

PCC Community Ed

Spring 2026 | Class Schedule for Lifelong Learning

Fitness in the Fresh Air

See page 50



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Registration opens
March 4
at 7am



**Portland
Community
College®**



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.

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.

Behind the Community Ed Class Catalog

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



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SCAN HERE
to register online

Register and Pay

► Spring registration opens **Wednesday, March 4 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 April, 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.

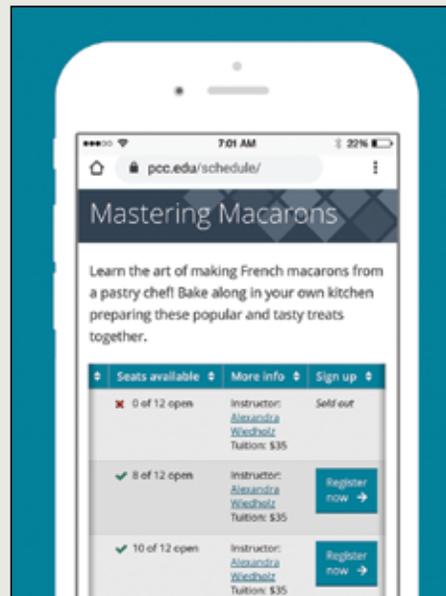
Register and pay for Motorcycle Rider Training classes at team-oregon.org

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.



Dance

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Music and Theater

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Photography

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Visual Arts

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Writing

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Sing!

Enjoy the camaraderie of bringing your voice together with others. Learn technical skills and new songs while you also improve your posture and breathing. Singing in a group can build community and reduce stress. This spring, lift your mood and your voice

► [Find these classes on page 9](#)



Arts

Dance

9DAN 620Q Bollywood Dance Workshop
Learn to dance Bollywood-style. Your instructor teaches you step by step how to move to upbeat Indian music in this energetic and fun class.

25134	Rock Creek	BLDG5 111	5:30pm-7:20pm
Tue	4/14	Shah	\$35
25135	Rock Creek	BLDG5 111	5:30pm-7:20pm
Tue	5/12	Shah	\$35
25136	Rock Creek	BLDG5 111	5:30pm-7:20pm
Tue	5/26	Shah	\$35

9DAN 620P Intro to Body Mapping: Efficient, Coordinated Movement

Uncover physical habits that no longer serve you and learn how to move according to your actual design. Explore body mapping through mini-lectures, discussions, movement activities and journal writing/drawing. Every body is welcome.

25107	Sylvania	CT 222	1pm-2:50pm
Sat	4/18-4/25	Sanders	
and	Sylvania	HT 106	1pm-2:50pm
Sat	5/2	Sanders	\$49

Supplies: monica.sanders@pcc.edu

UPDATED CLASS

9DAN 620S Intro to Flamenco Bulerias
The heart of flamenco is bulerias. Explore this magnetic art form's rhythm, arm work and floor patterns. Find your own expression and learn some flamenco history. Includes warm up/ cool down.

25276	Southeast	TABOR 102	7:30pm-8:50pm
Wed	4/8-5/27	La Canela	\$95

Dance barefoot or in clean, non-black-soled shoes.

NEW CLASS NEW INSTRUCTOR

9DAN 620W Funk/CampbellLock Dance
Feel the music from head to toe as you learn the classic locking vocabulary - points, claps, wrist rolls and all the flavor. Explore high energy improvisation concepts that let loose your personal style. All levels welcome.

25535	SE Portland	VMAC STUDIO B	8:30pm-9:30pm
Tue	3/31-6/9	Galen	\$179

UPDATED CLASS

9DAN 620T Irish Set Dancing

Discover Irish set dancing! Learn lively steps, percussive footwork and partner patterns in this joyful social dance of square formations. Explore Irish culture, connect with community, and have fun. All levels welcome.

25495	Southeast	TABOR 102	6:30pm-8:20pm
Fri	4/3-6/12	Meehan	\$129

No class 4/10, 4/17, 5/15. Wear smooth-soled shoes.

NEW CLASS NEW INSTRUCTOR

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.

25547	SE Portland	VMAC STUDIO C	6:30pm-7:30pm
Tue	3/31-6/9	Ko	\$179



Instructor Spotlight: Nicki Ko

Nicki brings professional K-Pop training and performance experience into every class, combining strong technique with an energetic and encouraging teaching style. She emphasizes musicality, precision, and confidence while making choreography accessible and engaging. Nicki strives to create a supportive, high-energy learning environment where students feel challenged but comfortable, whether they are new to K-Pop or looking to refine their skills.

9DAN 600Y Mindful Movement

Follow your body's lead. Focus on sensation rather than aesthetics, on breath rather than technique. Begin with guided relaxation and flow into improvised movement and options for relating to classmates.

25297	SE Portland	ECHOTC THEATER	12:30pm-1:30pm
Fri	4/3-6/5	Wheeler-Kay	\$209

Accessible and inclusive for all bodies.

UPDATED CLASS

9DAN 620R Scandinavian Dances

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.

25577	SW Portland	NORNOR HALL	7:15pm-8:15pm
Mon	3/30-6/8	Ewing	\$95

No class 5/25. 5/11 class is a Birthday Ball with live band.

NEW CLASS

9DAN 620V Sevillanas: Spanish Folk Dance

Sevillanas, a popular dance style closely related to flamenco, is danced in pairs at clubs, parties and shows. No need to bring a partner, we will rotate through our group. All levels welcome. Dance barefoot or in clean non-black-soled shoes.

25548	SE Portland	VMAC STUDIO B	12pm-1pm
Sat	4/11-5/30	La Canela	\$135

Aerial and Acrobatic Arts

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.

23951	NW Portland	ECHWES STUDIO	6:10pm-7:25pm
Wed	4/1-6/3	Allen	\$365

Wear workout clothes, no metal zippers. Bring water.



9DAN 6110 Aerial Dance

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.

24112 **SE Portland** ECHOTC THEATER 12pm-1:30pm
Mon 3/30-6/1 Buddenbaum \$385
No 5/25. Wear workout clothes; no metal zippers. Bring H2O.

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.

22588 **NW Portland** ECHWES STUDIO 9am-10am
Sun 4/12-6/7 Allen \$265
Wear workout clothes; no metal zippers. Bring water.

23215 **SE Portland** ECHOTC THEATER 9:30am-10:30am
Fri 4/3-6/5 Buddenbaum \$305
Wear workout clothes; no metal zippers. 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.

25601 **NW Portland** ECHWES STUDIO 11:30am-12:45pm
Tue 3/31-6/2 Allen \$365
Wear workout clothes; no metal zippers. Bring water.

22626 **SE Portland** ECHOTC THEATER 7:45pm-9pm
Wed 4/1-6/3 Buddenbaum \$365
Wear workout clothes; no metal zippers. 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.

24114 **SE Portland** ECHOTC THEATER 4:45pm-5:45pm
Fri 4/3-6/5 Wegner \$209
Wear workout clothes; no metal zippers. Bring water.

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.

24127 **NW Portland** ECHWES STUDIO 6pm-7:15pm
Mon 3/30-6/1 Wegner \$229
No 5/25. 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.

23150 **NW Portland** BDYVX STUDIO 12pm-1:30pm
Wed 4/8-6/10 Michalowsky \$145
Wear comfortable, form-fitting clothes. Bring water bottle.

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.

23952 **NW Portland** BDYVX STUDIO 10:30am-12pm
Fri 4/10-6/12 Michalowsky \$145
Wear comfortable, form-fitting clothes. Bring water bottle.

Ballroom

9DAN 601B Ballroom Dance for Everyone

Ballroom dancing 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.

25335 **Southeast** TABOR 102 7:30pm-8:50pm
Tue 3/31-6/2 Munsey \$119
Wear comfortable clothes; no black-soled shoes.

Belly Dance

NEW CLASS

9DAN 620Y Intro to Belly Dance Workshop

Want to see what all the shimmying is about? Begin with a fun warmup that gets your heart pumping then move on to isolation and traveling step breakdowns and a fabulous little choreography. Walk away with a swing in your hips.

25542 **SE Portland** VMAC STUDIO A 2pm-4pm
Sat 5/30 Eaton \$39

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.

24273 **SE Portland** VMAC STUDIO B 6:30pm-7:30pm
Tue 4/7-4/28 Eaton \$65

25270 **SE Portland** VMAC STUDIO B 6:30pm-7:30pm
Tue 5/5-5/26 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.

24267 **SE Portland** VMAC STUDIO B 8:30pm-9:30pm
Thu 4/2-6/11 Ko \$179

Latin Dance

NEW CLASS

9DAN 605C Intro to Latin Dance Workshop

Move to the rhythms of merengue, bachata, and salsa in this beginner-focused workshop. Bring a date or come solo and connect with others in a welcoming, social setting. Workshop is followed by a 30-minute open practica.

25552 **SE Portland** VMAC STUDIO A 2pm-4pm
Sat 5/2 Mundarain \$39

NEW CLASS

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.

25551 **SE Portland** VMAC STUDIO A 2pm-4pm
Sat 4/4 Mundarain \$39

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!

24284 **SE Portland** VMAC STUDIO A 6:30pm-7:30pm
Tue 4/7-4/28 McKnight \$65

24285 **SE Portland** VMAC STUDIO A 6:30pm-7:30pm
Tue 5/5-5/26 McKnight \$65

NEW CLASS NEW INSTRUCTOR

9DAN 605A Casino (aka Cuban Salsa)

Learn fundamentals for leading and following in Casino (aka Cuban Salsa). We go over basic steps/pasos basicos, partner positions and movements/guapea, cross-body movements/dile que no, turns/enchulfa, timing and rhythm, and partner connection.

25545 **SE Portland** VMAC STUDIO C 6:30pm-7:30pm
Wed 4/1-4/29 Hilario \$79

25546 **SE Portland** VMAC STUDIO C 6:30pm-7:30pm
Wed 5/6-5/27 Hilario \$65

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.

24290 **SE Portland** VMAC STUDIO B 7:30pm-8:30pm
Tue 4/7-4/28 Mundarain \$65

25277 **SE Portland** VMAC STUDIO A 6:30pm-7:30pm
Thu 4/2-4/30 Mundarain \$79

25278 **SE Portland** VMAC STUDIO B 7:30pm-8:30pm
Tue 5/5-5/26 Mundarain \$65

25280 **SE Portland** VMAC STUDIO A 6:30pm-7:30pm
Thu 5/7-5/28 Mundarain \$65

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!



SCAN HERE
to register online

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.

23151 **NW Portland** BDYVX STUDIO 2:30pm-4pm
Mon 3/30-6/8 Howard \$145

No class 5/25. 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.

25131 **NW Portland** BDYVX STUDIO 2:30pm-4pm
Thu 4/9-6/11 Howard \$145

Wear comfortable clothes. Bring water.

Swing Dance

NEW CLASS

9DAN 620U **Intro to Lindy Hop Workshop**

Get acquainted with partner dancing basics such as connection and musicality in this jazz-inspired swing dance born in Harlem's Black communities of the 1920s and 30s. We work on basic 6-count and 8-count patterns. No need to bring partner.

25543 **SE Portland** VMAC STUDIO A 11am-1pm
Sat 5/9 Gomez \$39

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.

25271 **SE Portland** VMAC STUDIO B 7:30pm-8:30pm
Wed 4/1-4/29 Gomez \$79

25272 **SE Portland** VMAC STUDIO B 7:30pm-8:30pm
Wed 5/6-5/27 Gomez \$65

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.

23214 **Southeast** TABOR 102 6pm-7:20pm
Tue 3/31-6/2 Munsey \$119

Wear comfortable clothes; no black-soled shoes.

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.

24288 **SE Portland** VMAC STUDIO B 6:30pm-7:30pm
Mon 4/6-4/27 On \$65

24289 **SE Portland** VMAC STUDIO B 6:30pm-7:30pm
Mon 5/4-5/18 On \$49

Tap

9DAN 612N **Dance: American Rhythm Tap**

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

21539 **SE Portland** ECHOTC THEATER 11am-12pm
Fri 4/3-6/5 Wheeler-Kay \$209

9DAN 612T **Dance: American Rhythm Tap 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.

21540 **SE Portland** ECHOTC THEATER 12:45pm-1:45pm
Wed 4/1-6/3 Wheeler-Kay \$209

Tap shoes recommended; hard-soled shoes will suffice.

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.

23217 **SE Portland** ECHOTC THEATER 2pm-3pm
Wed 4/1-6/3 Wheeler-Kay \$209

Tap shoes recommended; hard-soled shoes will suffice.

Music and Theater

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.

24104 **Online** ZOOM 6pm-6:50pm
Mon 3/30-6/8 Khovy \$79

No class 5/25. Text: *Edly's Music Theory for Practical*

UPDATED CLASS

9PER 601L **Sound in Science and the Arts**

What is sound, how is it produced, and how does it affect our bodies and emotions? Participants will explore these questions and more through a sustained project of their own creation. All levels welcome.

24228 **Cascade** CH 307 6:30pm-8:20pm
Mon 4/6-6/1 Umhoefer \$129

No class 5/25. Text: *Acoustics: The Art of Sound*

► You may also like **Sound Meditation for Everyone: How Sound Calms the Mind** on page 46

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.

24252 **Sylvania** CT 201 5:30pm-8:20pm
Wed 4/1-6/10 Farris \$105

More info: matthew.farris1@pcc.edu

9PER 621B **Rehearsal 101: Unpacking Musical Practice**

Do you love playing an instrument, but practicing not so much? Are you looking to make your rehearsal efforts more intentional, sustainable or even fun? Break down the whats, whys and hows of making musical progress. For musicians of all levels.

25712 **Cascade** TH 202 6pm-7:20pm
Wed 4/8-4/22 Appling \$45

Bring writing tools.

1-On-1 Music Lessons



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

Contact instructor before registering to insure fit.

Sessions last 45 minutes. Expect additional materials costs. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profiles and Availability

Pollyanna Hancock-Moody

(voice, piano/keyboard, theory, bodymapping)
pollyanna.hancockmoody@pcc.edu
Availability: Mon-Fri daytimes; contact Pollyanna 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: Sun, 2pm-4pm; Mon-Tue, 9am-12pm

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.

1-On-1 Music Lessons continues on next page



1-On-1 Music Lessons, continued

Mitzi Zilka

(vocal performance, vocal technique, repertoire development, beginning guitar, beginning piano) mitzi.zilka15@pcc.edu
Availability: Mon-Thu; 9am-6pm

Mitzi meets you where you are in your development and listens to your concerns. For more than two decades, she has taught jazz singing/performance workshops for beginners and advanced students, as well as individual vocal instruction for more than twenty-five years.

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.

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

22509	Online	3/30-6/13	Zilka	\$145
23946	Online	3/30-6/13	Khovy	\$145

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

21517	Online	3/30-6/13	Hancock-M	\$145
21671	Online	3/30-6/13	Khovy	\$240
22507	Online	3/30-6/13	Zilka	\$240

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

21516	Online	3/30-6/13	Hancock-M	\$240
21670	Online	3/30-6/13	Khovy	\$480
22508	Online	3/30-6/13	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.

22615	Online	ZOOM	10am-10:50am
Sat	4/4-6/13	Khovy	\$79

No class 5/23. Text: *Contemporary Class Guitar 1*

NEW CLASS

9PER 621F Intro to Bottleneck Blues Guitar

Originating as a Hawaiian technique, the slide blues sound has infused many musical genres. We use a basic G tuning and explore several techniques. Some experience with guitar is helpful, although the focus will not be on standard tuning chords.

25416	Online	ZOOM	7pm-7:50pm
Mon	3/30-6/8	Khovy	\$79

No class 5/25. Text: *Bottleneck Blues Guitar*

Music Production

NEW CLASS NEW INSTRUCTOR

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

Look at songs' structures, practice recording, 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.

25576	Cascade	TH 202	7pm-8:50pm
Wed	5/6-5/20	Schlueter	\$49

Bring Mac computer with Garage Band installed, headphones.



Instructor Spotlight: Jake Schlueter

Jake earned a Master's degree in Music Production from Berklee College of Music and runs a private teaching and production studio. His teaching style is hands-on, energetic, and fun, guided by the motto: We're going to work hard, and have a great time doing it. In his class, all ideas are welcome. Because creative work can be vulnerable, his goal is to support students as they develop confidence, skills, and their own voice.

Strings

NEW CLASS

9PER 621E All Strum Coffeehouse Jam

Fearlessly play songs from generations of popular music, John Denver to Natalie Merchant. All are muted except Jill. Chord diagrams, music notation and lyrics provided for regular and baritone ukulele, guitar, mandolin and banjo. All levels welcome.

25417	Online	ZOOM	4pm-4:50pm
Sun	4/5-6/7	Khovy	\$79

No class 5/24. Text: *Strum Together Coffeehouse*

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.

21537	Online	ZOOM	9am-9:50am
Sat	4/4-6/13	Khovy	\$79

No class 5/23. Text: *Essential Elements for Ukulele*

Theater

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.

Acting for the New Times, continued

21827	Southeast	SCOM 318	6:30pm-8:20pm
Tue	4/14-5/26	Schwell	\$115

UPDATED CLASS

9PER 601I Action Theater: Body-Based Improvisation

For movers who want to talk, and talkers who want to move. Through physical, vocal and verbal games, we tune in to the body's inherent connection with imagination, creating improvisations that are alive with truth and oddities of being.

25132	Rock Creek	BLDG5 111	6pm-8:20pm
Wed	4/22-6/3	Rose	\$225

Text: *Action Theater: Improvisation of Presence*

24281	Southeast	TABOR 102	10:30am-12:50pm
Sat	4/18-5/30	Rose	\$225

Text: *Action Theater: Improvisation of Presence*

UPDATED CLASS

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.

25294	Southeast	TABOR 102	6pm-8:20pm
Thu	4/23-6/4	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.

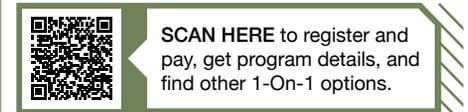
25556	Online	ZOOM	6pm-7:50pm
Thu	4/2-5/7	Ellis	\$95

Bring notebook and pen.

► You may also like **1-On-1 Public Speaking Coaching** on page 17

► You may also like **Enneagram Detective** on page 31

1-On-1 Storytelling Coaching



Sessions are 75 minutes long. Brian will contact you by the first week of the term to schedule. Use your sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with Brian 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.



SCAN HERE
to register online

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.

25083	Online	3/30-6/13	Ellis	\$310
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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 are welcome; previous singing experience helpful. Class moves at medium pace.

21826	Southeast	SCOM 234	1:30pm-2:50pm
Fri	4/3-6/12	Hancock-Moody	\$119 + \$15 fee

No class 6/5. Supplies: pcc.edu/staff/pollyanna-hancockmoody

NEW CLASS

9PER 621D Unaccompanied Ballad Singing Level 2

Identify 3-5 songs you want to sing solo from the Appalachian, Ozark, Irish, Scottish and English ballad traditions that we studied in previous classes. Build your repertoire and practice performing unaccompanied ballads.

25550	Cascade	MAHB 214	6:30pm-7:50pm
Thu	4/2-5/28	Blackbird	\$95 + \$3 fee

No class 5/14. Prereq: previous ballad class with Blackbird.

9PER 626S Singing For Self-Expression

Explore aspects of singing, from physical action through aesthetic experience, in a group setting. Choose your own songs and investigate breathing, tone production, diction and interpretation while you develop confidence and expressivity.

24220	Cascade	MAHB 214	7pm-8:20pm
Wed	4/22-5/27	Deeter	\$75

Teach at PCC and share your knowledge and experiences.

Visit pcc.edu/communityed and click Teach a 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.

24401	Online	ZOOM	6:30pm-9:20pm
Mon	5/4	Regal	\$35

21501	Southeast	TABOR 125	9:30am-12:20pm
Sat	4/18	Regal	\$35

► You may also like [Columbia Gorge Waterfall Photography Workshop](#) on page 29

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.

21538	Cascade	TH 200	6:30pm-8:20pm
Tue	4/7-5/19	Regal	

and	Downtown	SMSU MARKET	10am-12:50pm
Sat	4/25	Regal	\$135

Must register by 4/14. Field trip 4/25.

23153	Southeast	TABOR 137	6:30pm-8:20pm
Thu	4/9-5/21	Regal	\$115

Must register by 4/8. In-class field trip from classroom.

UPDATED CLASS

9FA 632J Developing a Personal Photography Project

Use your photos and those of well-known photographers to explore 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.

25534	Southeast	TABOR 139	6pm-8:50pm
Mon	4/6-6/1	Brommer	\$195

No class 5/25. Bring camera. Field trip during one class.

UPDATED CLASS

9FA 633K Taking Better Photos: Intermediate Photography

Building on basic photographic/camera knowledge, we explore composition, color, light, lighting, subject matter, equipment, tips and more. Weekly assignments and discussion of student work, which can be anonymous or not.

25133	Rock Creek	BLDG 245	7pm-8:20pm
Tue	4/7-5/5	Rosencrantz	\$75

Field trip discussed in 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

21967	Southeast	TABOR 131	6pm-9:20pm
Wed	4/1-6/3	Riches	\$269 + \$60 fee

Open lab times discussed in class.

