

PCC Community Ed

Fall 2026 | Class Schedule for Lifelong Learning



Color and Light

Glass art with instructor Olivia Vavroch
see page 13

What's inside:

Arts

pages 5-17

Careers, Technology and Finance

pages 18-23

Home, Garden and Self

pages 24-39

Language and Culture

pages 40-49

Local Adventures

pages 50-51

Recreation and Wellness

pages 52-65

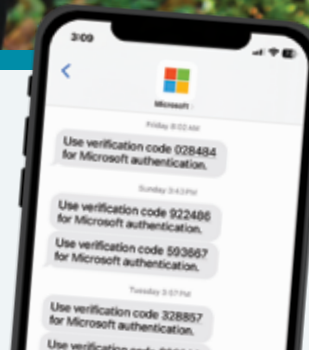
Registration opens
August 12
at 7am

Multi-Factor Authentication

Don't get delayed on registration day!

Set up your account and multi-factor authentication ahead of time.

Find details on page 3 and at pcc.edu/mfa





Our Values Commitment

PCC's Community Education program is committed to being a place where we learn from each other and all voices, backgrounds and perspectives are welcomed and respected. We recognize the constant need to evolve in both our understanding and response as we address the needs and interests of our communities. This work of creating an inclusive learning environment belongs to every member of our community. Community Education is a key collaborator in integrating equity, inclusion, and diversity into all aspects of our programming and instruction.

PCC Community Education Vision Statement

Enriching lives through lifelong learning.

PCC Community Education Mission Statements

- Provide student-centered, quality, non-credit classes that promote personal exploration and development.
- Create and support communities of learners.
- Connect people to PCC resources, campuses, and learning opportunities.
- Enhance communities by providing accessible, innovative, and diverse education experiences.

Behind the Community Ed Class Catalog

1 Noah Bruner

Instructional Administrative Assistant

2 Miriam Budner

Program Coordinator

3 Brian Copper

Instructional Administrative Assistant

4 Matt DiBattista

Marketing Coordinator

5 Justin Eslinger

Senior Designer

6 David Glass

Program Coordinator

7 Melissa Hargrove

Lead Instructional Administrative Assistant

8 Lindsay Johnson

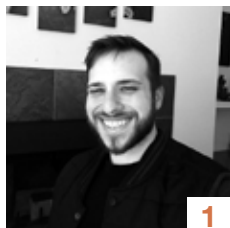
Program Coordinator

9 Leslie Mestman

Community Education Director

10 Emilia Lucania

Instructional Administrative Assistant



1



2



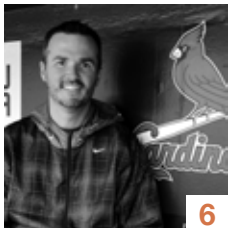
3



4



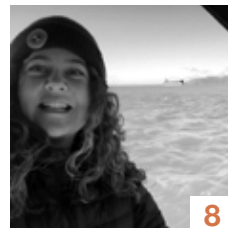
5



6



7



8



9



10

Photography Contributors:

Jayden Coleman, Aspyr Erickson, Justin Eslinger, Melissa Hargrove

Online Class Information

Online ZOOM

- Online classes are held via Zoom. Your instructor will email the Zoom meeting room link to your PCC email account and the preferred email on file approximately 48 hours before the class begins. More info can be found in the FAQ below.
- Live instruction and as much instructor-student interaction as possible.
- Register online at pcc.edu/community/schedule or over the phone at 971-722-8888 (option 2).
- Senior tuition discount applies to the tuition of remote classes.
- Drop deadlines for remote classes (based on class length) can be found on page 3.

Zoom Tips and Tricks

- Try Zoom out with a friend before class starts. Figure out your lighting. Have some fun! Play around with Zoom's extra features. To sign up for a free Zoom account, visit zoom.us/signup and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click "Activate Account."
- Consider using headphones instead of your computer's microphone/speaker system for better audio quality.
- When in class, mute yourself to avoid background interruptions like lawnmowers or barking dogs.
- If someone else is talking, raise your hand or use Zoom's chat feature instead of verbally requesting your instructor's or classmate's attention.
- Just like in an in-person class, please choose carefully the content that you share with your learning community, and consider how it might affect others. PCC's Student Code of Conduct also applies to remote classes.

For more FAQs and problem solving tips, visit pcc.edu/community/remote



PCC Community Ed – Fall 2026, Vol 42, No 4.

The PCC Community Education class catalog (USPS 001-624) is published quarterly by: Portland Community College, 12000 SW 49th Ave, Portland OR 97219.

Periodicals postage paid in Portland, Oregon.

Send address changes to: PCC Community Ed, P.O. Box 19000, Portland OR 97280-0990.



Register and Pay

► Fall registration opens **Wednesday, August 12 at 7am**

How to Register

Account Creation

If you’ve never taken a class with PCC before, you’ll need to set up an account to log in.

Go to pcc.edu/community/registration to get started. New account verification can take up to an hour. You’ll receive an email notification when your account is ready.

Multi-Factor Authentication (MFA)

Starting in June, PCC will require students to set up MFA for their accounts. MFA adds a simple, second layer of security to your login process, similar to what you already use for banking or social media. It ensures that you are the only person who can access your account, even if someone else knows your password.

Visit pcc.edu/mfa to learn more about setting up your authentication application.

Register Online

Search and find your class in the online class schedule at pcc.edu/community/schedule.

On the course listing, click the “**Register Now**” button. See an example to the right.

You will be asked to sign in to your PCC account. If you are a new student you will be asked to create an account with PCC and then your registration will be processed.

A confirmation email and bill will be sent to your email address we have on file. You will then be given a link to pay online.

Note: for an easier and quicker experience, existing students should not register via MyPCC.

Register by Phone

Call 971-722-8888 and choose option 2 from the menu to register with PCC Enrollment Services.

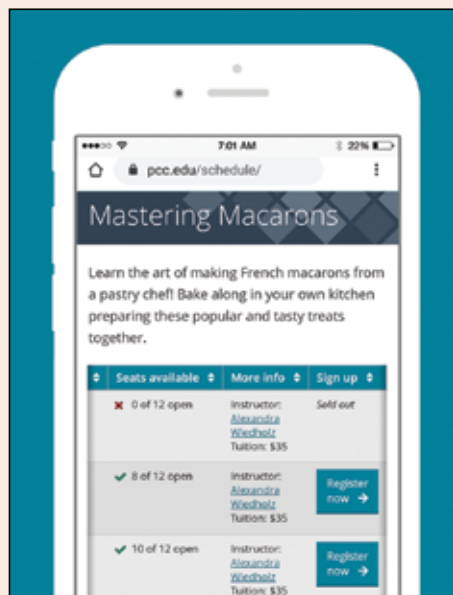
Register and pay for Motorcycle Rider Training classes at team-oregon.org

For Motorcycle class questions call Team Oregon at 800-545-9944, x0

Register and pay for online Ed2Go classes at ed2go.com/portlandcc

For Ed2Go class questions call 971-722-2711 or email ed2go@pcc.edu

Example of online registration option:



How To Understand the Class Catalog

Location/Remote/Online			
CRN	Building/Room		Start/End Time
12345	Southeast	TABOR 102	6:30pm-8:20pm
Wed	1/15-3/1	Garcia	\$75 + \$12 fee
Day	Instructor		Tuition/Fees*
Start/End Dates			

*Fees are typically used to cover class supplies and demonstrations as well as any facility rental. Tuition and fees are paid together.

The class listing may also include a footnote listing additional information about the class including:

- days the class won’t meet
- supply list instructions
- textbooks
- fees payable at the first class
- instructor website or contact information

How to Pay

Payment is due when your registration is processed. If you do not pay when you register, use an option below:

MyPCC: log on to MyPCC at my.pcc.edu. Select the PCC-Pay link on your homepage or under “Pay for College.”

Phone: call 971-722-8888 and choose option 3 from the menu.

You are responsible to ensure that your account is paid in full even if you do not receive a bill.

Refund/Drop Policy

If you want to drop a class, you must do so online via MyPCC. Drop deadlines vary for Community Ed classes. 100% of charges associated with a class will be removed if you formally drop before the appropriate deadline listed below.

Non-attendance does not relieve you of your obligation to pay. If you register for a class and do not attend or stop attending and fail to drop by the drop deadline, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time.

Note: some classes have specific registration/drop dates listed in the course footnote. Those dates supersede the drop deadlines listed above.

Class Length	Drop Deadline
Less than 2 weeks	Prior to the first day of class
2-7 weeks	By the end of the first day class is held
8-10 weeks	Six calendar days after the start of class
Specific Programs	Drop Deadline
Online ED2GO	Six calendar days after the start of class
1-On-1 classes	Six calendar days after start of term. No drops or refunds on partially used packages.



Nature-Inspired Writing

Instructor: Kacey Carpenter

In the classroom and in the landscape at Sylvania campus, grow your own connection to nature and nature-writing. Read and discuss published stories and essays where nature is more than a backdrop, and also write your own. Class includes mini-field trips around campus and writing in place. Kacey, who formerly worked at the Sierra Club, has published a series of thrillers that take place in national parks.

► [Find this class on page 15](#)



Arts

Dance
pages 5-7

Music and Theater
pages 7-9

Photography
pages 9-10

Visual Arts
pages 10-15

Writing
pages 15-17

Dance

NEW CLASS

9DAN 605F **Flamenco For Fun and Fitness**

If you've wondered about doing flamenco, here's your chance to begin learning the dance technique. You'll also learn about Spanish flamenco music and culture. Andrea has taught for over 30 years, with a background in ballet and modern dance.

45821 **Southeast** TABOR 102 7:30pm-8:50pm
Wed 9/30-11/18 La Canela \$85

No 11/11 Dance barefoot or in clean, non-black-soled shoes.

NEW CLASS NEW INSTRUCTOR

9DAN 605I **Dance: Heels**

Step into confidence, connect with your sensuality, build foundations in heels technique, and express yourself through fierce choreography. Expect a balance of skills, flow, and high-energy combos. All levels, genders and identities welcome.

45815 **SE Portland** VMAC STUDIO B 8:30pm-9:25pm
Mon 9/21-12/7 Exconde \$190

Bring your heels.

9DAN 620X **K-Pop Dance**

Bring your inner K-Pop star to learn fun and dynamic routines inspired by your favorite K-Pop idols - while building confidence, musicality and stage presence. Whether you're new to dance or a seasoned mover, expect a welcoming vibe and plenty of sweat.

45554 **SE Portland** VMAC STUDIO C 6:30pm-7:25pm
Tue 9/22-12/8 Ko \$190

NEW CLASS

9DAN 605G **Low-Impact Dance:**

Spooky Lyrical

Experience the vibes of Halloween season through dance. We warm up to a variety of ghoulish tunes and learn an easy-to-follow combination with flowing, lyrical moves and creative theatrical expression.

45669 **Rock Creek** BLDG5 111 6pm-6:50pm
Tue 10/13-10/27 Vincent \$39

9DAN 605E **Low-Impact Dance:**

Yacht Rock

Are you looking for a gentle dance class with easy-to-follow summer-breezy choreography? We combine elements of jazz, modern, lyrical and social dancing, but without jumping or complicated floor work. All levels welcome.

45668 **Rock Creek** BLDG5 111 12pm-12:50pm
Fri 10/2-11/6 Vincent \$85

9DAN 620R **Scandinavian Social Dance**

Learn graceful dances of Scandinavia, accompanied by folk tunes. First hour is a step-by-step lesson, followed by an hour of open dancing. New and continuing students welcome. No need to bring a partner. Wear non-marking dance shoes.

44592 **SW Portland** NORNOR HALL 7:15pm-8:15pm
Mon 9/21-11/23 Ewing \$95
10/26 class is a Harvest Dance with band.

Aerial and Acrobatic Arts

9DAN 611O **Aerial Dance for Beginners**

Explore multiple movement concepts on the floor and especially in the air. Our primary aerial tool will be single point trapeze. Integrate a variety of apparatuses, depending on student interests and skill levels. Develop vocabulary, alignment, musicality and improvisational skills.

44308 **NW Portland** ECHWES STUDIO 11:30am-12:45pm
Tue 9/22-11/17 Allen \$325

Wear athletic clothes, no metal (eg zipper). Bring water.

44429 **SE Portland** ECHOTC THEATER 12pm-1:30pm
Mon 9/21-11/16 Thompson \$385

Wear athletic clothes, no metal (eg zipper). Bring water.

9DAN 601S **Aerial for All Bodies**

Using modifications and adaptations liberally, adults of all ages, body types and abilities can learn to fly in a safe, supportive and fun environment. For students who have barriers or hesitations around taking a beginner aerial class.

43739 **NW Portland** ECHWES STUDIO 6:10pm-7:25pm
Wed 9/23-11/18 Allen \$305

No 11/11. Athletic clothes, no metal (eg zipper). Bring water.

9DAN 601E **Mixed Aerial**

A body-positive, playful overview of aerial dance. Explore vocab on single-point trapeze, silks and lyra (hoop). Develop your style via improvisation and exchange. Be supported and challenged as we build strength, confidence and community.

44428 **SE Portland** ECHOTC THEATER 7:45pm-9pm
Wed 9/23-11/18 Thompson \$305

No 11/11. Athletic clothes, no metal (eg zipper). Bring water.



9DAN 601A Aerial Yoga

Take your yoga practice into the air. Wake up body and spirit with poses that focus on breath, alignment and flow. Translate those poses to single-point trapeze and aerial silks, building strength, improving alignment and defying gravity.

43249 **NW Portland** ECHWES STUDIO 9am-10am
Sun 9/27-11/22 Pellowski \$265

Wear athletic clothes, no metal (eg zipper). Bring water.

43248 **SE Portland** ECHOTC THEATER 9:30am-10:30am
Fri 9/25-11/20 Thompson \$265

Wear athletic clothes, no metal (eg zipper). Bring water.

9DAN 601T Balance and Juggling

Improve your coordination and impress your friends with juggling skills and balance arts. Explore props and apparatuses such as rolling tube, balance globe, stilts, juggling balls, flower sticks and diabolo. All levels welcome.

43736 **SE Portland** ECHOTC THEATER 4:45pm-5:45pm
Fri 9/25-11/20 Tucker \$189

9DAN 601U Intro to Stilt

Develop comfort and confidence on stilts, and explore various types. Stretch and strengthen the weird combination of muscles needed for stilting. Hard-shell kneepads and stilts provided, but bring your own if you have them.

45674 **NW Portland** ECHWES STUDIO 6pm-7:15pm
Mon 9/21-11/16 Wegner \$229

Wear workout clothes. Bring water.

Ballet

9DAN 601P Beginning Ballet

Learn fundamentals of ballet in an inclusive, curious, creative environment. Whether you have any dance experience or none at all, explore ballet technique and your own expressive artistry.

43667 **NW Portland** BDVYX STUDIO 12pm-1:30pm
Wed 9/23-12/2 Michalowsky \$149

No class 11/11. Dance in comfy clothes, socks/ballet slippers.

9DAN 620H Continuing Ballet Series

Continue to develop your skill, artistry and technique in the ballet studio. For students who have a basic understanding of fundamentals, this class offers combinations to challenge your technique and expand your repertoire of steps.

44307 **NW Portland** BDVYX STUDIO 10:30am-12pm
Fri 9/25-12/4 Michalowsky \$149

No class 11/27. Wear comfortable, form-fitting clothes.

Belly Dance

9DAN 620A Belly Dance 1

Practice isolations, movement, traveling steps and musicality. A lengthy warmup includes stretching, seated technique and calisthenics. Then we do standing and walking technique instruction and drills, ending with a short dance combination.

43726 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Tue 11/3-12/8 Eaton \$95

44626 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Tue 10/6-10/27 Eaton \$65

Breakdance and Hip Hop

9DAN 620B Hip Hop: All Levels

Using open style choreography that mixes hip hop with a variety of dance styles, go over the foundations and grooves that you can realistically use. After a warmup, we learn a full choreography to tie it together.

43725 **SE Portland** VMAC STUDIO B 8:30pm-9:25pm
Thu 9/24-12/10 Ko \$179

No class 11/26.

Irish Dance

NEW CLASS

9DAN 605H Introduction to Irish Dance Traditions

Explore Irish dance traditions including set dancing, celi dances, kitchen dances, sean-nos, and old-style step dancing. Experience these rhythms, steps and living traditions in a welcoming, community setting. All levels welcome.

45673 **Rock Creek** BLDG5 111 10am-10:50am
Tue 9/22-11/3 Meehan \$55

NEW CLASS

9DAN 605K Irish Set Dancing

Fundamentals: Cork and Kerry

Learn Cork and Kerry style foundational techniques, accompanied by traditional music. Step-by-step instruction is followed by called dances and social dancing. Final class is a field trip to a community dance with live music. All levels welcome. No partner required.

45822 **Southeast** TABOR 102 6:30pm-8:20pm
Fri 9/25-10/16 Meehan \$65

Wear comfortable clothing, non-marking shoes. Bring water.

NEW CLASS

9DAN 605L Irish Set Dancing

Fundamentals: County Clare

Learn County Clare style foundational techniques, accompanied by traditional music. Step-by-step instruction is followed by called dances and social dancing. Final class is a field trip to a community dance with live music. All levels welcome. No partner required.

45823 **Southeast** TABOR 102 6:30pm-8:20pm
Fri 10/30-11/20 Meehan \$65

Wear comfortable clothing, non-marking shoes. Bring water.

Latin Dance

9DAN 605B Intro to Salsa Workshop

Break down the salsa essentials in a no-fuss, all-fun environment. Try out basic steps and rhythms, turns and partnering and how to lead and follow - which is about skill and communication, not gender. No need to bring a partner.

45587 **SE Portland** VMAC STUDIO A 2pm-3:55pm
Sat 9/26 Mundarain \$39

9DAN 601L Latin Dance for Everyone

Latin dance can improve strength, flexibility and stamina. Learn the steps, rhythms and musicality to each dance in a fun, safe and inclusive environment for all genders. If you can move, you can dance! No need to bring a partner.

43059 **Southeast** TABOR 102 6pm-7:20pm
Tue 9/22-11/24 Munsey \$119

Wear comfortable clothes; no black-soled shoes.

9DAN 620J Bachata Beginners

Bachata, a dance originating in the Dominican Republic, has gained worldwide popularity with the emergence of bachata fusion bands. Discover the partner dance that is taking over the night clubs and social dance atmosphere!

44637 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Tue 10/6-10/27 McKnight \$95

9DAN 601W Salsa Beginners

A fast-paced intro to salsa: basic turn patterns and shines, timing, leading/following technique. We rotate partners to become adaptable and learn salsa social dance culture. Optional extra practice times included.

43730 **SE Portland** VMAC STUDIO B 7:30pm-8:25pm
Tue 10/6-10/27 Mundarain \$65

44638 **SE Portland** VMAC STUDIO B 7:30pm-8:25pm
Thu 11/5-12/10 Mundarain \$79

No class 11/26.

44639 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Tue 11/3-12/8 Mundarain \$95

44640 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Thu 10/1-10/29 Mundarain \$79





Modern Dance

9DAN 601O Beginning Modern Dance

Explore techniques of modern dance choreographers Cunningham, Graham and Limon. Utilize your spine with awareness and ease; access freedom of expression while being challenged with syncopation and level changes. Dance in bare feet or socks.

43666 **NW Portland** BDYVX STUDIO 2:30pm-4pm
Mon 9/21-11/23 Howard \$149

Wear comfortable clothes. Bring water.

9DAN 620N Intermediate Modern Dance

Continue learning techniques of Cunningham, Graham, and Limon. We build on the skills from the Beginning class by exploring more complex pathways and floor work. Dance in bare feet or socks.

44304 **NW Portland** BDYVX STUDIO 2:30pm-4pm
Thu 9/24-12/3 Howard \$149

No class 11/26. Wear comfortable clothes. Bring water.

Swing Dance

9DAN 612Y Swing Dance for Everyone

Swing dancing can improve strength, flexibility, stamina and more. Learn the steps, rhythms, and musicality to each dance in a fun, safe and inclusive environment for all genders. If you can move, you can dance! No need to bring a partner.

43689 **Southeast** TABOR 102 7:30pm-8:50pm
Tue 9/22-11/24 Munsey \$119

Wear comfortable clothes; no black-soled shoes.

9DAN 605J Introduction to Balboa

Learn essential connection and footwork for this smooth, close-embrace style of swing dance. Start with up-downhold basics and come arounds, then progress into rhythmic variations like Lolly Kicks. No partner or prior experience needed.

45816 **SE Portland** VMAC STUDIO D 6:30pm-7:25pm
Mon 10/5-10/26 Gomez \$65

45817 **SE Portland** VMAC STUDIO D 6:30pm-7:25pm
Mon 11/2-12/7 Gomez \$95

9DAN 620L Lindy Hop Beginners

Step into the vibrant world of the jazz-inspired swing dance born in Harlem's Black communities of the 1920s and 30s. From six-count basics to the Lindy Circle, connect with music and improvisation. No need to bring a partner.

44628 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Wed 11/4-12/9 Gomez \$79

No class 11/11.

44629 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Wed 10/7-10/28 Gomez \$65

9DAN 601X West Coast Swing Beginners

Learn basic steps, timing, connection and styling in a social and supportive atmosphere. Whether you're new to dancing or wanting to improve, this class will help you become a confident West Coast Swing dancer. No partner required.

43732 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Mon 10/5-10/26 On \$65

44641 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Mon 11/2-12/7 On \$95

Tap

9DAN 612N Dance: American Rhythm Tap

Explore rhythm through your feet! We explore fundamentals/vocab, time steps, choreography, improvisation. Tap shoes recommended; hard-soled shoes will suffice.

42288 **SE Portland** ECHOTC THEATER 11am-12pm
Fri 9/25-11/20 Wheeler-Kay \$189

9DAN 612T Dance: American Rhythm Level 2

We continue growing vocabulary, and learning sequences, warm ups and structures for improvisation as well as dynamics, syncopation and musicality. For students with knowledge of basic tap steps such as shuffles, flaps and cramp rolls.

42129 **SE Portland** ECHOTC THEATER 12:45pm-1:45pm
Thu 9/24-11/19 Wheeler-Kay \$189

Tap shoes recommended; hard-soled shoes ok.

9DAN 601R Dance: American Rhythm Tap Level 3

This class is for confident tap dancers who are ready to explore more complex choreography and improvisation. Focus on dynamics, musicality, syncopation and counterpoint. Strong fundamentals are recommended.

44430 **SE Portland** ECHOTC THEATER 2pm-3pm
Thu 9/24-11/19 Wheeler-Kay \$189

Tap shoes recommended; hard-soled shoes ok.

Music and Theater

NEW CLASS

9PER 621O Music Appreciation: Talking About Music

What's the difference between rhythm and meter? Melody and harmony? Tone and timbre? Build and strengthen your vocabulary by discussing many kinds of music, including pieces we choose together. For music lovers and makers of all levels.

45686 **Southeast** TABOR 140 6pm-7:20pm
Tue 10/6-10/20 Appling \$45

► You may also like **Sound Meditation for Everyone: How Sound Calms the Mind** on page 54

9PER 600M Music Theory for All

Unlock mysteries of music, such as the relationship of scales to chords, and chords to each other. Explore intervals, scale types, altered chords, modes. Not as scary as you may think. No instrument needed; just bring text and a pencil.

44423 **Online** ZOOM 7pm-7:50pm
Mon 9/28-11/30 Khovy \$79

Text: *Edly's Music Theory for Practical*

► You may also like **Opera For Everyone: La Traviata** on page 50



K-Pop Dance



9PER 625L Symphonic Band

Participate in a conducted symphonic band for brass, woodwind and percussion instrumentalists. Includes rehearsal and performance of repertoire from the 17th-21st centuries. For students with high-school level band experience.

42640 **Sylvania** ST 108 5:30pm-8:20pm
Wed 9/23-12/9 Farris \$105

No class 11/11. More info: matthew.farris1@pcc.edu

UPDATED CLASS

9PER 621A What Every Musician Needs to Know About the Body

Cooperate with your anatomy for freer, more expressive playing, an ergonomic set-up that works for you at your instrument and a movement vocabulary that helps you problem solve at your instrument. Let your body serve the music.

45763 **Cascade** JH 106 10:30am-12:20pm
Sat 10/3-10/17 Sanders \$49

Supplies: monica.sanders@pcc.edu

► You may also like **The Thinking Body-The Feeling Mind** on page 56

1-On-1 Music Lessons



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profiles and Availability

Pollyanna Hancock-Moody

(voice, piano/keyboard, theory, bodymapping)
pollyanna.hancockmoody@pcc.edu
Availability: Mon-Fri, daytime; Contact Polly for details.

Polly will meet you where you are at with your musical life, and create holistic curriculum with you to further your goals. She sings with several groups in town, and has soloed with members of the symphony and elsewhere. Full bio: pcc.edu/staff/pollyanna-hancockmoody.

Jill Khovy

(ukulele, guitar, electric bass, sight-singing, theory, songwriting, piano/keyboard)
jill.khovy@pcc.edu

Availability: Mon/Tue, 9am-2pm; Wed, 1pm-5pm

Jill teaches each student in their own learning style, and keeps it fun. She has recorded with various groups and her own music, and has performed live as well as for television, radio, and film.

Mitzi Zilka

(vocal performance, vocal technique, repertoire development, beginning guitar, beginning piano)
mitzi.zilka15@pcc.edu

Availability: Mon-Thu; 10am-6pm

The best part of Mitzi's week centers around teaching vocal lessons for the jazz and contemporary singer as well as beginning guitar and piano. As a professional singer, as well as college instructor, she offers years of performing and teaching experience. She began singing at 17, and has recorded three CDs.

1-On-1 Music Lesson Packages

Whether you are dusting off an instrument, continuing a musical hobby, or wishing to go professional, working individually is the most effective and efficient way to deepen your skills and develop your talents. Learn at your own pace. Sessions last 45 minutes.

9PER 610U 1-On-1 Music Lessons: 3 Session Package

42045	Online	9/21-12/12	Khovy	\$145
43294	Online	9/21-12/12	Zilka	\$145

9PER 610L 1-On-1 Music Lessons: 5 Session Package

41872	Online	9/21-12/12	Hancock-M	\$240
41874	Online	9/21-12/12	Khovy	\$240
42813	Online	9/21-12/12	Zilka	\$240

9PER 610M 1-On-1 Music Lessons: 10 Session Package

41873	Online	9/21-12/12	Hancock-M	\$480
41875	Online	9/21-12/12	Khovy	\$480
43686	Online	9/21-12/12	Zilka	\$480

Guitar

9PER 624H Guitar 1 for all Styles: Beginning

Prepare for styles from rock to classical. Includes tuning, chords, strums, songs, note-reading, soloing, rhythm and tips to keep your practice focused plus bonus pages. Bring guitar, required text, tuner and pencil to class.

44424 **Online** ZOOM 6pm-6:50pm
Tue 9/29-12/1 Khovy \$79

Text: *Contemporary Class Guitar 1*

9PER 625X Flatpicking for Country and Bluegrass Guitar

Explore backup patterns, walks, solos and transposition in country and bluegrass guitar music. Some knowledge of chords expected. Bring a tuned guitar (any type), 2+ medium gauge picks, textbook and pencil.

45665 **Online** ZOOM 7pm-7:50pm
Tue 9/29-12/1 Khovy \$79

Text: *Complete Flatpicking Guitar Book*

Music Production

9PER 621J Intro to Audio and Music Production with Garage Band

Look at songs' structures, practice recording and editing techniques and compose a piece of music or other audio. Use your Apple computer's free GarageBand software to record, edit and arrange original audio projects. No music background needed.

45198 **Cascade** TH 100 7pm-8:50pm
Wed 9/23-10/14 Schlueter \$65

Bring Mac computer with Garage Band installed, headphones.

NEW CLASS

9PER 621N Intermediate Audio and Music Production with GarageBand

Capture high-quality recordings. Build complexity and use effects, mixing and arrangement tools in GarageBand. Refine compositions or create new pieces. For students who completed the intro class or have prior experience.

45199 **Cascade** TH 100 7pm-8:50pm
Wed 10/21-11/18 Schlueter \$65

No 11/11. Bring laptop with GB, headphones, audio interface.

Strings

NEW CLASS

9PER 621Q Strum Together: Pop Standards

Fearlessly play songs from generations of popular music, with others. All will be muted except Jill. Basic chord diagrams, music notation and lyrics are provided for regular and baritone ukulele, guitar, mandolin and banjo. All levels welcome.

45667 **Online** ZOOM 4pm-4:50pm
Sun 9/27-11/29 Khovy \$79

Text: *Strum Together: Pop Standards*

9PER 624P Ukulele

Play the ukulele with chords and strumming techniques that will enable you to sing and play songs with this happy little stringed instrument. Bring yours, plus tuner, writing tools and required text.

44425 **Online** ZOOM 6pm-6:50pm
Mon 9/28-11/30 Khovy \$79

Text: *Essential Elements for Ukulele*

Theater

► You may also like **Histories of Drag Performance in Portland** on page 50

9PER 625U Acting for the New Times

Given the uncertainties in our world, let's employ the timeless theater arts to tap into a sense of self and purpose. Through improvisation, theater games and basic acting training, find your passion to express creatively and confidently.

42391 **Southeast** SCOM 318 6:30pm-8:20pm
Tue 10/13-11/17 Schwell \$95

9PER 601I Action Theater: Body-Based Improvisation

For movers who want to talk and talkers who want to move. Play improv games that involve movement, sounding with the voice, and speaking. Discover your body's connection with imagination. Find trust, spontaneity and your innate creativity.

44500 **Rock Creek** BLDG5 111 6pm-8:20pm
Wed 9/30-11/18 Rose \$195

No 11/11. Text: *Action Theater: Improvisation of Presence*

43735 **Southeast** TABOR 102 12:30pm-2:50pm
Sat 9/26-11/14 Rose \$195

No 10/31. Text: *Action Theater: Improvisation of Presence*

“I enjoyed Brian's class and definitely improved my storytelling. Brian created a supportive environment. Would love to do it again!” ~ personal storytelling student



9PER 601V Action Theater Level 2:

Body-Based Improvisation

Take Action Theater (AT) to the next level! Engage in deeper levels of eye work, memory, language, frames, transformation, and performance. We'll dive into advanced exercises from the book and beyond. Prerequisite: One term of intro AT class.

44643 **Southeast** TABOR 102 6pm-8:20pm
Thu 9/24-11/5 Rose \$225

Text: *Action Theater: Improvisation of Presence*

9PER 623L Personal Storytelling

Introduction

Tell your true, personal stories out loud. Learn to shape and construct your story using the tools of the oral tradition, and practice for an audience using tried and true performance methods.

42389 **Online** ZOOM 6pm-7:50pm
Thu 10/1-11/5 Ellis \$95

Bring notebook and pen to class.

1-On-1 Storytelling Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Brian Ellis

brian.ellis1@pcc.edu

Availability: Mon-Fri, 10am-3pm

Brian describes his coaching style as empathetic, emotionally driven, and personal. He has performed his own stories as well as produced stories and coached storytellers for local venues and nationally.

1-On-1 Storytelling Coaching Packages

9PER 610N 1-On-1 Storytelling Coaching: 5 Session Package

If you have a story in mind or you just know that you have a personal story to tell, work with a coach to dive into your narrative, find new meanings in it and practice telling it. Expect exploratory conversations and tailored assignments. Sessions last 75 minutes.

42214 **Online** 9/21-12/12 Ellis \$310

Voice

9PER 600P Group Singing

Build singing confidence in a friendly environment. Learn basic sight reading, vocal technique and singing harmony via popular, folk, gospel and classical music. All welcome; previous singing experience helpful. Class moves at medium pace.

42775 **Southeast** SCOM 234 1:30pm-2:50pm
Fri 9/25-12/4 Hancock-Moody \$119 + \$30 fee

No class 11/27.



Ukulele

NEW CLASS NEW INSTRUCTOR

9PER 621P Old Songs For All Voices:

Traditional Folk Singing

Raise your voice and join the chorus with folk songs of Appalachia, Scotland, Ireland, and beyond. Explore each song's history and remember that singing is about participation, not performance. All songs taught by ear. All levels welcome.

45759 **Cascade** MAHB 214 7pm-7:50pm
Wed 10/14-11/25 Ross \$49 + \$3 fee

No class 11/11.



Instructor Spotlight: Selene Ross

Selene invites you to explore songs that tell stories from a variety of origins and eras, some from as early as the 13th century. Expect to learn some timeless folk bangers, feel more confident in your voice, and leave enriched from the connective experience of singing together. Selene has taught traditional folk singing at ancestral skills gatherings, performed in the Portland Revels, and studied with songkeepers from Ireland, Appalachia, Scotland, and beyond.

9PER 601Y Ballad Singing from Appalachia and Beyond

Sing unaccompanied ballads from Appalachia, Ozarks, England, Ireland and Scotland. Listen and learn songs line by line, not by reading music. Dig into songs' histories, practice singing them together, and as soloists. Everybody is welcome.

44653 **Southeast** SCOM 234 6:30pm-7:50pm
Tue 9/22-11/10 Blackbird \$95 + \$3 fee

Bring writing tools to class.

Photography

9FA 620T Getting to Know Your Digital Camera

Simplify your digital camera by learning about its most important basic functions. Bring your digital camera, charged batteries and owner's manual, and we'll explore ISO, shutter speed, aperture, exposure and other settings.

41047 **Cascade** JH 107 9:30am-12:20pm
Sat 10/24 Regal \$35

41042 **Online** ZOOM 6:30pm-9:20pm
Wed 11/4 Regal \$35

9FA 620A Photography: Beginning

Learn the basics of camera operation, including f-stops, shutter speeds and lenses, while improving your compositions and developing your own style. Bring digital camera and owner's manual.

43734 **Cascade** JH 107 6:30pm-8:20pm
Thu 10/22-11/19 Regal
and **Downtown** SMSU MARKET 1pm-3:50pm
Sat 11/7 Regal \$105

41718 **Southeast** TABOR 137 6:30pm-8:20pm
Tue 10/20-11/17 Regal
and **Downtown** SMSU MARKET 9:30am-12:20pm
Sat 11/7 Regal \$105

► You may also like [Intro to Nature and Wildlife Photography](#) on page 32

UPDATED CLASS

9FA 633K Taking Better Photos: Intermediate Photography

Build upon your basic photography skills. We cover composition, color, light, equipment and more. Class includes a field trip and weekly photo assignments, which we review in class.

44522 **Sylvania** TCB 211 7pm-8:20pm
Tue 9/22-10/13 Rosencrantz \$49



9FA 632J Photography: Developing a Personal Project

Use your photos and those of well-known photographers to explore the ways photography tells stories. Deepen your skills and interest in photography to create a thematic, non-linear view of your world. For beginning to intermediate photographers.

45785	Southeast	TABOR 138	5:30pm-8:20pm
Mon	9/28-11/16	Brommer	\$185

Bring camera. Field trip during one class.

Darkroom

9FA 620E Darkroom Photography: Black and White Introduction

Small, hands-on class covering photography basics and film developing. Print enlargements and learn to control light. Come with some understanding of how your camera works. Open lab times discussed in class. More info: mike.riches@pcc.edu

42296	Southeast	TABOR 131	6pm-9:20pm
Wed	9/23-12/9	Riches	\$269 + \$60 fee

No class 11/11, 11/25. Bring 35mm camera.

9FA 620D Darkroom Photography: Black and White Intermediate/Advanced

Work on 35mm/120mm black and white film, using RC or fiber paper. Our full service darkroom includes lith and toning. For students with recent darkroom experience. Instructor permission required: mike.riches@pcc.edu.

42297	Southeast	TABOR 131	6pm-9:20pm
Tue	9/22-12/8	Riches	\$269 + \$60 fee

No class 11/10, 11/24.

42298	Southeast	TABOR 131	6pm-9:20pm
Thu	9/24-12/10	Riches	\$269 + \$60 fee

No class 11/12, 11/26.

People and Places

9FA 632X Photography at Night

Work with available light from the moon or street. Class includes mini-lectures, in-class assignments, small group work and a class presentation.

42643	Southeast	TABOR 137	6:30pm-8:20pm
Mon	10/19-11/16	Regal	\$79

On-campus field trips during class.

9FA 620X Photographing Portland

Get out in our city and explore it with your camera. Work with composition, perspective and light to create images. Class includes short assignments, sharing images, critiques and field trips together.

42390	CLIMB Center	CLIMB 205	10am-11:50am
Tue	10/20-11/17	Regal	\$79

Field trips during class from classroom.

Online Photography Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

Refer to ed2go.com/portlandcc for pricing.

Register:

To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- Discover Digital Photography
- Lightroom CC: Level 1
- Mastering your Digital SLR Camera
- Photographing People With Your Digital Camera
- Photographing Nature with Your Digital Camera
- Photography Suite
- Photoshop CC for Digital Photographer
- Photoshop Elements for the Digital Photographer
- Secrets of Better Photography

Visual Arts

9FA 626L Art Journaling: Doodling Basics

Discover creative, personalized ways to document life events, explore issues and emotions, or simply play around with colors, images and text. Ignite your imagination on the page. Class includes demos and studio time. All levels welcome.

44422	Southeast	TABOR 126	1:30pm-3:50pm
Thu	10/8-11/19	Consear	\$139 + \$5 fee

Supplies: pcc.edu/staff/pamela-consear

9FA 626J Color Literacy for Everyone: Exploring 21st Century Color

Forget the theory! Dive into the complexity of color while exploring core concepts from science, art, history and psychology. Each class includes fun, hands-on exercises focused on learning about color from personal experience.

43729	Southeast	TABOR 138	1:30pm-3:50pm
Sat	9/26-10/31	Maggio	\$119 + \$15 fee

NEW CLASS NEW INSTRUCTOR

9FA 605S Creative Play: A Missing Skill for Visual Artists

Reawaken your creativity by playing. Experiment with materials and techniques, focus on the joy of discovery, and let go of fears of mistake-making. Via drawing, 3D model making and collage, access your innate creativity. All levels welcome.

45750	Cascade	MAHB 109	6:30pm-8:50pm
Thu	9/24-12/3	Warnke	\$189 + \$40 fee

No class 11/26. Supplies: david.warnke1@pcc.edu



Instructor Spotlight: Dave Warnke

Dave encourages students through creative experimentation, emphasizing exploration rather than technical skills. Learn by making "bad" drawings, by sculpting with cardboard, by using unconventional tools to take risks. Dave has been teaching visual art for 16+ years, and has been a practicing visual artist for much longer than that. His artwork has been exhibited internationally and featured in numerous books and public art projects.

NEW CLASS

9FA 605T Embodied, Intuitive Abstract Drawing and Painting

Experiment with the deeper impact of shape, line, color, and form on the body, mind and nervous system. Explore how elements interact on the page, impacted by the artist's state, and impacting the viewer. All levels welcome.



Realistic Prop Food Sculptures



“Excellent class with fun, participatory, and hands-on elements.” ~ color literacy student

Embodied, Intuitive Abstract Drawing and Painting, continued

45752 **Cascade** MAHB 222 6pm-8:50pm
Tue 9/29-12/1 Harmer \$195
Supplies: pcc.edu/staff/willow-harmer/

NEW CLASS

9FA 605R Let's Make Books

Make a book you'll be proud to put on your shelf. With clear instructions and plenty of encouragement, tackle challenging book structures such as accordion folds, exposed stitch bindings, and a hard cover book. No experience necessary.

45758 **Cascade** MAHB 109 6:30pm-8:20pm
Tue 10/13-11/10 Monroy \$79 + \$20 fee

► You may also like **Rust Fusion** on page 32

9FA 626C Mathematical Art Projects

Working in an atmosphere that encourages collaboration and discussion, we use common materials such as paper, wire and wood sticks to create mathematical art objects and examine the math behind them. Explore symmetry, geometry, knot theory.

44336 **Sylvania** TCB 212 10am-12:20pm
Sat 10/17-11/7 Draghicescu \$79 + \$5 fee

UPDATED CLASS

9FA 608D Realistic Prop Food

Sculptures: Haunted Charcuterie

Learn how to sculpt styrofoam, sponge, and clays into moldy cheeses, stale crackers and questionable meats and pickles. Then add paint, textures and sheen to make them look realistic enough to not want to eat.

45748 **Cascade** MAHB 109 5:30pm-8:20pm
Mon 9/21-10/12 Vavroch \$239

Register/drop by 9/17. All tools and materials provided.

Architectural and Art History

UPDATED CLASS

9FA 622T Exploring Contemporary Art in Portland Galleries

Through up-close encounters with a range of artworks, engage in lively discussions on its themes, techniques and stories. Class includes a series of visits to local galleries and conversations with gallery representatives and local artists.

45826 **Southeast** TABOR 124 1pm-2:50pm
Sat 9/26-11/7 Stone \$115

Bring note-taking materials.

NEW CLASS NEW INSTRUCTOR

9FA 645J Looking Together:

Conversation in the Museum

Explore the expanded spaces of Portland Art Museum through slow looking, conversation and fresh perspectives. No art experience needed - just bring your curiosity. Together, we'll notice more and see what emerges.

45663 **Downtown** ARTMSM LOBBY 10am-12:20pm
Wed 9/30-10/14 Aziz \$65

Instructor will email re PAM student admissions fee.

Looking Together: Conversation in the Museum, continued

45664 **Downtown** ARTMSM LOBBY 10am-12:20pm
Wed 10/21-11/4 Aziz \$65
Instructor will email re PAM student admissions fee.

