distribution. Emphasizes appreciation and identification of birds in the field. (Transportation to field trip sites is not provided.) *Limit 35.*

In collaboration with: Santa Barbara Museum of Natural History

019008 • 8 wks • Tuition: \$48

Sect 01 Lentz / M 8:30 am - 10:30 am

Jan 10 - Feb 28 / Santa Barbara Museum of Natural History, Mac Veagh House

Birds of the Santa Barbara

Region: Intermediate

Learn how to recognize the wide variety of birds unique to the Santa Barbara area.

Visit local habitats, including beaches, sloughs, creeks and woodlands, to observe the birds and discuss their behavior, migration patterns and geographical distribution. Emphasizes appreciation and identification of birds in the field. (Transportation to field trip sites is not provided.) *Limit 35.*

In collaboration with: Santa Barbara Museum of Natural History

019078 • 6 wks • Tuition: \$48

Sect 01 Lentz / W 8:00 am - 10:00 am

Jan 12 - Feb 16 / Santa Barbara Museum of Natural History, Mac Veagh House

Natural History Hikes

The trails leading into the coastal foothills of the Santa Ynez Range are wonderful places to enjoy the rich natural history of Santa Barbara's magnificent surroundings. Lotusland Director Emeritus Dr. Steven Timbrook will lead a series of weekly hikes on our local trails and point out features of the geology, flora and fauna encountered along the way. Binoculars are recommended, cameras are welcome, but please leave your pets at home. First class meeting will be at the Santa Barbara Museum of Natural History in the Farrand Hall. All other hiking dates will meet at the SBMNH parking lot to carpool. *Limit 23.*

In collaboration with: Santa Barbara Museum of Natural History; Los Padres National Forest Service

001427 • 8 wks • Tuition: \$85

Sect 01 Timbrook / Tu 9:00 am - 12:00 pm

Jan 18 - Mar 8 / Santa Barbara Museum of Natural History, Farrand Hall

The Night Sky: The Mythology and Science of the Stars

In our time, the Hubble telescope records images of creation, the birth and death of stars that began in the moment of the Big Bang. We

call this 'science'. Yet the night sky tells another story. For millennia, observers have studied the fabric of the heavens and on it they have written their own stories of birth and death. We call them 'myths'. Both views enrich our lives. Using the Gladwin Planetarium, we will learn to recognize the constellations of the night sky and track the motions of the planets, using both myth and science to understand our place in the universe. *Limit 40.*

In collaboration with: Santa Barbara Museum of Natural History

019115 • 5 wks • Tuition: \$20

Sect 01 Stark / W 5:00 pm - 6:00 pm

Jan 19 - Feb 16 / Santa Barbara Museum of Natural History, Gladwin Planetarium

► FITNESS (COMMUNITY EDUCATION)



Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Aikido

Founded by Ueshiba Morihei, Aikido is a purely defensive martial art in which the attacker is used to diffuse the attack. Peace is the final objective, not victory at any cost. The techniques do not depend on physical strength and can be practiced by men and women of all ages and sizes. Increased stamina, flexibility and spiritual development will occur naturally as a result of training in Aikido. This class combines a complete, in-depth exploration of the art of Aikido. Wear loose clothing. *Limit 30.*

608491 • 10 wks • Tuition: \$40

Sect 01 Wong / W 7:15 pm - 8:15 pm

Jan 12 - Mar 16 / Aikido of SB, Studio

Aquatic Arthritis

The water provides a safe environment for all ability levels and especially for persons with arthritis. Increase strength, range of motion, flexibility, and improve your balance in a private, common, warm (84°) indoor pool with shower facilities available. This is a fun, social fitness class intended for older adults but appropriate

for anyone who needs a gentle to moderate water workout. Swimming ability not important. Just bring your suit and towel. Fees may vary according to the number of hours each class section meets. *Limit 25.*

Carpooling to St. Vincent's is encouraged. Please follow parking guidelines.

608591 • wks vary (11-12 wks) • Tuition: \$130-\$195

Sect 01 Onishi / MW 4:30 pm - 5:30 pm

Jan 10 - Mar 28 / St. Vincent's School, Pool (12 wks, \$130)

Sect 04 Kostruba / TuThF 9:30 am - 10:30 am

Jan 11 - Mar 25 / St. Vincent's School, Pool (11 wks, \$195)

Beginning Tap Level I

A slower paced class for those who've never tapped before. We'll learn to shuffle, flap, do combinations, and how to put them all together in a fun routine. Bring your smiles and your shoes. *Limit 25.*

608330 • 10 wks • Tuition: \$40

Sect 01 Norton / Th 12:00 pm - 1:00 pm

Jan 13 - Mar 17 / Wake Center Auditorium

Beginning Tap Level II

Come 'Shuffle Off to Buffalo' with us. We'll learn tap basics, combinations and routines. A fun workout for all ages. *Limit 35.*

608534 • 10 wks • Tuition: \$40

Sect 01 Norton / Tu 12:00 pm - 1:00 pm

Jan 11 - Mar 15 / Wake Center Auditorium

Gentle Yoga for Seniors

Come explore easy chair-assisted yoga poses designed especially for the older body with limited mobility. Experience gentle restorative yoga to assist with insomnia, hypertension and healing. Practice specific movements to increase range of motion. This class is especially designed for seniors, beginners or those wanting a gentle yoga practice. *Limit 50.*

608610 • wks vary (10-12 wks) • Tuition: \$30

Sect 01 Hungett / M 3:30 pm - 4:30 pm (12 wks)

Jan 10 - Mar 28 / Wake Center Auditorium

Sect 03 Spirka / Tu 9:15 am - 10:15 am (10 wks)

Jan 11 - Mar 15 / Wake Center Auditorium

Sect 02 Hungett / W 3:30 pm - 4:30 pm (10 wks)

Jan 12 - Mar 16 / Wake Center Auditorium

Sect 04 Spirka / Th 9:15 am - 10:15 am (10 wks)

Jan 13 - Mar 17 / Wake Center Auditorium

Outdoor Fitness

More than just push ups on a bench, this is a fun, dynamic, total body workout featuring

cardio, strength and stretching segments. Exercising outside in the fresh air is a wonderful way to feel better emotionally and spiritually. Come and learn creative ways to utilize the great outdoors to improve your overall health. All fitness levels and anyone 18 or over are welcome. Meet at SBCC track parking lot for the first week. *Limit 22.*

608602 • 5 wks • Tuition: \$25

Sect 02 **Saenger** / Tu 5:15 pm - 6:30 pm
Feb 22 - Mar 22 / SBCC, La Playa Stadium parking lot

Sect 01 **Saenger** / Th 5:15 pm - 6:30 pm
Feb 24 - Mar 24 / SBCC, La Playa Stadium parking lot

Pilates-Yoga: Core Strength, Flexibility and Balance

This course teaches students the integration of the Pilates' principles of core-strength, concentration, precision, control, postural alignment, and centering combined with yoga's benefits, including range of motion, flexibility and relaxation/breathing techniques. Dance and strength and flexibility techniques are also incorporated in this total body conditioning program. Chair-based and standing exercises are adapted for all fitness levels. *Limit 50.*

608613 • wks vary (10-12 wks) • Tuition: \$38

Sect 01 **Rosenblum** / M 10:00 am - 11:15 am
Jan 10 - Mar 28 / Schott Center Auditorium (12 wks)

Sect 02 **Rosenblum** / W 10:00 am - 11:15 am
Jan 12 - Mar 16 / Pilgrim Terrace, Activities Center (10 wks)

Qi Gong

Qi Gong, an exercise developed in China centuries ago, is a combination of slow, gentle body movements and breathing that generate strength, flexibility, inner calm and renewed vitality. Learn easy-to-follow yet potent exercises which elevate the flow of our life force (qi) through the body. Explore how healthy breathing involves the entire body. Qi Gong produces a quiet, meditative mood which helps us release anxieties and relieve stress. Take the opportunity to connect deeply with your inner power of self-healing. Enjoy the benefits of creating good health and peace in your life. *Limit 45.*

In collaboration with: Goleta Valley Cottage Hospital; Area Agency on Aging; Cottage Health System.

608568 • wks vary (8-9wks) • Tuition: \$48

Sect 01 **Rockett** / Th 5:30 pm - 7:00 pm (8 wks)
Jan 13 - Mar 3 / Schott Center Auditorium

Sect 02 **Rockett** / F 10:45 am - 12:15 pm (9 wks)
Jan 14 - Mar 11 / Wake Center Auditorium

Stretch and Strengthen

A class designed to increase flexibility and endurance through the use of unique floor and barre stretches to lengthen muscles, enhance circulation and minimize the stresses of daily living. *Limit 45.*

608580 • wks vary (10-12 wks) • Tuition: \$40

Sect 01 **Spirka** / M 12:30 pm - 1:30 pm (12 wks)
Jan 10 - Mar 28 / Schott Center Auditorium

Sect 02 **Spirka** / W 12:30 pm - 1:30 pm (10 wks)
Jan 12 - Mar 16 / Schott Center Auditorium

Sect 03 **Rosenblum** / W 7:15 pm - 8:15 pm (10 wks)
Jan 12 - Mar 16 / Schott Center Auditorium

Super Strength

Learn strength exercises for every major muscle group and get hands-on experience in class on the proper techniques for these strength exercises using small free weights and ankle weights as appropriate. Discover helpful hints about scheduling strength exercises and practical applications for daily life. *Limit 45.*

608582 • 10 wks • Tuition: \$40

Sect 01 **Spirka** / Tu 10:30 am - 11:30 am
Jan 11 - Mar 15 / Wake Center Auditorium

Tai Ji, 24 Movements

This is the most popular Tai Ji movement sequence in China. It is a short form containing all the Tai Ji motions without any repetitions. It's easy to learn. Tai Ji's benefits include: stress reduction, increased energy and better balance. *Limit 40.*

608596 • 10 wks • Tuition: \$60

Sect 02 **Pang** / Tu 7:00 pm - 8:30 pm
Jan 11 - Mar 15 / Wake Center Auditorium

Sect 01 **Pang** / W 9:00 am - 10:30 am
Jan 12 - Mar 16 / Wake Center Auditorium

The Total Workout

Want to address your total fitness goals in one class? Want to work on strength, endurance, increase energy, reduce stress and gain flexibility? Join our fun, supportive class. We begin with low impact aerobics to improve cardiovascular fitness, body tone and coordination. Next is strength training using free weights to increase muscle mass, bone density and strength. We end with floor work to stretch, enhance flexibility and relax. Weights are provided. *Limit 45.*

608595 • 11 wks • Tuition: \$80

Sect 02 **James-Fenske** / MW 5:30 pm - 6:30 pm
Jan 10 - Mar 23 / Schott Center Auditorium

Yoga

Explore the ancient art and science of yoga to promote health, strength, flexibility, and peace of mind. Pranayama, (breathing techniques) is coupled with asanas or postures to align the skeletal system, tone the muscles, stretch the ligaments and tendons while fostering a sense of internal harmony. Deep progressive relaxation at the end of class helps participants to relieve tension and anxiety. Fees may vary according to the number of hours each class section meets. *Limit 45.*

608287 • wks vary (10-12 wks) • Tuition varies: \$40-\$60

Sect 19 **Hunggett** / M 5:30 pm - 7:00 pm
Jan 10 - Mar 28 / Wake Center Auditorium (12 wks; \$60)

Sect 04 **Spirka** / Tu 5:00 pm - 6:00 pm
Jan 11 - Mar 15 / Schott Center Auditorium (10 wks; \$40)

Sect 03 **Spirka** / Tu 6:05 pm - 7:05 pm
Jan 11 - Mar 15 / Schott Center Auditorium (10 wks; \$40)

Sect 18 **Poddubnaya** / W 5:30 pm - 7:00 pm
Jan 12 - Mar 16 / Wake Center Auditorium (10 wks; \$60)

Yoga

Expand upon awareness, strengthening and lengthening of the body through Hatha yoga technique. Involves some aerobic exercises to open and grow. Move at your own pace, acknowledging and following the pace at which your body needs to move. Anatomy and posture emphasized. Includes some aerobic exercises to open the lungs and warm the muscles. *Limit 45.*

608583 • 10 wks • Tuition: \$40

Sect 04 **Spirka** / Tu 12:00 pm - 1:00 pm
Jan 11 - Mar 15 / Schott Center Auditorium

Sect 02 **Spirka** / W 11:00 am - 12:00 pm
Jan 12 - Mar 16 / Schott Center Auditorium

Sect 03 **Spirka** / Th 12:45 pm - 1:45 pm
Jan 13 - Mar 17 / Schott Center Auditorium

Yoga for Active Seniors

This older-body, user-friendly class is designed for active seniors who want to improve their flexibility, strength and concentration through the practice of yoga. This class uses traditional yoga postures and modifies them with the help of a chair or other props. Learn deep breathing methods, focusing techniques, meditation and relaxation. *Limit 50.*

608608 • wks vary (10-12 wks) • Tuition: \$30

Sect 01 **Hunggett** / M 2:00 pm - 3:00 pm (12 wks)
Jan 10 - Mar 28 / Wake Center Auditorium

Sect 02 **Hunggett** / W 2:00 pm - 3:00 pm (10 wks)
Jan 12 - Mar 16 / Wake Center Auditorium

► FITNESS: RECREATION (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Golf

Beginners welcome. Sharpen your skills and review the basics. Find out where you need improvement in your game. Set some attainable goals for yourself. Bring your golf clubs to the first class at Ocean Meadows Golf Course, off Storke Road in Goleta. We meet rain or shine. \$20 golf course fee payable at 1st meeting. *Limit 36.*

351100 • 11 wks • Tuition: \$60

Sect 01 McMann / Sat 9:30 am - 11:00 am
Jan 15 - Mar 26 / Ocean Meadows Golf Course, Golf Course Shop

► HEALTH: HEALTH EDUCATION



Ancient Medicine in Modern Times: Chinese Medicine

This workshop will give you the knowledge to effectively and safely use Chinese medicines at home for our personal health care. You will learn how and when to use herbal formulas for commonly occurring problems as well as the successful application of accupressure. Includes optional field trip to Chinatown. Date to be determined in class. *Limit 60.*

RN/LVN, CNA, CONTACT HOURS: 7. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608336 • 1 wk

Sect 02 Unterman / Sat 8:30 am - 4:30 pm
Jan 15 / Schott Center, Rm 30

Digestive Health: A Common Sense Approach

After all the antacids and acid blockers you've taken, why do you still have heartburn? Have you been told that hiatal hernia is a problem you 'just have to live with'? Are antacids really a good way to provide your body with the calcium it needs? Are vitamins necessary? Find out the role and function of each organ of your digestive system, the processes of digestion-intake, assimilation and elimination-and what your body needs to have optimal function. Come learn how to change your eating habits for a lifetime of health. *Limit 80.*

RN/LVN, CNA contact hours: 4. Students wanting RN/LVN, CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608353 • 1 wk

Sect 01 Allen / Sat 9:00 am - 1:00 pm
Jan 29 / Schott Center Auditorium

Holistic Medicine: The Force of Healing

Healing energy is built into our human nature. Incompletely developed, we all know some guidelines in how to eat, drink, and exercise the body. More so, we have energies of feeling and thinking. As growing points of these are explored, we unmask dynamic expressions for use in healing, innovation and successful living. In this class you will learn how to activate the ideal habits for the body, loving radiant emotions of the heart and enlightened creative uses of the mind. *Limit 35.*

RN/LVN, CNA CONTACT HOURS: 6. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608185 • 3 wks

Sect 01 Kwako / Sat 10:00 am - 12:00 pm
Feb 26 - Mar 12 / Schott Center, Rm 20

Natural Medicine

In contrast to the modern Western paradigm that focuses on pharmaceuticals and nutraceuticals, our bodies recognize food as the best source of nutrients essential to physical and mental well-being. Nutritional biochemistry shows which foods benefit certain medical conditions, and which are best avoided. As a complement to modern science, traditional Indian, Chinese and Middle Eastern medical schools teach which foods suit specific constitutions. Students will assess their constitutions and develop a diet plan consistent with one of these traditions. *Limit 60.*

RN/LVN, CNA, contact hours: 10. Students wanting RN/LVN, CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free

608396 • 5 wks

Sect 01 Reynolds / Tu 5:15 pm - 7:15 pm
Jan 11 - Feb 8 / Schott Center, Rm 3

Overcoming Barriers to Managing Your Weight

This is an enjoyable, motivating, interactive class, appropriate for all body types, diet histories, and eating issues. Students learn what it means to establish or maintain a 'healthy' weight, and also explore healthy food choices, recipes and lifestyle choices that can help support a healthier, more vibrant lifestyle. Learning to take care of ourselves should be a fun endeavor, something that brings us inspiration, spurs curiosity and adventure, and gives us a sense of our place in the world. *Limit 40.*

RN/LVN, CNA contact hours: 14. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608116 • 7 wks

Sect 01 Aloia / W 5:15 pm - 7:15 pm
Jan 12 - Feb 23 / Wake Center, Rm 18

Sit and Get Fit

This 'everyone-can-do' body/mind class helps encourage and improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Doing most of it from a seated position makes it ideal for, but not limited to, those challenged with Parkinson's, M.S., or arthritis or for older adults new to exercise. Special consideration for each participant's needs makes this class usefully unique to each individual. Develop attitudes and learn techniques that work for you. Make this fun, light-hearted approach to exercise a weekly highlight. *Limit 45.*

In collaboration with: City of Santa Barbara Parks & Recreation, Multiple Sclerosis Society, Parkinson Association of Santa Barbara, Area Agency on Aging, Goleta Valley Cottage Hospital

608268 • 10 wks

Sect 01 Hungett / W 9:00 am - 10:00 am
Jan 12 - Mar 16 / Schott Center Auditorium

Sources of Energy for Health

Do you feel stressed, over-whelmed, and low energy? Stop the drain of energy from your patients, clients, family, friends, economic and world conditions. Work with subtle energy

fields, the electro-magnetic, vital and auric fields to heal and balance yourself. Clear other peoples energy that you've taken on; ground and center yourself to restore and increase your energy; claim your space and set boundaries. *Limit 40.* RN/LVN/CNA/MFT/LCSW hours: 6. No credit for prior enrollees. Students wanting RN/LVN,MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608213 • 1 wk

Sect 01 Gardner / Sat 9:00 am - 4:00 pm
Jan 29 / Wake Center, Rm 27

Touch for Health Plus

SELF CARE FOR OPTIMAL HEALTH. Health care plus self-care for attaining longevity with optimal health and physical performance. Benefits include improved posture and balance, self-care for minor athletic injuries, increased energy, tension and cramp relief, emotional and physical stress reduction, and relief of pain without drugs. Recommended text, *Touch for Health: The Complete Edition* by John and Matthew Thie (or earlier *Touch for Health* editions by John Thie). *Limit 60.*

RN/LVN, CNA contact hours: 14. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

608455 • 10 wks

Sect 01 Allen / M 7:00 pm - 9:00 pm
Jan 10 - Mar 14 / Schott Center, Rm 29

Walk & Train with the Sansum Clinic Physical Therapist

This program is geared for mature adults who are beginning or intermediate walkers. The class assists students with improving endurance, increasing neuromuscular efficiency, and building confidence in succeeding at the activities involved in daily living. Techniques include agility training, light toning and stretching exercises. Exercises are modified for individual fitness levels. Bring a bottle of water and dress for activity. *Limit 30.*

In collaboration with: Sansum Clinic

608555 • 8 wks

Sect 01 O'Bar / Tu 2:30 pm - 4:00 pm
Jan 18 - Mar 8 / Sansum Clinic, Pesetas Lane, Back Lawn

HEALTH: HEALTH ISSUES FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Long Term Care: Myths and Realities

One out of every two people will eventually require some long term care. Find out when Medicare will pick up the tab and when it won't. Learn how to prepare yourself financially. Not everyone needs to consider an LTC policy, and all policies are NOT the same; examine the important differences. Discover an easy formula you can use for helping to decide what to do about this important area of concern. This class is also important for health care providers. *Limit 36.*

In collaboration with: Adult and Aging Network of Santa Barbara County, Area Agency on Aging, and A.A.R.P.