Photography



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.

21968	Southeast	TABOR 131	6pm-9:20pm
Tue	3/31-6/2	Riches	\$269 + \$60 fee

Open lab times discussed in class.

21969	Southeast	TABOR 131	6pm-9:20pm
Thu	4/2-6/4	Riches	\$269 + \$60 fee

Open lab times discussed in class.

People and Places

9FA 621M Travel Photography

Whether you go to the Oregon Coast or Paris, you can learn how to bring home captivating photos. Class covers camera basics, composition, perspective and light. Following the field trip, sort images in class to create an engaging slideshow.

22622	CLIMB Center	CLIMB 307	10am-11:50am
Wed	4/8-5/13	Regal	\$95

Must reg by 4/14. In-class field trips from classroom.

► You may also like [Italian Conversation for Wishful \(or Wistful\) Travelers](#) on page 38

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.

25489	Southeast	TABOR 124	1:30pm-3:50pm
Tue	3/31-4/14	Consear	\$59

Supplies: pcc.edu/staff/pamela-consear

25554	Cascade	TH 208	1:30pm-3:50pm
Thu	5/28-6/11	Consear	\$59

Supplies: pcc.edu/staff/pamela-consear

NEW CLASS NEW INSTRUCTOR

9FA 608Y **The Art of the Book: An Introduction to Bookmaking**

We begin by learning about paper, tools and materials and work up to making six unique books. Our book structures include journals, accordions and books as decor, including a variety of stitches. Bring your creativity. All tools provided.

25566	Cascade	MAHB 109	6:30pm-8:20pm
Tue	4/14-5/19	Monroy	\$95 + \$25 fee

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.

24291	Southeast	TABOR 137	1:30pm-3:50pm
Sat	4/11-5/16	Maggio	\$119 + \$15 fee

9FA 608L **Liberatory Art Calisthenics: Free Yourself, Find Your Voice**

Through art and embodiment, break small rules to build the capacity to challenge bigger paradigms. Explore resistance, confidence, your authentic voice. Move and breathe, swap artwork and be vulnerable. No prior art experience necessary.

25558	Cascade	MAHB 109	6pm-8:50pm
Fri	4/10-6/12	Harmer	\$219

Supplies: pcc.edu/staff/willow-harmer/

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.

23213	Sylvania	AM 112	10am-12:20pm
Sat	4/11-5/2	Draghinesscu	\$79 + \$5 fee

NEW CLASS

9FA 605K **Realistic Prop Food Sculptures: Medieval Appetizer Dinner**

Learn how to sculpt styrofoam and clays into appetizer portions of hand pies, roasted meats and vegetables. Then add paint, textures, and sheen to make them look realistic enough to eat!

25584	Cascade	MAHB 109	5:30pm-8:20pm
Mon	3/30-4/20	Vavroch	\$189

Reg by 3/26. Tools, materials provided.

► You may also like **Charcuterie Boards on a Budget** on page 25

Calligraphy

9FA 610A **Calligraphy: All Levels**

Explore and add to your calligraphy skills using the traditional edged dip pen and ink, along with marker or Pilot pens. We study one style and variations, working toward a final project. Practicing can be meditative. All levels welcome.

21602	Sylvania	TCB 218	10am-11:50am
Sat	4/4-5/16	Hartman	\$115

Supplies: pcc.edu/staff/maryellen-hartman

NEW CLASS

9FA 645A **Chinese Calligraphy: Seal Script and Regular Script**

Learn and practice techniques for writing Seal script. Review basic brush strokes and practice writing Regular script forms. Write classical poems using both script forms. Practice poems provided and then you'll research and bring your own.

25549	Southeast	TABOR 126	9:30am-12:20pm
Sat	4/4-5/23	Louie	\$185

Supply list at first class.

NEW CLASS

9FA 608T **Calligraphy Watercolor Techniques Workshop**

Explore a variety of techniques using watercolors, from backgrounds to resists to using watercolor to write. For those with some calligraphy experience.

25104	Sylvania	TCB 218	10am-2:50pm
Sat	5/30	Hartman	\$45

Supplies: pcc.edu/staff/maryellen-hartman

9FA 603V **Intermediate Calligraphy: Dancing Letters**

Dance your letters into a complete composition. Work your design forward from a rough stage, choosing styles, enhanced backgrounds and color appropriate to the composition. For students with calligraphy experience.

23845	Sylvania	TCB 218	1pm-2:50pm
Sat	4/4-5/16	Hartman	\$115

Supplies: pcc.edu/staff/maryellen-hartman

Ceramics

First class is mandatory for all new and returning students.

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.

24405	N Portland	SJCLAY STUDIO	6pm-8:20pm
Thu	4/2-6/4	Jordan	\$395

Includes bag of clay and firing.

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.

21920	Cascade	MAHB 108	10am-12:50pm
Sat	4/4-5/30	Hammond	\$259 + \$50 fee

Open studio hours discussed in class.

21973	Southeast	TABOR 134	10am-1:20pm
Sat	4/4-6/6	Hoagland	\$349 + \$55 fee

21977	Southeast	TABOR 134	10am-1:20pm
Tue	3/31-6/2	Lundberg	\$349 + \$55 fee

21978	Southeast	TABOR 134	1:30pm-4:50pm
Wed	4/1-6/3	Shaw	\$349 + \$55 fee

21979	Southeast	TABOR 134	5:30pm-8:50pm
Wed	4/1-6/3	Shaw	\$349 + \$55 fee

21980	Southeast	TABOR 134	1:30pm-4:50pm
Thu	4/2-6/4	Higgins	\$349 + \$55 fee

25273	Southeast	TABOR 134	5:30pm-8:50pm
Thu	4/2-6/4	Higgins	\$349 + \$55 fee

25274	Southeast	TABOR 134	10am-1:20pm
Mon	3/30-6/8	Hoagland	\$349 + \$55 fee

No class 5/25.

25275	Southeast	TABOR 134	2pm-5:20pm
Mon	3/30-6/8	Hoagland	\$349 + \$55 fee

No class 5/25.

25296	Southeast	TABOR 134	1:30pm-4:50pm
Fri	4/3-6/5	Stoll	\$349 + \$55 fee

9FA 615T **Ceramics: Open Studio**

Work in the studio on wheel or hand building projects from class. No formal instruction. Only available to students who are also registered for an All Levels or Intermediate/Advanced class at SE campus. You may register for one or two CRNs.

21970	Southeast	TABOR 134	2pm-4:50pm
Tue	4/7-6/2	Buff	\$50 + \$35 fee

Bring your own tools if possible.

21971	Southeast	TABOR 134	10am-12:50pm
Wed	4/8-6/3	Buff	\$50 + \$35 fee

Bring your own tools if possible.

21972	Southeast	TABOR 134	5:30pm-8:20pm
Tue	4/7-6/2	Buff	\$50 + \$35 fee

Bring your own tools if possible.

21975	Southeast	TABOR 134	10am-12:50pm
Fri	4/10-6/5	Buff	\$50 + \$35 fee

Bring your own tools if possible.

21976	Southeast	TABOR 134	1:30pm-4:20pm
Sat	4/4-6/6	Hoagland	\$50 + \$35 fee

Bring your own tools if possible.



This instructor is energized, professional, engaging, organized, and creates a productive learning environment.

~ Drawing student





SCAN HERE
to register online

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.

25574 **NE Portland** WILCER STUDIO 6pm-9pm
Fri 4/3-4/24 Sarro \$325
All materials and firing included.

25575 **NE Portland** WILCER STUDIO 6pm-9pm
Wed 5/6-5/27 Sarro \$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.

25567 **NE Portland** WILCER STUDIO 1pm-4pm
Wed 4/1-4/22 Olsen \$325
All materials and firing included.

25568 **NE Portland** WILCER STUDIO 10am-1pm
Sat 5/9-5/30 Olsen \$325
All materials and firing included.

9FA 626Q Ceramic Garden Art

Embellish your garden with whimsical or contemplative art. Via hand-building with stoneware, create sculptures, figurines, or tiles. All levels welcome. Includes open studio hours, bag of clay, basic tool kit, firing and glazing completed class projects.

23848 **N Portland** SJCLAY STUDIO 9am-11:20am
Sat 4/4-6/6 Jordan \$395
Includes bag of clay and firing.

9FA 626P Ceramics for Soda Fire

Wheel-throw ceramic ware forms that accentuate surface area and are suited for the effects of soda firing. Utilize specially-formulated glazes. Participate in loading, wadding, firing and unloading ware. All levels welcome; some wheel experience helpful.

24234 **N Portland** SJCLAY STUDIO 9am-11:20am
Sat 4/4-6/6 Lake \$435
Includes open studio, bag of clay, firing, special glazes.

Ceramics Projects

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.

25569 **NE Portland** WILCER STUDIO 6pm-8pm
Mon 5/4 Olsen
and **NE Portland** WILCER STUDIO 6pm-8pm
Mon 5/18 Olsen \$215
All materials and firing included.

25570 **NE Portland** WILCER STUDIO 6pm-8pm
Tue 3/31 Olsen
and **NE Portland** WILCER STUDIO 6pm-8pm
Tue 4/14 Olsen \$215
All materials and firing included.

25571 **NE Portland** WILCER STUDIO 5pm-7pm
Sat 4/11 Olsen
and **NE Portland** WILCER STUDIO 5pm-7pm
Sat 4/25 Olsen \$215
All materials and firing included.

9FA 640E Ceramics Handbuilding:

Make a Mug Workshop

Create a unique mug with step-by-step guidance using just your hands and some clay. Bring your creativity and sense of fun. No prior clay experience necessary.

25572 **NE Portland** WILCER STUDIO 6pm-8pm
Fri 6/5 Sarro \$120
All materials and firing included.

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.

25573 **NE Portland** WILCER STUDIO 6pm-8pm
Thu 5/21 Sarro \$120
All materials and firing included.

Drawing

UPDATED CLASS

9FA 608A Contemporary Drawing

Experiment with materials, scales and techniques to explore drawing as process and expression. We prioritize creativity, risk-taking and developing a personal artistic voice through projects, critiques and discussions of current artists.

25688 **Southeast** TABOR 126 10am-1:50pm
Thu 5/21-6/11 Guttman \$129
Supplies: pcc.edu/staff/elena-guttman

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.

21604 **Cascade** MAHB 222 1:30pm-4:20pm
Mon 3/30-6/8 Kitman \$219
No class 5/25. Supplies: pcc.edu/staff/suzy.kitman15

9FA 603Z Exploring Visual

Communication Through Drawing

Explore drawing as a tool for thought and communication, aiding in enlarging graphic vocabulary, and gaining familiarity with diagramming and information visualization. Beneficial to educators, artists, and designers. All levels welcome.

25103 **Cascade** CH 206 6:30pm-8:20pm
Thu 4/9-5/7 Umhoefer \$79
Text: *Rapid Viz*. Bring drawing and writing tools.

NEW CLASS

9FA 608Z Introduction to Travel Sketching

Document your upcoming travel adventures. Try a variety of materials via hands-on exercises. Discuss locations, etiquette, and creating a supply kit tailored to your needs. On the final class we meet at a nearby location to practice.

25106 **Sylvania** CT 222 10am-11:50am
Tue 4/14-5/12 Stout \$79
Supplies: pcc.edu/staff/jennifer-stout2

► You may also like **French for Travelers** on page 37



Instructor Spotlight: Jenny Stout

What Jenny has learned by working with people across a variety of learning spaces is that a person's life experiences shape how they approach any kind of creative project. And art is essentially creative problem solving! While travel sketching, there can be a lot of unpredictability. Her goal is to help students hone their problem-solving skills so that they can move through those unpredictable travel moments with ease and humor.

UPDATED CLASS

9FA 603A Drawing From The Human Skeleton

Draw from a full model skeleton, practicing contour, cross contour and shading techniques in pencil and charcoal. Explore proportions and observe underlying curves and nuances of each bone. Basic drawing skills expected; high interest essential.

25560 **Cascade** MAHB 222 1:30pm-4:20pm
Tue 4/7-6/9 Kitman \$219
Supplies: pcc.edu/staff/suzy-kitman15

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'll learn to see color and "paint" with our pencils in the galleries at PAM, possibly with the Impressionists. Supplies: pcc.edu/staff/pamela-consear/

25592 **Downtown** ARTMSM LOBBY 10:30am-12:50pm
Wed 4/1-4/15 Consear \$59
\$35 payable to *Portland Art Museum* for one-year pass.

25593 **Downtown** ARTMSM LOBBY 2pm-4:20pm
Wed 4/1-4/15 Consear \$59
\$35 payable to *Portland Art Museum* for one-year pass.

25594 **Downtown** ARTMSM LOBBY 10:30am-12:50pm
Wed 5/27-6/10 Consear \$59
\$35 payable to *Portland Art Museum* for one-year pass.

25595 **Downtown** ARTMSM LOBBY 2pm-4:20pm
Wed 5/27-6/10 Consear \$59
\$35 payable to *Portland Art Museum* for one-year pass.

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.

25561 **Cascade** MAHB 222 1:30pm-4:20pm
Thu 4/9-6/11 Kitman \$219
Supplies: pcc.edu/staff/suzy-kitman15



Drawing: Botanical Illustration

NEW CLASS

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.

25565 **Cascade** MAHB 109 1pm-3:50pm
Thu 4/2-5/28 Leonard \$185

No class 5/7. Supply list: pcc.edu/staff/rhiannon-leonard/

NEW CLASS

9FA 608U **Drawn to Flowers**
Look closely at flowers to observe their structural uniqueness and play with drawing techniques. Explore culturally symbolic origin stories, cultivation, etymology, botanical illustrations and medicinal value. All levels welcome.

25564 **Cascade** MAHB 109 10am-12:50pm
Thu 4/2-5/28 Leonard \$145

No class 5/7. Supply list: pcc.edu/staff/rhiannon-leonard/

NEW CLASS

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.

25563 **Cascade** MAHB 109 10am-12:50pm
Tue 3/31-6/2 Leonard \$185

No class 4/7, 5/5. Supplies: pcc.edu/staff/rhiannon-leonard/

► You may also like **Growing Resilience with Native Plants** on page 29

NEW CLASS

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.

25562 **Cascade** MAHB 109 1pm-3:50pm
Wed 4/1-5/27 Leonard \$185

No class 5/6. Supply list: pcc.edu/staff/rhiannon-leonard/

Drawing: Comics and Illustration

NEW CLASS

9FA 605I **Children's Book Illustration: Techniques and Play**
Grow skills, express creativity and explore the joyful world of children's book illustration. Use your own story or a supplied one. Play with making art on paper or digitally via Procreate. Explore character design, composition, setting, color.

25419 **Southeast** TABOR 141 10am-12:50pm
Sat 4/18 Reisberg \$35

Supplies: Mira.reisberg@pcc.edu

► You may also like **Draft a Children's Picture Book in a Day** on page 14

UPDATED CLASS

9FA 645B **Intro to Nonfiction Comics and Nonfiction Graphic Novels**

Historical overview with discussions of artists, characters, works and genres. Published works may address themes of diversity, violence and sexuality. Class includes readings, discussion, prompts, comics exercises and feedback.

25579 **Cascade** TH 201 6pm-8:20pm
Mon 3/30-6/1 Bak \$179

No class 5/25. Supplies: pcc.edu/staff/todd-bak/

NEW CLASS

9FA 645C **Project Practice Process: A Comics Workshop**

Enhance your practice through group support and regular critique. Must bring a current comics/graphic novel project. Familiarity with comics/graphic novels and formats, as well as creative or nonfiction writing, is strongly recommended.

25580 **Cascade** TH 208 6pm-8:20pm
Tue 3/31-6/2 Bak \$189

Supplies: pcc.edu/staff/todd-bak/

UPDATED CLASS

9FA 608K **Watercolor Comics**

Explore the fundamentals of watercolor comic book art including writing, sketching, character design, storyboarding, penciling, inking and coloring. Try out various techniques and tools while developing creativity and personal expression.

25557 **Cascade** MAHB 109 6pm-8:50pm
Thu 4/9-6/11 Harmer \$219

Supplies: pcc.edu/staff/willow-harmer/

Glass

UPDATED CLASS

9FA 614X **Stained Glass Basics: Make a Mackintosh Rose Suncatcher**

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

24213 **Cascade** MAHB 109 12pm-4:50pm
Sat 5/9 Vavroch \$189

Register/drop by 4/6. All tools and materials provided.

UPDATED CLASS

9FA 613V **Stained Glass Basics: Make a Six-Pointed Star Suncatcher**

Learn the fundamentals of the stained glass process from start to finish as you construct a six-pointed star suncatcher. Your finished small work of art will measure 5 inches across.

25581 **Cascade** MAHB 109 12pm-4:50pm
Sat 4/11 Vavroch \$189

Register/drop by 4/9. All tools and materials provided.

UPDATED CLASS

9FA 608Q **Stained Glass Basics: Make a Striped Heart Suncatcher**

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

Stained Glass Basics: Make a Striped Heart Suncatcher, continued

25582 **Cascade** MAHB 109 12pm-4:50pm
Sat 4/25 Vavroch \$189

Register/drop by 4/23. All tools and materials provided.

25583 **Cascade** MAHB 109 12pm-4:50pm
Sat 6/13 Vavroch \$189

Register/drop by 6/11. All tools and materials provided.

UPDATED CLASS

9FA 613U **Abridged Intro to Stained Glass**

This project-based class is for those wanting to use an existing ten-piece pattern to learn the fundamentals of the stained glass process. Construct a finished stained glass panel measuring one square foot.

23208 **Cascade** MAHB 109 5:30pm-8:50pm
Mon 4/27-5/11 Vavroch

and **Cascade** MAHB 109 4:30pm-8:50pm
Mon 5/18 Vavroch \$465

Register/drop by 4/23. All tools and materials provided.

Mixed Media

9FA 630O **Avant-garde Collage**

Using collage, montage and decoupage, create art in styles like Dadaism and magic realism. Bring to first class: colored paper, magazines, Elmer's glue or mod podge, decorative papers, exacto/scissors, a board or Bristol paper, pencils and notebook.

23209 **Southeast** TABOR 126 10am-12:50pm
Thu 4/9-5/14 Guttman \$145

Supplies: pcc.edu/staff/elena-guttman

NEW CLASS

9FA 608S **Creative Thinking in Visual Art**

Investigate imagination, experimentation and problem-solving. Challenge conventional approaches to art making. Explore diverse materials, techniques and ideas. Develop your ability to generate original concepts and express them visually.

25415 **Southeast** TABOR 126 10am-1:50pm
Tue 5/26-6/9 Guttman \$95

Supplies: pcc.edu/staff/elena-guttman

9FA 608J **Journal-Based Mixed Media Painting**

Start with a cigar box of trinkets and a prompt to draft a disjointed and ridiculous narrative. Explore imagery and color choices before experimenting with gel printing using reclaimed materials, recycled paper and acrylic paint. All levels welcome.

25499 **Southeast** TABOR 126 1:30pm-4:20pm
Wed 5/6-6/3 Whitlock \$119

Supplies: pcc.edu/staff/gia-whitlock

Painting

UPDATED CLASS

9FA 624M **Chinese Brush Painting: Birds**

Spring is coming and birds are singing. Invite their beauty into your work. Through lecture, demonstration and your own work, explore uses of ink and brush in this art form.

25412 **Southeast** TABOR 126 6pm-8:50pm
Mon 4/6-6/1 Choy \$185

No class 5/25. Supplies: jean.choy@pcc.edu



SCAN HERE
to register online

Chinese Brush Painting: Birds, continued

25413 Southeast TABOR 126 10am-12:50pm
Wed 4/8-5/27 Choy \$185
Supplies: jean.choy@pcc.edu

NEW CLASS NEW INSTRUCTOR

9FA 605L Mindfulness in Chinese Ink Painting

Express the spirit and inner vitality of nature. We focus on an ink painting style that portrays plants as symbols of beauty, resilience and harmony. Cultivate mindfulness, creativity and a renewed connection with local plants. All levels welcome.

25555 Sylvania TCB 216 6pm-7:50pm
Wed 4/8-6/10 Dai \$159
Supplies: yanan.dai@pcc.edu



Instructor Spotlight: Yanan Dai

Yanan is a Chinese ink artist and the author of a series of award-winning art education books. She studied with several Chinese art masters and has been teaching for 10+ years. She aims to help students connect nature and daily life. She guides students through painting practices that build focus and emotional awareness—similar to meditation or Tai Chi, but through brush and ink. By focusing on breath and intention, students cultivate inner calm and develop a deeper understanding of Chinese ink as an art form.

UPDATED CLASS

9FA 616J Dynamic Abstract Painting

Explore movement, color and emotion through expressive abstraction. Experiment with bold gestures and dynamic compositions. Through exercises and personal exploration, translate rhythm, emotion and spontaneity into visual forms.

21893 Southeast TABOR 126 10am-12:50pm
Tue 4/14-5/19 Guttman \$145
Supplies: pcc.edu/staff/elena-guttman

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.