Ceramics

First class is mandatory for all new and returning students.

NEW CLASS NEW INSTRUCTOR

9FA 640U Beginning Ceramics: Wheel Throwing and Handbuilding

Develop wheel and handbuilding skills. Instructor demonstrates core techniques and offers individualized guidance. For beginners and those needing a refresher. Purchase clay via bookstore (online or in-person); pickup in studio. Register for SE open studio for more studio time.

45950 **Southeast** TABOR 134 6pm-8:50pm
Thu 9/24-12/3 Lowrey \$299 + \$50 fee
No class 11/26.

9FA 615S Ceramics 101

Explore the basics of handbuilding and wheel throwing, with five weeks of lessons for each. Also learn about glazing, and fire your works. You'll have access to open studio time mid-week to further practice techniques demonstrated in class.

42637 **N Portland** SJCLAY STUDIO 6pm-8:20pm
Thu 9/24-12/3 Jordan \$395

No class 11/26. Includes bag of clay and firing.

45187 **N Portland** SJCLAY STUDIO 9:30am-11:50am
Fri 9/25-12/4 Jordan \$395

No class 11/27. Includes bag of clay and firing.

9FA 640D Ceramics Handbuilding Basics

Explore basic techniques of pinching, coil building and slab construction. Learn about kilns and glaze your work. In this relaxed and creative environment, discover how to make ceramic pieces from whimsical planters to custom mugs.

44532 **NE Portland** WILCER STUDIO 6pm-9pm
Fri 9/25-10/16 Boyer \$325

All materials and firing included.

45182 **NE Portland** WILCER STUDIO 3pm-6pm
Sat 11/7-11/28 Boyer \$325

All materials and firing included.

9FA 640C Ceramics Wheel Basics

Learn to center clay on the wheel, throw a bowl or mug, trim it and add hand-built elements, then glaze it. Whether you're a total beginner or have dabbled, this is a place to get messy and creative. Expect laughs, splatters and satisfaction.

44529 **NE Portland** WILCER STUDIO 10am-1pm
Tue 9/22-10/13 Boyer \$325

All materials and firing included.

44530 **NE Portland** WILCER STUDIO 11am-2pm
Sat 10/17-11/7 Boyer \$325

All materials and firing included.

44531 **NE Portland** WILCER STUDIO 12pm-3pm
Sun 11/8-11/29 Boyer \$325

All materials and firing included.

9FA 617A Ceramics: All Levels

Develop wheel skills, as well as handbuilding. Explore surface color and texture. Bring tools if possible. Purchase clay via bookstore (online or in-person); pickup in studio. Students at SE may register for SE open studio.

42293 **Cascade** MAHB 108 10am-12:50pm
Sat 9/26-11/21 Hammond \$259 + \$50 fee

Open studio hours discussed in class.

42289 **Southeast** TABOR 134 10am-1:20pm
Mon 9/21-11/23 Hoagland \$349 + \$55 fee

42290 **Southeast** TABOR 134 10am-1:20pm
Thu 9/24-12/3 Arrison \$349 + \$55 fee

No class 11/26.

42291 **Southeast** TABOR 134 10am-1:20pm
Sat 9/26-12/5 Hoagland \$349 + \$55 fee

No class 11/28.

42292 **Southeast** TABOR 134 10am-1:20pm
Tue 9/22-12/1 Arrison \$349 + \$55 fee

No class 10/6.

42294 **Southeast** TABOR 134 1:30pm-4:50pm
Wed 9/23-12/2 Shaw \$349 + \$55 fee

No class 11/11.

42295 **Southeast** TABOR 134 5:30pm-8:50pm
Wed 9/23-12/2 Shaw \$349 + \$55 fee

No class 11/11.

43727 **Southeast** TABOR 134 5:30pm-8:50pm
Mon 9/21-11/23 Higgins \$349 + \$55 fee

44632 **Southeast** TABOR 134 1:30pm-4:50pm
Mon 9/21-11/23 Hoagland \$349 + \$55 fee

9FA 626X Ceramic Sculpture: Living Forms

Create clay sculptures in realistic or abstract representation of humans, wildlife, family pets or fantasy creatures. Build a stable foundation structure for sculpting. Explore surface textures for skin, feathers, fur and scales.

44520 **N Portland** SJCLAY STUDIO 9am-11:20am
Sat 9/26-12/5 Jordan \$395

No class 11/28. First bag of clay and basic tools provided.

NEW CLASS

9FA 640L Ceramics 102

Throw larger forms and complex shapes, and work on lids, spouts and construction concepts. Fine tune your basic skills. For students who have taken at least one throwing class.

45745 **N Portland** SJCLAY STUDIO 9am-11:20am
Sat 9/26-12/5 Lake \$435

No class 11/28. Includes tools and bag of clay.

NEW CLASS

9FA 640N Ceramics Handbuilding Intermediate

Refine techniques like pinch, coil, slab construction and joining methods. Focus on craft, form, and structural integrity. Through guided projects you'll experiment and problem solve. For students who have a basic understanding of clay.

45743 **NE Portland** WILCER STUDIO 6pm-9pm
Wed 10/7-10/28 Boyer \$325

All materials and firing included.

45744 **NE Portland** WILCER STUDIO 4pm-7pm
Sun 11/15-12/6 Boyer \$325

All materials and firing included.



NEW CLASS

9FA 640M Ceramics Wheel Intermediate

Focus on improving control, consistency, and intention. Explore complex forms, refined shaping and precise trimming. Experiment with surface design. Push your creative boundaries. For students who are comfortable on the wheel.

45741 **NE Portland** WILCER STUDIO 7pm-10pm
Thu 10/22-11/12 Boyer \$325

All materials and firing included.

45742 **NE Portland** WILCER STUDIO 12pm-3pm
Wed 11/18-12/9 Boyer \$325

All materials and firing included.

9FA 615T Ceramics: Open Studio

Work in the studio on wheel or hand building projects from class. No formal instruction. Only for students who have registered for a Beginning, All Levels or Intermediate/Advanced class at SE campus. You may register for one or two CRNs.

42601 **Southeast** TABOR 134 2pm-4:50pm
Tue 9/29-12/1 Buff \$50 + \$35 fee

Bring your own tools if possible.

42602 **Southeast** TABOR 134 10am-12:50pm
Wed 9/30-12/2 Buff \$50 + \$35 fee

No class 11/11. Bring your own tools if possible.

42603 **Southeast** TABOR 134 10am-12:50pm
Fri 10/2-12/4 Buff \$50 + \$35 fee

No class 11/27. Bring your own tools if possible.

42715 **Southeast** TABOR 134 1:30pm-4:20pm
Sat 9/26-12/5 Hoagland \$50 + \$35 fee

No class 11/28. Bring your own tools if possible.

44624 **Southeast** TABOR 134 5:30pm-8:20pm
Tue 9/29-12/1 Buff \$50 + \$35 fee

Bring your own tools if possible.

Ceramics Projects

9FA 640G Ceramics: Handbuild a Jar

Explore the lidded vessel form and create your own jar using handbuilding techniques such as slab building and coiling. With step-by-step instruction, create a jar for storing treasures, treats or tea. No prior experience necessary.

44539 **NE Portland** WILCER STUDIO 12pm-2pm
Sat 11/21 Boyer \$120

All materials and firing included.

9FA 640H Ceramics: Handbuild a Box

Construct a textured box of your own design by building with slabs, scoring and using slip. With step-by-step instruction, create a box for keepsakes, jewelry or showing off your creative flair. No prior experience necessary.

44541 **NE Portland** WILCER STUDIO 2pm-4pm
Sat 10/3 Boyer \$120

All materials and firing included.

9FA 640F Ceramics Make and Glaze

Learn to use the wheel as well as basic handbuilding techniques to make your unique project, and then give it color and personality with vibrant glazes. Work will be available for pickup after it is fired. No prior experience necessary.

44533 **NE Portland** WILCER STUDIO 11am-1pm
Sat 10/3-10/10 Boyer \$215

All materials and firing included.

Ceramics Make and Glaze, continued

44534 **NE Portland** WILCER STUDIO 6pm-8pm
Fri 11/13-11/20 Boyer \$215

All materials and firing included.

Drawing

9FA 645I Beginning Drawing

Explore foundational techniques and principles of drawing. Practice working with mark making, line, space, value, and perspective. Use media such as graphite, charcoal and ink. Class includes drawing time and instructor demos.

45757 **Cascade** MAHB 221 5pm-7:50pm
Wed 9/30-11/4 Milstein \$145

Supplies: rachel.milstein@pcc.edu

9FA 628X Traditional Drawing

Develop classical charcoal and pencil drawing techniques, working from a still life. Demonstrations of every step and assignment, focusing on gesture, proportion, perspective, shading and composition. All levels welcome.

41423 **Cascade** MAHB 221 1:30pm-4:20pm
Wed 9/30-12/9 Kitman \$219

No class 11/11. Supply list: pcc.edu/staff/suzy-kitman15

9FA 645D Draw Better: From First Lines to Fine Details

Explore core techniques like line, proportion and shading while developing a relaxed drawing practice. Through short demonstrations, guided exercises and open drawing time, develop confidence, skill and creative flow. All levels welcome.

45786 **Southeast** TABOR 126 11am-1:50pm
Tue 9/22-11/10 Elle \$185

Supplies: karvari.elle@pcc.edu

UPDATED CLASS

9FA 603C Drawing in Color at Portland Art Museum

If you love color and drawing, but avoid colored pencils, this class is for you. We learn to see color and "paint" with our pencils in the galleries at PAM. We also do a bit of drawing with graphite. Supplies: pcc.edu/staff/pamela-consear.

45495 **Downtown** ARTMSM LOBBY 10:30am-12:50pm
Tue 9/29-11/10 Consear \$159

PAM (student) membership req.; instructor will provide link.

45496 **Downtown** ARTMSM LOBBY 2pm-4:20pm
Tue 9/29-11/10 Consear \$159

PAM (student) membership req.; instructor will provide link.

9FA 603Q Drawing Self Portraiture from Skull to Mirror

Ease into drawing your image by studying the skull, the underlying form of human portraits. Shift to the mirror to observe proportions, features and the poetry of your face. Learn graphite and charcoal techniques, with emphasis on process.

45749 **Cascade** MAHB 222 1:30pm-4:20pm
Thu 10/1-12/10 Kitman \$219

No class 11/26. Supplies: pcc.edu/staff/suzy-kitman15

Drawing: Botanical Illustration

9FA 608V Plant Drawing: Step by Step

Step by step, we work on art techniques such as shape-building, shading and perspective to realistically draw plants. We identify plants and uncover their structural uniqueness. Enjoy slowing down as you grow your skills. All levels welcome.

45756 **Cascade** MAHB 109 1pm-3:50pm
Tue 9/22-11/17 Leonard \$195

Supply list: pcc.edu/staff/rhiannon-leonard

► You may also like **Plant Identification for the Non-Botanist** on page 30

NEW CLASS NEW INSTRUCTOR

9FA 645K Drawing from the Ground Up

In this indoor/outdoor class, learn techniques for depicting value, texture, and form, using Portland's late summer and early fall plant life. Learn to draw what you see and identify plant species. Field trips from class. All levels welcome.

45825 **Southeast** TABOR 126 6pm-8:20pm
Tue 9/22-10/20 Schroeer-Smith \$105

Supplies: meriwether.schroeersmith@pcc.edu



Instructor Spotlight:

Meriwether Schroeer-Smith

Meriwether has always enjoyed drawing, but it is her interest in the natural world that has driven her to improve. Learning to draw is challenging, but especially in this age of AI, she believes it is one of the most rewarding skills you can have. Over the last five years, she has taught science-based art classes to all ages, sharing her love for nature, and her certainty that anyone can learn to draw.

9FA 608X Native Plant Drawing

We identify plants from our area, uncover their structural uniqueness and play with art techniques to realistically draw them. Allow curiosity to inspire your relationship with plants. Class may include campus walks. All levels welcome.

45755 **Cascade** MAHB 109 10am-12:50pm
Wed 9/23-11/18 Leonard \$185

No class 11/11. Supply list: pcc.edu/staff/rhiannon-leonard

9FA 608W Native Plant Drawing In Color

We identify plants, uncover their structural uniqueness and play with art techniques to realistically draw native plants and trees. Try colored pencil then watercolor pencil and finally watercolor. Class may include campus walks. All levels welcome.

45754 **Cascade** MAHB 109 1pm-3:50pm
Thu 9/24-11/19 Leonard \$195

Supply list: pcc.edu/staff/rhiannon-leonard



Drawing: Comics and Illustration

9FA 645H Comics and Graphic Novel Project Process and Practice

Bring your graphic novel or comics project in progress for regular group support and critique to enhance your practice. Drawing ability and basic writing skills are required. Familiarity with comics/graphic novels and formats is recommended.

45811 **Southeast** TABOR 137 6pm-8:20pm
Thu 9/24-11/19 Bak \$159

No class 10/29. Supplies: pcc.edu/staff/todd-bak

Glass

9FA 608E Stained Glass Basics: Make a Six-Piece Spiderweb Suncatcher

Learn fundamentals of the stained glass process. After demonstrations, practice intentional cutting, breaking and grinding of glass, applying copper foil to the edges of your glass pieces and soldering. Your spiderweb art will be 5 inches across.

44510 **Cascade** MAHB 109 12pm-4:50pm
Sat 10/10 Vavroch \$215

Register/drop by 10/8. All tools and materials provided.

44511 **Cascade** MAHB 109 12pm-4:50pm
Sat 10/24 Vavroch \$215

Register/drop by 10/22. All tools and materials provided.

9FA 613V Stained Glass Basics:

Make a Six-Pointed Star Suncatcher

Learn fundamentals of the stained glass process. After demonstrations, practice intentional cutting, breaking and grinding of glass, applying copper foil to the edges of your glass pieces and soldering. Your star art will be 5 inches across.

43250 **Cascade** MAHB 109 12pm-4:50pm
Sat 9/26 Vavroch \$215

Register/drop by 9/24. All tools and materials provided.

43758 **Cascade** MAHB 109 12pm-4:50pm
Sat 11/14 Vavroch \$215

Register/drop by 11/12. All tools and materials provided.

NEW CLASS

9FA 605W Stained Glass Basics:

Make a Slice of Cake Suncatcher

Learn the fundamentals of the stained glass process from start to finish as you construct a simple slice of cake suncatcher. Your finished small work of art will measure 5 inches across.

45747 **Cascade** MAHB 109 12pm-4:50pm
Sat 12/12 Vavroch \$215

Register/drop by 12/10. All tools and materials provided.

UPDATED CLASS

9FA 614V Intermediate Stained Glass

Expand on your existing stained glass skills to build a stained glass panel of your own design. Your finished work of art will measure 1.5 square feet. Prerequisite: Abridged Intro to Stained Glass at PCC.

44509 **Cascade** MAHB 109 5:30pm-8:50pm
Mon 10/19-11/23 Vavroch

and **Cascade** MAHB 109 4:30pm-8:50pm
Mon 11/30 Vavroch \$595

Register/drop by 10/15. All tools and materials provided.



Color and Light

Finding Confidence Through Creativity

For artist and instructor Olivia Vavroch, the path to becoming a full-time artist wasn't a direct one. She describes herself as "quite a reluctant artist," initially pursuing careers in political science, nonprofit work, and education. Yet no matter where she worked, teaching and creativity naturally became part of the experience. As a classroom and special education teacher, she incorporated art into lessons and discovered it gave students "another avenue for communicating their learning." That realization eventually led her to open a teaching studio focused on helping adults reconnect with their creativity through personalized art experiences.

A multidisciplinary artist, Olivia works in stained glass, watercolor, writing, vocal performance, and prop food sculpture. Rather than limiting herself to one medium, she enjoys drawing inspiration from many. "One thing about knowing lots of artistic mediums is that I can pick and choose and collage them together," she says. Across every discipline, she shares a common philosophy: "I want my work to emphasize the strengths and details of a material's capabilities through understanding and respecting how it behaves."

That same approach shapes her teaching. Olivia creates classrooms designed to be welcoming, accessible, and adaptable to different learning styles. She provides clear demonstrations, encourages

students to observe how materials respond, and even leads exercises centered on making mistakes intentionally to help quiet perfectionism. "When students feel seen and supported in ways that honor their learning needs," she explains, "they are able to take creative risks, play, and really make the medium their own."

Her stained glass and prop food classes showcase two very different creative worlds. Olivia describes stained glass as "painting with colored light" and remains fascinated by the transformation of sand, metal, fire, and light into something luminous. Fake food sculpture, meanwhile, began simply "for fun" before growing into professional prop design for theater productions and gallery work. She especially enjoys showing students how everyday materials like cardboard and Styrofoam can become remarkably realistic works of art through careful observation and texture.

Many students arrive believing they "aren't artistic," but Olivia welcomes that uncertainty. Rather than focusing on artistic talent, her classes encourage students to pay attention to how tools and materials behave in their own capable hands. By trusting those observations instead of striving for perfection, students often leave with more than a finished project—they gain confidence, curiosity, and a new way of seeing both art and the world around them. ♦



Mixed Media

9FA 6300 Avant-garde Collage

Experiment with collage practices inspired by avant-garde movements. Materials can include paper, textiles, found objects and other mixed media. Explore composition, concept and communication.

42605 **Southeast** TABOR 126 5:30pm-8:20pm
Wed 9/30-11/4 Guttman \$145
Supplies: pcc.edu/staff/elena-guttman

NEW CLASS

9FA 605Q Mixed Media Painting: Still Life Unhinged

Take a container of miniature objects and combine it with an image to create a wild and ridiculous mixed media painting. No need to be an expert at drawing or painting. Use printmaking and collage to bring your scene to life.

45827 **Southeast** TABOR 126 10am-12:50pm
Thu 10/22-11/12 Whitlock \$95
Supplies: pcc.edu/staff/gia-whitlock

Painting

UPDATED CLASS

9FA 624C Chinese Brush Painting: Pine Tree

The pine tree is one of the major components of a Chinese landscape and also a symbol of longevity. Through lecture, demonstration and your own work, explore uses of ink and brush in this art form.

45813 **Southeast** TABOR 126 6pm-8:50pm
Mon 9/28-11/16 Choy \$185
Supplies: jean.choy@pcc.edu

45814 **Southeast** TABOR 126 10am-12:50pm
Wed 9/30-11/25 Choy \$185
No class 11/11. Supplies: jean.choy@pcc.edu

9FA 605N Conceptual Art

Focus on art driven by ideas rather than objects. Experiment, take risks and think critically. Present your work to peers, discuss others' work and appreciate diverse artistic approaches.

45790 **Southeast** TABOR 126 1:30pm-4:20pm
Wed 10/28-12/9 Guttman \$145
No class 11/11. Supplies: pcc.edu/staff/elena-guttman

9FA 616J Dynamic Abstract Painting

Explore expressive, non-representational painting that emphasizes movement, color and composition. Experiment with various tools, materials and techniques. Focus on energy, gesture and personal expression.

42604 **Southeast** TABOR 133 10am-12:50pm
Tue 9/29-11/3 Guttman \$145
Supplies: pcc.edu/staff/elena-guttman

9FA 605M Intuitive Painting

Explore intuitive and process-based painting. Investigate color, gesture, texture and composition through structured studio practice, critique and reflections. Work on conceptual development, technical exploration and your own visual language.

45789 **Southeast** TABOR 126 1:30pm-4:20pm
Wed 9/30-10/21 Guttman \$95
Supplies: pcc.edu/staff/elena-guttman



Native Plant Drawing

9FA 627M Land and Sea Painting

Explore landscapes, seascapes or any celebration of nature in watercolor or acrylics. Capture light and atmosphere, and learn about design and composition. Expect personal attention, demos and constructive feedback. Prior experience helpful.

43057 **Rock Creek** BLDG3 105 9:30am-2:50pm
Sat 9/26-10/3 Labadie \$85
Supplies: pcc.edu/staff/edward-labadie

► You may also like **Columbia River Gorge Half-Day Small-Group Hiking Tour** on page 51

► You may also like **Full Moon Hike: White River** on page 60

9FA 623L Painting Acrylics/Watercolor: Stop Dithering, Start Creating

Try experiments to create pathways for inspiration, new directions and personal creative growth; overcome temptation to obsess over inconsequential details. Expect encouragement, demos, practical painting techniques. Prior experience helpful.

44305 **Rock Creek** BLDG3 105 9:30am-2:50pm
Sat 10/10-10/17 Labadie \$85
Supplies: pcc.edu/staff/edward-labadie

NEW CLASS

9FA 605U Slow Lines, Deep Seeing: Chinese Gongbi Painting

Through simple, guided exercises, learn to use the brush with stability and intention, creating clean and confident lines. Also explore composition. Gongbi, a traditional Chinese ink painting style, is about patience, focus and quiet observation.

45761 **Sylvania** TCB 213 5:30pm-7:20pm
Wed 9/30-12/2 Dai \$129
No class 11/11, 11/25. Supplies: yanan.dai@pcc.edu

Painting: Acrylics and Oils

9FA 624B Painting With Acrylics: Introduction

Explore value, composition, line and shape, and practical color theory techniques. Build confidence in your use of acrylics whether you've never held a brush before or you're an artist looking to expand your knowledge to acrylics.

45751 **Cascade** MAHB 222 6pm-8:50pm
Mon 9/21-11/16 Barros \$185
Supplies: carolina.barros@pcc.edu

9FA 631O Still Life Painting With Acrylics

Create dynamic compositions of household objects with a realistic sense of color, space and atmosphere. Through demos and assignments, explore color, texture, shape, negative space and theme. For students with some drawing experience.

44515 **Cascade** MAHB 222 1:30pm-4:20pm
Tue 9/29-12/1 Kitman \$219
Supplies: pcc.edu/staff/suzy-kitman15

UPDATED CLASS

9FA 605P Experimental Oil Painting

Investigate layering, surface manipulation and mixed media integration. Explore abstract expressionism and postmodernism in oil painting. Develop a conceptual approach through your own projects and discussions. For experienced oil painters.

45819 **Southeast** TABOR 133 10am-12:50pm
Thu 10/1-11/5 Guttman \$145
Supplies: pcc.edu/staff/elena-guttman

“Angela is remarkably able to work with students individually regardless of the project or medium. She creates a warm atmosphere.” ~ watercolor student



NEW INSTRUCTOR

9FA 605O Painting with Acrylics and Oils: Intermediate

Experiment with color, composition and surface, developing your own project while learning to use the medium effectively. Emphasis is on creative expression, skill-building and personal artistic development. For experienced painters.

45818 Southeast TABOR 133 2pm-4:50pm
Fri 9/25-12/4 Guttman \$219
No class 11/27. Supplies: pcc.edu/staff/elena-guttman

NEW LOCATION

9FA 605C Advanced Acrylic Painting

Elevate your skills in the full range of this dynamic medium: washes, glazing and layering, final opaque brushstrokes. Demos, personal attention, and essential design principles. Prior experience necessary. Open to all styles.

43741 Willow Creek WCC 209 9:30am-2:50pm
Thu 11/12-11/19 Labadie \$85
Supplies: pcc.edu/staff/edward-labadie

Painting: Watercolor and Water Media

9FA 624L Watercolor for Beginners

Take the intimidation out of watercolor painting, by experimenting and playing as you paint. Practice techniques and color mixing. Initially we'll just paint simple shapes and we'll work up to using nature as inspiration for our paintings.

41865 Southeast TABOR 126 10am-12:20pm
Mon 9/28-11/2 Barnum \$119
Supplies: pcc.edu/staff/leslie-barnum

9FA 625D Painting: Water-Based Media Studio

Explore watercolor, gouache or casein. Work on your own project in a supportive community environment. Instructor provides individualized guidance on materials, techniques, skill-building and resources for further learning. All levels.

45824 Southeast TABOR 126 7pm-8:20pm
Thu 10/1-11/19 Sagues \$95
Supplies: pcc.edu/staff/angela-sagues

NEW CLASS

9FA 625U Painting: Watercolor and Gouache Studio

Work on a watercolor or gouache painting at your pace in a supportive environment. Join the studio for one-on-one instructor feedback, a community feel and a group critique at the term's end. For students who don't need a structured class.

45812 Southeast TABOR 126 1:30pm-3:50pm
Mon 9/28-11/2 Barnum \$119
Supplies: pcc.edu/staff/leslie-barnum

UPDATED CLASS

9FA 625M Gouache for Art and Illustration

Explore this versatile and vibrant classic illustrator's medium. Gouache can be used for everything from realistic fine art to flat, illustrative character design. Learn layering, color mixing, and both transparent and opaque techniques.

45753 Cascade MAHB 109 6pm-8:50pm
Wed 10/7-12/2 Harmer \$185
No class 11/11. Supplies: pcc.edu/staff/willow-harmer/

9FA 602S Watercolor: Beyond the Basics

If you are familiar with the basics of watercolor and would like to practice and develop your skills further, join this community of painters. We will have demonstrations, studio time, sharing work with peers and individual feedback.

42010 Southeast TABOR 126 10am-12:50pm
Fri 10/2-12/11 Barnum \$219
No class 11/27. Supplies: pcc.edu/staff/leslie-barnum

NEW LOCATION

9FA 625I Advanced Watercolor Painting Techniques

Enhance your watercolor skills: masking, washes and glazes, paint mixing, experimental techniques, corrections, all unified with essential design principles. Demos, personal attention. Prior experience necessary. Open to all styles.

44306 Willow Creek WCC 209 9:30am-2:50pm
Thu 10/22-10/29 Labadie \$85
Supplies: pcc.edu/staff/edward-labadie

Printing and Printmaking

NEW CLASS

9FA 625W Painterly Printmaking For Mixed Media

Make your own silkscreens using an embroidery hoop, create collagraphs with hot glue and found objects, paint with unconventional tools like kitchen scrubbers and bubble wrap, and combine recycled materials with the gel plate.

45828 Southeast TABOR 126 10am-12:50pm
Sat 10/24-11/21 Whitlock \$119
Supplies: pcc.edu/staff/gia-whitlock

UPDATED CLASS

9FA 625R Printmaking: Block Printing with Etching Press

Carve designs into linoleum or wood and produce quality prints, exploring registration, editioning and inking methods. Translate ideas into multiple prints. Every other session is a studio session so that students can focus on projects.

45788 Southeast TABOR 133 10am-1:50pm
Sat 9/26-11/14 Guttman \$229
Supplies: pcc.edu/staff/elena-guttman

Writing

9WRI 615N Nature-Inspired Writing

Explore nature-inspired writing for creativity, reflection, and self-care. Observe the natural world, turn sensory experiences into clear, engaging stories, and build confidence in your voice with short, polished, publish-ready works.

45183 Sylvania TCB 212 6pm-7:20pm
Wed 9/30-11/4 Carpenter \$75
Bring writing tools.

UPDATED CLASS

9WRI 620W Reading and Writing Stories of the End Times

Explore cross-cultural precedents and enduring myths of apocalypse. Through essays, short stories, poetry, or new media develop your voice for investigating The End and what comes next. Can we change the future through how we envision it?

44527 Cascade TH 100 6:30pm-8:20pm
Tue 9/29-11/10 Umhoefer \$115
Bring writing tools.

NEW CLASS NEW INSTRUCTOR

9WRI 615T Writing Poetry and Flash Fiction: Word, Sound, Image

Explore imagery from dreams, meditations, old photos, nature and found texts as starting points for writing your own short poems or tiny fictions. We discuss readings, consider craft and look at each other's work. All levels welcome.

45762 Cascade TH 201 6pm-7:50pm
Wed 9/30-11/25 Routery \$129 + \$8 fee
No class 11/11. Bring writing tools.

Fiction

9WRI 611Q Fiction Writing Workshop

Whether you are writing short stories, autofiction or a novel, it can help to share and receive feedback. Create a community of writers who learn from each other and look at the building blocks of fiction. All levels and genres welcome.

44646 Cascade TH 201 6pm-7:20pm
Mon 9/28-11/16 Sherman \$95
Bring writing tools.

UPDATED CLASS

9WRI 615O Writing A Character-Driven Novel

Have you always wanted to write the kind of book that leaves readers feeling like they've stepped into your story and lived it? Learn how to create character-driven stories that change readers for good.

45670 Rock Creek BLDG2 122 7pm-8:50pm
Thu 10/15-11/5 Baldwin \$65
Bring writing tools.

Senior Discount

► More info: pcc.edu/senior

If you are 62 years of age or over when classes begin, you are eligible to receive a 50% tuition discount!



UPDATED CLASS

9WRI 614K **Writing Epic Fantasy: Fundamentals of Worldbuilding**

Dragons, magic and myths! If you've ever wanted to explore writing fantasy here's where to start. Learn about worldbuilding through writing essentials like setting, voice, dialogue, character and plot. All levels welcome.

43647	Sylvania	TCB 213	6pm-8:20pm
Mon	9/21-10/19	Cabana	\$105

Bring writing tools.

9WRI 620T **Fanfiction: A Reading and Writing Workshop**

Grow new tales from settings and characters of books, tv shows and movies that you already love. Use story-crafting techniques to outline ideas. Explore the Archive of Our Own website to practice tagging stories and researching inspiration.

45193	Sylvania	TCB 211	10am-12:20pm
Sat	10/24	Cristiani	\$35

Bring a laptop or tablet if you can.

9WRI 620K **Writing Pulp Fictions: Sci Fi**

Are you interested in other worlds, what the future may hold, the reaches of deep space? Hone your skills and look at the nuts and bolts of sci-fi writing, whether you're interested in dystopias, utopias or invaders from Mars.

43267	Southeast	TABOR 138	6pm-7:20pm
Wed	9/30-11/4	Sherman	\$75

Bring writing tools.

Fundamentals

UPDATED CLASS

9WRI 628Q **Writing: Inspired by Contemporary Women Writers**

Read the work of women writing in the last 25 years and create your own based on in-class exercises and prompts. Authors include Carmen Maria Machado, Ottessa Moshfegh, Ruth Ozeki, Casey Plett, Karen Russell, Rebecca Solnit, Lidia Yuknavitch.

45672	Online	ZOOM	5:30pm-7:20pm
Mon	9/28-11/16	Watson	\$115

Bring writing tools.

Movies and Plays

UPDATED CLASS

9WRI 602M **Playwriting: Write A 10-Minute Play**

Ease your way into playwriting by exploring the 10-minute genre. Through discussions, writing exercises, and reading, learn the elements of dramatic structure and how to develop your characters, conflicts and settings. All levels welcome.

45494	Online	ZOOM	10am-11:50am
Sat	10/17-11/21	Stein	\$95

Bring writing tools.

UPDATED CLASS

9WRI 615K **Screenwriting From Script to Screen**

Develop a draft of a short film script using professional techniques, story structure and creative exercises rooted in Portland's indie film culture. Must have access to computer with Final Draft screenwriting software. Beginners welcome.

45791	Southeast	TABOR 140	6pm-8:20pm
Thu	10/1-12/10	Valencia	\$189

No 11/26. Text: *Save the Cat*. Field trip option.

Poetry

NEW CLASS

9WRI 615S **Fall Poetry Workshop**

Together we read and write poems related to the fall season with themes of harvest, ritual, warmth and change. New and experienced poets are welcome.

45666	Online	ZOOM	11:30am-1:20pm
Tue	10/6-11/17	Badawi	\$95

Bring writing tools.

9WRI 611C **In Sickness and Health: Writing Poetry About the Body**

Poetry and writing can be healing. Explore writing and reading poetry about health and illness/disability, and what it means to live in these bodies in all their states. Engage in writing prompts and discussions. All levels welcome.

45186	Online	ZOOM	10am-11:20am
Thu	10/1-11/5	Ebba	\$75

9WRI 602C **Poetry Play: Having Fun with your Inner Creator**

Let's play in this one-day workshop full of games, prompts, fun forms, and collaborative writing designed to get your creative juices excited! New to writing, or looking for something to stir up your style? Come write with us!

45196	Cascade	JH 106	11am-1:50pm
Sat	11/14	Ebba	\$35

Bring writing tools.

9WRI 602H **Poetry Pairings: Combining the Love of Words and Food**

Each week we read a food-related poem and create a simple dish based on that poem. We will then do our own writing and discuss our work over the food we've cooked. All levels of poets and cooks are welcome. GF/V options available.

45184	Online	ZOOM	6pm-8:20pm
Wed	10/21-11/18	Ebba	\$79

No class 11/11. Instructor will email recipes in advance.

9WRI 600S **Poetry Tastings: A Sampling of Form**

Want to try your hand at an assortment of poetic forms? Read, write and share in this poetry workshop by trying out a wide variety of forms both contemporary and traditional from around the world.

45194	Cascade	TH 202	11:30am-12:50pm
Mon	9/28-10/19	Ebba	\$49

Bring writing tools.



Writing

“Your notes have been phenomenal in developing my writing skill. Thank you from the bottom of my heart.” ~ playwriting student



Writing



UPDATED CLASS

9WRI 601V **Sincerely, Me: Writing Epistolary Poetry**

Learn about epistolary poetry, or poetry written through letters. Experiment with a variety of engaging prompts to create your own poems, and read poetry by others. All levels welcome.

45688 **Southeast** TABOR 141 11am-1:50pm
Sat 10/17 Ebba \$35
Bring writing tools.

Publishing and Editing

9WRI 614Y **ABC's of Self-Publishing for Children, Middle Readers or YA**

Go step by step on the journey of how to write, self-publish and market a book for children, middle readers or young adults. For motivated students who are ready to write or have already written a book.

45191 **Rock Creek** BLDG2 121 10am-12:50pm
Sat 9/26-11/14 Arthur \$185
Bring writing tools.

9WRI 615U **Next Steps for Fiction Writers: The Whole Packet**

Curious about the current state of publishing? Ready to take your work to the next step? Build your submission packet for agents, editors and publishers. We workshop your pitch, query, synopsis and first pages. All levels welcome.

45760 **Sylvania** TCB 215 10am-12:20pm
Sat 9/26-10/31 Cabana \$105
No class 10/17. Bring writing tools.

1-On-1 Writing Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profiles and Availability

Joshua James Amberson

(personal essay, memoir, literary fiction, freelancing, zines, small-press publishing)

joshua.amberson@pcc.edu

Availability: Tue, 12pm-7pm; Wed, 12pm-6pm; Thu, 12pm-8pm

Joshua offers suggestions and possibilities, helping writers take risks and move through blocks. He's the author of an essay collection, a novel, three chapbooks, and a zine series that's been running for the past 18 years.

Cherise Arthur

cherise.arthur@pcc.edu

Availability: Mon-Thu, 10am-5pm

Cherise teaches a class on self publishing and enjoys helping students with their writing projects from school essays to writing a fiction or nonfiction book. She is open to students who are motivated to keep writing and learn more about their craft.

Angie Ebba

(poetry, publishing, zines, chapbooks, queer writing, writing about health disability)

angie.ebba@pcc.edu

Availability: Mon-Fri, 9am-6pm

Angie asks questions, explores techniques, and provides feedback to help you produce your best writing based on personal goals. She believes in the power of writing to help understand ourselves, build connections, and create change. She publishes poetry, essays, and zines in print and online, and is a performance artist.

Tim Steele

(literary fiction, magical realism, and weird horror)

tim.steele1@pcc.edu

Availability: Mon-Sat; Contact Tim for details.

Tim enjoys helping students locate and magnify the strengths and idiosyncrasies of their writing voices. He holds an MFA in creative writing from Portland State University and is the author of a short story collection.

Michelle Kicherer

michelle.kicherer@pcc.edu

Availability: Tue/Thu, 12pm-4pm; Wed, 3pm-6pm

Michelle Kicherer is author of the novella *Sexy Life, Hello*. Her short fiction has been published in various journals. She covers books for the San Francisco Chronicle and is a writing teacher and coach for fiction and memoir. She always encourages writers to get a little weirder.

Paul Stein

paul.stein1@pcc.edu

Availability: Mon-Fri, 9am-5pm

Paul has directed and produced plays, comedy events and storytelling shows across the United

States, Canada and Europe. As an instructor, he teaches dramatic and comedic writing courses. Formerly an Executive Producer for Comedy Central, currently he is the Executive Director of Kickstand Comedy.

Bo West Watson

(fiction)

Availability: Tue-Fri; 9am-4pm

Bo seeks unexplored avenues in your writing, asks questions, and works through rough patches or roadblocks with you. In their own writing, Bo makes short erasure poems as well as long stories about icebergs, fanaticism, and the sea.

1-On-1 Writing Coaching Packages

Whether you have a particular project in mind or just want to get your writing juices flowing, working with a writing coach can help you focus and get work on the page. With regular meetings and assignments, develop discipline and dig in. Sessions last 45 minutes.

9WRI 601A **1-On-1 Writing Coaching: 3 Session Package**

45544	Online	9/21-12/12	Arthur	\$160
45546	Online	9/21-12/12	Ebba	\$160
44408	Online	9/21-12/12	Kicherer	\$160
45550	Online	9/21-12/12	Steele	\$160
44319	Online	9/21-12/12	Watson	\$160

9WRI 612G **1-On-1 Writing Coaching: 5 Session Package**

45543	Online	9/21-12/12	Amberson	\$250
45545	Online	9/21-12/12	Ebba	\$250
45551	Online	9/21-12/12	Steele	\$250
43688	Online	9/21-12/12	Stein	\$250
44320	Online	9/21-12/12	Watson	\$250

9WRI 612H **1-On-1 Writing Coaching: 10 Session Package**

45552	Online	9/21-12/12	Steele	\$495
-------	--------	------------	--------	-------

Online Writing Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

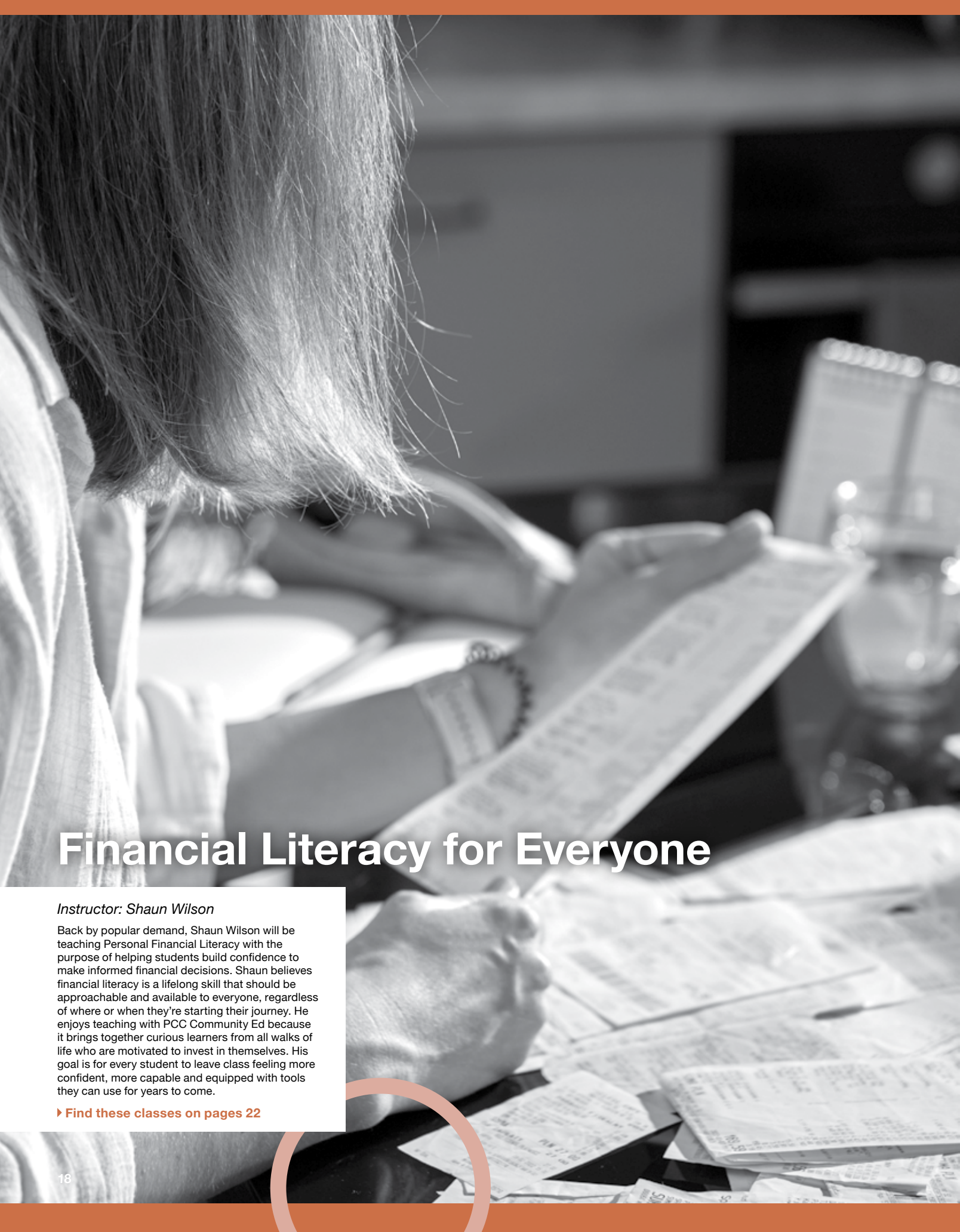
· Refer to ed2go.com/portlandcc for pricing.