951307 • 1 wk

Sect 01 Doiron / W 7:30 pm - 9:30 pm
Feb 16 / Schott Center, Rm 28

Navigating the Medicare Maze

Learn everything you need to know about Medicare to make important health care decisions. We start with the basics, track the differences between Medigap policies and review your Medicare Advantage alternatives. Knowing how Plan D works makes it easier to decide on prescription drug coverage. Learn how to deal with physicians and track ongoing medical costs. Cut hours off your decision-making process. *Limit 36.*

951256 • 1 wk

Sect 01 Doiron / W 7:30 pm - 9:30 pm
Jan 26 / Schott Center, Rm 28

PERSONAL APPEARANCE

The Magic Makeover

It's not about thin. It's for every woman who has a body. Need a complete makeover or just a touchup? Lynda Millner (author of the class text book) has helped thousands of women across the United States feel better about themselves. She has 30 tricks for looking thinner, younger, and more confident instantly. This fun class includes hand-on help learning the six Cs: confidence in body language and walk, colors and cosmetics, cosmetology, closets and clothes that make you look taller and thinner. *Limit 35.*

613029 • 1 wk

Sect 02 Millner / Sat 9:00 am - 3:30 pm
Jan 22 / Schott Center, Rm 28

SAFETY EDUCATION

The Mature Driver Course

This 8-hour, classroom-only course benefits Mature Drivers (age 55 and over) in two ways. Participants 'tune-up' safe driving skills and upon course completion, receive a DMV Certificate, qualifying them for reduced automobile premiums. This Certificate is valid for 3 years. (Mature Drivers whose current Certificate has been invalid for longer than one calendar year after it's expiration date, must take an 8-hour course for a new Certificate in order to qualify for premium reduction.) *Limit 30.* Non-refundable \$5 fee for DMV Certificate & materials.

608148 • 1 wk • Materials: \$5

Sect 01 Brown / Sat 8:30 am - 5:00 pm
Jan 22 / Schott Center, Rm 3

FAMILY, HOME & GARDEN



▶ COOKING & WINE (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

The Grape Adventure—Wine Tasting and Tour

Confused by the snobbery and ritual of ordering, tasting and drinking wine? Interested in understanding what wine goes with what food? Selected premium wines will be tasted at each class. Fees include an all day tour to three Santa Barbara County wineries with noted wine author Cork Millner. Students must be at least 21 years old to participate in this class. Bring a wine glass to class. *Limit 25.*

This class has a non-refundable materials fee. Wine tour Sat. Jan. 29, 9:00 a.m. to 4:00 p.m. Bring a wine glass to class.

606050 • 3 wks • Tuition: \$32 • Materials: \$23

Sect 01 Millner / F 7:00 pm - 9:30 pm
Jan 14 & Jan 21 / Schott Center, Rm 27
Sat Jan 29: 9:00am-4:00pm, meet in Schott Center parking lot

▶ COOKING - PASTRY, BAKING AND DESSERT

Pastry, Baking and Dessert Series

This series introduces the basic principles of pastry preparation, both traditional and contemporary baking techniques and specialty desserts. *Limit 25.*

606330 • 10 wks • Materials: \$75

Sect 01 Wolff / Tu 9:30 am - 1:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 27

▶ COOKING (COMMUNITY EDUCATION)

Classes under this subcategory do not qualify for State funding and therefore require tuition fees.

Cake Decorating Beginning and Advanced

Create professional looking cakes and fancy foods for your family and friends using professional decorating equipment and techniques. Learn the rose, borders, flowers and have fun creating projects to take home and enjoy. *Limit 25.*

606336 • 6 wks • Tuition: \$60 • Materials: \$35

Sect 01 Wolff / Tu 6:00 pm - 9:30 pm
Jan 11 - Feb 15 / Wake Center, Rm 7

Cooking with Jane and Julia

We owe considerable gratitude to Julia Child for introducing French cuisine and cooking techniques to the American mainstream. We will recreate some of her classic dishes, along with Chef Jane's tried and true local and seasonal fare. A hands-on class for the beginner to the most experienced of cooks. Bring your own apron, favorite knife and prepare to have a wonderful time. Class participation and lecture-demonstration. *Limit 25.*

606349 • 5 wks • Tuition: \$65 • Materials: \$50

Sect 01 Hollander / W 10:00 am - 2:00 pm
Jan 12 - Feb 9 / Schott Center, Rm 27

Sect 02 Hollander / W 6:00 pm - 10:00 pm
Jan 12 - Feb 9 / Schott Center, Rm 27

Sect 03 Hollander / W 10:00 am - 2:00 pm
Feb 16 - Mar 16 / Schott Center, Rm 27

Sect 04 Hollander / W 6:00 pm - 10:00 pm
Feb 16 - Mar 16 / Schott Center, Rm 27



Family Favorite Dinners Part I

Learn to cook healthy and hearty meals that will impress your family and friends. Each night we will prepare a complete dinner featuring regional or international cuisine. Class includes

demonstrations and student participation. Come join us for an evening of fun and a great meal. *Limit 25.*

606353 • 10 wks • Tuition: \$97 • Materials: \$50

Sect 01 Feeney / Th 6:00 pm - 9:00 pm
Jan 13 - Mar 17 / Schott Center, Rm 27

Indian Vegetarian

Learn how to cook exotic healthy low cholesterol Indian vegetarian meals. *Limit 25.*

606339 • 2 wks • Tuition: \$68 • Materials: \$30

Sect 01 Dhirajlal / Sat 9:00 am - 3:00 pm
Jan 22 - Jan 29 / Schott Center, Rm 27

Salute to Sushi

Learn the secret techniques of making traditional and creative Japanese Sushi in one lesson, including California roll and Rainbow roll, Miso soup, vegetable dishes and more. *Limit 25.*

606340 • 1 wk • Tuition: \$16 • Materials: \$20

Sect 02 Wakita / Sat 10:00 am - 3:00 pm
Jan 15 / Schott Center, Rm 27

Survival Cooking for Singles

Easy, simple shopping and cooking tips to make cooking for one fun. Turn leftovers into makeovers and stretch your food budget and your free time. *Limit 25.*

606346 • 1 wk • Tuition: \$13 • Materials: \$20

Sect 01 Landry / F 6:00 pm - 9:00 pm
Mar 25 / Schott Center, Rm 27

The Elegant Vegetarian

In each meeting we will work with interesting and diverse products. With practice and knowledge of techniques, students of all skill levels will learn to create many multi-course meals with a great range of flavors and textures, and with many uses for everyday, as well as for special occasions. Both sessions of The Elegant Vegetarian will focus on building confidence through practice with new menus for each meeting. *Limit 25.*

606348 • 5 wks • Tuition: \$57 • Materials: \$50

Sect 01 Molony / Tu 6:00 pm - 9:30 pm
Jan 11 - Feb 8 / Schott Center, Rm 27

Sect 02 Molony / Tu 6:00 pm - 9:30 pm
Feb 15 - Mar 15 / Schott Center, Rm 27

Third Generation Italian Cooking

Learn Italian cooking techniques that have been guarded for over 80 years. *Limit 25.*

606341 • 12 wks • Tuition: \$97 • Materials: \$85

Sect 01 Spadaro / M 6:00 pm - 9:00 pm
Jan 10 - Mar 28 / Schott Center, Rm 27

► GARDENING FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Through the Green Gate and into the Garden

Join Billy Goodnick, co-star of the popular local Garden Wise Guys TV show, as he demystifies the world of landscape design. Students will learn the process that professional garden designers use to create beautiful, functional, low-maintenance, sustainable landscapes that are an asset to your property and easy on the planet. You will see hundreds of examples of gardens, get your questions answered and have it all presented with a sense of humor. We'll wrap up the class with a half-day tour of private and public gardens. *Limit 25.*

Saturday tour date: February 26th 8:00- noon; meet in parking lot, Wake Center. Bring bag lunch. Recommended text: *Sunset Western Garden book* (recent ed.)

601065 • 6 wks • Materials: \$5

Sect 01 Goodnick / W 6:00 pm - 9:00 pm
Jan 19 - Feb 26 / Wake Center, Rm 26

► GENEALOGY

The following class is co-sponsored by the Santa Barbara Genealogical Society. Genealogy classes are supported by a private fund through the Foundation for Santa Barbara City College. Thanks to the generosity of the donor, there is no charge to students.

Family History Research: Beginning to Intermediate

Solve the mystery of your family history. If you are just starting or returning to your genealogical research, this hands-on class will help you. Explore census, vital records; examine military, naturalization and arrival documents. Sharpen internet searching skills and learn research strategies. *Limit 45.*

In collaboration with: Santa Barbara County Genealogical Society.

001412 • 8 wks

Sect 01 Matz / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 1 / Wake Center, Rm 26

Family History Research: Intermediate/Advanced

Beyond the basics—the search continues. Learn of additional sources that may provide more details of your ancestors or help unravel those vexing problems that stump us all at some point. Problem-solving methodology will be emphasized. *Limit 70.*

In collaboration with: Santa Barbara County Genealogical Society.

001413 • 10 wks

Sect 01 Cloud / W 10:00 am - 12:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 26

► PARENT EDUCATION



Baby Sign Workshop

Baby signs bridge the communication gap between what your baby/child knows and what your baby/child can say. Gestures/baby-signs organize language development. Teach your child to sign and reduce baby's frustration not being able to tell you what he/she wants. Researchers studying child language development discovered that babies are able to sign three-to-five months earlier than they can say their first word. Learn a small sign language vocabulary that will become a fun and satisfying connection between you and your child. *Limit 55.*

RN/LVN, CNA contact hours: 2.5. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

251217 • 1 wk • Materials: \$5

Sect 01 Walsh / Sat 9:30 am - 12:00 pm
Jan 22 / Schott Center, Rm 30

Discipline Without Punishments or Rewards

For parents and teachers of newborns to pre-adolescents. Learn how to raise cooperative, responsible and self-disciplined children without being either a dictator or a doormat. We will discuss the pitfalls of punishments and rewards, and review the basic techniques of democratic discipline with mutual respect between adults and children. Discover the three reasons for in-

appropriate behavior, and learn how to change children's behavior by recognizing and meeting their needs. Includes demonstrations and participation. Infants in arms okay. *Limit 55.*

251194 • 1 wk

Sect 01 Solter / Sat 9:00 am - 1:00 pm
Feb 5 / Schott Center, Rm 30

How to Respond to Tears, Fears, and Tantrums

Does your baby cry a lot? Does your toddler awaken frequently at night? Does your child have fears, temper tantrums? Is your child aggressive? Discover reasons for challenging emotions. Learn compassionate and effective ways to respond to a crying, angry or frightened child. Discover benefits of this approach: resolving children's sleep problems, reducing aggressive behavior and hyperactivity, and increasing children's self-confidence. For parents and others involved with children from birth to age twelve. Infants in arms okay in this class. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 4. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

251115 • 1 wk

Sect 01 Solter / Sat 9:00 am - 1:00 pm
Mar 12 / Schott Center, Rm 29

Movement for Mothers-to-be... and More

This class is designed for both pregnant and new moms with exercises aimed at encouraging freedom of movement, strength, stamina, flexibility and toning of muscles. Discussions will include how best to support the dad-to-be/new dad; composing your birth plan; the role of the labor support person; issues relating to changing body image. Please bring your own mat to class. Infants in arms most welcome in class. *Limit 100.*

251183 • 10 wks

Sect 01 Spirka / W 1:30 pm - 3:30 pm
Jan 12 - Mar 16 / Schott Center Auditorium

Parent Education in a Cooperative Setting: Lab

Supervision of children in a cooperative preschool one morning per week. In this setting students will practice learned skills and work collaboratively to help plan, implement, and evaluate the environment to meet the health, nutrition, and safety standards learned in class and the educational goals of the program. Students attend 10 sessions, one day per week.

Limit 140.

Co-requisites: Students enrolling in this class will also need to enroll concurrently into the Parent Education in a Cooperative Setting: Lecture class. (see online for holiday/skip dates)

251274 • 11 wks

Sect 04 Crandell / MTuWThF 8:30 am - 12:30 pm
Jan 10 - Mar 25 / The Oaks Parent-Child Workshop

Sect 03 Garcia / MTuWThF 8:30 am - 12:30 pm
Jan 10 - Mar 25 / Starr King Parent-Child Workshop

Sect 02 Stoddard / MTuWThF 8:30 am - 12:30 pm
Jan 10 - Mar 25 / Lou Grant Parent-Child Workshop

Sect 01 Blackburn / MTuWThF 8:30 am - 12:30 pm
Jan 10 - Mar 25 / San Marcos Parent-Child Workshop, Rm H-3, San Marcos H.S.

Parent Education in a

Cooperative Setting: Lecture

A class on child growth and development, family systems, communication, guidance, and fostering children's education. Students will learn how to research family resources and advocate for their children and their families in schools and the community. *Limit 140.*

251275 • wks vary (10-11 wks)

Sect 03 Garcia / M 7:00 pm - 9:30 pm
Jan 10 - Mar 22 / Starr King Parent-Child Workshop (12 wks)

Sect 02 Stoddard / W 7:00 pm - 9:30 pm
Jan 12 - Mar 16 / Lou Grant Parent-Child Workshop (10 wks)

Sect 01 Blackburn / W 7:00 pm - 9:30 pm (10 wks)
Jan 12 - Mar 16 / San Marcos Parent-Child Workshop, Rm H-3, San Marcos H.S.

Sect 04 Crandell / W 7:00 pm - 9:30 pm
Jan 12 - Mar 16 / The Oaks Parent-Child Workshop (10 wks)

▶ PARENTS & KIDS TOGETHER

Baby Jamboree

Children ages 1½ to 2½ years of age love to sing, dance and play music. In this class, children build rhythm and listening skills, learn songs, play instruments, do fingerplays, and have fun in the interactive exploration of music and movement. Parents and caregivers, with their children, discover the imaginative play behind storytelling, movement activities and music making in a nurturing and enthusiastic environment that stimulates imagination and enhances social skills, physical awareness, rhythm and developmental movement patterns. *Limit 25.*

251158 • 8 wks • Materials: \$10

Sect 02 Robarge / W 9:30 am - 10:30 am
Jan 12 - Mar 2 / St. Joseph's Church, Rm 4

Sect 03 Robarge / W 10:45 am - 11:45 pm
Jan 12 - Mar 2 / St. Joseph's Church, Rm 4

Encouraging Enthusiasm to Learn

Providing rich age-appropriate experiences for preschoolers, ages 3 to 5 years, builds a positive attitude to learning and feelings of confidence as they prepare to enter the elementary school years. Find out the answers to your preschooler's questions through dozens of fun and exciting hands-on projects, involving math, science, music, cooking, art and movement. Your child will sharpen his/her curiosity, creativity, and the ability to express ideas as we explore lessons from A to Z. *Limit 25.*

Ages 3-5 years with an adult.

251019 • 9 wks • Materials: \$15

Sect 01 Herzog / F 9:30 am - 11:45 am
Jan 14 - Mar 11 / Wake Center, Rm 15



Growing Times I

(18 MONTHS - 2½ YEARS) Growing Times classes offer an opportunity for you and your child to explore enrichment activities that include sensory exploration, art and music while offering social interaction for parents and children. Join our group weekly for support, as we exchange ideas and experiences pertaining to your child's development. Come dressed not 'in your best' to explore, create and be ready for fun. Fees may vary according to the number of hours each class section meets. Please see online for exact dollar figures. *Limit 25.*

251160 • 8 wks • Materials: \$10

Sect 03 Kerwin / Tu 9:15 am - 11:30 am
Jan 11 - Mar 1 / St. Joseph's Church, Rm 4

Sect 01 Lang / Tu 9:30 am - 11:30 am
Jan 11 - Mar 1 / UCSB Family Student Housing, Community Room

Sect 02 Aziz / W 9:30 am - 11:45 am
Jan 12 - Mar 2 / Cambridge Drive Community Church, Old Red House

Growing Times II

(2 to 3 years) Growing Times classes offer an opportunity for you and your child to explore enrichment activities that include sensory exploration, art and music while offering social interaction for parents and children. Join our group weekly for support, as we exchange ideas and experiences pertaining to your child's development. Come dressed not 'in your best' to explore, create and be ready for fun. *Limit 25.*

251164 • wks vary (8-9 wks) • Materials: \$10

Sect 03 Kerwin / Th 9:15 am - 11:30 am
Jan 13 - Mar 3 / UCSB Family Student Housing, Community Room (8 wks)

Sect 02 Aziz / F 9:30 am - 11:45 am
Jan 14 - Mar 11 / Cambridge Drive Community Church, Old Red House (9 wks)

Growing Times III

(2 ½ to 5 years) Growing Times classes offer an opportunity for you and your child to explore enrichment activities that include sensory exploration, art and music while offering social interaction for parents and children. Join our group weekly for support, as we exchange ideas and experiences pertaining to your child's development. Come dressed not 'in your best' to explore, create and be ready for fun. *Limit 25.*

251165 • wks vary (8-9 wks) • Materials: \$10

Sect 01 Aziz / Tu 9:30 am - 11:45 am (8 wks)
Jan 11 - Mar 1 / Cambridge Drive Community Church, Old Red House (8 wks)

Sect 02 Kerwin / F 9:30 am - 11:45 am (9 wks)
Jan 14 - Mar 11 / UCSB Family Student Housing, Community Room (9 wks)

Infant Times I

(newborn to crawling) Infant Times provides new information about infant development, stimulation and calming techniques. Teaching focuses on massage, songs, baby-signs, developmental play, feeding and more. *Limit 30.*

251159 • 5 wks • Materials: \$5

Sect 02 Sobell / W 9:00 am - 11:15 am
Jan 12 - Feb 9 / Wake Center, Rm 15

Sect 04 Sobell / W 9:00 am - 11:15 am
Feb 16 - Mar 16 / Wake Center, Rm 15

Infant Times II

(Crawling to walking) Infant Times II provides new information about infant development, stimulation and calming techniques. Teaching focuses on massage, songs, baby-signs, developmental play, feeding and more. *Limit 30.*

251161 • 8 wks • Materials: \$5

Sect 01 Walsh / Tu 9:00 am - 10:30 am
Jan 11 - Mar 1 / Wake Center, Rm 15

Sect 02 Walsh / Tu 11:00 am - 12:30 pm
Jan 11 - Mar 1 / Wake Center, Rm 15

Music, Movement and Fun

Children and adults discover the power of music to stimulate creative, intellectual and emotional development. Rhythmically, everyone sings and moves to encourage self regulation, self esteem, and whole body coordination, leading to instrument introduction. Caregivers learn how to develop early musical skills or enrich natural talent, as supported by research and sound music models. This positive influence on early brain development can lead to formal music instruction, and higher academic achievement. Ages 3-5 years old with an adult. *Limit 25.*

251240 • 10 wks • Materials: \$10

Sect 01 Hays / M 10:00 am - 11:15 am
Jan 10 - Mar 14 / Wake Center, Rm 15

Parents & Kids in Parks

Participate with your child at our local parks. Age-appropriate hands-on activities will encourage your child's exploration. Enjoy story time and art activities with your child. Meet other parents and caregivers and discuss parenting issues related to your child's development and personality. A list of locations for the term will be distributed in class. Bring a blanket and a snack for you and your child. *Limit 30.*

5 years and younger with an adult. First two classes will meet at Oak Park. A list of locations will be provided in class or call 964-6853 ext. 0.