22482 Rock Creek BLDG3 105 9:30am-2:50pm
Sat 4/4-4/11 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie/

9FA 605G Open Studio with Guidance: Watercolor, Gouache, Acrylic

Explore watercolor, gouache, acrylic and more with tailored guidance and suggestions from your instructor. This is not a structured class but an opportunity to work on projects and explore new materials with personalized feedback.

25497 Southeast TABOR 126 7pm-8:50pm
Thu 4/9-5/28 Sagues \$129
Supplies: pcc.edu/staff/angela-sagues

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.

22483 Rock Creek BLDG3 105 9:30am-2:50pm
Sat 4/18-4/25 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie/

Painting:
Acrylics and Oils

UPDATED CLASS

9FA 616D Painting: Acrylics and Oils

Bring a project and Elena will guide you toward your vision. Subjects include color mixing, still life, portrait, landscape, shadows and aerial perspective. Come to class with your preferred materials. For intermediate/advanced students.

25491 Southeast TABOR 133 10am-12:50pm
Fri 4/10-6/12 Guttman \$219
Supplies: pcc.edu/staff/elena-guttman

UPDATED CLASS

9FA 605B Techniques for Realism in Oil Painting

Create a realistic oil painting by using grisaille, under painting, glazing and alaprima. Learn about shadow, atmosphere, perspective and chiaroscuro in still life. The final project is a portrait using the method of Venetian painting.

25493 Southeast TABOR 133 10am-12:50pm
Wed 4/15-6/3 Guttman \$185
Supplies: pcc.edu/staff/elena-guttman

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.

23152 Rock Creek BLDG3 105 9:30am-2:50pm
Sat 6/6-6/13 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie/

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.

21919 Cascade MAHB 222 1:30pm-4:20pm
Wed 4/8-6/10 Kitman \$219
Supplies: pcc.edu/staff/suzy.kitman15/

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.

21515 Southeast TABOR 126 10am-12:20pm
Mon 3/30-6/1 Barnum \$179
No class 5/25. Supplies: pcc.edu/staff/leslie-barnum

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.

21623 Southeast TABOR 126 10am-12:50pm
Fri 4/3-6/5 Barnum \$219
Supplies: pcc.edu/staff/leslie-barnum

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.

23155 Rock Creek BLDG3 105 9:30am-2:50pm
Sat 5/9-5/16 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie/



Painting



Block Printing



9FA 630P **Paint with Bold Color in Gouache**

Learn the basics of gouache, an opaque watercolor which you can use to create vibrant paintings. It is very portable, great for sketching with color or for creating finished paintings. Build your skills with this versatile medium.

21924 **Southeast** TABOR 126 1:30pm-3:50pm
Mon 3/30-6/1 Barnum \$179
No class 5/25. Supplies: pcc.edu/staff/leslie-barnum

UPDATED CLASS

9FA 625M **Gouache for Illustration and Fine Art**

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.

24216 **Cascade** MAHB 109 6pm-8:50pm
Wed 4/8-6/10 Harmer \$219
Supplies: pcc.edu/staff/willow-harmer/

Printing and Printmaking

UPDATED CLASS

9FA 626I **Introductory Relief Printmaking: Block Printing**

Discover traditional and contemporary techniques of block printing, a versatile printmaking process. Design, carve and print original images using linoleum, wood and other materials. We focus on design concepts, craft and experimentation.

25544 **Southeast** TABOR 133 10am-1:50pm
Sat 4/11-5/30 Guttman \$229
Supplies: pcc.edu/staff/elena-guttman

► You may also like **Block Printing for the Home** on page 29

Writing

NEW CLASS

9WRI 615H **Draft a Children's Picture Book in a Day**

Our day includes expert guidance, writing prompts, worksheets, class discussions and small group critiques. Draft a fun, meaningful children's picture book. Leave with resources about refining your story, illustration and publication.

25418 **Southeast** TABOR 141 10am-12:50pm
Sat 4/11 Reisberg \$35
Supplies: Mira.reisberg@pcc.edu

► You may also like **Children's Book Illustration: Techniques and Play** on page 12

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?

24230 **Cascade** JH 102 6:30pm-8:20pm
Wed 4/8-5/27 Umhoefer \$159
Bring writing tools.

► You may also like **Artificial Intelligence** classes on page 19

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.

25295 **Southeast** TABOR 144 6pm-7:20pm
Mon 4/6-5/18 Sherman \$85
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.

23154 **Rock Creek** BLDG2 115 10:30am-12:50pm
Sat 4/18 Cristiani \$35
Bring a laptop or tablet if you can.

9WRI 614Q **Writing Fanfiction: Characters**

Build a character and jump into a fictional world! Ready-made scenarios make character development easy. We'll hone our characters' motivations and put them to the test, using traditional storytelling techniques.

23844 **Rock Creek** BLDG2 205 10:30am-12:50pm
Sat 4/25 Cristiani \$35
Bring a laptop or tablet if you can.

9WRI 614R **Writing Fanfiction: Setting**

Place your favorite characters in alternate settings and universes. Learn about the most common fan settings. Play with your favorites and create your own. Apply traditional plot construction to a story outline. All levels welcome.

24232 **Rock Creek** BLDG2 205 10:30am-12:50pm
Sat 5/2 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.

22625 **Southeast** TABOR 143 6pm-7:20pm
Tue 4/14-5/26 Sherman \$85

Bring writing tools.

Fundamentals

9WRI 620N **Writing: Workshopping for Beginners**

Whether you're a new writer or an old pro, get comfortable with the basics of the workshop process and practice giving and receiving feedback on short fiction and nonfiction writing exercises.

25597 **Online** ZOOM 5:30pm-7:20pm
Tue 4/7-5/19 Watson \$115

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.

25130 **Rock Creek** BLDG2 205 10am-12:50pm
Sat 4/11-5/30 Arthur \$185

NEW CLASS

9WRI 615M **Next Steps For Fiction Writers: Synopsis and First Five Page**

Ready to take your fiction to the next stage? Learn about publishing, discuss what publishing route(s) may be best for you, and craft your synopsis and first five pages. No finished project? That's okay! Use your synopsis to start a new one!

25553 **Sylvania** TCB 213 10am-12:20pm
Sat 4/18-5/2 Cabana \$59

Bring writing tools, synopsis and first pages if possible.

Movies and Plays

NEW CLASS NEW INSTRUCTOR

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

Learn about the art of screenwriting from concept to production. Develop a draft of an original short film script using professional techniques, story structure and creative exercises rooted in Portland's indie film culture. Beginners welcome.



SCAN HERE
to register online

Screenwriting From Script to Screen, continued

25420 **Southeast** TABOR 138 6pm-8:50pm
Wed 4/8-6/10 Valencia \$219
Text: *Save the Cat*. Bring writing tools. Field trip option.

▶ You may also like **New Films From Around the World - Foreign Films: 2000-2026** on page 35



Instructor Spotlight: Jesse Valencia

Jesse brings a background in writing, film, media, and cultural analysis, with graduate training in creative writing, literature, and screenwriting. His teaching style is accessible, grounded in close reading, craft analysis, and practical application. He aims to create a collaborative, discussion-driven classroom where students feel supported taking intellectual and creative risks. He facilitates workshopping each others' work, analyzing contemporary and canonical texts, breaking down narrative structure, and translating ideas into usable tools.

NEW CLASS

9WRI 615J Write Compelling Characters for Stage and Screen

Explore techniques to heighten your story through complex characters that resonate off the page. Analyze script excerpts and try out writing exercises to generate creative material. Share written pages for feedback. All levels welcome.

25578 **Online** ZOOM 10am-11:50am
Sun 4/12-5/17 Stein \$95

Poetry

NEW CLASS

9WRI 615I First Poems: Finding Your Voice

Discover the vitality of poetry and study its formal structures, while learning to find and strengthen your innate poetic voice. Practice approaches and study contemporary poets. Discuss editing and self-publishing. Beginners welcome.

25539 **Southeast** TABOR 124 6pm-7:50pm
Mon 3/30-5/4 Carsten \$95

Bring writing tools.

NEW CLASS

9WRI 615L Spring Poetry Workshop

We read and look at the craft of poems about new possibilities, beginnings and reinvention. Then we write our own. The second half of the term focuses on revision and optional workshopping. New and experienced poets welcome.

25591 **Online** ZOOM 11:30am-1:20pm
Tue 4/28-6/2 Badawi \$95

Bring writing tools. Use PCC or other access to Google docs.

1-On-1 Writing Coaching



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

Sessions last 45 minutes. Your instructor will contact you by the first week of term to schedule. Use your sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a writing session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

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; Thur, 12pm-7pm

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.

Jesse Carsten

Availability: Sun, contact Jesse for details; Mon, 6pm-8pm, Fri, 9am-11am

Jesse (they/he) is an artist, writer, and musician who comes to students' work with curiosity and openness, offering ideas for creative expansion. Jesse can work with you on poetry, personal essays, songwriting, humanities-related academic work, zines, generative and experimental forms. They are writing poems, essays, songs and self-publishing zines.

Tim Steele

(literary fiction, magical realism, and weird horror)
tim.steele1@pcc.edu
Availability: Mon-Fri, 5-8pm; Sat, 9am-6pm

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.

Paul Stein

paul.stein1@pcc.edu
Availability: Mon-Fri, 10am-6pm

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-Thu, 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.

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

25084	Online	3/30-6/13	Steele	\$145
24092	Online	3/30-6/13	Watson	\$145

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

23035	Online	3/30-6/13	Amberson	\$240
25082	Online	3/30-6/13	Carsten	\$240
25085	Online	3/30-6/13	Steele	\$240
23036	Online	3/30-6/13	Stein	\$240
24093	Online	3/30-6/13	Watson	\$240

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

25086	Online	3/30-6/13	Steele	\$480
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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

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



Career Skills
pages 17-18

Computer Skills and Technology
pages 18-19

Personal Finance
pages 20-21

Estate Planning Made Easy

Instructor: Cheryl Gill

Nearly 70% of adults in the U.S. don't have an estate plan, and of those who do, about 70% are outdated. Having a plan in place helps ensure your wishes are honored and reduces stress for the people you care about most. Instructor Cheryl Gill will help students understand their options, feel more confident about decisions and avoid common mistakes.

► [Find this class on page 20](#)



SCAN HERE
to register online

Careers, Technology and Finance

Career Skills

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.

25524	Online	ZOOM	12pm-2:20pm
Wed	4/29	Leis	\$39

1-On-1 Public Speaking Coaching



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

Contact instructor before registering to insure fit. Sessions last 45 minutes. Expect additional materials costs. Use sessions within the term; no refunds for unused sessions. Individual sessions

must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profiles and Availability

Joseph Britton

joseph.britton1@pcc.edu

Availability: Mon/Tue/Thu; 10:15am and 2:15pm

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: Mon-Wed, 3pm-5pm (starting 4/13)

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.

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

21842	Online	3/30-6/13	Britton	\$145
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► You may also like **Personal Storytelling** on page 8

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

21600	Online	3/30-6/13	Britton	\$240
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25092	Online	3/30-6/13	Wendel	\$240
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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 620D Basic Computer Skills using Windows 11

Focus on File Explorer and core file management: creating, saving, moving, and renaming files/folders. Practice downloading files and skills like selecting text and multiple files. Includes some basic Word skills and a peek at Excel.

25463	Cascade	TEB 226	6pm-7:50pm
Wed	4/15-4/22	Podany	\$55

Bring note-taking tools.

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

9COM 616V How to Stay Safe on the Internet

Protect yourself from online scams, identity theft and other cyber threats. Learn to create strong passwords, use secure browsing practices and be aware of social engineering attacks.

25100	Sylvania	TCB 309	10am-12:20pm
Sat	4/4	Pham	\$35

9COM 613Z Intro to Mini-Documentary Making

Create a brief documentary about any topic from a family vacation to a political issue. Learn to plan, shoot, edit and present. Basic video editing experience helpful. Must have familiarity with PCC Gmail account.

25238	Southeast	TABOR 138	6:30pm-8:20pm
Tue	4/7-6/2	Roberts	\$219

No class 5/26. Bring device with video production software.

► You may also like [New Films From Around the World - Foreign Films: 2000-2026](#) on page 35

1-On-1 Computer Instruction



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

Instructors will meet with each student for 1.25 hours for the first session and 1 hour for subsequent sessions.

Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Contact instructor before registering to insure fit.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Zita Podany

zita.podany@pcc.edu

Availability: *Mon-Fri and occasional Sat-Sun; contact Zita for specific availability*

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.

Steve Roberts

(mini-documentaries, AI, and Mac skills)
steven.roberts4@pcc.edu

Availability: *Mon, 10am-4pm; Tue-Fri, contact Steve for details; Sat, 12pm-4pm*

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: *Sat-Sun, 9am-3pm; Mon/Wed/Fri, 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!

Wendy Webb

wendy.webb1@pcc.edu

Availability: *Mon, 8am-10am; Fri, 5pm-8pm; Sat, 12pm-5pm; contact Wendy for specific dates' availability*

Wendy is a Squarespace instructor and digital design coach specializing in Mac skills for entrepreneurs, and has an M.A. in Media Studies from The New School. She helps content creators & business owners design SEO-friendly websites, create compelling content, and confidently grow their online presence.

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 PC users. See instructor profile for specific topics.

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

21844	Online	3/30-6/13	Podany	\$195
For PC users only.				

24096	Online	3/30-6/13	Roberts	\$195
For Mac users only.				

21848	Online	3/30-6/13	Wahlke	\$195
For Mac users only.				

25090	Online	3/30-6/13	Webb	\$195
For Mac users only.				

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

21845	Online	3/30-6/13	Podany	\$315
For PC users only.				

24097	Online	3/30-6/13	Roberts	\$315
For Mac users only.				

21849	Online	3/30-6/13	Wahlke	\$315
For Mac users only.				

25091	Online	3/30-6/13	Webb	\$315
For Mac users only.				

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

21846	Online	3/30-6/13	Podany	\$630
For PC users only.				

21850	Online	3/30-6/13	Wahlke	\$630
For Mac users only.				

25089	Online	3/30-6/13	Webb	\$630
For Mac users only.				



SCAN HERE
to register online

Careers, Technology and Finance

Artificial Intelligence

► You may also like **Reading and Writing Stories of the End Times** on page 14

NEW CLASS | NEW INSTRUCTOR

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

Navigate the AI landscape, weighing risks and rewards with using the tech that is changing society. Craft your own AI usage standards. Safely explore ChatGPT, Claude and AI personal assistants.

25604 **Rock Creek** BLDG7 102 6:30pm-7:50pm
Thu 4/9-5/7 Flannery \$105

Text: 50 AI Ideas/Mansfield. Bring laptop if possible.



Instructor Spotlight: Peter Flannery

Peter has been a data scientist for 25 years, with five years in AI. He has degrees in Teaching and Social Psychology. He provides a fun space for students to test drive ChatGPT and to gain hands-on skills. Students also consider the major advantages and drawbacks of AI. In his class, you can discover how much AI, if any, you want in your life.

NEW CLASS | NEW INSTRUCTOR

9COM 625O **AI Basics for Real Life Tasks**

Explore basic AI tools for travel planning, writing, budgeting, photo editing and more. With fun, hands-on activities, learn to make life easier, more organized and more creative. No tech experience necessary.

25462 **Sylvania** TCB 213 6pm-7:50pm
Tue 3/31-4/28 Callaghan \$135

Bring smartphone, tablet or laptop from 2024 or later.



Instructor Spotlight: Mike Callaghan

Mike brings over 20 years of real-world IT and business experience into the classroom, translating complex ideas into clear, useful skills. His teaching style is relaxed, interactive, and supportive. Expect an inclusive environment with questions encouraged, plus hands-on activities focused on research, travel planning, marketing, organizing,

cooking, and process automation. Come learn how to turn AI into a practical tool that boosts productivity and makes hard tasks easier.

NEW CLASS

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.

25361 **Southeast** TABOR 125 10am-11:50am
Sat 5/9-6/6 Roberts \$109

No 5/23. Bring wifi-capable laptop, smartphone, tablet.

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.

23825 **Cascade** TEB 219 10am-11:50am
Sat 4/11-5/2 Roberts \$109

Bring wifi-capable laptop, smartphone, tablet or Chromebook.

Desktop Publishing and Graphic Design

NEW 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.

25606 **Online** ZOOM 6:30pm-7:50pm
Mon 4/20-5/4 Podany \$65

Use desktop computer or laptop.

9COM 616M **Procreate for Illustration**

Procreate is an affordable, accessible, and easy illustration iPad app. Explore techniques and shortcuts, then implement them in a weekly assignment. Create a better workflow and optimize your potential. Use of an Apple Pencil highly recommended.

25101 **Online** ZOOM 6pm-8:50pm
Mon 3/30-5/4 Fry \$239

Must have Procreate on iPad plus phone or computer for Zoom.

Microsoft Office

NEW CLASS

9COM 620B **Excel Basics: Level 1**

Organize, calculate, and present data effectively. Explore basic navigation, data entry, cell formatting, core formulas (SUM, AVERAGE), relative/absolute references, sorting/filtering, basic charts, worksheet management.

25464 **Cascade** TEB 226 6pm-7:50pm
Wed 4/29-5/13 Podany \$85

Must have basic computer skills.

NEW CLASS

9COM 620C **Excel Basics: Level 2**

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

25465 **Cascade** TEB 226 6pm-7:50pm
Wed 5/20-6/3 Podany \$85

Prereq: Basic Excel (formulas, sorting, charts), math skills

Web Design and Development

UPDATED CLASS

9COM 625B **Web Design with Squarespace**

Create a beautiful, professional website with Squarespace. Explore how to make portfolios, blogs, and online stores via group instruction and discussion as well as hands-on activities. Begin with a free starter account. All levels welcome.

24083 **Cascade** MAHB 215 6:30pm-8:20pm
Wed 4/29-5/27 Webb \$135

Basic comfort with email and internet recommended.

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 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.

23828	Online	ZOOM	6pm-8:50pm
Thu	5/14	Boyd	\$59

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.

23419	Online	ZOOM	6pm-6:50pm
Wed	4/22-4/29	Flores	\$39

9MNY 617J **Retirement Income and Tax Strategies**

Are you 50 or older? Turn your savings into a reliable retirement income. Discover income-focused strategies, tax efficient withdrawals and social security strategies. Gain the knowledge and confidence to try and quit your day job when you're ready.

23827	Online	ZOOM	6pm-6:50pm
Wed	5/6-5/13	Flores	\$39

9MNY 627D **Basic Financial Planning and Funding College**

Ready to tackle your finances but don't know where to start? Gain an understanding of basic financial planning concepts and funding education. Learn approaches to investing, asset classes, risk, behavioral finance, qualified investment accounts and their tax impacts. Explore FAFSA, the Student Aid Index and college saving scenarios.

25486	Cascade	TEB 220	6:30pm-8:20pm
Tue	4/7-5/5	Parise	\$59

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.

24407	Online	ZOOM	6:30pm-8:20pm
Tue	4/28-5/5	Rasera	\$45 + \$30 fee

Electronic workbook provided.

24408	Online	ZOOM	6:30pm-8:20pm
Thu	4/30-5/7	Rasera	\$45 + \$30 fee

Electronic workbook provided.

Wealth Building Today, continued

25254	Willow Creek	WCC 204	6:30pm-8:50pm
Tue	5/26-6/9	Rasera	\$45 + \$35 fee

No class 6/2. Workbook provided.

25255	Willow Creek	WCC 205	6:30pm-8:50pm
Thu	6/4-6/11	Rasera	\$45 + \$35 fee

Workbook provided.

Estate Planning

NEW CLASS | NEW INSTRUCTOR

9MNY 627F **Estate Planning Made Simple**

Get a practical, easy-to-understand overview of estate planning essentials. Learn key documents, wills versus trusts, probate-avoidance tips and common mistakes. Presented step-by-step with real examples and plenty of time for questions.

25467	Cascade	TEB 217	10am-11:50am
Sat	5/9	Gill	\$35

25605	Rock Creek	BLDG7 114	10am-11:50am
Sat	4/25	Gill	\$35

25515	Southeast	TABOR 141	10am-11:50am
Sat	6/6	Gill	\$35

25466	Sylvania	CT 107	10am-11:50am
Sat	4/11	Gill	\$35



Instructor Spotlight: Cheryl Gill

Cheryl is a local estate planning author, speaker and educator with a passion for helping individuals understand the who, what, why and how behind estate planning. Known for her clear, relatable teaching style, she uses plain language, everyday examples and true stories to make estate planning less intimidating. Cheryl is excited to motivate and empower students to confidently achieve their estate planning goals!

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.



Real Estate

Avoid Procrastination in Estate Planning, continued

21923	Online	ZOOM	6:30pm-7:50pm
Wed	4/8	Noxel	\$39

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.

25500	Online	ZOOM	5:30pm-6:50pm
Mon	4/6-4/13	Long	\$39

25501	Online	ZOOM	5:30pm-6:50pm
Wed	5/6-5/13	Long	\$39

Retirement

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.

23690	Online	ZOOM	6:30pm-8:50pm
Tue	5/5-5/12	Adler	\$49

23689	Newberg	NEC 115	9:30am-11:50am
Sat	4/18-4/25	Adler	\$49

23691	Newberg	NEC 115	6:30pm-8:50pm
Tue	4/21-4/28	Adler	\$49

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.