Register:

· To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- Beginning Writer's Workshop
- Grammar Refresher Level 1, Level 2
- The Craft of Magazine Writing
- The Keys to Effective Editing
- Writing Essentials
- Write Fiction Like a Pro



Financial Literacy for Everyone

Instructor: Shaun Wilson

Back by popular demand, Shaun Wilson will be teaching Personal Financial Literacy with the purpose of helping students build confidence to make informed financial decisions. Shaun believes financial literacy is a lifelong skill that should be approachable and available to everyone, regardless of where or when they're starting their journey. He enjoys teaching with PCC Community Ed because it brings together curious learners from all walks of life who are motivated to invest in themselves. His goal is for every student to leave class feeling more confident, more capable and equipped with tools they can use for years to come.

► Find these classes on pages 22



Careers, Technology and Finance

Career Skills
pages 19-20

Computer Skills and Technology
pages 20-22

Personal Finance
pages 22-23

Career Skills

UPDATED CLASS

9CAR 601H **Finding a Job in Portland: Strategy, Skills, and Confidence**

Build practical tools and a clear strategy for your Portland job search. Assess your strengths, update your resume and LinkedIn, search effectively, network authentically, prepare for interviews and explore new career paths.

45192	Rock Creek	BLDG2 121	6pm-8:20pm
Mon	9/28-10/5	Fleischer	\$45

Bring writing tools.

► You may also like **Art and Science of Feedback Communication** on page 36

NEW CLASS

9CAR 611K **Creating Meetings That Work**

Learn what makes meetings difficult, what makes them work well and tools for cultivating engagement and productivity in meetings and decision-making processes. Taught by a professional facilitator, using Zoom and Mural.

45732	Online	ZOOM	6pm-7:50pm
Tue	10/13-11/3	Harmon	\$49

9CAR 610B **Sell it on eBay!**

Learn how to create a seller account, upload photos, accept online payments and create a listing. Includes insider tips, tricks and traps, what to sell, photography, plus the best strategies for selling antiques and collectibles.

45179	Online	ZOOM	6pm-8:50pm
Mon/Wed	11/2-11/4	Boyd	\$89

9CAR 600Z **Engaging Meetings with Visual Thinking**

Visual thinking makes meetings more accessible, effective and energizing. Explore visual tools such as: agendas, decisions, advanced brainstorming, reflection, organizational/process maps, emotions and engaging many processing styles.

45733	Online	ZOOM	12pm-1:20pm
Wed	10/14	Leis	\$35

Teach at PCC and share your knowledge and experiences.

Visit pcc.edu/communityed and click **Teach a class**



1-On-1 Public Speaking Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profiles and Availability

Joseph Britton

joseph.britton1@pcc.edu

Availability: Mon-Thu, 10am & 2pm

Joseph's experience is vast as both a professor and an author in the subject of public speaking. At Princeton University, Joseph was an instructor in mindfulness studies and a trainer in leadership. He was also a professor of Public Speaking at Osaka Metropolitan University in Japan. In Tokyo, he directed Japan's first international executive speech training company. Joseph is now currently a speech coach using mindfulness and excited to work with students to improve their skills.

Sue Wendel

sue.wendel@pcc.edu

Availability: Tue-Wed; 2pm-4pm

Sue brings her love of teaching and years of experience coaching individuals, educators and business speakers. She attained the highest ranking in Toastmasters International, and holds a Masters in Communication. Focus with Sue on topics including speech anxiety, impromptu speaking, and informative and persuasive speaking. Other topics are welcome per student needs.

1-On-1 Public Speaking Coaching Packages

Want to enhance and energize your public speaking and presentation skills? With sessions that are tailored to your specific goals, 1-On-1 public speaking coaching is an excellent way to build and expand your delivery skills, increase confidence, and manage nervousness. Sessions last 45 minutes.

9RCS 619N 1-On-1 Public Speaking Coaching: 3 Session Package

42386	Online	9/21-12/12	Britton	\$145
42199	Online	9/21-12/12	Wendel	\$145

► You may also like **Build Your Confidence; Be Friends with Yourself** on page 36

9RCS 619O 1-On-1 Public Speaking Coaching: 5 Session Package

42030	Online	9/21-12/12	Britton	\$240
-------	--------	------------	---------	-------

Online Career Skills Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

Refer to ed2go.com/portlandcc for pricing.

Register:

To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- A to Z Grant Writing
- Accounting Fundamentals: Level 1 and Level 2
- Administrative Assistant Fundamentals
- Adobe Certified Professional
- Bookkeep QuickBooks Online
- Business Analysis
- Child Development Associate: Center-Based, Spanish
- CompTIA Certification Training: A+, Network+, Security+
- Computer Skills for the Workplace
- Court Interpreter (Spanish/English)
- Effective Business Writing
- Human Resources Professional
- HVACR Certification Spanish
- Keys Effective Communication
- Marketing Small Business
- Mastering Public Speaking
- Microsoft Excel Certification Training
- PMP Cert Prep 1
- Professional Interpreter
- Project Management Fundamentals
- Python Developer
- Start Your Own Arts and Craft Business
- Start Your Own Small Business
- Using Social Media for Business

Computer Skills and Technology

UPDATED CLASS

9COM 621Z Getting to Know Google Apps and Google Drive

Learn to use Google Drive, Docs, Sheets, Slides, and Forms. For anyone new to the Google suite, and comfortable with taking class via Zoom. Must be familiar with your computer and your PCC Gmail account and be logged in to it for class.

43724	Online	ZOOM	6:30pm-7:50pm
Mon	11/9-11/23	Podany	\$65

Artificial Intelligence

UPDATED CLASS

9COM 625M AI Essentials: Navigating ChatGPT and other AI Tools

Explore ChatGPT, Gemini and other AI tools. Become empowered. In a team setting, learn the risks and rewards of AI. Practice AI safety skills. Discover which types of AI, if any, you want in your own life.

45704	Rock Creek	BLDG2 121	6:30pm-7:50pm
Thu	10/1-10/29	Flannery	\$105

Optional text: 50 AI Ideas/Mansfield. Bring laptop w/wifi.

NEW CLASS

9COM 620E AI for Real Life: Home and Business Tasks

Explore AI tools for writing, organization, communication, creativity and decision-making. Identify the ethical, privacy, and bias issues in AI use. Bring laptop with Windows version 9.3 or later, Apple iOS version 15.0 or later.

45606	Sylvania	TCB 212	6pm-7:50pm
Tue	9/22-10/20	Callaghan	\$135

► You may also like **Organize Your Life: The Joy Crazy® Method** on page 36

9COM 625D Unleashing Creative Potential with AI Tools

Transform your creative process with cutting-edge AI-powered tools. In hands-on sessions we use AI for image creation, video production, presentation design and more. Bring headphones. For all levels.

44478	Southeast	TABOR 125	10am-11:50am
Sat	9/26-10/17	Roberts	\$109

Bring wifi-capable laptop (preferred), smartphone or tablet.

9COM 625N You and AI: Human-AI Collaboration, Tool Updates, Creativity

In a collaborative environment, explore cutting-edge AI-powered tools. Via discussions and hands-on sessions, move beyond simple prompting to delegate complex tasks to AI and validate its outputs. Enhance projects and unlock possibilities.

45180	Cascade	TEB 220	10am-11:50am
Sat	10/24-11/14	Roberts	\$109

Bring wifi-capable laptop (preferred), smartphone or tablet.

1-On-1 Computer Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Most of us use a fraction of the tools accessible from our computers. Work at your own pace with an expert and patient instructor to identify your specific goals. Topics range from the ins and outs of using your computer and common software programs to creating a basic website or working on a special project.

Instructor Profiles and Availability

Zita Podany

zita.podany@pcc.edu

Availability: Mon-Fri, 1:30pm-8pm; Sat/Sun, contact Zita for details.

Zita has taught computer applications for over 20 years, including Microsoft Office, web design (HTML and CSS), photo/graphics editing, desktop publishing (brochures, newsletters, flyers, ebooks), presentations, Canva, Google apps and more. Zita cannot help with cell phones. Please contact her upon registering in order to schedule. Include a working phone number.

“Zita kept things very positive. She is patient and clearly wants her students to succeed.”
~ Excel student



Careers, Technology and Finance

Steve Roberts

(mini-documentaries, AI, and Mac skills)
Availability: Mon/Sat, 10am-4pm;
Tue/Thu, 4:30pm-6:30pm

Steve has over 20 years of experience in K-12 and college educational technology. Whether it's iWork, Google Workspace, iMovie or another app, he employs a "learn by doing" approach, guiding others in developing the Mac skills they desire. Always learning, he is currently exploring video streaming and AI literacy.

Windy Wahlke

windy.wahlke15@pcc.edu
Availability: Sun/Sat, Contact Windy for details

With over 15 years of experience in group and one-on-one Mac training, Windy is excited to be your personal coach—tailoring each session to meet your unique needs. Let's get started!

1-On-1 Computer Instruction Packages

Most of us use only a fraction of the tools accessible via our computers. Work at your own pace with an expert and patient instructor to identify and work toward your technology goals, whether for personal or business use. For Mac and PC users. See instructor profiles for specific topics. First session lasts 75 minutes; subsequent sessions last 60 minutes.

9COM 621O 1-On-1 Computer Instruction: 3 Session Package

42189	Online	9/21-12/12	Podany	\$195
-------	--------	------------	--------	-------

Register by 11/15. For PC users only.

44409	Online	9/21-12/12	Roberts	\$195
-------	--------	------------	---------	-------

For Mac users only.

42047	Online	9/21-12/12	Wahlke	\$195
-------	--------	------------	--------	-------

For Mac users only.

9COM 621P 1-On-1 Computer Instruction: 5 Session Package

42190	Online	9/21-12/12	Podany	\$315
-------	--------	------------	--------	-------

Register by 11/8. For PC users only.

44410	Online	9/21-12/12	Roberts	\$315
-------	--------	------------	---------	-------

For Mac users only.

42414	Online	9/21-12/12	Wahlke	\$315
-------	--------	------------	--------	-------

For Mac users only.

9COM 621Q 1-On-1 Computer Instruction: 10 Session Package

42714	Online	9/21-12/12	Podany	\$630
-------	--------	------------	--------	-------

Register by 10/4. For PC users only.

42415	Online	9/21-12/12	Wahlke	\$630
-------	--------	------------	--------	-------

For Mac users only.

Desktop Publishing and Graphic Design

UPDATED CLASS

9COM 625J Canva Basics: Designing Made Easy

Create and modify graphics, flyers, presentations with the free version of Canva. Use templates, fonts, colors, images, resizing and cropping. Create an account at canva.com and be logged in at class. Must be comfortable taking class via Zoom.

45705	Online	ZOOM	6:30pm-7:50pm
Mon	10/12-10/26	Podany	\$65

Use desktop or laptop with Canva.

Microsoft Office

9COM 620B Excel Basics: Level 1

Organize, calculate, and present data effectively. Explore data entry, cell formatting, core formulas (SUM, AVERAGE), relative/absolute references, sorting/filtering, basic charts, worksheets. Must be comfortable using a computer and typing.

45539	Online	ZOOM	6:30pm-7:50pm
Wed	10/7-10/21	Podany	\$65

Bring pen and paper to class to take notes.

UPDATED CLASS

9COM 620C Basics of Excel - Level 2

Advance your Excel Basics Level 1 skills using SUMIF, COUNTIF, and IF statements (including nested IFs). Explore VLOOKUP vs. XLOOKUP, 3-D formulas, conditional formatting, and sorting/filtering data.

45702	Online	ZOOM	6:30pm-7:50pm
Wed	10/28-11/18	Podany	\$65

No class 11/11. Must use laptop or desktop with Excel.

Web Design and Development

UPDATED CLASS

9CAR 610O Create a Website for Fun, Profit and Business!

Discover copy/paste, drag and drop website builders to create an appealing, dynamic, small business website. Included is a comparison review of website and e-commerce store builders. Lecture-based class with time for Q & A.

41687	Online	ZOOM	6pm-8:50pm
Tue	11/3	Boyd	\$49

No programming experience necessary.

NEW CLASS

9COM 620F Make Your Website or Portfolio with Google Sites

Create hobby or small-group websites as well as portfolios. For beginners who want to establish an online presence for personal projects, community groups, or educational purposes. No prior web design or coding experience required.

45703	Online	ZOOM	1pm-2:20pm
Sat	10/17-10/31	Podany	\$65

See online class description for prerequisites.





Online Computer Skills and Technology Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

Refer to ed2go.com/portlandcc for pricing.

Register:

To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- A+ Cert Prep Level 1
- C# Programming Level 1
- C++ for the Absolute Beginner
- CompTIA Security+ Cert Prep
- Creating Web Pages
- Creating WordPress Websites
- CSS and XHTML: Level 1
- InDesign CC: Level 1
- Java Programming Level 1
- JavaScript
- Keyboarding for PC
- Microsoft Office 2019/365 Value Suite
- MS Access 2019/Office 365 Level 1
- MS Excel 2019/Office 365: Level 1
- MS PowerPoint 2019/ Office 365 Level 1
- MS Word 2019/Office 365 Level 1
- Network and + Certification Prep
- PHP and MySQL: Level 1
- Photoshop CC: Level 1
- Python 3 Programming
- QuickBooks Online: Level 1
- SQL Level 1
- SQL Level 2
- Understanding the Cloud
- Windows 10: Level 1

Personal Finance

9MNY 617H Gaining Financial Freedom

Achieve independence, security and control over your finances. Learn strategies for passive income, wealth management and personal values-driven decision making. Gain flexibility and peace of mind to pursue your passions.

43195	Online	ZOOM	6pm-6:50pm
Wed	10/7-10/14	Holcombe	\$35

UPDATED CLASS

9MNY 617K Personal Financial Literacy

Learn practical financial literacy skills to better understand and manage your personal finances. Topics include budgeting, saving, debt management, investing fundamentals and financial decision-making. Through guided exercises and an interactive learning platform, explore strategies and tools that can help make informed financial choices and build healthy financial habits.



Retirement

Personal Financial Literacy, continued

45734	Online	ZOOM	6pm-8:20pm
Mon	9/28-10/26	Wilson	\$85



Instructor Spotlight: Shaun Wilson

Shaun Wilson is a product leader, educator and founder of an initiative dedicated to making personal finance more accessible and empowering for everyone. Drawing on experience building technology products in healthcare, retail and financial education, he is passionate about helping people develop the knowledge and confidence to make informed financial decisions.

9MNY 610Y Don't Throw it Away-Sell it Online!

Discover the best phone apps to sell your used "stuff" and get paid. Learn the most popular selling apps for each of the top categories including furniture, electronics, clothing, books, art and more. Class includes photography tips, do's and don'ts and strategies to determine the best apps to sell your items.

42608	Online	ZOOM	6pm-8:50pm
Thu	11/12	Boyd	\$55

Managing Your Money and Investments

9MNY 610M Wealth Building Today

Learn personalized tools and strategies necessary to make informed financial decisions. Course uses a comprehensive, unbiased approach to teach financial concepts that successful individuals/couples can use to build for retirement and legacy.

41855	Online	ZOOM	6:30pm-8:50pm
Thu	10/1-10/8	Rasera	\$45 + \$30 fee

41856	Online	ZOOM	6:30pm-8:50pm
Tue	9/29-10/6	Rasera	\$45 + \$30 fee

43681	Sylvania	TCB 217	6:30pm-8:50pm
Thu	10/29-11/5	Rasera	\$45 + \$35 fee

43682	Sylvania	TCB 214	6:30pm-8:50pm
Tue	10/27-11/3	Rasera	\$45 + \$35 fee

9MNY 617B Avoid Procrastination in Estate Planning

Don't make estate planning harder by waiting. Find your motivation for completing this important work and overcome estate planning procrastination. Learn techniques that will help you stay focused and finish.

42609	Online	ZOOM	6:30pm-7:50pm
Tue	10/20	Noxel	\$39

Senior Discount

If you are 62 years of age or over when classes begin, you are eligible to receive a 50% tuition discount!

► More info: pcc.edu/senior



Careers, Technology and Finance

Real Estate

9MNY 617C First Time Home Buyers

Learn important tips for buying your first home, including the loan application to getting your keys and everything in between! Explore with a professional the pre-approval process and manage your expectations for the fast-paced real estate market today in Portland and surrounding areas.

44507	Online	ZOOM	5:30pm-6:50pm
Mon	10/19-11/2	Long	\$39
44508	Online	ZOOM	6pm-6:50pm
Mon	9/28-10/12	Long	\$39

Retirement

► You may also like **Eldercare Planning Options** on page 55

9MNY 616F Retirement Planning Today™

Blend financial education with life planning to build wealth, align money with your values, and achieve your retirement and legacy planning goals.

44492	Online	ZOOM	6:30pm-8:50pm
Thu	10/22-10/29	Mechals	\$49 + \$30 fee
44493	Rock Creek	BLDG2 126	6:30pm-8:50pm
Tue	9/29-10/6	Mechals	\$49 + \$30 fee
44494	Rock Creek	BLDG2 246	9:30am-11:50am
Sat	10/3-10/10	Mechals	\$49 + \$30 fee
44495	Sylvania	TCB 214	6:30pm-8:50pm
Tue	10/13-10/20	Mechals	\$49 + \$30 fee
44506	Sylvania	TCB 214	9:30am-11:50am
Sat	10/17-10/24	Mechals	\$49 + \$30 fee

9MNY 610G Retirement Success: Income and Tax Strategies

Are you 50 or older? Join us to turn your savings into a reliable retirement income. Discover income-focused strategies, tax-efficient withdrawals, and SS strategies. Gain the knowledge and confidence to quit your day job whenever you choose.

45609	Online	ZOOM	6pm-6:50pm
Wed	10/21-10/28	Holcombe	\$35

9MNY 610T How to Create a Retirement Income Plan

Learn how to design an income plan for your retirement. Gain knowledge on how to supplement your Social Security and pension with your retirement savings. Learn two established strategies on how to manage your retirement savings for life.

45538	Online	ZOOM	6pm-8:20pm
Thu	10/22	Patterson	\$39
42157	Rock Creek	TBA	9:30am-11:50am
Thu	10/22	Patterson	\$39

9MNY 610U How to Know Your Retirement Readiness

Learn your retirement readiness. Gain knowledge to know if you are financially ready for retirement. Discover if Social Security, pension and savings are enough to provide retirement income. Perfect for those within 5 years of retirement.

43650	Online	ZOOM	6pm-8:20pm
Tue	10/20	Patterson	\$39
45195	Rock Creek	BLDG2 121	9:30am-11:50am
Tue	10/20	Patterson	\$39

9MNY 616I Rejuvenate Your Retirement

For those who are close to or currently retired. Discover financial strategies designed to achieve retirement objectives such as tax-efficient income planning, estate planning, social security options, investment choices and more.

42160	Online	ZOOM	1pm-2:50pm
Tue	9/29-10/6	Beckhusen	\$39
42161	Online	ZOOM	9:30am-11:20am
Thu	9/24-10/1	Beckhusen	\$39

9MNY 610V Savvy Tax Planning for Retirees

Most retirees pay substantially more in taxes than they should. This can be avoided or reduced with proper planning. Learn how to adapt to the continually changing retirement distributions rules, understand how the new tax law affects retirees and how to maximize income in retirement.

Savvy Tax Planning for Retirees, continued

42721	Online	ZOOM	9:30am-11:20am
Wed	9/30	Beckhusen	\$39
Students receive a laminated course guide.			
45540	Online	ZOOM	1pm-2:50pm
Wed	12/2	Beckhusen	\$39
Students receive a laminated course guide.			

9MNY 617I Managing Health Care Expenses in Retirement

Health care is one of the most critical aspects of retirement planning. Learn how Medicare enrollment works, how to avoid penalties and planning for comprehensive coverage and higher health care costs, including long-term care.

43683	Online	ZOOM	9:30am-11:20am
Thu	10/15	Beckhusen	\$39

Online Personal Finance Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

· To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- Accounting Fundamentals
- Computer Skills for the Workplace
- Keys to Successful Money Management
- Personal Finance
- Real Estate Investing
- Stocks, Bonds, and Investing: Oh, My!

Have a skill to share?

Visit pcc.edu/communityed and click **Teach a class**



Do you enjoy learning, engaging in lively discussions, and meeting interesting people? You can share common interests by joining Senior Studies Institute (SSI).

SSI offers activities on Zoom and/or in person:

- ◆ Current events discussions
- ◆ Book and Film discussions
- ◆ Poetry and Play reading
- ◆ Presentation on various topics
- ◆ Streaming educational courses
- ◆ Social events

Annual membership is \$50/ individual or \$80/two in same household. Members can attend as few or as many activities as they wish - no tests, no grades.

Website:

ssipdx.org

Email:

SSIMembership2@gmail.com



Autumn Artisans: Crafting with Wool

Instructor: Amy Jones

Get cozy this Fall with wool crafting. Learn how to take natural, rustic wool and transform it using essential shaping, felting, hand dyeing and crafting techniques to sculpt fibers into beautiful, handmade projects perfect for sweater weather. Explore more fiber craft hobby classes like Thread Dyeing, Handmade Ink, and Rust Fusion Printing.

► Find these classes on page 34



Home, Garden and Self

Do It Yourself
page 25

Emergency Preparedness
page 25

Food and Drink
pages 25-30

Garden, Nature, and Yard
pages 30-33

Hobbies and Crafts
pages 33-35

Home Improvement
page 35

Self Development
page 36

Style and Beauty
pages 36-37

Woodworking and Metalworking
pages 37-39

Do It Yourself (DIY)

9HB 625G **Build a Lamp**

Build your own original and handmade lamp for your home or office. Students will bring in a found object of their choice and turn it into a custom lamp, complete with wiring under the guidance of a longtime crafter.

44606	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	11/14	Boyer	\$219 + \$15 fee

9HB 625I **Wiring Basics**

Learn the basics of electrical wiring. Explore the science behind electricity including safety, tools and proper installation of outlets and switches. Understand your house panel, outlets in the wall and even learn the construction of a lamp from plug to bulb.

44607	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	10/13	Boyer	\$219

45681	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	9/26	Boyer	\$219

Emergency Preparedness

► You may also like **Introduction to Amateur (HAM) Radio** on page 33

9YG 620X **Create Your Rapid Exit Plan**

Learn how to prepare for any natural disaster or emergency and create a rapid exit plan. Organize vital information in a Grab-and-Go binder, convert papers and photo albums into digital format, then back it all up to the cloud. Learn local evacuation routes and useful free apps to help prepare you and your family before disaster strikes.

41719	Online	ZOOM	6pm-8:50pm
Mon	11/9	Boyd	\$55

9YG 622D **Earthquake Preparedness**

Learn about the geology of earthquakes and why the Pacific Northwest is at high risk in the future. Gain insight on how a major earthquake can impact our local communities. Understand what preventative and mitigative actions you can take to enhance your safety and survival prospects for your home and family.

Earthquake Preparedness, continued

44434	Online	ZOOM	6:30pm-9:20pm
Thu	9/24	Dittmer	\$39
45799	Online	ZOOM	6:30pm-9:20pm
Tue	12/1	Dittmer	\$39

Food and Drink

9FD 620Q **Easy Appetizers for the Holidays**

Learn a wide variety of appetizers just in time for the holidays! Make baked brie, lacy parmesan frico, pepper mill cheese ball, ham and gruyere palmiers, goat cheese truffles and a curried cheese ball.

45844	Online	ZOOM	6pm-8:50pm
Tue	11/24	Garcia-Andre	\$39 + \$14 fee

Must reg/drop by 11/22.



9FD 626T **Best Soups for Winter Blues**

Nothing comes close to the comforting warmth of a great bowl of soup in the fall. Learn to make some of the best loved recipes, starting with beef and barley, Korean pork and kimchi, Indian coconut and red lentil and finish with a luxurious crab bisque.

45839 **Southeast** COMX KIT 9am-11:50am
Sat 11/7 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 11/5.

9FD 626U **Elegant Pork Tenderloin**

Nothing beats the ease and elegance of a well-made pork tenderloin for dinner. Learn how to make a pork tenderloin with fig sauce, Italian pork tenderloin, caramelized pork with orange and sage and a Jamaican jerk marinated tenderloin with a guava glaze.

45840 **Southeast** COMX KIT 9am-11:50am
Sat 11/14 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 11/12.

NEW CLASS

9FD 638O **Brunch on the Farm**

A hands-on experience of farm to table brunch! Learn to cook farm fresh proteins, taste farm raised charcuterie and explore the benefits of raising your own heritage breed hogs. Tour the farm and enjoy good company while learning to cook a farm-focused meal.

45831 **Oregon City** MTWVWHE CLSRM 10am-12:50pm
Sun 10/4 Clark \$149
Must reg/drop by 10/2. Must be age 21+

45832 **Oregon City** MTWVWHE CLSRM 10am-12:50pm
Sun 10/18 Clark \$149
Must reg/drop by 10/16. Must be age 21+

NEW CLASS

9FD 638P **Dinner on the Farm**

A hands-on experience of farm to table dinner! Learn to cook farm fresh proteins, taste farm raised charcuterie and explore the benefits of raising your own heritage breed hogs. Tour the farm and enjoy good company while learning to cook a farm-focused meal.

45829 **Oregon City** MTWVWHE CLSRM 2pm-4:50pm
Sat 10/3 Clark \$149
Must reg/drop by 10/1. Must be age 21+

45830 **Oregon City** MTWVWHE CLSRM 2pm-4:50pm
Sat 10/17 Clark \$149
Must reg/drop by 10/15. Must be age 21+

UPDATED CLASS

9FD 627B **Cooking for Health and Wellness**

Explore ways to expand your cooking skills and knowledge around whole foods, herbs and spices. The instructor will focus on how to use whole foods to improve your health and wellness, while creating tasty meals and snacks you'll enjoy!

45855 **Southeast** COMX KIT 5pm-7:20pm
Tue 9/22-10/27 Romaine \$175 + \$60 fee
No class 10/13. Must reg/drop by 9/20.

▶ You may also like **Empowered Movement for Healthy Aging** on page 54

Baking

9FD 625G **Great British Baking Class: Home-Baked Tarts**

Experience the spirit of Bake-Off without the pressure! Spark your creativity, expand your knowledge of baking tarts and craft your own signature recipe. Practice baking between classes. Great for home bakers.

45488 **Online** ZOOM 7:30pm-8:50pm
Tue 9/22-10/20 Eslinger \$129 + \$12 fee
Reg/drop by 9/20. Info: pcc.edu/staff/elizabeth-eslinger

9FD 625R **Great British Baking Class: Classic Desserts**

Experience the spirit of Bake-Off without the pressure! Spark your creativity, expand your knowledge of classic desserts and craft your own signature recipe. Practice baking between classes. Great for home bakers.

45489 **Online** ZOOM 7:30pm-8:50pm
Tue 10/27-11/24 Eslinger \$129 + \$12 fee
Reg/drop by 10/25. Info: pcc.edu/staff/elizabeth-eslinger

NEW CLASS

9FD 638Q **Gluten Free Baking Made Easy**

Tired of gluten-free treats tasting dull? Learn the basic principles of delicious gluten-free baking, substitutes, tips and tricks for tasty treats to share with friends and family.

45625 **Rock Creek** BLDG5 241 1pm-5:50pm
Fri 10/9 Innerarity \$55
Students purchase their own ingredients.

1-On-1 Baking Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Are you looking for support with your baking? Do you have questions about how to perfect a particular recipe or baking genre? Do you want to become a better baker? Working 1-on-1 with an experienced baking instructor can help you meet your goals. *These are support sessions, not demonstrations.

Instructor Profile and Availability

Elizabett Eslinger

elizabett.eslinger@pcc.edu
Availability: Mon/Wed, 2:30pm-4:30pm;
Tue/Thu, 11:30am-1:30pm

Elizabett is an experienced home baker, instructor, and recipe creator. She has been featured on KGW's Hello Rose City in multiple baking segments demonstrating pastries, breads, desserts, and more. Her goal is to meet students wherever they are, help expand baking skills, and find joy in the kitchen. She loves that baking is the intersection of science, history, culture, connection, ongoing learning—and great food, of course!

1-On-1 Baking Coaching Package

9FD 625T **1-On-1 Baking Coaching: 5 Session Package**

Whether you're new to baking or a seasoned home baker, individualized sessions can support your baking journey. With your coach, you'll explore recipes, learn and refine baking techniques and get your baking-related questions answered. Sessions last 50 minutes.

45274 **Online** 9/21-12/12 Eslinger \$275

Butchering for the Home Chef

9FD 645I **On the Farm: Hog Processing Basics**

Learn the fundamentals of processing heritage breed pigs. Gain practical knowledge in humane slaughter techniques, scalding, scraping, evisceration and breaking down the carcass for further processing.

45793 **Oregon City** MTWVWHE CLSRM 9am-3:50pm
Sat 11/7 Clark \$379
Must reg/drop by 11/5. Must be age 21+

45796 **Oregon City** MTWVWHE CLSRM 9am-3:50pm
Sat 12/5 Clark \$379
Must reg/drop by 12/3. Must be age 21+

9FD 645F **On the Farm: Curing Heritage Pork**

Take your skills to the next level and explore traditional curing techniques. Learn how to transform primal cuts into classic cured products such as prosciutto, bacon, lonza and coppa. Learn about dry curing, salting, seasoning and hanging protocols.

45794 **Oregon City** MTWVWHE CLSRM 9am-2:50pm
Sun 11/8 Clark \$279
Must reg/drop by 11/6. Must be age 21+

45797 **Oregon City** MTWVWHE CLSRM 9am-2:50pm
Sun 12/6 Clark \$279
Must reg/drop by 12/4. Must be age 21+

9FD 608Y **On the Farm: Art of Organ Meats**

Celebrate sustainable eating and culinary tradition, all starting with the parts most often left behind in butchering. Discover the rich flavors and forgotten wisdom of whole-animal cooking in this hands-on workshop dedicated to organ meats. Come curious, leave inspired and well fed.

44576 **Oregon City** MTWVWHE CLSRM 9am-2:50pm
Sun 11/15 Clark \$279
Must reg/drop by 11/13. Food and beverage provided.

9FD 608X **On the Farm: Making Sausage**

Explore the art of sausage making on a real hog farm. Learn to break down fresh pork, blend creative seasonings and master techniques for grinding, stuffing and linking sausages. Whether you're a curious home cook or an aspiring butcher, you'll leave with the knowledge and the links, you need to start crafting your own sausages at home.

“The class was really well put together. Nick really has a passion for his craft and his bright and relaxing demeanor is perfect for teaching folks all about it.” ~ butchering for the home chef student



Home, Garden and Self

On the Farm: Making Sausage, continued

44577 **Oregon City** MTVWHE CLSRM 9am-2:50pm
Sat 11/14 Clark \$279
Must reg/drop by 11/12. Food and beverage provided.

44579 **Oregon City** MTVWHE CLSRM 9am-2:50pm
Sat 12/12 Clark \$279
Must reg/drop by 12/10. Food and beverage provided.

Food Fermentation

NEW CLASS

9FD 641Q Probiotic Beverages

Probiotic beverages are all the rage. Save money and make your own at home! Learn to make probiotic shrubs, kvass, ginger bugs, rejuvelac and more without any complicated equipment in your own kitchen.

45603 **Online** ZOOM 4pm-6:50pm
Tue 10/13 Innerarity \$39

Students purchase their own ingredients.

Food Preservation

9FD 627G Beginner Canning: Applesauce

Learn how to preserve local fall flavors to enjoy year round! In this hands on class, learn canning safety, preservation methods and you'll make a batch of applesauce to take home the same day. Supply list will be provided.

43254 **Rock Creek** BLDG5 241 5:30pm-8:50pm
Tue 10/6 Youngs \$39 + \$5 fee

Reg/drop by 10/4. Info: pcc.edu/staff/stephanie-youngs

9FD 627H Beginner Canning: Apple

Butter

Learn how to preserve local fall flavors to enjoy year round! In this hands on class learn canning safety, preservation methods and you'll make a batch of apple butter to take home the same day. Supply list will be provided.

43255 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 10/20 Youngs \$39 + \$10 fee

Reg/drop by 10/18. Info: pcc.edu/staff/stephanie-youngs

9FD 627I Beginner Canning:

Thanksgiving Jam

Learn how to preserve local fall flavors to enjoy year round! In this hands on class, learn canning safety, preservation methods and you'll make a batch of jam to take home the same day. Supply list will be provided.

43256 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 11/17 Youngs \$39 + \$10 fee

Reg/drop by 11/15. Info: pcc.edu/staff/stephanie-youngs

Fundamental Techniques

NEW LOCATION

9FD 641R Knife Skills

Enhance your cooking! Learn twelve basic knife skills safely and effectively while learning to care for your kitchen knives. Level up your home cooking instantly!

45604 **Rock Creek** BLDG5 241 5pm-6:50pm
Mon 9/28 Innerarity \$39

Students purchase their own ingredients.

9FD 610C Culinary Knife Skills

An important skill in the kitchen is the mastery of knife skills. Learn about knives and proper techniques to cut, slice, dice, julienne, chiffonade and concasse. Make a vegetable soup, kale and citrus salad. Knife included in class fees.

42607 **Southeast** COMX KIT 6pm-8:50pm
Thu 10/15 Garcia-Andre \$39 + \$48 fee

Must reg/drop by 10/13.

43072 **Southeast** COMX KIT 6pm-8:50pm
Tue 10/13 Garcia-Andre \$39 + \$48 fee

Must reg/drop by 10/11.

43073 **Southeast** COMX KIT 11am-1:50pm
Sat 10/17 Garcia-Andre \$39 + \$48 fee

Must reg/drop by 10/15.

International Cuisine

9FD 628X Indian Vegetarian Street Food

Learn how to make healthy and authentic Indian appetizers to share with friends and family. Learn to make pastries filled with vegetables and other healthy street food while taste testing along the way.

44590 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 10/28 Shah \$45 + \$70 fee

Must reg/drop by 10/26.

45602 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 11/18 Shah \$45 + \$70 fee

Must reg/drop by 11/16.

9FD 628Y Indian Vegetarian Curry Dishes

Learn how to make healthy and authentic Indian curry dishes to share with friends and family. Make paneer curries and vegetable dishes while taste testing along the way.

44593 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 9/30 Shah \$45 + \$70 fee

Must reg/drop by 9/28.

44594 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 10/14 Shah \$45 + \$70 fee

Must reg/drop by 10/12.

44595 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 11/4 Shah \$45 + \$70 fee

Must reg/drop by 11/2.

NEW CLASS

9FD 645O Indian Festivals with Food

Celebrate the Indian Hindu Festival season during Fall. Learn to cook a traditional savory festive dish, dessert and practice Henna while learning more about these vibrant Indian Holidays that foster love and symbolize new beginnings.

45599 **Rock Creek** BLDG5 241 10:30am-2:20pm
Sat 10/17 Shah \$45 + \$50 fee

Must re/drop by 10/15.

45600 **Rock Creek** BLDG5 241 10:30am-2:30pm
Sat 10/31 Shah \$45 + \$50 fee

Must re/drop by 10/29.

45601 **Rock Creek** BLDG5 241 10:30am-2:30pm
Sat 11/14 Shah \$45 + \$50 fee

Must re/drop by 11/12.

Have a skill to share?

Visit pcc.edu/communityed and click **Teach a class**



Food and Drink



9FD 645G Moroccan Cuisine

Discover the exotic and enticing cuisine of Morocco. Learn how to make lamb shank tagine with dates, Kefta or little meatballs, Moroccan cucumber and olive salad and M'hanncha, a pastry filled with almond and pistachios.

45836 **Southeast** COMX KIT 11am-1:50pm
Sat 10/10 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 10/8.

9FD 632L Latin American Empanadas

Latin American empanadas are savory pastries that vary in filling, dough and cooking methods. Learn to make Argentinian empanadas, Mexican potato and chorizo filling, Jamaican meat pies and a sweet Cuban Coconut empanada.

45843 **Southeast** COMX KIT 11am-1:50pm
Sat 11/21 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 11/19.

9FD 626R International Meat Pies

Making a warm and delicious meat pie is great all year long but especially during cold winter weather. Learn to make a Moroccan chicken pie, a Russian salmon pie, a Canadian tourtiere meat pie and a British feast of the seven fishes pie.

45837 **Southeast** COMX KIT 9am-11:50am
Sat 10/31 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 10/29.

9FD 626S Gratin: The French Decadence

There are few dishes that are as iconic and creamier as the gratin. Learn to make a sweet potato gratin, leek and potato gratin, Belgium endive and gratin de chou-fleur, a cauliflower gratin.

45842 **Southeast** COMX KIT 6pm-8:50pm
Tue 11/17 Garcia-Andre \$39 + \$26 fee
Must reg/drop by 11/15.

9FD 623P The French Sweet Choux

Learn to make pate a choux pastry dough to get pastries that are crispy on the outside with a light, hollow, interior to use in some of the more iconic of French desserts like eclairs, profiteroles and cream puffs.

45838 **Online** ZOOM 6pm-8:50pm
Thu 11/5 Garcia-Andre \$39 + \$13 fee
Must reg/drop by 11/3.

9FD 614H Holiday Tamales

Not another post Thanksgiving turkey sandwich! Learn to transform your holiday leftovers into flavor-packed tamales. We'll talk about the history and culture of the tamale and get hands-on experience preparing and cooking them.

45834 **Southeast** COMX KIT 6:30pm-8:50pm
Thu 11/12 DeBess \$39 + \$30 fee
Must reg/drop by 11/10.

► You may also like **Advanced Spanish: Culture Exploration** on page 48

9FD 600G Hearty European Soups

Get new recipes for the Fall soup lineup, with some of the best hearty soups from around Europe. Learn to make classic Italian minestrone, Ukrainian borscht, Finnish lohikeitto and Bavarian cream of garlic.

45835 **Online** ZOOM 11am-1:50pm
Sat 9/26 Garcia-Andre \$39 + \$14 fee
Must reg/drop by 9/24.

9FD 632I Greek Cuisine

Explore classic Mediterranean cuisine with bold flavors and fresh produce. Learn to make Greek greens served on toast, one of the most famous Greek dishes, stifado, a beef stew with spicy warmth and the versatile lamb souvlaki for filling gyros with tzatziki sauce.

44439 **Southeast** COMX KIT 6pm-8:50pm
Thu 10/22 Garcia-Andre \$39 + \$30 fee
Must reg/drop by 10/20.

► You may also like **Greek Conversation: Level 1** on page 42

Plant-Based Fiber Series

NEW CLASS

9FD 641S Plant-Based Fiber Series

Learn how to eat for fiber on a plant-based diet and how it fuels the body. Explore major fiber sources, practical add-ins and master high-fiber meals you can prep, customize and enjoy. Register for this class to enroll in the series at a discount.

45857 **Online** ZOOM 6pm-7:50pm
Wed 9/23-10/21 Tyler \$129 + \$15 fee
Must reg/drop by 9/21.

► You may also like **Plant-Based Nutrition Essentials: The 21-Day Kickstart** on page 55



Instructor Spotlight: Linda Tyler

Linda has been experimenting in the kitchen since childhood. Her passion is finding ways to make plant-based dishes as flavorful as possible without being overly complicated. She enjoys sharing her knowledge of nutrition and cooking with interested students and loves when students cook along in real time with her.

9FD 641T Fiber and a Healthy Gut

Learn about how fiber fuels the trillions of microbes in your gut and how the gut doesn't just digest food but plays a vital role in many aspects of our health. Learn how to make several easy and delicious high-fiber plant-based dishes.

45858 **Online** ZOOM 6pm-7:50pm
Wed 9/23 Tyler \$35 + \$3 fee
Must reg/drop by 9/21.

9FD 641U Avoiding Bloat and Healing the Gut

A major barrier for people switching to high-fiber diet is digestive discomfort. Explore how to "train" the gut and introduce legumes and cruciferous vegetables without distress and learn to make dishes appropriate for the transition period.

Plant-Based Fiber Series, continued

Avoiding Bloat and Healing the Gut, continued

45859 **Online** ZOOM 6pm-7:50pm
Wed 9/30 Tyler \$35 + \$3 fee
Must reg/drop by 9/28.

9FD 641V Plant Diversity, Fermented Foods and Probiotics

Learn about getting a variety of fiber rather than just a target number. Explore fermented foods and when probiotic supplements are needed and beneficial. Learn to make recipes with a high diversity of plant ingredients.

45860 **Online** ZOOM 6pm-7:50pm
Wed 10/7 Tyler \$35 + \$3 fee
Must reg/drop by 10/5.

9FD 641W Designing a Fiber-Rich Lifestyle

Explore options for fiber-rich habits you can adopt for breakfasts, snacks, lunches, dinners and desserts, using a widely accepted framework to guide daily meal planning. Learn about non-food lifestyle choices that are gut-friendly.

45861 **Online** ZOOM 6pm-7:50pm
Wed 10/14 Tyler \$35 + \$3 fee
Must reg/drop by 10/12.

9FD 641X High-Fiber and High-Protein Meals

Plant-based meals can deliver both high fiber and high protein and both are necessary for good health at all stages of life. Make several recipes with lots of fiber and protein and discuss how to lock in everyday fiber and protein habits.

45862 **Online** ZOOM 6pm-7:50pm
Wed 10/21 Tyler \$35 + \$3 fee
Must reg/drop by 10/19.

1-On-1 Plant-Based Lifestyle Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

If you are looking to transition to a more plant-based lifestyle but need help getting there, working with a plant-based home chef can help you meet your goals. Design customized meals and food prep plans all while meeting your nutritional needs and learning the health benefits of a plant-based diet.