251256 • 10 wks • Materials: \$10

Sect 01 Lang / M 10:00 am - 12:15 pm
Jan 10 - Mar 14 / Oak Park, Playground

Squish, Splatter, and Roll

Join other parents and their children for a fun-filled morning of art explorations. Together we'll discover creative uses for common household materials, make fun concoctions, and experiment with a variety of open-ended art activities. You'll get a better understanding of how undirected exploration and investigation of art connects to your child's development. Come dressed for unlimited fun. Ages 3-5 years with an adult. *Limit 25.*

251242 • 8 wks • Materials: \$10

Sect 01 Kerwin / W 9:15 am - 11:30 am
Jan 12 - Mar 2 / UCSB Family Student Housing, Community Room

Toddler Times

(Walking—12-18 months) Now that we are walking—let's start talking. Come and learn through songs, finger plays, puppets and books in order to expand language, sensory learning and physical independence. Together we'll explore and create age-appropriate play and communication in a joyful environment. *Limit 30.*

Ages 12-18 months, walking, with an adult.

251218 • 10 wks • Materials: \$10

Sect 01 Herzog / M 9:30 am - 11:45 am
Jan 10 - Mar 14 / UCSB Family Student Housing, Community Room

PSYCHOLOGY, COMMUNICATION

► COMMUNICATION FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Compassionate Communication

Deepen connections with people at work, your friends, family and children, while reducing conflict by improving your communication skills. Follow a simple four-step process developed by Marshall Rosenberg, Ph.D., to enhance already rich, long-term relationships and heal painful ones. Enjoy richer connections with others by speaking from the heart to address feelings and needs, rather than triggering analysis, diagnosis and criticism. Learn to ask for what you want without fear, guilt or shame, and transform potential conflicts into compassionate dialogues. *Limit 55.*

RN/LVN, CNA contact hours: 14. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. CEUs offered only for class held at the Schott Center.

201825 • 8 wks

Sect 01 Sorrow / W 7:30 pm - 9:30 pm
Jan 12 - Mar 2 / Schott Center, Rm 31

How to Communicate Simply, Lovingly and Effectively

Poor communication is at the root of most relationship breakdowns. Based on the principles of Attitude Reconstruction, learn how to communicate constructively about any topic

in any situation. Topics covered in this class are: —The Four Communication Rules for you —The Lucky 13 Communication Tips for when you talk with others —The 'I' 5-Step so you can speak up about any difficult topic —A simple model to resolve big and little differences easily. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 6. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

506194 • 1 wk

Sect 01 Bijou / Sat 9:30 am - 4:30 pm
Feb 12 / Schott Center, Rm 28

► MIND AND SUPERMIND

What Makes Us Human? A Buddhist View with B. Alan Wallace

Scientists, philosophers and theologians express diverse beliefs about what makes us human. Biologists look to our enlarged brains and genes, philosophers cite our ability to think rationally, and theologians emphasize our ability to distinguish between good and evil. Buddhist thinkers highlight human ability to speak and reason, drawing attention to our ability to seek happiness, live ethical lives, and meditate. Buddhists emphasize the rarity and great value of human existence because it provides unparalleled opportunities for realizing our highest potential. *Limit 500.*

If you register BEFORE the day of the event, please come to the 'Check In' table the evening of the lecture, and you will be issued an admission ticket. If registering online THE DAY of the event, please bring your receipt and you will be given an admission ticket. Remember that seating is on a first-come basis, so you may want to arrive early. Doors open at 7 p.m.

201001 • 1 wk

Sect 01 Sherman / F 7:30 pm - 9:30 pm
Mar 4 / Wake Center Auditorium

► PERSONAL DEVELOPMENT FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

10 Ways to Find and Sustain a Lasting, Loving Relationship

Learn proven techniques to create the lasting relationship and deep connection that you seek: Qualities of a lasting partner; Ways to change how you select partners; How to recognize who is available and ready for a long-term relationship, and who is not; Overcoming the Cinderella Myth and its unrealistic expectations; Finding lasting love online; Questions to ask that indicate who is really ready for a lasting relationship; Techniques for finding the perfect partner and sustaining your lasting relationship. *Limit 60.*

201761 • 7 wks

Sect 01 Boyd / Tu 5:15 pm - 7:15 pm
Jan 11 - Feb 22 / Wake Center, Rm 27

Adventures in Self-Esteem

Do you feel in charge of life, or does it seem like you've lost control? Are you afraid to take risks? Has your self-confidence slipped into self-doubt? Is stress causing you to lose quality of life? You can unlock inner resources and transform negative stress into positive action steps. Learn 15 quick, practical tools for tapping into your creativity and potential. Learn to replace destructive thinking habits with constructive communications that empower you to create the positive changes you want. *Limit 55.*

RN/LVN, CNA contact hours: 18. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free. Students must attend both days if receiving CEU credit.

201221 • 10 wks • Materials: \$5

Sect 01 Grosboll / W 7:30 pm - 9:30 pm
Jan 12 - Mar 16 / Wake Center, Rm 15

Consciousness, Science and the Nature of Being

This is a class for people who say, 'I wonder...'. Are you passionately curious about the structure of the physical universe? Do you muse deeply about what defines life? Do you hunger to explore the hidden world of your mind? And are you drawn to the spiritual mystery? If so, please join us as we listen in fascination to guest speakers and recordings of leading-edge thinkers sharing their most current insights about the form and meaning of existence. *Limit 50.*

202107 • 10 wks

Sect 01 Sherman / Tu 10:00 am - 12:00 pm
Jan 11 - Mar 15 / Schott Center, Rm 31

Continuing Adventures in Self-Esteem

This intermediate workshop is for anyone who has completed Marilyn's Adventures in Self-

Esteem class or has learned that content from her audio or video albums. Those who are ready to apply even more effective, practical tools will enhance their skills and abilities. This workshop will provide powerful personalized coaching and supportive feedback that can transform negative stress into positive, authentic action steps. Special emphasis is given to developing your own individualized action plans for creating optimal results you most desire. *Limit 45.*
RN/LVN, CNA contact hours: 18. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201806 • 10 wks • Materials: \$10

Sect 01 Grosboll / Tu 7:30 pm - 9:30 pm
Jan 11 - Mar 15 / Schott Center, Rm 28

Creating Passion: Intimacy, Excitement and Lasting Romance

Intimacy and passion don't just happen—they are created. Especially in long-term relationships, it takes conscious attention and skill to keep the excitement and romance alive. In this course for couples and singles, you'll learn specific ideas and skills that you can use to increase your sense of pleasure and intimacy with your partner, and keep your relationship vibrant and growing. Recommended reading: *Hot Monogamy* by Pat Love and Jo Robinson. *Limit 55.*

201884 • 6 wks

Sect 01 Dunlap / Th 7:30 pm - 9:30 pm
Jan 13 - Feb 17 / Schott Center, Rm 3

Creatively Dealing with Life Changes

The most consistent thing in life is change. We can perceive these changes as either opportunities or obstacles. The most effective way to cope with change is to consciously create it. Learn how to apply the effective, practical tools revealed in the course textbook, *Mastering Life's Energies: Simple Steps to a Luminous Life at Work and Play*. Discover how to transform unwanted events into exciting opportunities. Notice how releasing the past can free you to enjoy new, unlimited future possibilities. *Limit 55.*

RN/LVN, CNA contact hours: 18. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201364 • 10 wks • Materials: \$10

Sect 01 Grosboll / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 15 / Schott Center, Rm 28

Developing Your Intuition

Like a muscle, your intuition can be developed, expanded and strengthened because it's never too late to develop your natural intuitive abilities. Learn methods to deepen relationships and enter into every situation with confidence and competence. See, hear, feel and know more than you ever thought possible. Learn powerful techniques for perceiving at deeper levels as you expand your awareness and, by honing your natural intuitive edge, gain mastery in the world. *Limit 45.*

RN/LVN, CNA, MFT/LCSW contact hours: 14. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201872 • 8 wks

Sect 01 Cooper / W 7:30 pm - 9:30 pm
Jan 12 - Mar 2 / Schott Center, Rm 20

Free Your Mind: The Work of Byron Katie

"My life would be better if I had more money" or "if my body was healthier" or "if my parents had been more available." Can you really know it's true? How would you live differently if you weren't waiting for something outside of you to change? Using written exercises and group work, learn how four simple questions (The Work) can change your life, transform relationships and bring peace and understanding. Scott McGregor Ph.D. is a trained facilitator of 'The Work.' *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hrs:12. Students wanting RN/LVN,MFT/LCSW CEU'S pay \$4 per contact hour in class, not online. CEU'S for CNAs are free.

201511 • 7 wks

Sect 01 McGregor / Tu 7:30 pm - 9:30 pm
Jan 25 - Mar 8 / Schott Center, Rm 3

Growing Through Loss

Loss is inevitable—healing is optional. As we age, we experience loss in many ways: death, divorce, health, finances, career, etc. Loss provides unparalleled opportunity to discover inner strength and the hidden, untapped resources that empower you to live with new direction, hope and joy. This class provides an arena for miraculous emotional healing and a moderated support group to do grief work in a safe space. *Limit 45.*

RN/LVN, CNA contact hours: 18. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201526 • 10 wks • Materials: \$5

Sect 01 Grosboll / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Wake Center, Rm 15

Healing and Enlightenment

Let's join together for an 'advanced course' in well-being. Along with sacred music and readings from spiritual traditions, our emphasis will be on first-hand, direct experiencing of profound states of relaxation, letting go, visualization, spiritual healing and transcendence. Let the love, wisdom and power of sacred awareness blossom in your life. *Limit 45.*

201759 • 10 wks

Sect 01 Conway / Th 12:45 pm - 2:45 pm
Jan 13 - Mar 17 / Schott Center, Rm 28

How Meditation Helps-Mindfulness in Everyday Life

Meditation is focused awareness. We do it all the time—playing music, preparing meals, caring for loved ones. Instead of focusing outwards, in this course, we turn our attention inwards. And just as sleep offers renewed refreshment, meditation allows clear, grounded inspiration. Learn a range of meditation techniques and contemplation practices that encourage health and well-being and help us greet both the challenges and joys in our lives. Beginners and experienced meditators welcome. *Limit 55.*
RN/LVN, CNA contact hours: 9. Students wanting RN/LVN CEUs pay \$4 per contact hour in class. CEUs for CNAs are free.

202139 • 7 wks

Sect 01 Drobny / Tu 11:45 am - 1:15 pm
Feb 1 - Mar 15 / Braille Institute of Santa Barbara, Upstairs Conference Room

How To Run Your Own Brain...For a Change

Your brain, in many ways, is like a computer. As such, it functions according to the programs that have been installed ... you know, "garbage in, garbage out." Participants in this class will explore and acquire skill in using self-hypnosis, NLP techniques, and other exciting strategies for replacing problem-causing programs with those that produce what they truly want. Join us and discover how to take charge of the programs you've got running, and thus run your own brain. *Limit 50.*

RN/LVN, CNA, MFT/LCSW contact hrs:14. Students wanting RN/LVN,MFT/LCSW CEU'S pay \$4 per contact hour in class, not online. CEU'S for CNAs are free.

202105 • 8 wks

Sect 01 Beamer / Tu 5:15 pm - 7:15 pm
Jan 11 - Mar 1 / Wake Center, Rm 16

Sect 02 Beamer / W 7:00 pm - 9:00 pm
Jan 12 - Mar 2 / Carpinteria Community Church, Choir Room

Life, Death and Afterlife

A poignant, liberating and humorous approach to the great mysteries of being. We draw on various perspectives (scientific, serendipitous and spiritual) and utilize lectures, discussions, readings, slides and videos. Topics covered include the miracle of life; what survives?; the three levels of our experience; being with dying loved ones; and processing powerful emotions. *Limit 50.*

201708 • 10 wks

Sect 01 Conway / Tu 12:45 pm - 2:45 pm
Jan 11 - Mar 15 / Schott Center, Rm 3

Mindfulness Meditation, Presence, Healing, and Happiness

For beginners, this is a gentle, clear introduction to the skill of living insightfully in the here and now. For experienced meditators, this is an opportunity to sit with others of similar mind, and to compare notes and refine your practice. All will find the class relaxing, rejuvenating, and enlightening. Each session consists of brief instruction, a substantial period of meditation, and a stimulating discussion. You are welcome to attend at any time during the term. *Limit 100.*
RN/LVN, CNA contact hours: 18. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

202483 • 12 wks

Sect 01 Sherman / M 5:15 pm - 7:15 pm
Jan 10 - Mar 28 / Schott Center, Rm 31

Nature, Hiking and Self-Healing-Beginning

An adventure in self-discovery including meditation and discussion of self-healing techniques in the beauty of Santa Barbara's hiking trails and beaches. Participants should be able to walk one to two miles comfortably. For beginning hikers desiring to walk at a slow pace. The first class meets at the Wake Center; call 705-9663 for location of subsequent classes. *Limit 60.*

Participants should be able to walk one to two miles comfortably. For beginning hikers desiring to walk at a slow pace.

201803 • wks vary (10-11 wks)

Sect 01 Chambers / Tu 10:00 am - 12:30 pm
Jan 11 - Mar 15 / Wake Center, Rm 26
(10 wks)

Sect 02 Chambers / F 9:30 am - 12:00 pm
Jan 14 - Mar 25 / Wake Center, Rm 9
(11 wks)

Nature, Hiking, and Self-Healing-Intermediate

An adventure in self-discovery based on the book by Paula Sandefur. Class will include vigorous hiking, meditation and self-healing techniques in the beauty of Santa Barbara's mountain trails and beaches. Participants should be able to walk 3 to 4 miles comfortably. For experienced hikers, who can walk at an intermediate pace. *Limit 60.*

First class meets at Wake Center. Call 687-6961 for location of subsequent classes.

201997 • 10 wks

Sect 01 Sorrow / Th 9:30 am - 12:00 pm
Jan 13 - Mar 17 / Wake Center, Rm 15

Self-Esteem: How to Seek It and Keep It

With self-esteem we are comfortable and accepting of ourselves, able to develop our unique potential, and support others doing the same. In this class, the presenter reveals how high self-esteem helps people achieve business and personal successes. *Limit 150.*

In collaboration with: The Santa Barbara Council for Self Esteem, a non-profit organization whose purpose is to inspire and motivate us to create the changes we want in our lives. This lecture format allows an opportunity for questions and answers, from which you'll find yourself motivated and inspired.

201981 • 1 wk

Sect 01 Young / F 12:00 pm - 1:30 pm
Jan 28 / Schott Center Auditorium

The Healing Power of Words, Images and Dreams

Healing is the natural process of repair, renewal, and regeneration. Healing can be accelerated with the conscious choice of focused intention. Words, images, and dreams are tools of healing that can be used to energize and expand the mind, heart, and body. In this class you will learn to identify what needs to be healed and how to explore the resources within your emotions, thoughts, and spirit. Dr. Kwako will use discussion, writing and guided meditation to mobilize these sources of healing. *Limit 50.*

RN/LVN, CNA, MFT/LCSW contact hours: 6. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201904 • 3 wks

Sect 01 Kwako / W 5:15 pm - 7:15 pm
Jan 19 - Feb 2 / Schott Center, Rm 31

Turning Points in Thought From Film

This class focuses on turning points in thought as they are revealed in movies. The class also exposes mature students to a variety of lenses to interpret events. These lenses form a basis for class discussion and include: Turning points in Thought; Individuation; Rupture/Borderland/Normalization; and Archetypal & Symbolic Thinking. Various psychological theories that apply to daily life are discussed via interpreting and deconstructing cinematic narratives while attempting to understand the 'story behind the story'. *Limit 150.*

Team-taught with Kerry Methner, Ph.D., and Mark Whitehurst, M.A.

201523 • 11 wks

Sect 01 Methner / F 7:00 pm - 10:00 pm
Jan 14 - Mar 25 / Schott Center Auditorium

Vocal Sound Healing Journey

You are welcome to join us for an individual and community journey of gentle breathing, body relaxation, vocal release, grounding and singing. This is a supportive, guided opportunity to create an intimate relationship to your breath, body and voice whereby you learn how to release inhibition, stress and pain at all levels. Through this process, you create spontaneous sounds, sing and enjoy gentle bonds that form when a community is focused together on vocal sound healing. *Limit 55.*

Please bring a blanket/mat and cushion or pillow and water to class.

202520 • 10 wks

Sect 01 McClure / W 5:15 pm - 7:15 pm
Jan 12 - Mar 16 / Schott Center, Rm 28

► PSYCHOLOGY WEEKENDS FOR OLDER ADULTS

Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

ADHD Through the Lifespan

Distractibility, disorganization, interrupting in conversations, restlessness, moodiness, memory difficulties, and impulsive decisions are just some of the symptoms contributing to chronic underachievement, low frustration tolerance and poor self-esteem. Do you, your spouse or your children have ADD? We'll address complex issues about how to effectively recognize ADD throughout the life-span. In this informative and inspiring class, we'll explore cutting-edge

strategies to help you discover hope again. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 3.5. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201955 • 1 wk

Sect 01 Rotz / Sat 9:00 am - 12:30 pm
Mar 12 / Schott Center Auditorium

Adventures in Consciousness

Our mind is larger and more fascinating than we generally realize. We can use deep relaxation and precisely directed attention to explore regions of which we are usually unaware. These realms hold true treasures. We'll explore our personal history to understand why we think and feel as we do, and how to re-pattern ourselves. Our collective unconscious will generate amazing abilities and energies that serve to heal, empower, and enlighten us. *Limit 60.*

Bring pillows so you are comfortable either sitting or lying down. RN/LVN, CNA contact hours: 4. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201801 • 1 wk

Sect 01 Sherman / Sat 9:30 am - 1:30 pm
Mar 12 / Schott Center, Rm 31

Forgiveness: Healing Relationships

As years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our commitments in life become conditional—we block the flow of love. How can you learn to forgive and let go of old thoughts and judgments, thereby freeing yourself to love fully? Discover that you can heal any relationship, past or present. Develop a sense of freedom and renewed energy, allowing more joy and possibility into your partnerships with others. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 6. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201553 • 1 wk

Sect 01 Bowden / Sat 9:30 am - 4:30 pm
Feb 26 / Schott Center, Rm 30

Forgiveness: The Healing Journey

Carrying hurt, anger and resentment within us is destructive to mind, body and emotions. Forgiveness facilitates healing of life threatening conditions such as high blood pressure,

substance abuse and other stress related diseases. Forgiveness is a gift we give ourselves, an 'inside job' that allows us to release old negative emotions and make room for new positive, constructive, energizing thoughts, feelings and actions. Learn the process of forgiveness for personal release and enhancing effectiveness in working and living with others. *Limit 45.*

RN/LVN, CNA, MFT/LCSW contact hours: 6. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201738 • 1 wk

Sect 01 Caldwell / Sat 9:30 am - 4:30 pm
Mar 19 / Wake Center, Rm 27

Happiness is an Inside Job

If you are not completely satisfied with your life, come and learn the skills for becoming happier. Only you have the power to change your attitude. Learn five or more easy things you can do now to create more happiness in your life. Develop a sense of humor about ourselves. Deal with life's transitions. Form new friendships. Adapt to change. Willa is the author of the book *Happiness Instruction Kit, No Assembly Required*. *Limit 55.*

201782 • 1 wk

Sect 01 Young / Sat 10:00 am - 1:00 pm
Feb 26 / Schott Center, Rm 29

How to Change Bad Habits for Good

Rid yourself of self-defeating behaviors like overeating, overspending, procrastination, or smoking, once and for all. Change occurs in six stages. Discover what stage you are on and what is holding you back. Turn setbacks into successes. Learn how the roots of negative behaviors lie in the neurobiology of the brain. Use Energy Psychology techniques to create a climate for change to happen, maintain motivation, and make new healthy habits permanent. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 4. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

202141 • 1 wk

Sect 01 Arenson / Sat 9:00 am - 1:00 pm
Mar 5 / Schott Center, Rm 31

How to Enjoy Anger

When we're angry, three things are happening: 1) We're upset because we are not getting what we want. 2) We're blaming someone or something for us not getting what we want.