22593	Online	ZOOM	1pm-2:50pm
Wed	5/20	Beckhusen	\$39

Six page laminated resource included.

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.

23413	Online	ZOOM	9:30am-11:30am
Thu	4/23	Beckhusen	\$39



SCAN HERE
to register online

Careers, Technology and Finance

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.

23157	Online	ZOOM	9:30am-11:50am
Thu	4/23	Patterson	\$39
23839	Online	ZOOM	6pm-8:20pm
Thu	4/30	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.

23840	Online	ZOOM	6pm-8:20pm
Tue	4/21	Patterson	\$39
25608	Online	ZOOM	6pm-8:20pm
Tue	4/28	Patterson	\$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!

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



Are you an older adult who enjoys learning, lively discussions, and meeting interesting new 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 \$40/individual or \$70/couple. Members can attend as few or as many non-accredited activities as they wish - **No tests, No grades, No age limitations.**

Website:

ssipdx.org

Email:

SSIMembership2@gmail.com



Learning and Living Green

Instructor: Austin Roch

Portland is a national leader in eco-roofs or living green roofs and the Sylvania Learning Garden hosts an impressive hand-made cob bench covered by an eco-roof. Learn in a living classroom while gaining specialized architectural skills and participating in a meaningful PCC project. Architect and PCC instructor Austin Roch, is partnering with the Sylvania Learning Garden and Community Ed in this hands-on learning lab to restore the iconic salmon cob bench living roof through collaborative student-centered construction.

► [Find this class on page 27](#)

Do It Yourself

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Emergency Preparedness

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Food and Drink

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Garden, Nature, and Yard

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Hobbies and Crafts

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Home Improvement

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Woodworking and Metalworking

pages 32-33



Home, Garden and Self

Do It Yourself (DIY)

NEW CLASS NEW INSTRUCTOR

9HB 615F Beautiful Bouquets

Create a beautiful, fresh flower bouquet while learning the elements of floral design. Perfect for the Spring season! Each student will take home the bouquet they have designed in class.

25537	Rock Creek	BLDG5 241	10am-12:50pm
Sat	4/11	Jamison	\$39 + \$40 fee
25538	Rock Creek	BLDG5 241	10am-12:50pm
Sat	5/9	Jamison	\$39 + \$40 fee

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.

25484	NE Portland	WILDHB STUDIO	3pm-5:50pm
Sat	5/2	Boyer	\$215
25485	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	6/3	Boyer	\$215

Emergency Preparedness

9YG 620X Create Your Rapid Exit Plan

Prepare for any natural disaster or emergency and create a rapid exit plan. Organize vital information in a Grab-and-Go binder, digitize papers and photo albums, 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.

23858	Online	ZOOM	6pm-8:50pm
Tue	5/5	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.

24156	Southeast	TABOR 137	6:30pm-9:20pm
Mon	4/6	Dittmer	\$39
25214	Southeast	TABOR 124	6:30pm-9:20pm
Thu	6/4	Dittmer	\$39

Food and Drink

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.

22481	Southeast	COMX KIT	6pm-8:50pm
Thu	4/16	Garcia-Andre	\$39 + \$48 fee

Must reg/drop by 4/14.

22494	Southeast	COMX KIT	6pm-8:50pm
Tue	4/14	Garcia-Andre	\$39 + \$48 fee

Must reg/drop by 4/12.

23016	Southeast	COMX KIT	11am-1:50pm
Sat	4/18	Garcia-Andre	\$39 + \$48 fee

Must reg/drop by 4/16.

9FD 638H Spring Egg Dishes

Learn to transform the humble egg into spectacular dishes perfect for spring brunches, lunches or elegant suppers. Make traditional deviled eggs, spring vegetable frittata, Spanish tortilla de patatas, steamed eggs and a classic quiche.

25517	Online	ZOOM	6pm-8:50pm
Thu	4/2	Garcia-Andre	\$39 + \$14 fee

Must reg/drop by 3/31.

NEW CLASS

9FD 638I Cheese Lovers

Indulge your inner cheese connoisseur. Discover the versatility of cheese with impressive dishes and appetizers. Make classic devils on horseback, a burrata salad with pistachio pesto, quesadillas, brie en croute and the unusual dessert of knafeh.

25520	Southeast	COMX KIT	11am-1:50pm
Sat	6/6	Garcia-Andre	\$39 + \$27 fee

Must reg/drop by 6/4.

9FD 611R Cooking with Wood-Fired Outdoor Ovens

Experience the versatility and delicious food created by using outdoor wood-fired ovens. Learn to start the fire to cook savory old-world style pizza and focaccia, roast salmon and squash and dry herbs and fruit. Bring your appetite!

22638	SE Portland	JUFF CLSRM	10am-12:50pm
Sat	6/6	Bibeau	\$69 + \$20 fee

Dress for the weather.

Baking

9FD 625V Baking Sourdough

Learn the basics of baking sourdough with an easy, no-knead method. You'll take home a strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket to start your own sourdough journey!

22640	Southeast	COMX KIT	5:30pm-8:20pm
Tue	4/7	Romanowski	\$39 + \$15 fee

Must reg/drop by 4/5.

9FD 625X Focaccia Made Easy

Golden brown, soft and chewy, focaccia is a crowd pleaser. Learn how to make this Italian delight and take home a loaf to bake the following day, plus recipes for flavored focaccia and delicious dips.

23024	Southeast	COMX KIT	6pm-8:20pm
Mon	6/1	Romanowski	\$39 + \$15 fee

Must reg/drop by 5/30.



NEW CLASS

9FD 638E Great British Baking Class: Signature Shortcrust Pastry

Experience the spirit of Bake-Off without the pressure! Using challenges from the beloved television series, you'll learn how to make recipes using shortcrust pastry. Practice baking between classes. Craft your own signature recipe. Great for home bakers.

25525 Online ZOOM 7:30pm-8:50pm
Tue 3/31-4/28 Eslinger \$129 + \$12 fee
Must reg/drop by 3/29. Info: pcc.edu/staff/elizebett-eslinger

NEW CLASS

9FD 638F Great British Baking Class: Signature Meringue Desserts

Experience the spirit of Bake-Off without the pressure! Using challenges from the beloved television series, you'll explore the sweet and delightful world of meringue-based desserts. Practice baking between classes. Craft your own signature recipe. Great for home bakers.

25528 Online ZOOM 7:30pm-8:50pm
Tue 5/5-6/2 Eslinger \$129 + \$12 fee
Must reg/drop by 5/3. Info: pcc.edu/staff/elizebett-eslinger

9FD 627E Versatile Puff Pastry

Puff pastry is a light, buttery, flaky dough used in both sweet and savory dishes in appetizers, main courses and desserts. Learn to make family weeknight dinner favorites like an asparagus tart, a giant ham and cheese croissant, an easy pastry wreath and a French almond cake called pithiviers.

25421 Southeast COMX KIT 6pm-8:50pm
Thu 5/21 Garcia-Andre \$39 + \$26 fee
Must reg/drop by 5/19.

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.

Sessions are 50 minutes and Elizebett will contact you by the first week of the term to schedule your sessions. Use your sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with Elizebett 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Elizebett Eslinger

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

Elizebett 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 Packages

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.

25079 Online 3/30-6/13 Eslinger \$275

Butchering for the Home Chef

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.

25204 Oregon City MTVWHE CLSRM 9am-2:50pm
Fri 4/3 Clark \$259
Must reg/drop by 4/1. Must be 21+.

25205 Oregon City MTVWHE CLSRM 9am-2:50pm
Sat 4/4 Clark \$259
Must reg/drop by 4/2. Must be 21+.

25210 Oregon City MTVWHE CLSRM 9am-2:50pm
Sat 4/25 Clark \$259
Must reg/drop by 4/23. Must be 21+.

25212 Oregon City MTVWHE CLSRM 9am-2:50pm
Sun 4/26 Clark \$259
Must reg/drop by 4/24. Must be 21+.

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.

25206 Oregon City MTVWHE CLSRM 9am-4:50pm
Sat 4/18 Clark \$389
Must reg/drop by 4/16. Must be 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.

25209 Oregon City MTVWHE CLSRM 9am-2:50pm
Sun 4/19 Clark \$259
Must reg/drop by 4/17. Must be 21+.

Food Fermentation

NEW CLASS

9FD 641L Ferment and Sprout

Learn how to ferment probiotic sauerkraut, kimchi and make nutritive sprouts. Bake some gluten-free sourdough bread to take home and share with the rest of your creations.

25529 Rock Creek BLDG5 241 1pm-5:50pm
Fri 4/17 Innerarity \$45 + \$25 fee
Must reg/drop by 4/15.

Healthy Proteins: Plant-Based Diet Series

NEW CLASS

9FD 641M Healthy Proteins: Plant-Based Diet Series

Learn how to get enough protein on a plant-based diet. Explore major protein sources, practical add-ins and master high-protein meals you can prep, customize and enjoy. Meet your protein goals with confidence. Register for this class to enroll in the series at a discount.

25523 Online ZOOM 6pm-7:50pm
Wed 4/29-5/13 Tyler \$75 + \$9 fee
Must reg/drop by 4/27.

9FD 641N Major Protein Sources: Plant-Based Diet

Learn how plants can provide all the protein you need. From beans and lentils to nuts, seeds, grains and veggies, discover key sources and balance nutrition with a demonstration of simple, tasty high-protein recipes.

25526 Online ZOOM 6pm-7:50pm
Wed 4/29 Tyler \$35 + \$3 fee
Must reg/drop by 4/27.

9FD 641O Substitutions and Adjustments: Plant-Based Protein

Discover easy ways to boost protein in your everyday plant-based meals. Learn clever substitutions, add-ins and tweaks and recipes while also weighing the pros and cons of protein powders.

25527 Online ZOOM 6pm-7:50pm
Wed 5/6 Tyler \$35 + \$3 fee
Must reg/drop by 5/4.



SCAN HERE
to register online

Home, Garden and Self

Healthy Proteins: Plant-Based Diet Series, continued

9FD 641P High-Protein Plant-Based Meals

Build your toolkit for high-protein plant-based meals. Learn how to prep, customize and store your favorites to always hit your protein goals. Jumpstart weekly meals by cooking along during class, if you wish.

25530	Online	ZOOM	6pm-7:50pm
Wed	5/13	Tyler	\$35 + \$3 fee

Must reg/drop by 5/11.

Holiday Festive Foods

NEW CLASS

9FD 645L Celebrate Holi with Food

Celebrate the Festival of Color or Holi, a Hindu festival that welcomes Spring's arrival. Learn to cook a traditional savory Holi dish, dessert and practice Henna while learning more about this vibrant and colorful Indian Holiday that fosters love and symbolizes new beginnings.

25627	Rock Creek	BLDG5 241	10:30am-2:20pm
Sat	4/4	Shah	\$45 + \$65 fee

Must reg/drop by 4/2.

9FD 645E Charcuterie Boards on a Budget

Learn to create beautiful and balanced charcuterie boards on a budget. Craft deli meat into roses and other techniques to perfect for spring occasions and holidays. Take home your own fun creation.

25213	Southeast	COMX KIT	10am-12:50pm
Sat	4/4	Diamond	\$39 + \$40 fee

Must reg/drop by 4/2.

► You may also like **Realistic Prop Food Sculptures: Medieval Appetizer Dinner** on page 10

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.

24337	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	4/2	Shah	\$45 + \$45 fee

Must reg/drop by 3/31.

24338	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	5/28	Shah	\$45 + \$45 fee

Must reg/drop by 5/26.

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.

24340	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	6/11	Shah	\$45 + \$45 fee

Must reg/drop by 6/9.

24341	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	5/14	Shah	\$45 + \$45 fee

Must reg/drop by 5/12.

24342	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	4/30	Shah	\$45 + \$45 fee

Must reg/drop by 4/28.

9FD 628Z Indian Vegetarian Rice Dishes

Learn how to make healthy and authentic Indian rice dishes to share with friends and family. Make aromatic rice dishes using a variety of veggies and a side dip while taste testing along the way.

24343	Rock Creek	BLDG5 241	5:30pm-8:20pm
Thu	4/16	Shah	\$45 + \$45 fee

Must reg/drop by 4/14.

9FD 632C Ethiopian Cuisine: Veggies

Learn different methods to make delicious vegetarian Ethiopian dishes utilizing traditional spices to create several slow simmering veggie dishes.

25231	Beaverton	ELEKIT KITCHEN	6pm-7:20pm
Wed	4/22	Woldeyes	\$45

Must reg/drop by 4/20.

25234	Online	ZOOM	6pm-7:20pm
Wed	5/13	Woldeyes	\$45

Must reg/drop by 5/11.

9FD 632B Ethiopian Cuisine: Doro Wot and Veggies

Learn to make the most popular Ethiopian chicken stew known as Doro Wot along with slow simmering veggie dishes that utilize traditional spices. Students will also learn to make Injera, an Ethiopian fermented flat bread.

25230	Beaverton	ELEKIT KITCHEN	6pm-7:20pm
Wed	4/8	Woldeyes	\$45

Must reg/drop by 4/6.

25232	Online	ZOOM	6pm-7:20pm
Wed	4/29	Woldeyes	\$45

Must reg/drop by 4/27.

9FD 624X Ethiopian Lentils

Learn a variety of Ethiopian lentil dishes. Create delicious and hearty lentil stews and simmering lentil recipes with veggies using authentic Ethiopian spices.

25233	Beaverton	ELEKIT KITCHEN	6pm-7:20pm
Wed	5/6	Woldeyes	\$45

Must reg/drop by 5/3.

25235	Beaverton	ELEKIT KITCHEN	6pm-7:20pm
Wed	5/20	Woldeyes	\$45

Must reg/drop by 5/18.

21491	Online	ZOOM	6pm-7:20pm
Wed	4/15	Woldeyes	\$45

Must reg/drop by 4/13.

9FD 628K Polish Cooking: Pierogies

Many Americans, have fond memories of the flavorful, hearty and unique recipes from a Polish-American kitchen. Learn to cook a variety of pierogies, or Polish stuffed dumplings and take home the tastiness.

24186	Southeast	COMX KIT	11am-1:50pm
Sat	4/11	Garcia-Andre	\$39 + \$26 fee

Must reg/drop by 4/9.

9FD 624A Fried Chicken from Around the World

Explore fried chicken recipes from around the world. Learn to make the perfect and iconic southern fried chicken, Adobo fried chicken from the Philippines, a Taiwanese version of breaded chicken or Ji Pai and a spicy Thai fried chicken wings recipe.

25424	Southeast	COMX KIT	6pm-8:50pm
Tue	4/28	Garcia-Andre	\$39 + \$28 fee

Must reg/drop by 4/26.

9FD 628P Unusual Salsas: Mexico

The Mexican repertoire of sauces is extensive. Learn new and unusual sauces that work for an endless variety of dishes. Make the wonderful ashisarre salsa from Nayarit, salsa macha from Veracruz, creamy habanero salsa from Yucatan, salsa de dedo from Guanajuato and a creamy green salsa from Sonora.

25423	Southeast	COMX KIT	11am-1:50pm
Sat	5/2	Garcia-Andre	\$39 + \$26 fee

Must reg/drop by 4/30.

► You may also like **Spanish Conversation: Level 1** on page 40

NEW CLASS

9FD 645K Jewish Cuisine

Embark on a culinary journey through Jewish cuisine, with beautiful traditions. Embark on a culinary journey through Jewish cuisine, with beautiful traditions. Learn to make fluffy matzah balls, a decadent, golden-crisped noodle kugel, savory knish and tender brisket.

25519	Southeast	COMX KIT	11am-1:50pm
Sat	5/30	Garcia-Andre	\$39 + \$29 fee

Must reg/drop by 5/28.

9FD 630R Ravioli

Make fresh ravioli in this hands-on class. We will be making three different fillings starting with a three-cheese filling of parmigiana, ricotta and goat cheese and we will finish with a sun-dried tomato.

24158	Southeast	COMX KIT	11am-1:50pm
Sat	4/25	Garcia-Andre	\$39 + \$28 fee

Must reg/drop by 4/23.

Nutrition

9FD 608U Detox Safely and Naturally

The beginning of each season is a great time to detox, but how do you know if you're doing it safely? Learn nutritionally sound, time honored and scientifically proven detox methods to restore your system without depleting your nutrients.

25122	Online	ZOOM	5pm-6:20pm
Mon	4/27-5/11	Innerarity	\$45

Plant-Based Instant Pot Series

NEW CLASS

9FD 641H Plant-Based Instant Pot Series

Learn how to use your Instant Pot for many different kinds of plant-based dishes. Master the basics and how to make common staples. Explore tasty plant-based soups, stews, entrees, desserts and breakfasts. Register for this class to enroll in the series at a discount.

25431	Online	ZOOM	6pm-7:50pm
Wed	4/1-4/15	Tyler	\$85 + \$9 fee

Must reg/drop by 3/30.

► You may also like **Plant-Based Nutrition Essentials: The 21-Day Kickstart** on page 46

Plant-Based Instant Pot Series continues on next page



Plant-Based Instant Pot Series, continued

9FD 641I **Instant Pot Fundamentals**
New to the Instant Pot? Learn how to use its buttons, settings and pressure modes with confidence. Walk through the key steps for cooking anything, answer common questions and troubleshoot typical issues.

25433 **Online** ZOOM 6pm-7:50pm
Wed 4/1 Tyler \$35 + \$3 fee
Must reg/drop by 3/30.

9FD 641J **Instant Pot: Plant-Based Staples**

From steel-cut oats to tender potatoes and vibrant greens, your Instant Pot can power healthy meal prep. Learn to batch-cook grains, beans and veggies with ease while enjoying wholesome, plant-based meals all week.

25434 **Online** ZOOM 6pm-7:50pm
Wed 4/8 Tyler \$35 + \$3 fee
Must reg/drop by 4/6.

9FD 641K **Instant Pot: Beyond the Basics**

Go beyond the basics and explore all your Instant Pot can do! Make a soup, a pasta, a grain-based main and a dessert. Master the basics of the Instant Pot, and you're ready for a world of deliciousness.

25435 **Online** ZOOM 6pm-7:50pm
Wed 4/15 Tyler \$35 + \$3 fee
Must reg/drop by 4/13.

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.

Sessions are 45 minutes and Linda will contact you by the first week of the term to schedule your sessions. Use your sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with Linda 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Linda Tyler

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

Linda is an experienced plant-based home chef, instructor, recipe creator and writer. Her goal is to help students create their own plant-based meal plans that are both tasty and healthy but are practical enough to fit into their daily lifestyle. She is inspired by her students and loves to help more people create and cook plant-based recipes they will enjoy that meet their goals and dietary needs.

1-On-1 Plant-Based Lifestyle Coaching Packages

9YG 611D **1-On-1 Plant-Based Lifestyle Coaching: 5 Session Package**

If you want to transition to a plant-based lifestyle but need help getting there, these individualized sessions will help make your journey easier. Together with your coach, you'll address nutritional needs and identify dishes and snacks you'll love to eat. Learn meal-planning tricks, delicious recipes and strategies for staying on track.

25078 **Online** 3/30-6/13 Tyler \$275

Sweet Treats

NEW CLASS

9FD 638G **Chocolate and Truffle Dessert Board**

Create a gorgeous chocolate and truffle dessert board just in time for Mother's Day. Learn creative styling ideas, make simple decadent chocolate truffles and assemble a beautiful, shareable, gift-ready board to take home and enjoy.

25516 **Southeast** COMX KIT 10am-12:50pm
Sat 5/9 Diamond \$39 + \$40 fee
Must reg/drop by 5/7.

9FD 638J **Classic Mexican Desserts**

There are many delicious and decadent sweets in Mexico. Learn to make some of the classics, starting with the impossible cake or chocoflan, bunuelos, pears in tequila and the caramel panna cotta.

25518 **Online** ZOOM 6pm-8:50pm
Mon 5/4 Garcia-Andre \$39 + \$14 fee
Must reg/drop by 5/2.

Beer

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

NEW CLASS

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.

25473 **Online** ZOOM 12pm-1:50pm
Sat 4/18 Martin \$45
Students purchase optional tasting beers.

► You may also like **Craft Beer and History Walking Tour of Portland West Side** on page 42

Wine

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

► You may also like **Columbia Valley and Columbia Gorge Wine Tasting** on page 43

NEW CLASS

9FD 607P **Portugal: The Original Rule Breakers**

Portugal is a small, but mighty winemaking region. Explore the history of their drought-resistant vines and how winemakers have pushed, pulled and cajoled their grapevines through difficult terrain into producing incredible flavors appreciated around the world.

25110 **Online** ZOOM 6pm-7:20pm
Sat 4/11 Palmer \$79

Must reg/drop by 4/9.

25111 **Online** ZOOM 6pm-7:20pm
Sun 4/12 Palmer \$79

Must reg/drop by 4/10.

NEW CLASS

9FD 607R **South Africa: Wines from the Cape**

South Africa has many amazing grape varieties, along with an interesting history. Hear the stories of love and determination throughout suffering and colonization that lead to collaborative efforts and ultimately a successful wine industry.

25114 **Online** ZOOM 6pm-7:20pm
Sat 5/9 Palmer \$79

Must reg/drop by 5/7.

