

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

Summer 2017 Noncredit Classes



Wander somewhere new.

Browse our hundreds of noncredit personal enrichment and professional development courses offered through TMCC Workforce Development and Community Education!

- **Learn how to raise chickens and keep bees**, page 12.
- **Become an orthopedic casting technician**, page 11.
- **Discover the world of porters, ales and more in Beer Appreciation**, page 8.
- **Learn how to produce professional podcasts**, page 6.
- **Camp and hike in Nevada's remote regions**, page 17.

775-829-9010
wdce.tmcc.edu

facebook.com/TMCCCommunityEd



Truckee Meadows Community College
Workforce Development and Community Education

Why take a Community Education course?

Community Education classes:

- Are taught by experts in their fields
- Start weekly at dozens of area locations
- Are held evenings, weekdays and weekends
- Are offered in hundreds of topics

Our most popular classes fill quickly, so register today.

Here's a sampling of our most in-demand classes. To see more, look for the **HOT!** icon next to the class title.

- Orthopedic Casting Certificate
- Soap Making
- Basics of Selling on eBay
- Container Gardening
- Excel Essentials
- Conversational Spanish
- Mother Lode Gold Panning
- TMCC Writers' Conference
- Golf at Canyon Nine

Help your child become a safe driver



Driver's Education in the Classroom

Send your teens to school break classes and help them build a strong base to become a safe driver. Classes are available online and at many area high schools.

Designed for teens ages 15 to 18, these sessions fulfill the 30-hour classroom mandate required for a Nevada Driver's License (this class does NOT include behind-the-wheel instruction or the 50 required driving hours also needed to qualify for a license).

For full details and to register, visit <http://bit.ly/TMCCDriversEd> or call 829-9010.

What your neighbors say about our instructors

"Suzanne Adams was very informative and funny – class went by quickly." –Kimberly N., gardening student

"Gabriele Lenga was fabulous, kept things interesting and was patient with class and newbies like myself." –Ashly M., Excel student

"Excellent instructor (Craig Coffman). I was able to learn what I wanted to know in an easy format. He was thorough and understandable." –Instant Piano Skills student

"Chris was patient and an excellent instructor. He made it easy." –Fly Fishing student

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Arts, Crafts, Photography



Most art classes require additional supplies and/or a materials fee. Supply lists for individual classes are available online at wdce.tmcc.edu.

Photography

NEW!

Cell Phone Photography

Find out what it takes to capture high-impact photos with your cell phone. Gain an understanding of composition and photographic techniques, as well as how to use cell phone apps to edit, caption and retouch your images. Practice shooting high-quality still images, discuss how to critique photos and become familiar with contemporary photo vocabulary.

4/11 T 6-9 p.m.
Upton
TMCC Meadowood Center S321 \$39

Expressive Photographic Lighting

Discover how to harness nature's rich light during a lecture and on-site shoot. Learn how to use natural light for macro, landscape and outdoor portraits and how a reflector and flash unit can supplement the sun's rays. By building upon your own working knowledge of your camera, increase your understanding about camera settings and simple accessories to take full advantage of nature's glow.

Lecture:
4/8 S 9 a.m. - 12 p.m.
Field Shoot:
4/8 S 3-7 p.m.
Vollmer
TMCC Meadowood Center S105 \$89

Photography I

Capture the images you've always wanted to with your camera. Learn about the different functions and features of your camera so you can take compelling scenics, portraits and more. Explore using the flash, macro, zoom and self-timer tools, all while becoming familiar with your camera's menu. You'll also learn about selecting, using and caring for your memory cards and batteries.

4/24-5/3 M,W 6-9 p.m.
Forsyth
TMCC Meadowood Center S115 \$99

"This class helps you be more comfortable with the camera and what it actually does besides point and shoot."

— Photography student

NEW!

Photography II: Beyond the Basics

Use your DSLR to its full potential. Improve your photographs by using exposure, cropping and depth of field. Explore lighting and how it can be used to give your images more intensity.

6/5-6/7 M,W 6-9 p.m.
Forsyth
TMCC Meadowood Center S115 \$69

NEW!

Natural Light Portraits

Increase your photography skills and learn to identify the most ideal surroundings for your desired picture. Determine how different light sources and temperatures impact exposure. Discover how to properly expose back-lit subjects with the manual settings on a DSLR camera and minimize squinting and dark shadows in eyes.

5/8-5/22 M 6-9 p.m.
Conaboy
TMCC Meadowood Center S115 \$99

NEW!

Creative Composition in Photography

Grow as a photographer by exploring methods to create images far from the usual. Build your creative eye, develop intent and learn how to work with various elements to improve photos from their original state. Develop your artistic flair by finding and expressing yourself through your art.

7/10-7/12 M,W 6-9 p.m.
Gestoso
TMCC Meadowood Center S115 \$69

NEW!

Reno Street Photography

Discover how to capture a city's essence in vivid street scenes. Learn the fundamentals and techniques like composition, lighting, subject matter and style. Explore the history, ethics and legality of this creative medium. Gain tips on successful marketing and promotion of your work, as well as how to prepare for publication.

Reno Street Photography: Artown Edition

Lecture:
7/18-7/20 T,TH 6-8 p.m.
Field Shoot:
7/22 S 9 a.m. - 12 p.m.
Marks
TMCC Meadowood Center S115 \$89

Lecture:
8/22-8/24 T,TH 6-8 p.m.
Field Shoot:
8/26 S 9 a.m. - 12 p.m.
Marks
TMCC Meadowood Center S115 \$89

Crafts

Mixed Media Basics

Create a stunning piece of mixed media art by using different materials like fabric flowers, texturing paste, spray inks and embellishments. Relax and enjoy a boost in creativity as you learn about the many different materials you can use to make the perfect addition to your home or office décor. \$35 materials fee

4/18 T 6:30 - 9:30 p.m.
Bayya
TMCC Meadowood Center S103 \$39

HOT!

Stained Glass I

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$30 materials fee

4/25-4/27 T,TH 5:30 - 8:30 p.m.
Oberlander
The Glass Studio \$99

Fused Glass

Meld stunning, personalized glass artwork to keep or share with friends and family. Unlike traditional stained glass, fused glass is created by arranging sheet and crushed glasses and melting them together in a kiln. Discover what fusible glass is, learn kiln basics and the effects of temperature change. Create three separate projects as you learn full-fusing, tack-fusing, slumping and coldworking. \$20 materials fee

5/23-5/25 T,TH 5:30 - 8 p.m.
Howell
The Glass Studio \$79

NEW!

Make a Summer Wreath

Create lovely wreaths to decorate your home during the summer season. Layer an assortment of vines, flowers and twigs into beautiful creations. Discover the difference asymmetry and design make while working with the natural shape of blooms and branches. \$15 materials fee

5/24 W 6 - 9 p.m.
Czarka
TMCC Meadowood Center S103 \$39

NEW!

Mosaic Gazing Ball

Working with bits of stained glass, nuggets and grout, create a beautiful design you can proudly display in your house or yard. \$30 materials fee

6/6-6/8 T-TH 10 a.m. - 3 p.m.
Packham-Weaver
Copper Cat Studio \$99

NEW!

Paperweight with Japanese Calligraphy

Make a Japanese-style paperweight using your own expressive style and traditional artwork. The instructor will share philosophy and culture from growing up in Japan. \$10 materials fee

7/20 TH 6 - 9 p.m.
Salvatore
Aikido of Reno \$39

HOT!

Soap Making

Transform plain, unassuming soap into an amazing creation by adding fragrances and personal touches. Learn how to use Melt and Pour, a pre-made base, and make four to five soaps. Keep them for yourself or give as gifts. \$35 materials fee

7/24 M 6 - 9 p.m.
Anderson
TMCC Meadowood Center S219 \$39

NEW!

Upcycled Wood Pallet Wine Rack

Create a fun and functional wine rack using wood pallets. Express your creativity by adding your own personal decorative touches. \$20 materials fee

7/24 M 6 - 9 p.m.
Hadwin
TMCC Meadowood Center S103 \$39

Painting and Drawing

Travel Book Journaling

Vividly preserve your memories by incorporating a variety of artistic mediums ranging from watercolor and ink to using stickers. Create interesting pages, whether the journal is for a special trip or every day use. Enjoy two classroom sessions and a painting field trip. Supplies required. \$35 materials fee

Lecture:
4/19-4/26 W 6 - 9 p.m.
Field Trip:
4/27 TH 9 a.m. - 1 p.m.
Mueller
TMCC Meadowood Center S103 \$99

HOT!

Watercolor Techniques I

Take the first step in becoming an artist. Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques, while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings. Supplies required.

5/2-5/23 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

"Eva Nichols is an accomplished artist and instructor making this watercolor course fun."

—Leslie J., art student

Summer Flowers in Watercolor

Practice watercolor basics including color theory and both traditional and unconventional methods of applying paint on paper. Explore wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and negative painting techniques to create realistic summer flowers. Supplies required.

5/30-6/20 T 1-5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Experimental Pen and Ink

Nurture your creativity and have fun experimenting with inks. Combine traditional techniques with gestural lines, shapes and expressive movements. Using a variety of ink media, play with abstract, non-objective shapes and watch your artistic inhibitions fade away. Practice using different pens, colors and more. Supplies required.

5/11-5/18 TH 1-4 p.m.
Woodard
TMCC Meadowood Center S103 \$69

Soft Pastels

Experience the versatility of soft pastels—a vibrant, permanent medium that can be used for drawing or painting. Enjoy practicing techniques after instructor demonstrations and receive individual attention. Create a work of art from a still life or reference photo. Supplies required.

6/7-6/21 W 1-4 p.m.
Woodard
TMCC Meadowood Center S103 \$89

Textiles

Recycled Denim Market Tote

Create a personalized market tote by upcycling old jeans into a fun and functional square bottom bag. Using two or more pairs, cut and sew your grocery tote with pockets to spare or none at all. Supplies required.

5/4 TH 6:30-9:30 p.m.
French
TMCC Meadowood Center S103 \$39

NEW!