3) We're about to speak or act in such a way that will most probably guarantee that we will not get what we want. Learn how to change this pattern and ask for what you want. It is recommended that students have a basic knowledge of Nonviolent Communication. *Limit 55.*

RN/LVN, CNA contact hours: 6. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

202081 • 1 wk

Sect 01 Sorrow / Sat 9:00 am - 4:00 pm
Feb 12 / Schott Center, Rm 31

Imagery and Self-Hypnosis for Health, Harmony and Peak Performance

Self-Hypnosis is one of the most effective and natural tools available to help achieve any goal, including improved sleep, relaxation, weight-loss, and eating habits. It can significantly reduce stress, pain, negative thinking, headaches, and fatigue. Self-Hypnosis will dramatically improve overall health, well-being, optimistic thinking, and feelings of harmony. As taught in this class, Self-Hypnosis utilizes the powers of imagery, imagination, creativity, and reframing skills. It draws from the schools of Cognitive and Behavioral Psychology to effect positive and lasting change. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 6. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201840 • 1 wk

Sect 01 Tamiazzo / Sat 9:30 am - 4:30 pm
Feb 26 / Schott Center, Rm 3

Love & Belonging: Healing the Past, Moving Ahead with Family Constellations

Love and a sense of belonging are the cornerstones to fulfilling relationships throughout life. Disturbances in these patterns of love and attachment create havoc in families, for generations. These usually hidden forces are harnessed for healing through the Family Constellation Process. As we cultivate presence, honor the past and our ancestors, we build a strong future. Participants will gain a deeper understanding of the healing power of love and of the family soul in human relationships. Co-presented with JoAnna Chartrand. *Limit 50.*

MFT/LCSW contact hours: 3.0. Students wanting MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line.

202101 • 1 wk

Sect 01 Benz / Sat 9:30 am - 12:30 pm
Feb 5 / Schott Center, Rm 31

Procrastination and Perfectionism

It is difficult to give up procrastinating until you understand the function it serves in your life. Explore the hidden roots of procrastination and uncover the five fears that underlie this problem. Learn specific skills to overcome these fears, defeat perfectionism and take action NOW. *Limit 55.*

RN/LVN, CNA, MFT/LCSW contact hours: 4. Students wanting RN/LVN, MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201402 • 1 wk

Sect 01 Arenson / Sat 9:00 am - 1:00 pm
Jan 29 / Schott Center, Rm 30

Serenity in the Fast Lane: Disappearing Stress

You know that stress is unhealthy, and you want to relax—but you're just too busy. This experiential workshop presents 20 simple, highly effective, and fast-acting techniques: reducing tension, rapidly easing or even clearing pain, achieving insight and markedly lowering stress levels—in a matter of moments. Achieve the relaxation response you seek. Come learn these life-enhancing, life-extending tools for peaceful living. *Limit 55.*

RN/LVN, CNA contact hours: 5. Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not on-line. CEUs for CNAs are free.

201844 • 1 wk

Sect 01 Cooper / Sat 10:00 am - 4:00 pm
Jan 22 / Schott Center, Rm 31

Story of Music Therapy: Finding Your Inner Symphony

Drawing upon stories from ancient mythology and Renaissance ideas related to music, today's focus will be on what it means to discover your own inner symphony, unique gifts and talents. We will explore the ancient and modern-day uses of sound vibration in music therapy. There will be experiential exercises involving listening to recorded music, plus a live harp demonstration. Discover how music is connected to memory, self-esteem and creativity. *Limit 200.*

MFT/LCSW contact hours: 5. Students wanting MFT/LCSW CEUs pay \$4 per contact hour in class, not on-line.

202149 • 1 wk

Sect 01 Martin / Sat 9:00 am - 3:00 pm
Feb 5 / Wake Center Auditorium

▶ THE OMEGA ELDERHOOD PROGRAM FOR OLDER ADULTS



Classes under this subcategory are state-supported educational programs designed and offered primarily for adults 55+ years old, although all adults are eligible to enroll.

Art Experiences and Conversations

Limit 80.

951085 • wks vary (10-12 wks)

Sect 02 Hansen / M 10:30 am - 12:00 pm
Jan 10 - Mar 28 / Friendship Senior Day Care Center, Meeting Room (12 wks)

Sect 01 Hansen / Tu 1:30 pm - 3:00 pm
Jan 11 - Mar 15 / Maravilla Assisted Living, Montevista Room (10 wks)

Body/Mind Awareness

Limit 80.

951116 • wks vary (10-12 wks)

Sect 40 Day / M 10:15 am - 11:45 am
Jan 10 - Mar 28 / Santa Barbara Convalescent, Meeting Room (12 wks)

Sect 43 Spirka / MTh 10:30 am - 11:15 am
Jan 10 - Mar 24 / Friendship Manor, Meeting Room (11 wks)

Sect 11 Rockett / M 1:30 pm - 3:00 pm
Jan 10 - Mar 28 / Wood Glen Hall, Meeting Room (12 wks)

Sect 07 Rosenblum / Tu 10:30 am - 12:00 pm
Jan 11 - Mar 15 / Heritage House Assisted Living, Garden Room (10 wks)

Sect 41 Rosenblum / Tu 3:00 pm - 4:30 pm
Jan 11 - Mar 15 / Buena Vista Care Center, Meeting Room (10 wks)

Sect 19 Capelli / W 1:30 pm - 3:00 pm
Jan 12 - Mar 16 / Maravilla Memory Care, Meeting Room (10 wks)

Sect 05 Rosenblum / W 2:00 pm - 3:30 pm
Jan 12 - Mar 16 / Heritage House Assisted Living, Garden Room (10 wks)

Sect 30 Day / W 3:00 pm - 4:30 pm
Jan 12 - Mar 16 / Villa Alamar, Meeting Room (10 wks)

- Sect 06 Rosenblum** / Th 10:00 am - 11:30 am
Jan 13 - Mar 17 / Pilgrim Terrace,
Activities Center (10 wks)
- Sect 42 Rockett** / Th 2:00 pm - 3:30 pm
Jan 13 - Mar 17 / La Cumbre Senior
Living Concepts, Meeting Room (10 wks)
- Sect 03 Rosenblum** / Th 3:00 pm - 4:30 pm
Jan 13 - Mar 17 / Buena Vista Care
Center, Meeting Room (10 wks)
- Sect 34 Cox** / F 10:00 am - 11:30 am
Jan 14 - Mar 25 / Villa Alamar, Meeting
Room (11 wks)
- Sect 44 Capelli** / F 10:15 am - 11:45 am
Jan 14 - Mar 25 / Maravilla Assisted
Living, Montevista Room (11 wks)
- Sect 02 Tischer II** / F 10:30 am - 12:00 pm
Jan 14 - Mar 25 / Friendship Senior Day
Care Center, Meeting Room (11 wks)
- Sect 04 Day** / F 10:30 am - 12:00 pm
Jan 14 - Mar 25 / Alexander Court,
Meeting Room (11 wks)
- Sect 45 Day** / F 1:00 pm - 2:30 pm
Jan 14 - Mar 25 / Friendship Senior Day
Care Center, Meeting Room (11 wks)
- Sect 35 Tischer II** / F 3:00 pm - 4:30 pm
Jan 14 - Mar 25 / Villa Alamar, Meeting
Room (11 wks)
- Sect 01 Rosenblum** / Sat 10:00 am - 11:30 am
Jan 15 - Mar 26 / Heritage House Assisted
Living, Garden Room (11 wks)

Expressing Ourselves

Limit 80.

- 951048** • 10 wks
- Sect 02 Rockett** / Tu 1:00 pm - 2:30 pm
Jan 11 - Mar 15 / Friendship Senior Day
Care Center, Meeting Room
- Sect 45 Gomez** / Tu 1:30 pm - 3:00 pm
Jan 11 - Mar 15 / Maravilla Memory Care,
Meeting Room
- Sect 01 Katz** / W 2:30 pm - 4:00 pm
Jan 12 - Mar 16 / Alexander Court,
Meeting Room
- Sect 04 Gomez** / Th 1:30 pm - 3:00 pm
Jan 13 - Mar 17 / Maravilla Assisted
Living, Montevista Room

Expressive Awareness

Limit 40.

- 951050** • 11 wks
- Sect 01 Volner** / F 9:00 am - 10:30 am
Jan 14 - Mar 25 / Devereux Adult Day
Program, Life Enrichment Program Room
- Sect 02 Volner** / F 10:30 am - 12:00 pm
Jan 14 - Mar 25 / Devereux Adult Day
Program, Life Enrichment Program Room

Food for Thought, Talk and Taste

Limit 50.

- 951092** • wks vary (10-12 wks)
- Sect 11 Cox** / M 10:00 am - 12:00 pm
Jan 10 - Mar 28 / Villa Alamar, Meeting
Room (12 wks)
- Sect 16 Volner** / M 10:00 am - 12:00 pm
Jan 10 - Mar 28 / Alexander Court,
Meeting Room (12 wks)
- Sect 17 Foy** / M 1:30 pm - 3:30 pm
Jan 10 - Mar 28 / Heritage House Assisted
Living, Garden Room (12 wks)
- Sect 41 Foy** / Tu 10:00 am - 12:00 pm
Jan 11 - Mar 15 / La Cumbre Senior
Living Concepts, Meeting Room (10 wks)
- Sect 33 Volner** / W 10:00 am - 12:00 pm
Jan 12 - Mar 16 / Wood Glen Hall,
Meeting Room (10 wks)
- Sect 09 Volner** / Th 10:00 am - 12:00 pm
Jan 13 - Mar 17 / Santa Barbara
Convalescent, Meeting Room (10 wks)
- Sect 32 Cox** / Th 10:15 am - 12:15 pm
Jan 13 - Mar 17 / Friendship Senior Day
Care Center, Meeting Room (10 wks)
- Sect 19 Volner** / Th 1:30 pm - 3:30 pm
Jan 13 - Mar 17 / Alexander Court,
Meeting Room (10 wks)
- Sect 30 Foy** / F 10:00 am - 12:00 pm
Jan 14 - Mar 25 / Buena Vista Care
Center, Meeting Room (11 wks)

Listening to Music, Listening to Ourselves

Limit 80.

- 951253** • 8 wks
- Sect 10 Sanchez** / Tu 1:30 pm - 3:00 pm
Jan 11 - Mar 1 / Buena Vista Care Center,
Meeting Room
- Sect 02 Sanchez** / Tu 4:00 pm - 5:30 pm
Jan 11 - Mar 1 / Heritage House Assisted
Living, Garden Room
- Sect 04 Sanchez** / Tu 6:00 pm - 7:30 pm
Jan 11 - Mar 1 / Villa Santa Barbara,
Meeting Room
- Sect 09 Sanchez** / W 4:00 pm - 5:30 pm
Jan 12 - Mar 2 / Villa Riviera, Meeting
Room
- Sect 06 Sanchez** / W 6:00 pm - 7:30 pm
Jan 12 - Mar 2 / Maravilla Memory Care,
Memory Care Living Room
- Sect 08 Sanchez** / Th 2:00 pm - 3:30 pm
Jan 13 - Mar 3 / Heritage House Assisted
Living, Assisted Living Dining Room
- Sect 03 Sanchez** / Th 4:00 pm - 5:30 pm
Jan 13 - Mar 3 / Alexander Gardens,
Meeting Room
- Sect 11 Sanchez** / F 3:30 pm - 5:00 pm

Jan 14 - Mar 4 / Maravilla Assisted Living,
Lobby

- Sect 01 Sanchez** / F 6:30 pm - 8:00 pm
Jan 14 - Mar 4 / Wood Glen Hall, Meeting
Room

Music and You

Limit 30.

- 951083** • 11 wks
- Sect 01 Manzi** / Sat 10:30 am - 12:00 pm
Jan 15 - Mar 26 / Alexander Court,
Meeting Room

Music for All Seasons and Reasons

Limit 40.

- 951059** • wks vary (10-11 wks)
- Sect 17 Tischer II** / Tu 10:00 am - 11:30 am
Jan 11 - Mar 15 / Pilgrim Terrace,
Activities Center (10 wks)
- Sect 10 Manzi** / W 10:00 am - 11:30 am
Jan 12 - Mar 16 / Villa Alamar, Meeting
Room (10 wks)
- Sect 23 Day** / W 10:30 am - 12:00 pm
Jan 12 - Mar 16 / Friendship Senior Day
Care Center, Meeting Room (10 wks)
- Sect 16 TBA** / W 11:00 am - 12:30 pm
Jan 12 - Mar 16 / Maravilla Assisted
Living, Assisted Living Theatre (10 wks)
- Sect 12 Wave** / W 3:00 pm - 4:30 pm
Jan 12 - Mar 16 / Wood Glen Hall,
Meeting Room (10 wks)
- Sect 07 Manzi** / Th 10:15 am - 11:45 am
Jan 13 - Mar 17 / Buena Vista Care
Center, Meeting Room (10 wks)
- Sect 19 Manzi** / Th 12:45 pm - 2:15 pm
Jan 13 - Mar 17 / Villa Riviera, Meeting
Room (10 wks)
- Sect 80 Tischer II** / Th 1:00 pm - 2:30 pm
Jan 13 - Mar 17 / Villa Alamar, Meeting
Room (10 wks)
- Sect 41 Katz** / F 10:30 am - 12:00 pm
Jan 14 - Mar 25 / La Cumbre Senior
Living Concepts, Meeting Room (11 wks)
- Sect 79 Manzi** / F 2:30 pm - 4:00 pm
Jan 14 - Mar 25 / Alexander Court,
Meeting Room (11 wks)

Music of Our Lives and Times

Limit 80.

- 951061** • wks vary (10-12 wks)
- Sect 61 Tischer II** / M 2:00 pm - 3:30 pm
Jan 10 - Mar 28 / La Cumbre Senior
Living Concepts, Meeting Room (12 wks)
- Sect 30 Heck** / Tu 10:00 am - 11:30 am
Jan 11 - Mar 15 / Villa Alamar, Meeting
Room (10 wks)

Sect 62 Manzi / Tu 10:15 am - 11:45 am
Jan 11 - Mar 15 / Santa Barbara
Convalescent, Meeting Room (10 wks)

Sect 23 Capelli / Tu 2:00 pm - 3:30 pm
Jan 11 - Mar 15 / Alexander Court,
Meeting Room (10 wks)

Sect 04 Gomez / W 3:15 pm - 4:45 pm
Jan 12 - Mar 16 / Maravilla Assisted
Living, Assisted Living Theatre (10 wks)

Sect 14 Gomez / Th 10:00 am - 11:30 am
Jan 13 - Mar 17 / Buena Vista Memory Care,
Meeting Room (10 wks)

Sect 81 Manzi / F 10:30 am - 12:00 pm
Jan 14 - Mar 25 / Alexander Gardens,
Meeting Room (11 wks)

Sect 17 Gomez / Sun 3:00 pm - 4:30 pm
Jan 16 - Mar 27 / Villa Alamar, Meeting
Room (11 wks)

Our Lives and Times

Limit 80.

951071 • wks vary (10-12 wks)

Sect 71 Foy / M 10:15 am - 11:45 am
Jan 10 - Mar 28 / Buena Vista Care
Center, Meeting Room (12 wks)

Sect 41 Rockett / M 10:30 am - 12:00 pm
Jan 10 - Mar 28 / La Cumbre Senior
Living Concepts, Meeting Room (12 wks)

Sect 02 Foy / Tu 2:30 pm - 4:00 pm
Jan 11 - Mar 15 / Santa Barbara
Convalescent, Meeting Room (10 wks)

Sect 09 Kennedy / Th 6:30 pm - 8:00 pm
Jan 13 - Mar 17 / Wood Glen Hall,
Meeting Room (10 wks)

Sect 05 Volner / F 12:00 pm - 1:30 pm
Jan 14 - Mar 25 / Devereux Adult Day
Program, Rm DTAC (11 wks)

Sect 06 Volner / F 1:30 pm - 3:00 pm
Jan 14 - Mar 25 / Devereux Adult Day
Program, Rm DTAC (11 wks)

Sect 22 Keller / Sat 6:30 pm - 8:00 pm
Jan 15 - Mar 26 / Wood Glen Hall,
Meeting Room (11 wks)

Sect 23 Gomez / Sun 1:00 pm - 2:30 pm
Jan 16 - Mar 27 / Alexander Court,
Meeting Room (11 wks)

Problem Solving and Leadership Skills

Limit 40.

951123 • 10 wks

Sect 01 Capelli / Th 8:30 am - 10:00 am
Jan 13 - Mar 17 / Devereux Adult Day
Program, Rm DTAC

Sect 02 Capelli / Th 10:00 am - 11:30 am
Jan 13 - Mar 17 / Devereux Adult Day
Program, Rm DTAC

Sensory Awareness

Limit 30.

951037 • wks vary (10-12 wks)

Sect 68 Wave / M 2:30 pm - 4:00 pm
Jan 10 - Mar 28 / Santa Barbara
Convalescent, Meeting Room (12 wks)

Sect 30 Day / Tu 10:15 am - 11:45 am
Jan 11 - Mar 15 / Buena Vista Care
Center, Meeting Room (10 wks)

Sect 23 Cox / Tu 3:00 pm - 4:30 pm
Jan 11 - Mar 15 / Villa Alamar, Meeting
Room (10 wks)

Sect 41 Cox / W 10:30 am - 12:00 pm
Jan 12 - Mar 16 / La Cumbre Senior
Living Concepts, Meeting Room (10 wks)

Sect 66 Wave / W 1:00 pm - 2:30 pm
Jan 12 - Mar 16 / Alexander Court,
Meeting Room (10 wks)

Sect 67 Day / Th 10:00 am - 11:30 am
Jan 13 - Mar 17 / Villa Alamar, Meeting
Room (10 wks)

Sect 14 Cox / Th 1:00 pm - 2:30 pm
Jan 13 - Mar 17 / Friendship Senior Day
Care Center, Meeting Room (10 wks)

The Plant/Person Connection

Limit 40.

951118 • 10 wks

Sect 66 Cox / Tu 10:00 am - 11:30 am
Jan 11 - Mar 15 / Alexander Court,
Meeting Room

Travels and Explorations

Limit 30.

951082 • wks vary (10-12 wks)

Sect 07 Lotito / M 1:30 pm - 3:00 pm
Jan 10 - Mar 28 / Villa Alamar, Meeting
Room (12 wks)

Sect 01 Nowlin / M 2:30 pm - 4:00 pm
Jan 10 - Mar 28 / Alexander Court,
Meeting Room (12 wks)

Sect 06 Lubach / Tu 6:30 pm - 8:00 pm
Jan 11 - Mar 15 / Wood Glen Hall,
Meeting Room (10 wks)

Sect 02 Lotito / W 2:00 pm - 3:30 pm
Jan 12 - Mar 16 / La Cumbre Senior
Living Concepts, Meeting Room (10 wks)

World of Interest

Limit 40.

