

# Hot Picks



## Creative Arts

### Writing Your Memoir: Beginning and Beyond

Flexible class structure accommodates writers of all levels. Beginners will learn the basics of the memoir design and continuing writers master genre the using your own unique voice.

44127	<b>SE Port</b>	CLEVHS 307	7pm-9pm
Tues	10/5-11/16	Paulston	\$69, \$12 Fee

### NEW! Introduction to Spa Products

Begin your holiday gifts in this class on making spa products. Leave the class with an herbal powder, effervescent bath salts, body butter and glycerin soap.

47925	<b>Tigard</b>	TIGSRC	2pm-4pm
Sat	10/16	Michaels	\$29, \$10 Fee



## Home and Garden

### NEW! Stormwater Retrofits That Work!

Safely manage roof runoff with rain gardens and other residential options in Portland. First session covers site assessment, second session covers design and construction, third session is field trip and optional hands-on fun!

47841	<b>SE Port</b>	CLEVHS 220	6:30pm-7:30pm
Tues	9/21	Kapsch	
and	<b>SE Port</b>	CLEVHS 220	6:30pm-7:30pm
Tues	10/5	Kapsch	
and	<b>Off Campus Location</b>		10am-12pm
Sat	10/9	Kapsch	\$29, \$12 Fee

No class 9/28.

### NEW! Discover the Magic of Earthen Floors

Earthen floors are beautiful, non-toxic, durable, and can be installed almost anywhere. Homeowner or contractor? This course teaches you how to get started. For supplies: joshua@livingwallspdx.com.

47721	<b>SE Port</b>	LWALLS	9am-3pm
Sat	10/23	Klyber	\$29

\$45 payable to "Living Walls." Bring lunch.



## Language and Culture

### Art History of Italy

This course will examine and explore the major works of some of Italy's most famous painters, sculptors, architects, and artists. Explore life and of Giotto, Cimabue, Quattrocento, Cinquecento, Leonardo Da Vinci and more.

45208	<b>Sylvania</b>	CC PINE	7pm-8:50pm
Mon	9/27-11/1	Finley	\$69

### NEW! Portland 101

Discover what makes Portland unique so you can impress your friends with fun facts, history, insider secrets, and more. Join this hill-free walk where you will combine learning, having fun and get some exercise.

47500	<b>Downtown</b>	DC	12pm-2:30pm
Sat	9/25	Schargel	\$25

Class to meet outside at PCC Downtown Center.



## Recreation and Wellness

### NEW! TRX Suspension Training

Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

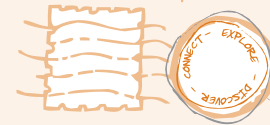
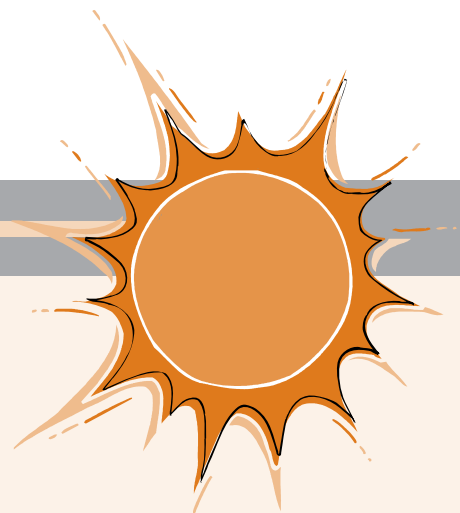
47561	<b>NW Port</b>	GETFIT	12:15pm-1:15pm
Wed	9/22-11/10	Kehagiaras	\$29

\$69 payable to "Get Fit."

### NEW! Chi Walking

Learn this form of walking that combines mind/body awareness, core strength, and peripheral muscle relaxation of yoga, Pilates, and Tai Chi with cardio-aerobic benefits of walking! Improve your biomechanics to reduce injury and pain.

47538	<b>NW Port</b>	FRNHSE	12pm-4pm
Sat	10/9	Diffely	\$99, \$5 Fee



## Travel

### NEW! The Plains of Africa

Fall 2011. Spend an unforgettable 15 days exploring the scenic vistas and magnificent wildlife of Kenya. Search for lion, leopard, elephant, buffalo rhinoceros on numerous game drives.

### NEW! The Plains of Africa: Free Info Session

47408	<b>Central</b>	CLIMB 302	10:45am-12:15pm
Sat	9/18	Palmer	



## Work and Life Balance

### NEW! Understanding Your Dreams

Gain insight and benefits from the messages that come through your nightly dreams. Work in a supportive circle with fellow explorers of the dreamtime. All you need is your dream journal, scratch paper, pen or pencil and an open heart!

47789	<b>NE Port</b>	ENTBNG	7pm-9pm
Mon	10/4-11/8	Johnston	\$59, \$10 Fee

### NEW! Fundamentals of NLP (Neuro-Linguistic Programming)

Do you ever wonder how some people so readily achieve success? NLP (Neuro-Linguistic Programming) is the study of excellence, identifying the processes that produce amazing results, then re-programming your mind to replicate the successes.

47782	<b>Sylvania</b>	ST 234	9am-11:50am
Sat	10/23-11/20	Mandel	\$59

No class 10/30.