Sew a Summer Hat

Make your own elegant wide-brimmed sunhat. Use polka dots, stripes, topstitch, ribbons and more to make a hat that fits your summer attitude. Supplies required.

5/11 TH 6:30-9:30 p.m.
French
TMCC Meadowood Center S103 \$39

HOT!

Sewing I

Explore this versatile craft, while becoming inspired by the almost limitless applications of sewing. Make several fun projects while you practice basics such as how to use your machine, insert a zipper, follow a pattern and more. Save money by learning how to make basic clothing alterations. Must understand the basic functions of the sewing machine. Supplies required.

8/23-10/11 W 6-9 p.m.
Willoughby
TMCC Meadowood Center S103 \$139

“*Sylvia made me feel at ease with my machine when I was so scared to use it. I can now sew on my own.*”

—Morita H., Sewing I Student

Want to earn credit for your art or photography courses? TMCC offers lots of options for aspiring artists and photographers! For details, visit schedule.tmcc.edu.

NEW!

Patriotic Picnic Quilt

Create a stunning red, white and blue quilt based on the traditional rail fence pattern. Learn how to use quilting tools and practice simple techniques. By the end of class, you'll have completed the quilt top and will be able to finish it in time for your July 4th celebration. Supplies required.

5/18-6/1 TH 6-8:30 p.m.
French
TMCC Meadowood Center S103 \$79

Beauty



NEW!

Flawless Face

Boost your confidence and save time while applying makeup. Explore color theory and learn how to harmonize your ideal look and outfit. Identify the best way to conceal dark circles and blemishes. Understand eye contouring, the rules and techniques of styling your own eyebrows and gain tips on using makeup to make you look younger. Take home your own makeup bag of new goodies. \$20 materials fee

6/20 T 6-9 p.m.
Frosliie
Rocky Baird Salon \$39

Computers and Software



QuickBooks

Streamline your accounting procedures with this popular program. Learn the basics and how to create invoices and billing statements. Work with bank accounts to learn how to enter and pay bills by using a QuickBooks check, and gain skills in using the program for accounts payable.

5/3-5/12 W, F 1 - 5 p.m.
Lenga
TMCC Meadowood Center S322 \$179

Microsoft

Outlook Essentials

Reduce daily stress by better managing your time and information. Find out how easy it is to schedule appointments and meetings, manage priorities, keep track of tasks and organize emails. Work with the software's calendar, contacts and task list features.

4/18-4/20 T, TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S321 \$99

HOT!

Excel Essentials I

Get rid of that calculator. Become familiar with Excel's most popular features and you'll wonder how you ever got through a work day without them. Start off learning the basics such as entering text and numbers into spreadsheets and continue building your skills by learning formatting and formulas.

5/23-5/25 T, TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S321 \$99

Excel I, II, III Series

In this 3-part course, learn the basics of Excel 2016 to enter text and numbers into spreadsheets along with formatting and formulas. In part II, work with large files by freezing panes and splitting the window, use named ranges to make navigation easier, and explore styles and the conditional formatting feature. Learn to create pie, bar, column, XY and other charts in a professional-looking, easy-to-read format. Sort and filter to manage data lists and practice working with formulas and functions. Work with advanced techniques to make pivot tables and charts, and use intricate formulas and data analysis to make workplace tasks easier. Learn to use various financial functions, grouping skills and how to consolidate worksheets.

7/10-7/13 M-TH 9 a.m. - 12 p.m.
7/14 F 9 a.m. - 4 p.m.
Lenga
TMCC Meadowood Center S321 \$282

"I now have a good understanding of how this program is used."

— Excel Series student

Earn a degree in computer programming, computer science or computer technologies and find yourself with lots of career options. For details, visit catalog.tmcc.edu.

Internet

NEW!

Photography in Social Media

Take photos that positively define you on social media. Uncover common visual mistakes and how they can be avoided. Discuss current trends, discover what prospective employers look for when browsing a candidate's profile and learn to showcase yourself in a healthy and valuable way.

4/10 M 9 a.m. - 12 p.m.
Rosscup
TMCC Meadowood Center S320 \$39

Create a Website for Fun, Profit and Business

Discover easy-to-use design tools that can build your personal or business website in 60 minutes. Get traffic immediately using a pay-per-click ad on Google, MSN, Yahoo and Facebook. Learn how to get ranked by the three major search engines, and the tips and traps of website design. Find out how to create money-generating affiliate websites and how to easily import and sell products direct from China. No programming required.

4/20 TH 6 - 9:30 p.m.
Boyd
TMCC Meadowood Center S104 \$99

HOT!

eBay I: The Basics of Selling on eBay

Learn the tips, tricks and traps in order to succeed in all your eBay dealings. Sell more effectively by learning how to create a seller account, post listings and set up credit card payments. Streamline packing and shipping procedures, monitor listings and upload great pictures. Taught by an award-winning eBay instructor. To save \$15, register for the eBay I and II Selling Series.

4/22 S 9 a.m. - 12 p.m.
Boyd
TMCC Meadowood Center S306 \$49

eBay II: Advanced Selling Strategies

Gain the insider tips and strategies that will draw the most bids, maximize sales and beat your competition. Discover how to find your profitable niche, what to sell, what to avoid and how to use drop shippers to minimize inventory costs. Delve into eBay research, marketing and photography tips and eBay stores. Plus find out how to easily import and sell products direct from 1,500 manufacturers in China. To save \$15, register for the eBay I and II Selling Series.

4/22 S 1 - 4 p.m.
Boyd
TMCC Meadowood Center S306 \$59

NEW!**Professional Business Podcast**

Engage your current and potential customers, while increasing your web traffic through podcasting. Understand structuring and audio production fundamentals. Learn the hardware and software, microphone and computer capabilities needed to create a compelling podcast. Practice techniques to effectively convey information about your products and ideas.

6/15 TH 9 a.m. - 12 p.m.
Conrad
TMCC Meadowood Center S321 \$49

Dance**Line Dancing II**

Become familiar with more intricate and challenging routines. This intermediate class will teach MIB, Sweet Sensations, Toes, Chill Factor, She Bangs, Boot Scoot Boogie and Big Green Tractor.

4/17-5/22 M 7-9 p.m.
Wilson
Mendive Middle School \$65

"I recommend this course because the teaching is slow enough for beginners but not too slow for intermediate dancers."

— Jack K., line dance student

TMCC offers for-credit courses in tap, ballet, jazz, modern and dance appreciation, leading to an associate of arts, dance emphasis degree. Check out our fall classes at schedule.tmcc.edu.

Fitness and Sports

See also *Health and Wellness*, pages 9-10.

Sports**Golf for Beginners**

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing, the rules and etiquette of the game from a professional. Learn to putt, chip and to play with both iron and wood clubs at a golf range. At the end of this course, you should be prepared to play at least a par three course. \$35 materials fee

4/20-5/25 TH 6-7 p.m. OR
5/10-6/14 W 7:30-8:30 p.m. OR
6/1-7/6 TH 7:30-8:30 p.m. OR
Women:
6/6-7/18 T 7:30-8:30 p.m.
Williams
Grand Sierra Resort Driving Range \$99

Better Golf: From Putting to Fairway

Work with a PGA professional and renew your golf swing. Explore short game fundamentals like putting and chipping. Discover how to tame your driver, hit fairway shots and get your swing ready for the course.

4/29-5/13 S 1-2 p.m.
Ramsey
Somerset Golf and Country Club \$60

HOT!**Golf at Canyon Nine at Somerset**

Establish your technique at the Canyon Nine Golf Course. Learn the fundamentals such as proper grip, stance and an effective golf swing when putting, chipping and driving. Put your newfound skills to use playing this 9-hole, par 3 course. Must have your own golf clubs.

5/4-6/8 TH 6-7 p.m. OR
6/15-7/20 TH 6-7 p.m.
Ramsey
Canyon Nine at Somerset Golf Course \$99

Martial Arts**Shaolin Qi Gong**

Gain strength, improve health, reduce stress and add years to your life by learning meditation based on the synchronicity of simple body movements. Use slow graceful movements and controlled breathing techniques to promote circulation, energy and mental focus. Increase strength and stamina, build confidence and self-control. Explore Chinese culture and traditions within the Shaolin temple.

6/3-6/24 S 11 a.m. - 12:30 p.m.
McLoyrd
TMCC Meadowood Center Patio \$69

HOT!**Tai Chi I**

Gain more harmony and equilibrium in your life by integrating the mind and body elements of this ancient balanced, healing Chinese art.

4/25-6/8 T,TH 6:30-7:30 p.m. OR
6/13-8/1 T,TH 6:30-7:30 p.m.
Jones
TMCC Meadowood Center S308 \$89

Tai Chi II and III

If you have completed the basic tai chi course, take the next step and learn the second and third sets of the Yang Long form. You'll try new postures and sequences, and you'll continue your practice of breath work and Qigong exercises for health. Discover new elements of meditation, tai chi philosophy, history and the martial aspects of the art.

5/3-6/21 M,W 6:30-7:30 p.m. OR
6/26-8/9 M,W 6:30-7:30 p.m.
Jones
TMCC Meadowood Center S308 \$89

Tai Chi Intermediate

Further explore tai chi by working on the Yang style long-form second and third sets as well as standing qi gong and moving meditation.

4/25-6/8 T,TH 5:15 - 6:15 p.m. OR
6/13-8/1 T,TH 5:15 - 6:15 p.m.
Jones
TMCC Meadowood Center S308 \$89

Cardio

NEW!

Soul Spin

Enjoy spinning in soft lighting, while listening to inspirational words and killer music. Workout in an infrared heated room that's guaranteed to have you generate a sweat.

4/18-4/27 T,TH 6 - 7 a.m. OR
4/18-4/27 T,TH 12 - 1 p.m.
Ghiggeri
Soul Space \$69

Yoga

Gentle Yoga

Relax, de-stress and learn to listen to your body by practicing gentle, restorative yoga in a slow and supportive environment. Follow Anusara's basic Universal Principles of Alignment and focus on slow movement, stretching and strengthening postures as well as meditation. Modifications will be offered for all poses. No prior yoga experience is required.