951047 • wks vary (10-12 wks)

Sect 01 Capelli / M 9:00 am - 10:30 am
Jan 10 - Mar 28 / Devereux Adult Day
Program, Life Enrichment Program Room

Sect 17 Hofmann / M 10:30 am - 12:00 pm
Jan 10 - Mar 28 / Samarkand Retirement
Community, Mountain Room (12 wks)

Sect 02 Capelli / M 10:30 am - 12:00 pm
Jan 10 - Mar 28 / Devereux Adult Day
Program, Life Enrichment Program Room
(12 wks)

Sect 78 Foy / W 10:30 am - 12:00 pm
Jan 12 - Mar 16 / Heritage House Assisted
Living, The Grove (10 wks)

Sect 06 Gomez / W 1:30 pm - 3:00 pm
Jan 12 - Mar 16 / Buena Vista Care
Center, Meeting Room (10 wks)

Sect 41 Lotito / Th 10:00 am - 11:30 am
Jan 13 - Mar 17 / Alexander Court,
Meeting Room (10 wks)

Sect 77 Foy / Th 10:30 am - 12:00 pm
Jan 13 - Mar 17 / La Cumbre Senior
Living Concepts, Meeting Room (10 wks)

Sect 05 Hofmann / Th 10:30 am - 12:00 pm
Jan 13 - Mar 17 / Wood Glen Hall,
Meeting Room (10 wks)

Sect 30 Foy / Th 3:00 pm - 4:30 pm
Jan 13 - Mar 17 / Villa Alamar, Meeting
Room (10 wks)

SHORT-TERM VOCATIONAL PROGRAMS

► BUSINESS ADMINISTRATION & MANAGEMENT

The Organized Workplace: No More Clutter!

If you ever feel as though you are drowning in paper and possessions, help is here. Relieve anxiety and succeed in becoming well-organized by learning simple techniques to eliminate clutter, control paper, create practical systems, conquer space/storage dilemmas, and develop realistic work/life schedules. We'll discuss setting priorities, time management, procrastination, decision-making and other topics related to solving organizational problems at work and at home. *Limit 45.*

In collaboration with: Small Business Development Center Network.

506103 • 1 wk

Sect 02 Caputo / Sat 9:00 am - 3:00 pm
Mar 5 / Schott Center, Rm 30

► BUSINESS DEVELOPMENT & ENTREPRENEURSHIP

Beyond the Basics of Selling and Marketing on Ebay and the Internet

Become a successful seller on the Internet & eBay by learning how to start a business on the Internet; increase sales with proven marketing techniques; find new sources of merchandise; use listing tools to improve productivity; track your sales with reports and research; use the media wisely; and open an eBay Store. Students must be registered sellers on eBay and have some experience selling on the Internet. *Limit 24.*

Optional textbook available:\$20. In collaboration with: Small Business Development Center Network

504119 • 6 wks

Sect 01 Wolff / W 6:00 pm - 9:30 pm
Feb 2 - Mar 9 / Wake Center, Rm 4 PC Lab

Sect 02 Wolff / Th 9:00 am - 12:30 pm
Feb 3 - Mar 10 / Wake Center, Rm 3 Mac-PC Lab

Entrepreneur Training Program

This 8-week course will provide to the student all of the tools necessary to develop a business plan for starting or expanding a small business. Topics include marketing, financial statements and cash flow, administrative and personnel and strategic planning. A 200-page notebook will be the text for this class. Program includes guest speakers and case studies. *Limit 45.*

In collaboration with: Small Business Development Center Network

501083 • 8 wks • Materials: \$10

Sect 01 Ryal / Th 6:30 pm - 9:30 pm
Jan 13 - Mar 3 / Wake Center, Rm 28

► CAREERS & JOB TRAINING

Best Jobs and How to Get Them

For entry-level to professional job seekers. This class provides handouts and discusses skills and abilities, formats for resumes, thank you and cover letters, most frequently asked interview and salary questions, tips on controlling job interviews, how to research potential employers, identifying what you want from and assessing an organization, long distance job search and networking strategies, and current statistics (including salary) on the best careers nationally

and locally. It features an excellent film: *Interviewing with Confidence*. Bring resumes. *Limit 25.*

501062 • 1 wk

Sect 01 Floyd / Sat 9:00 am - 3:00 pm
Jan 15 / Wake Center, Rm 9

Bilingual Auto Mechanics

Learn how to perform inspections, adjustments, and repairs required for normal auto upkeep at home without using specialized equipment. This section will be taught in Spanish only. *Limit 20.*

909184 • 7 wks • Materials: \$5

Sect 02 Miranda / Tu 6:30 pm - 9:30 pm
Feb 1 - Mar 15 / SBCC, Rm A123, Mac-Dougall Admin Center

Career Opportunities in the Emerging Sustainable Society

A new awareness about the challenges of global climate disruption and the end of cheap fossil fuels has turbo-charged the transformation of every sector of society into its sustainable alternative. Energy, health care, food, shelter education, transportation, business, community governance-all are rapidly changing. Where can you fit in? Green building? Alternative health care? Environmental restoration? Ethicist? Non-corporate arts and media? Wind energy? Ecological farming? Spiritual community? Peacemaker? Non-traditional educator? Community Ecotherapist: Come and explore the exciting new options. *Limit 45.*

501064 • 1 wk

Sect 01 Buzzell-Saltzman / Sat 10:00 am - 1:00 pm
Mar 5 / Wake Center, Rm 27

Testing Program for Career Decisions

Together with a group of others who may be at the same place as you in their career decisions (and may have a career you would like to know about), discover whether you are an extrovert of introvert, have organizational abilities and what your preferred work setting is, by taking these three tests most frequently used in universities, colleges and by professional career counselors: Self Directed Search, Myers-Briggs Type Inventory, and Strong Interest Inventory. *Limit 20.*

201134 • 3 wks • Materials: \$25

Sect 01 Floyd / Sat 9:00 am - 1:30 pm
Jan 29 - Feb 12 / Wake Center, Rm 9

► CERTIFICATE PROGRAMS



Health Care Interpreter I: Introduction

Introduces health care interpreting to English/Spanish-speaking individuals who are called upon to interpret for limited English proficient patients in health care settings. The curriculum is based on the standards of the California Health Care Interpreting Association, and emphasizes the basic principles of effective, confidential and culturally sensitive health care interpretation. *Limit 27.*

Students wanting RN/LVN CEUs pay \$4 per contact hour in class, not online. CEUs for CNAs are free.

912172 • 1 wk • Materials: \$15

Sect 01 Filotas / MTuWThF 8:30 am - 5:00 pm
Jan 10 - Jan 14 / Wake Center, Rm 20

HCI II: Health Concepts

Prerequisite: Health Care Interpreting I: Introduction. Prepares the English/Spanish-speaking bilingual person for health care interpreting by introducing the concepts and English/Spanish medical terminology related to anatomy, common medical conditions, and treatments. It is the second of the five non-credit courses that awards a Health Care Interpreting Training Program Certificate upon Program completion. *Limit 25.*

912174 • 7 wks • Materials: \$15

Sect 01 Filotas / MW 6:00 pm - 9:00 pm
Jan 31 - Mar 16 / County of Santa Barbara Employees' University, Coastal Room

NOTE: PERSONAL CARE ATTENDANT TRAINING PROGRAM

The next Personal Care Attendant Certificate Program classes will begin on Monday, April 11, 2011. Students interested in applying for admission into the Program are encouraged to contact the Schott Center Student Services (STEP) Office at 805-898-8160 to make an appointment with the Program's Case Manager.

NOTE: MEDICAL ASSISTANT TRAINING PROGRAM

The next Medical Assistant Certificate Program classes will be offered in September 2011. Students interested in applying for admission into the Program are encouraged to contact the Wake Center Student Services (STEP) Office at 805-683-8260 to make an appointment with the Program's Case Manager.

ServSafe Food Safety Preparation Certificate: Module A

This course is Module A of a two-part course of study designed to provide students with information for all levels of employees on all aspects of handling food, from receiving and storing to preparing and serving. The emphasis of the course is to enhance safety and hygiene in the food industry. *Limit 100.*

901145 • 10 wks

Sect 05 **Risser** / M 3:00 pm - 5:00 pm
Jan 10 - Mar 14 / Salvation Army
Hospitality House, Dining Room

► COMPUTERS: BASICS**Bilingual Computers: Intro to Computers**

Learn about basic hardware; input and output devices; operating systems; the Windows environment; software applications (i.e., word processing and a spreadsheet). This bilingual class is taught in English and Spanish. *Limit 24.*

514039 • wks vary (10-12 wks)

Sect 04 **Cornejo** / M 5:30 pm - 7:30 pm (12 wks)
Jan 10 - Mar 28 / Carpinteria High
School, Library

Sect 03 **Cornejo** / W 5:30 pm - 7:30 pm (10 wks)
Jan 12 - Mar 16 / Carpinteria High
School, Library

Sect 02 **Cornejo** / Th 5:30 pm - 7:30 pm (10 wks)
Jan 13 - Mar 17 / Carpinteria High
School, Library

Computer Skills (Bilingual): Computers In Our Future

The Computers In Our Future (CIOF) Centers offer a comprehensive, bilingual learning environment in which low-income adults and youth can acquire essential technology skills on their own schedule and at their own pace. For more information, call the Center at 683-8232 or 898-8152. **IMPORTANT NOTE:** In order to register for any of the following courses you must do so in person at the desired location during hours of service.

IMPORTANTE: Para registrarse en cualquiera de las

clases siguientes, usted debe presentarse en el lugar y salón indicado. Limit 1000.

903347 • 10 wks

Sect 98 **CIOF** / M,Tu,W,Th 10:00 am - 7:30 pm; F 10:00 am - 4:30 pm
Jan 10 - Mar 18 / Wake Center, Rm 6
Computer Lab (PC/Mac)

Sect 99 **CIOF** / M,Tu,W,Th 10:30 am - 8:00 pm; F 10:30 am - 6:30 pm; Sat 11:00 am - 3:00 pm
Jan 10 - Mar 19 / Schott Center, Rm 17
CIOF Lab

Sect 96 **CIOF** / MTuWTh 5:00 pm - 7:30 pm
Jan 10 - Mar 17 / Transition House,
Computer Room

Computers for Beginners

Class is designed as a hands-on guided tour of Windows for beginners. From the class one will learn the basic functions of Windows and will be able to operate a personal computer with ease and confidence. *Limit 24.*

909307 • 6 wks • Materials: \$10

Sect 01 **Eggli** / M 1:00 pm - 3:30 pm
Jan 10 - Feb 14 / Wake Center, Rm 4 PC

Intro to the Macintosh

An introduction to the Macintosh computer including basic Macintosh commands, proper entry and exit from programs, creating and deleting files, formatting disks and hardware safety. Features an overview of available software. *Limit 24.*

909188 • 2 wks • Materials: \$5

Sect 01 **Faulkner** / W 1:00 pm - 3:30 pm
Jan 12 - Jan 19 / Wake Center, Rm 3
Mac/PC Lab

Introduction to Personal Computers

A course designed to learn about the personal computer. Learn about basic hardware, input and output devices, and the Windows environment. You'll have a hands-on opportunity to try out current software applications and handle a mouse. This course is a non-threatening introduction to the world of personal computers and how they work. *Limit 24.*

514038 • 3 wks • Materials: \$10

Sect 03 **Cronkite** / Tu 6:45 pm - 9:15 pm
Jan 11 - Jan 25 / Wake Center, Rm 4 PC

Learn to Type

Tired of using two fingers to type your letters or e-mail messages? Learn correct finger placement and keyboard reaches. Need to brush up on your keyboard skills or increase your speed? This class lets you work at your own pace.

Avoid carpal tunnel syndrome by learning the proper positioning of wrist and fingers. Become a real typist. *Limit 24.*

903402 • 5 wks • Materials: \$10

Sect 01 **Trantow** / Tu 1:00 pm - 3:30 pm
Jan 11 - Feb 8 / Wake Center, Rm 4 PC

► COMPUTERS: DIGITAL IMAGING & GRAPHICS**Basic Power Point**

Discover how to turn facts and figures into an impressive display of commercial creativity with slides, outlines, graphs and multimedia using PowerPoint. Explore how to create glitzy effects such as embossing, rotating and shadowing, using on-screen directions that tell you exactly how to do what you want to do. Other features covered include Presentation Rehearsal and Auto Layout. Recommended prerequisite: Windows experience. *Limit 24.*

514049 • 1 wk • Materials: \$5

Sect 03 **Eggli** / F 9:00 am - 4:00 pm
Jan 14 / Wake Center, Rm 4 PC Lab

Digital Cameras, Digital Photos

This class covers the basics of digital photography starting with the camera and all its buttons, transferring pictures to the computer, using software to adjust the pictures (correct the color, fix red eye, cover over items, remove wrinkles, etc.), how to email and store pictures, taking better pictures with your camera, and what to look for when buying your camera. Fees may vary according to the number of hours each class section meets. *Limit 24.*

903430 • 4 wks • Materials: \$10

Sect 06 **Kliman** / Tu 6:45 pm - 9:15 pm
Feb 1 - Feb 22 / Wake Center, Rm 4 PC

Digital Cameras, Digital Photos

This class covers how digital cameras work, how they're different from film cameras, and how to take better digital photos. It also includes information about the different types of color ink jet printers and getting the best prints possible. Using Adobe PhotoShop Elements, you will learn how to correct common photo problems, as well as creatively change the original. Please bring your digital camera to class, along with prints of pictures you've taken. *Limit 24.*

903435 • 1 wk • Materials: \$5

Sect 01 **Kliman** / Sat 9:00 am - 3:00 pm
Jan 22 / Wake Center, Rm 4 PC Lab

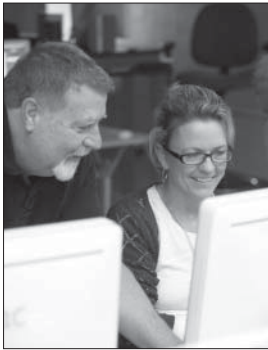
Sect 02 **Kliman** / Sat 9:00 am - 3:00 pm
Feb 5 / Wake Center, Rm 3 Mac/PC Lab

Digital Design Techniques

Discover how to create flyers, brochures, logos, and more using Illustrator, Photoshop, and InDesign. Find out how these programs work seamlessly together combining photos, graphics, and page layout to produce high quality products. Students will complete a project of their choice from start to finish. *Limit 24.*

903332 • 10 wks • Materials: \$10

Sect 01 Atkinson / Th 1:00 pm - 3:30 pm
Jan 13 - Mar 17 / Wake Center, Rm 4 PC



Intro to Photoshop

Photoshop Elements digital imaging software lets you combine images, retouch photos and create digital artwork. Learn basic tools and techniques for creating, enhancing and collaging images, as well as hands-on practice using instructor-provided artwork. Goal of the class is to master the fundamentals of digital imaging and have fun in the process. Recommended prerequisite: Basic skills on the Macintosh

Limit 24.

903333 • 6 wks • Materials: \$10

Sect 03 Jones / M 6:45 pm - 9:15 pm
Jan 10 - Feb 14 / Wake Center, Rm 3
Mac/PC Lab

Intro to the iPod and iTunes

This course demystifies digital music files and the iPod. We'll show how to get music files into the computer, organize them and play them... but not just music files. We'll also demonstrate digital video and podcasting: how to get the files, how to play them and maybe even how to make podcasts if we have time. Apple's iPod stores not only music, but also your calendar and contacts too. It's a great little companion. Fees may vary according to the number of hours each class section meets. *Limit 24.*

903378 • 1 wk • Materials: \$5

Sect 01 Faulkner / Sat 9:00 am - 4:00 pm
Feb 12 / Wake Center, Rm 3 Mac/PC Lab

Living the iLife

Learn how to use Apple's iLife suite of programs to produce and distribute your creative ideas, whether they be words, pictures, music or video—or all of the above. Students will be introduced to the five iLife programs: iPhoto, iMovieHD, iDVD, GarageBand and iWeb, with two class sessions spent on each program. Prerequisite: Students should be familiar with Mac hardware and OS. *Limit 24.*

903422 • 10 wks • Materials: \$10

Sect 01 Eggli / Tu 9:00 am - 11:30 am
Jan 11 - Mar 15 / Wake Center, Rm 3
Mac/PC Lab

Photoshop

An intro to Photoshop and Photoshop Elements, the powerful digital imaging software package that created a revolution in computer graphics, allows you to combine images, retouch photos and create amazing digital artwork. This hands-on class is designed to present a solid foundation in basic tools and techniques for creating, enhancing and collaging images. It will enhance your abilities to master the fundamentals of digital imaging while you have fun in the process. Recommended prerequisite: Familiarity with Windows on the PC or the Macintosh. *Limit 24.*

909327 • wks vary (10-12 wks) • Materials: \$10

Sect 09 Barattucci / M 9:00 am - 11:30 am
Jan 10 - Mar 28 / Wake Center, Rm 3
Mac/PC Lab (12 wks)

Sect 01 Barattucci / Tu 9:00 am - 11:30 am
Jan 11 - Mar 15 / Wake Center, Rm 4 PC
(10 wks)

Sect 08 Atkinson / W 1:00 pm - 3:30 pm
Jan 12 - Mar 16 / Wake Center, Rm 4 PC
Lab (10 wks)

Photoshop for Digital Photographers

We will focus on the many new powerful capabilities of Adobe Photoshop Elements for the PC, as well as other advanced layering, compositing and retouching techniques. This class is designed to increase your productivity through the use of many shortcuts. Hands-on training reinforces concepts presented through lecture and demonstration. Photographers, graphic designers and any others with a creative bent will enjoy this class. Recommended prerequisite: Familiarity with Photoshop on the PC or the Macintosh. *Limit 24.*

909326 • 10 wks • Materials: \$10

Sect 06 Atkinson / Tu 1:00 pm - 3:30 pm
Jan 11 - Mar 15 / Wake Center, Rm 3
Mac/PC Lab

Sect 05 Atkinson / W 9:00 am - 11:30 am
Jan 12 - Mar 16 / Wake Center, Rm 4 PC

Photoshop Overview Workshop

This introductory class offers a solid foundation for understanding the potential for creating, retouching and compositing of digital images using Photoshop. Explores what the program will do, answer questions and discuss computer hardware and software issues. We'll then have a hands-on, step-by-step experience with the program using instructor-provided artwork. Our goal: to demonstrate the creative potential of image editing with Adobe Photoshop while having fun. *Limit 24.*

903337 • 1 wk • Materials: \$5

Sect 01 Barattucci / F 9:00 am - 4:00 pm
Feb 11 / Wake Center, Rm 3 Mac/PC Lab

Scanning

Scanning images for print or the web is complicated if you don't know the rules. This workshop will demystify scanning and explain how to get the best quality scan possible. Learn the difference between dpi, ppi and lpi and when to use each. Instructor-provided artwork will be available for hands-on practice. The goal of the class is to teach you the most successful methods for scanning images and objects. *Limit 24.*

909320 • 1 wk • Materials: \$5

Sect 01 Barattucci / F 9:00 am - 4:00 pm
Jan 28 / Wake Center, Rm 4 PC Lab

COMPUTERS: HARDWARE

Introduction to Handheld Computers

Course teaches students to use a variety of handheld computer devices including iPod, iTouch, iPad, e-Book, Smartphones etc. Students learn about the common applications, useful settings and interesting add-ons for handheld devices, and tips to use them effectively. *Limit 24.*

903434 • 4 wks • Materials: \$10

Sect 01 Eggli / M 9:00 am - 11:30 am
Jan 24 - Feb 14 / Wake Center, Rm 4 PC

COMPUTERS: INTERNET & WEB

Basic Outlook

This course provides a basic hands-on introduction to MS Outlook, Microsoft's Premier Email and Information Management Program. Learn

to use Outlook's Email and Information Management features which provide an integrated solution for managing time and remaining in control of personal and business information. Learn how to quickly search email communications, organize work, and share information with others, and keep connected and up to date at home or work dealing with colleagues, customers, family and friends. *Limit 24.*

903375 • 1 wk • Materials: \$5

Sect 01 Eggli / F 9:00 am - 4:00 pm
Jan 28 / Wake Center, Rm 3 Mac/PC Lab

E-Mail for Beginners

This non-technical class will teach the basics of e-mail—a way to write letters and send them instantly. *Limit 24.*