Instructor Profile and Availability

Linda Tyler

tyler.linda@pcc.edu
Availability: Tue/Thu, 9am-4pm

Linda is a cooking instructor, cookbook author, blogger and home chef. Her goal is to help students get comfortable making plant-based creations to build confidence in new ways of cooking and baking. She is inspired by her students and loves to help them build new knowledge and skills so that they can meet their individual health and lifestyle goals.

“She is an excellent whole food plant-based cooking teacher with years of experience and a warm personality.” ~ plant-based cooking student



Home, Garden and Self

Wine



1-On-1 Plant-Based Lifestyle Coaching Packages

NEW CLASS

9FD 645P 1-On-1 Plant-Based Baking Coaching: 5 Session Package

Master the art of plant-based baking tailored to your specific dietary preferences without sacrificing delicious taste and texture! Learn techniques for creating wholesome and delicious baked goods free of dairy and eggs. Students can create a flexible curriculum tailored to their goals, whether its exploring traditional vegan treats or learning recipes without refined sugar and oil. Sessions are 50 minutes.

45558 Online 9/21-12/12 Tyler \$275

Sweet Treats

UPDATED CLASS

9FD 600C Holiday Cookies from around the World

No matter the celebration, there is nothing more enjoyable than a freshly baked cookie. Learn new cookie recipes from around the world like Italian pistachio biscotti, Argentine alfajores, almond triangles and a Japanese pocky.

44435 Online ZOOM 6pm-8:50pm
Sat 12/8 Garcia-Andre \$39 + \$14 fee
Must reg/drop by 12/6.

9FD 630U Cookies from Around the World

A freshly baked cookie is the ultimate treat or gift from your kitchen. Learn cookie recipes from around the world like Austrian lebenkuchen, butter shortbread, Mexican wedding cookies and walnut tea cookie

45846 Southeast COMX KIT 11am-1:50pm
Sat 12/5 Garcia-Andre \$39 + \$28 fee
Must reg/drop by 12/3.

45847 Southeast COMX KIT 11am-1:50pm
Sat 12/12 Garcia-Andre \$39 + \$28 fee
Must reg/drop by 12/10.

Beer

9FD 607V Become a Beer Tasting Judge

Learn the basics of beer judging including how to assess aroma, flavor, appearance and mouthfeel. Through guided tasting and quick practical exercises, students will leave with a solid foundation and a clear path toward becoming a certified beer judge.

45201 Online ZOOM 12pm-1:50pm
Sat 10/3 Martin \$39

Wine

Students must be 21 years old or older to participate in classes serving alcohol.

NEW CLASS

9FD 642G Wine Chemistry

Learn what makes a good vintage wine great. Explore how weather, heat, water and timing, translate into the chemistry, structure and flavor in your glass. Understand through tasting how climate change is quietly rewriting what a “good year” means in the industry.

45579 Online ZOOM 6pm-7:20pm
Sat 11/7 Palmer \$79
Must re/drop by 11/5.

45580 Online ZOOM 6pm-7:20pm
Sun 11/8 Palmer \$79
Must re/drop by 11/6.

NEW CLASS

9FD 642B Wine and Microbiology

Louis Pasteur followed the clues and maybe had a little help from wine! Learn how wine faults and follies led to the discovery of microbes and ultimately reshaped science, food safety and medicine.

45575 Online ZOOM 6pm-7:20pm
Sat 10/10 Palmer \$79
Must re/drop by 10/8.

45576 Online ZOOM 6pm-7:20pm
Sun 10/11 Palmer \$79
Must re/drop by 10/9.

NEW CLASS

9FD 642A Wine Law and Science

Wine is governed as much by tradition as it is by science and the two don't always agree. From rigid appellation rules to banned grapes and outdated farming laws, learn about where evidence collides in wine history and science.

45573 Online ZOOM 6pm-7:20pm
Sat 9/26 Palmer \$79
Must reg/drop by 9/24.

45574 Online ZOOM 6pm-7:20pm
Sun 9/27 Palmer \$79
Must reg/drop by 9/25.

NEW CLASS

9FD 642C Oregon: The Next Champagne

The international wine world is finally calling the state of Oregon “The Next Champagne.” Explore what makes our home state such a perfect place for growing world-class sparkling wine while tasting five delicious wines.

45577 Beaverton SYWINE ROOM 12pm-1:50pm
Sun 11/1 Palmer \$89
Must re/drop by 10/30.

45578 Beaverton SYWINE ROOM 2:30pm-4:20pm
Sun 11/1 Palmer \$89
Must re/drop by 10/30.

NEW CLASS

9FD 642F Terroir: Not Just Romance

Terroir is constantly being measured, mapped and decoded into data. Explore how soil microbiomes, climate data and vineyard technology are turning “sense of place” into something quantifiable and what that means for the future of wine.

45585 Online ZOOM 6pm-7:20pm
Sat 12/12 Palmer \$79
Must re/drop by 12/10.

45586 Online ZOOM 6pm-7:20pm
Sun 12/13 Palmer \$79
Must re/drop by 12/11.



Wine: Vineyard Visit

Students must be 21 years old or older to participate in classes serving alcohol.

NEW CLASS

9FD 642D Winderlea Winery

Experience Winderlea! An award-winning Willamette Valley producer known for its elegant Pinot Noir, sweeping Dundee views and a deep commitment to place. With certified biodynamic farming and early B Corp status, Winderlea Winery stands out as a leader in sustainable wine-growing and responsible business practices.

45581	Dundee	WINDER ROOM	11am-12:50pm
Sun	11/15	Palmer	\$89

Must re/drop by 11/13.

45582	Dundee	WINDER ROOM	2pm-3:50pm
Sun	11/15	Palmer	\$89

Must re/drop by 11/13.

NEW CLASS

9FD 642E Beckham Estates and Amphorae

Get a first hand look at how traditional amphorae winemaking is being re-imagined in the Willamette Valley. Enjoy a guided tasting of wines and a rare behind-the-scenes tour of Beckham Estate's amphorae production. Meet winemaker and ceramicist, Andrew Beckham and learn about his crafting of clay vessels used for fermentation and aging.

Beckham Estates and Amphorae, continued

45583	Sherwood	BECVIN VINE	11am-12:50pm
Sun	12/6	Palmer	\$89

Must re/drop by 12/4.

45584	Sherwood	BECVIN VINE	2pm-3:50pm
Sun	12/6	Palmer	\$89

Must re/drop by 12/4.

Garden, Nature, and Yard

9YG 600V Foraging Plants and Mushrooms for Beginners

The Pacific Northwest is plentiful with wild edible plants and fungi. Learn the basics of identifying common edible flowers and plants, some even found in your backyard! Identify their poisonous look-alikes, and learn ways to prepare what you collect in your own kitchen.

41779	Online	ZOOM	6pm-8:20pm
Wed	10/14	Lexa	\$39

9YG 600X Mushroom Foraging for Beginners

Mushroom foraging is a popular pursuit in the Northwest. Learn where to search for edible mushrooms and how to identify common wild mushrooms and poisonous species. Discover more facts about fungi in your backyard!

41885	Online	ZOOM	6pm-7:50pm
Thu	10/1	Lexa	\$39

45526	Southeast	TABOR 141	6pm-7:50pm
Mon	10/19	Lexa	\$39

9YG 601K Plant Identification for the Non-Botanist

No botany degree? No problem! Join Master Naturalist Rebecca Lexa as she shares beginner-friendly tools and skills for identifying plants. This is a casual identification class so technical terms will be at a minimum and students will also gain resources for further exploration.

44600	Online	ZOOM	6pm-7:20pm
Wed	9/30	Lexa	\$39

► You may also like **Plant Drawing: Step by Step** on page 12

9YG 601A I Like Lichens

You've seen these unusual life forms growing on trees, rocks and even buildings. Learn about lichen biology, the role of lichens in their ecosystems and incredible lichens found in the Pacific Northwest.

44599	Online	ZOOM	6pm-7:20pm
Mon	11/30	Lexa	\$39

9YG 621B Ecoregions of Oregon

Beauty can be found all around our state of Oregon in mountain, ocean, forest and desert landscapes! Learn about the eight distinct and unique ecoregions of our state including the geology, hydrology, climatology and biology that helped shape them all.

41990	Online	ZOOM	6pm-8:20pm
Tue	12/1	Lexa	\$39

9YG 601J Misadventures in Natural History

Our understanding of nature has taken some wrong turns over time. Learn about the interesting, beneficial and just plain wacky ways in which we've tried to categorize animals and plants in our natural world.

44598	Online	ZOOM	6pm-7:20pm
Mon	11/16	Lexa	\$39

9YG 601R Gardening for Presence and Healing

Learn how simple gardening practices can foster presence, resilience and well-being. Using mindfulness and somatic tools, discover how connecting with nature helps relieve stress and support personal healing.

45570	Online	ZOOM	5:30pm-6:50pm
Tue	9/29-10/13	Geoppinger	\$49

Senior Discount

If you are an Oregon resident 62 years old or older, you can get a 50% tuition discount!

► More info: pcc.edu/senior

Wine: Vineyard Visit



“Please keep offering this class!” ~ beekeeping student

Home, Garden and Self

NEW CLASS NEW INSTRUCTOR

9YG 611R 3D Plant Photogrammetry

Learn photogrammetry basics in this hands-on class. Install and navigate Polycam and collect quality 3D plant models while practicing responsible garden ethics.

45633	Rock Creek	BLDG4 GARDEN	10am-11:50am
Sat	10/10	Rodriguez-P	\$39 + \$5 fee

Dress for the weather.

NEW CLASS

9YG 611Q Indoor Herbs for Winter Wellness

Create your own indoor herb garden as a year-round botanical pick me up! Gain tips for plant propagation as well as successful seed sowing of slow to germinate herbs. Discover other nutritious greens to brighten up your fall meals.

45626	Online	ZOOM	7pm-8:20pm
Thu	10/22	Meiers	\$39

Beekeeping

NEW CLASS

9YG 611N Beekeeping: Harvesting Honey

Learn hands-on how raw honey is made differently from commercial honey. Local beekeepers will supply their organic local honey frames and teach students how to extract honey, cut honeycomb out of the hive and how to save by-product like beeswax.

45188	Rock Creek	BLDG5 241	12pm-2:20pm
Fri	10/9	Claussen	\$39 + \$60 fee
45189	Rock Creek	BLDG5 241	12pm-2:20pm
Fri	11/6	Claussen	\$39 + \$60 fee

9YG 619A Backyard Beekeeping: Beginning

Honey bees are a wonderful addition to a garden. Learn the basics of beekeeping. Topics include equipment, how to get bees, what to do inside the hive, monthly tasks and organic treatment options. Includes a field trip to an apiary.

45871	Southeast	TABOR 126	6pm-9:20pm
Fri	9/25	Andresen	
and	NE Portland	BRIBEE FIELD	2pm-2:50pm
Sat	9/26	Andresen	\$69

Includes field trip to apiary.

Birds and Wildlife

9YG 612Q Scappoose Birdwatching Excursion

Join Master Naturalist Rebecca Lexa on a two-hour excursion along the Crown-Zellerbach Trail in Scappoose, OR. Learn interesting bird facts and tips to identify local songbirds, raptors and other wild birds in the forest and open areas with fellow bird lovers.

42606	Scappoose	SCACRO TRAIL	10am-12:20pm
Thu	10/15	Lexa	\$39

Instructor will email directions. Dress for the weather.

9YG 619U Bird Watching: Identification, Ecology and Fun Facts

Familiarize yourself with the beautiful birds of the Pacific NW. Learn to identify them by sight, sound, habitat and behavior.

44602	Online	ZOOM	6pm-8:20pm
Mon	11/9	Lexa	\$39

9YG 621V Secret Life of Birds

For beginner and experienced birders alike, this class will introduce you to the fascinating lives of birds. Take a deeper look at bird species found in the wilds of Oregon and learn about general bird biology, bird behavior and the songs they sing and even how it relates to music composition!

45783	Online	ZOOM	7pm-8:50pm
Tue	9/22	Ellis	\$39

9YG 621U Hawks, Falcons and Eagles

Uncover the secrets of how to identify these amazing birds of prey. Find a new sense of appreciation for these sharp creatures and never mistake a bird of prey again after learning to properly spot them in the wild.

45491	Online	ZOOM	7pm-8:50pm
Tue	9/29	Ellis	\$39

9YG 612S Woodpeckers of the Pacific Northwest

Woodpeckers are industrious and busy birds! These magnificent red capped characters who delight and sometimes frustrate us have unique traits and amazing lives as forest engineers. Learn their complicated roles in the wild and the different species you might see around the Pacific Northwest.

42630	Online	ZOOM	7pm-8:50pm
Tue	10/6	Ellis	\$39

9YG 621I Corvids of the Pacific Northwest

Why are corvid birds both hated and loved by humans? Crows, ravens, jays and magpies are smart, comical and essential species to the health of our planet. Learn about their behavior, community culture and why they need our protection.

43676	Online	ZOOM	7pm-8:50pm
Tue	10/20	Ellis	\$39

9YG 612W Owls of the Pacific Northwest

Owls are silent, mysterious and mesmerizing. Explore the amazing biology and mysterious behavior of the owls you might see in your own backyard here in the Pacific Northwest and learn to identify them on your next nature walk, if you can spot them!

42629	Online	ZOOM	7pm-8:50pm
Tue	10/27	Ellis	\$39

9YG 612R Hummingbirds of the Pacific Northwest

Iridescent, feisty and fearless, hummingbirds are fascinating and extremely entertaining to see in nature. Learn about their biology, types found in the Pacific Northwest and what makes them one of the most unique birds in the world.

43251	Online	ZOOM	7pm-8:50pm
Tue	11/17	Ellis	\$39

9YG 621L Birds and Great Composers

Discover how history's composers used various bird melodies to compose their greatest works. This class will explore music, through birdsong and instruments leaving students with a deeper appreciation of both.

45493	Online	ZOOM	7pm-8:50pm
Tue	11/10	Ellis	\$39

► You may also like **Opera For Everyone: La Traviata** on page 50

Floral Design

NEW CLASS

9YG 611S Fall Porch Pot

Brighten up your porch, steps or walkway with a fall season container. Pops of color, evergreens and decorative items are sure to brighten the autumn days ahead. All supplies provided.

45643	Rock Creek	BLDG12 101	9:30am-12:20pm
Sat	10/24	Jamison Schmi	\$39 + \$35 fee

Class outside. Dress for the weather.

NEW CLASS

9YG 611T Harvest Porch Pot

Make a splash for the fall season with a cheerful harvest porch pot. Using evergreens, pops of colors, harvested goods and decorative items, this porch pot will complement your patio or porch. All supplies provided. Students are encouraged to bring a garden cart, if possible, as the pots will be heavy to carry.

45639	Rock Creek	BLDG12 101	9:30am-12:20pm
Sat	11/14	Jamison Schmi	\$39 + \$35 fee

Class outside. Dress for the weather.

NEW CLASS

9YG 611U Evergreen Porch Pot

Create a long-lasting evergreen porch pot to celebrate the arrival of cooler weather. Using evergreens, pops of color and decorative items, this porch pot will be a beautiful addition to your porch or walkway. All supplies provided.

45640	Rock Creek	BLDG12 101	9:30am-12:20pm
Sat	12/5	Jamison Schmi	\$39 + \$35 fee

Class outside. Dress for the weather.

NEW CLASS

9YG 611V Evergreen Centerpieces

Create a long-lasting evergreen centerpiece to celebrate cooler weather and the fall season. Using evergreens, pops of color and decorative items, this centerpiece will bring the scent of the forest into your home. All supplies provided.

45642	Rock Creek	BLDG12 101	9:30am-12:20pm
Sat	12/12	Jamison Schmi	\$39 + \$35 fee

Class outside. Dress for the weather.

Teach at PCC and share your knowledge and experiences.

Visit pcc.edu/communityed and click **Teach a class**



Home Gardening Series with Rod Smith

Gardening can improve the aesthetics of your home and put food on the table. It's also a wonderfully rewarding hobby. Nursery professional Rod Smith will show you how to get beautiful results from your gardening projects.

9YG 619M Home Gardening Series with Rod Smith

Register for this class to enroll in the series at a discount.

40934	Online	ZOOM	7pm-8:50pm
Tue	9/29-11/17	Smith	\$115

9YG 619J Landscape Design

Your yard is a reflection of your home. Learn how to develop an individualized plan for its design, including landscape styles and arranging plant combinations to fit your needs.

40936	Online	ZOOM	7pm-8:50pm
Tue	9/29	Smith	\$35

9YG 619N Trees, Shrubs and Roses

Find out which trees and shrubs are appropriate for our soil and climate, different lighting conditions and street appeal. Don't miss this opportunity to learn how to care for precious roses, which are a real pride in NW yards.

40937	Online	ZOOM	7pm-8:50pm
Tue	10/6	Smith	\$35

9YG 619F Annuals, Perennials and Bulbs

Enjoy color throughout the year by using the right plants strategically throughout your garden and planting bulbs that will give you a spring surprise.

40938	Online	ZOOM	7pm-8:50pm
Tue	10/13	Smith	\$35

9YG 619H Growing Fruits and Vegetables

Get professional tips on growing tree fruits, small fruits and vegetables that will yield bountiful amounts of your favorite crops.

40940	Online	ZOOM	7pm-8:50pm
Tue	10/20	Smith	\$35

9YG 619K Lawn Care

Learn to keep your lawn in top form year-round with less water and fertilizer.

40939	Online	ZOOM	7pm-8:50pm
Tue	10/27	Smith	\$35

9YG 619I Insects and Diseases

Discover safe ways to control insects in your yard, while protecting beneficial insects.

41332	Online	ZOOM	7pm-8:50pm
Tue	11/3	Smith	\$35

9YG 619L Pruning

One of the most important ways to care for your plants is to keep them well pruned. Learn when, where and how to cut plants, trees and shrubs for the best results.

40942	Online	ZOOM	7pm-8:50pm
Tue	11/10	Smith	\$35

Home Gardening Series with Rod Smith, continued

9YG 619P Winterizing Your Yard

You need to protect your yard from the harsh winter season. Come get great info on preparing your lawn and garden for the cold weather ahead.

40944	Online	ZOOM	7pm-8:50pm
Tue	11/17	Smith	\$35

Life Sciences

9YG 621K Weather 101

Learn basic weather reading skills to aid the gardener, hiker or outdoor enthusiast. Read weather maps, interpret cloud formations, understand our local climate and gain practical weather knowledge. Taught by a USDA-certified Meteorologist and former NOAA/NWS forecaster.

44433	Southeast	TABOR 143	6:30pm-8:20pm
Thu	10/1-10/29	Dittmer	\$65

Nature

NEW CLASS

9YG 611M Walk Like a Naturalist

When you explore the outdoors, there is amazing evidence of wildlife all around you. Learn how to walk like a naturalist and spot wildlife clues called "triggers" along with tips that make every walk in the woods an experience.

45492	Online	ZOOM	7pm-8:50pm
Tue	11/3	Ellis	\$39

9YG 621M Patterns in Nature

What do pinecones, sunflowers and honeycombs have in common? Fixed designs and patterns are all around us in nature. Gain a new sense of wonder for the natural world and a walk in your garden or the park will never be the same again!

44293	Online	ZOOM	7pm-8:50pm
Tue	10/13	Ellis	\$39

9YG 601Q Intro to Nature and Wildlife Photography

Wildlife photography provides an accessible opportunity to care more about the natural world and inspire conservation. Head outside with local biologist, educator and wildlife photographer Anna Le, to learn photography basics such as species identifications, understanding wildlife behavior and habitats, ethics when photographing wildlife and much more.

44366	Cascade	JH 106	5:30pm-7:20pm
Thu	10/15-11/12	Le	\$99

► You may also like **Photography: Beginning** on page 9

9YG 621X Nature ID Field Day

Have you enrolled and enjoyed our birdwatching, PNW foraging, or mushroom identification remote classes? Learn in the field and gain experience practicing your identification skills and learn new tools and skills with Community Education instructor Rebecca Lexa.

45525	Clark County	LACAPK FIELD	10am-1:50pm
Fri	11/13	Lexa	\$49

Instructor will email directions. Dress for the weather.

Permaculture

9YG 601I Urban Food Forests: Perennial Gardening

Learn the cultural context and benefits of urban food forestry and the practical steps needed to take in order to convert a lawn or garden into an abundant perennial ecosystem. This class includes detailed information on plant choices, a hands-on design exercise and is taught by the Director of the Portland Food Forest Initiative.

44482	Cascade	TEB 220	10am-12:20pm
Sat	12/12	Sloan	\$49
44483	Cascade	TEB 220	7pm-9:20pm
Thu	12/10	Sloan	\$49

Plant-based Dyeing

NEW CLASS NEW INSTRUCTOR

9YG 611W Make Ink: Forage and Create Handmade Pigments

Learn how to make and use your own pigments. Students will forage and collect plants together in order to learn to extract pigments from those materials. Then create your own calligraphy and painting techniques using your own handmade inks.

45866	Rock Creek	BLDG5 241	10am-1:50pm
Sat	9/26-10/10	Loughborough	\$79 + \$15 fee

Field Trips during class.

Class Spotlight:

Enjoy a unique class foraging in nature for materials to make your own ink! Learn how to identify materials for ink, techniques for extracting pigments and create your own work of art with handmade ink. Instructor Ivy Loughborough, a high school educator, started foraging for materials to make her own ink six years ago and has been an artist and calligrapher for 50 years.

NEW CLASS NEW INSTRUCTOR

9YG 611O Rust Fusion

Use natural fibers, iron and plant tannins to explore the magic of printing and dyeing. Learn the natural processes to create patterns that can be used in book making, painting, textile arts, ritual practice, leather arts and much more.

45863	Southeast	TABOR 127	5pm-8:20pm
Wed	9/30-10/14	Wrenn	\$69 + \$30 fee

► You may also like **Let's Make Books** on page 11

NEW CLASS

9YG 611P Natural Thread Dyeing

Explore natural dyes and basic embroidery stitches to create a unique color palette using plants and minerals. Students will dye several skeins of cotton threads and one stitching cloth using harvested plants and mordants. Create dye baths, practice various stitches and start creating a final embroidery piece to take home.

45865	Southeast	TABOR 127	5pm-8:20pm
Thu	11/5-11/19	Wrenn	\$69 + \$30 fee



Planting and Growing

9YG 601S Growing with Cats

Learn fun facts about human-feline bonds, incorporate cat-friendly treats into your garden and discover how to grow houseplants safely while protecting your furry friends.

45203	Online	ZOOM	6pm-7:50pm
Thu	10/1	Meiers	\$39

9YG 601R Gardening for Presence and Healing

Learn how simple gardening practices can foster presence, resilience and well-being. Using mindfulness and somatic tools, discover how connecting with nature helps relieve stress and support personal healing.

45570	Online	ZOOM	5:30pm-6:50pm
Tue	9/29-10/13	Geopinger	\$49

Hobbies and Crafts

NEW CLASS NEW INSTRUCTOR

9HB 605M Introduction to Amateur (HAM) Radio

Join hobbyists communicating wirelessly across town or across the world! Demystify the technical side of this hobby and learn the real-world fun and usefulness. Students will get an introduction to equipment, radio waves and how they work, safety, how to get certified and more.

45634	Online	ZOOM	10am-11:50am
Sat	10/3	Srinivasan	\$39

► You may also like **Emergency Preparedness** classes on page 25

NEW CLASS NEW INSTRUCTOR

9HB 605N Miniature Models

Do you enjoy making models? Do you like tiny spaces? Use mixed media and faux finishes to create a world of your own. Learn about scale and many material options for creating your final product.

45569	Rock Creek	BLDG2 121	5:30pm-7:50pm
Fri	10/2-10/23	Jones	\$65 + \$20 fee

9HB 605G Spiraled Wire Necklace and Earrings

Learn how to make decorative spirals using jewelry wire and create a necklace and matching earrings. Gain familiarity working with basic tools like pliers and cutters. All supplies are included.

45802	Southeast	TABOR 137	6pm-8:50pm
Thu	12/10	Kornei	\$39 + \$20 fee

Have a skill to share?

Visit pcc.edu/communityed and click **Teach a class**



Beaded Window Hangings

9HB 611N Wire-Wrapped Rocks and Crystals

Explore the art of wrapping small rocks and crystals with wire. Create several pendants and earrings for pierced ears. All supplies are included, just bring your creativity!

45800	Southeast	TABOR 137	6pm-8:50pm
Wed	9/23	Kornei	\$39 + \$30 fee

9HB 605J Chain Maille Bracelet

Learn how to interlock small metal rings together in a beautiful design to create a chain maille bracelet. All supplies are included, just bring your creativity!

45851	Southeast	TABOR 137	6pm-7:50pm
Mon	9/28-10/12	Kornei	\$45 + \$20 fee

9HB 611R Beaded Window Hangings

Select glass, ceramic and stone beads to string a roughly two foot-long window hanging to beautify any room. Students will finish projects with a faceted glass crystal to catch the light. All supplies are included, just bring your creativity!

44441	Southeast	TABOR 137	6pm-7:50pm
Tue	9/22	Kornei	\$39 + \$25 fee

Beaded Jewelry

9HB 611Y Easy Earrings for Gift Giving

Make simple earrings to satisfy all the people on your holiday list. Expect to make roughly ten pairs of earrings for pierced ears using glass, ceramic and stone beads. All supplies are included, just bring your creativity!

Easy Earrings for Gift Giving, continued

44443	Southeast	TABOR 137	6pm-8:50pm
Tue	12/1	Kornei	\$39 + \$40 fee
45801	Southeast	TABOR 137	6pm-8:50pm
Tue	12/8	Kornei	\$39 + \$40 fee

9HB 611O Woven Beaded Earrings:

Peyote Stitch

Learn to work with glass seed beads to create a pair of woven earrings using peyote stitch. All supplies are included, just bring your creativity! It's not necessary to know peyote stitch, but prior experience working with seed beads is helpful.

44440	Southeast	TABOR 137	6pm-8:50pm
Mon	11/30-12/7	Kornei	\$45 + \$20 fee

9HB 605K Hoop Earrings with Gemstones

Learn how to wrap wire around small gemstone beads to create a set of stunning hoop earrings for pierced ears. Choose your own gemstone beads and wire colors. All supplies are included, just bring your creativity!

45852	Southeast	TABOR 137	6pm-8:50pm
Tue	9/29	Kornei	\$39 + \$30 fee

9HB 605L Wire-Wrapped Rings

Learn how to artistically wrap and weave jewelry wire to create a stylish, one-of-a-kind ring. Embellish your creation with your choice of a glass or stone bead. Gain confidence working with tools, wire and beads. All supplies included.

45854	Southeast	TABOR 138	6pm-8:50pm
Thu	10/1	Kornei	\$39 + \$30 fee



NEW CLASS

9HB 605I Beaded Rings

Learn how to weave glass seed beads together using peyote stitch to create colorful and flexible rings. Embellish your creations with faceted crystals. Expect to make three or four rings to keep or give away as gifts.

45853	Southeast	TABOR 137	6pm-8:50pm
Wed	9/30-10/7	Kornei	\$45 + \$15 fee

Knitting and Fiber Crafts

9HB 622X Beginners Knitting Workshop

Discover the joy of knitting in a supportive community of crafters, where all levels are welcome. Master the basics you will need for every knitting project by learning cast on and off techniques, knit and purl and proper knitting terminology.

45806	Online	ZOOM	6pm-7:20pm
Wed	10/7-12/2	Patterson	\$79

No class 11/11.

Beginners Knitting Workshop, continued

45805	Southeast	TABOR 144	6pm-7:20pm
Tue	10/6-12/1	Patterson	\$79

9HB 620G Knitting Socks

Explore the basics of sock knitting construction such as knitting toe up as well as cuff down and socks with different heels and toes. Learn about different breeds of yarn for long lasting socks as well as color and design.

45803	Southeast	TABOR 138	6pm-7:20pm
Thu	10/8-12/3	Patterson	\$79

No class 11/26.

9HB 620H Knitting a Sweater

Knit your own homemade sweater! Explore the basics of sweater construction such as top down or bottom up, raglan or circular yolk. Learn about color work, fair isle or variegation.

45804	Southeast	TABOR 137	10am-11:20am
Sat	10/10-12/5	Patterson	\$79

No class 11/28.

► You may also like **Alpaca Farm Tour** on page 51

NEW CLASS NEW INSTRUCTOR

9HB 620Q Wool to Whimsy

Learn about felting wool from its source...on the farm! Process fibers, card, dye and learn explore felting creations. Students will have time to process and create their own wool piece. Students purchase their own needles.

45568	Rock Creek	BLDG2 246	6pm-8:20pm
Mon	10/12-11/9	Jones	\$69 + \$20 fee

Field Trip to Rock Creek Farm.



Instructor Spotlight: Amy Jones

Amy Petrone Jones has been an artistic explorer since she was young. She grew up in the Pacific Northwest where being in nature and animal life inspired her drawings, paintings and fiber crafts. She enjoys trying new media and is looking forward to sharing her discoveries and techniques with students.

NEW CLASS NEW INSTRUCTOR

9HB 620M Felting and Wool Crafting

Learn how to craft with wool! Using wool from sheep, llama and alpaca, students will explore needle and wet/nuno felting methods, plus dyeing their own unique colors. Students will have ample time to explore their own interests using the materials at hand.

45565	Rock Creek	BLDG2 246	6pm-8:30pm
Tue	10/6-11/3	Jones	\$79 + \$20 fee

Field Trip to Rock Creek Farm.

NEW CLASS NEW INSTRUCTOR

9HB 620N Make a Felted Pumpkin

Make a seasonal gourd of your choice while learning about needle and wet/nuno felting techniques. Explore various types of wool to make a pumpkin with vine and leaves attached. Students can make additional optional projects as time permits.

45566	Rock Creek	BLDG2 246	9am-11:50am
Sat	9/26	Jones	\$39 + \$10 fee

NEW CLASS NEW INSTRUCTOR

9HB 620O Create Wire-Based Characters

Explore working with mixed media to make a wire-based sculptural character for display in your home, child play or simple animation. Learn to use foam, fabric, fake fur and felt to fashion an animal or character with clothes and accessories. Simple sewing skills welcome but not required.

45567	Rock Creek	BLDG2 246	6pm-8:50pm
Wed	10/14-11/4	Jones	\$79 + \$20 fee



“This is a great instructor, wonderful class!” ~ beaded jewelry student

Home, Garden and Self

1-On-1 Chess Lessons



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Enjoy a tailored chess curriculum designed just for you! Whether you are new to the game or competing in rated play, learn the foundation for chess mastery. Focus on the fundamentals, review classical matches and analyze your own games to target specific areas for improvement.

Instructor Profile and Availability

David Petrozzi

david.petrozzi@pcc.edu

Availability: Flexible days/hours.

David is a lifelong player who learned chess at an early age, competed in national tournaments, and has been teaching since 2004. David specializes in teaching beginners who want to pick up chess as a new hobby, as well as intermediate level players seeking to improve their results in rated games. Allow him to share his passion for the rich and quirky history of chess as you sharpen skills and have fun along the way!

1-On-1 Chess Lesson Package

9HB 611B 1-On-1 Chess Lessons: 10 Session Package

Discover the joy of chess and why it continues to thrive in our modern age! Explore the theory, art and history of chess with examples from famous games and current tournaments. Navigate online chess and receive a flexible lesson plan tailored especially for your needs as a player. All levels welcome. Sessions last 50 minutes.

42423 Online 9/21-12/12 Petrozzi \$479

Games

9HB 601S Video Game Studies

Video games are unique because they don't just tell a story - they start a conversation with the player. This course serves as an introduction to how that communication flows throughout play, while also drawing attention to the social and industrial history of this art form. Play rare games and oddities sourced straight from the instructor's personal collection!

45202 Sylvania TCB 309 6pm-8:50pm
Wed 9/30-11/25 Cirillo \$155

9HB 601E Bridge 101: The Basics

Learn to play bridge from experienced instructors, who will also connect you to the local community of bridge players. Each two hour class includes one hour of teaching and one hour of actual play. No prior bridge experience required.

43156 NW Portland PBC ROOM 6:20pm-8:20pm
Wed 9/23-10/21 Brower \$139

9HB 601F Bridge 102: Let's Play

For players with a basic understanding of bidding and play. Expand your bridge skills and get connected to the local community of bridge players. Each two hour class includes one hour of teaching and one hour of actual play.

43716 NW Portland PBC ROOM 6:20pm-8:20pm
Wed 10/28-12/9 Brower \$139

No class 11/11.

Sewing and Quilting

NEW CLASS

9HB 620R Intermediate Sewing: Tote Bag

Make a multi-pocket bag perfect for toting around craft and hobby supplies that will help keep everything organized and tidy. Students should have a machine in working order, have sewn on the machine recently and complete a straight stitch successfully. Students can work on other projects as time permits.

45636 Rock Creek BLDG2 122 5:30pm-8:20pm
Wed 10/21-11/4 Jamison \$59 + \$40 fee

Students must bring sewing machine.

NEW CLASS

9HB 620S Intermediate Sewing: Dog Jacket

Make a dog jacket perfect for your furry friend. Students should have a machine in working order, have sewn on the machine recently and complete a straight stitch successfully. Students can work on other projects as time permits.

45637 Rock Creek BLDG2 122 5:30pm-8:20pm
Wed 11/18-12/9 Jamison \$59 + \$40 fee

No class 11/25. Students must bring sewing machine.



Instructor Spotlight: Bekki Jamison

Bekki Jamison is a dedicated sewist and creative maker with a passion for craftsmanship, design and lifelong learning. She enjoys sharing her expertise across a variety of creative practices and is proud to contribute to the PCC Community Education community, fostering creativity and connection through teaching and collaboration.

9HB 620A Clothing Alterations for Every Body

Clothes aren't always made to fit bigger bodies, trans bodies, disabled bodies or any body that doesn't match standard sizing. Learn how to adjust proportions, add comfort, reshape a garment or modify clothing for access needs. Explore simple and practical sewing techniques for a fit that feels good.

Clothing Alterations for Every Body, continued

45848 Southeast TABOR 124 6pm-8:20pm
Thu 10/1-11/19 Harmer \$129 + \$2 fee
Info: pcc.edu/staff/willow-harmer

9HB 620B Hand Mending Clothes

Give your favorite clothes a second life. Learn essential hand-sewing and darning techniques to mend and repair your garments. Whether it's a ripped seam, a missing button, or a hole in your favorite jeans, learn practical skills to fix them with confidence.

45849 Southeast TABOR 137 1pm-3:50pm
Sat 10/3-10/17 Harmer \$59

Info: pcc.edu/staff/willow-harmer

NEW CLASS

9HB 620U Hand Sewn Pillow Plushie

Design and hand sew your own animal plushie with embroidered accents. Learn how to convert a simple drawing into a 3D form while exploring a few different hand sewing stitches.

45850 Southeast TABOR 137 1pm-3:50pm
Sat 10/24-11/7 Harmer \$59

Info: pcc.edu/staff/willow-harmer

9HB 625Z Quilting: In the Beginning

Have you ever wanted to make a quilt but didn't know where to begin? Learn all the tricks like reading a pattern, sewing up a quilt top and how to finish your project. Students should bring a sewing machine.

44362 Cascade TEB 222 9am-12:50pm
Sat 11/14-12/12 Werkman \$105

No class 11/28. Info: pcc.edu/staff/dwerkman

9HB 620P Quilting: Fall Mix and Match

Quilting is the perfect fun and cozy fall activity. Make a quilt that will light up even the cloudiest autumn day. All levels are welcome. Bring your sewing machine and a sense of adventure.

45200 Cascade TEB 222 9am-12:50pm
Sat 10/3-10/24 Werkman \$105

Info: pcc.edu/staff/dwerkman

Home Improvement

9HI 620M Home Repair 101

Do you want to tackle minor home maintenance yourself, but not sure where to start? Learn basics of homeowner tasks like mounting shelves, fixing toilets, replacing light switches and the tools needed for the job. Gain foundational knowledge, learn safety practices and understand when to hire a professional.

44547 Rock Creek BLDG2 121 6:30pm-8:20pm
Tue 9/22-10/27 Carbonaro \$79



Self Development

NEW CLASS

9PDV 612G A Seasonal Reset

Take a gentle seasonal and embodied pause to reconnect with yourself. Through guided somatic practices, reflection and writing, explore ways to slow down, reduce stress and restore a sense of steadiness and renewal.

45572	Online	ZOOM	10am-11:50am
Sat	11/7	Geoppinger	\$39

9PDV 612E Writing Through Loss for Healing

Learn to write your way through loss and renewal. Explore using guided prompts, discussion and reflection to help you transform personal experiences into meaningful stories of healing and growth.

45571	Online	ZOOM	10am-11:20am
Sun	9/27-10/11	Geoppinger	\$49

9PDV 630B Organize Your Life: The Joy Crazy™ Method

Feeling overwhelmed by paperwork, emails and life details? Learn the research-informed Joy Crazy Way™ which is a practical organizational system for managing real paper and digital information, simplifying decisions and moving projects forward.

45627	NW Portland	FRNHSE GRDN	12pm-1:50pm
Sat	9/26-10/17	Paul	\$55 + \$10 fee
45628	NW Portland	FRNHSE GRDN	9:20am-11:10am
Wed	9/23-10/14	Paul	\$55 + \$10 fee

► You may also like **AI for Real Life: Home and Business Tasks** on page 20



Instructor Spotlight: Shannon Paul

Shannon Paul, M.Ed. is a Joy Advocacy Coach with a master's from Michigan State University. Navigating her own chronic conditions and life twists, she understands feeling overwhelmed by paperwork, emails and details. She is passionate about helping students, including those with "neurospicy" brains, simplify decisions and move projects forward. If you've taken her popular Community Ed pickleball classes, you've seen firsthand how well she keeps things organized!

9PDV 621Y Glimmers: Adding Joy to Your Life

A glimmer is a small moment of joy or calm. Explore creative ways to bring more glimmers into your life. Join this guided personal exploration and find ways to bring more joy to your days.

44587	Online	ZOOM	7pm-8:20pm
Wed	9/23-10/14	Ebba	\$55

9PDV 621P Enneagram Detective

The Enneagram is a surprisingly accurate personality system that describes nine unique patterns of thinking, feeling and acting. As we all have strategies for maneuvering in the world, learn more about yourself and others and explore types, instincts and interactions.

44480	Online	ZOOM	6pm-7:20pm
Thu	9/24-10/22	Holland	\$45

9PDV 621T Art and Science of Feedback Communication

Effective feedback is one of the most powerful drivers of growth, performance, and trust yet it's often one of the hardest skills to master. Learn the tools, mindset and language needed to give feedback with clarity, confidence and empathy.

45190	Rock Creek	BLDG2 121	6pm-8:50pm
Thu	11/5	Baranek	\$39

► You may also like **Finding a Job in Portland: Strategy, Skills, and Confidence** on page 19

9PDV 620I Build Your Confidence; Be Friends with Yourself

Is your self-talk what you want it to be? Negative self-talk and internal conflict can make us feel stuck and affect our goals and decision-making. Practice using tools to increase confidence, resolve inner conflict and improve self-talk. Get ready to shift towards a positive change in how you think and feel.

45807	Online	ZOOM	9:30am-12:20pm
Sat	10/10	Sugg	\$39

► You may also like **1-On-1 Public Speaking Coaching** on page 20

9PDV 611X Ecopsychology for Everyone

Nature is good for you, but did you ever wonder why? Explore how the many ways we connect with nature help improve our mental health, how nature can be incorporated into therapy and how you can apply these principles to your everyday life.

44601	Online	ZOOM	6pm-8:20pm
Tue	11/17	Lexa	\$39

9PDV 610U Mysteries of Dying

An enlightening exploration of the dying journey, non-ordinary awareness states, grief, being with those in transition and end of life decisions. Students will share in a safe and supportive environment. Class will include mindfulness teachings for well-being.

45889	Online	ZOOM	10am-11:20am
Tue	9/29-11/3	Britton	\$59

Astrology and Tarot

NEW CLASS

9PDV 600J Tarot As A Mirror

Tarot can be a powerful reflective tool for self-development. Explore daily use of the cards to understand your motivations and interpretations of your life and interactions. Develop a deeper understanding of your life vision and be prepared to be surprised and centered by this practice.

45856	Online	ZOOM	5:20pm-7pm
Tue	9/22-09/29	Sugg	\$45

Recommended: *The Ultimate Guide to the Rider Waite and Cards*

► You may also like **Spirituality Beyond Religion** on page 42

Style and Beauty

9SB 600F Soap Making: All Natural Ingredients

Make your own! Learn about cold processed soap making with natural ingredients. In this hands-on class, students will learn how to make small batch soaps for sensitive skin, create basic color schemes and incorporate natural additives into their recipes.

45792	Southeast	COMX KIT	1pm-4:50pm
Sat	10/24-11/14	Aguinaga	\$105 + \$30 fee

Students must attend first day.

9SB 620A Whole Body Wellness

Reset and recharge your overall wellness. Learn to make healthy and delicious Indian salads flavored with traditional spices. Make refreshing face masks with nature's ingredients and head-to-toe body care oils. All recipes and beauty products are affordable and easy to make at home.

45181	Rock Creek	BLDG5 241	5:30pm-8:20pm
Mon	10/5-10/26	Muniraj	\$129 + \$60 fee

1-On-1 Personal Styling



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Are you frustrated with your appearance and clothes in your closet? Feeling confident and comfortable in your clothes matters. Cristina can aid students in any stage of life, find their confidence and sense of self again. Learn to have fun with fashion and feel less stress finding something to wear, while improving your overall sense of style and well being.