4/4-5/16 T 5:15 - 6:15 p.m.
MacLellan
Swope Middle School MPR \$99

Yoga Basics

Enjoy this total mind-body workout that incorporates strength building, stretching and deep breathing. Delve into yoga's principles and philosophies, as well as practice postures, proper alignment, skillful breathing and awareness techniques. Research has shown that yoga can lower blood pressure, as well as help alleviate depression, pain, anxiety and insomnia.

4/5-5/17 W 5:30 - 6:30 p.m.
MacLellan
Depoali Middle School 210 \$99

"This is one of the best yoga classes I've taken. Love the flow and that there is something new each class. There's lots of modifications for all levels."

—Yoga student

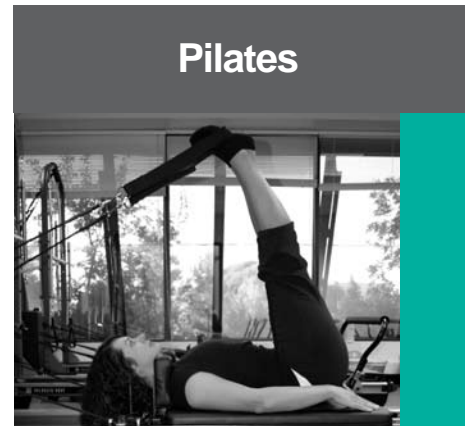
NEW!

Laughter Yoga

Add a little humor to your health routine and find joy in this twist on an ancient style of yoga. Discover health benefits like a strengthened immune system, pain reduction, increased energy and lowered stress. With the guidance of a professional coach, follow laughter exercises, relax with light stretching sessions and practice deep breathing. \$5 materials fee

5/4-5/18 TH 7 - 9 p.m.
Brown
Bliss Nevada \$69

Pilates



HOT!

Pilates Using a Reformer

Connect with your body rather than conquering it. Experience reformer Pilates, a method that is friendly on the joints and offers an incredible no-impact stretch and tone workout. Each session features a blend of strength and stretch so one group of muscles is never overworked. Discover a new connection with your mind and body through regular practice of this exercise method, while building lean muscle mass and reducing your stress. You will find this is more than just an exercise class—you will build confidence and evolve your thoughts on body image. No matter your fitness level, you can see visible results from reformer Pilates. For class dates, times and to register, go to wdce.tmcc.edu and click on "Register Now," then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

I know that it's helped to keep my joints moving."

— Rhonda S., Pilates student

Watch the video about our Pilates class!

<http://bit.ly/pilatesvideo>

Stretch and Flexibility Mat Pilates

Decrease your blood pressure, lose weight and improve your bone density. No matter your fitness level, Pilates will help you strengthen your core and develop a balanced body. Utilizing stretching techniques, improve your coordination and concentration to deepen your mind and body connection.

4/4-4/27	T,TH	7:15 - 8:15 a.m. OR
4/4-4/27	T,TH	8:15 - 9:15 a.m. OR
5/2-5/25	T,TH	7:15 - 8:15 a.m. OR
5/2-5/25	T,TH	8:15 - 9:15 a.m. OR
6/6-6/29	T,TH	7:15 - 8:15 a.m. OR
6/6-6/29	T,TH	8:15 - 9:15 a.m. OR
7/6-8/1	T,TH	7:15 - 8:15 a.m. OR
7/6-8/1	T,TH	8:15 - 9:15 a.m. OR
8/3-8/29	T,TH	7:15 - 8:15 a.m. OR
8/3-8/29	T,TH	8:15 - 9:15 a.m.

Healy

TMCC Meadowood Center S308 \$89

Feel your best: Join the TMCC Maria C. Sheehan Fitness Center



Take one of our noncredit classes and you'll qualify for membership in our fitness center, located at the Dandini Campus.

Get fit in our clean, convenient facility as you work out with free weights, machines and cardio equipment. Personal trainers are available to assist you year-round (call 674-7974 for appointment details).

Memberships are a bargain: just \$50 a semester for WDCE students. The center is open 11 a.m. to 7 p.m. Mondays through Thursdays, and 11 a.m. to 4 p.m. on Fridays.

To join, purchase your fitness center membership at the cashier's office in the Red Mountain Building, room 318.

Earn your high school equivalency and college degree/certificate at the same time



Become career ready more quickly by taking HSE preparation courses and academic degree/certificate programs at the same time. You can receive career training in more than two dozen growing fields ranging from unmanned aerial systems and culinary arts to business and energy technologies.

Call TMCC's Adult Basic Education at 775-829-9044 and ask about our Career Pathways program today!

Food and Beverage

HOT!

Discovering Wine

Learn tasting techniques from a certified sommelier and explore the characteristics and wine styles of the world's major grape varieties. Impress your friends when you identify wine varietals in a blind tasting. Build a knowledge base for a lifetime of wine enjoyment and appreciation. \$15 materials fee

5/2-5/23 T 6:30 - 8:30 p.m.

Davidson

Total Wine and More \$99

"I would recommend this class to a friend. I began this class with very little knowledge of wine and now I'm finishing this course with useful knowledge of the six wines."

— Linda M., Discovering Wine student

NEW!

Beer Appreciation

Discover how beer is crafted and trace the brewing process, from ingredients to fermentation, with a fourth-generation brewer as your guide. Learn the evolution of beer making from 4,000 years ago to the present day and enjoy tasting ales including Honey Pale Ale, Porter and Galena Gold amber. Savor beers that have been barrel-aged from four to 12 months and increase your knowledge through grain and hops tastings. Take home a souvenir glass and a complimentary 4-pack of the StoneyHead brew of your choice.

5/21 SU 6 - 8 p.m.

Michellini

StoneyHead Brewing \$99

NEW!**Say Cheese**

Delight your taste buds when you sample the eight kinds of artisan cheeses with a certified cheese professional as your guide. Explore how these delicacies are made and learn about cheese-making regions. Become more proficient at pairing cheeses with wine during tastings over this fun, social evening. \$10 materials fee

5/15 M 6-8 p.m.
Conrow
Wedge Cheese Shop \$79

Make Perfect Limoncello

Learn to make limoncello, a delicious Italian citrus-based lemon liqueur that is served chilled in the summer. This refreshing libation is equally pleasing as a palate cleanser or an after-dinner drink. Limoncello is considered the national drink of Italy, and you'll discover why.

6/10 S 1-3 p.m.
Hoppe
Holy Cross Lutheran Church \$39

NEW!**Home Bar Basics**

Acquire the mixology magic that will wow friends and colleagues at your next party. Expand your view of the bar, whether you're a frequent host or simply want to make yourself an excellent cocktail at the end of the day. Become educated in the characteristics of various spirits, cocktail basics and palate training, and indulge in some delicious, practical applications of your new knowledge. \$25 materials fee

6/17-7/1 S 12-2 p.m.
Barker
TMCC Meadowood Center S103 \$59

Nutrition for Optimal Health

Give your body the fuel it needs to run its very best while increasing your energy and well-being. Discuss nutrition myths, types of hydration, sugar and processed foods, super foods, as well as GMOs and organic choices. Devise successful eating strategies and learn how to reset your digestive system's micro-biome to minimize GI distress. Take home a one-week meal plan.

7/25 T 6-9 p.m.
Boscovich
TMCC Meadowood Center S324 \$39

Culinary arts at TMCC offers associate degrees and certificates of achievement through our accredited program. See catalog.tmcc.edu today.

Health and Wellness**HOT!****Mindfulness, Movement and Meditation**

Explore the four foundations of mindfulness—the body, tone, mental formations and mindfulness of the impermanent nature. This practice can lead to a less stressed, more fulfilling life. Also learn simple yoga poses to train your mind to better savor the present and gain new tools to continue your practice even when life gets challenging.

4/11-5/2 T 5:30-7 p.m.
Barclay
TMCC Meadowood Center S315 \$49

NEW!**EFT Tapping Basics**

Eliminate stress and anxiety by using this innovative and unique practice. Derived from acupuncture, the Emotional Freedom Technique, or EFT, will allow you to tap into the meridian points without needles. Learn recitations specific to certain issues to release emotional, physical and performance blockages. Discover the many practical applications and exercises that can help increase the positivity in your life.

4/29 S 9 a.m. - 12 p.m.
Donatella
TMCC Meadowood Center S315 \$49

Healing Through Forgiveness

Let your mind, body and spirit soar by learning the five steps of forgiving yourself and others. Find out why we unconsciously hold grudges and the emotional and physical costs of doing so. Gain practical and spiritual insights from a former psychotherapist by exploring the forgiveness process and discovering how to discard grievances and anger to live a more fulfilling life.

4/8-4/15 S 9:30 a.m. - 12:30 p.m.
Woodard
TMCC Meadowood Center S300 \$49

NEW!**Fight, Flight, Flow**

Learn to transcend your fight or flight response by getting into a state of flow, accomplished through practicing experiential exercises related to self-defense.

5/17 W 6-9 p.m.
Salvatore
Aikido of Reno Classroom \$39

Weeds, Worts, and Roots: Foraging for Edible and Medicinal Plants

Come outside and explore the wild-growing plants found around the Truckee Meadows. Gain practical knowledge by touching, smelling and tasting more than 20 plants used for food or medicine. Recipes and resources for learning more about foraging will be provided. Please check our website to see where the field trip will meet and what you need to bring. \$5 materials fee

5/20 S 9 a.m. - 4 p.m.

Broderick

Reno \$89

Gratitude and Its Life-Changing Power

Embrace thankfulness and you can release unconscious worries, disappointments and resentments. Increase your emotional freedom by learning the four ways to incorporate gratitude into your life on a daily basis. Studies show that practicing gratitude can enhance emotional, spiritual and physical well-being.

5/24 W 6:30 - 9 p.m.

Woodard

TMCC Meadowood Center S315 \$39

“Wonderful instruction. Bob knows his subject! Though I have taken similar classes, Bob brought forward new concepts and a new way to think about things.”

– Henda C., gratitude student

NEW!