903401 • 3 wks • Materials: \$10

Sect 01 Eggli / M 1:00 pm - 3:30 pm
Feb 28 - Mar 14 / Wake Center, Rm 4 PC

Intro to Dreamweaver

Need a web page created? Need a slick Web Site design? Dreamweaver is the new software on the block for Web Site design and creation. Learn how to use this PC and Macintosh software to create and manage web sites on the World Wide Web. Easy to use and simple in application, this software will take you and your web site to the technological edge of the WWW. Recommended prerequisite: Knowledge of file management. *Limit 24.*

903404 • 5 wks • Materials: \$10

Sect 01 Lear / Th 6:45 pm - 9:15 pm
Jan 13 - Feb 10 / Wake Center, Rm 4 PC

Sect 02 Lear / W 6:45 pm - 9:15 pm
Feb 16 - Mar 16 / Wake Center, Rm 3 Mac/PC Lab

Optimizing Photos for the Internet and E-mail

In this course you will learn how to make your digital photos easier to share—on the Internet or in e-mail. Use PhotoShop or similar editing programs to resize, crop and change resolution to make the file size smaller and easier to receive. Get rid of red-eye and things growing out of people's heads. Understand why images are often so large and how to change them. This class is intended to give basic skills to people who want to manipulate photos for display on the computer monitor rather than in print. *Limit 24.*

903444 • 1 wk • Materials: \$5

Sect 01 Lear / Sat 9:00 am - 4:00 pm
Feb 12 / Wake Center, Rm 4 PC Lab

▶ COMPUTERS: OPERATING SYSTEMS

Happiness is a Clean Disk

A lecture and demo on how to clean out the junk from your hard disk. Includes techniques for garbage identification and removal and commercial products available. *Limit 24.*

903343 • 1 wk

Sect 01 Cronkite / Sat 9:00 am - 12:00 pm
Mar 5 / Wake Center, Rm 3 Mac/PC Lab

Intro to MAC OS X Level 2

This class is for those already familiar with computers and builds on the level 1 class by examining advanced techniques and running the bundled iLife applications. There will be a full presentation of the amazing features in Mac OS X including Spotlight, Apple's Mail, iChat, Address Book, Safari, iCal, Dictionary, Disk Utility, Burn Folders, and a brief look at iPhoto and iTunes. Hands-on experience with user interface elements like the Side Bar and the Dock, organization of the Mac OS X disk, installation of programs, and a look at customizing your Mac with System Preferences. *Limit 24.*

903412 • 10 wks • Materials: \$10

Sect 01 Faulkner / Th 1:00 pm - 3:30 pm
Jan 13 - Mar 17 / Wake Center, Rm 3 Mac/PC Lab

Mac OS X Operating System

This course is for those new to computers, level 1. You will learn how to make and name files and organize those files in folders. You will then see how to find lost files using Spotlight and other Find commands. We will explain the best ways to use the Side Bar and the Dock and will cover the basic programs installed with OS X including Safari, Address Book and iCal. *Limit 24.*

903411 • 1 wk • Materials: \$5

Sect 02 Faulkner / Sat 9:00 am - 4:00 pm
Jan 22 / Wake Center, Rm 3 Mac/PC Lab

Optimize and Upgrade Your PC

This introductory lecture and hands-on course increases your understanding of your PC and how to make it work better and faster. Learn about hardware and software problems, how to optimize your PC's operation, how to upgrade memory, disk drives and other components at a reasonable cost to extend the useful life of your system, and even design and build an entirely new system. Learn also how to rid your system of viruses and spyware and back up your system and valuable data. *Limit 40.*

909280 • 10 wks

Sect 01 Kalisher / W 4:00 pm - 6:30 pm
Jan 12 - Mar 16 / Wake Center, Rm 27

Windows Basics

WINDOWS 7. Especially designed for those who find computers mystifying. You will learn how to get around the computer screen and how to modify your desktop and program menus. This course will teach you all you need to know to operate your computer on a daily basis. *Limit 24.*

903369 • 5 wks • Materials: \$10

Sect 01 Eggli / Th 9:00 am - 11:30 am
Jan 13 - Feb 10 / Wake Center, Rm 4 PC

▶ COMPUTERS: SPREADSHEETS & BOOKKEEPING

Intermediate QuickBooks Pro

A follow-up class to Intro to QuickBooks. Demonstrates behind-the-scenes accounting functionality of this software. If you are already familiar with QuickBooks, this class goes into more detail on Accounts Receivable and Accounts Payable, recording income and expenses and using reports to make business decisions. Questions are encouraged. *Limit 24.* In collaboration with: Small Business Development Center Network.

903445 • 1 wk • Materials: \$10

Sect 01 Tinker / F 9:00 am - 4:00 pm
Feb 25 / Wake Center, Rm 4 PC Lab

Intro to QuickBooks Pro

An overview and introduction to QuickBooks Pro® software, a popular small business accounting software. Covers almost everything that QuickBooks® will do, to help you decide where your business accounting needs fit in. If you are a new user or have been using this software, you'll find the information in this class can help you in your business accounting. Topics in this one-day class include: Accounts Payable, Accounts Receivable, inventory, invoices, bills, reports, deposits, printing checks and credit cards. Questions are encouraged. *Limit 24.*

In collaboration with: Small Business Development Center Network

903438 • 1 wk • Materials: \$10

Sect 02 Tinker / F 9:00 am - 4:00 pm
Jan 21 / Wake Center, Rm 4 PC Lab

Sect 03 Tinker / F 9:00 am - 4:00 pm
Feb 4 / Wake Center, Rm 4 PC Lab

Introduction to Excel

An introduction to electronic spreadsheets and the basic concepts and characteristics of the Excel program. Get explanations and demonstrations of Excel features including: building, editing, formatting and printing a spreadsheet. Many of the special features of the program will be covered. Recommended prerequisite: Windows experience. *Limit 24.*

903381 • 3 wks • Materials: \$10

Sect 01 Cronkite / Tu 6:45 pm - 9:15 pm
Mar 1 - Mar 15 / Wake Center, Rm 4 PC

Introduction to Excel

An introduction to electronic spreadsheets and the basic concepts and characteristics of the Excel program. Get explanations and demonstrations of Excel features including: building, editing, formatting, and printing a spreadsheet. Many of the special features of the program will be covered, including creating charts and the use of the database. Recommended prerequisite: Windows experience. *Limit 24.*

909182 • 1 wk • Materials: \$5

Sect 01 Lear / Sat 9:00 am - 4:00 pm
Jan 15 / Wake Center, Rm 4 PC Lab

Sect 02 Cronkite / Sat 9:00 am - 4:00 pm
Feb 26 / Wake Center, Rm 4 PC Lab

COMPUTERS: WORD PROCESSING

Word Processing Basics

Especially designed for those who find computers mystifying and frightening. You will learn how to get around the computer screen and how to compose and edit a short letter. Our pace will be very slow so students can get comfortable with the computer and editing techniques. *Limit 24.*

903416 • 5 wks • Materials: \$10

Sect 01 Trantow / Tu 1:00 pm - 3:30 pm
Feb 15 - Mar 15 / Wake Center, Rm 4 PC

FINANCE

Screening and Selecting Stocks

Older adults will learn the basics about selecting investments in common stock. In this intensive series, we'll circulate relevant news articles and discuss today's market at the beginning of each class. We'll introduce the fundamentals of measuring the cost of current stock price and develop and test a forecast for a target price in a follow the leader workshop portion of the

class. We'll discuss and demonstrate safeguards to limit risk and identify sources of market information useful to students and helpful in classroom discussions. Students are encouraged to apply to investors.com for the free 10-day trial of Investor's Business Daily in preparation for the classes. *Limit 45.*

504069 • 1 wk

Sect 01 Handley / MTuWTh 5:15 pm - 7:15 pm
Jan 24 - Jan 27 / Wake Center, Rm 20

GARDENS & LANDSCAPING

Designing Gardens for Santa Barbara

There is a garden waiting to be revealed just outside your door. Join Designing Gardens to help you find this hidden gem. Learn to analyze your space, discover new creative ideas and create a layout for your own landscape. Make this the year to enjoy your garden. Class includes garden slides, questions from attendees, and garden tour. This class is ideal for anyone new to the Santa Barbara area or new to gardening. *Limit 40.*

601050 • 6 wks

Sect 01 Calder / Tu 5:15 pm - 7:15 pm
Jan 11 - Feb 15 / Wake Center, Rm 28

Garden Design for Prosperity, Health, and Peace of Mind

This class combines scientific state-of-the-art technical and artistic knowledge gained from 20 years of first-hand experience. Successful, artistic, abundant gardens and the correlations with a healthy, prosperous and gratifying life will be demonstrated. Expand your plant vocabulary to include the extensive lists of recently introduced plant varieties that best serve the needs of our local lifestyle, including neat compact growth, longer and more vivid blooming, climate adaptability and reduced maintenance. *Limit 40.*

601058 • 4 wks

Sect 01 Noss / Th 6:30 pm - 9:00 pm
Jan 13 - Feb 3 / Wake Center, Rm 26

Landscape Horticulture and Construction Management

Roundtable discussions. All phases of gardening or landscaping instructions about garden projects: covering site evaluation and grading problems; plant groundcover, shrubs, fruit and ornamental trees; identification and selection of conventional and drip irrigation, both manual or electrical; insect, pest and rodent control; garden lighting, pools, lawns and

care of old or new installations; fertilizing—organic or chemical; pruning; vegetables, soils, growth regulators, preemergence weed control; walls, fencing, decks, patios; erosion control; composting, maintenance, house plants and related subjects. Includes many handouts. Beginners welcome. *Limit 40.*

601020 • 12 wks • Materials: \$5

Sect 01 Ebner / M 9:00 am - 11:00 am
Jan 10 - Mar 28 / Wake Center, Rm 9

Organic Gardening: Mastering the Techniques

Learn gardening the natural way. Let nature help you do your work. Stop insects from devouring your plants without the use of pesticides. Grow your own fresh vegetables—organic, healthful and plentiful. Topics will include: organic fertilizers, composting made easy, building good soil, pest control, container gardening and culinary gardens. *Limit 40.*

601052 • 10 wks • Materials: \$5

Sect 01 Ebner / W 3:00 pm - 5:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 7

The Ancient Art of Bonsai

Quiet your mind and develop your eye. Learn how to grow and shape miniature trees. Discover what makes a good bonsai. New critique class on one Saturday (to be announced) will feature a bonsai master. Includes attention to individual projects, from beginning to advanced levels. Fee covers a tree, use of tools, wire and soil. *Limit 20.*

601053 • 5 wks • Materials: \$20

Sect 01 Erb / Sat 9:00 am - 1:00 pm
Jan 15 - Feb 12 / Schott Center, Rm 20

The Art and Science of Growing Ornamental Succulents

Learn succulents' unique advantages for creating more colorful and artistically sculptural gardens. Topics include: The rocks, contours and non-succulent plants that constitute the best design harmonies, proper plant care based on diverse geographical origins, the secret world of acquiring the most magnificent specimens and varieties and succulents for finely detailed gardens in small spaces and containers. We will have excellent examples to show from live plants and slides. Discover gardens that dazzle and thrive on clever neglect. *Limit 40.*

601037 • 5 wks

Sect 01 Noss / Th 6:30 pm - 9:00 pm
Feb 10 - Mar 10 / Wake Center, Rm 26

► MEDICAL CAREER DEVELOPMENT

Strokes: Prevention, Rehabilitation and Possibilities

This 12 hour course offers family members and caregivers the latest stroke information and care giving skills. Topics such as anatomy and physiology of strokes, understanding communication disorders, positioning and transfer techniques, and psychological adjustment, will be presented by healthcare specialists in our community. *Limit 100.*

RN/LVN, CNA, MFT/LCSW contact hours: 12; \$4 per unit, non-refundable (No charge for CNA units.) In collaboration with: Cottage Rehabilitation Hospital

912014 • 2 wks

Sect 01 Brown / Sat 9:00 am - 3:00 pm
Mar 5 - Mar 12 / Cottage Rehabilitation Hospital, Meisel Conference Center

► WOODWORKING & CARPENTRY



Fundamentals of Cabinet Making

Add or improve storage in your home, office, garage or yard while learning to use hand and power woodworking tools to accomplish these and other home projects. Learn about materials, hardware and techniques to best accomplish your desired result. All levels of experience are invited. Safety instructions and machine demonstrations will acquaint you with shop equipment and processes. Project plans, samples, models and catalogs will give you woodcraft or woodworking project ideas from birdhouses to furniture. *Limit 25.*

909314 • 10 wks • Materials: \$10

Sect 01 Scheffic / W 6:00 pm - 9:00 pm
Jan 12 - Mar 16 / Wake Center, Rm 10

Woodshop: Cabinet and Furniture Construction

Learn to use hand and power woodworking 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; make a bill of materials; use appropriate equipment; make an accurate

layout; cut, fit, assemble and finish the project; and enjoy the whole experience. *Limit 25.*

909014 • 12 wks • Materials: \$10

Sect 03 Scheffic / M 9:00 am - 12:00 pm
Jan 10 - Mar 28 / Wake Center, Rm 10

Woodshop: Wood Product Manufacturing Methods

Learn how to build and assemble wood products using production methods and techniques. You will use hand and power wood working tools and equipment with jigs, fixtures and gauges to manufacture predetermined products such as toys and jewelry boxes. Quality control methods will be utilized to insure all products meet design specifications. All raw materials are furnished and our finished products are donated to a local charity organization for distribution to needy families. *Limit 30.*

909315 • 10 wks

Sect 01 Hornick / Tu 9:00 am - 12:00 pm
Jan 11 - Mar 15 / Wake Center, Rm 10

HELP PREVENT CONTINUING EDUCATION CLASSES FROM CANCELLING

WHEN YOU REGISTER FOR A CLASS, PLEASE CONSIDER YOURSELF OBLIGATED TO ATTEND. OTHERWISE YOU PLACE THE CLASS IN JEOPARDY OF BEING CANCELED.

IF YOU REGISTER AND DISCOVER LATER THAT YOU CANNOT ATTEND, PLEASE CONTACT THE INSTRUCTOR PRIOR TO THE FIRST CLASS SESSION Thank you!

CLASES BILINGÜES/ INSTRUCCIÓN EN ESPAÑOL

Capacitación Básica Bilingüe en la Computadora

Computadoras en Nuestro Futuro: El Centro ofrece un ambiente bilingüe comprensivo de enseñanza en el que adultos y jóvenes de bajos ingresos pueden adquirir las capacidades tecnológicas imprescindibles a su propio paso y en su propio horario. Aprenda computación usando los programas tutoriales de estudio independiente, la ayuda del personal bilingüe del centro, y participando en los talleres diarios. Para mayor información llame al Centro al 683-8232, o al 898-8152.

NOTA IMPORTANTE: Para registrarse en cualquiera de las siguientes clases, usted debe presentarse en el lugar y salón indicado

903347 • 10 semanas

Sect 96 Staff / lunes - jueves, 5pm - 7:30pm
enero 10 - marzo 19 / Transition House

Sect 98 Staff / lun-mar-mier-juev, 10am - 7:30pm;
viernes, 10am - 4:30 pm
enero 10 - marzo 19 / Wake Center, salón 6

Sect 99 Staff / lunes - jueves, 10:30am - 8pm
viernes, 10:30am - 6:30pm; sábados, 11am - 3pm
enero 10 - marzo 19 / Schott Center, salón 17

Clase de Canto para Principiantes

¿Quiere aprender a cantar? ¡Esta clase es para usted! Aprenda lo que se necesita para tener una voz de cantante. Aprenda las técnicas de respiración, proyección e interpretación adecuadas y practique diferentes técnicas mientras canta diferentes estilos de canciones. Cantaremos todo tipo de música: folk, pop, clásica y canciones en español. Esta clase está diseñada para principiantes, pero todos los niveles son bienvenidos en este divertido grupo. Esta clase puede que sea enseñada en inglés y español. *Capo limitado: 28.*

301158 • 10 semanas • Materiales: \$10.00

Sect 01 Rangel / jueves, 7pm - 9pm
enero 13 - mar 17 / Schott Center, salón 20

Costura para todos

Vístase a la moda confeccionando su propio vestuario. Podrá aprender desde cómo hacer una alteración hasta cómo crear un vestido de novia. Maestra experimentada en alta costura.

Traiga sus proyectos de costura.

603041 • 11 semanas • Materiales: \$10.00

Sect 03 Fuentes / sábados, 9am - mediodía
enero 15 - marzo 26 / Schott Center,
salón 6

Español: Conversación Bilingüe Vocacional

En este curso estudiantes angloparlantes e hispanohablantes se juntarán para practicar la lengua que aprenden para poder comunicarse mejor en el trabajo. Hablarán de varios temas que tienen que ver con el trabajo.

RN/LVN, CNA horas de contacto: 16.

801074 • 10 semanas

Sect 01 Kromis / viernes, 12:30pm - 2:30pm
enero 14 - marzo 18 / Schott Center,
salón 30

GED® Preparación Para Exámenes Bilingües

Este programa de instrucción individualizada preparará los estudiantes a tomar los Exámenes de Education General (GED). Los estudiantes trabajarán individualmente o en grupos para prepararse para un examen y/o la serie completa de cinco exámenes en español. También recibirán crédito hacia el Diploma de High School.

Limit 300.

801004 • 10 wks

Sect 02 Ponce / MW 5:00 pm - 8:00 pm
enero 10 - marzo 16 / Wake Center,
salón 21

Sect 04 Torres / MWF 9:00 am - 12:00 pm
enero 10 - marzo 18 / Wake Center,
salón 21

Sect 03 Torres / TuTh 9:00 am - 12:00 pm
enero 11 - marzo 17 / Schott Center,
salón 29

Sect 01 Galvis / TuTh 5:00 pm - 8:00 pm
enero 11 - marzo 17 / Schott Center,
salón 29

Sect 06 Uribe / Sat 9:00 am - 12:00 pm
enero 15 - marzo 19 / Wake Center,
salón 21

Sect 05 Uribe / Sat 1:30 pm - 4:30 pm
enero 15 - marzo 19 / Schott Center,
salón 29

Introducción a la Computadora

Aprenda a usar computadoras personales usando el sistema de operación de los programas más usados actualmente en la industria. Instrucción en español e inglés con la terminología en inglés. *Cupo limitado: 24.*

514039 • 10 semanas

Sect 04 Cornejo / lunes, 5:30 - 7:30pm
enero 10 - marzo 28 / Carpintería H.S.,
Library

Sect 03 Cornejo / miércoles, 5:30 - 7:30pm
enero 12 - marzo 16 / Carpintería H.S.,
Library

Sect 02 Cornejo / jueves, 5:30 - 7:30pm
enero 13 - marzo 17 / Carpintería H.S.,
Library

Lectura y Escritura Básicas en Español

Aprendan a leer y a escribir en español. Después, cuando estén listos, aprenderán a leer y a escribir en inglés también.

801061 • 10 semanas

Sect 03 Beers / lunes, mier 5:00 pm - 7:00 pm
enero 10 - marzo 16 / La Cumbre Middle
School, salón 101

Sect 02 Duarte / lunes - jueves, 7pm - 9:30pm
enero 10 - marzo 17 / SBHS, salón 202

Mecánica Bilingüe (Automotriz)

Aprenda a hacer inspecciones de seguridad y arreglos normales para la conservación de automóviles, sin utilizar aparatos especiales. Instrucción en español; hay un laboratorio bilingüe. *Cupo limitado: 20.*

909184 • 7 semanas • Materiales: \$5.00

Sect 02 Miranda / martes, 6:30pm - 9:30pm
febrero 1 - marzo 15 / SBCC A123,
MacDougal Admin Center

Para servicios del
CENTRO
COMUNITARIO DE
EDUCACIÓN, vea
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SERVICIOS ESTUDIANTILES

Las oficinas de apoyo al estudiante brindan ayuda a personas que no hayan terminado su educación o que necesiten adquirir habilidades para un nuevo o mejor empleo. Las oficinas están ubicadas en:

Centro Schott

Salón 2, 310 W. Padre St.
Santa Barbara, CA 93105

Si está interesado, pase por nuestra oficina o llame para una cita al teléfono 898-8160.