Senior Discount

► More info: pcc.edu/senior

If you are 62 years of age or over when classes begin, you are eligible to receive a 50% tuition discount!



Home, Garden and Self

Instructor Profile and Availability

Cristina Villarreal

cristina.villarreal@pcc.edu

Availability: Mon, 10am-6pm; Tue/Thu, hours vary

Cristina has been a Wardrobe Stylist since 1994. She graduated from the Fashion Institute in Los Angeles, CA and has toured the globe styling musicians and dancers for live concerts since 2001. Cristina has a monthly styling segment here in Portland on KOIN 6 where she shares lifestyle and fashion tips. She is excited to work with PCC Community Ed students that are looking for styling solutions and help them rediscover their beauty inside and out.

1-On-1 Personal Styling Package

9PDV 621G **1-On-1 Personal Styling:**

5 Session Package

How many times have you denied going out with friends or missed an opportunity because you didn't feel confident in your clothes? Feeling comfortable in your clothes aids in our everyday energy to be ourselves and feel confident in our work and personal lives. Build your self-esteem, have fun with clothes and develop your sense of self with the help of a personal stylist. Sessions last 55 minutes.

45273 **Online** 9/21-12/12 Villarreal \$275

Need measuring body tape.

Woodworking and Metalworking Blacksmithing

9MW 620E Blacksmithing: Metal Forging

Explore this hands-on introduction to the ancient and exciting craft of blacksmithing. Learn the art of forming metal with heat, hammer, hand and anvil. The instructor will also focus on understanding the nature of metal and its capability to be both hard and soft.

43731	NE Portland	WILDHB STUDIO	11am-2:50pm
Sun	9/27	Boyer	\$345 + \$45 fee

43733	NE Portland	WILDHB STUDIO	11am-2:50pm
Sun	11/15	Boyer	\$345 + \$45 fee

9MW 620F Blacksmithing: Forging Tools

Learn the art of creating custom blacksmithing tools. Explore traditional forging techniques using a forge, anvil and hammer to shape and temper tools. Whether you're a beginner or looking to refine your craft, this class will provide the knowledge and experience to build your own set of tools from scratch.

45735	NE Portland	WILDHB STUDIO	11am-2:50pm
Sun	10/18	Boyer	\$345 + \$45 fee



Metal Crafts

Metal Crafts

Students must wear protective eye wear and attend mandatory safety orientation at first class.

9MW 620K Steel Fabrication: Sculpture and Furniture

Learn metalworking through creative exploration of the material properties and fabrication techniques of mild steel as a raw material. Develop confidence through demonstrations and self-guided experimentation and build metalworking skills by bending, cutting and MIG welding. All levels welcome.

45629	Rock Creek	BLDG2 131	1pm-3:50pm
Sat	9/26-12/12	Campbell	\$205 + \$60 fee

No class 10/31 and 11/28. Must reg/drop by 9/24.

9MW 620L Steel Fabrication: Open Studio

This open studio offers space, equipment and instructor support for students enrolled or who have taken a Steel Fabrication class with Joyce Campbell. Deepen your practice through hands-on exploration of mild steel while pursuing independent projects using bending, cutting and MIG welding techniques.

45631	Rock Creek	BLDG2 131	10am-12:50pm
Sat	9/26-12/12	Campbell	\$185 + \$41 fee

No class 10/31 and 11/28. Must reg/drop by 9/24.

9MW 627G Welding: The Basics

Join other interested students and explore the world of welding. This class is for new and experienced welders alike. Learn basic shop safety skills, how to properly use equipment, MIG welding techniques and oxyacetylene cutting. Each week, students will practice what they learn in the shop under the guidance and support of their experienced instructor.

43678	OMIC Center	OMIC 105	9am-11:50am
Sat	10/3-12/12	Yardley	\$219 + \$60 fee

No class 11/28. Must reg/drop by 10/1.

45185	OMIC Center	OMIC 105	12:30pm-3:20pm
Sat	10/3-12/12	Yardley	\$219 + \$60 fee

No class 11/28. Must reg/drop by 10/1.

9MW 620H Metalsmith Series

Discover the art of metalsmithing in this six week hands-on course. Learn foundational techniques, master basic stone setting and leave with multiple handcrafted pieces that reflect your creativity, growth and new metalworking skills.

45679	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	9/22-10/27	Boyer	\$389 + \$100 fee

45680	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	10/7-11/11	Boyer	\$389 + \$100 fee



9MW 627S **Welding Fundamentals:**

TIG Welding (GTAW)

Learn the exciting basics of TIG welding. Explore a highly technical welding practice that can be applied in many practical ways to create your welding projects. This hands-on class offers detailed instruction on technique and proper setting control allowing students to learn alongside seasoned professionals.

43718	NE Portland	WILDHB STUDIO	6pm-8:50pm
Mon	10/5-10/12	Boyer	\$345

45678	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	11/12-11/19	Boyer	\$345

9MW 627E **Welding Fundamentals:**

MIG Welding (GMAW)

Gain fundamental welding skills including basic techniques and mechanics of the welding machine. All levels welcome. Classroom equipment/material provided.

45676	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	9/23-09/30	Boyer	\$299

45677	NE Portland	WILDHB STUDIO	6pm-8:50pm
Mon	11/2-11/9	Boyer	\$299

45738	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	9/23-09/30	Boyer	\$299

45739	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	10/8-10/15	Boyer	\$299

9MW 620G **SMAW: Stick Welding**

Explore the basics and fundamentals of stick welding (SMAW). Learn about welding safety, equipment setup and basic techniques for welding ferrous metals. Through guided practice, gain confidence in creating strong, clean welds.

44623	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	10/17	Boyer	\$189

9MW 620A **TIG Welding: Aluminum**

Explore the concepts and techniques of TIG welding with aluminum. Receive hands-on training and instruction with this preferred metal and it's lightweight and anti-rust properties.

43721	NE Portland	WILDHB STUDIO	6pm-8:50pm
Mon	11/16-11/23	Boyer	\$345

9MW 627N **Plasma Cutting**

Learn about the art of plasma cutting using electricity to cut through metal. It's an easy and fun process to learn and a creative way to work with metal that allows you to cut out any design you want. Students will get to choose from a variety of forms to make their project.

44610	NE Portland	WILDHB STUDIO	11am-12:50pm
Sat	10/10	Boyer	\$189

Metalworking Jewelry

9MW 627Q **Metalsmith Jewelry:**

The Basics

Explore the basics of jewelry making and the tools and techniques every jewel smith will need in order to complete their projects. This is a hands-on class and students will learn to safely use tools, cut out shapes with a jeweler's saw and complete a small project.

44614	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	12/5	Boyer	\$189 + \$15 fee

44615	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	11/5	Boyer	\$189 + \$15 fee

45682	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	10/3	Boyer	\$189 + \$15 fee

9MW 627R **Metalsmith Jewelry: Soldering**

Learn the techniques of silver soldering with an acetylene gas torch. Students will be guided through safety instructions for using a torch, along with techniques such as "quenching" and "pickle." Enjoy making your own jewelry creation and advance your skills in jewelry making.

45684	NE Portland	WILDHB STUDIO	3pm-5:50pm
Sat	10/10	Boyer	\$189 + \$15 fee

45685	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	12/1	Boyer	\$189 + \$15 fee



Woodcrafts

“Joyce is an excellent instructor, balancing important safety considerations and effectively teaching basic welding techniques.” ~ metal crafts student



9MW 620J Stamped Cuff with Stone

Create a custom metal cuff bracelet featuring personalized stamped designs and a hand-set stone. Learn metal stamping, cuff forming and finishing and an introduction to basic stone bezel setting.

45737 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Thu 12/3-12/10 Boyer \$295 + \$45 fee

9MW 627Y Metalworking Jewelry: Sand Casting with Bronze

Sand casting is a traditional form of metalworking which has been used for centuries to craft beautiful, intricate pieces of jewelry. Learn how to cast a ring or small trinket with bronze.

44613 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Tue 11/10-11/17 Boyer \$295 + \$45 fee

Wood Crafts

Students must wear protective eye wear and attend mandatory safety orientation at first class.

9MW 628A Woodworking 101 Basics: Part 1

Hands-on class covers tools, safety, materials and tricks of the trade. Projects teach proper use of machinery to help get you started on your own project. First class attendance required.

42631 **Scappoose** MMPS SHOP 6pm-8:50pm
Thu 9/24-12/3 Martin \$209 + \$225 fee
No class 11/26. Must reg/drop by 9/22. Bring safety glasses.

43710 **Scappoose** MMPS SHOP 6pm-8:50pm
Tue 9/22-12/1 Martin \$209 + \$225 fee
No class 11/24. Must reg/drop by 9/20. Bring safety glasses.

44546 **Scappoose** MMPS SHOP 1:30pm-4:20pm
Fri 9/25-12/4 Martin \$209 + \$225 fee
No class 11/27. Must reg/drop by 9/23. Bring safety glasses.

9MW 628V Woodworking: Tool Basics

Gain an introduction to proper use of five staple wood working tools. Explore safety and proper use of tools in a wood shop. Students will get hands on with all the tools to build a cedar birdhouse.

44620 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Mon 9/28 Boyer \$185 + \$52 fee

45736 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Wed 11/18 Boyer \$185 + \$52 fee

9MW 628X Woodworking: Cutting Board

Choose from a variety of wood and patterns to make your unique cutting board. Learn how to prep material, sand, laminate and finish your project. Gain experience in a working wood shop and take home your own finished piece to enjoy in your kitchen.

44618 **NE Portland** WILDHB STUDIO 3pm-5:50pm
Sat 12/5-12/12 Boyer \$315 + \$52 fee

Motorcycle and Scooter Classes

PCC motorcycle courses at the PCC Sylvania Campus are offered in cooperation with Team Oregon, a nationally recognized leader in motorcycle rider safety and skills training. Team Oregon offers courses for riders of all levels of ability. You can learn to ride, earn your motorcycle endorsement or take your skills to the next level. The course instruction and coaching will help you to ride safer, smarter and more skillfully.

Basic and intermediate courses are approved for Oregon's mandatory training requirement, and offer a choice of traditional or online classroom.

Basic Courses | \$229

- Choose from Basic Rider Training (BRT) or eRider™ Basic
- 8 hours practice riding + classroom

- Available to all riders 16 and older; mandatory for new riders under 21

Intermediate Courses | \$199

- Choose from Intermediate Rider Training (IRT) or eRider™ Intermediate
- 4 hours practice riding + classroom
- Available to all riders 21 and older

Advanced Courses | \$99

- Rider Skills Practice (RSP)
- 4.5 hours, no classroom
- Available to riders 16 and older with a motorcycle endorsement
- Other advanced courses are available through Team Oregon

Find complete training and licensing information, course schedules and register online at the Team Oregon website team-oregon.org. If you need additional assistance or information, call 800-545-9944.

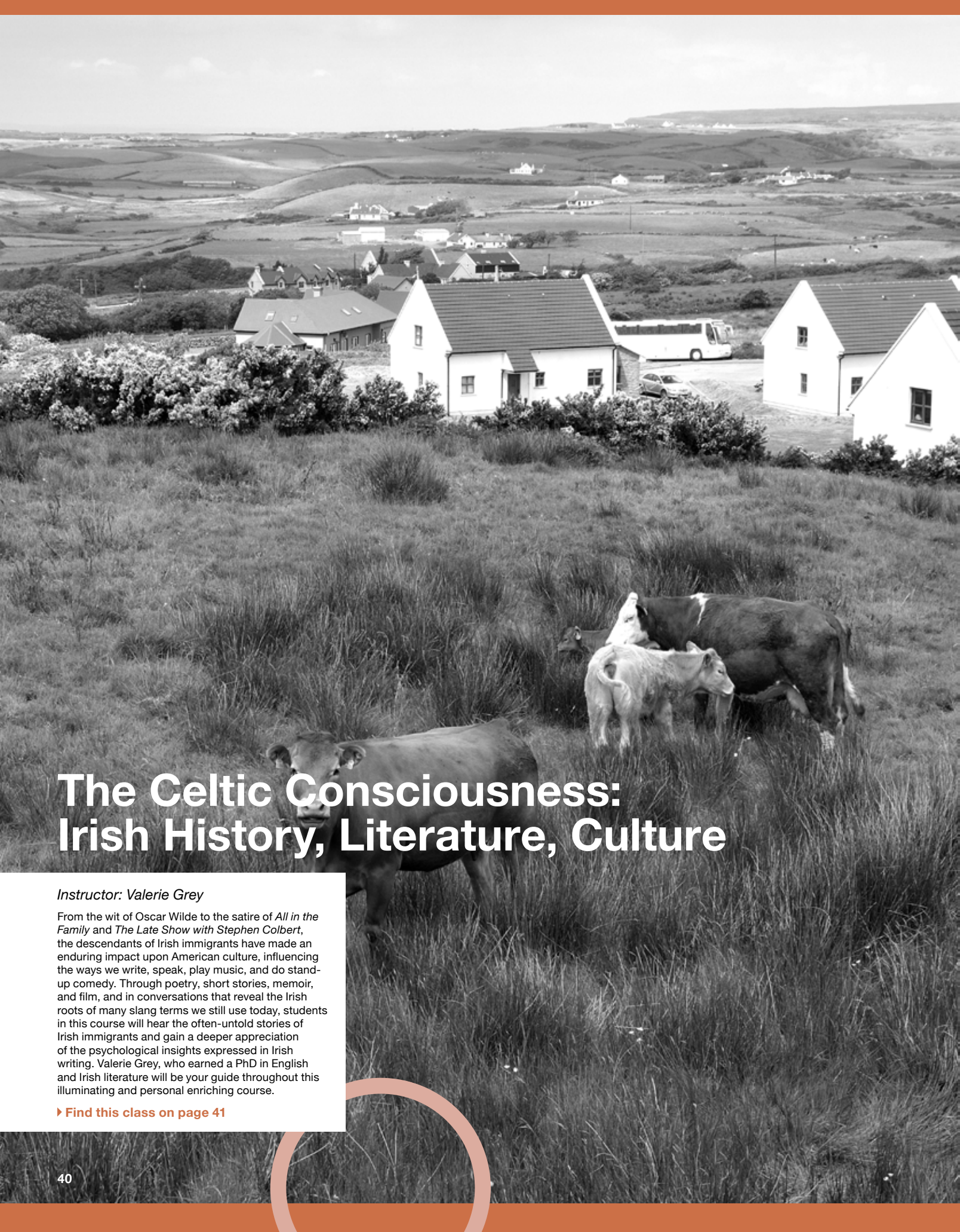


team-oregon.org



Teach at PCC and share your knowledge and experiences.

Visit pcc.edu/communityed and click **Teach a class**



The Celtic Consciousness: Irish History, Literature, Culture

Instructor: Valerie Grey

From the wit of Oscar Wilde to the satire of *All in the Family* and *The Late Show with Stephen Colbert*, the descendants of Irish immigrants have made an enduring impact upon American culture, influencing the ways we write, speak, play music, and do stand-up comedy. Through poetry, short stories, memoir, and film, and in conversations that reveal the Irish roots of many slang terms we still use today, students in this course will hear the often-untold stories of Irish immigrants and gain a deeper appreciation of the psychological insights expressed in Irish writing. Valerie Grey, who earned a PhD in English and Irish literature will be your guide throughout this illuminating and personal enriching course.

► Find this class on page 41



Language and Culture

Cultural Exploration
pages 41-42

Languages
pages 42-49

Cultural Exploration

World View

9WV 601W **The Celtic Consciousness: Irish History, Literature, Culture**

Discover the magic and mystery of Ireland. Explore the influence of Celtic myth, history, and tradition on its music, poetry, humor and storytelling. Learn about Irish folklore, the legacy of the Famine and the struggle for Irish independence. Discover the passion that brought the Irish to America and endures in our own language, popular culture and seasonal celebrations.

43238	Online	ZOOM	6pm-7:50pm
Mon	9/28-11/30	Grey	\$145

NEW CLASS **NEW INSTRUCTOR**

9WV 605E **The Story of Abraham: Where Three Faiths Meet**

Abraham stands at the center of Judaism, Christianity, and Islam. Through his story, we will reflect on his choices and challenges while exploring texts, interpretations, and perspectives that developed through three major world religions.

45615	Sylvania	TCB 211	7pm-8:20pm
Thu	10/1-11/12	Footo	\$69

No class 10/22.



Instructor Spotlight: Benjamin Foote

Benjamin Foote has long been fascinated by religion and the stories people tell to make meaning across traditions. After Divinity School, he spent nearly 20 years in the classroom teaching literature, history, and religious studies. In this course, learners will use tools and texts from all three of those disciplines to explore the iterations and innovations of stories of the biblical figure Abraham, who lies at the heart of the Western world's religious traditions. Benjamin's classes welcome learners of all backgrounds, and are designed to foster curiosity, perspective-taking, and thoughtful conversation.

NEW CLASS

9WV 605C **American Gangster Films**

Do you love gangster movies? Over the course of eight weeks we will watch eight American made gangster films from the 1930s to present day. We will discuss how these films evolve over the years as well as how they reflect our culture.

45209	Cascade	TH 201	7pm-8:20pm
Thu	9/24-11/12	Stafford	\$79

UPDATED CLASS

9WV 620J **From Film to Real Life? UFOs, UAPs, Government and the Media**

Films like Disclosure Day and The Age of Disclosure pushed the topic of Unidentified Anomalous Phenomena to the forefront of pop culture. This course explores the serious debate and discussion surrounding UAP and UFOs in government and the media.

45689	Online	ZOOM	5:30pm-7:20pm
Thu	10/8-10/29	Anslinger	\$59

NEW CLASS

9WV 605D **Movies about Movies - Hollywood Films Itself**

Hollywood has a fetish for films about itself. What do these films say about Hollywood? Are they autobiographical? Do they provide insight into filmmaking? Let's watch these films and find those inside jokes that filmmakers love to make.

45212	Online	ZOOM	7pm-8:50pm
Tue	9/22-11/10	Friedman	\$99 + \$2 fee

9WV 605A **Spirituality Beyond Religion**

From our earliest beginnings, humans have been spiritual beings - seeking connection, meaning, and understanding. We will explore core elements of human spirituality across religions, secular life, and ancient traditions, offering grounded ways to understand what it means to be human today.

45779	Cascade	TH 100	4:30pm-5:50pm
Wed	9/23-10/28	Cramer	\$65

► You may also like **Tarot As A Mirror** on page 36



9WV 620Z Urbanism and You

How do urbanist practices such as walkability, public transportation, bike infrastructures and efficient usages of public space improve our quality of life? We will explore how the design and management of urban areas throughout the world impact its residents.

45207	Cascade	JH 102	5:30pm-6:50pm
Wed	9/23-10/14	Kontos	\$45

Languages

9LAN 611R Greek Conversation: Level 1

Join this beginner's course, taught by a native speaker. Learn basic Greek words and phrases, as well as listen and repeat everyday expressions.

42358	Online	ZOOM	11:30am-12:50pm
Wed	9/23-12/9	Kontos	\$145

No class 10/28, 11/11.

▶ You may also like **Greek Cuisine** on page 28

American Sign Language

9LAN 613G American Sign Language: Level 1

ASL is one of the most commonly used languages in the U.S. Learn its communication alphabet, how to engage in basic conversation and about Deaf culture. We start with nothing and build your skills from there. Taught by member of Deaf community.

40907	Cascade	TEB 224	7pm-8:50pm
Wed	9/30-12/9	WorthyLake	\$145

No class 11/11.

43717	Online	ZOOM	7pm-8:50pm
Tue	9/22-11/24	Eleweke	\$145

43703	Southeast	TABOR 124	5pm-6:50pm
Tue	9/29-12/1	WorthyLake	\$145

41895	Sylvania	SS 123	5pm-6:50pm
Mon	9/28-11/30	WorthyLake	\$145

9LAN 614T American Sign Language: Level 2

Continue to enhance your ASL skills. Some prior ASL experience recommended. Taught by member of Deaf community.

44371	Cascade	TEB 224	5pm-6:50pm
Wed	9/30-12/9	WorthyLake	\$155

No class 11/11.

44370	Sylvania	SS 123	7pm-8:50pm
Mon	9/28-11/30	WorthyLake	\$155

9LAN 613H American Sign Language: Levels 2 and 3

Increase vocabulary, expressive ability and confidence; lay groundwork for fluency. For those who have taken Level 1, have prior knowledge of ASL or are taking a credit class and want additional support. Taught by member of Deaf community.

41900	Online	ZOOM	7pm-8:50pm
Thu	9/24-12/3	Eleweke	\$155

No class 11/26..

American Sign Language: Levels 2 and 3, continued

43708	Southeast	TABOR 124	7pm-8:50pm
Tue	9/29-12/1	WorthyLake	\$155

1-On-1 American Sign Language Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Jonah Eleweke

Availability: Fri, 11:45am & 2:05pm; Sat, 1pm

Jonah has been teaching for over 30 years. Known for his engaging and supportive approach, his dedication, patience, and deep knowledge of ASL help learners build confidence, communication skills, and lasting achievement.

1-On-1 American Sign Language Instruction Packages

Improve your American Sign Language skills by working individually with an experienced, highly-rated educator. Focus on any combination of vocabulary, conversation and grammar to develop your comprehension and ability to communicate.

NEW CLASS

9LAN 621K 1-On-1 American Sign Language Instruction: 5 Session Package

45548	Online	9/21-12/12	Eleweke	\$299
-------	---------------	------------	---------	-------

NEW CLASS

9LAN 621L 1-On-1 American Sign Language Instruction 10 Session Package

45549	Online	9/21-12/12	Eleweke	\$549
-------	---------------	------------	---------	-------

Arabic

9LAN 611A Arabic Conversation: Level 1

Learn to speak Modern Standard Arabic. This rich and beautiful language is one of the oldest and most widely spoken languages in the world. It is a reflection of the history of 22 Arab countries and their civilizations.

45225	Online	ZOOM	5pm-6:50pm
Wed	9/23-12/2	Bounama	\$145

No class 11/11. Text: *Lughatuna al-fusha*

45870	Sylvania	LIB 212	5:30pm-7:20pm
Thu	9/24-12/3	Aly	\$145

No class 11/26.

9LAN 611T Arabic Conversation: Level 2

Continue learning this beautiful language. Suitable for those who have completed Arabic Conversation: Level 1 or have prior knowledge.



“Timo was great. We will be back to learn more from him.” ~ American Sign Language student



Language and Culture

Arabic Conversation: Level 2, continued

45612 **Online** ZOOM 6:30pm-7:50pm
Tue 9/22-11/24 Dezay \$119

9LAN 600M Arabic Conversation: Level 3

Continue to learn this beautiful language. Suitable for former students of Arabic Conversation: Level 2.

45613 **Online** ZOOM 6:30pm-7:50pm
Thu 9/24-12/3 Dezay \$129

No class 11/26. More info: pcc.edu/staff/afaf.raad

9LAN 612Q Levantine Arabic

Levantine Arabic is the main spoken form of Arabic in Syria, Lebanon, Jordan and Palestine. Learn to speak one of the major varieties of Arabic with numerous dialects and over 30 million native speakers worldwide.

44731 **Online** ZOOM 7pm-7:50pm
Wed 9/23-12/9 Alomar \$75

No class 11/11, 11/25.

NEW CLASS NEW INSTRUCTOR

9LAN 621H Learn Arabic through Stories:

One Thousand and One Nights

Learn standard Arabic using classic Middle Eastern folktales such as Aladdin, Sinbad and Ali Baba simplified for adult learners. We will focus on comprehension, rhythm, pronunciation and vocabulary. Perfect for building confidence and long term success.

45611 **Online** ZOOM 5pm-6:50pm
Fri 9/25-12/4 Bounama \$145

No class 11/27. Text: *One Thousand and One Nights*



Chinese

UPDATED CLASS

9LAN 600C Chinese for Travelers

(Mandarin)

Practice speaking Chinese for real-life situations such as ordering food, traveling, and asking questions through interactive activities and guided conversation practice. This course is for learners with basic knowledge of tones and greetings.

45693 **Online** ZOOM 10am-11:20am
Mon 9/21-11/23 Chen \$109

9LAN 611C Chinese Conversation: Level

1 Mandarin

Open the door to the one of the world's most ancient, intricate and widely spoken languages. This class uses a fun and innovative approach that helps learners develop new skills and confidence in Chinese communication and culture.

44404 **Rock Creek** BLDG3 230 10am-11:20am
Thu 9/24-12/3 Chen \$109

No class 11/26.

1-On-1 Chinese Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Would your Mandarin Chinese language development benefit from a personalized curriculum? Whether you're just starting out or have previous experience, you and your instructor will work together to co-create and execute a learning plan tailored to your goals and language level.

Instructor Profile and Availability

Riva Chen

Availability: Mon, 9:30am-11:30am;
Tue, 9:30am-11:30am, 1:00pm-3:00pm

Riva is a native Mandarin speaker who holds a Master's degree in TESOL. Originally from Taiwan, she has had the opportunity to teach in both Shanghai and Tokyo, which has significantly broadened her understanding of different cultures and languages. A fun-loving, friendly, and patient language teacher dedicated to student-centered learning, she strives to create an engaging and supportive environment that makes the learning experience more enjoyable and effective. Fluency in Mandarin, English, and Taiwanese, she can also communicate in basic Japanese.

1-On-1 Chinese Instruction Package

9LAN 620S 1-On-1 Chinese Instruction: 5 Session Package

Improve your Chinese language skills by working individually with an experienced, highly rated

educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

43687 **Online** 9/21-12/12 Chen \$299

English

NEW CLASS

9LAN 621E English Through International News

Build vocabulary through global news, share perspectives via open-ended questions, and engage in lively group discussions to strengthen practical, real-world English skills. For intermediate+ adult learners.

45694 **Online** ZOOM 10am-11:20am
Wed 9/23-12/2 Chen \$109

No class 11/11.

1-On-1 English: Career Coaching for Spanish Speakers



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Marcos Miranda

mmiranda@pcc.edu

Availability: Wed/Fri, 5pm-9pm; Sat, 8am-1pm

Marcos has over 25 years of experience helping people figure out their next career moves. He works directly with clients to build sharp resumes, polish LinkedIn profiles, map out job hunt strategies, and prepare for tough interviews. Whether someone is aiming for a promotion, changing industries, or trying to break through a hiring roadblock, Marcos focuses on practical steps that work. He acts as a straightforward advisor and sounding board, giving professionals the concrete tools and confidence they need to land the right role.

1-On-1 English: Career Coaching for Spanish Speakers Package

NEW CLASS

9LAN 621G 1-On-1 English: Career Coaching for Spanish Speakers 5 Session Package

Build your foundation, high-impact resume and interview strategies. Learn to negotiate, build networks, and lead with confidence. A practical 5-session workshop designed to elevate your professional profile and income potential.

45365 **Online** 9/21-12/12 Miranda \$299



French

9LAN 614E French for Travelers

Planning (or dreaming of) a trip to France or a French-speaking country? Learn or review basic travel phrases, numbers, directions, buying food, drinks, a train ticket, and a subway pass. We'll also discuss French culture and travel tips.

42599	Online	ZOOM	9am-10:50am
Fri	9/25-12/4	Cariou	\$145

No class 11/27.

42713	Online	ZOOM	6:30pm-7:50pm
Mon	9/28-11/30	Murer	\$145

Text: *Rick Steves French Phrase Book*

9LAN 605X French for the Complete Beginner

If you have zero to minimal experience with French, come grow your vocabulary, speaking and listening skills. Practice using French in spoken contexts, with a focus on applying it to real-life experiences.

45596	Southeast	TABOR 139	5:30pm-7:20pm
Tue	9/22-11/17	Devine	\$130

Text: *Practice Makes Perfect: Basic French*

9LAN 614C French Conversation: Level 1

Oui, you can speak French! Get started in this class for true beginners by learning some fundamental grammar and practicing pronunciation and conversation skills.

43701	Cascade	TH 202	6:30pm-8:20pm
Thu	9/24-12/3	Benoit	\$145

No 11/26. *Francais Interactif* (free): laits.utexas.edu/fi

42169	Online	ZOOM	6:30pm-8:20pm
Wed	9/23-12/2	Benoit	\$145

Text: *Francais Interactif*. Free online: laits.utexas.edu/fi.

9LAN 614W French Conversation: Levels 1 and 2

Allons-y! This mixed-level class is perfect for people who already know a bit more of the language.

41582	Online	ZOOM	9am-10:50am
Mon	9/21-11/23	Cariou	\$145

Text: *Ultimate French Beginner-Intermediate*

9LAN 614B French Conversation: Level 2

Parlons ensemble! We will practice conversation and grammar skills to speak with confidence. For students who have a bit of experience with French, or have taken French Conversation: Level 1.

41727	Online	ZOOM	6:30pm-8:20pm
Tue	9/22-11/24	Benoit	\$155

Text: *Ultimate French Beginner-Intermediate*

44514	Online	ZOOM	4pm-5:50pm
Wed	9/23-12/2	Benoit	\$155

No class 11/11. Text: *Ultimate French Beginner-Intermediate*

9LAN 614Y French Conversation: Levels 2 and 3

A continuing class for students who have taken Level 1 or have prior knowledge of French. Grow your vocabulary and confidence. Lay the groundwork for future fluency.

41722	Online	ZOOM	6pm-7:50pm
Mon	9/21-11/23	Cariou	\$155

Text: *Ultimate French Beginner-Intermediate*

9LAN 614Q French Conversation: Level 3

On continue! We will continue our French journey by learning more verb tenses to talk about the past to expand what you can discuss. For students who have taken French Conversation: Level 2.

43077	Cascade	TH 202	6:30pm-8:20pm
Mon	9/21-11/30	Benoit	\$165

No class 10/26. Text: *Ultimate French Beginner-Intermediate*

9LAN 614V French Conversation: Levels 3 and 4

Continuez d'avancer! In this mixed-level class, we'll continue to learn vocabulary, grammar and conjugations and build speaking and listening skills.

41583	Online	ZOOM	6pm-7:50pm
Thu	9/24-12/3	Cariou	\$165

No class 11/26. Text: *Ultimate French Beginner-Intermediate*

NEW CLASS

9LAN 621I Intermediate French: Reading a Short Novel

Continue exploring grammar, understanding narrative, and practicing conversation skills through reading a short novel. For students who've completed French 3 and understand the imperative, passe compose, and imparfait.

45610	Online	ZOOM	4pm-5:50pm
Tue	9/22-11/24	Benoit	\$155

See online class listing for textbook information.

Class Spotlight:

Instructor Montaigne Benoit is excited to introduce French students to the book *Enfin Chez Moi!* by Kidi Bebey. It's specifically geared towards language learners, includes definitions of key words, and the audio version can also be downloaded for free. Students will do assigned readings before class, so that class time can focus on reading aloud, discussing the book in French and English, and using the readings as a springboard to explore more advanced grammar structures to advance conversational skills.

UPDATED CLASS

9LAN 614A French Conversation: Levels 4 and 5

This class is for you if you've completed French 3 and are ready to work toward fluency. We'll discuss a short article. Recommended: knowledge of present, futur, conditionnel, passe compose, some imparfait and conditionnel.

41579	Online	ZOOM	6pm-7:50pm
Tue	9/22-11/24	Cariou	\$165

Text: *Ultimate French Beginner-Intermediate*

UPDATED CLASS

9LAN 614U French Conversation: Level 5

Practice the plus-que-parfait (pluperfect) and the relative pronoun dont through exercises and conversation. We read short articles and discuss questions. Recommended: knowledge of present, futur, passe compose, some imparfait and conditionnel.

41580	Online	ZOOM	9am-10:50am
Wed	10/23-12/2	Cariou	\$165

No 11/11. Text: *Ultimate French Review Premium 3d/4th ed*

9LAN 614D Keeping Up In French

Don't let your French language skills slip away! This class is entirely in French. We'll review past skills, including verb tenses, and focus on conversations about current events, literature and culture.

40955	Online	ZOOM	6:30pm-8:20pm
Wed	9/23-12/2	Machtelinx	\$165

No class 11/11.

UPDATED CLASS

9LAN 614F French Verbs and Conversation

Practice the subjonctif present (present subjunctive) and negative expressions (la negation). We read a short article and discuss questions. Recommended: knowledge of present, futur, passe compose, some imparfait and conditionnel.

41581	Online	ZOOM	10am-11:50am
Sat	9/26-12/5	Cariou	\$165

No class 11/28. Text: *Ultimate French Verb Review 2d ed*

German

UPDATED CLASS

9LAN 612W German for Travelers

Planning a trip to a German-speaking country? Learn key travel phrases, numbers, directions, ordering food and drinks, and using public transport. Get helpful cultural tips to feel confident and prepared.

45692	Online	ZOOM	10am-11:50am
Tue	9/29-11/3	Burkic	\$89

9LAN 614H German Conversation: Level 1

Enroll for a simple, fun, and useful intro to German conversation, grammar, vocabulary, and pronunciation. Class will focus on vocabulary and conversation for practical use and will introduce basic grammar. Ideal for beginners, but all are welcome to brush up on their German skills.

42018	Online	ZOOM	6pm-7:50pm
Tue	9/29-12/1	Burkic	\$145

45595	Online	ZOOM	10am-11:50am
Wed	9/30-12/9	Burkic	\$145

No class 11/11.

9LAN 614N German Conversation: Level 2

Los geht's! Dive into practical vocabulary and basic present and past tense grammar, incl. the 4 cases. Ideal for beginners with some German knowledge.

43112	Online	ZOOM	6pm-7:50pm
Mon	9/28-11/30	Burkic	\$155

9LAN 613T German Conversation: Level 4

Ready to take your German skills to a higher level? We'll build vocabulary and hone your speaking and listening skills in a fun and safe environment. In addition, we will explore German culture and life in Germany. Lass uns Spass haben.

44311	Rock Creek	BLDG 128	10am-11:50am
Thu	10/22-12/3	Rebaum	\$109

No class 11/26



9LAN 620X German Fluency Boost: Stories & Discussions.

Join our dynamic class for seasoned German learners! Dive into fun articles and stories, refine speed and comprehension, and boost fluency. Engaging discussions and laughter await! Perfect for staying fluent in German.

43700 **Online** ZOOM 6pm-7:50pm
Wed 9/30-12/9 Burkic \$165
No class 11/11.

1-On-1 German Instruction

Study German with one of PCC's best Community Education instructors! Would your language development benefit from a personalized curriculum? Whether you're just starting out or have previous experience, you and your instructor will work together to co-create and execute a learning plan tailored to your goals and language level.



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Anesa Burkic

Availability: Mon, 10am-5pm; Tue/Wed, 2pm-6pm; Fri, 9:30am-5pm

Anesa is a multilingual instructor who holds a BA in International Business and MA in Teaching English to Speakers of Other Languages. She has been teaching conversational German and English for over 7 years. Anesa grew up in Germany and brings a fun and dynamic approach to building language skills and cultural capital in her students. Think about your grammar and speaking goals and let Anesa provide you with the steps to make them a reality. Bis bald!

1-On-1 German Instruction Packages

9LAN 6200 1-On-1 German Instruction: 5 Session Package

Improve your German language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

43246 **Online** 9/21-12/12 Burkic \$299

Italian

9LAN 615F Italian for Travelers

Planning a trip to Italy? Learn basic expressions that will help you navigate common situations. We'll talk about Italian travel and culture as well as receive tips and share enthusiasm.

42017 **Online** ZOOM 5:30pm-7:20pm
Wed 9/30-11/25 Finley \$115
No class 11/11. Text: *Learn Italian the Fast and Fun Way*

9LAN 613P Italian for Travelers: Level 2 - Stay a Little Longer

Continue building your Italian for Travelers language skills. This course is great for those who have a little experience with the Italian language or want to continue beyond Italian for Travelers 1.

42016 **Online** ZOOM 5:30pm-7:20pm
Tue 9/29-12/1 Finley \$155
Text: *Ultimate Italian Beginner-Intermediate*

9LAN 605E Italian for Travelers: Level 3 Stay as Long as You'd Like

Let's take the next step in our Italian journey! Mastering verb conjugation in the present tense is a great foundation. Now it's time to build on that with future and present perfect tenses to expand our beginner conversations around common traveler themes.

43702 **Online** ZOOM 5:30pm-7:20pm
Mon 9/28-11/30 Finley \$165
Text: *Ultimate Italian Beginner-Intermediate*

9LAN 615A Italian Conversation: Level 1

From the culture that brings us phenomenal food, wine, fashion and art, comes this expressively rich language. In this beginning Italian class, you'll easily pick up fundamental conversation skills.

40950 **Cascade** TH 201 7pm-8:50pm
Tue 9/29-12/1 Ketcheson \$145
44413 **Online** ZOOM 5:30pm-7:20pm
Thu 10/1-11/19 Finley \$115

45214 **Sylvania** TCB 213 6:30pm-8:20pm
Thu 10/1-12/10 Heineck \$145

No class 11/26. Contact giuseppa.heineck@pcc.edu for details

9LAN 615E Keeping Up in Italian

Don't let your Italian language skills slip away! This class is entirely in Italian and is suitable for anyone with three or more terms of Italian, or equivalent experience. What a great opportunity to practice and build fluency!

40914 **CLIMB Center** CLIMB 201 1pm-2:50pm
Wed 9/30-11/18 Heineck \$105
No class 11/11. contact giuseppa.heineck@pcc.edu for details



French Conversation



9LAN 615C “Leggiamo” (Let’s Read)

Improve your Italian conversation and vocabulary skills through reading and discussion of Italian books. Students should be able to read a 200 page book and converse in Italian, albeit in a simple way.

40954 **CLIMB Center** CLIMB 201 10:30am-11:20am
Thu 10/1-11/19 Heineck \$99
contact giuseppa.heineck@pcc.edu for class details

Japanese

9LAN 611D Japanese Conversation: Level 1

Get a solid introduction to the Japanese language in a supportive environment. You’ll develop basic listening and speaking skills.

41112	Online	ZOOM	6:30pm-8:20pm
Mon	9/21-11/23	Barrett	\$145
41584	Online	ZOOM	6:30pm-8:20pm
Wed	9/30-12/2	Fuse	\$129

No class 11/11.

► You may also like **Rajio Taiso: Japanese Exercise for All Levels** on page 54

9LAN 611E Japanese Conversation: Level 2

Expand your ability to use Japanese in practical situations through grammar, pronunciation and conversation practice. Boost your vocabulary and speak basic phrases with confidence.

41943	Online	ZOOM	6:30pm-8:20pm
Wed	9/23-12/2	Barrett	\$155

No class 11/11.

44405	Online	ZOOM	6:30pm-8:20pm
Thu	10/1-11/19	Fuse	\$119

9LAN 600T Japanese Conversation: Level 3

Learn various sentence structures and expand conversation skills and fluency. Build up Hiragana writing skill and acquaint students with reading and writing of Hiragana. The capability of reading and writing Hiragana is required.

43078	Online	ZOOM	6:30pm-8:20pm
Tue	9/22-11/24	Barrett	\$165

1-On-1 Japanese Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Chilho Murphy

Availability: Thu, 4pm-7pm; Fri/Sat, 9am-7pm

Chilho Murphy was born and raised in Sapporo, Japan. She has more than 25 years of experience teaching both English and Japanese through reading, writing, listening and speaking. She is very skillful and creative to make activities and

drills to improve conversation skills and to learn grammar items according to levels and interests of students. The topics she discusses in her classes are varied and interesting to her students: Japanese anime, movies, food, travel and other aspects of life and culture. She is looking forward to having opportunities to share Japanese culture and custom through teaching Japanese language.

1-On-1 Japanese Instruction Package

9LAN 605A 1-On-1 Japanese Instruction: 5 Session Package

Improve your Japanese language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

43707	Online	9/21-12/12	Murphy	\$299
-------	--------	------------	--------	-------

Korean

9LAN 611F Korean Conversation: Level 1

Get a solid introduction to the Korean language in a supportive environment. We’ll focus on basic conversation for practical use and provide an introduction to the writing system.

Korean Conversation: Level 1, continued

41871	Online	ZOOM	6:30pm-8:20pm
Wed	9/23-11/25	You	\$145

No class 11/11.

42357	Online	ZOOM	6:30pm-8:20pm
Tue	9/22-11/24	Lim	\$145

44374	Online	ZOOM	5:30pm-7:20pm
Mon	10/5-11/23	Park	\$115

9LAN 611G Korean Conversation: Level 2

Take the next step in learning Korean. Engage in simple conversation, learn dates and times, sing traditional Korean songs and play traditional games. Students should have basic knowledge of Korean writing system and numbers.

43713	Online	ZOOM	6pm-7:20pm
Thu	10/8-12/3	Park	\$95

No class 11/26.

45204	Online	ZOOM	6:30pm-8:20pm
Tue	9/22-11/10	You	\$125

9LAN 600N Korean Conversation: Level 3

A continuation class for students who have taken Level 1 and/or Level 2. Class focus is on Korean phonology, grammar/punctuation and literature.

42015	Online	ZOOM	6:30pm-8:20pm
Thu	9/24-10/29	You	\$109

45213	Online	ZOOM	6pm-6:50pm
Wed	10/7-11/18	Park	\$49

No class 11/11.