Fix Your Aching Knees and Feet

Ease knee and foot pain and feel better. Understand what is causing the pain and how to get the most out of your treatment. With a clinical orthopedist as your guide, discover active and passive therapies for specific injuries and diseases and the measures you can take to prevent suffering.

6/3 S 10 a.m. - 12 p.m.

Lichter

TMCC Meadowood Center S300 \$39

NEW!

Reiki I

Experience stronger intuition, creativity, joy and abundance while aligning with your soul purpose. Learn how to use this spiritually guided universal life force to reduce stress and promote relaxation. Restore balance between the physical, mental and emotional levels, while developing your awareness of body energy. Discover how to calm your body and mind, and bring a deeper sense of connection to every living being. \$25 materials fee

6/6-6/15 T,TH 7 - 9 p.m.

Morrison

TMCC Meadowood Center S324 \$89

NEW!

Reiki II

Prerequisite: Reiki I. Increase your healing capacity for yourself and others. Work across time and space to emerge more fully into your highest expression of self. Overcome subconscious programming that no longer serves you so you can empower your dreams. \$25 materials fee

6/20-6/29 T,TH 7 - 9 p.m.

Morrison

TMCC Meadowood Center S324 \$89

NEW!

Cultivating Emotional Balance

Enhance your serenity and self-awareness by understanding your own and others' emotions, emotional triggers and behaviors. Through CEB exercises and lecture, learn to make wise choices during an emotional experience and reduce those regrettable episodes. Let go of stress and anger, enjoy greater affection for people, and become more attuned to subtle forms of emotional expression, whether your own or someone else's.

6/7-6/14 W 7 - 9 p.m.

Dahl

TMCC Meadowood Center S300 \$59

NEW!

Teen Positive Parent

Prepare your teen for the next year of middle or high school with skills proven to instill a confident, positive sense of self. Explore ways to help your teen learn and demonstrate a strong core of personal responsibility, accountability and resiliency. Bolster your child's trustworthiness and integrity, and help them open up communication with both peers and adults. \$30 materials fee

6/17 S 9 a.m. - 12 p.m.

Dahl

TMCC Meadowood Center S300 \$39

NEW!

Nutrition for Optimal Health

Give your body the fuel it needs to run its very best while increasing your energy and well-being. Discuss nutrition myths, types of hydration, sugar and processed foods, super foods, as well as GMOs and organic choices. Devise successful eating strategies and learn how to reset your digestive system's micro-biome to minimize GI distress. Take home a one-week meal plan.

7/25 T 6 - 9 p.m.

Boscovich

TMCC Meadowood Center S324 \$39

Get a \$25 massage and help a student

Our advanced massage therapy students must complete mandatory hours of body work before they can graduate from our program. So help others while improving your overall wellbeing with an hour-long full-body massage.

Massage clinics will be held Tuesdays and Thursdays through April 27 at 5:30 and 6:45 p.m. Register at wdce.tmcc.edu by clicking on "Register Now" or calling 829-9010.

Health Career Certificates



Pharmacy Technician

In just 50 hours, gain the training you need to take the Pharmacy Technician Certification Board Exam and be well on your way to a new career. The U.S. Department of Labor Statistics predicts job growth in this field at 32 percent through 2024, with starting pay averaging \$14 an hour. Work under the supervision of a registered pharmacist in hospitals, home infusion pharmacies, pharmacies and other health care settings. Learn medical terminology specific to your new occupation, reading and interpreting prescriptions and defining drugs by generic and brand names. Find how to calculate dosages, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, billing and reimbursement.

6/13-8/3 T,TH 5:30 - 9 p.m.
TMCC Meadowood Center S104 \$1199

"Fast paced, interesting and well-made course."

—Jonathan M., pharmacy student

Orthopedic Casting Technologies Career Certificate

Help someone recover well from broken bones. Casting technologists are in demand locally, and experienced techs are paid between \$16 and \$20 an hour. Learn how to apply, adjust and remove casts, splints and dressings, as well as to provide basic wound care. Delve into anatomy and patient care. Prepare for the national certification exam and enjoy a day job-shadowing a tech at Reno Orthopaedic Clinic. Find out how casting is an art more than a science in that it must be functional, but also must look good. Textbook required.

5/8-7/17 M 6 - 9 p.m.
Likes/Gruenewald
TMCC Meadowood Center S103 \$999

HOT!

Clinical Medical Assistant

The U.S. Department of Labor Statistics predicts 36 percent job growth in the medical assistant field through 2024 with starting pay averaging \$13 an hour. Be a part of this in-demand career by working in a private medical practice, hospital, clinic or other medical facility. This accelerated program will train you to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, the technical aspects of phlebotomy and the cardiac life cycle. Discuss topics including pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional behavior, ethics and legal aspects. You'll complete about 170 hours of lecture and hands-on labs. Note: Upon successful completion of this program, you are eligible to sit for the National Healthcareer Association Certified Clinical Medical Assistant national examination, which is included in the price.

5/30-8/30 M-W 5:30 - 9:30 p.m.
Chase
TMCC Meadowood Center S315 \$3299

8/1-12/19 T,TH 5:45 - 9:45 p.m.
Montgomery
TMCC Meadowood Center S103 \$3299

View our CMA career certificate video at

<http://bit.ly/WDCECMA>

Community Health Worker: Online Certificate Program

Enjoy the flexibility of this online certificate program while gaining the skills to become a non-medical health provider. Make a difference in your community by facilitating access to housing, food, education, employment, civil rights and health care resources. Learn how to evaluate a client's needs and create a plan to address them, and explore HIPAA guidelines for client rights and confidentiality, required documentation and reporting, and safe boundaries for interpersonal relationships. Discover your advocacy role, how to develop community resources and partnerships, how to be sensitive to ethnic, cultural, religious and gender diversity, and case management strategies that will best serve your clients. Find out how to navigate the Nevada healthcare system and promote healthy living through nutrition and disease prevention. Understand the importance of time management and how to manage your own self-care with coping skills that reduce the stress of emotional attachment and help you debrief difficult cases. Requirements for this course include: purchasing the e-textbook for an extra fee of about \$80, access to a computer with a reliable internet connection and the ability to spend 8-10 hours a week online completing assignments.

5/1-6/23 OR 6/26-8/14
ONLINE \$879

Want to become a nurse, certified nursing assistant, dental hygienist or radiologic technician? TMCC offers many options for students who want to get into medical careers. For details, visit catalog.tmcc.edu.

Home and Garden

**NEW!**

Chicks 101

Learn how to pick the best breeds for our climate, how to prepare for your new baby chicks, what to feed them once you have them and basic chick care to raise them to healthy adults. The more adventurous can learn to build your own backyard chicken condo. Poultry Package: Save \$5 by registering for both Chicks 101 and Keeping Hens in Your Garden courses at the same time!

5/8 M 6-9 p.m.
Gruper
TMCC Meadowood Center S315 \$39

NEW!

Keeping Hens in Your Garden

Now that your chicks are all grown up, learn basic adult poultry care and feeding and how to treat minor wounds and illnesses. We will also talk about maintaining and winterizing their housing. Poultry Package: Save \$5 by registering for both Chicks 101 and Keeping Hens in Your Garden courses at the same time!

6/7 W 6-9 p.m.
Gruper
TMCC Meadowood Center \$39

NEW!

Backyard Beekeeping

Discover what you need to do to keep happy, healthy and productive bees. Understand the environmental importance of honeybees and what it takes to raise them. Gain basic knowledge of beekeeping equipment with hands-on displays. Delve into their biology and husbandry needs, small-scale pest management, food safety, harvesting of bee products and the overall cost of owning a hive. Discuss initial and long-term investment costs. \$10 materials fee

7/29-8/12 S 10 a.m. - 1 p.m.
Newton
TMCC Meadowood Center S315 \$99

High Desert Low Water Gardening

Overcome Nevada's unique gardening challenges by learning which plants to select and how to work the soil to minimize your labor and achieve successful plant development. Discover how to water during times of drought and increase your home's safety from wildfires.

4/4 T 6-9 p.m.
Adams
TMCC Meadowood Center S210 \$49

**"This class is practical
and encourages positive
environmental attitudes."**

— Irwin S., High Desert Gardening student

HOT!

Container Gardening

Turn patios and other paved areas into colorful garden-like areas. Learn to grow healthy plants in containers by finding out about plant selection, fertilization and recognition of plant care concerns.

4/11 T 6-9 p.m.
Adams
TMCC Meadowood Center S210 \$49

NEW!

Raised Organic Garden Boxes

Better plan your garden spaces and increase production by using raised beds. Learn about the basic building blocks and the benefits of organic gardening. Regardless of your experience, you'll discover new techniques.

7/11 T 6-9 p.m.
Clark
TMCC Meadowood Center S324 \$39

NEW!

Managing Beneficial Insects

Discover how to identify a variety of insects, discuss pesticide safety and learn about the best practices for creating a fabulous garden habitat for pollinators.

6/10-6/24 S 10 a.m. - 1 p.m.
Newton
TMCC Meadowood Center S315 \$99

NEW!

Design the Perfect Outdoor Room

Create a fun and functional space that extends your living and recreation areas. Gain tips on creating the ideal room that reflects your personality and interests.

8/29 T 6-9 p.m.
Clark
TMCC Meadowood Center S324 \$39

Basic Auto Repair

Save hundreds of dollars and hours of unnecessary frustration at the automotive center and gain a better understanding of how your car works. Perform your own oil changes and get to know the fluids every vehicle needs and how to check them. Discover how to safely jump-start a car. Learn to change your radiator, alternator, headlights and battery. Discuss what to look for when purchasing a used vehicle and be able to determine whether or not an automobile is worth your investment.

4/27 TH 6-9 p.m.
Trentalange
TMCC Meadowood Center S300 \$39

HOT!**Upholstery**

Give new life to your furniture and save money, too. Develop the skills to refurbish a piece, as you learn basic terminology and then work your way through webbing, sewing and fabric layouts. \$30 materials fee

6/8-7/27 TH 6-9 p.m.
 Murdoch
 TMCC Meadowood Center S103 \$119

Floral Arranging for Fun: Summer Fun

Create flower arrangements that will smell wonderful and decorate any room beautifully. Learn more about the specifics of floral design including the types of flowers used in bouquets, how to design flowers artistically and the steps necessary to make a flawless arrangement. Get a hands-on demonstration from an expert and an opportunity to use professional tools that will enhance your arrangements. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome! Supplies required.