Centro Wake

Salón 29, 300 N. Turnpike Rd.
Santa Barbara, CA 93105

Si está interesado, pase por nuestra oficina o llame para hacer una cita al teléfono 683-8260.

El horario de las oficinas es lunes y martes de 9 am - 7:30 pm;
miércoles - viernes de 9 a.m. - 5 p.m.



El Personal de Servicios al Estudiante

SERVICIOS DEL CENTRO COMUNITARIO DE EDUCACIÓN

El Centro de Ciudadanía de la División de Educación para Adultos del SBCC tiene un nuevo nombre: Centro Comunitario de Educación.

Los servicios de ciudadanía y educación seguirán siendo ofrecidos bajo el nuevo "Centro Comunitario de Educación." La misión del nuevo Centro es el de promover y ofrecer oportunidades educativas y servicios de ciudadanía a la comunidad inmigrante. Algunas de las nuevas responsabilidades incluyen servicios y educación en ciudadanía estadounidense, alfabetización y educación básica, programas bilingües, la Academia Profesional de Inmigrantes, y la colaboración con el Consulado de México para informar y traer servicios a nuestra comunidad. Bienvenidos a su nuevo Centro Comunitarios de Educación. Localizado en:

WAKE CENTER

Salón 22

300 N. TURNPIKE RD.
SANTA BARBARA, CA 93111

HORARIOS DE OFICINA:

lunes a jueves: 11 am - 7 pm
viernes: 11 am - 6 pm

Llámenos para una cita al número:

TEL: (805) 683-8270
FAX: (805) 683-8279



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WINTER 2011 CLASSES OFFERING CEUs FOR LICENSED HEALTH CARE AND MENTAL HEALTH PROFESSIONALS

CONTINUING EDUCATION UNITS

SBCC Continuing Education 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:

RN/LVN CEUs are approved by the California Department of Registered Nursing, Provider 01368. (A fee of \$4 per CEU is required for students seeking an optional RN/LVN certificate.)

CNA CEUs are authorized by PIC NAC 6064. (There is no charge for CNA certificates.)

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. (A fee of \$4 per CEU is required for students seeking an optional MFT/LCSW certificate.)

Students must register and pay their fee within ten (10) 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.

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DIRECTORY OF LOCATIONS

PRIMARY LOCATIONS

SCHOTT CENTER

310 West Padre St.
Santa Barbara, CA 93105

WAKE CENTER

300 N. Turnpike Rd.
Santa Barbara, CA 93111

CARPINTERIA

Aliso School

4545 Carpinteria Ave.

Canalino School

1410 Linden Avenue

Carpinteria Community Church

1111 Vallecito Rd.

Carpinteria High School

4810 Foothill Road

Carpinteria Middle School

5351 Carpinteria Ave.

Carpinteria Veterans Memorial Building

941 Walnut Avenue

Faith Lutheran Church, Carpinteria

1335 Vallecito Place

Lou Grant Parent-Child Workshop

5400 6th Street

St. Joseph's Church

1532 Linden Ave.

Westland Floral

1400 Cravens Lane

GOLETA & ISLA VISTA

Cambridge Drive Community Church

550 Cambridge Drive

Devereux Adult Day Program

El Colegio & Storke Roads

Ellwood School

7686 Hollister Avenue

Friendship Manor

6647 El Colegio Road

Goleta Valley Community Center

5679 Hollister Avenue

Goleta Valley Jr. High School

6110 Stow Canyon Road

Isla Vista School

6875 El Colegio Road

Isla Vista Youth Projects

701-H West Campus Point Lane

Ocean Meadows Golf Course

6925 Whittier Drive

UCSB Family Student Housing

799 Juniper Walk

SANTA BARBARA

Adams School

2701 Las Positas Road

Adelante School

1102 E. Yanonali St.

Aikido of Santa Barbara

121 N. Milpas

Alexander Court

325 West Islay St.

Alexander Gardens

2120 Santa Barbara St.

Andree Clark Bird Refuge

Los Patos Way

Braille Institute of Santa Barbara

2031 De la Vina St.

Buena Vista Care Center

160 S. Patterson

Cancer Center of Santa Barbara

540 West Pueblo Street

Catholic Charities

603 E. Haley St.

Cleveland School

123 Alameda Padre Serra

Cottage Rehabilitation Hospital

2415 De La Vina St.

County of Santa Barbara Employee's University

267 Camino Del Remedio

Franklin School

1111 E. Mason Street

Free Methodist Church

1435 Cliff Drive

Friendship Senior Day Care Center

89 Eucalyptus Lane

Harding School

1625 Robbins St.

Heritage House Assisted Living

5200 Hollister Ave.

Holy Cross Church

1740 Cliffl Dr.

La Cumbre Middle School

2255 Modoc Road

La Cumbre Senior Living Concepts

3880 Via Lucero

Lower Westside Neighborhood Center

629 Coronel Place

Maravilla Assisted Living

Maravilla Memory Care

Maravilla Senior Living Community

5486 Calle Real

Oak Park

600 block Junipero Street

Pilgrim Terrace

649 Pilgrim Terrace Dr.

Presidio Springs

721 Laguna St.

Pueblo

114 East Haley St., Apt. E

Salvation Army Hospitality House
423 Chapala St.

Samarkand Retirement Community
2550 Treasure Drive

San Marcos Parent-Child Workshop
4750 Hollister Ave

Sansum Clinic, Pesetas Lane
215 Pesetas Lane

Santa Barbara Convalescent
2225 De la Vina St.

Santa Barbara High School
700 E. Anapamu St.

Santa Barbara Museum of Natural History
2559 Puesta del Sol Road

St. Vincent's School
4200 Calle Real

Starr King Parent-Child Workshop
1525 1/2 Santa Barbara St.
The Oaks Parent-Child Workshop
605 W. Junipero St.

Transition House
425 E. Cota St.

Valle Verde Retirement Community
900 Calle De Los Amigos

Villa Alamar
45 E. Alamar

Villa Riviera
1621 Grand Avenue

Villa Santa Barbara
227 E. Anapamu St.

Vista del Monte Retirement Community
3775 Modoc Road

Wood Glen Hall
3010 Foothill Road

Unitarian Society of Santa Barbara
1535 Santa Barbara Street

SANTA BARBARA CITY COLLEGE

SBCC BOARD OF TRUSTEES

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Certificates.

Carol Flores, Program Director
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GED/GED Testing; Learning Centers;
Student Services; Transition from Non-credit
to Credit.

Andrew Harper, Program Director
Genealogy; Health & Safety, Parent Education.
COURSES FOR OLDER ADULTS:
Business & Finance; Communication;
Health & Safety; Literature & Writing;
Psychology/Personal Development; Real
Estate; The Omega Elderhood Program.
COMMUNITY EDUCATION: Current
Affairs, Environmental Education, Literature/
Writing/Film; Mind & Supermind; Science.

Francisco Martin del Campo, Director,
Registration & Technology; Community
Technology Centers.

Jose Martinez, Coordinator
Community Education Center.

Kendall Harris, Program Director
Woodworking & Carpentry; **COURSES
FOR OLDER ADULTS:** Arts, Crafts,
Fitness, Home & Garden, Music,
Performing Arts, Sewing. **COMMUNITY
EDUCATION:** Crafts; Culinary Arts;
Fitness; Recreation.

Continuing Education Citizens' Advisory Council 2010 – 2011

Joanne Funari (President)
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Rogelio Flores Mejia
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COLLEGE POLICIES

ASSUMPTION OF RISK:

Santa Barbara City College offers a wide range of classes through its Continuing Education Division, in all of which enrollment is on a voluntary basis. Some classes involve physical activity or the use of specialized tools or equipment, and such classes may expose the student to risk of personal injury. Enrollment and participation in classes must be with the assumption of risk by the student who, by registering for the class, voluntarily assumes such risk. Santa Barbara Community College District assumes no liability for injury arising from participation in classes.

CRIME AWARENESS AND CAMPUS SECURITY:

In accordance with the *Crime Awareness and Campus Security Act of 1990*, crime statistics and campus policies concerning crimes and security on campus are available on request. Call 730-4064.

FIELD TRIP AND EXCURSION POLICY:

Throughout each term and summer session, the Santa Barbara Community College District may sponsor voluntary off-campus, co-curricular field trips and excursions. If you choose to participate, you should be aware that, pursuant to the California State Code of Regulations, Sub-Chapter 5, Section 55450, you have agreed to hold the District, its officers, agents and employees harmless from any and all liability or claims which may arise out of, or be in connection with, your participation in the activity.

ACCOMMODATIONS FOR DISABILITY:

Students who need to request accommodations on the basis of disability should contact the Disabilities Specialists in the Disabled Student Programs and Services (DSPS) Department in the Student Services Building, Room 160, 721 Cliff Drive, Santa Barbara 93109; (805) 730-4164 (voice), TTY (805) 962-4084 or email dspshelp@sbcc.edu.

CURRICULUM POLICY:

Every effort is made to offer a curriculum that is diverse, thought-provoking and responsive to the needs and interests of the community. However, the ideas presented in classes do not necessarily reflect those of the Santa Barbara Community College District, its Continuing Education Division or employees.

ACADEMIC FREEDOM STATEMENT:

The institution's faculty and students are free to examine and test all knowledge appropriate to their discipline or area of major study as judged by the academic/educational community in general. Regardless of institutional affiliation or sponsorship, the institution maintains an atmosphere in which intellectual freedom and independence exist.

NON-DISCRIMINATION/SEXUAL HARASSMENT POLICY:

The policy of the Santa Barbara Community College District is to provide an educational and employment environment in which no person shall be denied full and equal access to, the benefits of, or be subjected to discrimination, in whole or in part, on the basis of ethnic group identification, national origin, religion, age, sex, race, color, ancestry, sexual orientation, or physical or mental disability, or on the basis of these perceived characteristics or based on association with a person or group with one or more of these actual or perceived characteristics, in any program or activity that is administered by, funded directly by, or that receives any financial assistance from the State Chancellor or Board of Governors of the California Community Colleges.

A copy of District Policy and Procedures, BP 3430, Prohibition of Discrimination/Sexual Harassment, is available at: www.sbcc.edu/policies/harrasment or in the Human Resources Office, SS-230 or the Student Affairs Office, CC-222.

The policy of the Santa Barbara Community College District is to provide an educational and employment environment free from unwelcome sexual advances, requests for sexual favors, sexual favoritism, or other verbal or physical conduct or communications constituting sexual harassment.

The policy of the Santa Barbara Community College District is to comply with the accessibility requirements of Section 508 of the *Rehabilitation Act of 1973* in the development, procurement, maintenance, or use of electronic or information technology and respond to and resolve discrimination complaints regarding accessibility. Such complaints will be treated as complaints of discrimination on the basis of disability.

This non-discrimination policy covers admission, access and treatment in college programs and activities—including, but not limited to, academic admissions, financial aid, educational services and athletics—and applications for, and treatment in, college employment.

In conformance with the requirements of Title II of the *Educational Amendments of 1976*, amending the *Vocational Education Act of 1963*, the college is committed to overcoming sex discrimination and sex stereotyping in vocational education programs.

Furthermore, in compliance with the *Vocational Education Guidelines for Eliminating Discrimination on the Basis of Race, Color, National Origin, Sex and Handicap*, lack of English language skills alone will not be a barrier to admission to and participation in vocational education programs. Any screening procedures for vocational programs will evaluate skill levels and proficiencies pertinent to the program as criteria for admission.

Posibles dificultades con el inglés no son una barrera para matricularse en programas de carreras académicas o educación técnica.

Employees, students, or other persons acting on behalf of the District who engage in discrimination as defined in this policy or by state or federal law may be subject to discipline, up to and including suspension, discharge, expulsion, or termination of contract.

Filing of Discrimination Complaint/ Additional Information

Students intending to file a complaint regarding any action which they believe discriminates against them, or who require additional information on the policy and procedures may contact Dr. Ben Partee, Dean of Educational Programs, 721 Cliff Drive, Room CC-222, Santa Barbara, CA 93109; (805) 965-0581, ext. 2278.

Employees intending to file a complaint regarding any action which they believe discriminates against them or who require additional information on the policy and procedures may contact Vice President Susan Ehrlich, Human Resources and Legal Affairs,

721 Cliff Drive, Room SS-230, Santa Barbara, CA 93109; (805) 965-0581, ext. 2261.

If you are a student and you require additional information regarding the *Americans with Disabilities Act (ADA)*, or Section 504 of the *Rehabilitation Act*, please contact Dr. Janet Shapiro ADA/504/DSPS Coordinator, 721 Cliff Drive, Room SS-160, Santa Barbara, CA 93109; (805) 965-0581, ext. 2365 [voice], or (805) 965-8411 [TTY: hearing-impaired]).

If you are an employee and you require additional information regarding the *Americans with Disabilities Act (ADA)*, or Section 504 of the *Rehabilitation Act*, contact Pat English, Human Resources Manager, 721 Cliff Drive, SS-230, Santa Barbara, CA 93109; (805) 965-0581, ext. 2434 [voice].

The Title IX Coordinator is Dr. Andreea M. Serban, President, 721 Cliff Drive, Santa Barbara, CA 93109; (805) 965-0581, ext. 2211.

GENERAL INFORMATION FOR THE CONTINUING EDUCATION DIVISION

ADMISSION

All classes are open to persons age 18 or over, unless otherwise noted, or who are not enrolled in a secondary school. Those under 18 who have a high school diploma are also eligible. Exceptions to the age 18 eligibility requirement can be made for a student who submits a "Minor Enrollment Request Form" (See "Procedures for Enrollment of Minors in Continuing Education Classes" below):

PROCEDURES FOR ENROLLMENT OF MINORS IN CONTINUING EDUCATION DIVISION CLASSES: The Continuing Education division of Santa Barbara City College is currently developing a policy for the enrollment of minor students in classes and programs. The policy will be based on input from instructors, student services, and CE administrators and will replace past practices with a specific, board approved policy that will be uniformly enforced.

Until such time as this process is completed, the CE division of SBCC will default to the policy currently followed by the SBCC credit division (SB 5120). This policy allows high school students in grade 9 (age 14) to enroll in classes if they follow specific registration and enrollment procedures. For SBCC Continuing

Education, these are as follows:

1. Any student age 17 or under who attempts enrollment in continuing education classes will be prompted to contact the STEP office for information as to how to proceed and will not be able to continue registration.
 - a. No student will be permitted to enroll in CE classes if they are under the age of 14.
 - b. No student will be permitted to enroll in art classes with nude models if they are under the age of 18.
2. If space in the class is available, students 14 – 17 will be registered but must follow this procedure:
 - a. Obtain and complete a form from the Scott or Wake STEP office, from the Wake or Schott administrative office, or from the off campus registrar/instructor.
 - b. The form must be completed and signed by a high school administrator, parents/guardians, CE class instructor, and the CE dean, VP, or director of CE student services.
 - c. The completed form, along with the admission/registration form, must be returned to the STEP office. Completed forms can also be given to an off-campus registrar/instructor, mailed or faxed to the STEP office.
 - d. The minor student may not attend class until they have completed and submitted all the required paperwork.
 - e. Paper work is required of each student for every term in which the minor student enrolls.
 - f. Adult students, 18 and older, will be given registration priority.
3. Standards of Student Conduct (Board Policy 5231)

A student enrolling at Santa Barbara City College, including the Continuing Education Division, is required to adhere to Board Policy 5231, Standards of Student Conduct. Students are subject to college discipline for any misconduct for any of the offenses outlined in the Policy

COURSES FOR OLDER ADULTS: State supported educational programs for older adults range in subjects from art through writing. While these courses are designed & offered primarily for adults 55+ years old, the classes are open to all adults.

REGISTRATION

Online registration is available one month before the term starts. We urge you to register early for your class to secure your space. Class registration is on a first-come, first-served basis, and no visitors or auditors are allowed. Classes that meet their student limit will close to further online registrations and will develop an online waiting list. Students may place themselves on this waiting list. Students on the waiting list will have priority should space become available in the class. Students on the waiting list are encouraged to show the first meeting day in case of no-shows.

FIRST DAY ATTENDANCE: You must be physically present to claim your seat on the first day of class (unless you notify the instructor by email in advance of the class session.) This also pertains to students who have pre-registered and paid. A 15-minute “grace period” is allowed on the first day only if there is no waiting list. If the class is over-subscribed, the instructor will read names from the waiting list in the order they appear. If any seats are still unclaimed, walk-in students may then register. Waiting list and walk-in students, who are claiming available seats, are given a blue add-card. The instructor will sign the card; students are then required to submit it to the main office. If a fee applies, the student can pay by cash, check or credit card (Visa or Master Card) to complete the registration process. At this point their seat is secure.

STUDENT PROFILES are required for registration. Students will need to create a student profile online before they can register for a class. This is a one-time process and students can update their profile at anytime via the Continuing Education website.

PLEASE NOTE: CLASS CANCELLATION PROCEDURE:

Continuing Education classes may be canceled if there are fewer than 20 students at the first meeting. If there are fewer than 15 students present at the first meeting, the class will be canceled immediately. At the instructors discretion, classes with 15 to 19 students may meet a second time but then must register with 20 students or be canceled. The maximum time allowed in the second meeting to accumulate 20 students is one-half hour for two-hour classes or one hour for longer classes. If the class fails to register sufficient students at the second meeting, it will be canceled. A class may be canceled at any time during the term if attendance drops below 15 students on two consecutive class meetings.

LATE ADDS: A student may enroll in a class after it has begun if: (1) space is available, (2) the instructor permits the late enrollment, and (3) the student completes the online profile and full registration procedure. Course fees are not prorated for students who add late.

COURSE DROPS: If a student misses two class meetings in a term without notifying the instructor, the instructor may drop the student from the class.

COMMON COURTESY: We request that all students practice common courtesy and notify Schott/Wake Centers if they are going to drop a class before it begins. Practicing this courtesy allows us to open the class to students on the waiting list. Please see refund policy for fee-based classes.

MINORS ON CAMPUS: The primary mission of the Continuing Education Division is to educate students eligible for enrollment. Children under the age of 14 are NOT allowed in classrooms, except in designated parent education classes or in other offerings designed for parent and child. Continuing Education facilities cannot be used as a substitute for child care, and children cannot be left unattended or unsupervised on campus. Students not complying with this policy will be informed of the policy provisions and asked to remove their children from the premises. Students failing to comply with such a request shall face dismissal from the class.

DOGS ON CAMPUS: No dogs, except those assisting the disabled, are permitted on campus.

FEES

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

APPORTIONMENT CLASSES: These classes appear as free but are actually funded by the State. (Note, however, that some may require materials fees.) Funding is received for each hour of student attendance. The cost of offering the class is covered by those funds. The class may be cancelled if the attendance falls below the level needed to cover the costs of the class. The State has mandated that apportionment classes be offered in the following areas:

1. Parenting Education
2. Basic Skills
3. English as a Second Language
4. Immigrant Education
5. Courses for those with Substantial Disabilities
6. Vocational Programs
7. Older Adults
8. Family and Consumer Sciences
9. Health and Safety

TUITION FEES: Classes NOT funded by the State are supported by student tuition. Students must cover the cost of the class through fees. Some of these classes may also require additional materials fees. Tuition fee classes require at least 20 students to register by the second class meeting, but will not be canceled if attendance falls low during the latter part of the term.