Spanish Conversation

“ This instructor was so inclusive and encouraging. I am taking the next level. I appreciate her patience and how she imparted information in a calm and constructive way. ” ~ Japanese conversation student



Language and Culture

1-On-1 Korean Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Kyonghwa You

Availability: Tue/Thu, 12:30pm-3:30pm;
Fri, 10am-1pm; Sat, 11am-2pm

A native of Korea, Kyonghwa has been teaching Korean for 30 years. Whether it is teaching in Korean schools or for PCC, Kyonghwa is always ready to lead them through their language journey. Using fun teaching methods like K-pop songs, K-dramas and games, she teaches Hangul to new students and guides those who have already learned Hangul to expand their knowledge of the language. Each session allows students to achieve their daily learning goals and build on their foundation.

1-On-1 Korean Instruction Package

9LAN 605M 1-On-1 Korean Instruction: 5 Session Package

Improve your Korean language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

44658 **Online** 9/21-12/12 You \$299

Portuguese (Brazilian)

9LAN 611H Portuguese Conversation: Level 1

Come learn the basics of Brazilian Portuguese, a versatile and dynamic language. You'll have fun and learn to speak right from the beginning.

44373 **Online** ZOOM 6:30pm-7:50pm
Wed 9/23-11/4 McPherson \$79

44372 **Sylvania** TCB 213 6pm-7:50pm
Tue 9/22-11/10 Baroni \$115

9LAN 611I Portuguese Conversation: Level 2

Continue learning to converse in the beautiful language that is Brazilian Portuguese. Suitable for those who have completed Level 1 or have prior knowledge.

44475 **Online** ZOOM 6:30pm-7:50pm
Mon 10/5-11/30 McPherson \$105

9LAN 613X Portuguese Conversation: Level 5

This continuing class offers a fifth level of Portuguese conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

Portuguese Conversation: Level 5, continued

45647 **Online** ZOOM 6:30pm-7:50pm
Tue 10/13-12/1 McPherson \$109

Russian

9LAN 611K Russian Conversation: Level 1

Discover the historic Russian language within the context of rich Russian culture. This is a great introduction that covers language, culture, the alphabet, numbers and travel terminology.

40953 **Online** ZOOM 6pm-7:50pm
Thu 9/24-12/3 Bogdanovich W \$145
No class 11/26.

9LAN 621D Russian Conversation: Level 2 and 3

A continuing class for students who have taken Level 1 or have prior knowledge of Russian. Explore essential vocabulary, grammar structures and cultural nuances. Lay the groundwork for future fluency.

45592 **Online** ZOOM 6pm-7:50pm
Wed 9/23-12/2 Bogdanovich W \$155
No class 11/11.

Spanish

9LAN 615Q Spanish for Travelers

If you have dreamed of exploring a Spanish speaking country, now is your moment to start preparing by learning travel vocabulary and phrases. Or if you want to reminisce about past travels, review and add to your language skills, join us.

42014 **Online** ZOOM 6pm-7:50pm
Tue 9/22-11/24 Busetto \$165
Text: *Learn Spanish Fast and Fun Way*

9LAN 615G Spanish Conversation: Level 1

Learn the basics in this fun, interactive beginner's class. We'll introduce Spanish vocabulary, pronunciation and grammar while exploring elements of Latin cultures. Then we'll put it into practice in group and one-on-one conversations.

42011 **Online** ZOOM 6pm-7:20pm
Mon 9/21-11/30 Merlo Flores \$109
No class 10/19. Text: *Spanish Now! Level 1 9th ed*

42012 **Online** ZOOM 6pm-7:50pm
Thu 9/24-12/3 Busetto \$145
No class 11/26. Text: *Spanish Now! Level 1 8th ed*

42165 **Online** ZOOM 6pm-7:50pm
Tue 10/6-12/8 Miller \$145
Text: *Spanish Now! Level 1 9th ed*

43933 **Online** ZOOM 6pm-7:50pm
Wed 10/7-12/9 Miller \$115
No class 11/11, 11/25. Text: *Practical Spanish Grammar*

42166 **Southeast** TABOR 139 6pm-7:50pm
Wed 9/23-12/2 Sonera \$145
No class 11/11. Text: *Spanish Now! Level 1 9th ed*

43075 **Southeast** TABOR 125 12pm-1:50pm
Mon 9/21-11/23 Sonera \$145
Text: *Spanish Now! Level 1 9th ed*

Spanish Conversation: Level 1, continued

42384 **Willow Creek** WCC 205 6:30pm-8:20pm
Thu 9/24-12/3 Sotelo \$145
No class 11/26. Text: *Spanish Now! Level 1 9th ed*

9LAN 615H Spanish Conversation Level 1: Fast Paced

Studied Spanish long ago but forgot most of it? Join this fast-paced beginners' class for those with previous yet rusty experience. We'll converse in basic present tense and quickly move on to past and future.

40956 **Online** ZOOM 2pm-3:20pm
Mon 9/21-11/23 Galindo \$115
Text: *Spanish Now! Level 1 9th ed*

42178 **Online** ZOOM 6:30pm-8:20pm
Mon 9/21-11/23 Bensel \$149
Text: *Easy Spanish Step-by-Step*

42322 **Online** ZOOM 6:30pm-8:20pm
Wed 9/23-11/25 Bensel \$149
Text: *Easy Spanish Step-by-Step*

44322 **Online** ZOOM 6:30pm-8:20pm
Tue 9/22-11/24 Bensel \$149
Text: *Easy Spanish Step-by-Step*

45598 **Rock Creek** BLDG3 230 9am-10:20am
Mon 10/12-11/16 Hall \$69
Text: *Practical Spanish Grammar 3rd ed*

9LAN 615I Spanish Conversation: Level 2

Expand your ability to use Spanish in practical situations by learning more grammar, vocabulary, pronunciation and conversational phrases. You'll be speaking with confidence in no time!

40952 **Online** ZOOM 9am-10:20am
Mon 9/21-11/23 Galindo \$119
Text: *Spanish Now! Level 1 9th ed*

42013 **Online** ZOOM 6pm-7:20pm
Wed 9/23-12/9 Merlo Flores \$105
No class 10/21, 11/11, 11/25. Text: *Spanish Now! Level 1 9th ed*

44312 **Online** ZOOM 1pm-2:50pm
Fri 9/25-12/4 Bensel \$155
No class 11/27. Text: *Easy Spanish Step-by-Step*

42167 **Southeast** TABOR 139 6pm-7:50pm
Mon 9/21-11/23 Sonera \$155
Text: *Spanish Now! Level 1 9th ed*

43709 **Southeast** TABOR 142 10am-11:50am
Wed 9/23-12/2 Sonera \$155
No class 11/11. Text: *Spanish Now! Level 1 9th ed*

42385 **Willow Creek** WCC 205 6:30pm-8:20pm
Wed 9/23-12/9 Sotelo \$155
No class 11/11, 11/25. Text: *Spanish Now! Level 1 9th ed*

9LAN 615J Spanish Conversation Level 2: Fast Paced

Continue your Spanish learning in the fast-paced format. We'll converse in past, present and future. Then we'll move on to progressive, present perfect and pluperfect.

43270 **Online** ZOOM 9am-10:20am
Wed 9/23-12/2 Galindo \$125
No class 11/11. Text: *Spanish Now! Level 1 9th ed*

44471 **Online** ZOOM 6pm-7:50pm
Wed 9/23-12/2 Busetto \$159
No class 11/25. Text: *Spanish Now Level 2 2nd Ed*



9LAN 615K Spanish Conversation: Level 3

This continuing class offers a third level of basic Spanish conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

43269 **Online** ZOOM 11am-12:20pm
Mon 9/21-11/23 Galindo \$129
Text: *Spanish Now! Level 1 9th ed*

42164 **Southeast** TABOR 143 6pm-7:50pm
Tue 9/22-11/24 Sonera \$165
Text: *Spanish Now! Level 1 9th ed*

43074 **Southeast** TABOR 141 10am-11:50am
Tue 9/22-11/24 Sonera \$165
Text: *Spanish Now! Level 1 9th ed*

43247 **Willow Creek** WCC 205 6:30pm-8:20pm
Tue 9/22-11/24 Sotelo \$165
Text: *Spanish Now! Level 1 9th ed*

9LAN 615L Spanish Conversation: Level 4

Ready to take your Spanish skills to a higher level? We'll build vocabulary and hone your speaking and listening skills in a supportive environment. For students with three or more terms of Spanish, or equivalent experience.

41870 **Online** ZOOM 6pm-7:50pm
Mon 9/21-11/23 Busetto \$165
Text: *Spanish Now Level 2 2nd ed*

44412 **Online** ZOOM 11am-12:20pm
Wed 9/23-12/2 Galindo \$129
No class 11/11. Text: *Spanish Now! Level 1 9th ed*

42168 **Southeast** TABOR 125 10am-11:50am
Thu 9/24-12/3 Sonera \$165
No class 11/26. Text: *Cuando era puertorriqueña*

9LAN 615M Spanish Conversation: Level 5

Ready to move beyond the intermediate level? This class will be entirely in Spanish. Suitable for those with two or more years of Spanish coursework or equivalent experience, such as living in a Spanish-speaking country.

42600 **Online** ZOOM 2pm-3:20pm
Wed 9/23-12/2 Galindo \$129
No class 11/11. Text: *Spanish Now! Level 1 9th ed*

9LAN 621C Leamos en Español

Improve your Spanish reading proficiency by engaging with authentic, varied, and increasingly complex texts. We focus on building vocabulary, analyzing structure, applying critical reading strategies, and exploring cultural contexts to improve both literal and figurative understanding.

45531 **Online** ZOOM 6pm-7:50pm
Mon 10/5-12/7 Miller \$145
Text: *El alquimista de Paulo Coelho*

NEW INSTRUCTOR

9LAN 601H Advanced Spanish: Culture Exploration

Expand your Spanish speaking skills while exploring the rich Hispanic culture. We will discuss visual arts, music, poems, legends, books as well as delve into the history, politics and traditions of Latin America and Spain. Recommended for students levels 4 or above.

45614 **Sylvania** ST 107 9am-10:50am
Wed 9/30-12/2 Miranda \$165

► You may also like **Holiday Tamales** on page 28



Spanish Conversation



Instructor Spotlight: Consuelo Miranda

As a child, during her first week at school, Consuelo discovered that she didn't know how to write. It was an awakening moment in her early life. As the youngest and a lonely child, she focused her attention on languages, books, and later on writing for her school's magazine. She created her own system to accelerate her learning. She taught her dolls, her brothers (when they were available), and her friends. Consuelo has a passion for exploring new and diverse cultures and invites her students into that same sense of discovery for language, literature and art.

NEW CLASS

9LAN 621F Cortometrajes - Short Films in Spanish

Short Films in Spanish is an advanced (Level 5+) online class to build confidence through film. Boost vocabulary, listening, and speaking with authentic shorts, interactive discussions, and cultural insights - all in a fun, engaging "edutainment" experience.

45205 **Online** ZOOM 5pm-6:20pm
Tue 9/22-11/24 Peche \$129

1-On-1 Spanish Instruction



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Study Spanish with one of your favorite PCC Community Ed instructors! Would your language development benefit from a personalized curriculum? Whether you're just starting out or have previous experience, you and your instructor will work together to co-create and execute a learning plan tailored to your goals and language level.

Instructor Profiles and Availability

Mario Galindo

Availability: Tue/Thu, 9am-5pm; Fri, 9am-12pm

Mario is a Guatemalan professor who has been teaching Spanish for nearly 15 years. He is passionate, creative and conscious of his students' learning skills. He believes the process of learning Spanish is another route to approach and engage with people because monolingualism is curable.

Gina Sonera

Availability: Mon, 4pm-5pm; Tue/Wed, 1pm-3pm, Thu, 3pm-6pm; Fri, 9am-5pm; Sat

Gina is a veteran teacher who holds a Bachelor's degree in Spanish and Master's degree in Education. Her goal is to get students to connect, engage, and communicate in Spanish through



a variety of activities in a relaxed environment. Creativity, passion and humor are part of her “receta” (recipe) for learning a language. Release your fears and open yourself up to the community at your doorstep.

Rasec Urbina Benton

Availability: Thu, 9am-10am, 2pm-6pm

Rasec is a native Spanish speaker and a former business executive who holds a Master degree in Marketing. She loves sharing knowledge about the Spanish language and has teaching and tutoring experience. Her love of being an educator may have been born within her family since her dad, mother, sister and a few aunts are Professors! She believes learning should be fun and enjoyable. Rasec is very willing to assist others with the challenging aspect of learning a new language. Tell her your goals, and she will help you, encourage you, coach you with great positive and enthusiastic energy to achieve them.

1-On-1 Spanish Instruction Packages

Improve your Spanish skills by working individually with an experienced, highly-rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

9LAN 601B 1-On-1 Spanish Instruction: 5 Session Package

I41896	Online	9/21-12/12	Galindo	\$299
41915	Online	9/21-12/12	Sonera	\$299
41898	Online	9/21-12/12	Urbina Benton	\$299

9LAN 601A 1-On-1 Spanish Instruction: 10 Session Package

41897	Online	9/21-12/12	Galindo	\$549
42306	Online	9/21-12/12	Sonera	\$549
41899	Online	9/21-12/12	Urbina Benton	\$549

Online Language Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

· To register, pay, and access your course on the start date visit: ed2go.com/portlandcc

Classes Offered Include:

- Beginning Conversational French
- Discover Sign Language
- Grammar for ESL
- Spanish for Medical Professionals
- Speed Spanish 1 and 2

ENLIGHTEN INSPIRE TEACH

PCC Community Ed is seeking instructors to teach the following topics:

Arts

- Book arts
- Music recording
- Food writing

Careers, Technology and Finance

- AI technology use and ethics
- Business side of being an artist

Home, Garden and Self

- Food and Drink classes at Rock Creek Campus
- Home Improvement
- Intro to Hydroponic Gardening

Language and Culture

- Swedish
- Danish
- Hebrew

Recreation and Wellness

- Bowling
- Essentrics
- Jazzercise
- Boxing

However, this is not a comprehensive list of ideas we're willing to consider.

We love hearing new ideas!

Visit pcc.edu/communityed and click **Teach a class**



Local Adventures

Arts Explorations

UPDATED CLASS LOCAL ADVENTURE

9PER 610Y **Histories of Drag Performance in Portland**

Join Kevin Cook, aka the legendary Poison Waters, to explore six decades of local drag history. Politics, artistry, racial dynamics, the devastating effects of HIV, community-building and joy intertwine. Class includes a night at Darcelle's. All are welcome.

45746	Online	ZOOM	6:30pm-8:20pm
Wed	9/23	Cook	
and	NW Portland	DARCEL VENUE	6pm-8:50pm
Tue	9/29	Cook	\$39

6pm tour; 7pm show (cover fee included; Must be age 21+)

► You may also like **Theater** classes on pages 8-9

NEW CLASS LOCAL ADVENTURE

9WV 630B **Opera For Everyone:**

La Traviata

Explore opera traditions and history with Alexis Hamilton, Portland Opera's Associate Director of Education Outreach. Class includes discussions, a visit with artists from La Traviata, the opening night concert and recommendations.

45740	Southeast	SCOM 234	6pm-7:50pm
Thu	10/22-11/12	Hamilton	
and	Downtown	KELAUD AUD	7:30pm-9:30pm
Fri	11/6	Hamilton	\$79

Visit with concert artists is during class session.

► You may also like **Music Theory for All** on page 7

► You may also like **Birds and Great Composers** on page 31

NEW CLASS LOCAL ADVENTURE

9WV 621V **Theater for Everyone:**

Pride and Prejudice

Join Kamilah Bush, Portland Center Stage's Literary Manager and Dramaturg, to explore a sparkling adaptation of *Pride and Prejudice* which is both classic and new. Includes a costume shop tour and a performance.

45530	Online	ZOOM	7pm-8:50pm
Wed	10/7-10/21	Bush	
and	NW Portland	PORTCS THEATER	5pm-9:20pm
Wed	10/14	Bush	\$129

10/14 Costume shop tour 5pm then dinner break; show 7:30pm.

Portland Area Adventures

LOCAL ADVENTURE

9SPR 630F **Discover Portland Half-Day Small-Group City Tour**

Stop and smell the roses of the Rose City. Tour Portland's notable neighborhoods and learn their history on this guided excursion. Stopping at Pittock Mansion and the International Rose Test Gardens, you'll get premium views of the city and Mt Hood.

44389	NE Portland	TERTRA	9:15am-12:45pm
Sat	11/21	Bingham	\$79

NEW CLASS LOCAL ADVENTURE

9WV 630A **Portland Garden Tour**

Visit three public gardens in Portland, Oregon while learning city history, culture, and highlights between stops. Enjoy blooming landscapes, scenic drives, and local insight throughout the tour.

45691	NE Portland	TERTRA	10:30am-3:30pm
Sat	11/28	Bingham	\$159

Garden Admissions included

LOCAL ADVENTURE

9WV 621B **Craft Beer and History Walking Tour of Portland West Side**

Sample some of The Rose City's craft beer and learn Portland history as you walk through the Slabtown, Pearl, Old Town, and West End districts. Taste the entire range of beer types, in the city that consistently ranks in the top three for number of breweries.

43699	NE Portland	TERTRA	3pm-6pm
Sat	11/21	Bingham	\$60

LOCAL ADVENTURE

9WV 621A **Willamette Valley Wine and Whisky**

Come explore the scenic beauty of the Willamette Wine country with all its' charms and personalities while visiting 3 distinct wineries. You'll be carried away to a relaxing tour through charming villages and unique boutique wineries. Lunch is included, tasting fees are not.

45590	NE Portland	TERTRA	10am-5pm
Sun	12/6	Bingham	\$199
45591	NE Portland	TERTRA	10am-5pm
Sat	12/12	Bingham	\$199



Get Out of Town

“The play was wonderful, and Kamilah is one of the best people I have seen for managing the online space and making it interactive and enjoyable.” ~ arts explorations student



Get Out of Town

NEW CLASS LOCAL ADVENTURE

9WV 621W Alpaca Farm Tour

Tour a private farm to meet alpacas! Learn their history, their diet, why they are special, and... do they spit? Then head to the Fiber Studio for a demonstration on a spinning wheel to make yarn, weaving on a loom to make a beautiful scarf or blanket and the art of felting.

45695 **Southeast** SEPARK PRKLOTD 9am-2:20pm
Wed 9/30 Schales \$139
Must reg by 9/1. Transportation provided.

► You may also like **Knitting a Sweater** on page 34

NEW CLASS LOCAL ADVENTURE

9WV 621Z Alpaca Felt Ornament Making Class

Needle Felt a beautiful ornament for your tree using alpaca fiber from an alpaca farm. During this class we will be needle felting a holiday design onto a ball ornament. Makes a wonderful holiday gift. Transportation to the Alpaca Farm Studio is provided.

45700 **Southeast** SEPARK PRKLOTD 8am-4pm
Sat 11/21 Schales \$169
Must drop by 10/31. Transportation provided.

NEW CLASS LOCAL ADVENTURE

9WV 621X Goldendale Observatory Solar Program

Epic field trip day! Hear about the history of the Columbia Gorge and make a stop by the Stonehenge monument as we journey to the Goldendale Observatory for their amazing Solar program. We will learn about our sun and view photos of the highest resolution available anywhere.

45696 **Southeast** SEPARK PRKLOTD 11:30am-7:30pm
Sun 11/1 Schales \$149
Drop by 10/3. Transportation provided. Bring lunch, water.

NEW CLASS LOCAL ADVENTURE

9WV 621Y Taurid Meteor Night Sky at the Observatory

Peak Taurid Meteor shower is aligning with the New Moon, the perfect opportunity to visit the Observatory will give us a chance to see the Night Sky through telescopes! One part night sky lecture and one part viewing. Stay up past your bedtime and rest your eyes on the way back, transportation provided.

45697 **Southeast** SEPARK PRKLOTD 6pm-11:59pm
Fri 11/6 Schales
and **Southeast** SEPARK PRKLOTD 0am-1am
Sat 11/7 Schales \$149
Drop by 10/16. Transportation provided. Bring snacks, water.

LOCAL ADVENTURE

9SPR 630B Columbia Gorge Hiking

Let's hike for 8 hours of visceral exploration! Come see the natural beauty of the Gorge through hiking. Your guide will teach you about the natural history and cultural history of the area. 4-8 miles of hiking.

45607 **NE Portland** TERTRA 9am-5pm
Sat 11/14 Bingham \$140

Explore the magic of the Goldendale Observatory with an immersive stargazing experience. View the many celestial objects through one of the world's largest public telescopes. Set in the hills above the Columbia River, the Goldendale Observatory is only one of six International Dark Sky Preserves.



photo by Jonathan Ho

LOCAL ADVENTURE

9SPR 630G Explore Columbia River Gorge Half-Day Tour

Dubbed "waterfall alley" with over 4,000 waterfalls, you'll explore the southern side of the Columbia Gorge where we'll have you getting wet under a waterfall, peering over cliffs and learning stories of the area then even the locals don't know.

44387 **NE Portland** TERTRA 8:45am-12:45pm
Sun 11/22 Bingham \$89

UPDATED CLASS LOCAL ADVENTURE

9SPR 630H Northern Oregon Coast: Astoria / Lewis & Clark Day Trip

Explore the rich history and beauty of Astoria. The itinerary includes visits to The Astoria Column, Fort Clatsop, and the Wreck of the Peter Iredale, as well as time on your own downtown, with drop-off/pickup at The Columbia River Maritime Museum.

44388 **NE Portland** TERTRA 9am-7pm
Sun 11/8 Bingham \$159

LOCAL ADVENTURE

9SPR 630J The Hood-Columbia Loop: Timberline, Orchards, and Waterfalls

Experience the picturesque beauty and rich heritage of Mt. Hood and the Hood River Valley on this unforgettable guided tour. With visits to Timberline Lodge, fruit stands in the Hood River Valley, downtown Hood River and Multnomah Falls you are sure to be awed.

44385 **NE Portland** TERTRA 9am-5pm
Sun 11/29 Bingham \$139

LOCAL ADVENTURE

9WO 610Q The Mt. St. Helens Adventure Tour

Ever hiked through a lava tube? Come explore Mt. St. Helens as you hike through lava tubes and forests. On this tour you will see some of

the most unique geological features in North America, including North America's second longest continuous lava tube and a lava tree mold forest. Lunch is provided

43742 **NE Portland** TERTRA 8am-8pm
Sat 10/31 Bingham \$320
info@terrantravels.com. Picnic lunch and admission included.

LOCAL ADVENTURE

9WV 620H Mt. Hood Waterfall and Wine

Explore Mt. Hood and the Columbia Gorge on a full-day tour! Visit Multnomah Falls, Timberline Lodge, and two wineries for tastings. There will be a hosted lunch on tour and a glass of wine at one of the wineries included.

45589 **NE Portland** TERTRA 9am-5pm
Sat 12/5 Bingham \$199

LOCAL ADVENTURE

9WV 621O Northern Oregon Coast Day Trip: Cannon Beach Area

Explore the rugged coastline along Oregon's northern coast. The trip will include a history stop, a short hike through old growth Sitka spruce forest, beach time, tide pools (if tides allow), sea stacks, viewpoint stops, and a lunch stop in the artist's community of Cannon Beach.

45588 **NE Portland** TERTRA 9am-6pm
Sat 11/7 Bingham \$139

LOCAL ADVENTURE

9WV 621U Three Capes Scenic Loop Day Trip

Explore Oregon's rugged north coast! Hike old-growth spruce forests, discover tide pools and sea stacks, and visit charming towns. Includes scenic viewpoints and an optional stop at the Tillamook Cheese Factory. A perfect coastal blend.

45690 **NE Portland** TERTRA 9am-8pm
Sun 11/15 Bingham \$159



Kung Fu

Instructor: Wally Jones

Interested in an integrated and practical approach to the martial arts? Kung Fu (hard work over time) might be the path for you. Our goal is to meet every student where they are at and help them build confidence, competence, and community with their peers. Class content includes basic punches, kicks, defense, learning to fall safely, and working with partners to build courage and compassion.

► Find this class on page 64



Recreation and Wellness

Adult 55+ Fitness
pages 53-54

Health
pages 54-56

Mind-Body Wellness
pages 56-58

Sports
pages 58-62

Work Out
pages 62-65

Adult 55+ Fitness

Adults 62 and older receive 50% off tuition.

NEW INSTRUCTOR

9WO 626E Chair Yoga

Whether you sit at a desk often, have mobility issues preventing you from lowering to the floor, or if you just want to try a new approach to movement, chair yoga is for you. We will move breathe and pay attention without judgement and even have a few laughs.

44346	Southeast	TABOR 102	10am-11:20am
Fri	9/25-12/4	Peterson	\$159

No class 11/27.

NEW CLASS

9WO 626H Chair Yoga with Laia and Chi Flow for Seniors 60+

Yoga gets better with age; the joy is in the journey. This class is perfect for seniors looking to stay active without strain, meet like-minded people, feel calmer and more energized, gain mobility, and boost energy. Come for the movement, stay for the community.

Chair Yoga with Laia and Chi Flow for Seniors 60+, continued

45420	Sylvania	HT 131	11:30am-12:20pm
Tue	9/22-11/10	Baroni	\$109

NEW INSTRUCTOR

9MBF 618B Yoga: Gentle

Looking for a deeper connection with your body and breath in a serene and nurturing environment? With slower paced and mindful movements, we will explore foundational poses that encourage understanding and self-awareness that will leave you stronger and more flexible.

44400	Southeast	TABOR 102	10:30am-11:50am
Sat	9/26-12/5	Peterson	\$159

No class 11/28.

UPDATED CLASS

9WO 625X Yoga for Bone Health and Against Osteoporosis

Learn yoga poses that have been proven to improve Bone Mineral Density and build healthy bones. Class is suitable for new as well as more experienced yogis. Have your mat, blocks, yoga strap, folding chair, small blanket or bath towel and wall available.

42156	Online	ZOOM	9am-9:50am
Mon/Wed	9/28-11/25	Nadal	\$69

No class 10/26, 10/28, 11/11.

UPDATED CLASS

9MBF 617Y Yoga for Bone Health and Against Osteoporosis Workshop

Learn and practice the 12 poses that are proven to combat osteoporosis and build healthy bone when practiced consistently. We will focus on the femurs, hips and spine. In this class you will get immediate feedback on your understanding and execution of the poses. Bring mat, strap, block/blanket or towel.

42646	Rock Creek	BLDG5 111	11am-1:50pm
Sat	10/10	Nadal	\$39

UPDATED CLASS

9WO 625Z Yoga for Bone Health and Against Osteoporosis: Level 2

Build on the poses learned in the level 1 class, with new longer-held poses for variety and challenge. This level 2 class includes new research to boost practice efficacy. Have your blocks, straps, mat, chair and wall available for use as needed.

43198	Online	ZOOM	6:30am-7:20am
Tue/Thu	9/29-12/8	Nadal	\$79

No class 10/27, 10/29, 11/26.

9WO 624W Gentle Toning and Stretching

Bring a mat and focus on both light, resistance-based toning exercises and recuperative stretching.

41055	Online	ZOOM	1pm-1:50pm
Fri	9/25-12/4	Wagoner	\$135

No class 11/27.



9WO 626D Senior Stretching, Balance and Brain Challenge

Discover the interconnection between physical strength and balance and brain acuity and balance. By combining physical and mental exercises, you can expect to feel stronger, sharper and revitalized. Looking forward to stretching, rolling, and challenging both body and mind!

44351	Online	ZOOM	12:30pm-1:20pm
Thu	9/24-12/3	Zapata-Wilson	\$135

No class 11/26.

► You may also like [Easy Earrings for Gift Giving](#) on page 33

NEW CLASS

9WO 626I Restore and Strengthen: A Bone Support Practice

Perfect for those with low bone density or osteoporosis seeking a safe and nourishing way to build strength with slow intentional stretching that supports your body without strain. Supported stretches to enhance mobility, stability, alignment.

45407	Online	ZOOM	11am-11:50am
Wed	9/23-12/2	Williams	\$109

No class 10/28, 11/11, 11/25.

NEW CLASS

9WO 626J Empowered Movement for Healthy Aging

Build strength, confidence and mobility. You will improve core stability, posture, coordination, flexibility and functional strength through low-impact exercises. We focus on safe, effective movement patterns that support everyday activities.

45649	Sylvania	HT 118	12:30pm-1:20pm
Mon/Wed	9/28-11/23	Hickok	\$145

No class 11/11.

► You may also like [Cooking for Health and Wellness](#) on page 26

9WO 626C Strength Training for Seniors

To stay strong and vital during older adulthood, it is essential to participate in regular strengthening exercises. Resistance training helps to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. Feeling physically strong also promotes mental and emotional health.

43755	Online	ZOOM	12:30pm-1:20pm
Tue	9/22-11/24	Zapata-Wilson	\$135

45399	Sylvania	HT 118	4pm-4:50pm
Mon/Wed	9/28-11/23	Hickok	\$145

No class 11/11.

9WO 624K Zumba Gold

Zumba Gold is a low-intensity and low-impact version of the popular Latin-dance inspired workout of Zumba. Improve cardiovascular health by challenging the heart with fun and simple dance moves, while also building balance and flexibility.

41044	Online	ZOOM	9am-9:50am
Mon	9/28-11/30	Nishikido	\$135

41045	Online	ZOOM	9am-9:50am
Wed/Fri	9/23-12/4	Nishikido	\$169

No class 11/11, 11/27.

45709	Online	ZOOM	5pm-5:50pm
Fri	9/25-12/4	Broding	\$135

No class 11/27.

Zumba Gold, continued

42722	Southeast	TABOR 102	9:30am-10:20am
Sat	9/26-12/5	Nishikido	\$135

No class 11/28.

UPDATED CLASS

9WO 626G Rajio Taiso: Japanese

Exercise for All Levels

Developed in Japan to promote physical health, mobility and coordination in older adults, Rajio Taiso is a low-impact, full body workout performed to guided music that improves posture, balance, flexibility and energy. Start your day right with this welcoming and accessible class!

45619	Southeast	TABOR 102	8:30am-9:20am
Sat	9/26-11/14	Holman	\$109

Wear athletic shoes.

► You may also like [Japanese Conversation: Level 1](#) on page 46

Better Bones and Balance

Classes designed specifically to increase bone mass, improve balance and reduce osteoporosis risk. Men and women of all fitness levels welcome. The Better Bones and Balance program was pioneered by the research of Christine Snow, PhD., former director of the Oregon State University Bone Research Lab in Corvallis. This long range research project yielded critical information and strategies that actually increase bone mass in later life, with a specific exercise plan. Wear athletic shoes and bring water.

9WO 624A Better Bones and Balance

Reap the benefits OSU bone research studies have shown. This exercise significantly slows the rate of bone loss in adults of all ages and increases mass. Improve balance, flexibility, coordination and increase muscle tone.

40949	Online	ZOOM	11am-11:50am
Tue/Thu	9/22-12/1	Kaplan	\$169

No class 11/26.

41320	Online	ZOOM	10am-10:50am
Tue/Thu	9/22-12/1	Kaplan	\$169

No class 11/26.

41333	Online	ZOOM	11:30am-12:20pm
Wed	9/23-12/2	Kaplan	\$135

No class 11/11.

41720	Online	ZOOM	4:30pm-5:20pm
Thu	9/24-11/19	Williams	\$109

No class 10/29.

42186	Online	ZOOM	9am-9:50am
Tue/Thu	9/22-12/1	Albrechtson	\$169

No class 11/26.

44660	Online	ZOOM	10am-10:50am
Mon/Wed	9/21-11/25	Hickok	\$169

45403	Online	ZOOM	9:30am-10:20am
Wed/Fri	9/23-12/11	Williams	\$165

No class 10/28, 10/30, 11/11, 11/25, 11/27.

Senior Discount

If you are an Oregon resident 62 years old or older, you can get a 50% tuition discount!

► More info: pcc.edu/senior

Health

9HW 615O Kata for the Mind: Emotional Balance and Centering

Discover the power of karate katas for emotional balance and mindfulness. Use slow, focused movements and breathing to reduce stress, build self-awareness, resilience, and confidence. No experience needed, just move, breathe, and center yourself.

45417	Sylvania	HT 131	6pm-7:20pm
Tue	9/22-11/24	Miranda	\$159

9HW 614R Energy Healing 101

Learn to use the energy that naturally flows from your hands to support your body's own healing ability. Get a sampling of astrology, human design and moon cycles. Geek out on energy with a Reiki Master and a community of curious seekers.

44399	Online	ZOOM	6pm-7:20pm
Wed	9/30-10/14	Nahoku	\$99

9HW 601Z Sound Meditation for

Everyone: How Sound Calms the Mind

Discover how therapeutic sound baths calm the mind and ease the body. Explore crystal bowls, gongs, brainwave states, and deep listening practices to reduce stress, relax the body, and make meditation feel effortless. Beginners welcome!

45426	Cascade	JH 107	7pm-8:20pm
Wed	9/23-10/21	Felsenstein	\$99

► You may also like [Music Appreciation: Talking About Music](#) on page 7

9HW 615Q Myofascial Release and Restore

Experience deep relief in this gentle, therapeutic class. Use soft therapy balls and mindful self-massage to release tension in the connective tissue (fascia). Calm your nervous system, MELT restrictions, and restore your body to its natural ease.

45406	Online	ZOOM	1pm-1:50pm
Wed	9/23-12/2	Williams	\$109

No class 10/28, 11/11, 11/25.

NEW CLASS

9HW 615U Myofascial Unwinding

Work with your body's fascia network to reduce fascial restrictions, improve circulation and return to ease. This is a restorative method to include techniques to heal and regenerate including lymph flushing, myofascial release and restorative yoga.

45404	Online	ZOOM	1pm-1:50pm
Tue	9/22-12/1	Williams	\$135

No class 10/27.

NEW CLASS

9HW 615V Restore and Release:

Pathways for Unwinding Fascia

Unwind via restorative blends of lymphatic flushing, restorative pose pathways and myofascial release. This is full body treatment to assist your body to soften, release and return to ease.

45405	Online	ZOOM	10:30am-12:20pm
Sat	9/26	Williams	\$49

“Sachi is a wonderful dance teacher. She chooses great music and dance routines, and she is very good at conveying the steps to us as we dance.” ~ zumba gold student



Recreation and Wellness

9HW 614P Eldercare Planning Options

This class is a planning guide for adult children of aging parents using practical real-world experiences. Topics: housing, legal/financial, dementia, end-of-life, memorial service. In-class exercises designed to help start your personal/family process.

44397 **Online** ZOOM 6:30pm-8:50pm
Mon 9/28-10/12 Dittmer \$79

► You may also like **Retirement** classes on page 23

UPDATED CLASS

9HW 601G Breathwork for a Balanced Life

This Energy Center/Chakra Balancing class will guide you on how the seven energy centers in our body can influence our overall health. We will be using an “Active Breath” technique and a curated playlist to clear and align your body, mind and spirit. This is not a meditation class.

42622 **Online** ZOOM 6pm-7:20pm
Wed 9/30-11/25 Perrault \$155
No class 11/11. Must enroll by 9/30.

9HW 601U Lower Cholesterol Naturally

Learn how whole foods help lower cholesterol and reduce the risk of chronic disease. High-quality macronutrients can increase the nutrient density of your meals while supporting steady energy, mental clarity, and long-term health.

44360 **Sylvania** TCB 212 1pm-2:50pm
Sat 10/10-10/31 Ferruzzi \$109

9HW 615P Plant-Based Nutrition

Essentials: The 21-Day Kickstart

Learn the whys and hows of a low-fat, plant-based diet for preventing chronic disease and achieving healthy, long-term weight loss. Grounded in science, you'll receive essential guides, menu ideas, recipe substitutions, and tracking tools to implement sustainable dietary changes.

45400 **Online** ZOOM 6pm-6:50pm
Tue 10/6-10/27 Lott \$49

► You may also like **Plant-Based Fiber Series** on page 28

NEW CLASS

9HW 615T Nutrition and Optimal Health: Reducing Chronic Disease

Are you curious about how nutrition and lifestyle can transform your health? You'll discover how to implement diet and lifestyle modifications that can reduce the risk of heart disease, type 2 diabetes, and high blood pressure.

45415 **Sylvania** TCB 212 6pm-7:20pm
Thu 10/15-11/19 Ferruzzi \$119

NEW CLASS

9HW 615W Your Healthcare Rights and Medicare

The new federal budget brings shifts for health plans and beneficiaries. Learn to identify federal and state benefits, Medicaid levels, and working rights to select the right plan. Understand your plan's contract, navigate denials and appeal decisions.

Your Healthcare Rights and Medicare, continued

45730	CLIMB Center	CLIMB 205	1pm-2:50pm
Thu	10/15	Woloshin	\$39
45731	CLIMB Center	CLIMB 201	1pm-2:50pm
Tue	11/10	Woloshin	\$39

1-On-1 Health Coaching



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Feel your best with your own personal health coach! Whether you would like to eat better, exercise more, reduce stress, increase your energy, or to tackle other life challenges, your personal coach is dedicated to helping you succeed. Our certified health and wellness coaches are here to give you structure, provide accountability and empower you to achieve your goals.

Health Coach Profiles and Availability

Julie Browning

Availability: Mon/Tue/Thu, 8am-5pm

Julie is a National Board-Certified Health and Wellness Coach, specializing in helping individuals who feel stuck, overwhelmed, or unsure how to move forward with their health and wellness. She has experience working with:

The Health Coach approach helps clients make changes to the way they eat, move, manage stress, sleep, etc. by taking small steps grounded in the

client's strengths, available resources and internal motivations. When Julie isn't Health Coaching she is watching her daughter play basketball, riding her mountain bike or trail running with her dog.

Tiffini Gibbs

Availability: Mon/Wed, 8am-5pm; Tue, 11am-4pm; Thu, 10am-4pm; Fri, 10am-3pm

Tiffini is a Level 2 Precision Nutrition Coach and ACSM certified personal trainer. She is also a Wellcoaches Health and Wellness Coach.

Tiffini believes everyone has their own unique strengths and talents to draw from to help them reach their goals. She is passionate about helping clients bring those to the surface, and discovering what else is needed to create sustainable habits that move towards being your healthiest physically, mentally and emotionally.

1-On-1 Health Coaching Packages

9HW 601F Health Coaching - Getting Started: 5 Session Package

Are you having trouble starting or maintaining a desired way of life? Research shows that accountability is a major factor in motivating healthy habit changes. That's why your personal Wellness Coach will help you develop and start a targeted wellness plan. Find the routine that works for you and get the support you need to make systematic changes that will reap lifelong benefits. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

42611	Online	9/21-12/12	Browning	\$375
44326	Online	9/21-12/12	Gibbs	\$375



Adult 55+ Fitness



9HW 601D Health Coaching - Nutritional Wellness: 5 Session Package

Whether you would like support with following a specific diet (low-glycemic, vegan, gluten free, reduced sodium, etc.) or are just looking to learn more about healthy eating, your Wellness coach will help you to understand what nutrients your body needs and how to get them. Learn how to meal plan on a budget or how to manage your weight without sacrificing enjoyment of food. Eating right can create a ripple effect on your health, leading to increased vitality, healthier skin, improved digestion, more restful sleep and a better immune system. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

43668	Online	9/21-12/12	Browning	\$375
43292	Online	9/21-12/12	Gibbs	\$375

9HW 601E Health Coaching - Stress Management: 5 Session Package

Do you feel overwhelmed with all that life is throwing at you? Is stress affecting your overall quality of life, reducing your productivity or causing health problems? We can't remove all of the obstacles in our lives but we can fortify our resilience so that we are ready to take on whatever comes. Your Wellness coach will help you develop healthy habits for reducing stress, building positive relationships and re-energizing healthy behaviors. There are many techniques for improving mental and social well-being, but they all require intention and commitment. You are stronger than you know and our coaches want to prove it to you! First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

42610	Online	9/21-12/12	Browning	\$375
43705	Online	9/21-12/12	Gibbs	\$375

9HW 601N Health Coaching - Women Over 40: 5 Session Package

Your personal wellness coach is here to help you navigate your changing body from perimenopause to post-menopause. She will help you explore how your changing hormones can cause changes in body composition, a decrease in bone density an increase in stress and anxiety and ways in which nutrition and different modes of exercise can help. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

43245	Online	9/21-12/12	Browning	\$375
-------	--------	------------	----------	-------

Mind-Body Wellness

9MBF 618X Forest Bathing

Immerse yourself in the beauty and care of the forest. Slow down and breathe, supporting your health and wellbeing. We'll explore gentle and meditative practices, while deepening our relationship with the incredible world that surrounds us.



Tai Chi

Forest Bathing, continued

43266	SW Portland	HOYT VISITCTR	10am-11:50am
Tue	9/29-10/20	Dorfman	\$99

Instructor will email specific meeting location.

9MBF 601O Laughter Yoga Club - A Wellness Practice

Laughing strengthens the immune system, unwinds stress, lowers blood pressure, improves mental alertness and creates a balance in your mind-body spirit connection. Through guided exercises and simulated laughing, we will focus on releasing endorphins to bring more vitality to the body.

45527	Online	ZOOM	4pm-4:50pm
Wed	10/7-10/28	Alexander	\$49

UPDATED CLASS

9MBF 601J The Thinking Body - The Feeling Mind

Empower yourself to explore your physical potential, alleviate pain and enhance your quality of life. By focusing on the relationship between physical movement and mental awareness, you will learn a holistic method for enhancing well-being.