6/13-6/27 T 5-6 p.m.
 Henderson
 Sparks Florist Design Center \$59

Languages**HOT!****Conversational Spanish I**

Whether you know a little bit of Spanish or none at all, this class will teach you beginning conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

5/31-8/2 W 5:30-7 p.m.
 Sefchick
 TMCC Meadowood Center S324 \$169

“Mr. Sefchick conducted the class with endless patience and humor. He is well-learned and experienced in the languages and culture.”

—Michelle J., Spanish student

Conversational Spanish II

If you speak some Spanish and are looking for a way to practice and refine your conversational skills, this class is for you. A number of interesting topics such as Hispanic culture will be covered. The class will be conducted entirely in Spanish.

4/5-5/3 W 5:30-7 p.m.
 Sefchick
 TMCC Meadowood Center S300 \$79

Spanish for Fun and Travel

Boost the enjoyment when you vacation to a Spanish-speaking country by learning basic conversation. Practice basic grammar and vocabulary in a fun, relaxed environment.

4/24-5/15 M 6:30-8 p.m.
 Andriani
 TMCC Meadowood Center S117 \$69

Tour Italy Like A Native

Transcend the typical tourist experience of Italy. Gain insider tips on accommodations, transportation, where to visit and getting the most out of your trip. Learn essential phrases to effectively communicate with the people you meet.

5/23-6/20 T 5-7 p.m.
 Hunter
 TMCC Meadowood Center S321 \$59

For-credit courses in Spanish, French, Italian, Japanese and American Sign Language are also available at TMCC. See schedule.tmcc.edu.

Teach for us!

Share your expertise with others. We're always looking for new topics to offer. Visit wdce.tmcc.edu and click on "Teach for Us."

Massage Therapist Training/LMT CEUs



Prenatal Massage

Prerequisite: current TMCC massage student or currently licensed LMT. Gain an introduction to the unique physical and physiological changes that occur during pregnancy, as well as the benefits this modality offers both the mother and baby. Gain confidence by practicing positioning, draping and massage techniques specific to the prenatal client. This class qualifies for state CEUs and license renewal.

4/7-4/8 F,S 8 a.m. - 5 p.m.
Ferruccio
TMCC Meadowood Center S217 \$159

Ethics for Massage Therapists

Your reputation is based not only on your abilities, but also on your ethics. Review this profession's ethics including its laws and regulations, boundaries, disclosure, conduct and guidelines for working with clients and other professionals. This course fulfills the state's requirement for renewal of state licensure.

4/15 S 9 a.m. - 4:30 p.m.
Grubaugh
TMCC Meadowood Center S217 \$79

Sports Massage

Help athletes maintain peak performance. Practice basic techniques, strokes and stretching used in sports settings.

4/21-4/22 F,S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$159

Facilitated Stretching and Muscle Energy Techniques

Discover how you can enhance your clients' active and passive range of motion with facilitated stretching and muscle energy techniques such as proprioceptive neuromuscular facilitation, known as PNF. Practice what you've learned through hands-on exercises. This class qualifies for state board CEUs and license renewal.

4/28-4/29 F,S 9 a.m. - 5 p.m.
Grubaugh
TMCC Meadowood Center S217 \$159

Myofascial Release

Prerequisite: current TMCC massage students or LMTs. Learn to identify and free fascial restrictions using advanced techniques. Understand the importance of fascial layering and freedom as it applies to human structure and chronic pain.

6/2-6/3 F,S 9 a.m. - 5 p.m.
Asay
TMCC Meadowood Center S217 \$159

Chair Massage

Prerequisite: current TMCC massage student or currently licensed LMT. Take your current skills and adapt them to chair massage. This is a great tool for marketing your business and introducing your touch to others.

6/24 S 9 a.m. - 5 p.m.
Ochoa
TMCC Meadowood Center S217 \$79

Acupressure Made Simple

Delve into this ancient Asian system of energy locks for the 12 meridians, their location and usage. Learn to recognize the symptoms of blockage and practice palpation of the 26 locations on each side of the body, as well as simple release techniques. This course fulfills the requirement for state licensure and renewal.

7/10-7/17 M 5:30 - 9:30 p.m.
Ochoa
TMCC Meadowood Center S217 \$99

Reflexology

Learn the history of reflexology including a map of the feet and hands and how to relieve tension in the body.

7/29 S 9 a.m. - 5 p.m.
Ochoa
TMCC Meadowood Center S217 \$99

View our Massage Therapy program video!

<http://bit.ly/massagecertification>

Money and Investing



Financial Fitness for Women

Enhance your financial fitness. Learn the basics of stocks and bonds, how to select an investment advisor and how to plan for your financial future. Discuss and simplify insurance policies to allow you to select the coverage that you need to protect your family. Explore the basics of estate planning, understand college expenses for both children and grandchildren, and uncover tax efficient investments and company-provided benefits like 401Ks.

4/26 W 6 - 9 p.m. OR
8/23 W 6 - 9 p.m.
DiCenso
TMCC Meadowood Center S315 \$39

Music



Songwriting Basics

Gain the musical tools you need to take that song out of your head and turn it into a professional product. Engage in improvisational techniques that will open your creative floodgates while you learn about the elements needed to create personally significant songs. Find out how to quiet your inner critic and collaborate with your peers. Discover resources to help you generate song ideas ranging from lyrics, instrumentation and rhythmic components. Near the conclusion of class, you will have the opportunity to record a live demo of your completed song.

5/3-5/31 W 6-8 p.m.
McLaren
McKinley Arts Center Music Room \$79

NEW!

Connect With Music

Delve into the world of music and discover its effects within various cultures and societies. Understand and appreciate music by traveling through western, world, jazz and contemporary genres. Learn to connect your favorite songs to skills and practices in the everyday to increase your quality of life.

5/16-5/23 T,TH 6-9 p.m.
Gray
TMCC Meadowood Center S322 \$99

Instant Piano Skills

It does not take years to learn piano. By practicing chords instead of traditional note reading, you can play any song on a piano, all in as little as a few hours. Develop an understanding of how chords work in a song, how to handle different keys and time signatures, how to simplify more than 12,000 complex chords and much more. No pianos are used in this course. Save \$5 when you register for this class and How To Play Piano By Ear at the same time. \$29 materials fee

4/8 S 9 a.m. - 12 p.m.
Coffman
TMCC Meadowood Center S117 \$39

"Excellent course! I was able to learn what I wanted to know in an easy format. The instructor was thorough and understandable."

—Piano student

How To Play Piano By Ear

Expand your musical horizons, free yourself from sheet music dependence and become the life of the party. Gain an introduction to this practical presentation of music theory including predicting chord progressions, learning from recordings and transposing. Discover how to find the starting note, determine when chords change and use the Circle of Fifths. Prior experience with chords is recommended. This is an ideal follow-up to the Instant Piano course. No pianos are used in this course. Save \$5 when you register for this class and Instant Piano Skills at the same time. \$29 materials fee

4/8 S 1 - 3:30 p.m.
Coffman
TMCC Meadowood Center S117 \$39

Guitar, Beginning

If you've never played or have less than six months experience playing, join us to build your playing skills. Learn beginning chordal accompaniment basics including open position and barre chord vocabulary. Practice easy strum patterns, chart navigation and songbook use. You'll play rock, R&B, country, folk, classical and blues songs. Book required.

4/19-7/5 W 5:30 - 7 p.m.
Trotter
TMCC Meadowood Center S320 \$99

"I would recommend this class to a friend because it's a fun class that gets you started on a hobby."

—Erika D., Guitar, Beginning student

Watch our guitar class video!

<http://bit.ly/guitarvideo>

Guitar, Intermediate

If you have six months or more experience playing this instrument, join us to further your abilities. Delve into intermediate chordal accompaniment and lead guitar skills including open position chords, power chords, barre chords, advanced strum patterns, arpeggios, chart navigation, songbook use, tablature, scales and improvisation. Play rock, R&B, country, folk, classical, blues and jazz songs. Book required.

4/19-7/5 W 7:15 - 8:45 p.m.
Trotter
TMCC Meadowood Center S320 \$99

HOT!

Ukulele

Learn basic techniques that will get you started playing the ukulele. Experience the joy of creating your own music in a variety of song styles including folk, rock, country and classical, and try your hand at ensemble playing. Develop skills with open chords and strum patterns, practice note and rhythm playing, and begin to read music. Book, ukulele and music stand required.

5/9-8/15 T 6 - 7:30 p.m.
Holloman
Aria School of Music & Art \$109

Harp

Learn the basic playing techniques and music fundamentals of the harp without having to invest in your own expensive instrument. Get an introduction to how the harp is structured and how to tune and care for it. Start to read music and learn simple tunes by developing your rhythm and timing. \$20 materials fee

6/5-6/29 M,TH 6:30 - 7:45 p.m.

Roznitovsky

TMCC Dandini Campus \$159

NEW!

Banjo

Explore bluegrass and other banjo styles in this unique beginning course. Receive hands-on practice and individual help. Bring your Scruggs or clawhammer banjo, if you have one. \$10 materials fee

6/8-7/6 TH 6:30 - 8:30 p.m.

Sparks

Bliss Nevada \$99

NEW!

Harmonica

Have fun playing music in a group setting without having to read music. Enjoy this highly portable instrument as you enhance your lung capacity and reduce stress. Learn a variety of harmonica genres in this fun and engaging class. You will need to buy a specific brand of harmonica. See class details on website. \$10 materials fee

7/10-7/24 M 6-9 p.m.

Mills

Bliss Nevada \$99

Music courses also are available for credit, such as Music Appreciation, performing ensembles like Concert Choir or Concert band, or private lessons in voice, percussion, horn, piano or guitar. For details, visit schedule.tmcc.edu.