OPTIONAL FEES: Some courses funded by the state or district or funded privately have optional reading, CEU fees, or non-refundable test-scoring fees. Students may register without paying optional fees provided they do not utilize the optional services those fees would have covered.

CERTIFICATE FEES: A non-refundable CEU Certificate Fee, payable ONLY at the first class session, is assessed for a certificate verifying satisfactory completion of an authorized course by licensed professionals: \$4 per CEU for RNs, LVNs, MFTs, LCSWs. There is no fee for CNA certificates.

REFUNDS

Refunds are not automatic. To request a refund, students must complete a "Refund & Cancellation Form" and submit it to the main office at either the Schott or Wake Center. The "Refund & Cancellation Form" form can be obtained at Schott and Wake Centers, and is also available online for downloading at: http://www.sbccc.edu/ce/forms_and_docs.php (Click on the "Refund and Cancellation Form" link.)

A \$10.00 per class processing charge will be deducted from tuition fee refunds. (This charge does not apply to material fees or classes cancelled by the college.)

TUITION FEE REFUNDS (OR ELECTRONIC VOUCHER)

Students may request a tuition fee refund (or electronic credit voucher) before the first class meeting but no later than the second class meeting.

MATERIAL FEE REFUNDS (OR ELECTRONIC VOUCHER)

Students may request a materials fee refund before the first class meeting but no later than the second class meeting. A \$10.00 processing fee will not be charged for materials fee refunds.

REFUNDS FOR THE FOLLOWING CLASSES ARE ONLY AVAILABLE BEFORE THE FIRST CLASS MEETING:

Food and/or cooking classes, one-day and two day workshops, day trips, performance and theatre tickets. No partial refunds or electronic vouchers are available after the first class meeting.

Petitions for exceptions of the above procedure may be submitted to the Vice President,

Continuing Education, at the Schott Center office. Decisions on exception requests will be made by a committee.

PLEASE ALLOW 4 TO 6 WEEKS FOR PROCESSING OF ALL APPROVED REFUND REQUESTS.

BOOK REFUNDS: Refunds are available within one week of the purchase date for books purchased through the Schott and Wake Center bookstores. The receipt must be presented, and the book must be in new condition (i.e., without marks, bent corners or writing in it). Books purchased for one-day and two-day workshops and events are not returnable.

NO REFUNDS ARE AVAILABLE at any time for the following services: CEU certificates and fees; GED testing; test scoring; special events; reading fees; and meals.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

All Santa Barbara City College student records are kept in accordance with the provisions of the Family Educational Rights and Privacy Act of 1974 and Title 5 Regulations, State of California, adopted in 1976. A copy of SBCC's institutional policy complying with this act may be obtained from the Vice Presidents of Continuing Education, Schott Center room 13.

Students may request access to those campus records which personally identify the student and the student may challenge the accuracy of the record. Student consent is not needed for the release of records covered by the Act to outside parties (e.g. campus officials, other schools, federal educational and auditing officers).

Educational records are maintained at the Schott Center under the supervision of the Vice President of Continuing Education. Directory information which may be released includes—but is not limited to – confirmation of current enrollment at SBCC and the degrees/awards received.

A student may request a copy of a record which the student has requested or consented to be released. If a student desires a copy of file material subject to his/her review, it will be provided at a cost of \$1 for the first copy and \$0.50 for each additional copy.

Questions with respect to a student's rights under the FERPA Act of 1974 should be directed to the Admissions and Records Office (SBCC Main campus, 721 Cliff Drive) or by calling 730-4152.

THE SBCC CONTINUING EDUCATION WEBSITE: YOUR INFORMATION SOURCE

Find out what's happening throughout the Winter term and get news regarding subsequent terms by checking our website regularly:

www.sbccc.edu/ce

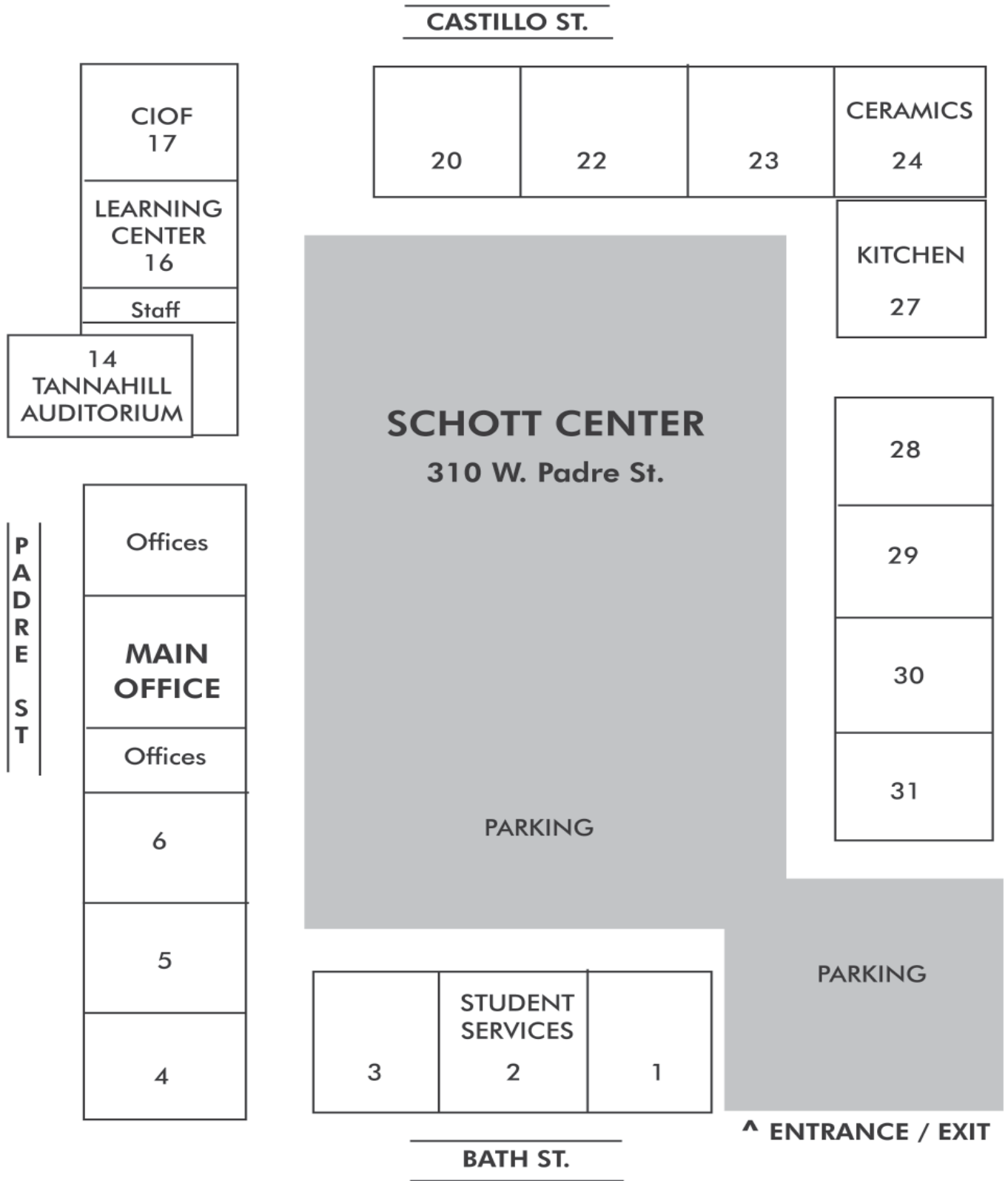
The Continuing Education section of the SBCC website gives you access to our online registration system, the current academic calendar, answers to frequently asked questions, the latest news and events regarding Continuing Education, and more.

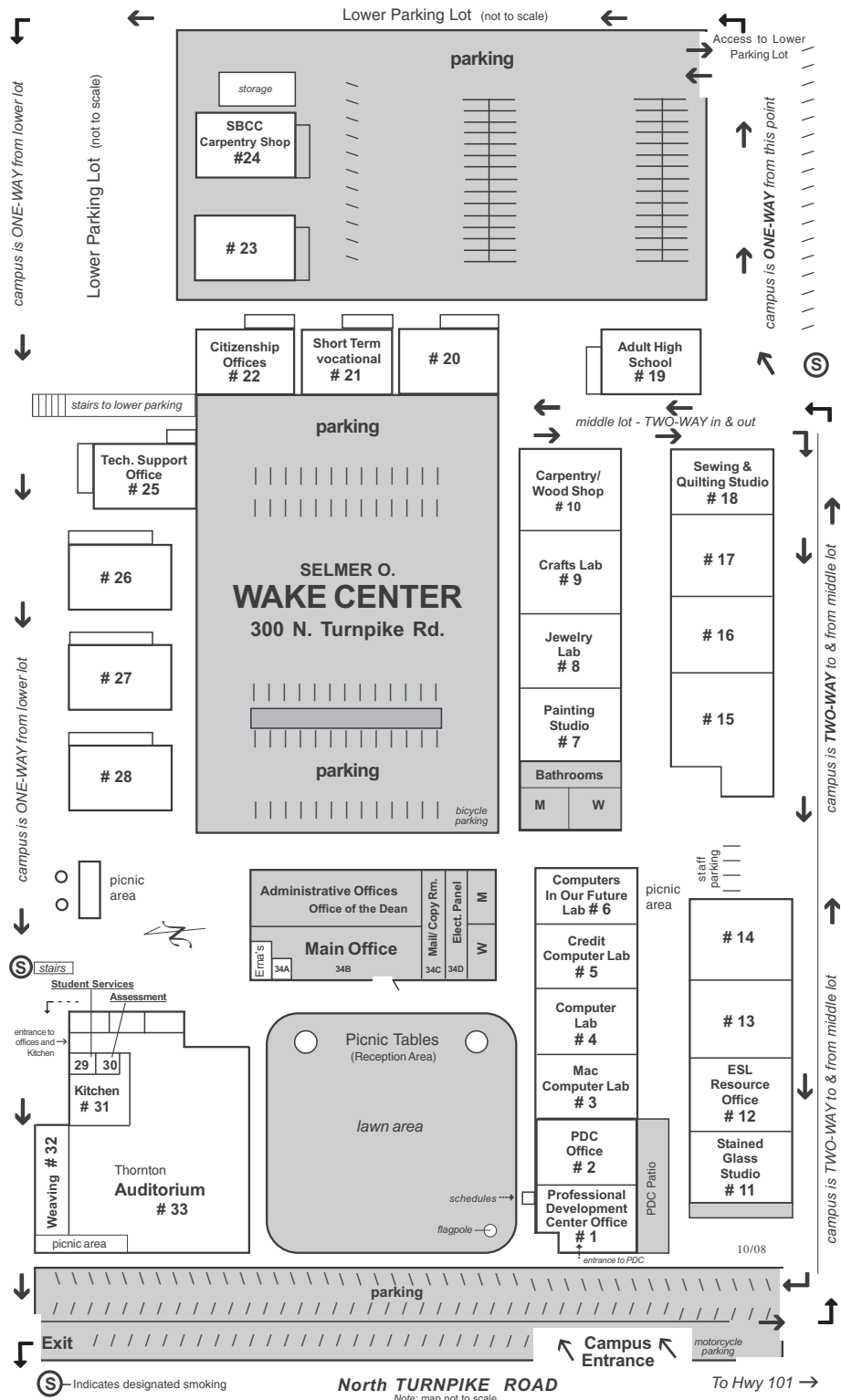
Specifically, here is what you can expect to find:

- Information about Student Services/STEP (Steps To Education or Steps To Employment Process), the Community Education Center, the computer centers, and the process for enrolling in ESL classes. Click the "Student Services" link.
- Answers to frequently asked questions. Click the "FAQ" link.
- PDF versions of the current printed Schedule of Classes, Admission and Registration forms, Refund and Cancellation forms, Tuition-Assistance Scholarship application forms and other forms. Click the "Forms to Download" link.
- The academic calendar for the current year, including key dates for registration and start dates for each term, holidays, etc. Click the "Key Dates & Calendar" link.
- A brief history of Continuing Education in Santa Barbara, information about funding categories and criteria for State funding for noncredit, recent information from the Chancellor's Office, etc. Click on the "General Info" link.
- Information about the Citizens' Advisory Council, members, meeting dates, etc. Click the "Advisory Council" link.
- Important news and updates regarding Continuing Education. Click the graphic link "News and Events."

The website is updated regularly, and we are planning to add new sections in the near future. Check us out!

The screenshot shows the SBCC Continuing Education website homepage. At the top, there is a navigation bar with links for FUTURE STUDENTS, CURRENT STUDENTS, PARENTS, FACULTY & STAFF, ALUMNI & DONORS, and CONTINUING ED. A search bar is located in the top right corner. The main content area features a sidebar with a vertical "continuing ed" label and a list of links: Register For & View Continuing Ed Classes, Student Services, FAQs, Forms to Download, Key Dates & Calendar, En Español, General Info, Advisory Council, and Contact. The main content area has a header "Continuing Ed" and a paragraph describing the division's history and offerings. Below this, there are three prominent buttons: "Continuing Education Division NEWS & EVENTS" (with sub-links for an important letter and scholarship applications), "Winter 2011 Tuition Assistance Scholarships", and "Responses to Community Questions". A footer contains accessibility standards, employment, groupwise, disability, TTY numbers, privacy policy, legal disclaimer, and contact us information, along with the address: 721 Cliff Drive Santa Barbara, CA 93109-2394.





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
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Volunteer Opportunities in the Credit Music Program

STUDENTS:

In lieu of registering for Concert Band, Symphony Orchestra and College Choir, you now have an opportunity to volunteer as musicians and singers in these classes.

Please attend the first evening class (check SBCC's Spring 2011 Schedule of Credit Classes for days/times/locations) and you will receive the Volunteer form and information regarding the \$12 materials fee (for sheet music). 

The SBCC Class Schedule for Spring 2011 is accessible online at:
<http://www.sbcc.edu/classes>



SCHEINFELD CENTER FOR ENTREPRENEURSHIP & INNOVATION

Entrepreneurship is more than an academic discipline at Santa Barbara City College. It's our passion. The Scheinfeld Center for Entrepreneurship & Innovation trains entrepreneurs and assists small businesses using a comprehensive approach combining theoretical curriculum, practical application, mentoring, counseling, internships, networking, and post-start-up support. Dream. Plan. Profit.

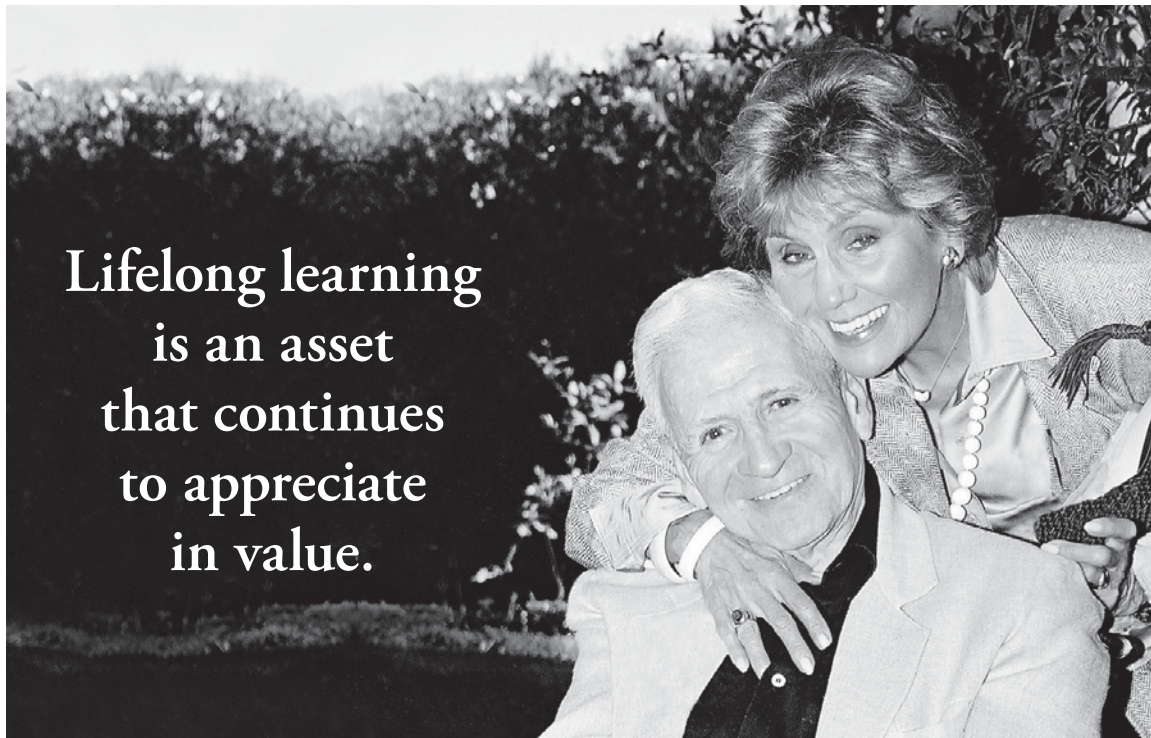
<http://scheinfeld.sbcc.edu/>

Scheinfeld Center for
Entrepreneurship & Innovation
 Dream. Plan. Profit.

Worksheet: Continuing Education classes to take this Winter

class name / course # / section #	page	date & time	fees

NOTES:



Lifelong learning
is an asset
that continues
to appreciate
in value.

EVERY DAY, thousands of Santa Barbara residents are transforming and enriching their lives through SBCC's Continuing Education classes.

Students attending SBCC—either at the Main or Continuing Education campuses—are enrolled in Santa Barbara's most comprehensive institution of higher learning. Your support ensures their success and provides a lasting legacy for future generations.

To learn more about Charitable Gift Annuities and other planned giving opportunities, please contact:

Barbara Ben-Horin

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Spotlight for Winter:

MIND and SUPERMIND: Expanding the Limits of Consciousness

Mark your calendar now for the

2011 Winter Term Mind & Supermind lecture, featuring B. Alan Wallace

What Makes Us Human? A Buddhist View

Scientists, philosophers, and theologians have expressed many diverse beliefs about what makes us distinctively human. Biologists look to our enlarged brains and genetic makeup, philosophers commonly cite our ability to think rationally, and theologians have emphasized our ability to distinguish between good and evil, with great ramifications for our immortal souls. Buddhist thinkers, too, have highlighted the human ability to speak and to reason, but they also draw our attention to our ability to seek genuine happiness, to deliberately apply ourselves to leading ethical lives, cultivating our minds through meditation, and realizing freedom from suffering and its causes by using a direct course to know the nature of reality. In short, Buddhists emphasize the rarity and great value of human existence because it provides unparalleled opportunities for realizing our highest potential.

Friday, March 4
7:30 pm - 9:30 pm
Wake Center Auditorium

See page 42 for registration details.



B. Alan Wallace

The 2010 - 2011 academic year marks the 35th anniversary for “Mind and Supermind: Expanding the Limits of Consciousness,” the popular series that presents lectures by experts in such diverse fields as psychology, biology, quantum physics, and philosophy to Santa Barbara audiences.

Over the years, the lecture series has attracted such notable speakers as Joseph Campbell, Norman Cousins, Huston Smith, Deepak Chopra, Sam Keen, Larry Dossey, Pico Iyer, David Richo and Byron Katie.

As the state redefines priorities for funding and what qualifies a class for funding, SBCC Continuing Education Division will have to find new sources of funding for lecture series like Mind and Supermind. If you consider Mind and

Supermind an important component of the intellectual life in our community, please consider pledging your support through the SBCC Foundation “Mind and Supermind fund.” For more information about the SBCC Foundation and to make donations, go to: www.sbccfoundation.org

Thanks to generous donations from supporters of SBCC Continuing Education, this lecture is offered to the public FREE OF CHARGE.