45401	Online	ZOOM	7pm-8:20pm
Wed	9/23-10/28	Capili	\$125

► You may also like [What Every Musician Needs to Know About the Body](#) on page 8

9MBF 619V Reiki Level 1

Are you curious about energy healing? Come learn this Japanese healing technique in a welcoming and fun environment! The intention is to create deep relaxation, to help speed healing, reduce pain, and decrease other symptoms you may be experiencing. Workshop will include a Reiki 1 attunement and a Reiki 1 certificate.

42149	Online	ZOOM	5:30pm-7:50pm
Wed	10/21-11/4	Nahoku	\$222



Instructor Spotlight: Alisha Nahoku

Where is your place in the universe? What is energy healing and the quantum field? Let's talk about your vibes and natural healing in the body. Come join Alisha Nahoku for a class like you've never experienced before.

“ This was my first yoga class. Christine was very easy to follow. She was thorough in her explanations and I learned a lot! ” ~ yoga student



Recreation and Wellness

9MBF 618T Reiki Level 2

Learn to give reiki as a practitioner, you will learn the first 3 reiki symbols as well as how to send reiki at a distance. This class will include a level 2 reiki attunement as well as certificate and reiki family tree. Reiki level 1 required prior to taking this class.

43748	Online	ZOOM	5:30pm-7:50pm
Wed	11/25-12/9	Nahoku	\$322

NEW CLASS

9MBF 601Q Reiki Circle and Continuing Reiki Education

Have you taken Reiki Level 2 and now you are wanting to continue to practice, connect with others, and keep the conversation going? This is a monthly reiki circle where we will keep the energy flowing!

45725	Online	ZOOM	5:30pm-7:20pm
Thu	9/24	Nahoku	
and	Online	ZOOM	5:30pm-7:20pm
Thu	10/29	Nahoku	
and	Online	ZOOM	5:30pm-7:20pm
Thu	11/19	Nahoku	\$155

Must have taken Reiki Level 2 prior.

UPDATED CLASS

9MBF 601D Breathwork for Stress and Anxiety Relief

This active breathwork series will help release emotions deeply guarded by our bodies which can disrupt our flow of energy. With the help of a guided curated playlist, you will work on managing stress and anxiety. Let go of negative thoughts, behavior patterns, and stuck energy. This is not a meditation class.

45402	Online	ZOOM	11am-11:50am
Thu	11/5-11/19	Perrault	\$49

Must enroll by 11/5.

Qigong and Tai Chi

9MBF 616E Tai Chi and Qigong for Health

The emphasis of this class is focused on breath, posture and mindful movement. Stimulating all the systems of the body while doing fluid deliberate movement. Each term a different set of Qigong movements is presented to stimulate circulation and promote health of the organ systems of the body.

42034	Online	ZOOM	9am-9:50am
Sat	9/26-11/14	Holder	\$95

UPDATED CLASS

9MBF 617Q Tai Chi Chuan: 40 Movement Yang Style

This Yang style form continues to emphasize mindful, fluid and continuous motion. Balance, posture, coordination and breath are all components of this form with some slightly more complex movements than the 24 form and lovely choreographic additions. Tai Chi experience recommended.

45412	Sylvania	HT 131	11:30am-12:50pm
Sat	9/26-12/5	Holder	\$169

No class 11/28.

9MBF 600H Tai Chi Beginning: Yang Style 24 Movement Form

This Yang style Form emphasizes fluid, continuous motion while maintaining breath and posture control. Mindful movement to improve balance, posture and coordination of whole body motions. All levels welcome.

42621	Southeast	TABOR 102	1pm-2:20pm
Fri	9/25-12/4	Holder	\$169

No class 11/27.

43850	Sylvania	HT 131	10am-11:20am
Sat	9/26-12/5	Holder	\$169

No class 11/28.

9MBF 600U Cloud Hands Yang Style Long Form, Part 3

The longest and most complex part of the Cloud Hands Long form includes many unique movements. This Yang style Form emphasizes fluid, continuous motion while maintaining breath and posture control. Practice mindful movement to improve balance, posture and coordination.

45409	Online	ZOOM	4pm-5:20pm
Wed	9/23-12/2	Holder	\$169

No class 11/11.

Yoga

Please bring a yoga mat to all yoga classes.

9MBF 618A Yoga: Level 1

Develop flexibility, strength, peace of mind and reduce stress in this strong fundamental introduction! Poses are fun, safe and easy-to-follow; and give you a sense of focused calm. Bring yoga mat.

43738	Cascade	CAGYM 203	6:30pm-7:20pm
Mon	9/28-11/23	Winalski	\$109

No class 10/26. Bring yoga mat.

42033	Online	ZOOM	12pm-12:50pm
Wed	9/23-12/2	Wagoner	\$135

No class 11/11.

9MBF 618K Yoga Level 2

Continue your yoga journey! If you have some yoga experience and want to expand your practice, this class will be a gentle step up. Learn intermediate poses in a welcoming environment that encourages self-paced advancement.

45423	Cascade	CAGYM 201	7:30pm-8:20pm
Tue	9/29-11/24	Winalski	\$109

No class 10/27. Bring yoga mat.

NEW CLASS

9MBF 602V **Sattva Himalayan Kriya Yoga**
Don't just do yoga, live it! This approach integrates all 8 limbs of yoga. These dynamic, integrative and holistic classes offer techniques including meditation, breathwork, kriya kundalini, hatha/ vinyasa, yin, mantra, naada, and supreme knowledge.

45422	Cascade	CAGYM 203	6pm-7:20pm
Thu	9/24-11/12	Baroni	\$159

45421	Sylvania	HT 131	6pm-7:20pm
Wed	9/23-11/18	Baroni	\$159

No class 11/11.

NEW CLASS

9MBF 602W Slow Flow Vinyasa

Blend strength and mobility by exploring poses with fluid transitions. The pace allows for more time in poses for exploration and refinement. We also use props as tools for finding ways into poses.

45425	Online	ZOOM	12pm-12:50pm
Mon	9/21-11/23	Yun	\$135

9MBF 602S Mindful Hatha Yoga

Mindful Hatha yoga will challenge you to slow down and find new ways of moving, sensing and understanding. Yoga is not only a practice for physical fitness, but it is a vast and rich life practice. Enroll to cultivate a mindful and intentional approach to yoga.

44347	Online	ZOOM	5pm-5:50pm
Tue	9/29-12/1	Elaine	\$135

Bring yoga mat, blanket/towel, block, strap and bolster.

9MBF 618L Yoga: Restorative

Release tension, stiffness and facilitate healing with therapeutic floor based poses. Learn how to support your body with props to enhance breathing and lengthen gradually. Bring blankets, blocks, and yoga strap to receive the most benefit. All levels welcome.

45408	Online	ZOOM	10:30am-11:50am
Mon	9/21-11/30	Williams	\$159

No class 10/26.

9MBF 618I Yoga for Runners and Walkers

Enjoy the company of other runners and walkers as you develop or deepen a yoga practice to complement your active lifestyle. Improve flexibility, strength, breathing technique, postural alignment, balance, and body awareness.

41851	Online	ZOOM	7am-7:50am
Wed	9/23-11/25	Diffely	\$129

No class 11/11.



Yoga



NEW CLASS

9MBF 602X **Deep Release: A Yoga Workshop for Mind and Body**

Spend a special morning where you will move easily, release tension, breathe freely, and center. This time brings both relaxation and renewal, and includes all-level yoga movements, imagery, pranayama, reading and meditation. Leave centered and focused. All are welcomed.

45729	Online	ZOOM	9:30am-12:20pm
Sat	9/26	Sugg	\$49

9MBF 616F **TRE and Yoga for a Calmer Nervous System**

Enhance the calming effects of yoga by blending it with TRE® (Tension and Trauma Releasing Exercises), a unique movement-based approach to calm the nervous system. All levels are welcome, provided you can move to and from the floor with ease.

41850	Online	ZOOM	6pm-7:20pm
Tue	9/22-10/20	Diffely	\$115

9MBF 602I **Yoga for Nurturing Your Inner Child**

Seek to transform suffering derived from painful early life experiences into compassion for yourself and others through yoga sequences inspired by meditation master Thich Nhat Hanh's book "Reconciliation: Healing the Inner Child." All levels are welcome, but participants should be able to get down to and up from the floor with ease.

44345	Online	ZOOM	6pm-7:20pm
Tue	10/27-11/17	Diffely	\$79

9MBF 619Z **Gentle Yoga for Beginners and Every Body**

This gentle yoga class is designed to meet the needs of beginners and bigger bodies. We will explore gentle yoga poses and breath work to calm the nervous system. We will introduce modifications to allow for ease allowing students to develop a home practice and confidence to join other yoga classes.

43743	Online	ZOOM	10am-11:20am
Sun	9/27-11/29	Josi	\$165

UPDATED CLASS

9MBF 602R **Vinyasa Yoga**

Get your heart flowing! We will focus on specific sequences to build strength and mobility and allow ourselves grace. Each sequence runs for 2 weeks to build familiarity and knowledge. We finish class with poses that down-regulate our parasympathetic nervous system.

44344	Cascade	CAGYM 201	12pm-12:50pm
Fri	9/25-12/4	Yun	\$135

No class 11/27.

1-On-1 Yoga Lessons



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Private lessons are an excellent way to get

started with yoga or to deepen your practice. Our knowledgeable and welcoming instructors will be your personal resource for exploring this ancient practice, which has been proven to help improve mental health, reduce stress, and increase overall wellness. All levels welcome.

1-On-1 Yoga Lesson Instructor Bios and Availability

Kristi Albrechtson

Availability: Mon-Fri, 8am-4pm

Kristi believes that any type of movement is good movement and that exercise should be accessible and enjoyable for everyone. As a personal trainer, Kristi enjoys meeting her clients where they are and guiding them to where they want to be according to their specific goals. With a passion for service, functional movement and a positive attitude Kristi will help to motivate you to keep up the good work for your greater health and wellness. She is a graduate of the PCC Exercise Science program with her AAS in Exercise Science and PSU/OHSU School of Public Health with her BS in health and fitness promotion.

Catherine Borlant

Availability: Mon/Wed, 10am-12pm; Fri, 11am-1pm

Catherine has been teaching body-mind fitness classes for the past 21 years and specialized in yoga in 2006 when she trained to be certified in the U.S. and in India. She has taught a variety of classes, including Tai-Chi for better balance, Power Yoga, Gentle Yoga, and more. She is passionate about finding the right combination of movement and meditation to help her clients heal, strengthen, gain flexibility and the power they need to connect their body-mind and heart.

Robin Dodson

Availability: Wed, 12pm-2pm; Thu, 9am-2pm

Robin is a Registered Yoga Teacher who began practicing nearly 20 years ago. Robin's classes are smooth and calming with a focus on fluidity. She will customize a powerful practice that can be challenging but accessible for all. While guiding students through the physical movements of traditional yoga, she will teach the benefits of connecting the mind and body with the breath.

Liz Eisman

Availability: Mon, 7am-8am; Tue, 7am-11am, 1pm-3pm; Wed, 8am-1pm; Thu, 1:30pm-4:30pm; Fri, 11am-3pm

Liz Eisman is a licensed massage therapist, yoga instructor, somatic coach, Realization Process meditation teacher and TRE® practitioner. Liz has been supporting individuals and groups for more than two decades, blending her knowledge of nervous system regulation, trauma recovery, mindfulness, and communication. With a focus on awareness, internal imagery, and self-compassion, Liz supports accessible and effective movement practices. Liz loves to meet people where they are and gently guide them toward their growing edge.

1-On-1 Yoga Lesson Packages

Get one-on-one support from an advanced yoga instructor. Whether you want to increase your range of motion, reduce pain, build strength, or improve

mental health, your instructor will customize each session to help you reach those goals. Sessions last 50 minutes.

9MBF 616G **1-On-1 Yoga Lessons: 5 Session Package**

43951	Online	9/21-12/12	Borlant	\$299
43870	Online	9/21-12/12	Dodson	\$299
42299	Online	9/21-12/12	Eisman	\$299

9MBF 616H **1-On-1 Yoga Lessons: 10-Session Package**

45364	Online	9/21-12/12	Albrechtson	\$549
42029	Online	9/21-12/12	Borlant	\$549
43871	Online	9/21-12/12	Dodson	\$549
42300	Online	9/21-12/12	Eisman	\$549

Sports

9SPR 611E **Bouldering and Climbing: Tomo Bouldering Club**

Whether you're a beginner or intermediate rock climber, this class strengthens your technique, body movement, and individual training. Week after week, you'll build on what you've learned while pushing yourself with new moves and concepts.

45713	NW Portland	TOMOBC GYM	6pm-7:50pm
Thu	9/24-10/29	Marsaglia	\$175

Class Spotlight:

Rock Climbing is one of the fastest growing sports in the country, with indoor gyms become more and more popular. We will give you a strong base to learn the sport and help to push yourself physically and mentally. You will learn the tools to get started and help you thrive in one of the coolest sports out there in one of Portland's most modern climbing facilities. Don't have gear? No Problem! We have everything you need. The class also includes a month membership so you can make things you learn a consistent habit in your life.

9SPR 610V **Fly Fishing**

Interested in fly fishing, but not sure where to start? Learn about water, fish biology, gear, casting, and technique...then go fishing! We cover basics over Zoom, then cast and fish in person. All equipment provided.

43116	Online	ZOOM	6pm-9:15pm
Tue	10/6	Parish	
and	SE Portland	WESTMOR POND	5pm-7:30pm
Thu	10/8	Parish	
and	Gervais	STPOND POND	8am-3:30pm
Sat	10/10	Parish	\$175

9SPR 600L **Rock Climbing Beginning**

Rock Climbing is an exciting sport that is a great way to build strength, endurance, and confidence. This beginner-friendly class will cover essential skills such as belaying, knots and communication needed for safe and enjoyable climbing experiences.

“It was humbling and exhausting, but by the end all the hard work paid off!” ~ horse riding student



Rock Climbing Beginning, continued

44462 **Rock Creek** BLDG5 GYM-B 12pm-1:20pm
Sat 11/7-12/12 Notaro \$95
No class 11/28.

44463 **Rock Creek** BLDG5 GYM-B 12pm-1:20pm
Sat 9/26-10/31 Notaro \$95
No class 10/17.

9SPR 623L Archery

Find out what a great sport archery can be. Learn archery safety and marksmanship while playing fun games. If you have ever been intrigued by the archery in movies like “The Hunger Games,” “Brave” or “The Avengers” now is the time to give it a shot!

42202 **Rock Creek** ARCHER FIELD 2pm-3:20pm
Sat 11/7-12/12 Notaro \$79 + \$10 fee
No class 11/28.

42275 **Rock Creek** ARCHER FIELD 11am-12:20pm
Sun 9/27-11/1 Notaro \$79 + \$10 fee
No class 10/18.

43193 **Rock Creek** ARCHER FIELD 11am-12:20pm
Sun 11/8-12/6 Notaro \$79 + \$10 fee
No class 11/29.

43194 **Rock Creek** ARCHER FIELD 2pm-3:20pm
Sat 9/26-10/31 Notaro \$79 + \$10 fee
No class 10/17.

9WO 610K Fencing: Level 1 Introduction to Epee

Come try a new way to develop endurance, agility, and motor skills! In the class, students will learn the basic positions and movements such as en garde, advance, retreat, lunge, attacking and defensive techniques. The first class requires mandatory attendance. Once a fencer has completed an Intro Session, they graduate to the next level.

Fencing: Level 1 Introduction to Epee, continued

43197 **Tigard** NWFENC STUDIO 6pm-7pm
Wed 10/7-10/21 Richmond \$99

9SPR 625S Horse Riding Level 1 at Hepner-Hart Stables

Feel the thrill of working with these majestic animals. This class is designed to teach the prepping of the horse before riding to get the full ambience. For beginning riders with little or no previous experience, and those who have experience riding, but have not had the opportunity to take lessons.

44466 **Hillsboro** GLENMR ARENA 10am-11:30am
Sat 9/26-10/31 Hepner-Hart \$630
200lb max; helmets and boots required.

NEW CLASS

9SPR 611D Horse Riding Level 2 at Hepner-Hart Stables

Perfect for riders who have taken Level 1 and are ready to build confidence and independence in the saddle. Riders develop stronger coordination, confidence and communication with the horse while preparing for more advanced riding skills.

45712 **Hillsboro** GLENMR ARENA 10am-11:30am
Sat 11/7-12/12 Hepner-Hart \$630
200lb max; helmets and boots required.

9SPR 623B Chi Walking

Learn to walk with greater ease and less risk of injury. Improve postural alignment and patterns of movement to reduce impact. Develop skills to focus your mind, move from your center, and walk in a manner that is both strong and relaxed.

42619 **Sylvania** HT TRACK 12pm-3:50pm
Sat 10/3 Diffely \$99

9SPR 623A Chi Running

Learn to run with greater ease and less risk of injury. Improve postural alignment and patterns of movement to reduce impact. Develop skills to focus your mind, move from your center, and run in a manner that is both strong and relaxed.

42618 **Sylvania** HT TRACK 12pm-3:50pm
Sat 9/26 Diffely \$99

9SPR 620N More Than a Long Run - Become a Better Runner

The perfect complement to your training. Workouts will include tempo intervals, VO2max intervals and hill repeats. The group setting will add motivation and fun to your weekly running and these workouts will prepare you for a goal race from 5k to a half marathon.

42745 **Sylvania** HT TRACK 5:30pm-6:50pm
Tue 9/29-11/17 Long \$119

NEW CLASS

9SPR 605M Map and Compass Navigation 2.0

As a follow-up to our beginners map and compass class, we will review what you learned and then put your skills to the test with a navigation treasure hunt! Maps and compasses provided for use during class.

45727 **Corbett** RRBOAT BOAT 10am-3:30pm
Sun 10/25 Schales \$89
Must drop by 10/11. Bring State Parks pass, snacks & water.

9SPR 623W Ping Pong

Improve your game, or just learn how to play this lifelong sport that strengthens your mind and your muscles - and is aerobic! Learn from some of Portland's best internationally certified instructors and coaches. Everything provided.

44505 **SE Portland** PTTC ROOM 7pm-7:50pm
Mon 9/21-10/26 Heinz \$120

9SPR 600F Quad Roller Skating: Beginning

Learn the basic foundations of roller skating. Posture, safe falling, forward and backwards strides and glides, and basic skate maintenance. Must have your own skates - protective gear recommended (helmet, knee pads, elbow pads, and wrist guards) but not required.

43851 **SE Portland** YMCA GRTHLL 11:30am-12:50pm
Sat 9/26-11/14 Haney \$165 + \$20 fee

43852 **SE Portland** YMCA GRTHLL 6pm-7:20pm
Thu 9/24-11/12 Haney \$165 + \$20 fee

9SPR 600K Quad Roller Skating: Intermediate

A continuation of our beginner class where we will learn how to do: Forward and backward crossovers, Manuals, Dribbles, Transitions and more! Must be able to skate backwards, glide on one foot for 3 seconds, and know how to properly fall and get back up.

45617 **SE Portland** YMCA GRTHLL 10am-11:20am
Sat 9/26-11/14 Haney \$165 + \$20 fee



More Than a Long Run



NEW CLASS

9SPR 611F **Quad Skate: Fitness Fusion**

An energetic combination of roller skating, dance, and fitness fused together, building muscle, while elevating your roller skating skills. Recommended: Completion of Beginner and/or Intermediate roller skate classes.

45872 **SE Portland** YMCA SE GRTHLL 7:30pm-8:50pm
Thu 9/24-11/12 Haney \$165 + \$20 fee

Adventure Sports

9SPR 600X **Mountain Biking: Beginning**

New to mountain biking? Perfect for beginners, you will learn the bike basics and essential skills like braking, cornering, and body position on flat terrain. Finish the session with a guided trail ride to confidently put your new skills to use. Bike and helmet provided.

45411 **Cascade Locks** ETRAIL LOT 12pm-5pm
Sat 9/26 Schailes \$250

Must reg/drop by 9/18. Bring snacks and water.

Golf

9SPR 610L **Golf: Colwood Golf Center**

"Get Golf Ready" - Learn the basics of how to play golf and how to have fun while doing it. Work on: putting, chipping, full swing and basic rules and etiquette of golf. The last session will be on course, playing the game.

42006 **NE Portland** COLWD RANGE 12pm-12:50pm
Wed 9/23-10/21 Bader \$145
Bring clubs if you have them.

42356 **NE Portland** COLWD RANGE 9am-9:50am
Sun 9/27-10/25 Mueller \$145

44353 **NE Portland** COLWD RANGE 6pm-6:50pm
Tue 9/22-10/20 Mueller \$145

9SPR 621H **Golf 202: Colwood Golf Center**

This class is designed for those who have taken the Intro to Golf class and looking for the next level instruction. Instruction will be focusing on ball striking, short game and on course skills. The last session will be on the course playing the game.

44352 **NE Portland** COLWD RANGE 11am-11:50am
Sat 9/26-10/24 Bader \$145
Bring clubs if you have them.

44354 **NE Portland** COLWD RANGE 6pm-6:50pm
Tue 10/27-11/24 Mueller \$145

9SPR 621G **Golf: Heron Lakes Golf Club**

The class is designed for people new to the game, those who consider themselves a beginner and those returning to the game. Classes will focus on the fundamentals of ball striking, putting and short game. Throughout the class we will also be discussing on course procedure, rules and etiquette.

43259 **N Portland** HGLFC RANGE 4pm-4:50pm
Thu 9/24-10/22 Basile \$145

43756 **N Portland** HGLFC RANGE 4pm-4:50pm
Fri 9/25-10/23 Basile \$145

42623 **NE Portland** COLWD RANGE 4pm-4:50pm
Tue 9/22-10/20 Bader \$145

Bring clubs if you have them.



Tennis

9SPR 621I **Golf: Eastmoreland Golf Course**

This five-week class will teach you the fundamental skills necessary to learn and enjoy the game of golf. Get better at your swing, chipping and putting. Equipment supplied, if needed.

43265 **SE Portland** EMGOLF RANGE 2pm-2:50pm
Mon 9/21-10/26 Comella \$145

No class 10/5.

43757 **SE Portland** EMGOLF RANGE 2pm-2:50pm
Tue 9/22-10/20 Comella \$145

44355 **SE Portland** EMGOLF RANGE 2pm-2:50pm
Sat 9/26-10/24 Charles \$145

44356 **SE Portland** EMGOLF RANGE 2pm-2:50pm
Wed 9/23-10/21 Charles \$145

9SPR 621J **Golf: Chehalem Glenn Golf Course**

Come learn the golf swing, rules and etiquette of golf. Students will learn the basics of how to hit all the typical clubs. In addition to the full swing, students will learn how to hit chip shots, pitch shots, bunker shots and putting.

43200 **Newberg** CHEGLN RANGE 1pm-1:50pm
Tue 9/29-10/27 Sasken \$99

Hiking and Backpacking

9SPR 600T **Columbia River Gorge Half-Day Small-Group Hiking Tour**

Hike the lush western Gorge, known as "waterfall alley," where you'll get misted by waterfalls, peer over cliffs, and hear local stories. Discover some of the 4,000+ cascades that make this region a true natural wonder.

45608 **NE Portland** TERTRA 1:30pm-5:30pm
Sun 11/22 Bingham \$73

► You may also like [Land and Sea Painting](#) on page 14

NEW CLASS

9SPR 605N **Full Moon Hike: White River**

Howl under the Full moon! Experience the magic of a hike beneath the Harvest. We will start our hike before sunset and hike approximately 3 miles and 700 ft elevation gain and watch the glow of the moon reflect off of White River beneath the shadow of Mt. Hood.

45726 **Southeast** SEPARK PRKLOTD 5pm-11pm
Fri 9/25 Schailes \$105

Must drop by 9/21. Transportation, headlamp, poles provided.

► You may also like [Land and Sea Painting](#) on page 14

9SPR 605L **Panther Creek and Falls Creek Falls Guided Hike**

Visit two iconic PNW Waterfalls in one day! We will hike about 4 miles with 800ft of elevation gain. Transportation, trekking poles, guides, permits all provided. Bring lunch/snacks, water, and comfortable shoes.

45683 **Southeast** SEPARK PRKLOTD 9am-6pm
Sat 9/26 Schailes \$159

Must drop by 9/13. Bring snacks and water.

Outdoor

9WO 610L **Introduction to Tree Climbing**

Explore nature rarely seen and learn about the unique ecology, plants and animals of old-growth forests. Climb some of the largest and tallest trees in the world around 300ft high. Recreational tree climbing is an unforgettable adventure that will allow you to climb to the top of the canopy of these massive trees where few people have been.

43190 **Sublimity** SILFAL LOT 9am-1pm
Sun 9/27 Rosen-Fischer \$225

Contact: leo@adventureterra.com with questions.

43191 **Sublimity** SILFAL LOT 9am-1pm
Sat 10/17 Rosen-Fischer \$225

Contact: leo@adventureterra.com with questions

“ Absolutely had a blast in class, so much that I went and rented a mountain bike a few days later and did a bunch of practice at Gateway Green. ” ~ mountain biking student



Recreation and Wellness

9WO 610M Sunset Tree Climbing

Watch the sunset from a unique perspective at the top of the canopy of giant old-growth trees. At the end of the sunset, night rappelling and climbing in the dark with head lamps is required. No experience necessary. Up to 1.5 hours of hiking is required including a night hike with headlamps.

43192 **Sublimity** SILFAL LOT 5pm-10:50pm
Sat 10/10 Rosen-Fischer \$250
Contact: with leo@adventureterra.com with questions.

Racquet Sports

9SPR 620G Badminton

Want to dominate your next picnic? It is never too late to get serious about badminton. Join the fun, meet new people, learn new techniques, build your fundamentals and improve your physical health. Bring your own racquet and one unopened tube of shuttles to the first class.

44458 **Beaverton** OBA COURT 7pm-8pm
Tue 9/22-11/24 Ajit \$250
Bring own racquet; purchase shuttles at site.

44459 **Beaverton** OBA COURT 11am-12pm
Sun 9/27-11/29 Ajit \$250
Bring own racquet; purchase shuttles at site.

9SPR 623F Tennis: Beginning Level 1

Take up tennis - a fun physical workout and an easy social and networking outlet! This intro class includes grip, strokes, scoring rules and tennis etiquette. Bring racket and two unopened cans of tennis balls to first class.

42150 **Rock Creek** BLDG5 GYM-A/B 9am-10:20am
Sat 9/26-12/5 Slack \$145 + \$4 fee
No class 11/28. Bring two cans of unopened balls.

42159 **Rock Creek** BLDG5 GYM-A/B 10:30am-11:50am
Sat 9/26-12/5 Slack \$179 + \$4 fee
No class 11/28. Bring two cans of unopened balls.

42644 **Rock Creek** BLDG5 GYM-A/B 7pm-8:50pm
Mon 9/21-11/23 Slack \$179 + \$4 fee
Bring two cans of unopened balls.

42645 **Rock Creek** BLDG5 GYM-A/B 7pm-8:50pm
Wed 9/23-12/2 Slack \$179 + \$4 fee
No class 11/25. Bring two cans of unopened balls.



Instructor Spotlight: Kent Slack

Kent loves teaching tennis. He played on the tennis team at Western Oregon University, was a high school tennis coach for four years, and has been a tennis instructor for over 36 years. Kent believes that tennis should be fun above all else and that anybody can play for enjoyment at their own level for the rest of their lives. He feels that it is never too late to start learning tennis and that once you do, you will never stop.

9SPR 620J Beginning Pickleball

Pickleball is the fastest growing sport in America. A combination of ping pong, tennis and badminton that is enjoyed by all ages and skill levels. This fun, social and friendly game is easy to learn but can develop into a quick, fast-paced game for experienced players. Enroll to join the pickleball movement!

44330 **NW Portland** FRNHSE GYM 12:30pm-1:50pm
Wed 10/28-11/25 Paul \$65 + \$20 fee
No class 11/11. Bring paddle, sleeve of indoor balls

44681 **NW Portland** FRNHSE GYM 9am-10:20am
Sat 9/26-10/17 Paul \$65 + \$20 fee
Bring paddle and sleeve of indoor balls.

43262 **Sylvania** HT GYM 8am-9:20am
Fri 9/25-10/23 Curry \$75 + \$2 fee
Bring paddle, indoor pickleballs.

43263 **Sylvania** HT GYM 8am-9:20am
Fri 10/30-12/4 Curry \$75 + \$2 fee
No class 11/27. Bring paddle, indoor pickleballs.

43749 **Sylvania** HT GYM 6pm-7:20pm
Mon 10/26-11/23 Reutin \$75 + \$2 fee
Bring paddle, indoor pickleballs.

43750 **Sylvania** HT GYM 6pm-7:20pm
Mon 9/21-10/19 Reutin \$75 + \$2 fee
Bring paddle, indoor pickleballs.

9SPR 600B Pickleball Intermediate/Advanced

Expand your pickleball skills in this class for experienced players. Learn new skills and improve existing ones by competing against multiple players.

43260 **Sylvania** HT GYM 9:30am-11:20am
Fri 10/30-12/4 Curry \$95 + \$2 fee
No class 11/27. Bring paddle, indoor pickleballs.

43261 **Sylvania** HT GYM 9:30am-11:20am
Fri 9/25-10/23 Curry \$95 + \$2 fee
Bring paddle, indoor pickleballs.

43751 **Sylvania** HT GYM 6pm-7:20pm
Wed 10/28-12/9 Reutin \$85 + \$2 fee
No class 11/11, 11/25. Bring paddle, indoor pickleballs.

43753 **Sylvania** HT GYM 6pm-7:20pm
Wed 9/23-10/21 Reutin \$85 + \$2 fee
Bring paddle, indoor pickleballs.

UPDATED CLASS

9SPR 627K Pickleball: Beginning Women 50-64

For beginning (2.0-2.75) level women players 50-64 who already know how to serve, rally, and keep score -- no first-timers here. Enjoy guided game play, supportive coaching, and a friendly group focused on consistency, strategy, confidence, and fun on the court.

45706 **NW Portland** FRNHSE GYM 9am-10:20am
Sat 10/31-11/21 Paul \$65 + \$20 fee
Bring paddle and sleeve of indoor balls.

NEW CLASS

9SPR 621N Pickleball: Beginning Women 65+

Women 65+ game play (2.0 - 2.5). For players who already know how to serve, rally, and keep score - no first-timers here. Enjoy guided play, supportive coaching, and a friendly group focused on consistency, confidence, and fun on the court.

45707 **NW Portland** FRNHSE GYM 12:30pm-1:50pm
Wed 9/23-10/14 Paul \$65 + \$20 fee
Bring paddle and sleeve of indoor balls.

1-On-1 Tennis Lessons



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

From a beginner to an experienced tennis player, private lessons are a great way to achieve your goals. Do you want to learn or improve a skill; learn court strategy; have fun with newfound success? If so, private lessons are a great way to accomplish those objectives.

1-On-1 Tennis Lesson Instructor Profile and Availability

Kent Slack

Availability: Mon-Fri, 9am-5pm

Kent has been teaching tennis at PCC for 31 years. Additionally he has taught many years in the USTA program and previously coached the boys program at LaSalle High School. His love of tennis allowed him to compete in intercollegiate athletics at Western Oregon University.

1-On-1 Tennis Lessons Package

9SPR 620T 1-On-1 Tennis Lessons: 6 Session Package

Take your game to new heights. Be the main focus of the instructor as we create a lesson plan tailored to your tennis ability and fitness level. With your specific goals in mind, we utilize various drills, hitting practice, match play, movement exercises and games to take your tennis to where you want it to be. Sessions last 50 minutes.

42613 **Rock Creek** 9/21-12/12 Slack \$339

Water Sports

9SPR 620V White Water Rafting the North Santiam River

Come experience the rapids of Spencer's Hold, Carnivore and Mill City Falls in a rafting trip suitable for veteran or novice rafters. Trip meets in Estacada and includes transportation to river. Wetsuits and all rafting gear included. Students bring their own lunch.

42647 **Estacada** CIESPP LOT 8am-4pm
Sat 9/26 Gilstrap \$99
Reg/drop by 9/23.

42648 **Estacada** CIESPP LOT 8am-4pm
Sun 10/18 Gilstrap \$99
Reg/drop by 10/15.

Senior Discount

If you are 62 years of age or over when classes begin, you are eligible to receive a 50% tuition discount!

► More info: pcc.edu/senior



Winter Sports

NEW CLASS

9SPR 6050 **Snowshoe Beginner: Pocket Creek**

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter? You will learn snowshoe basics at Pocket Creek. Transportation, passes/permits, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

45728 **Southeast** SEPARK PRKLOTD 10am-5pm
Sat 12/12 Schales \$149

Must drop by 11/28. Transportation provided.

Work Out

9WO 624U **Strength and Stretch**

Learn how to efficiently work most of your muscles in the shortest amount of time! You will build stability in your lower body, tone your core and develop strength in your arms and upper back.

43115 **NE Portland** NWDPS STUDIO 10:15am-11:15am
Sun 9/27-12/6 Davenport \$170

No class 11/29. Recommend towel, yoga mat.

9WO 610I **Animal Flow: Beginning**

Animal Flow is a system of movement that blends yoga and dance to create fun, challenging exercise. Develop strength, mobility and coordination in a playful, inclusive environment. All levels of fitness and experience are welcome!

43122 **Southeast** TABOR 102 5:30pm-6:20pm
Wed 9/23-12/9 Messersmith-G \$135

No class 11/11, 11/25.

9WO 610J **Animal Flow: Intermediate and Advanced**

Animal Flow is a system of movement that blends yoga and dance to create fun, challenging exercise. Develop strength, mobility and coordination in a playful, inclusive environment. Previous experience or instructor approval required.

43123 **Southeast** TABOR 102 6:30pm-7:20pm
Wed 9/23-12/9 Messersmith-G \$135

No class 11/11, 11/25.

9WO 610N **Thai Boxing Fundamentals**

Learn Thai Boxing basics in an inclusive environment! We will focus on fundamentals, technique, range, footwork and live drilling. No matter your age or ability level, Muay Thai is a challenging full-body workout, a practical means of self-defense and rich with cultural history.

43114 **Southeast** TABOR 102 7pm-8:20pm
Mon 9/21-11/2 English \$119

No class 9/28. Boxing gloves, shin guards are required.

9WO 615A **Power and Sculpt: Dumbbell Edition**

Grab those dumbbells and power up your workout. With targeted exercises, you will build muscle, boost endurance and tone from head to toe. Perfect for

all fitness levels, you will every challenge major muscle group, making you feel strong, energized, and empowered.

44398 **Online** ZOOM 7:45pm-8:30pm
Wed 10/7-12/9 Macedo Gallegos \$85
No class 11/11, 11/25.

9WO 615J **Women's Circuit Training**

Maximize your results with this fast-paced, full-body workout. Combine strength, cardio, and core training in a continuous flow of exercises designed to boost metabolism, build muscle and endurance. Efficient, engaging, and accessible to all fitness levels.

45248 **Rock Creek** BLDG5 102 6pm-6:50pm
Tue/Thu 9/29-12/8 Hickok \$145
No class 11/26.

45413 **Sylvania** HT 125 6pm-6:50pm
Mon/Wed 9/28-12/7 Hickok \$145
No class 11/11.

9WO 610D **Stretch and Tone**

Prepare your body to experience FUN and discover new ways to stretch and keep your body toned! This energizing class focuses on total body toning and stretching for everyone. Experience moves from the standing position to the floor to deliver whole body conditioning

43189 **Online** ZOOM 8am-8:50am
Wed 11/4-12/9 Stark \$65

No class 11/11, 11/25.

9WO 600N **Cardio Dance Fusion**

Dance is the ultimate exercise in disguise! Cardio Dance Fusion is a fun and energetic class that mixes a variety of dance and music styles with easy-to-follow traditional fitness movements. This class is sure to get your body moving and your heart pumping.

44464 **Online** ZOOM 5pm-5:50pm
Thu 9/24-12/3 Broding \$135

No class 11/26.

9WO 625P **HIIT Squad Fitness**

Join the HIIT Squad movement. You will train in a safe, fun and creative way to elevate your heart rate and strengthen your body. The workouts will consist of cardio conditioning, strength training and stretching. This class will challenge you to work hard but special care will be made to provide modifications as needed.

43121 **Online** ZOOM 5:45am-6:30am
Tue/Thu 9/22-12/1 Macedo Gallegos \$189

No class 11/26.

43747 **Online** ZOOM 5:45am-6:30am
Fri 9/25-12/4 Macedo Gallegos \$85

No class 11/27.

Cardio

9WO 615C **Kangoo Jumps**

Bounce your way to fitness. Kangoo jumps is a low impact cardio workout that uses special shoes to reduce stress on your joints. With Kangoo, you'll strengthen muscles, improve balance, agility and coordination and reduce body fat.

44465 **Rock Creek** BLDG5 111 6pm-6:50pm
Mon 9/21-11/23 Simeonova \$135 + \$12 fee

Please bring long socks.

9WO 615D **PowerBARRE**

PowerBARRE is a workout program that fuses the principles of ballet barre with strength training, medium-intensity cardio, and resistance exercises, offering a fun, energetic and effective full-body workout. This class is accessible to all and designed for the beginner.

44359 **NE Portland** NWDPS STUDIO 9:30am-10:30am
Sat 9/26-12/5 Davenport \$170

No class 11/28. Recommend towel, yoga mat.

9WO 624E **Cardio Boot Camp**

Want to tone up and get fit but do not know how to start? Get a personalized exercise plan for your body shape, learn how to stay motivated and set some fitness goals. Includes cardio and strength fitness to help you feel your best!

42035 **Online** ZOOM 5:30pm-6:15pm
Mon/Wed 9/21-12/2 Macedo Gallegos \$199

No class 11/11, 11/25.

43117 **Online** ZOOM 5:45am-6:30am
Mon/Wed 9/21-11/30 Macedo Gallegos \$199

No class 11/11.

45621 **Online** ZOOM 7am-7:45am
Sun 10/18-12/6 Macedo Gallegos \$85

9WO 625T **Zumba Toning**

Get in a high-energy, body-sculpting workout all while having fun! Zumba Toning combines the dance party elements of a typical Zumba class with the use of light (1 to 2.5 lb) weights or toning sticks to build definition and strength.

41784 **Online** ZOOM 6pm-6:50pm
Wed 9/23-12/2 Nishikido \$135

No class 11/11.

9WO 624L **Zumba!**

Ditch the workout and join the party! Burn calories while dancing to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco and more!

41782 **Online** ZOOM 6pm-6:50pm
Tue 9/29-12/1 Nishikido \$135

42031 **Southeast** TABOR 102 6pm-6:50pm
Mon 9/28-11/30 Nishikido \$135

Senior Discount

If you are an Oregon resident 62 years old or older, you can get a 50% tuition discount!

► More info: pcc.edu/senior

Teach at PCC

and share your knowledge and experiences.

Visit pcc.edu/communityed and click **Teach a class**



1-On-1 Personal Training



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Personal Training gives you the opportunity to exercise in a one-on-one environment with a nationally certified personal trainer, educated through PCC's Exercise Science Program. Your trainer will evaluate your current fitness level and design an individual program based on your fitness test results and goals, then guide you through a safe and effective routine.

1-On-1 Personal Trainer Profiles and Availability

Kristi Albrechtson

Sylvania/Zoom Availability: Mon-Fri, 8am-4pm

Kristi believes that any type of movement is good movement and that exercise should be accessible

and enjoyable for everyone. As a personal trainer, Kristi enjoys meeting her clients where they are and guiding them to where they want to be according to their specific goals. With a passion for service, functional movement and a positive attitude Kristi will help to motivate you to keep up the good work for your greater health and wellness. She is a graduate of the PCC Exercise Science program with her AAS in Exercise Science and PSU/OHSU School of Public Health with her BS in health and fitness promotion.

Angi Blue

Sylvania Availability: Mon/Wed, 9am-3pm

Zoom Availability: Tue/Thu, 9am-3pm

For Angi, personal training is rooted in building supportive relationships to empower clients towards happier, longer lives through movement and activity. She prioritizes helping her clients move through life stronger, with more energy, and less pain. By recognizing individual needs and goals, Angi creates tailored programs designed specifically for each client. Angi has been an ACSM certified personal trainer since 2014.

John Cunningham

Zoom Availability: Mon-Fri, 10am-4pm

With over 12 years of experience as a personal trainer, John specializes in functional fitness, helping clients build strength, mobility, and resilience for everyday life. Passionate about movement and performance, he focuses on training programs that target improving real-world functionality, injury prevention, and long-term wellness. Combining expert knowledge with a motivating and supportive coaching style, John strives to empower clients to move better, feel stronger, and live healthier lives.

Zack Flansburg

Sylvania/Zoom Availability: Mon-Thu, 10am-8pm

As a soccer player growing up, Zack knew the importance of physical fitness, both physically and mentally. In addition to soccer, Zack learned to love the weightroom and lifting. He coaches his students to stay consistent and committed to their fitness goals so they may achieve their best results. He enjoys motivating and encouraging his students to expand their horizons in the fitness world.

Tiffini Gibbs

Zoom Availability: Mon/Wed, 8am-5pm;

Tue/Thu, 11am-4pm; Fri, 10am-3pm

Tiffini has a curiosity and passion for all things fitness, which has led her to finish multiple marathons, compete in a fitness competition, and join a Hood to Coast team. She designs fitness programs that encourage students to push themselves, try new things, and have fun.