Outdoors



NEW!

Backpacking the Sierra Wilderness

Explore one of nature's most diverse landscapes. Discover the gear and skills you need to fully enjoy your next hiking or backpacking trip to the Sierra. Learn wilderness and survival skills as well as the essential equipment you will need. Get tips on physical conditioning, nutrition, navigation, wildlife interaction, obtaining permits and the best locations for your adventures. Then put your new knowledge into action by embarking on a scenic hike up Mount Rose.

4/4-4/11 T 6-9 p.m.

Nielson

TMCC Meadowood Center S320 \$69

Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Spend Friday and Saturday in Bodega Bay, then move to Point Reyes on Sunday morning. Transportation, lodging and other fees not included.

Lecture:

4/13 TH 6:30 - 8 p.m.

Field Trip:

4/21-4/23 F-SU All Weekend

Gubanich

TMCC Meadowood Center S104 \$89

NEW!

Explore the Cosmos Through Science and Poetry

View the universe in a new way by combining science and hands-on viewing with writing astronomical poetry. Discuss your place in the cosmos while you learn about various solar systems, computerized telescopes and star-gazing apps. Visit the MacLean Observatory at UNR's Redfield Campus to observe the night sky on the last night of class. Discover how to express your wonder about the universe through composing poems.

4/25-5/16 T 6-8:30 p.m.

Berendsen

TMCC Meadowood Center S306 \$89

Fly Fishing for Beginners

Discover the serenity this sport offers by learning from an experienced local guide. Get to know the equipment selection process, knot tying, entomology, insects and the flies that imitate them, casting stroke and techniques. Gain in-depth knowledge on fly fishing area waters from an expert who has been fishing our area since the 1980s. \$35 materials fee

5/13 S 8:30 a.m. - 12:30 p.m. OR

6/3 S 8:30 a.m. - 12:30 p.m.

Wharton

Hidden Valley Regional Park \$49

HOT!

Mother Lode Gold Panning

Find out why gold panning is one of the fastest growing outdoor recreational activities in the country. Take in the beauty of a Sierra river while you practice your gold panning skills. Must provide own transportation. Save \$10 when you register for the Gold Prospecting Series. \$10 materials fee

Lecture:

6/5 M 7-8:30 p.m.

Field Trip:

6/10 S All Day

Mela

TMCC Meadowood Center S324 \$69

Gold Sluicing

Prerequisite: Mother Lode Gold Panning. Build on the experience you have gained from the gold panning class. Try out sluicing and other prospecting techniques. Learn how to use the river's flow to find more gold. Must provide own transportation. Save \$10 when you register for the Gold Prospecting Series. \$10 materials fee

Lecture:
6/19 M 7 - 8:30 p.m.
Field Trip:
6/24 S All Day
Mela
TMCC Meadowood Center S324 \$69

NEW!

Nevada Expedition

Gain the knowledge and skills to safely explore Nevada's most remote regions. During the lecture, discuss outdoor leadership skills, Leave No Trace hiking and camping principles, emergency preparedness, back country ethics and more. Then embark on an overnight camping excursion into northern Washoe County where you'll visit the Black Rock Desert, hike Little High Rock Canyon, and get a glimpse into the past at the Lund Petrified Forest. Witness a Dutch oven cooking demonstration and learn about the reputed last Indian battle in the West. You must provide your own transportation, gear and food. \$15 materials fee

Lecture: 6/12 M 6 - 9 p.m.
Field Trip:
6/17-6/18 S,SU All Weekend
Aldrich
TMCC Meadowood Center S320 \$149

NEW!

Donner Summit Hike

Trek one of the country's oldest transcontinental routes. Take in spectacular views as you walk the same path as John Charles Fremont, the Stevens Party, the Donner Party and the 49er gold seekers. The day will also include a short walk on the famed Pacific Crest Trail.

Lecture: 7/6 TH 2 - 3 p.m.
Day hike: 7/8 S 10 a.m. - 3 p.m.
Moser
TMCC Meadowood Center S300 \$49

NEW!

Reno Bike Excursion

Embark on a summer riding adventure through old Reno after learning how to care for your bike. Discuss basic safety tips and how to conduct maintenance and tune-ups. Get to know your bike's most integral pieces like tires and tubes, front and rear derailleurs, brackets and crank standards. After the short lecture, enjoy a 2-hour ride. All bicycles and riding abilities welcome.

5/20 S 9 a.m. - 1 p.m.
Miraglia
Orange Pedal Cycling Shoppe \$49

Professional Advancement Certificates

Property Management: 30 Years in 24 Hours

Take this state-approved, 24-hour pre-licensing course to obtain the Nevada Property Management Permit. The U.S. Bureau of Labor Statistics predicts 6 percent growth in this career field through 2020, with starting pay averaging \$24 an hour. Explore related laws and the daily practice of the profession. Prior to taking the property management test, you must have a valid Nevada real estate license.

5/17-5/19 W-F 8 a.m. - 5 p.m. OR
8/23-8/25 W-F 8 a.m. - 5 p.m.
Cook
TMCC Meadowood Center S315 \$499

"I have already recommended this class to friends. I took the course and left with a new perspective for the industry."

— Property Management student

Professional Skills

Writing For Hollywood

Take the mystery out of writing a screenplay by learning from a professional who has repeatedly sold movies to Tinseltown studios. Discover vital tips, as well as the formula and structure necessary to create a product producers want to buy. Examine the five stories that drive Hollywood and write a polished first act of your script. Learn if a screenwriting career is a good fit for you.

4/24-5/25 M,TH 6 - 9 p.m.
Hoppe
TMCC Meadowood Center S324 \$99

"I would definitely recommend the course to anyone who wants to get a great idea of what writing for Hollywood is like."

— Writing student

NEW!

The Power of Trust

Work environments that prize trust have greater employee commitment and engagement, as well as increased productivity. Gain a better understanding of the behaviors and interactions that create a work environment people want to come to. Discover how to avoid pitfalls that make a negative impact. Discuss the value of trust to an organization, your team, culture and leaders. Experience the transformative strength of trust through engaging in real-life exercises.

5/22 M 6 - 9 p.m.
Taylor
TMCC Meadowood Center S315 \$59

NEW!**Personality Profiles for Optimal Leadership**

Gain the tools you need to become a more effective leader. Take a personality profile assessment to learn about your strengths and the areas you can improve upon. By understanding the differences among various personality profiles, you can identify strategies to leverage them to improve your overall team performance.

6/5 M 6 - 9 p.m.
Taylor
TMCC Meadowood Center S320 \$59

Suicide Prevention and Intervention

If you work in the helping professions, gain the critical knowledge you need to prevent a suicide during this online class. Learn how to expand a support network to identify and intervene with those at risk, gain a foundation of the facts surrounding suicide, become comfortable identifying warning signs and risk factors, and more. Upon completion, you will earn 2.5 CEU hours.

ONLINE \$49

Real Estate**Selling Your Home in Today's Market**

Discover how to get the most value from selling your house. Understand the process of selling your home, determine when hiring a realtor is right for you and learn the best time to sell. Discuss what repairs, remodels and upgrades will give you the largest gain and which will not. Explore marketing techniques to attract and connect with potential buyers as well as cleaning and staging tips to motivate them to purchase.

4/1 S 9 a.m. - 12 p.m.
Smith
TMCC Meadowood Center S320 \$39

Special Interest**Drivers' Education for Teens**

Teens between the ages of 15 and 18 must complete 30 hours in a Driver Education class and 50 hours behind the wheel to be eligible for a Nevada driver's license. These classes fulfill the 30 hours in the classroom requirement. Parents are responsible for the 50 hours behind-the-wheel requirement. Online classes also available.

6/12-6/15 M-TH 8:30 a.m. - 3 p.m. OR
6/19-6/22 M-TH 8:30 a.m. - 3 p.m. OR
7/17-7/20 M-TH 8:30 a.m. - 3 p.m. OR
7/24-7/27 M-TH 8:30 a.m. - 3 p.m. OR
Various WCSD High Schools \$99

NEW!**The Greatest Western of All Time**

From the thousands of westerns filmed over the decades, there's one that stands taller, with sharper spurs, and shoots straighter than all the rest. Ride back through the history of westerns and giddy-up to the present, then watch the best western of them all. Your cowpoke on this cattle drive of film is an accomplished screenwriter.

4/12 W 6 - 9 p.m.
Hoppe
TMCC Meadowood Center S104 \$39

HOT!**Free Vacations, Plus Make Money Doing It**

You can still afford a vacation. Learn hundreds of ways to get free airline tickets, hotels, cruises, tours, car rentals and meals. Learn how to maximize your frequent flyer miles, get bumped and fly for free. Fly as an air courier, teach English, get a tour guide job or organize your own tours for family and friends. Write articles, shoot photos, volunteer or get paid to drive. Discover the best travel web sites, tips on packing light, solo travel, safety, health, culture, the seven effective ways to negotiate and the 50 most important words in any language that will empower you to travel anywhere. \$15 materials fee

5/6 S 10 a.m. - 1:30 p.m.
Henry
TMCC Meadowood Center S315 \$39

Bridge I: Bidding

Besides the game's fun and social contact, bridge has been shown to sharpen the mind, improve critical thinking, planning and concentration, and more. Learn to play one of the world's most popular card games using the American Contract Bridge League's introduction to the principles of bidding and how to play a bridge hand. Find out how to use the Stayman convention over no-trump opening bids, how to play weak two-bids and other pre-empts, and how to bid a strong hand. Discover how to effectively work and cooperate with a partner.

5/18-7/13 TH 1 - 3 p.m.
Gordon
TMCC Meadowood Center S324 \$99

Bridge III: Defense

Learn how to work with a partner to defend a bridge hand, take more tricks and defeat more contracts. Explore opening leads, third- and second-hand play, defensive signals, developing defensive tricks, interfering with the declarer and planning the defense. Review and improve your bidding and learn how to use Negative Doubles.

5/18-7/13 TH 6:30 - 8:30 p.m.
Gordon
TMCC Meadowood Center S324 \$99

"I learned a lot and feel this class will improve my bridge game."