25115 **Online** ZOOM 6pm-7:20pm
Sun 5/10 Palmer \$79

Must reg/drop by 5/8.

NEW CLASS

9FD 607T **Negotiants with Nerve**

Visit Syndicate Wine Bar for a discussion about the business, ethics and strategy behind being a negotiant wine maker versus an estate wine maker. Learn and listen as you sip delicious wines and enjoy a guest appearance for a regional negotiant wine producer.

25116 **Beaverton** SYWINE ROOM 1pm-2:20pm
Sun 5/17 Palmer \$89

Must reg/drop by 5/15.

25117 **Beaverton** SYWINE ROOM 3:30pm-4:50pm
Sun 5/17 Palmer \$89

Must reg/drop by 5/15.

NEW CLASS

9FD 607U **Argentina: Hidden Gems of the Andes**

Argentina remains a powerful winemaking story with a terroir that's not exactly hospitable to growing grapes but contains ancient and beautiful wine making traditions. Enjoy some of the more quirky grapes of the area, the real hidden gems of Argentina.

25120 **Online** ZOOM 6pm-7:20pm
Sat 6/6 Palmer \$79

Must reg/drop by 6/4.

25121 **Online** ZOOM 6pm-7:20pm
Sun 6/7 Palmer \$79

Must reg/drop by 6/5.



SCAN HERE
to register online

Home, Garden and Self

NEW CLASS

9FD 607Q **Sake: Set the Record Straight**
Sake...is it wine or not? Sake has a 2,500 year tradition in Japan as the iconic fermented beverage of the region. Receive a base level understanding of sake and empower yourself to learn how to order a glass, bottle or flight of sake at a Japanese restaurant.

25112	Online	ZOOM	6pm-7:20pm
Sat	5/2	Palmer	\$79

Must reg/drop by 4/30.

25113	Online	ZOOM	6pm-7:20pm
Sun	5/3	Palmer	\$79

Must reg/drop by 5/1.

► You may also like **Japanese Conversation: Level 1** on page 39

NEW CLASS

9FD 607S **Oregon's Sake Revolution**
Build on what you already know about sake. The Sake One team is curating a custom flight of sakes handcrafted here in Oregon. Get ready to fall in love with Oregon's sake revolution!

25118	Forest Grove	SAKONE ROOM	10:30am-12:20pm
Sun	5/31	Palmer	\$89

Must reg/drop by 5/29.

25119	Forest Grove	SAKONE ROOM	1:30pm-3:20pm
Sun	5/31	Palmer	\$89

Must reg/drop by 5/29.

Wine: Vineyard Visit

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

NEW CLASS

9FD 607O **Balsall Creek Vineyard Visit**
Balsall Creek is growing classic and underdog varieties at their family-owned, LIVE Certified and Bee-Friendly farm that features solar power. Enjoy the vineyard as bud break is looming while sipping handcrafted wines.

25108	Newberg	BACRVI VINE	11am-12:50pm
Sat	4/4	Palmer	\$89

Must reg/drop by 4/2.

25109	Newberg	BACRVI VINE	2pm-3:50pm
Sat	4/4	Palmer	\$89

Must reg/drop by 4/2.

Garden, Nature, and Yard

NEW CLASS NEW INSTRUCTOR

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.

Gardening for Presence and Healing, continued

25124	Southeast	TABOR 124	10am-12:20pm
Sat	4/11-5/16	Geoppinger	\$119

► You may also like **Sound Meditation for Everyone: How Sound Calms the Mind** on page 46

Instructor Spotlight: Dawn Geoppinger

Dawn brings over two decades of experience in education, public service and reflective practice to her teaching. She is a writer, gardener and grief educator who integrates embodied and somatic approaches into creative, nature-based learning. Dawn helps people slow down and reconnect with their bodies through writing and gardening. She is honored to teach with PCC Community Education.

9YG 601G Drip Irrigation Basics

Drip irrigation is the most ecological and economical way to water your garden. Improve the yield of your garden and learn the basics about setting up a drip system and gain hands-on experience to be able to set up the right system for your specific needs.

23197	SE Portland	JUFF CLSRM	10am-12:50pm
Sat	5/30	Bibeau	\$69

Dress for the weather.

9HB 601I Nature Identification for the Everyday Naturalist

Did you ever want to be able to identify the animals, plants and fungi around you? You don't need a biology degree! Learn how anyone can explore nature in more depth using books, the internet and everyday observations.

25487	Southeast	TABOR 125	10am-3:50pm
Sat	5/2	Lexa	
and	Clark County	LACAPK FIELD	10am-3:50pm
Sun	5/3	Lexa	\$79

Second class in the field.

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.

24170	Online	ZOOM	6pm-7:20pm
Wed	4/29	Lexa	\$39

9YG 601J Misadventures in Natural History

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

24171	Online	ZOOM	6pm-7:20pm
Wed	6/3	Lexa	\$35

NEW CLASS

9YG 601V Beyond Basics: Nature Photography

Learn about nature, landscape and wildlife photography. Explore species identification, wildlife behavior and habitat, ethics and respect when photographing wildlife and observation skills.

25472	Cascade	TEB 113	5:30pm-7:20pm
Thu	4/16-6/4	Le	\$89 + \$5 fee

Students must bring phone or camera.

NEW CLASS NEW INSTRUCTOR

9GLV 600Q **Build & Restore a Living Roof**
Join a hands-on community project to rebuild the PCC Sylvania Learning Garden's living roof. Gain sustainable design and construction skills, restore a beloved landmark and foster community stewardship and sustainability. An exciting experience for builders and garden lovers alike!

25474	Sylvania	HT 205	10am-1:50pm
Sat	5/9-6/6	Roch	\$89 + \$5 fee

No class 5/23. Wear close-toed shoes. Bring gloves.



Instructor Spotlight: Austin Roch

Austin (they/them) is a collaborative designer and architect committed to fostering social impact through inclusive, community-driven design. As a Lead Coordinator for The City Repair Project non-profit, Austin facilitates community engagement in Portland through collaborative construction projects and street murals. Austin currently teaches at PCC and is excited to partner with the Sylvania Learning Garden and Community Ed students in the hands-on restoration of the iconic salmon cob bench living roof.

1-On-1 Garden Habitat Coaching



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

Both sessions last 90 minutes. Your instructor will contact you by the first week of term to schedule. Use your sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration Office within six calendar days after the start of the term. No drops or refunds on partially used 1-On-1 packages. Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Rachael (Rae) Pecore-Valdez

Availability: Tue/Fri, 4:30pm-6:30pm; Scheduling earlier in the term is preferable as daylight lasts longer for virtual garden views.

Rachael is an avid matchmaker between plants, people and places. She holds a Masters degree...

1-On-1 Garden Habitat Coaching continues on next page



in Environmental Science and has two years of experience as a Technician for the Backyard Habitat Certification Program. She looks forward to listening closely for a fit between your habitat goals and native plants that will thrive where you live. She finds that restoring habitat for pollinators and birds doubles as a restorative balm for us too.

1-On-1 Garden Habitat Coaching Packages

UPDATED CLASS

9YG 611K 1-On-1 Garden Habitat Coaching: 2 Session Package

Habitat for pollinators and birds can look like potted plants or a yard with a patch of Pacific Northwest shrubs, trees and flowers. Benefit from one on one support to match the conditions of your garden or yard with plants that support your habitat goals.

25081 Online 3/30-6/13 Pecore \$159

Beekeeping

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.

21869 Southeast TABOR 126 6pm-9:20pm
Fri 5/1 Andresen
and NE Portland BRIBEE FIELD 2pm-2:50pm
Sat 5/2 Andresen \$65

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. 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.

22633 Scappoose SCACRO TRAIL 10am-12:20pm
Thu 6/11 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.

21868 Online ZOOM 6pm-8:20pm
Wed 5/20 Lexa \$39

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.

21505 Online ZOOM 7pm-8:50pm
Tue 4/7-5/26 Smith \$155

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.

21506 Online ZOOM 7pm-8:50pm
Tue 4/7 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.

21507 Online ZOOM 7pm-8:50pm
Tue 4/14 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.

21508 Online ZOOM 7pm-8:50pm
Tue 4/21 Smith \$35

9YG 619H Growing Fruits, Vegetables and Herbs

Get professional tips on growing tree fruits, small fruits and vegetables that will yield bountiful amounts of your favorite crops.

21509 Online ZOOM 7pm-8:50pm
Tue 4/28 Smith \$35

9YG 619K Lawn Care

Learn to keep your lawn in top form year-round with less water and fertilizer.

21510 Online ZOOM 7pm-8:50pm
Tue 5/5 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.

21512 Online ZOOM 7pm-8:50pm
Tue 5/12 Smith \$35

9YG 619I Insects and Diseases

Discover safe ways to control insects in your yard, while protecting beneficial insects.

21511 Online ZOOM 7pm-8:50pm
Tue 5/19 Smith \$35

9YG 620B Watering and Irrigation

Efficient use of water is key to a beautiful garden and lower water bills. Come learn "Water Wise Gardening" and how to install a home drip watering system in your yard.

21513 Online ZOOM 7pm-8:50pm
Tue 5/26 Smith \$35

Life Sciences

9YG 621O Intro to Stargazing

Learn the basics of Astronomy including historical development of planet Earth, the Moon, planets of the solar system, the Sun, stars, galaxies and the Universe. Learn to use a telescope and star charts to find your way around the night sky.

24155 Southeast TABOR 125 6pm-8:50pm
Tue 4/7-4/21 Dittmer \$55

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.

22495 Southeast TABOR 140 6:30pm-8:20pm
Mon 4/20-5/18 Dittmer \$65

Nature

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!

21493 Online ZOOM 6pm-7:50pm
Mon 4/13 Lexa \$39

25226 Southeast TABOR 125 6pm-7:50pm
Tue 5/19 Lexa \$39

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.

21492 Online ZOOM 6pm-8:20pm
Wed 4/22 Lexa \$39

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.

25224 Online ZOOM 6pm-7:20pm
Thu 4/23 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.

23198 Online ZOOM 6pm-8:20pm
Wed 5/27 Lexa \$39

► You may also like **Northern Oregon Coast Day Trip: Cannon Beach Area** on page 43



SCAN HERE
to register online

Home, Garden and Self

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.

25227 **Clark County** LACAPK FIELD 10am-1:50pm
Fri 6/12 Lexa \$45
Instructor will email directions. Dress for the weather.

NEW CLASS

9YG 601X Columbia Gorge Waterfall Photography Workshop

Learn the basics of capturing our beautiful Pacific NW waterfalls on this epic field trip. We will travel to the Columbia Gorge and practice photographing two waterfalls, while admiring beautiful scenery along the way. Bring lunch and water.

25742 **Southeast** PARKING LOT D 6am-4:50pm
Sat 5/30 Schales \$299
Must reg/drop by 5/23. Transportation included.

► You may also like **Getting to Know Your Digital Camera** on page 9

Permaculture

9YG 600M Maximize your Yard with Permaculture Design

Want to make improvements to your yard or garden? Learn low-cost solutions for improved aesthetics, functionality and ecological benefit. Bring a Google photograph of your site, leave with a permaculture design draft and clear next steps.

24249 **SE Portland** JUFF CLSRM 10am-2:50pm
Sat 4/4 Bibeau \$99

Dress for the weather.

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.

24517 **Cascade** TEB 218 10am-12:20pm
Sat 4/11 Sloan \$49

24518 **Cascade** TEB 218 7pm-9:20pm
Thu 4/2 Sloan \$49

9YG 611F Veggie Seed Starting and Garden Bed Prep

Learn methods for starting and caring for seedlings of common garden veggies, preparing garden beds for planting and transplanting starts into beds and larger pots. Participants will leave with up to 30 plant starts.

22635 **SE Portland** JUFF CLSRM 10am-12:50pm
Sat 4/11 Bibeau \$69

Dress for the weather.

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

9YG 611I Transitioning Your Garden to Summer Crops

Once the soil has warmed, it's time to plant summer food crops! Learn what foods are ready for planting in late spring, gain experience in spacing and planting them and go home with a dozen plants of your choice including tomatoes, peppers and squash.

22637 **SE Portland** JUFF CLSRM 10am-12:50pm
Sat 6/13 Bibeau \$69

Dress for the weather.

Plant-based Dyeing

NEW CLASS NEW INSTRUCTOR

9YG 601W Harvesting Colors with Iron

Learn the art of color making with plants that can be locally harvested. Explore the chemistry of natural dyes and the color shifts that happen with iron mordants. Each week students will build a color story through dyeing, printing and painting on fabric and paper.

25533 **Southeast** TABOR 127 5:30pm-7:50pm
Thu 4/9-5/7 Wrenn \$79 + \$30 fee

Must reg/drop by 4/7.



Instructor Spotlight: Rio Wrenn

Rio is a Portland native working with the earth to garner color through rust, plants and found objects. For the last 20 years she has been exhibiting and developing work that is sculptural and textile based. Her processes and techniques are in alignment with traditional practices from Japanese, Indian and Native American ancestry as well as years of experimentation. Rio has been teaching since 2013 and loves the connection to community it has cultivated.

Planting and Growing

NEW CLASS

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.

25139 **Online** ZOOM 6pm-7:50pm
Thu 4/16 Meiers \$39

9YG 601M Herb Gardening: Savoring through the Senses

Learn the basics of mindful herb gardening, including plants that thrive in containers and pollinator-friendly spaces. In the second class, tour herbs growing at a PCC Learning Garden and discover the joys of 'playing with our food.'

Herb Gardening: Savoring through the Senses, continued

23991 **Online** ZOOM 5pm-6:50pm
Thu 4/23 Meiers
and **Cascade** TEB 117 5pm-6:50pm
Thu 4/30 Meiers \$45
Second class meets in person.

9YG 601N Growing Resilience with Native Plants

Support local ecosystems while boosting personal health. Enjoy a virtual tour of Pacific Northwest native gardens, learn about the benefits of cultivating nature connections and gain tips for growing native plants at home.

23989 **Online** ZOOM 6pm-7:50pm
Thu 5/21 Meiers \$39

► You may also like **Native Plant Drawing** on page 12

NEW CLASS

9YG 601U Growing Resilience with Native Plants: Nature Area

Support local ecosystems while boosting personal health. Visit a Nature Patch as a class, and learn about the benefits of cultivating nature connections and engaging with PNW native plants.

25142 **NE Portland** ALBPARD OUTDR 12pm-1:50pm
Sun 6/7 Meiers \$39

Dress for the weather.

9YG 601T Growing Resilience With Native Plants: Urban Park

Support local ecosystems while boosting personal health. Visit a downtown urban park as a class, and learn about the benefits of cultivating nature connections and engaging with PNW native plants.

25141 **NW Portland** TSPARK PARK 12pm-1:50pm
Sat 5/2 Meiers \$39

Dress for the weather.

Hobbies and Crafts

9HB 601B Block Printing for the Home

Explore simple block printing. Learn about acquiring the right tools and materials to begin carving at home along with learning to design the right image, transfer it to the block, carve and stamp it. Students can fashion their own greeting cards, printed linens, patterned clothes and much more.

24176 **Cascade** JH 107 5:30pm-7:20pm
Wed 4/8-6/3 Campbell \$105 + \$25 fee
No class 5/6. Supplies: pcc.edu/staff/joyce-campbell1

► You may also like **Introductory Relief Printmaking: Block Printing** on page 14

9HB 611G Wondrous Wire Earrings

Bend wire into fun shapes and incorporate glass and stone beads to design your own earrings. Create between two and four pairs of earrings for pierced ears. All supplies are included, just bring your creativity!

24160 **Southeast** TABOR 137 6pm-8:50pm
Mon 3/30 Kornei \$39 + \$20 fee



NEW CLASS

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.

25427 **Southeast** TABOR 137 7pm-8:50pm
Wed 5/6 Kornei \$39 + \$30 fee

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!

25215 **Southeast** TABOR 137 6pm-8:50pm
Wed 4/1 Kornei \$39 + \$30 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!

24161 **Southeast** TABOR 137 6pm-7:50pm
Tue 3/31 Kornei \$39 + \$25 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.

23199 **Online** ZOOM 6pm-7:20pm
Wed 4/15-6/3 Patterson \$79

23200 **Southeast** TABOR 142 6pm-7:20pm
Tue 4/14-6/2 Patterson \$79

NEW CLASS

9HB 620J **Beyond Beginner Knitting**

Want to know how to fix your knits? Need tips for better knitting? Take your knitting to the next level by learning new techniques and get your questions answered while joining a supportive community of learners.

25428 **Southeast** TABOR 142 6pm-7:20pm
Thu 4/16-5/21 Patterson \$59

9HB 622N **Embroidery Basics**

It's the perfect time to learn a new stitching skill! Explore a variety of embroidery stitches while creating a colorful sampler, a wool table decoration or a design of your own as you apply your new skills.

23127 **Online** ZOOM 6pm-7:50pm
Tue 4/7-5/19 Drevdahl-Orch \$79

No class 5/5.

Have a skill to share?

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

Beaded Jewelry

NEW CLASS

9HB 605F **Beading Open Studio**

Are you working on a beading project or need advice about repairing your beaded jewelry? Join this open studio for beaders with the instructor available for demonstrations and advice, without formal instruction. Tools and basic supplies provided.

25426 **Southeast** TABOR 137 5pm-6:50pm
Wed 5/6 Kornei \$39

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.

25217 **Southeast** TABOR 137 6pm-7:50pm
Tue 4/7-4/21 Kornei \$49 + \$20 fee

9HB 605E **Three-Dimensional Beaded Pendant: Peyote Stitch**

Learn to weave glass seed beads around a small piece of polished glass using peyote stitch to create a stunning pendant, complete with a chain and clasp. It's not necessary to know peyote stitch, but prior experience working with small seed beads is helpful. All supplies included.

25425 **Southeast** TABOR 137 6pm-8:50pm
Tue 4/28-5/12 Kornei \$69 + \$30 fee

9HB 611T **Woven Beaded Earrings: Brick Stitch**

Weave a pair of diamond-shaped earrings using glass seed beads and brick stitch. All supplies are included, just bring your creativity! It's not necessary to know brick stitch, but prior experience working with seed beads is helpful.

25219 **Southeast** TABOR 137 6pm-7:50pm
Wed 4/15-4/29 Kornei \$49 + \$20 fee

9HB 605D **Woven Beaded Earrings: Brick Stitch Part 2**

Expand your knowledge of brick stitch and learn how to increase and decrease the width of your rows. Create a pair of earrings with an intricate pattern and coordinating beaded fringe. Prior completion of Woven Beaded Earrings: Brick Stitch recommended. All supplies are included.

25221 **Southeast** TABOR 137 6pm-8:50pm
Mon 4/27-5/11 Kornei \$69 + \$25 fee

Games

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.

25734 **NW Portland** PBC ROOM 6:30pm-8:20pm
Wed 4/1-5/6 Brower \$139

No class 4/15.

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.

25735 **NW Portland** PBC ROOM 6:30pm-8:20pm
Wed 5/13-6/10 Brower \$139

9HB 605A **Bridge 103: Building Your Skills**

Build your bridge skills and dive into overcalls, doubles and defense. Expand your bridge knowledge while connecting with a local community of bridge players. Each two hour class includes a one hour lesson and one hour of actual play.

25736 **Online** ZOOM 6:30pm-8:20pm
Thu 4/2-4/30 Brower \$139

9HB 605B **Bridge 104: Level Up Your Game**

Level up your game with topics like stayman, transfers and strong 2C openers. Expand your bridge knowledge while connecting with a local community of bridge players. Each two hour class includes a one hour lesson and one hour of actual play.

25737 **Online** ZOOM 6:30pm-8:20pm
Thu 5/7-6/4 Brower \$139

1-On-1 Chess Lessons



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.

Sessions are 50 minutes and David will contact you by the first week of the term to schedule your sessions. Individual sessions must be canceled with David 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

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!



SCAN HERE
to register online

Home, Garden and Self

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.

21570 **Online** 3/30-6/13 Petrozzi \$479

► You may also like **Senior Stretching, Balance and Brain Challenge** on page 45

Sewing and Quilting

NEW CLASS NEW INSTRUCTOR

9HB 620L Start Sewing

Want to learn to sew, but don't know where to start? Learn the basics of your sewing machine, sewing basics and creating a simple project. Students bring their own sewing machine.

25540 **Rock Creek** BLDG5 213 5:30pm-8:20pm
Thu 4/9-4/23 Jamison \$59 + \$30 fee

25541 **Rock Creek** BLDG5 213 5:30pm-8:20pm
Wed 5/6-5/20 Jamison \$59 + \$30 fee

9HB 621F Sewing Basics

Have access to a sewing machine? Learn to sew garments and make your own pants and a top. No previous sewing experience necessary. Patterns provided. Students should bring sewing machine, foot pedal and manual to the first class.

23320 **Cascade** TH 100 6pm-8:20pm
Wed 4/1-5/27 Moskovitz \$105 + \$30 fee

Bring a sewing machine.

NEW CLASS

9HB 625P Mending and Alterations

Hand mending is a powerful survival skill. Practice the essentials of mending, patching and darning. Learn how to take in, let out and add panels to make clothing fit. Students will make a fleece hat.