Kim Goeden

Rock Creek Availability: Mon/Wed, 10:30am-

11:30am; 2pm-4pm; Tue/Thu, 2pm-4pm;

Fri, 3pm-5pm

With over 25 years in the fitness world as a personal trainer and instructor, Kim helps students get stronger and feel confident. From strength coaching, cycling to Pilates, HIIT and many more, Kim brings her passion and get it done-hype to every class and session. As a National Fitness Competitor, she leads by example and makes fitness feel exciting, empowering, and totally doable. Let's get moving!

Krista Hickok

Sylvania Availability: Mon/Wed, 11am-4pm

Rock Creek Availability: Tue/Thu, 11am-4pm;

Fri 12pm-5pm

Krista is a trauma-informed fitness, nutrition, and wellness instructor. She provides inclusive training for individuals of all genders, and abilities and is dedicated to helping others overcome barriers and reach their goals. Her areas of expertise include nutrition, weight loss, disordered eating, strength training, athletic performance, injury prevention, and mobility. Krista is a nationally certified and NCCA-accredited as a Certified Personal Trainer (CPT) through National Academy of Sports Medicine (NASM), along with a NASM certification as a Behavior Change Specialist.

1-On-1 Personal Training continues on next page



Kangoo Jumps



1-On-1 Personal Training, continued

Hayley Valoppi

*Sylvania Availability: Mon, 9am-4pm;
Wed, 9am-12pm; Fri, 10am-1pm
Zoom Availability: Tue, 10am-1pm*

Hayley believes that all movement counts and fitness doesn't have to be complicated or overwhelming. Her goal as a coach is to help facilitate a relationship to fitness that fits you and your life by aligning your goals and movement routine with your values and preferences. Through compassionate and trauma-informed coaching, we'll co-create a movement practice that feels supportive, sustainable, and enjoyable.

Richard Willhite

*Cascade Availability: Mon, 9:30am-6pm
Rock Creek Availability: Fri, 11am-7pm
Zoom Availability: Tue-Thu, 9am-7pm*

Richard is a passionate fitness professional who specializes in improving muscular strength, endurance, cardio-respiratory fitness and fat loss. He tailors his fitness programs to the likes and needs of each client so they can become a healthier and better version of themselves. He is an ACSM certified trainer and is a graduate of the Exercise Science program.

Janie Zapata-Wilson

*Rock Creek/Zoom Availability: Mon, 12:30pm-3pm
Sylvania/Zoom Availability: Wed, 1pm-7pm
Zoom Availability: Tue/Thu 1:30p-7pm, Fri, 2:30-6pm*

Janie Zapata-Wilson is the quintessential, "If I can do it, so can you!" example. She is a personal trainer, group exercise instructor, Zumba teacher, and water aerobics instructor who graduated in June 2012, with highest honors from the Exercise Science Program at PCC.

1-On-1 Personal Training Packages

Exercise in a one-on-one environment with a nationally certified trainer. Review the personal trainer availability before registering for a training package. Your trainer will contact you by the first week of the term to schedule your training sessions. No refunds for unused sessions. Sessions last 50 minutes. **Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom.**

9WO 624X Personal Training: 5 Session Package

41458	See Trainer Profile	9/21-12/12	Gibbs	\$299
45366	See Trainer Profile	9/21-12/12	Hickok	\$299

9WO 624Y Personal Training: 10 Session Package

41462	See Trainer Profile	9/21-12/12	Blue	\$549
43298	See Trainer Profile	9/21-12/12	Flansburg	\$549
41457	See Trainer Profile	9/21-12/12	Gibbs	\$549
45368	See Trainer Profile	9/21-12/12	Goeden	\$549
43242	See Trainer Profile	9/21-12/12	Hickok	\$549
43244	See Trainer Profile	9/21-12/12	Valoppi	\$549
41568	See Trainer Profile	9/21-12/12	Willhite	\$549
41464	See Trainer Profile	9/21-12/12	Zapata-Wilson	\$549

9WO 624Z Personal Training: 15 Session Package

41460	See Trainer Profile	9/21-12/12	Blue	\$749
41456	See Trainer Profile	9/21-12/12	Gibbs	\$749

9WO 625H Personal Training: 20 Session Package

44328	See Trainer Profile	9/21-12/12	Albrechtson	\$925
41459	See Trainer Profile	9/21-12/12	Baum	\$925
43299	See Trainer Profile	9/21-12/12	Blue	\$925
41465	See Trainer Profile	9/21-12/12	Cunningham	\$925
41461	See Trainer Profile	9/21-12/12	Flansburg	\$925
41570	See Trainer Profile	9/21-12/12	Gibbs	\$925
45369	See Trainer Profile	9/21-12/12	Goeden	\$925
43243	See Trainer Profile	9/21-12/12	Valoppi	\$925
41569	See Trainer Profile	9/21-12/12	Willhite	\$925
41463	See Trainer Profile	9/21-12/12	Zapata-Wilson	\$925

Martial Arts

NEW CLASS NEW INSTRUCTOR

9WO 615M Kung Fu

Translated as "hard work," Kung Fu is a great form of exercise that incorporates both anaerobic and aerobic conditioning. You will learn basic strikes, kicks, practical self defense and grappling. We will meet you where you are at. All levels are welcome.

45652	SW Portland	SWPMA GYM	7pm-8pm
Wed	9/23-12/2	Jones	\$215
No class 11/11.			

NEW CLASS NEW INSTRUCTOR

9WO 615L Women's Brazilian Jiu Jitsu (No Gi)

Build your self-confidence, focus, physical fitness and self-defense skills. This martial art is focused on grappling where you will learn how to roll, fall, throw, pin and apply submissions safely. We will meet you where you are at. All are welcome.

45651	SW Portland	CROFIT GYM	3pm-4pm
Sat	9/26-12/5	Jones	\$215
No class 11/28.			

Class Spotlight:

Brazilian jiu-jitsu (the gentle art) is a martial practice that focuses on how to use leverage and skill to control an opponent. Class content includes learning to fall safely, basic tumbling skills, how to escape pins, how to maintain pins, how to stay safe when working with a partner, and the application of technique against resistance. Our goal is to meet every student where they are at and help them build up from there.

NEW CLASS NEW INSTRUCTOR

9WO 615K Brazilian Jiu Jitsu (No Gi)

Build your self-confidence, focus, physical fitness and self-defense skills. This martial art is focused on grappling where you will learn how to roll, fall, throw, pin and apply submissions safely. We will meet you where you are at. All are welcome.

45650	SW Portland	CROFIT GYM	7pm-8pm
Mon	9/21-11/23	Jones	\$215

9MBF 601G Beginning Karate

Learn the basics of Karate in a fun and safe environment. We will focus on building self-confidence, self-control and self-defense skills such as blocks, kicks and Katas. Through this course you will see increased strength, balance and endurance. No previous experience or uniform needed.

45416	Sylvania	HT 131	6:30pm-7:50pm
Mon	9/21-11/23	Miranda	\$159

Pilates

9WO 600H Pilates Reformer + Tower: Level 1

Perfect for students new to Pilates. Build core and full-body strength while improving your flexibility using the Pilates Reformer and Tower machines. We'll work on the basics and get back into fitness in this slower paced class.

42151	SW Portland	EFM STUDIO	11:45am-12:35pm
Tue	9/29-12/8	Binnendyk	\$359
No class 11/24.			

43660	SW Portland	EFM STUDIO	11:45am-12:35pm
Thu	10/1-12/10	Binnendyk	\$359
No class 11/26.			

43847	SW Portland	EFM STUDIO	12:15pm-1:05pm
Sat	9/26-12/5	Vincent	\$359
No class 11/28.			

44390	SW Portland	EFM STUDIO	10:30am-11:20am
Wed	9/30-12/9	Binnendyk	\$325
No class 11/11, 11/25.			

44391	SW Portland	EFM STUDIO	4:30pm-5:20pm
Thu	9/24-12/3	Vincent	\$359
No class 11/26.			

9WO 600I Pilates Reformer + Tower: Level 2

Building on the concepts from Level 1, progress your Pilates exercises on the Reformer and Tower machines. You'll have options for advancing your Pilates routine using the jump board, magic circle, squishy ball and more.

42152	SW Portland	EFM STUDIO	10:30am-11:20am
Fri	10/2-12/11	Binnendyk	\$359
No class 11/27. For students with Pilates experience.			

42372	SW Portland	EFM STUDIO	10:30am-11:20am
Mon	9/28-12/7	Binnendyk	\$359
No class 11/23. For students with Pilates experience.			

43848	SW Portland	EFM STUDIO	9am-9:50am
Sat	9/26-12/5	Vincent	\$359
No class 11/28.			

44392	SW Portland	EFM STUDIO	5:30pm-6:20pm
Thu	9/24-12/3	Vincent	\$359
No class 11/26.			

44393	SW Portland	EFM STUDIO	4:30pm-5:20pm
Wed	9/23-12/9	Vincent	\$359
No class 11/11, 11/25.			

9WO 601Q Pilates Reformer + Tower: Level 2.5

For students with Pilates experience, working toward Pilates Level 3 exercises

43765	SW Portland	EFM STUDIO	10:30am-11:20am
Tue	9/29-12/8	Binnendyk	\$359
No class 11/24 For students with Pilates experience.			

43766	SW Portland	EFM STUDIO	4:30pm-5:20pm
Mon	9/21-11/30	Vincent	\$359
No class 11/23.			



Pilates Reformer + Tower



Pilates Reformer + Tower: Level 2.5, continued

43849 **SW Portland** EFM STUDIO 5:30pm-6:20pm
Wed 9/23-12/9 Vincent \$359
No class 11/11, 11/25.

45718 **SW Portland** EFM STUDIO 10am-10:50am
Sat 9/26-12/5 Vincent \$359
No class 11/28.

45719 **SW Portland** EFM STUDIO 10:30am-11:20am
Thu 10/1-12/10 Binnendyk \$359
No class 11/26. For students with Pilates experience.

9WO 600J Pilates Reformer + Tower: Level 3

For students with Pilates equipment experience. Build full-body strength and flexibility using the Reformer and Tower machines. We'll work on more advanced exercises using the jump board, magic circle, squishy ball and more.

42155 **SW Portland** EFM STUDIO 11:45am-12:35pm
Wed 9/30-12/9 Binnendyk \$325
No class 11/11, 11/25. For students with Pilates experience.

42373 **SW Portland** EFM STUDIO 11am-11:50am
Sat 9/26-12/5 Vincent \$359
No class 11/28.

42374 **SW Portland** EFM STUDIO 9:15am-10:05am
Mon 9/28-12/7 Binnendyk \$359
No class 11/23. For students with Pilates experience.

44394 **SW Portland** EFM STUDIO 5:30pm-6:20pm
Mon 9/21-11/30 Vincent \$359
No class 11/23. For students with Pilates experience.

44395 **SW Portland** EFM STUDIO 11:45am-12:35pm
Mon 9/28-12/7 Binnendyk \$359
No class 11/23. For students with Pilates experience.

44396 **SW Portland** EFM STUDIO 9:15am-10:05am
Wed 9/30-12/9 Binnendyk \$325
No class 11/11, 11/25. For students with Pilates experience.

Pilates Reformer + Tower: Level 3, continued

45722 **SW Portland** EFM STUDIO 9:15am-10:05am
Fri 10/2-12/11 Binnendyk \$359
No class 11/27. For students with Pilates experience.

9WO 601M Pilates Reformer + Tower + Spine Corrector: Level 4

Advanced class for students with Pilates equipment experience who are ready for more challenging work using the Reformer, Tower and Spine Corrector. Injury-free students only.

42375 **SW Portland** EFM STUDIO 9:15am-10:05am
Tue 9/29-12/8 Binnendyk \$359
No class 11/24. For students with Pilates experience.

42376 **SW Portland** EFM STUDIO 9:15am-10:05am
Thu 10/1-12/10 Binnendyk \$359
No class 11/26. For students with Pilates experience.

43188 **SW Portland** EFM STUDIO 11:45am-12:35pm
Fri 10/2-12/11 Binnendyk \$359
No class 11/27. For students with Pilates experience.

9WO 601Y Gyrotonic Pulley Tower Class: Beginning

Discover the fundamentals of Gyrotonic exercise using the specialized Pulley Tower. This class guides you through fluid, circular exercises to build core stability, improve posture, and increase mobility while gently opening and aligning the body.

45710 **NW Portland** CENGYR STUDIO 2pm-3pm
Wed 9/23-12/2 Liu \$450
No class 11/11.

45711 **NW Portland** CENGYR STUDIO 2:15pm-3:15pm
Fri 9/25-12/4 Liu \$450
No class 11/27.

1-On-1 Pilates



SCAN HERE to register and pay, get program details, and find other 1-On-1 options.

Instructor Profile and Availability

Teresa Lee

Availability: Tue, 8am-3pm; Thu, 9am-2pm

Teresa was first introduced to Pilates as a classical ballet dancer while attending the University of Oregon. She was immediately impressed with the work as it improved her sense of balance and control. Teresa continued her Pilates practice when she moved to Colorado to dance with the Boulder Ballet. It was there that she found The Pilates Center, where she embarked upon 800 hours of study with highly skilled and revered mentors and become certified in 2003. Creating change in bodies and eliminating pain is a very rewarding process that she finds not only ongoing, but very fulfilling.

1-On-1 Pilates Training Packages

Private lessons are an excellent way to get started with Pilates. Our instructor will focus entirely on you by tailoring exercises to your unique needs. Whether your goals are building strength, relieving pain or achieving a healthier lifestyle, personalized instruction can take you there. Sessions last 50 minutes.

9WO 615H 1-On-1 Pilates Training: 5 Session Package

45370 **Beaverton** FORSTR STUDIO 9/21-12/12
Lee \$350

9WO 615I 1-On-1 Pilates Training: 10 Session Package

45371 **Beaverton** FORSTR STUDIO 9/21-12/12
Lee \$700

Strength Training

9WO 624J Strength Training for Women

Discover how to improve your muscular strength by gradually increasing your body's ability to resist force by using free weights, machines or your own body weight. Learn some of the most effective ways to safely burn fat and build muscle.

41043 **Online** ZOOM 5:30pm-6:15pm
Tue/Thu 9/22-12/1 Macedo Gallegos \$199
No class 11/26.

45620 **Online** ZOOM 7am-7:50am
Sat 10/10-11/28 Macedo Gallegos \$109

43303 **Rock Creek** BLDG5 101 7pm-7:50pm
Tue/Thu 9/29-12/8 Hickok \$145
No class 11/26

43754 **Sylvania** HT 118 5pm-5:50pm
Mon/Wed 9/28-12/7 Hickok \$145
No class 11/11.



Policies and Student Information

Register and Pay

Information on how to register and how to pay can be found on **page 3**, visit pcc.edu/schedule, or call 971-722-8888, option 2.

Registration

Understanding Class Listings

The online class schedule is the official schedule of classes for PCC Community Ed and may differ from the class listings in this catalog. Visit pcc.edu/community/schedule to confirm your class information.

Below is a sample class listing with descriptions of the information it includes:

Location/Remote/Online			
CRN	Building/Room	Start/End Time	
12345	SE Campus	TABOR 102	6:30pm-8:20pm
Wed	1/15-3/1	Garcia	\$75 + \$12 fee
Day	Instructor	Tuition/Fees*	
Start/End Dates			

The class listing may include a footnote listing additional information about the class including days the class won't meet, supply lists, textbooks, fees payable at the first class, and instructor websites or contact information.

*Fees are typically used to cover class supplies and demonstrations. Combined payment for both tuition and fees listed in the course information is payable to PCC.

Registration Confirmation

Confirmation of class registration is assumed once you register. You will not be sent written confirmation. Access to your class schedule and bill is available online using MyPCC.

Registration Dates

You can register online as late as the first day of class, unless otherwise noted in the course footnote. Please note, though, that some classes fill quickly and occasionally some classes get canceled. You can find registration dates online at pcc.edu/academic-calendar.

Waitlists

Community Ed classes do not have waitlists at this time. If a class is full, you should monitor the class enrollment status at pcc.edu/schedule.

Missing a Class

If you miss a class, contact your instructor to find out what you missed. You will not be automatically dropped. (See Refund/Drop Policy)

Underage Students

Unless otherwise noted, Community Ed classes are for an adult audience. However, younger students may be permitted in some adult classes. Note the following guidelines for admitting students younger than age 18 into adult Community Ed classes.

Students 16-17 Years Old

Students 16-17 years old are permitted to register for Community Education adult classes, except for classes with older age minimums, such as classes that involve alcohol.

Students 13-15 Years Old:

Step 1: Students 13-15 years old can apply for approval from a Program Coordinator in order to register for Community Education adult classes. To request approval, a parent or legal guardian must email the student's request to register, along with the following information, to communityed@pcc.edu. If this request is sent by the student, then their parent or legal guardian must be copied on the email.

- 1 Parent/Guardian Name
- 2 Parent/Guardian Email
- 3 Student Name
- 4 Student Email
- 5 Student Age
- 6 Class Title
- 7 Five Digit CRN

Step 2: A Program Coordinator will respond via email to inform those involved of their approval decision. If the Program Coordinator has granted approval, they will request additional documentation before the student can be registered.

Step 3: Once all necessary documentation has been submitted, Community Education will register the student and send a registration confirmation email to both the student and parent or legal guardian.

Note: Some classes require the parent or legal guardian of students younger than age 16 to be present. This requirement will be specified by the Program Coordinator at the time of acceptance. In such cases, the parent or legal guardian will also need to register and pay for the class.

Special Youth Classes:

- Community Education may offer some classes that are designed for younger students. Age ranges will be noted in the class title or description.

Payment

When to Pay

Payment is due at the time when your registration is processed. If you don't pay by the due date, one or more of the following steps may be taken:

- A late fee of up to 10% of your unpaid tuition and fees.
- A financial hold against future registrations.
- Collection of your past due balance by an outside agency. Accounts in collection are subject to additional charges and penalties.

You will not be automatically dropped from a class for non-attendance.

Senior Discount

If you are an Oregon resident who is 62 years of age or over when you register for classes, you are eligible to receive a 50% tuition discount on Community Ed classes. The tuition discount does not apply to fees. Seniors can also receive a 50% discount on a term and annual parking permits as part of the senior discount.

After you register, Contact the Student Account Services office by calling 971-722-8888 (option 3) to request your senior discount. Once it is set up, there is no need to request it again for non-credit courses. The discount will be applied to your account the day after you register and may be viewed online via MyPCC.

Visit pcc.edu/senior for more information.



Refund/Drop Policy

If you want to drop a class, do so online via MyPCC by the appropriate deadline, listed below. Charges will not be removed if you fail to drop before the drop deadline.

Class Length	Drop Deadline
Less than 2 weeks	Prior to the first day class meets.
2-7 weeks	By the end of the first day class is held.
8-10 weeks	Six calendar days after the start of class.
Specific Programs	Drop Deadline
Online ED2GO	Six calendar days after the start of class.
1-On-1 classes	Six calendar days after the start of the term. No drops or refunds on partially used packages.

Note: some classes have specific registration/drop dates listed in the course footnote. Those dates supersede the drop deadlines listed above.

Please note that if you register for a class and do not attend or stop attending and fail to personally drop by the drop deadline, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time.

Tuition Appeals

The PCC Community Education (CED) Tuition Appeal form is available for those who wish to appeal a non-credit course offered by PCC Community Ed.

Keep in mind that non-attendance does not relieve you of your obligation to pay. If you register for a class and do not attend or stop attending and fail to drop your class within the refund period, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time. For complete registration policies and information, refer to the PCC registration policies website: pcc.edu/enroll/registration/policies.html

The Community Education Tuition Appeal Committee reviews tuition appeals once a week and will meet to determine if your case-specific situation fits the criteria to accommodate your request to appeal the tuition charge(s). You will receive an email to your pcc.edu and preferred emails informing you of the outcome of their decision. Allow five business days for the committee to review your tuition appeal.

If approved, you may be eligible for one of the following:

- **A credit (refund)** for the tuition of the appealed course(s)

- **A tuition voucher** of 25% to 100% will be applied to your account (*a voucher expires in one year after they are awarded and can only be applied to a non-credit Community Education course*)

To submit your appeal for consideration, access the form at:

pcc.edu/community/about/drop-refund

*Please note that students may use this form to appeal Community Ed (CED) courses only. Inquiries regarding appealing non-credit courses with Continuing Education (CEU) and ed2go must be addressed with those respective departments.

If you have questions about the appeals process, contact us at communityed@pcc.edu.

Additional Information

Textbooks

Textbooks for Community Education classes can be found at PCC Bookstores which are located at each PCC Campus or online at pcc.edu/bookstore. To check the availability of a specific text, call 971-722-4910 or visit pcc.edu/bookstore.

Choosing a Language Class

If you are unsure of the appropriate level, first register for the class you think best fits your skills level and attend the first class to assess your comfort level. If you need to change levels you can do so by following the add/drop procedure.

If you have specific questions for an instructor regarding course content, you can find their PCC email address in the PCC Staff Directory (pcc.edu/contact) or by clicking on their name in the online course listing.

Accessible Ed & Disability Resources

PCC is committed to creating a learning environment that meets the needs of its diverse population. If you anticipate or experience any barriers to learning, discuss your concerns with the instructor. Accessible Ed & Disability Resources coordinates disability related accommodations. To make a request, contact them in advance. Click "get started" online at pcc.edu/disability or call 971-722-4341 or email AEDR@pcc.edu

Title IX

Portland Community College seeks to provide an environment that is safe and welcoming for all of us: an environment that is free of bias, discrimination, and harassment. Instructors are committed to supporting students and upholding gender equity laws as outlined by Title IX. Therefore, if a student chooses to confide in an instructor regarding an issue of sexual harassment/misconduct/assault, that instructor is obligated to tell PCC's Title IX coordinator. For additional information and a resource guide, visit:

pcc.edu/about/equity-inclusion

Enrollment Verification

PCC is unable to provide completion certificates or attendance verification for non-credit classes that are exclusively non-credit. This is because attendance is not taken in non-credit classes and grades are not assigned.

Students are able to pull up billing, payment, class schedule and registration status for their classes in MyPCC. Students can request an Enrollment Verification letter that will confirm the term and CRN that the student enrolled. To request an Enrollment Verification letter, please email communityed@pcc.edu

Unscheduled Closures

At times, inclement weather or infrastructure failures may necessitate delayed opening or closure of PCC locations and off-campus sites. All in-person Community Ed classes will be canceled if PCC is closed, even if the class was to be held at an off-campus location that may remain open. Remote (ZOOM) and online classes will typically be held as scheduled unless otherwise noted in the closure announcement.

Closures specific to Community Ed classes will appear as an alert on pcc.edu/communityed.

Campus WiFi

Secure wireless network access is available for current students, employees and guests at all PCC locations.

Students and staff

To connect to PCC's wireless network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCWiFi** wireless network.
- 3 To sign in:
Username: your MyPCC username
Password: your MyPCC password

Guests

Guests of PCC can connect to the wifi network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCGuest** network in your wireless settings.
- 3 Review Terms & Conditions
- 4 Accept Terms & Conditions
- 5 Your access will be active for 24 hours.

Visit pcc.edu/wireless for information or help.

Get a Schedule

Students who have taken a class within the last year will automatically receive the Community Education schedule in the mail. To order a schedule visit pcc.edu/communityed and click on 'Get help' then 'Get a Print Schedule'. It's free!



Class Locations

Beaverton

FORSTR	Forward Stride, 23839 SW Daniel Rd, Beaverton OR 97007
OBA	Oregon Badminton Academy, 11150 SW Allen Blvd, Ste 200, Beaverton OR 97005
SYWINE	Syndicate Wine Bar, 12620 SW 1st St, Beaverton OR 97005

Cascade

PCC Cascade Campus,
705 N Killingsworth St, Portland OR 97217

Cascade Locks

ETRAIL	Easy Climb Trail, M4PV+JX9, Cascade Locks OR 97014
---------------	---

Clark County

LACAPK	Lacamas Regional Park, 3344 NE Everett St, Camas WA 98607
---------------	--

CLIMB Center

CLIMB	PCC CLIMB Center, 1626 SE Water Ave, Portland OR 97214
--------------	---

Corbett

RRBOAT	Rooster Rock Boat Launch, GQV2+WCJ, Corbett OR 97019
---------------	---

Downtown

ARTMSM	Portland Art Museum, 1119 SW Park Ave, Portland OR 97205
KELAUD	Keller Auditorium, 222 SW Clay St, Portland OR 97201
SMSU	PSU Smith Memorial Student Union, 1825 SW Broadway, Portland OR 97201

Dundee

WINDER	Winderlea Vineyard and Winery, 8905 NE Worden Hill Rd, Dundee OR 97115
---------------	---

Estacada

CIESPP	City of Estacada Parking Lot, 502 SE Main St, Estacada OR 97023
---------------	--

Gervais

STPOND	St. Louis Ponds, 6483 Keene Rd NE, Gervais OR 97026
---------------	--

Hillsboro

GLENMR	GlenMar Farms, 10556 NW 195th Ave, Hillsboro OR 97214
---------------	--

Newberg

CHEGLN	Chehalem Glenn Golf Course, 4501 E Fernwood Rd, Newberg OR 97132
---------------	---

N Portland

HLGLFC	Heron Lakes Golf Course, 3500 N Victory Blvd, Portland OR 97217
---------------	--

SJCLAY	St. John's Clay, Cathedral Park Place, 6635 N Baltimore St, Suite 110, Portland OR 97203
---------------	---

NE Portland

BRIBEE	Bridgetown Bees Apiary, 3580 NE Alberta Ct, Portland OR 97211
COLWD	Colwood Golf Center, 7313 NE Columbia Blvd, Portland OR 97218
NWDPS	Northwest Dance Project Studio, 211 NE 10th Ave, Portland OR 97232
TERTRA	Terran Travel, 523 NE 19th Ave, Meet out front, Portland OR 97232
WILCER	Wildcat Hobby Shop Ceramics, 3615 NE 50th Ave, Portland OR 97213
WILDHB	Wildcat Hobby Shop, 3605 NE 50th Ave, Portland OR 97213

NW Portland

BDYVX	BodyVox, 1201 NW 17th Ave, Portland OR 97209
CENGYR	Center Gyrotonic, 1420 NW 17th Ave, Suite 288, Portland OR 97209
DARCEL	Darcelle XV, 208 NW 3rd Ave, Portland OR 97209
ECHWES	Echo West, 1420 NW 17th Ave, Suite 388, Portland OR 97209
FRNHSE	Friendly House, 1737 NW 26th Ave, Portland OR 97210
PBC	Portland Bridge Club, 2701 NW Vaughn St, Ste #148, Portland OR 97210
PORTCS	Portland Center Stage, 128 NW 11th Ave, Portland OR 97209
TOMOBC	Tomo Bouldering Club, 1315 NW Overton St, Portland OR 97209

OMIC Center

OMIC	PCC Columbia County Center, Oregon Manufacturing Innovation Center, 34001 NE Wagner Ct, Scappoose OR 97056
-------------	--

Online

ZOOM	Online via ZOOM Info: pcc.edu/community/remot
-------------	---

Oregon City

MTVWHE	Mountain View Heritage, 15363 S Loder Road, Oregon City OR 97045
---------------	---

Rock Creek

PCC Rock Creek Campus,
17705 NW Springville Rd, Portland OR 97229

Scappoose

MMPS	Martin Model & Pattern Studio, 32000 Raymond Creek Rd, Scappoose OR 97056
SCACRO	Scappoose Crown Zellerbach Trail, 52756 W Lane Rd, Scappoose OR 97056

Sherwood

BECVIN	Beckham Estate Vineyard, 30790 SW Heater Rd, Sherwood OR 97140
---------------	---

SE Campus

PCC Southeast Campus,
2305 SE 82nd Ave, Portland OR 97216

SE Portland

ECHOTC	Echo Theater Company, 1515 SE 37th Ave, Portland OR 97214
EMGOLF	Eastmoreland Golf Course, 2425 SE Bybee Blvd, Portland OR 97202
PTTC	Portland Table Tennis Club, 1720 SE Haig St, Portland OR 97202
VMAC	Vitalidad Movement Arts Center, 2648 E Burnside St, Portland OR 97214
WSTMOR	Westmoreland Park, SE 23rd Ave at SE Bybee Blvd, Portland OR 97202
YMCASE	Southeast YMCA, 6036 SE Foster Rd, Portland OR 97206

SW Portland

CROFIT	CrossFit Hillsdale, 6309 SW Capitol Hwy, Portland OR 97239
EFM	Effortless Movement, 1750 SW Skyline Dr, Suite 24, Portland OR 97221
HOYT	Hoyt Arboretum, 4000 SW Fairview Blvd, Portland OR 97221
NORNOR	Nordic Northwest, 8800 SW Olsen Rd, Portland OR 97223
SWPMA	SW Portland Martial Arts, 6315 SW Capitol Hwy, Portland OR 97239

Sublimity

SILFAL	Silver Falls State Park, Howard Creek Trailhead parking lot, 20024 Silver Falls Hwy SE, Sublimity OR 97385
---------------	--

Sylvania

PCC Sylvania Campus,
12000 SW 49th Ave, Portland OR 97219

Tigard

NWFENC	Northwest Fencing Center, 11117 SW Greenburg Rd, Tigard OR 97223
---------------	---

Willow Creek

WCC	PCC Willow Creek Center, 241 SW Edgeway Dr, Beaverton OR 97006 pcc.edu/willowcreek (accessible building features)
------------	---

Get directions to your class.

Visit pcc.edu/locations for directions, campus maps, and on-campus accessible building features.



Class Subject Index

Arts			
Dance5			
Aerial and Acrobatic Arts.....5			
Ballet.....6			
Belly Dance.....6			
Breakdance and Hip Hop.....6			
Latin Dance.....6			
Modern Dance.....7			
Swing Dance.....7			
Tap.....7			
Music and Theater7			
1-On-1 Music Lessons.....8			
Guitar.....8			
Strings.....8			
Theater.....8			
1-On-1 Storytelling Coaching.....9			
Voice.....9			
Photography9			
Darkroom.....10			
People and Places.....10			
Online Photography Classes with Ed2Go.....10			
Visual Arts10			
Architetur and Art History.....11			
Ceramics.....11			
Ceramics Projects.....12			
Drawing.....12			
Drawing: Botanical Illustration.....12			
Drawing: Comics and Illustration.....13			
Glass.....13			
Mixed Media.....14			
Painting.....14			
Painting: Acrylics and Oils.....14			
Painting: Watercolor and Water Media.....15			
Printing and Printmaking.....15			
Writing15			
Fiction.....15			
Fundamentals.....16			
Movies and Plays.....16			
Poetry.....16			
Publishing and Editing.....17			
1-On-1 Writing Coaching.....17			
Online Writing Classes with Ed2Go.....17			
Careers, Technology and Finance			
Career Skills19			
1-On-1 Public Speaking Coaching.....20			
Online Career Skills Classes with Ed2Go.....20			
Computer Skills and Technology20			
Artificial Intelligence.....20			
1-On-1 Computer Instruction.....20			
Desktop Publishing and Graphic Design.....21			
Microsoft Office.....21			
Web Design and Development.....21			
Online Computer Skills and Technology Classes with Ed2Go.....22			
Personal Finance22			
Managing Your Money and Investments.....22			
Real Estate.....23			
Retirement.....23			
Online Personal Finance Classes with Ed2Go.....23			
Home, Garden and Self			
Do It Yourself (DIY)25			
Emergency Preparedness25			
Food and Drink25			
Baking.....26			
1-On-1 Baking Coaching.....26			
Butchering for the Home Chef.....26			
Food Fermentation.....27			
Food Preservation.....27			
Fundamental Techniques.....27			
International Cuisine.....27			
Plant-Based Fiber Series.....28			
1-On-1 Plant-Based Lifestyle Coaching.....28			
Sweet Treats.....29			
Beer.....29			
Wine.....29			
Wine: Vineyard Visit.....30			
Garden, Nature, and Yard30			
Beekeeping.....31			
Birds and Wildlife.....31			
Floral Design.....31			
Home Gardening Series with Rod Smith.....32			
Life Sciences.....32			
Nature.....32			
Permaculture.....32			
Plant-based Dyeing.....32			
Planting and Growing.....33			
Hobbies and Crafts33			
Beaded Jewelry.....33			
Knitting and Fiber Crafts.....34			
1-On-1 Chess Lessons.....35			
Games.....35			
Sewing and Quilting.....35			
Home Improvement35			
Self Development36			
Astrology and Tarot.....36			
Style and Beauty36			
1-On-1 Personal Styling.....36			
Woodworking and Metalworking37			
Blacksmithing.....37			
Metal Crafts.....37			
Metalworking Jewelry.....38			
Wood Crafts.....39			
Motorcycle and Scooter Classes39			
Language and Culture			
Cultural Exploration41			
World View.....41			
Languages42			
American Sign Language.....42			
1-On-1 American Sign Language Instruction.....42			
Arabic.....42			
Chinese.....43			
1-On-1 Chinese Instruction.....43			
English.....43			
1-On-1 English: Career Coaching for Spanish Speakers.....43			
French.....44			
German.....44			
1-On-1 German Instruction.....45			
Italian.....45			
Japanese.....46			
1-On-1 Japanese Instruction.....46			
Korean.....46			
1-On-1 Korean Instruction.....47			
Portuguese (Brazilian).....47			
Russian.....47			
Spanish.....47			
1-On-1 Spanish Instruction.....48			
Online Language Classes with Ed2Go.....49			
Local Adventure			
Arts Explorations50			
Portland Area Adventures50			
Get Out of Town51			
Recreation and Wellness			
Adult 55+ Fitness53			
Better Bones and Balance.....54			
Health54			
1-On-1 Health Coaching.....55			
Mind-Body Wellness56			
Qigong and Tai Chi.....57			
Yoga.....57			
1-On-1 Yoga Lessons.....58			
Sports58			
Adventure Sports.....60			
Golf.....60			
Hiking and Backpacking.....60			
Outdoor.....60			
Raquet Sports.....61			
1-On-1 Tennis Lessons.....61			
Water Sports.....61			
Winter Sports.....62			
Work Out62			
Cardio.....62			
1-On-1 Personal Training.....63			
Martial Arts.....64			
Pilates.....64			
1-On-1 Pilates.....65			
Strength Training.....65			

PCC Professional Development and Training

Gain and improve your skills for the workplace – for individuals and organizations



Grant Writing Series

Build grant-writing skills through three courses covering fundamentals, advanced proposal strategies, and grantmaker insights—giving you a competitive edge in securing funding.



Coyne First Aid / CPR for Building Trades

Learn lifesaving First Aid, CPR, and AED skills through hands-on training and earn nationally recognized Coyne certification for workplace and personal emergencies.



Leveraging AI to Enhance Work

Leverage artificial intelligence as your workplace ally. Learn effective prompting, AI-driven task planning, strategies for improved communication, and how to use AI responsibly.



High Performing Project Teams

Strengthen team performance and elevate project outcomes by developing collaborative, high-functioning teams. Enhance communication, build trust, and apply emotional intelligence while effectively navigating conflict.



Basic Income Tax Preparation

Covers elements of basic tax preparation. Meets the statutory educational requirements for those wishing to be licensed income tax preparers in Oregon.



Oregon Broker Advanced Practices

This course meets the 2026 Oregon Real Estate Agency requirement for the 26-hour Broker Advanced Practices CE before first license renewal.



Nervous System, Lymph Flow & Inflammation Support

Covers how to regulate the nervous system, decrease inflammation, and support lymphatic flow to improve client outcomes



Herbalism Certificate

Earn CEUs & explore herbal medicine via Zoom classes! Program covers 200 herbs (Western, Chinese & Ayurveda). Dive into natural healing with modern science.



Ayurveda, Yoga, and Philosophy

Learn the foundations of the ancient health system of Ayurveda. Discover how to balance the mind, body and spirit through both Yoga and Ayurveda.



Learn more: pcc.edu/professionaldevelopment

1:1 confidential advising +
Specialized training programs =
A healthier business and
a more confident you



*Helping Build Oregon's
Best Businesses for 40 Years*

The PCC Small Business Development Center helps small business owners **start, grow and rebuild their businesses with CONFIDENCE.**

Upcoming Business Training Programs Designed Just For You

Getting Your Recipe to Market

Turn your recipe into a commercial-ready food product in just 12 weeks with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market.

Business Builders

This 12-week comprehensive training program blends 8 weeks of foundational business education with 4 weeks of specialized industry learning, giving you the tools and support you need to start, grow, and thrive.

Advanced Small Business Management

Designed to help mature businesses grow faster and scale quickly, this 10-month training program gives you the boost you need to shift toward earning \$1 million or more in revenue.

Explore how business training can benefit your business.

SCAN HERE

bit.ly/pccsmallbusiness



PCC SBDC Client Success Story: Selected Stories

"I can't picture how much harder it would have been to find my way without the PCC SBDC. The classes are extremely helpful, and when you factor in the access to ongoing advice, they are extremely good value. Just having someone knowledgeable to bounce ideas off was so useful. I couldn't have done it without them."

— Chris Phillips, Founder of Selected Stories



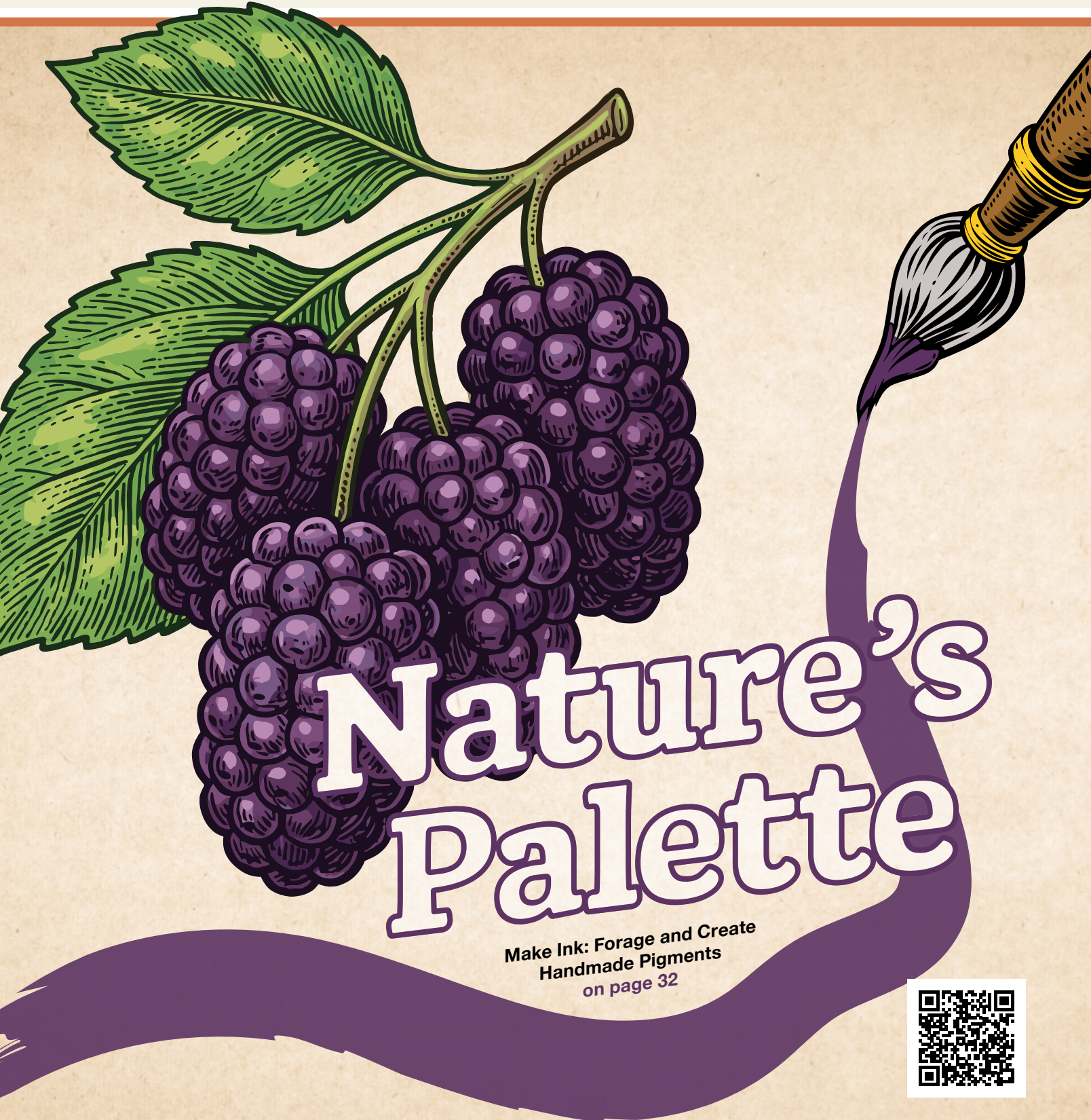
Contact Us: 971.722.5080 | sbdc@pcc.edu

The Oregon SBDC Network is funded in part by a cooperative agreement with the U.S. Small Business Administration. Additional funding is provided by Business Oregon and Portland Community College.





PCC Community Education mails this class schedule to most college district residents to let them know about upcoming non-credit classes. The class schedule is printed and mailed four times a year for about 31¢ per copy. It can be recycled. **Because the schedule is addressed to "Residential Customer," PCC cannot remove individuals from the mailing list.**



**Make Ink: Forage and Create
Handmade Pigments
on page 32**