— Bridge Defense student

NEW!**Spirit Cave Man: The First Nevadans**

Gain insight into what life in the Great Basin was like 160 centuries ago at the end of the last Ice Age. The DNA of Spirit Cave Man, found near Fallon, provides clues to the populating of the Americas. Discuss the latest thought about how and when humans first came to the continent, see artifacts and reproductions, and explore the politics pitting scientists against Native Americans. Better understand how culture and tradition affect scientific inquiry.

5/20 S 1 - 4 p.m.
Mullen
TMCC Meadowood Center S324 \$39

NEW!**Casinos, Characters and Crimes:
Nevada's Early Gambling History**

Early Nevada was home to unbelievable, yet real-life personalities, many of whom were associated with gambling. Participate in the interactive telling of true tales and court cases revolving around celebrities, mobsters and other colorful characters. Gain insight into how the gaming industry evolved from its territorial roots in 1861 through 1935.

8/31 TH 6-9 p.m.
Banning
TMCC Meadowood Center S315 \$39

NEW!**Drones, an Introduction**

Develop an appreciation of modern drone technology. Discuss the classifications, uses and benefits of unmanned aircraft. Gain a basic understanding of flight control systems and drone limitations. Learn the components that make up a drone and how each one is essential to operation. Review federal and state laws, flight safety, and the motor skills needed for proper handling. Undergo a pre-flight inspection and practice beginner maneuvers as you fly your own real drone. The \$50 materials fee includes drone.

6/20-6/22 T,TH 12-3 p.m.
Sharp
TMCC Applied Technology Center 265 \$69

Improvisation

Develop your spontaneity and creativity through learning improv. Try your hand at long-form improv, the same acting technique that SNL has made famous. Bring an open mind and find out how to make a basic three line scene. At the end of class, you'll be confident enough to give a short performance.

7/11-7/25 T 7-8:30 p.m.
Salvatore
Aikido of Reno \$49

Spiritual Exploration**Kabbalah: A Taste of Jewish Mysticism**

Discover Kabbalah, an ancient Jewish spiritual technology designed to be the bridge between heaven and earth. Learn about the nature of the soul and its purpose, what the ancient sages said about the life after life and how we become enlightened. Kabbalist teachings reveal a time-tested path on the journey towards G-d.

4/26-5/10 W 6:30-8:30 p.m.
Beyer
TMCC Meadowood Center S324 \$69

Native American Spirituality in a Modern World

Delve into Native American spiritual traditions, practices and beliefs with the guidance of a Washo spirit guide. Explore the living, traditional knowledge of this ancient culture and how it applies to contemporary society. Develop a oneness with nature, the universe and the peoples of the world. Experience a circle dance and the affirming energy it generates. Understand how these beliefs can complement your other spiritual practices.

5/13 S 12:30-4:30 p.m.
PahtahIngee
TMCC Meadowood Center S320 \$49

Veterans: Prepare for Your Success

TMCC's Veterans Upward Bound offers programs to help you succeed in college and in your career. Call us today at 829-9007.

Writing**Writing for Hollywood**

Take the mystery out of writing a screenplay by learning from a professional who has repeatedly sold movies to Tinseltown studios. Discover vital tips, as well as the formula and structure necessary to create a product producers want to buy. Examine the five stories that drive Hollywood and write a polished first act of your script. Learn if a screenwriting career is a good fit for you.

4/24-5/25 M,TH 6-9 p.m.
Hoppe
TMCC Meadowood Center S324 \$99

"Paul is awesome! He is a good, engaging teacher and I have learned a ton in a short amount of time."

– Writing for Hollywood student

TMCC is an EEO/AA (equal opportunity/affirmative action) institution. For details, visit eeo.tmcc.edu.

NEW!**Develop Ideas, Characters and Scenes**

Finally turn that idea into a novel. Receive direction on how to go about writing fiction from developing your plot structure to building tension and more. Write scenes that incorporate the five senses and what common pitfalls to avoid. Learn about the elements of character development beyond physical traits and practice writing them. Launch yourself into the life-giving joy of being a storyteller.

5/17-5/24 **W** **6-9 p.m.**
Turner
TMCC Meadowood Center **\$69**

NEW!**Pitching, Promoting and Publishing**

Now that you've drafted or written your book, take the next step to publication. Discover how to develop your on-line and in-person author's platform, a necessity whether you self-publish or not. Find out how to develop your elevator pitch and write a query letter, as well as other methods to effectively approach agents and acquisition editors. Learn how to write book backs and a summary, and find out about resources to help you move forward with your publishing dreams.

6/14-6/21 **W** **6-9 p.m.**
Turner
TMCC Meadowood Center **\$69**

HOT!**TMCC Writers' Conference**

Discover how to craft compelling reads, market your work and engage agents during this event featuring outstanding literary professionals. Laura McBride's novel "We Are Called to Rise" has received rave reviews from Entertainment Weekly and Library Journal, and was rated the fourth bestseller among all Kindle books. True crime writer and journalist Cathy Scott, author of Los Angeles Times bestseller "The Killing of Tupac Shakur," has lectured at the Library of Congress. Celeste Leon's novel "Luck is Just the Beginning" won the Best First Book in the 2016 International Latino Book Awards. Short story master Mark Maynard, founder of the Sierra Literary Alliance, was awarded the Nevada Writers Hall of Fame Silver Pen Award. Young adult novelist Tracy Clark has received great reviews from Booklist, Kirkus and the School Library Journal. The literary agent panel discussion—featuring agents Jen Hunt from the Booker Albert Agency, Jennifer March Soloway from The Andrea Brown Agency and Gordon Warnock from Fuse Literary—encourages you to ask your most pressing questions. You can also register for a private, 10-minute session with one of the event's agents for an additional \$32. Bring your lunch or buy lunch for \$14 and visit with our speakers.

4/8 **S** **8:30 a.m. - 4:15 p.m.**
TMCC Sierra Bldg. 108 **\$129**

"I feel it's one of the best conferences for writers to learn more and gain inspiration and the price is reasonable."

—Rene A., writers' conference participant.

Silver College Arts**Mosaics I**

Learn the basics of this ancient art including cutting tile, design and grouting. Using various materials, you'll be guided through the creation of either a 6 x 8 or 4 x 12 mosaic plaque. All materials are provided, but you may bring other objects (stones, jewels, beads) to include in your piece. All skill levels are welcome.

5/23 **T** **10 a.m. - 1 p.m.**
5/25 **TH** **10 - 11 a.m.**
Packham-Weaver
Copper Cat Studio **\$59**

NEW!**Mixed Media Art for Retirees**

Explore how collage, inks, paint, pastels, stencils and charcoal play well together on a versatile materials surface called Claybord. Learn fun new techniques to create harmonious pieces of art using Rule No. 1 – there are no rules. Bring photocopies of old photos or handwritten items to include in your mixed media creation. \$5 materials fee

7/17 **M** **9 a.m. - 1 p.m.**
Weems
TMCC Meadowood Center S103 **\$59**

Silver College Technology



Microsoft Word 2016 for Retirees

Discover a wealth of word processing possibilities as you become comfortable with Microsoft Word 2016's ribbon, button, menu and command features. Create, edit and format text, and save loads of time by using templates, text effects and images to jazz up your documents.

4/4-4/20 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

"The information given was vital and explained beautifully."

— Robin W., Microsoft student

Buying and Selling on the Internet

Become a successful buyer, seller or window shopper by learning how to safely use eBay, Craigslist and other Internet auction sites. Gain the skills necessary to sort the good from the bad, comparison shop and understand how e-commerce works.

4/7-4/21 F 1 - 3 p.m.
Lenga
TMCC Meadowood Center S115 \$59

Explore Your Android Smartphone

Find out how much fun you can have with your phone. Learn to set up and manage its features and discover how to explore, install and effectively use the phone's available apps. Bring your smart phone to class.

5/5-5/19 F 10 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S300 \$59

NEW!

YouTube for Retirees

Discover countless videos of past and present entertainment, comedy, music and education. Learn to post your own videos online for public review and comment or make them available to only a select group of friends. Find out how to browse for videos you want to watch and subscribe to video channels you like.

4/14-4/21 F 10 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$49

Microsoft Excel for Retirees

Discover what this software can do as you enter data in cells, do basic math, format worksheets, set up pages for printing and apply mathematical formulas. Create and save a workbook, then practice creating budget reports and a simple chart.

4/25-5/11 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

Explore Your iPhone

Find out how easy and fun it is to access the world on your new smartphone. Experience the amazing array of functions and applications available to you and learn how to access the Internet, create photo galleries, view videos, listen to music and so much more with the touch or swipe of your finger. Bring your smartphone to class.

5/2-5/16 T 9 - 11 a.m.
Lenga
TMCC Meadowood Center S300 \$59

HOT!

Getting to Know Windows 10

Learn how to navigate and use new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program. You will also become proficient in Microsoft Office 2016 software.

5/16-6/1 T,TH 9 - 11 a.m.
Lish
TMCC Meadowood Center S322 \$79

Silver College Wellness



NEW!

Reconnecting Community: The Village Movement

Discover the dynamic, innovative senior village movement and its transforming effect on aging in community. Learn how to use time banking to build social capital and save money by exchanging time and services with your neighbors including transportation, household and yard tasks, errands and personal and pet care.

5/17 W 10 a.m. - 12 p.m.
Dewitt-Smith
TMCC Meadowood Center S300 \$39

HOT!

Silver Tai Chi

Feel great by increasing your energy, range of motion and flexibility through the gentle movements of tai chi. Practice fluid, low-impact exercises that improve your balance, coordination and stamina.

4/25-6/8 T,TH 4 - 5 p.m. OR
5/3-6/21 M,W 10:30 - 11:30 a.m. OR
6/13-8/1 T,TH 4 - 5 p.m. OR
6/26-8/9 M,W 10:30 - 11:30 a.m.
Jones
TMCC Meadowood Center S308 \$79

Silver Tai Chi II

Elevate your tai chi skills and knowledge as you refine your form and delve deeper into the principles, history and philosophy of this ancient balanced, healing Chinese art. This course is for you if you have already taken Silver Tai Chi, the 24 Yang Short form.