25521 **Southeast** TABOR 143 6pm-8:20pm
Mon 4/6-5/25 Harmer \$99 + \$2 fee

NEW CLASS

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.

25522 **Southeast** TABOR 125 12pm-2:50pm
Sat 5/30-6/6 Harmer \$45

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.

24205 **Cascade** TEB 222 9am-12:50pm
Sat 5/16-6/13 Werkman \$105

No class 5/23. Info: pcc.edu/staff/dwerkman

NEW CLASS

9HB 620K Quilting: Stringing Beads

Learn to make an exciting quilt that displays a lovely flow of stringed beads across the quilt. Create and share the fun of quilting while learning with others this Spring.

25137 **Cascade** TEB 222 9am-12:50pm
Sat 4/11-5/2 Werkman \$105

Info: pcc.edu/staff/dwerkman

Home Improvement

9HI 620J Electrical Basics

Learn basic functions of how electricity works by exploring how we use electricity in our daily lives. Discuss how electricity is used in our homes and tools used to test, fix and replace switches, outlets.

25482 **NE Portland** WILDHB STUDIO 11am-1:50pm
Sat 4/4 Boyer \$195

25483 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Wed 5/6 Boyer \$195

Self Development

9PDV 600H Building Mutual Respect and Trust

Explore concrete tools for cultivating mutual respect and trust. Learn through interactive exercises how to lay the foundation for innovative and authentic collaboration in your workplace, volunteer activities and relationships.

25138 **Online** ZOOM 6:20pm-8:20pm
Tue 4/21-4/28 Harmon \$45

9PDV 620I Build Confidence: Befriend 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.

25430 **Online** ZOOM 9:30am-12:20pm
Sat 4/25 Sugg \$39

9PDV 620S Don't Just Talk, Communicate

Sometimes we talk but don't listen. Sometimes we talk and notice that others don't listen. Learn valuable skills that will instantly improve your communication skills and lead to more satisfying relationships.

25429 **Online** ZOOM 5:30pm-6:50pm
Tue 4/21-4/28 Sugg \$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.

23219 **Online** ZOOM 10am-11:20am
Tue 4/14-5/19 Britton \$59

NEW CLASS NEW INSTRUCTOR

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.

25125 **Online** ZOOM 10am-12:20pm
Sun 4/26-6/7 Geoppinger \$119

No class 5/31.

9PDV 612D Herbs for Anxiety, Depression and Insomnia

Explore how to use herbal remedies for mental health safely and effectively. Learn to weed through generic claims and understand research-based and traditional use practices suited to your unique needs.

25123 **Online** ZOOM 5:30pm-6:50pm
Mon 4/13-4/20 Innerarity \$39

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.

25143 **Online** ZOOM 6pm-7:20pm
Thu 4/30-5/28 Hoiland \$55

► You may also like **Personal Storytelling Introduction** on page 8

9PDV 600A Ignite Your Creative Power

Embark on a journey to rediscover and nurture your creativity through a series of guided exercises and reflective practices. Engage in activities designed to unblock creative potential, cultivate self-awareness and build confidence. Unlock the full potential of yourself while igniting personal creative power.

24206 **Sylvania** SCB 204 5:30pm-7:50pm
Mon 4/6-5/18 Esteghalalian \$109

Recommended text: *The Artist's Way* by Julia Cameron

Astrology and Tarot

9PDV 621U Introduction to Archetypal Astrology

Learn to navigate the archetypal nature of astrology and how it can be applied in a personal and collective fashion. Explore the "language" of astrology to develop fundamental astrological competencies and an archetypal understanding of the symbols and creative aspects of the art of astrological interpretation.

25741 **Southeast** TABOR 141 6pm-8:20pm
Tue 3/31-5/19 Habib Martin \$85



Style and Beauty

NEW CLASS NEW INSTRUCTOR

9SB 620A Whole Body Wellness

Learn to make healthy, delicious Indian salads flavored with traditional spices, along with soothing face masks and nourishing head-to-toe body care.

25536 **Rock Creek** BLDG5 241 6pm-7:50pm
Wed 4/1-4/22 Muniraj \$39 + \$20 fee
Must reg/drop by 3/30.



Instructor Spotlight: Meenakshi Muniraj

Meena loves creating nourishing, wholesome meals that come straight from the heart. She believes good health is life's greatest treasure and that true beauty and well-being come from simple, natural ingredients used both inside and out. Students will learn easy, affordable Indian recipes from vibrant salads to soothing face masks and body care. Meena is passionate about helping people of all ages feel healthier, confident and connected to natural living at home.

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.

Sessions are 55 minutes and Cristina will contact you by the first week of the term to schedule your sessions. Individual sessions must be canceled with Cristina 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

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.

25080 **Online** 3/30-6/13 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.

23992 **NE Portland** WILDHDB STUDIO 1pm-4:50pm
Sun 4/12 Boyer \$389 + \$45 fee

25475 **NE Portland** WILDHDB STUDIO 11am-2:50pm
Sun 5/3 Boyer \$389 + \$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.

24200 **NE Portland** WILDHDB STUDIO 11am-2:50pm
Sun 4/5 Boyer \$45

24201 **NE Portland** WILDHDB STUDIO 1pm-4:50pm
Sun 5/17 Boyer \$45

Metal Crafts

Students must wear protective eye wear and attend mandatory safety orientation at first class.

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.

21841 **OMIC Center** OMIC 105 9am-11:50am
Sat 4/4-6/6 Yardley \$219 + \$60 fee
Must reg/drop by 4/2.

22994 **OMIC Center** OMIC 105 12:30pm-3:20pm
Sat 4/4-6/6 Yardley \$219 + \$60 fee
Must reg/drop by 4/2.

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.

25531 **Rock Creek** BLDG2 131 10am-12:50pm
Sat 4/4-6/13 Campbell \$205 + \$60 fee
No class 5/9. Must reg/drop by 4/2.

NEW CLASS

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.

25532 **Rock Creek** BLDG2 131 1pm-3:50pm
Sat 4/4-6/13 Campbell \$185 + \$40 fee
No class 5/9. Must reg/drop by 4/2.

9MW 627U Welding: Metal Flowers

Learn the basics of MIG wire welding and spend three hours making a unique custom metal flower of your own design. Perfect for students looking to learn welding basics and make a creative and unique project.

22993 **NE Portland** WILDHDB STUDIO 3pm-5:50pm
Sat/Sun 4/18-4/19 Boyer \$359

25147 **NE Portland** WILDHDB STUDIO 11am-1:50pm
Sat/Sun 5/23-5/24 Boyer \$359

NEW CLASS

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.

25476 **NE Portland** WILDHDB STUDIO 6pm-8:50pm
Thu 4/2-5/7 Boyer \$445 + \$45 fee



SCAN HERE
to register online

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.

23707	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	4/8-4/15	Boyer	\$349
23861	NE Portland	WILDHB STUDIO	2pm-4:50pm
Sat	5/9-5/16	Boyer	\$349

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.

23859	NE Portland	WILDHB STUDIO	6pm-8:50pm
Mon	4/6-4/13	Boyer	\$299
25144	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	5/14-5/21	Boyer	\$299
25145	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	6/6-6/13	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.

24202	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	4/11	Boyer	\$345
24203	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	6/10	Boyer	\$345

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.

23862	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	4/21-4/28	Boyer	\$349
23863	NE Portland	WILDHB STUDIO	3pm-5:50pm
Sat	6/6-6/13	Boyer	\$349

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 cut out any design you want. Students will get to choose from a variety of forms to make their project.

22634	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	4/18	Boyer	\$275
25146	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	6/4	Boyer	\$275

Senior Discount

If you are 62 years old or older, you are eligible for a 50% tuition discount!

► More info: pcc.edu/senior

Metalworking Jewelry

9MW 627Q **Metalsmith Jewelry:**

The Basics

Explore xsbasics 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, learn to safely use tools, cut out shapes with a jeweler's saw and complete a small project.

21896	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	5/13	Boyer	\$169 + \$15 fee
23708	NE Portland	WILDHB STUDIO	3pm-5:50pm
Sat	4/11	Boyer	\$169 + \$15 fee
25477	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	6/12	Boyer	\$169 + \$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.

21902	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	5/20	Boyer	\$189 + \$15 fee
21903	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	4/25	Boyer	\$189 + \$15 fee

NEW CLASS

9MW 620I **Metalsmith High Polishing Shine**

Learn the essential techniques required to achieve a professional, high shine, also known as a mirror finish, on your own piece of jewelry. Explore the tools, materials and polishing methods used to bring out a flawless and reflective surface.

25480	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	5/2	Boyer	\$169

9MW 620C **Metalsmith Jewelry:**

Custom Earrings

Learn to mold brass or copper to create a unique pair of earrings. Students can embellish their creation with a crystal or stone set and learn to wire wrap. Complete a set of earrings with french hook ear wires to cherish or give as a gift.

23994	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	4/24	Boyer	\$189 + \$45 fee
25479	NE Portland	WILDHB STUDIO	6pm-8:50pm
Thu	6/11	Boyer	\$189 + \$45 fee

9MW 620B **Metalsmith Jewelry:**

Rolling Mill Ring

Learn the entire process of creating a perfectly fitting ring. Use a silver casting grain to melt metal into an ingot mold, while learning skills with a rolling mill to shape the metal into your desired profile for a unique ring.

23993	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	5/9-5/16	Boyer	\$299 + \$55 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.

Metalworking Jewelry: Sand Casting with Bronze, continued

23239	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	6/2-6/9	Boyer	\$249 + \$45 fee
23240	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	4/10-4/17	Boyer	\$249 + \$45 fee

9MW 627Z **Metalworking Jewelry:**

Cabochon Stone Setting

Learn all the steps required to set a cabochon stone in copper and brass and gain skills in metalworking. Students have the option to create a one of a kind ring or pendant and choose from a variety of stones.

23238	NE Portland	WILDHB STUDIO	6pm-8:50pm
Mon	4/20-4/27	Boyer	\$299 + \$25 fee
25478	NE Portland	WILDHB STUDIO	11am-1:50pm
Sun	5/31-6/7	Boyer	\$299 + \$35 fee

NEW CLASS

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.

25481	NE Portland	WILDHB STUDIO	6pm-8:50pm
Wed	4/22-4/29	Boyer	\$389

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.

21839	Scappoose	MMPS SHOP	6pm-8:50pm
Tue	4/7-6/9	Martin	\$209 + \$225 fee
Must reg/drop by 4/5.			

22428	Scappoose	MMPS SHOP	6pm-8:50pm
Thu	4/9-6/11	Martin	\$209 + \$225 fee
Must reg/drop by 4/7.			

23850	Scappoose	MMPS SHOP	1pm-3:50pm
Fri	4/10-6/12	Martin	\$209 + \$225 fee
Must reg/drop by 4/8.			

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.

23236	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	4/7	Boyer	\$189 + \$60 fee
23237	NE Portland	WILDHB STUDIO	3pm-5:50pm
Sun	6/7	Boyer	\$189 + \$60 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.

23232	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	5/22-5/29	Boyer	\$299 + \$45 fee
23233	NE Portland	WILDHB STUDIO	11am-1:50pm
Sun	4/19-4/26	Boyer	\$299 + \$45 fee



**Cultural
Exploration**
page 35

Languages
pages 36-41

Portuguese

*Instructors: Maria McPherson,
Angela Baroni*

Spoken by over 260 million people across four continents, it's a hidden gem in the linguistic world. The language is deeply tied to joy, rhythm and social connection. Portuguese has a built-in warmth that makes the learning process fun and engaging.

► **Find these classes on page 40**



Language and Culture

Cultural Exploration

World View

9WV 620Y **On the Trail of the Lewis and Clark Exposition**

In this class we will explore the fragments and remainders of Portland's only world's fair. Through the investigation of archives, ephemera, and the fair grounds itself we will gather together to search for what remains of the fair.

25185	Cascade	TEB 113	6:30pm-7:20pm
Wed	5/27-6/10	Graf	
and	Downtown	ORHIST STEPS	11am-12:20pm
Sat	6/13	Graf	\$55

9WV 620N **The Bible Without the Baggage**

Explore the most influential text of Western civilization without the cultural biases, traditional interpretations and religious dogmas that often overshadow the text itself. By approaching the Bible "without the baggage," readers may find new insights and relevance in the ancient texts.

25156	Online	ZOOM	6:30pm-7:50pm
Thu	4/9-5/28	Meckley	\$99

NEW CLASS

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 it's residents.

Urbanism and You, continued

25183	Cascade	TH 100	6pm-7:20pm
Tue	4/14-5/5	Kontos	\$45

NEW CLASS

9WV 620X **The Many Meanings of Monuments**

What is a monument? Learn about the symbolism of monuments and consider the controversies that surround their creation and continued existence. Finally, come explore the monument landscape of Portland through an on-site tour and discussion.

25184	Cascade	TEB 113	6:30pm-7:20pm
Wed	4/15-4/22	Graf	
and	SE Portland	LONFIR MAIN	11am-12:20pm
Sat	4/25	Graf	\$45

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.

25155	Online	ZOOM	6pm-7:50pm
Mon	3/30-6/8	Grey	\$129

No class 5/11, 5/25.

9WV 620U **Persepolis to Persian Pop: A Showcase of Iranian Culture**

Journey through the rich history, art, music, stories and culture of Iran. From ancient Persia's monumental sites and timeless poetry to contemporary film, fashion and pop music, we explore the enduring traditions that have shaped Iranian identity over centuries.

25182	Sylvania	CT 211	5:30pm-7:20pm
Thu	4/9-5/28	Esteghalian	\$109

NEW INSTRUCTOR

9WV 620Q **New Films From Around the World - Foreign Films: 2000-2026**

Many great films premiered in 2025 film festivals. Cannes, Venice, Berlin. I'm finding the best from 2025. We'll see these new films mixed with others from the 21st Century. Learn about history, art, culture, and business of these films.

25211	Online	ZOOM	7pm-8:50pm
Tue	3/31-5/19	Friedman	\$99

► You may also like **Screenwriting From Script to Screen** on page 14

► You may also like **Intro to Mini-Documentary Making** on page 18



Instructor Spotlight: Seth Friedman

Seth transformed his passion for cinema into a passion for sharing that knowledge. Tackling a different subject every semester allows his students to retake the classes, over and over, rarely seeing the same films twice. The spring is reserved for recent international cinema, gathering the best films from around the world from the past 12 months and the past three decades. Each class focuses on two films, with in-depth lectures and lively discussions. The films are made available through a private film streaming server. All classes are conducted via Zoom, creating an intimate and personal experience.



Languages

9LAN 605S **Conversational Pular, ADLaM Alphabet and the Fulani Culture**

Discover the strength and resilience of the Fulani people through their language and rich traditions of Western Africa. Spoken by over 40 million people, Pular is a vital cultural cornerstone. Connect to this community by learning conversation skills and reading and writing the ADLaM script.

25157	Online	ZOOM	10am-11:20am
Sat	4/4-6/6	Barry	\$109

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.

24151	Online	ZOOM	5pm-6:20pm
Wed	4/1-6/3	Kontos	\$109

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.

21804	Cascade	CH 304	5pm-6:50pm
Mon	3/30-6/8	Worthylake	\$145
No class 5/25.			

21578	Online	ZOOM	7pm-8:50pm
Tue	4/7-6/9	Eleweke	\$145

22985	Southeast	TABOR 144	5pm-6:50pm
Tue	3/31-6/2	Worthylake	\$145

25179	Sylvania	CT 234	7pm-8:50pm
Wed	4/1-6/3	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.

23969	Cascade	CH 304	7pm-8:50pm
Mon	3/30-6/8	Worthylake	\$155
No class 5/25.			

25077	Online	ZOOM	7pm-8:50pm
Thu	4/9-6/11	Eleweke	\$155

25180	Sylvania	CT 234	5pm-6:50pm
Wed	4/1-6/3	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.

21533	Southeast	TABOR 124	7pm-8:50pm
Tue	4/7-6/9	Martin	\$155

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.

25153	Online	ZOOM	5pm-6:50pm
Tue	3/31-6/2	Bounama	\$145

Class Spotlight:

Is Arabic language challenging for you? In this class, you will learn the fundamentals of Arabic learning and acquisition. It will focus on helping students understand the intricate alphabet and read, write and speak in an easy and fun way! You will be able to write basic sentences and expressions that are commonly used in daily conversations (how to introduce yourself, greet people, obtain information...).

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.

24602	Online	ZOOM	6:30pm-7:50pm
Tue/Thu	3/31-6/4	Dezay	\$209

No class 6/4. More info: pcc.edu/staff/afaf.raad

NEW CLASS

9LAN 605W **Arabic for Travelers**

Planning (or dreaming of) a trip to an Arabic-speaking country? Now is your moment to start preparing by learning travel vocabulary, phrases and Arabic culture.

25154	Online	ZOOM	5pm-6:50pm
Wed	4/1-6/3	Bounama	\$145

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.

23962	Online	ZOOM	7pm-7:50pm
Wed	4/1-6/3	Alomar	\$75

No class 5/29.

Chinese

NEW CLASS

9LAN 605V **Chinese Conversation:**

Levels 2 and 3

Nihao! This mixed-level class is great for learners who have already taken the Chinese Level 1 and 2 class or for those who already know some of the language. Explore essential vocabulary, grammar structures, and cultural nuances through engaging conversations and interactive activities.

25411	Online	ZOOM	10am-11:20am
Thu	4/2-6/4	Chen	\$125

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.

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

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.

23037	Online	3/30-6/13	Chen	\$275
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English

9LAN 605F **Conversational English - Focus on Grammar**

Speak English confidently! Let's focus on the rules and usage of English grammar to help you write and speak more accurately in real-life scenarios. Learn in a fun and engaging learning environment.



SCAN HERE
to register online

Conversational English - Focus on Grammar, continued

25300 **Online** ZOOM 10am-11:20am
Wed 4/1-6/3 Chen \$109

1-On-1 English Conversation



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Elizebett Eslinger

elizebett.eslinger@pcc.edu

Availability: Mon/Wed, 1:30pm-4:30pm,
Tue/Thu, 11:30am-1:30pm

Elizebett is an experienced ESOL instructor with 12+ years teaching English to adults and multilingual learners. Elizebett's teaching style is friendly, engaging, and student-centered. She helps students build confidence, increase real-world communication skills, and speak English more naturally and comfortably.

1-On-1 English Conversation Package

9LAN 601Y 1-On-1 English Conversation: 5 Session Package

Are you a non-native English speaker looking to improve your English conversational skills? Improve your fluency, vocabulary and pronunciation working with an experienced ESOL instructor. For students with basic conversational skills or higher.

22733 **Online** 3/30-6/13 Eslinger \$275

Teach at PCC and share your knowledge and experiences.

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

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.

21895 **Online** ZOOM 9am-10:50am
Fri 4/3-6/5 Cariou \$145

No phrasebook. Material in Google Docs.

► You may also like **Introduction to Travel Sketching** on page 11

9LAN 601I French for Travelers 2

Preparing a trip to France? Learn or review basic French words, important signs, transportation essentials, shopping, restaurant, accommodations. More topics will be introduced if time allows.

25152 **Online** ZOOM 6:30pm-7:50pm
Mon 3/30-6/8 Murer \$109

No class 5/25. Text: *Rick Steves French Phrase Book*

NEW CLASS

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.

25508 **Southeast** TABOR 142 5:30pm-7:20pm
Mon 3/30-6/8 Devine \$115

No class 4/6, 5/18, 5/25. 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.

21530 **Online** ZOOM 6:30pm-8:20pm
Tue 3/31-6/2 Benoit \$145

Text: *Ultimate French Beginner-Intermediate*

23004 **Online** ZOOM 4pm-5:50pm
Wed 4/1-6/3 Benoit \$145

Text: *Ultimate French Beginner-Intermediate*

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.

21641 **Online** ZOOM 9am-10:50am
Mon 3/30-6/8 Cariou \$145

No class 5/25. 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.

21529 **Cascade** TH 202 6:30pm-8:20pm
Mon 3/30-6/8 Benoit \$155

No class 5/25. Text: *Ultimate French Beginner-Intermediate*

25158 **Online** ZOOM 4pm-5:50pm
Tue 3/31-6/2 Benoit \$155

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.

21643 **Online** ZOOM 6pm-7:50pm
Mon 3/30-6/8 Cariou \$155

No class 5/25. 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.

25159 **Cascade** TH 202 6:30pm-8:20pm
Thu 4/2-6/4 Benoit \$165

Text: *Ultimate French Beginner-Intermediate*

22487 **Online** ZOOM 6:30pm-8:20pm
Wed 4/1-6/3 Benoit \$165

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.

21640 **Online** ZOOM 6pm-7:50pm
Thu 4/2-6/4 Cariou \$165

Text: *Ultimate French Beginner-Intermediate*

9LAN 614A French Conversation: Levels 4 and 5

This class is for you if you've completed French 1, 2 and 3 and are ready to work towards fluency. We'll read a short article to practice further. Recommended: knowledge of present, futur, conditionnel (would/could), passe compose tenses.