5/3-6/21	M,W	5:15 - 6:15 p.m. OR	
6/26-8/9	M,W	5:15 - 6:15 p.m.	
Jones			
TMCC Meadowood Center S308			\$79

HOT!

Silver Yoga

Discover the multiple health benefits of yoga including greater mobility and flexibility. Relieve tight back and shoulder muscles as you improve your balance through fun stretching and strength exercises. Progress at your own pace within a structure of group personal training.

4/4-4/25	T	10:30 - 11:30 a.m. OR	
4/6-4/27	TH	10:30 - 11:30 a.m. OR	
5/2-5/23	T	10:30 - 11:30 a.m. OR	
5/4-5/25	TH	10:30 - 11:30 a.m. OR	
5/30-6/27	T	10:30 - 11:30 a.m. OR	
6/1-6/29	TH	10:30 - 11:30 a.m. OR	
7/11-8/1	T	10:30 - 11:30 a.m. OR	
7/13-8/3	TH	10:30 - 11:30 a.m.	
Kurowski			
TMCC Meadowood Center S308			\$39

"Great instructor! I feel great after class."

– Silver Yoga student

Stretch and Tone

Limber up and tone your muscles through a fun workout with light hand weights and comfortable stretching. Strengthen your entire body gradually with small exercise movements and high repetitions. Finish each refreshing session with a soothing stretch accompanied by a short meditation and affirmation. Bring a yoga mat to class.

5/6-6/17	S	10:30 - 11:30 a.m.	
Small			
TMCC Meadowood Center S308			\$49

Silver Stretch Mat Pilates

Decrease your blood pressure, lose weight and improve your bone density. Whatever your fitness level, Pilates will help you strengthen your core and develop a balanced body. Improve your coordination, increase your concentration and deepen your mind and body connection.

4/4-4/28	F	8 - 9 a.m. OR	
5/5-5/26	F	10 - 11 a.m. OR	
6/2-6/23	F	10 - 11 a.m. OR	
6/30-7/21	F	10 - 11 a.m. OR	
7/28-8/18	F	10 - 11 a.m.	
Healy			
TMCC Meadowood Center S308			\$39

HOT!

Silver Pilates

Pilates is an effective, low-impact exercise ideal for people over 55. Enhance your stamina, strength and posture while improving your balance and reducing the risk of falls. Through this activity, you'll find you move more comfortably and have more energy. Silver Pilates is a class for those who would like a slower pace while stretching and strengthening the core muscles. For the complete schedule, visit wdce.tmcc.edu and click on "Register Now." Cost: \$89 for eight sessions.

"I've gotten so much stronger. I can go down stairs faster with less pain. I'm doing things I didn't think I would ever be able to do again."

– Cindy S., Silver Pilates student

Class Locations

Aikido of Reno, 135 S Wells Ave., Reno, Bus Rt. 9

Aria School of Music & Art, 3941 S. McCarran Blvd., Reno, Bus Rt. 54

Bliss Nevada, 7350 W. 4th St., Reno, Bus Rt. 3CL

Copper Cat Studio, 20 Saint Lawrence Ave., Reno, Bus Rt. 1

Damonte Ranch High School, 10500 Rio Wrangler Pkwy., Reno, Bus Rt. 57

Depoali Middle School, 9300 Wilbur May Pkwy., Reno, Bus Rt. 56

Grand Sierra Resort, 2500 E. Second St., Reno, Bus Rts. 14, 14A

Hidden Valley Regional Park, 4740 Parkway Dr., Reno

Holy Cross Lutheran Church, 4895 S. McCarran, Reno

Mendive Middle School, 1900 Whitewood Dr., Sparks, Bus Rt. 25

McKinley Arts Center, 925 Riverside Dr., Reno, Bus Rt. 16

Orange Pedal Cycling Shoppe, 1185 California Ave. # H, Reno, Bus Rt. 16

Rocky Baird Salon, 1090 Hunter Lake Dr., Reno, Bus Rt. 16

Somerset Golf Course, 2019 Championship Trail, Reno

Soul Space, 100 W. Liberty St., Reno, Bus Rt. 1

Sparks Florist Design Center, 1440 Hymer Ave., Sparks, Bus Rts. 18, 18X

StoneyHead Brewing, 5301 Longley Ln. #97C, Reno, Bus Rt. 54

Swope Middle School, 901 Keele Dr., Reno, Rt. 16

The Glass Studio, 47 Glen Carran Cir., Sparks, Bus Rt. 18

TMCC Dandini Campus, 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Meadowood Center, 5270 Neil Rd., Reno, Bus Rts. 6, 9, 54

TMCC Pennington Applied Technology Center, 475 Edison Wy., Reno, Bus Rt. 14

TMCC Red Mountain Bldg., 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Sierra Bldg., 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Vista Bldg., 7000 Dandini Blvd., Reno, Bus Rt. 15

Total Wine and More, 6671 S. Virginia St., Reno, Bus Rt. 12

Wedge: A Cheese Shop, 16 St. Lawrence Ave., Reno, Bus Rt. 1

**Bus routes subject to change.*

Policies and General Information

Office Hours

TMCC Workforce Development and Community Education is located at TMCC's Meadowood Center, 5270 Neil Rd., room 216 (across from the Sears Auto Center). We are open weekdays from 8 a.m. to 5 p.m.

Cancellation Policy

TMCC Workforce Development and Community Education classes are self-supporting, so if a course does not have enough students enrolled in it to cover costs, it will be cancelled and we will refund 100 percent back to you. Beyond providing a timely refund, we cannot assume any liability for expenses incurred by a student due to a cancellation.

Refund Policy

Should you need to cancel your registration, you will receive

- A full refund, minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date;
- A 50 percent refund, minus a \$10 cancellation fee, if you cancel less than three working days out;
- No refund if you are a no-show or cancel after the course has begun.

Should you cancel one class and transfer into another, you will be charged a \$10 transfer fee.

This policy does not apply to conferences/events/series or online classes. All classes cancelled by TMCC Workforce Development and Community Education will return 100 percent of the tuition back to each student.

Age Range for Classes

Adult courses are open to those 18 and older; some exceptions may be made, depending on the class, to allow students 16 or 17 years old. Silver College courses are open to those 55 and older.

Senior Citizen Tuition Assistance/Discount

Seniors 65 and older can apply for the Senior Sunshine Fund established by Helaine Greenberg. This fund provides \$20 toward any class priced \$50 or higher. To apply, call our office at 829-9010.

Seniors 65 and older may receive a 10 percent discount on Community Education regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. Professional/career courses offered through TMCC WDCE do not qualify for discounts.

Employer-Paid Tuition

An employer or third party may pay for any TMCC Workforce Development and Community Education class. Please provide a check, credit card or purchase order from the third party at the time of registration. Courses to be paid through check or purchase order should be registered in person at our office. If paying by credit card, you may register online at wdce.tmcc.edu or by calling 775-829-9010.

Class Completion Certificates

If you would like a certificate to document CEUs earned or to prove your successful completion of a course, you may request a completion certificate for \$10. Some course fees include a certificate; check with the instructor. Call 775-829-9010 for details.

Non-Grading

TMCC Workforce Development and Community Education classes do not issue grades. Should you need documentation to prove you successfully completed a course, please notify the instructor in class.

Accessibility

All TMCC Workforce Development and Community Education classes are readily accessible to and usable by persons with disabilities. We will make reasonable accommodations for the disabled, except for where to do so would: result in undue financial or administrative burden; require fundamental alteration in a program, service or activity; or threaten or destroy the significance of a historic property. Persons with special needs should call us at 829-9010 as far in advance of a class as possible.

Inclement Weather Class Cancellations

For courses held at TMCC, visit tmcc.edu or call 673-7111. If your class is being held at a Washoe County School District facility, please check washoeschools.net for weather closure details. For courses held at other locations, call us at 775-829-9010.

Self Funded Classes

TMCC Workforce Development and Community Education classes are funded solely by class registrations.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

Email Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Cell Phone _____

1. Class Title _____ Beginning Date _____ Cost \$ _____

2. Class Title _____ Beginning Date _____ Cost \$ _____

65 or older? Call us to see if you class qualifies for a discount. Total Amount \$ _____

To pay by credit card, print your card number here: _____

Credit card expiration date: _____ Security Code (back of card): _____

Make your check payable to the "Board of Regents." Mail to TMCC WDCE, 5270 Neil Road S216, Reno, NV 89502.

*Do not include materials fee. Those are paid to instructor.



Train for a new career that's in demand.

WDCE's training programs are tailored to professions with job openings in our area. With the majority of our certificates providing you with the expertise you need in as little as two to four months, you can find yourself earning a better living more quickly than traditional training.

Accelerated career certificate trainings coming up:

- **Clinical Medical Assistant**
- **Community Health Worker**
- **Orthopedic Casting Technologies**
- **Pharmacy Technician**
- **Property Management**

More than a dozen certificate programs—ranging from bookkeeping to pharmacy technician—will be held this fall. Registration for fall certificate programs opens June 5.

**For details, visit wdce.tmcc.edu
or call 775-829-9010.**



Truckee Meadows Community College
Workforce Development and Community Education
7000 Dandini Boulevard
Reno, NV 89512-3999

Non-profit Org.
U.S. Postage
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Reno, NV
Permit No. 412

ECRWSS
Residential Customer

Personal enrichment and career training:

TMCC Workforce Development and Community Education fulfills all your noncredit class needs.

Pursue your interests. Connect with others.

Our hundreds of fun and unique classes offer you a chance to explore new interests, learn about diverse points of view and forge new friendships.

Get in. Get out. Get a job.

Our certificate programs are designed to make you career ready as quickly as possible. And, our graduates get hired:

"It's a new beginning. It's a new life. Now, I go home feeling I did something good today." –Jose C., Clinical Medical Assistant graduate



FOR ALL YOUR EDUCATIONAL GOALS

**Job Training
University Transfer
Continuing Education**

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Truckee Meadows Community College