21642 **Online** ZOOM 6pm-7:50pm
Tue 3/31-6/2 Cariou \$165

Text: *Ultimate French Beginner-Intermediate*

UPDATED CLASS

9LAN 614U French Conversation: Level 5

Practice the present subjunctive tense and relative pronouns qui and que through exercises and conversation. We read an article to practice these topics. Recommended: knowledge of the present, futur, passe compose, and imparfait tenses.

21645 **Online** ZOOM 9am-10:50am
Wed 4/1-6/3 Cariou \$165

Text: *Ultimate French Review Practice 3rd or 4th ed.*

UPDATED CLASS

9LAN 614F French Verbs and Conversation

Practice reflexive verbs and affirmative and negative commands (l'imperatif) through exercises and conversation. Recommended: knowledge of present, futur, conditionnel (would/could), passe compose, and some imparfait tenses.

21639 **Online** ZOOM 10am-11:50am
Sat 4/4-6/6 Cariou \$165

Text: *Ultimate French Verb Rev and Practice 2nd 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.

21504 Online ZOOM 6:30pm-8:20pm
Wed 4/1-6/3 Machtelinckx \$165

German

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.

22506 Online ZOOM 6pm-7:50pm
Mon 3/30-6/8 Burkic \$145

No class 5/25.

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.

24143 Online ZOOM 6pm-7:50pm
Tue 3/31-6/2 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.

22986 Online ZOOM 10am-11:50am
Wed 4/1-6/10 Rebaum \$135

No class 4/29 5/20, 5/27.

25208 Rock Creek BLDG2 122 10am-11:50am
Thu 4/2-6/11 Rebaum \$135

No class 4/30, 5/21, 5/28.

9LAN 620X German Fluency Boost: Stories and 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.

24144 Online ZOOM 10am-11:50am
Tue 3/31-6/2 Burkic \$165

NEW CLASS

9LAN 621A German Pronunciation Workshop

Master German pronunciation in this fun 4-week crash course! Learn key sounds, get insider tips, and train your facial muscles to speak German with confidence. All levels welcome!

25409 Online ZOOM 6pm-7:50pm
Wed 4/1-4/22 Burkic \$65

NEW CLASS

9LAN 605Y German Word Order Workshop

In this fun intermediate 4-week German syntax workshop, we'll play with word order, take on tricky verb positions, and build sentences that actually sound German. Short explanations, lots of practice, and aha-moments guaranteed!

25726 Online ZOOM 10am-11:50am
Wed 4/1-4/22 Burkic \$65

1-On-1 German Instruction



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

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.

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

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 620O 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.

23038 Online 3/30-6/13 Burkic \$275

Italian

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.

25725 Online ZOOM 6pm-7:50pm
Thu 4/2-5/21 Finley \$115

9LAN 615B Italian Conversation: Level 2

Expand your ability to use Italian in practical situations by learning more grammar, vocabulary, pronunciation and conversational phrases. You'll be speaking with confidence in no time!

23009 Sylvania TCB 213 6:30pm-8:20pm
Thu 4/9-6/4 Heineck \$139

9LAN 615U Italian Conversation: Level 3

Expand your Italian conversation skills. We'll reinforce skills from Levels 1 and 2, introduce new tenses and learn to build more complex sentences orally and in writing. We'll also build listening skills by reading short stories and watching videos.

21503 Cascade TH 201 7pm-8:50pm
Tue 3/31-5/19 Ketcheson \$115

No class 4/21.

9LAN 613J Italian Conversation for Wishful (or Wistful) Travelers

Dream of traveling to Italy? Start preparing from the comfort of home! Explore Italian culture while building travel vocab and phrases. Or if you want to reminisce about your travels, and review and add to your language skills, join us.

21524 Online ZOOM 6pm-7:50pm
Tue 3/31-5/19 Finley \$119

Text: Learn Italian the Fast and Fun Way

► You may also like [Travel Photography](#) on page 9

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.

21525 Online ZOOM 6pm-7:50pm
Wed 4/1-5/20 Finley \$129

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.

24146 Online ZOOM 6pm-7:50pm
Mon 3/30-5/18 Finley \$135

Text: Ultimate Italian Beginner-Intermediate



SCAN HERE
to register online

Language and Culture

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.

23227	CLIMB Center	CLIMB 301	10:30am-11:20am
Tue	4/14-6/2	Heineck	\$99

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!

23228	CLIMB Center	CLIMB 301	1pm-2:50pm
Wed	4/15-6/3	Heineck	\$119

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.

21526	Online	ZOOM	6:30pm-8:20pm
Wed	4/1-5/27	Fuse	\$129

Class material provided by instructor.

23777	Online	ZOOM	6:30pm-8:20pm
Mon	3/30-5/18	Barrett	\$115 + \$3 fee

▶ You may also like **Sake: Set the Record Straight** on page 27

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.

21528	Online	ZOOM	6:30pm-8:20pm
Thu	4/2-5/28	Fuse	\$139

Class material provided by instructor.

25202	Online	ZOOM	6:30pm-8:20pm
Wed	4/1-5/27	Barrett	\$139 + \$3 fee

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.

23778	Online	ZOOM	6:30pm-8:20pm
Tue	3/31-5/26	Barrett	\$149 + \$3 fee

1-On-1 Japanese Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24

hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Chihlo Murphy

Availability: Thu, 4pm-7pm; Fri/Sat, 9am-7pm

Chihlo 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.

23947	Online	3/30-6/13	Murphy	\$275
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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.

21572	Online	ZOOM	6:30pm-8:20pm
Tue	3/31-6/2	You	\$145

21906	Online	ZOOM	6:30pm-8:20pm
Thu	4/2-6/4	Lim	\$145

23964	Online	ZOOM	5pm-6:50pm
Mon	3/30-5/18	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.

21571	Online	ZOOM	6:30pm-8:20pm
Wed	4/1-5/20	You	\$125

24601	Online	ZOOM	5pm-6:20pm
Thu	4/2-5/21	Park	\$99

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.

21573	Online	ZOOM	6:30pm-8:20pm
Thu	4/2-5/21	You	\$135

1-On-1 Korean Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Kyonghwa You

Availability: Tue, 10am-1pm; Wed/Thu, 11:30am-1:30pm; Fri, 11am-12pm; Sat, 11:30am-12:30pm

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.

25088	Online	3/30-6/13	You	\$275
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Senior Discount

If you are 62 years old or older, you are eligible for a 50% tuition discount!

▶ More info: pcc.edu/senior



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.

23966	Online	ZOOM	6:30pm-7:50pm
Wed	4/1-5/20	McPherson	\$89
25178	Sylvania	TCB 216	6pm-7:50pm
Tue	3/31-5/19	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.

24250	Online	ZOOM	6:30pm-7:50pm
Mon	4/6-5/18	McPherson	\$85

9LAN 611W Portuguese Conversation: Level 4

Enhance your Brazilian Portuguese language mastery in vocabulary and verb tenses by refining your speaking and listening skills. Class will include discussion and exploration of the Brazilian culture.

25151	Online	ZOOM	6:30pm-7:50pm
Tue	4/14-6/2	McPherson	\$99

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.

21646	Online	ZOOM	6pm-7:50pm
Thu	4/2-6/4	Bogdanovich W	\$145

9LAN 612H Russian Conversation: Level 2

Further develop your basic Russian language skills and gain further insights into culture and daily life in Russia.

23005	Online	ZOOM	6pm-7:50pm
Tue	3/31-6/2	Bogdanovich W	\$155

9LAN 613W Russian Conversation: Level 3

This continuing class offers a third level of Russian conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

21795	Online	ZOOM	6pm-7:50pm
Mon	3/30-6/8	Bogdanovich W	\$165

No class 5/25.

1-On-1 Russian Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual

sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profile and Availability

Elena Bogdanovich Werner

Availability: Wed/Fri, 4pm-7pm

Elena is a native speaker of Russian and has been teaching Russian at PCC Community Education since 1994. She holds Ph.D in Germanic languages. Her goal is to get students to enjoy communicating in Russian and navigating through Russian grammar and sound system reflected in a different alphabet.

1-On-1 Russian Instruction Package

9LAN 605T 1-On-1 Russian Instruction: 5 Session Package

Improve your Russian 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.

25087	Online	3/30-6/13	Bogdanovich W	\$275
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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.

23957	Online	ZOOM	6pm-7:50pm
Tue	3/31-6/2	Riley	\$165

Text: *Learn Spanish the 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.

21574	Online	ZOOM	6pm-7:20pm
Mon	3/30-6/8	Merlo Flores	\$109

No class 5/25. Text: *Spanish Now! Level 1* 9th ed.

21575	Online	ZOOM	6pm-7:50pm
Thu	4/2-6/4	Riley	\$145

Text: *Spanish Now! Level 1* 9th ed.

21884	Online	ZOOM	1pm-2:50pm
Fri	4/3-6/5	Bensel	\$145

Text: *Practical Spanish Grammar*.

21897	Southeast	TABOR 140	10am-11:50am
Wed	4/1-6/3	Sonera	\$145

Text: *Spanish Now! Level 1* 9th ed

Spanish Conversation: Level 1, continued

21898	Southeast	TABOR 142	6pm-7:50pm
Wed	4/1-6/3	Sonera	\$145

Text: *Spanish Now! Level 1* 9th ed

22505	Southeast	SCOM 316	10am-11:50am
Mon	3/30-6/8	Sonera	\$145

No class 5/25. Text: *Spanish Now! Level 1* 9th ed

25301	Southeast	SCOM 316	1pm-2:50pm
Mon	3/30-6/8	Sonera	\$145

No class 5/25. Text: *Spanish Now! Level 1* 9th ed

22485	Willow Creek	WCC 224	6:30pm-8:20pm
Wed	4/1-6/3	Sotelo	\$145

Text: *Spanish Now! Level 1* 9th ed

► You may also like **Unusual Salsas: Mexico** on page 25

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.

22435	Online	ZOOM	6:30pm-8:20pm
Wed	4/1-6/3	Bensel	\$149

Text: *Practical Spanish Grammar*

22983	Online	ZOOM	6:30pm-8:20pm
Mon	3/30-6/8	Bensel	\$145

No class 5/25. Text: *Practical Spanish Grammar*

24148	Online	ZOOM	2:30pm-3:50pm
Mon	4/6-6/1	Galindo	\$95

No class 5/25. Text: *Spanish Now* by Barrons 9th ed

24716	Online	ZOOM	6:30pm-8:20pm
Thu	4/2-6/4	Bensel	\$149

Text: *Practical Spanish Grammar*

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!

21584	Online	ZOOM	6pm-7:20pm
Wed	4/1-6/3	Merlo Flores	\$119

Text: *Spanish Now! Level 1* 9th ed.

21585	Online	ZOOM	10am-11:20am
Mon	4/6-6/1	Galindo	\$99

No class 5/25. Text: *Spanish Now! Level 1* 9th Edition

21596	Online	ZOOM	1pm-2:50pm
Thu	4/2-6/4	Bensel	\$155

Text: *Practical Spanish Grammar*

21899	Southeast	TABOR 140	1pm-2:50pm
Thu	4/2-6/4	Sonera	\$155

Text: *Spanish Now! Level 1* 9th ed

22486	Willow Creek	WCC 205	6:30pm-8:20pm
Tue	3/31-6/2	Sotelo	\$155

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.

23226	Online	ZOOM	10am-11:20am
Wed	4/8-5/27	Galindo	\$105

Text: *Spanish Now* by Barrons 9th ed



SCAN HERE
to register online

Language and Culture

Spanish



Spanish Conversation Level 2: Fast Paced, continued

23958	Online	ZOOM	6pm-7:50pm
Wed	4/1-6/3	Riley	\$149
Text: <i>Spanish Now Level 2</i> 2nd ed			
25602	Online	ZOOM	6:30pm-8:20pm
Tue	3/31-6/2	Bensel	\$159

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.

21586	Online	ZOOM	12pm-1:20pm
Mon	4/6-6/1	Galindo	\$109
No class 5/25. Text: <i>Spanish Now! Level 1</i> 9th ed			
21647	Online	ZOOM	6pm-7:50pm
Tue	3/31-6/2	Sonera	\$165
Text: <i>Spanish Now! Level 1</i> 9th ed			
23235	Southeast	TABOR 143	10am-11:50am
Tue	3/31-6/2	Sonera	\$165
Text: <i>Spanish Now! Level 1</i> 9th ed			
25207	Willow Creek	WCC 204	6:30pm-8:20pm
Thu	4/2-6/4	Sotelo	\$165
Text: <i>Spanish Now! Level 1</i> 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.

21588	Online	ZOOM	12pm-1:20pm
Wed	4/8-5/27	Galindo	\$109
23120	Online	ZOOM	6pm-7:50pm
Mon	3/30-6/8	Riley	\$165
No class 5/25.			
21648	Southeast	SCOM 320	10am-11:50am
Thu	4/2-6/4	Sonera	\$165
Text: <i>De primera fuente, memorias de Mago Gilson</i>			

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.

Spanish Conversation: Level 5, continued

24149	Online	ZOOM	2:30pm-3:50pm
Wed	4/8-5/27	Galindo	\$109

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.

21900	Online	ZOOM	5pm-6:20pm
Tue	3/31-6/2	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.

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

Instructor Profiles and Availability

Mario Galindo

Availability: Tue/Thu, 10am-4pm; Fri, 10am-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.

9LAN 601B 1-On-1 Spanish Instruction: 5 Session Package

21591	Online	3/30-6/13	Galindo	\$275
21859	Online	3/30-6/13	Sonera	\$275
21592	Online	3/30-6/13	Urbina Benton	\$275

9LAN 601A 1-On-1 Spanish Instruction: 10 Session Package

21589	Online	3/30-6/13	Galindo	\$499
21858	Online	3/30-6/13	Sonera	\$499
21590	Online	3/30-6/13	Urbina Benton	\$499

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

Have a skill to share?

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



Local Adventures

Arts Explorations

NEW CLASS NEW INSTRUCTOR

LOCAL ADVENTURE

9WV 621T **Rhythm, Rhyme, Revolution: Creating Hip Hop**

Join MC Mic Crenshaw, poet, producer, and cultural activist, to explore how rhythmic communication can shape powerful messages. Explore the evolution of hip hop, rap, spoken word and other forms, and write your own. Includes venue tour and ticket for a hip hop showcase.

25603	Online	ZOOM	2pm-4pm
Sat	5/2-5/16	Crenshaw	
and	Beaverton	PATRES AUD	6:30pm-9pm
Sat	5/9	Crenshaw	\$100

Must use laptop (not phone or tablet) for Zoom sessions. 5/9 Venue/backstage tour 6:30pm; show 7:30pm.



Instructor Spotlight: Mic Crenshaw

Mic is a world-renowned emcee and has won slams and freestyle rap competitions. He often performs with headliners like Dead Prez, Gza, LaRussell and Neighborhood Kids. In class he shares his perspectives on social movements, subculture histories, and the intersection of resistance and expression. He brings in his expertise on emcees' tools: writing verses, hooks, choruses, bridges, call and response, and freestyle or improvisational rhyming. In class he also performs some of his work, and invites others to be brave and share theirs.

NEW CLASS LOCAL ADVENTURE

9WV 621S **Theater for Everyone: Fat Ham**
Join Kamilah Bush, Portland Center Stage's Literary Manager and Dramaturg, in examining this Pulitzer prize-winning modern reimagining of Hamlet. Includes a backstage tour and a performance.

25196	Online	ZOOM	7pm-8:50pm
Thu	4/30-5/14	Bush	
and	NW Portland	PORTCS THEATER	5pm-9:30pm
Thu	5/7	Bush	\$129

5/7 Backstage 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.

24191	NE Portland	TERTRA	9:15am-12:45pm
Sat	4/11	Bingham	\$79

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.

24142	Downtown	ALSDEN LOUNGE	3pm-6pm
Sat	4/25	Bingham	\$60

Beer tasting fees included.

► You may also like **Become a Beer Tasting Judge** on page 26

Get Out of Town

LOCAL ADVENTURE

9WV 621D **Bay Clamming (Walking Tour)**

Love seafood but don't want to get on a boat? Join us for a walking tour to one of Garibaldi's finest bay clam beds to try your hand at foraging for Cockles and the occasional Butter or Gaper. We'll head out with shovels, buckets and rakes and show you hands-on how to find these tasty treats.

25197	Garibaldi	GARCHA OFFICE	8:15am-10:15am
Sun	4/19	Mautner	\$65

Contact fishon@garibaldicharters.com for trip details

25198	Garibaldi	GARCHA OFFICE	7am-9am
Sun	5/17	Mautner	\$65

Contact fishon@garibaldicharters.com for trip details

25199	Garibaldi	GARCHA OFFICE	8am-10am
Mon	5/18	Mautner	\$65

Contact fishon@garibaldicharters.com for trip details

25200	Garibaldi	GARCHA OFFICE	8:45am-10:45am
Tue	5/19	Mautner	\$65

Contact fishon@garibaldicharters.com for trip details

25201	Garibaldi	GARCHA OFFICE	9:30am-11:30am
Wed	5/20	Mautner	\$65

Contact fishon@garibaldicharters.com for trip details

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.

23109	NE Portland	TERTRA	8am-8pm
Sat	5/23	Bingham	\$320

Must reg/drop by 5/20. Lunch and admission is provided.



SCAN HERE
to register online

Local Adventure

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 Columbia River Maritime Museum, The Astoria Column, and Fort Clatsop. This trip combines historical exploration with a taste of local culture and scenic coastal views.

24193	NE Portland	TERTRA	9am-7pm
Sat	5/9	Bingham	\$159

Lunch is not included; Admission to Ft Clatsop included.

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.

25340	NE Portland	TERTRA	8:45am-1:15pm
Sat	5/2	Bingham	\$89

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.

25338	NE Portland	TERTRA	9am-5pm
Sun	4/12	Bingham	\$139

25339	NE Portland	TERTRA	9am-5pm
Sat	4/18	Bingham	\$139

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.

25298	NE Portland	TERTRA	9am-6pm
Sun	5/3	Bingham	\$139

► You may also like **Ecoregions of Oregon** on page 28

NEW CLASS LOCAL ADVENTURE

9WV 621Q Columbia Gorge Waterfall Tour with Free Wine Tasting

Explore Oregon’s “waterfall alley” on a half-day Columbia Gorge tour! See Vista House, Multnomah Falls, and hidden cascades. Learn about local nature, culture, and wine, then visit a Columbia Gorge AVA vineyard for a tasting. Fees included.

25407	NE Portland	TERTRA	1:15pm-6:15pm
Sat	4/11	Bingham	\$139

LOCAL ADVENTURE

9SPR 630A Columbia Valley and Columbia Gorge Wine Tasting

Come see the natural beauty of the Columbia Basin and Columbia Gorge AVAs through wine tasting. Your guide will teach you about the natural history, cultural history, and wine background of the area. Lunch is included; wine is not.

24190	NE Portland	TERTRA	10:30am-6:30pm
Sat	4/4	Bingham	\$170

Tasting fees not included.

► You may also like **Wine** classes on page 26

UPDATED CLASS 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.

22987	NE Portland	TERTRA	9am-5pm
Sun	4/19	Bingham	\$180

Lunch is provided; Wine tasting fees are not provided.

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.

24194	NE Portland	TERTRA	9am-5pm
Sun	4/26	Bingham	\$140

Bring your own lunch.

Teach at PCC and share your knowledge and experiences.

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



Community Ed is expanding our Arts Adventures with the addition of a new community partner, The Patricia Reser Center for the Arts in Beaverton. This performing arts center offers a variety of art forms to its audiences, and our first class with them is **Rhythm, Rhyme, Revolution: Creating Hip Hop** with Mic Crenshaw.

photo by Mario Gallucci



Fight Like a Knight: Medieval Mastery and Modern Movement

Instructor: Christopher Burns

Are you ready to try something completely different? Have you dreamed of fighting monsters, slaying dragons, rescuing princesses, or just knowing that when the aliens come and take away the guns, you can still swordfight?! Fight Like a Knight is a fusion of the same swordfighting techniques used by medieval knights and warriors, blended with modern kinesthetics and ergonomics, and a dash of chivalric philosophy, creating a movement/exercise/martial-arts class like you've never seen before!

► [Find this class on page 49](#)

Adult 55+ Fitness
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Health
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Mind-Body Wellness
pages 47-49

Sports
pages 49-53

Work Out
pages 54-57



Recreation and Wellness

Adult 55+ Fitness

Adults 62 and older receive 50% off tuition.

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.

22984 **Online** ZOOM 12:30pm-1:20pm
Tue 3/31-6/2 Zapata-Wilson \$135

We will go over possible equipment to use in class.

9WO 624W Gentle Toning and Stretching

Bring a mat and focus on both light, resistance-based toning exercises and recuperative stretching.

21500 **Online** ZOOM 1pm-1:50pm
Fri 4/3-6/5 Wagoner \$135

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!

23767 **Online** ZOOM 12:30pm-1:20pm
Thu 4/2-6/4 Zapata-Wilson \$135

We will go over possible equipment to use in class.

▶ You may also like **1-On-1 Chess** on page 30

NEW CLASS NEW INSTRUCTOR

9WO 626G Rajio Taiso: The Fitness Secret of Japan

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!

25509 **Southeast** TABOR 102 8:30am-9:20am
Sat 4/11-5/30 Holman \$109



Instructor Spotlight: Miwa Holman

Miwa began her Rajio Taiso Fitness Karate journey 15 years ago becoming a certified instructor in this gentle, rhythmic exercise routine designed to energize the body and refresh the mind. Originating in Japan, this simple full-body workout is performed to guided music with easy-to-follow movements that improve posture, coordination and overall mobility. Her classes are welcoming, inclusive and motivating to promote physical well-being and cultural appreciation.

9WO 625X Yoga for Bone Health and Against Osteoporosis

Based on scientific studies, this targeted yoga practice to promote bone health can slow, stop and even reverse the progress of osteoporosis and prevent the development of these conditions. Learn yoga poses that are proven to improve Bone Mineral Density and build healthy bones. Suitable for new as well as experienced yogis.

21930 **Online** ZOOM 9am-9:50am
Mon/Wed 3/30-4/22 Nadal \$79

9WO 625Z Yoga for Bone Health and Against Osteoporosis: Level 2

Practice the poses you learned in the Yoga for Bone Health and Against Osteoporosis class. We will go straight through the poses at an intermediate level. A few new effective poses and research will be offered. Have your blocks, straps, mat, chair and wall available for use as needed.

22603 **Online** ZOOM 6:30am-7:20am
Tue/Thu 3/31-4/23 Nadal \$79

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.

23193 **Rock Creek** BLDG5 111 11am-1:50pm
Sat 4/4 Nadal \$39
Please bring a yoga mat, a block, a strap, a large towel or



NEW CLASS

9WO 626F Yoga for Bone Health and Against Osteoporosis Workshop 2

Learn and practice 12 additional poses, including ones for the ribs and wrists, that are proven to combat osteoporosis and build healthy bone when practiced consistently. It is recommended to have taken Workshop 1, though not required.

25284 **Rock Creek** BLDG5 111 11am-1:50pm
Sat 4/25 Nadal \$39
Bring a yoga mat, blocks, strap, large towel/small blanket

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.

21498	Online	ZOOM	9am-9:50am
Wed/Fri	4/1-6/5	Nishikido	\$169
21499	Online	ZOOM	9am-9:50am
Mon	3/30-6/8	Nishikido	\$135
No class 5/25.			
21576	Online	ZOOM	5pm-5:50pm
Fri	4/3-6/5	Broding	\$135
22647	Southeast	TABOR 102	9:30am-10:20am
Sat	4/4-6/6	Nishikido	\$135

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.

21612	Online	ZOOM	10am-10:50am
Tue/Thu	3/31-6/4	Kaplan	\$169
21613	Online	ZOOM	11am-11:50am
Tue/Thu	3/31-6/4	Kaplan	\$169
21615	Online	ZOOM	9am-9:50am
Thu	4/2-6/4	Williams	\$139
21633	Online	ZOOM	11:30am-12:20pm
Mon/Wed	3/30-6/3	Kaplan	\$165
No class 5/25.			
25192	Online	ZOOM	9:30am-10:20am
Wed/Fri	4/1-6/5	Williams	\$169
25193	Online	ZOOM	5pm-5:50pm
Thu	4/2-5/28	Williams	\$125

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

NEW CLASS

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!

25360 **Southeast** SCOM 318 7pm-7:50pm
Mon 4/13-5/18 Felsenstein \$79

► You may also like [Sound in Science and the Arts](#) on page 7

► You may also like [Gardening for Presence and Healing](#) on page 27

NEW CLASS LOCAL ADVENTURE

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.

25469 **Sylvania** HT 106 6:30pm-7:50pm
Tue 3/31-5/19 Miranda \$135

9HW 601R How to Thrive During Perimenopause and Menopause

During this transitional life phase, physical, emotional and lifestyle changes experienced will be explored. You will walk away with strategies for sleep health, nutrition, emotional well-being, and physical activity among other topics to help you thrive in your midlife season.

25236 **Sylvania** TCB 214 6pm-7:50pm
Tue 3/31-5/12 Fernandez \$139

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.

23796 **Online** ZOOM 6pm-7:20pm
Wed 4/8-5/27 Perrault \$155
Cannot enroll after 4/8.

NEW CLASS NEW INSTRUCTOR

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.

25471 **Online** ZOOM 6pm-6:50pm
Tue 5/5-5/26 Lott \$49

► You may also like [Plant-Based Instant Pot Series](#) on page 46

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.

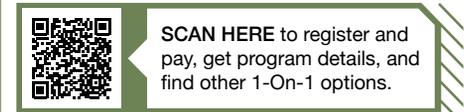
21616 **Online** ZOOM 6:30pm-8:50pm
Tue 5/26-6/9 Dittmer \$79

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.

24259 **Online** ZOOM 5:30pm-6:50pm
Wed 4/8-4/22 Nahoku \$99

1-On-1 Health Coaching



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.

Program Details:

- First session: initial consultation and appraisal
- The first two sessions will be one hour in length (meeting via phone or video, your choice!) and up to 45 minutes in the following weeks.
- Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take place before the end of the term. If PCC is not able to make up your session, you will not be granted a refund.
- For more details, please visit: pcc.edu/community/1-on-1-classes/health-coaching/

Refund/Drop Policy:

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

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



SCAN HERE
to register online

Recreation and Wellness

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.

25094	Online	3/30-6/13	Browning	\$375
25099	Online	3/30-6/13	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.

23159	Online	3/30-6/13	Browning	\$375
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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.

22840	Online	3/30-6/13	Browning	\$375
23160	Online	3/30-6/13	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!

25093	Online	3/30-6/13	Browning	\$375
25098	Online	3/30-6/13	Gibbs	\$375

Mind-Body Wellness

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.

25355	Online	ZOOM	5:30pm-7:50pm
Wed	4/29-5/13	Nahoku	\$222

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.

25354	Online	ZOOM	5:30pm-7:50pm
Wed	5/20-6/3	Nahoku	\$322

9MBF 601H Equine Guided Meditation

Slow down and improve how you connect with yourself and others through the power of horses. Experience meditation with these generous and brave animals. Through breathing exercises and mindfulness practice with the horses, you'll learn the importance of self-awareness and living in the present moment.

23241	Corbett	CRBFRM BARN	1pm-2:20pm
Sat	4/4-6/6	Bennett	\$249

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.

25241	Sylvania	HT 106	6:30pm-7:50pm
Mon	3/30-6/8	Miranda	\$159
No class 5/25.			

UPDATED CLASS

9MBF 601M Roll and Restore - Myofascial Release

Get out your yoga props for restorative yoga and myofascial release rolling to regenerate and replenish. Open up your body to shapes that promote respiratory and circulatory wellness including rolling to get in deep touch with your holding patterns and flush them out. All levels welcome.

25190	Online	ZOOM	12:30pm-1:20pm
Wed	4/1-6/3	Williams	\$139
25194	Online	ZOOM	3:30pm-4:20pm
Thu	4/2-5/28	Williams	\$125

NEW CLASS

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.

25358	Online	ZOOM	4pm-4:50pm
Wed	4/1-4/22	Alexander	\$49



Instructor Spotlight: Pete Alexander

This four-week laughter yoga series invites students to explore playful breathing exercises, joyful movement, and contagious group laughter that melts stress away. Each weekly session builds confidence and connection as participants discover how easily intentional laughter can shift mood and energy. By laughing together, students strengthen social bonds, boost resilience, and activate the body's natural feel-good chemistry. Expect a lighthearted atmosphere, plenty of smiles, and a surprising sense of clarity and calm that lasts long after class ends.

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.

22370	Online	ZOOM	10am-11:20am
Sun	4/5-6/7	Josi	\$165

Have a skill to share?

Visit pcc.edu/communityed and click Teach a class



9MBF 620A NIA

Enter the enriching and joyful journey of NIA to shape the way you feel, look, think and live. NIA uses a system of moves to deliver full-body conditioning leaving you energized, mentally clear and emotionally balanced. It is a powerful fusion of the martial, dance and healing arts to provide a safe, exciting and fun fitness program.

24569	Online	ZOOM	6pm-6:50pm
Mon	3/30-6/8	Gonzalez	\$139
No class 5/25.			

25188	Online	ZOOM	6pm-6:50pm
Wed	4/1-6/3	Gonzalez	\$139

9MBF 618U The Alexander Technique: Turn Tension into Ease

Are you ready to feel more comfortable in your body? You may want less of something (chronic pain, trauma) or more of something (professional skill, presence, artistry). This class will address unnecessary tension and provide practical tools to create change in the quality of your life.

25341	Online	ZOOM	9:30am-10:45am
Sat	4/4-5/23	Butler-Denman	\$189

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.

24259	Online	ZOOM	5:30pm-6:50pm
Wed	4/8-4/22	Nahoku	\$99

Qigong and Tai Chi

UPDATED CLASS

9MBF 600P Cloud Hands Yang Style Long Form, Last Half of Part 2

This is the most expressive and fluent part of an old Yang family form which is now practiced as the Cloud Hands long form. This class focuses on mindful, coordinated movement and the development of Chi or energy, also translated as life force. It is recommended to have some Tai Chi experience for this class.

25189	Online	ZOOM	4pm-5:20pm
Wed	4/1-6/10	Holder	\$169
No class 4/29.			

9MBF 600I Tai Chi Beginning: Chen Style 18 Movement Form

This Chen style form is a wonderful form for beginners as well as experienced practitioners of Tai Chi. Emphasizing mindful, deliberate movement to increase strength, coordination and balance as well as fluid movement and focused energy production.

24224	Southeast	TABOR 102	1pm-2:20pm
Fri	4/3-6/12	Holder	\$169
No class 5/1.			

21518	Sylvania	HT 107	10am-11:20am
Sat	4/4-6/13	Holder	\$169
No class 5/2.			

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.

21829	Online	ZOOM	9am-9:50am
Sat	4/4-5/23	Holder	\$95
No class 5/2.			

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. Beginners welcome.

25468	Sylvania	HT 107	11:30am-12:50pm
Sat	4/4-6/13	Holder	\$169
No class 5/2.			

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.

21497	Cascade	CAGYM 201	7:30pm-8:20pm
Tue	3/31-5/26	Winalski	\$95
No class 5/5. Bring yoga mat.			

21496	Online	ZOOM	12pm-12:50pm
Wed	4/1-6/3	Wagoner	\$135

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.

25191	Online	ZOOM	4:30pm-5:50pm
Tue	3/31-6/2	Williams	\$155

9MBF 602U Kundalini Yoga

Kundalini Yoga is a powerful practice that enhances physical strength, digestive health, emotional well-being, cognitive function and calms the nervous system. It involves specific sequences of postures, breathwork, mantras and meditations that awaken your Kundalini energy.

25237	Sylvania	HT 106	6pm-7:20pm
Wed	4/1-5/20	Baroni	\$155

9MBF 602R Vinyasa Yoga

Get your heart flowing! In this class, we will warm up with drills and then go into a flow sequence where we learn to allow ourselves grace. We finish class with poses that down-regulate our parasympathetic nervous system.

23800	Cascade	CAGYM 201	12pm-12:50pm
Fri	4/3-6/5	Yun	\$135
Need PCC ID card. pcc.edu/enroll/registration/id-cards/			

9MBF 602T Zen Within

Discover the perfect balance of mind, body and spirit with Hatha Yoga and meditation. You'll release tension, enhance flexibility and cultivate a sense of inner peace; leaving feeling refreshed, grounded, and empowered from this calming and supportive environment.

25228	Cascade	CAGYM 203	9am-9:50am
Tue	3/31-6/2	Somoano	\$135

25356	Southeast	TABOR 102	8am-8:50am
Mon	3/30-6/8	Somoano	\$135
No class 5/25.			

9MBF 616Y Lunchtime Yoga: Breathe, Move, Relax

Take a yoga break at lunch! Move easily, release tension, breathe freely. Then relax and renew. This is an all level yoga class focused on letting go, loosening up, being more centered and gaining balance. You'll need a mat and strap. Wear something loose enough to move in.

25357	Online	ZOOM	12pm-12:50pm
Tue	3/31-5/12	Sugg	\$95

UPDATED CLASS

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.

21699	Online	ZOOM	7am-7:50am
Wed	4/8-6/10	Diffely	\$129
Bring mat.			

UPDATED CLASS

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.

25187	Online	ZOOM	6pm-7:20pm
Tue	5/19-6/9	Diffely	\$79

UPDATED CLASS

9MBF 616F TRE® and Yoga for a Calmer Nervous System

Learn tools to manage mild and moderate stress. Enhance the calming effects of yoga by blending it with TRE® (Tension and Trauma Releasing Exercises), a unique, movement-based approach to down-regulating the nervous system. Participants should be able to get down to and up from the floor with ease.

21610	Online	ZOOM	6pm-7:20pm
Tue	4/7-5/5	Diffely	\$115
Yoga mat and a straight-backed chair suggested.			

9MBF 602Q Hatha with Props for Strength and Mobility

Explore poses with the use of props, focusing on mobility and strength. We look for accessible ways to work in poses and listen to the body's intuition. Self-reliance is a huge part of building a skillful self-practice. See extended description for props.



SCAN HERE
to register online

Recreation and Wellness

Hatha with Props for Strength and Mobility, continued

23798 **Online** ZOOM 12pm-12:50pm
Mon 3/30-6/8 Yun \$135
No class 5/25.

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.

Program Details:

- Sessions will be 50 minutes in length and will be delivered remotely through Zoom.
- Individual sessions must be canceled with your instructor 24 hours in advance. Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take place before the end of the term. If PCC is not able to make up your session, you will not be granted a refund.
- For more details, please visit:
pcc.edu/community/1-on-1-classes/private-yoga/

Registration/Scheduling Process:

- 1 Review the yoga instructor profiles and availability and choose an instructor.
- 2 Select a package and register for your selected instructor's corresponding CRN.

Refund/Drop Policy:

If you want to drop, you must do so online via MyPCC or by contacting registration within six calendar days after the start of the term. No drops or refunds on partially used packages. Review the complete refund/drop policy on page 3.

1-On-1 Yoga Lesson Instructor Bios and Availability

Catherine Borlant

Availability: Mon/Wed, 10am-12pm; Fri, 11am-12pm

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: Thu, 9am-1pm

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.

9MBF 616G 1-On-1 Yoga Lessons: 5 Session Package

24768	Online	3/30-6/13	Borlant	\$275
22594	Online	3/30-6/13	Dodson	\$275
22595	Online	3/30-6/13	Eisman	\$275

9MBF 616H 1-On-1 Yoga Lessons: 10-Session Package

21611	Online	3/30-6/13	Borlant	\$499
21860	Online	3/30-6/13	Dodson	\$499
21617	Online	3/30-6/13	Eisman	\$499

Sports

NEW CLASS

9SPR 600U Fight Like a Knight: Medieval Mastery and Modern Movement

A revolutionary and dynamic class combining medieval swordfighting, martial arts, and modern movement, focusing on core strength, self-discovery and the thrill of mock combat. Slay your dragon with grace, elegance, and flair; unleash your inner knight!

25239	Sylvania	HT GYM	6pm-7:20pm
Tue	4/7-5/26	Burns	\$149

UPDATED CLASS

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.

24233	Online	ZOOM	6pm-9:15pm
Tue	4/7	Parish	
and	SE Portland	WSTMOR POND	5pm-8pm
Thu	4/9	Parish	
and	Gervais	STPOND POND	8am-3:30pm
Sat	4/11	Parish	\$175

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!

21928	Rock Creek	ARCHER FIELD	2pm-3:20pm
Sat	5/9-6/6	Notaro	\$75 + \$10 fee
22492	Rock Creek	ARCHER FIELD	2pm-3:20pm
Sat	4/4-5/2	Notaro	\$75 + \$10 fee
22493	Rock Creek	ARCHER FIELD	11am-12:20pm
Sun	4/5-5/3	Notaro	\$75 + \$10 fee
23045	Rock Creek	ARCHER FIELD	11am-12:20pm
Sun	5/10-6/7	Notaro	\$75 + \$10 fee



Archery



Fitness in the Fresh Air

At first glance, More Than a Long Run: Become a Better Runner looks like a training class. But spend a little time with instructor Greg Long and it becomes clear it's also about community, curiosity, and rediscovering what makes running fun.

Greg's relationship with running started early. At age 10, he tried to keep up with his dad on runs and quickly learned that pacing mattered. A few years later, a sixth-grade teacher and coach made track meets feel exciting instead of intimidating, and running shifted from something he did into something he loved. His first big breakthrough came at age 12, when he won a Junior Olympics race and even landed a local TV interview, a moment that helped him see himself as a real athlete.

That early sense of encouragement still shapes how Greg teaches. He describes his style as participatory and flexible, with an emphasis on meeting runners where they are. "Yes, we run hard," he says, "but fun always has to be part of the equation." Everyone is encouraged to communicate, share perspectives, and support one another, which helps create a class environment that feels welcoming rather than competitive.

A typical session includes a warmup followed by interval training, with total distances starting around three miles and building to as much as seven. Workouts focus on tempo runs, VO₂max intervals, and hill repeats, formats Greg says are especially effective for runners training for races from 5Ks to half marathons. Rather than assigning set distances, he structures intervals by time so runners of different speeds can stay together, recover together, and keep the social side of training intact.

Greg's creativity shows up in workouts too, including a favorite where runners turn around halfway through a timed interval so the group naturally regroups, and even a session built around a poker game. He's seen students surprise themselves, including one runner who came from a weightlifting background and steadily improved his 10K and half marathon times, often outperforming even Greg's own predictions.

For runners who feel stuck or unsure if they're "fast enough," Greg's advice is simple: if you enjoy running, you belong. And beyond improved fitness, what he hopes students leave with is something harder to quantify but just as powerful: new friends. ♦

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.

22610 **Tigard** NWFENC STUDIO 7pm-8pm
Wed 4/1-4/15 Richmond \$99

22611 **Tigard** NWFENC STUDIO 7pm-8pm
Wed 5/6-5/20 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 ambiance. For beginning riders with little or no previous experience, and those who have experience riding, but have not had the opportunity to take lessons.

23336 **Hillsboro** GLENMR ARENA 10am-11:30am
Sat 4/4-5/16 Hepner-Hart \$630

9SPR 620Z **Horseback Riding: Level 1**

Come enjoy the beauty of horseback riding. Designed to teach riding to beginning riders with little or no experience and those who have experience riding. Additionally, you will learn horse anatomy, mechanics of the horse, horse behavior, proper care and nutrition.

22793 **Corbett** CRBFRM BARN 10am-10:50am
Sat 4/4-5/2 Bennett \$375
Maximum rider weight is 225 lbs.

22794 **Corbett** CRBFRM BARN 11am-11:50am
Sat 5/9-6/6 Bennett \$375
Maximum rider weight is 225 lbs.

22796 **Corbett** CRBFRM BARN 11am-11:50am
Sat 4/4-5/2 Bennett \$375
Maximum rider weight is 225 lbs.

24258 **Corbett** CRBFRM BARN 10am-10:50am
Sat 5/9-6/6 Bennett \$375
Maximum rider weight is 225 lbs.

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.

25240 **Sylvania** HT TRACK 5:30pm-6:50pm
Tue 4/7-6/9 Long \$135

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.

25242 **Sylvania** HT TRACK 12pm-3:50pm
Sat 5/9 Diffely \$99



SCAN HERE
to register online

Recreation and Wellness

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.

22645	Sylvania	HT TRACK	12pm-3:50pm
Sat	5/16	Diffely	\$99

9SPR 600F Quad Rollerskating 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.

24219	SE Portland	YMCASE GRTHLL	6:30pm-7:50pm
Mon	3/30-5/18	Haney	\$165 + \$20 fee

UPDATED CLASS

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.

24222	SE Portland	YMCASE GRTHLL	6:30pm-7:50pm
Thu	4/16-6/4	Haney	\$165 + \$20 fee

Adventure Sports

NEW CLASS

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.

25513	Cascade Locks	ETRAIL LOT	10am-2:50pm
Sun	5/17	Schales	\$250

Must reg/drop by 5/10.

NEW CLASS

9SPR 600W Women's 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.

25512	Cascade Locks	ETRAIL LOT	10am-2:50pm
Sat	5/9	Schales	\$250

Must reg/drop by 5/3.

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.

23818	Rock Creek	BLDG5 GYM-B	12pm-1:20pm
Sat	4/4-5/2	Notaro	\$95

23819	Rock Creek	BLDG5 GYM-B	12pm-1:20pm
Sat	5/9-6/6	Notaro	\$95

Golf

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.

22612	Newberg	CHEGLN RANGE	1pm-1:50pm
Thu	4/2-4/30	Sasken	\$99

Meet at the Chehalem Glenn golf shop.

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.

21922	NE Portland	COLWD RANGE	12pm-12:50pm
Tue	5/5-6/2	Bader	\$145

23186	NE Portland	COLWD RANGE	4pm-4:50pm
Wed	4/1-4/29	Bader	\$145

23187	NE Portland	COLWD RANGE	11am-11:50am
Sat	4/18-5/16	Bader	\$145

23780	NE Portland	COLWD RANGE	12pm-12:50pm
Tue	3/31-4/28	Bader	\$145

23787	NE Portland	COLWD RANGE	6pm-6:50pm
Tue	3/31-4/28	Mueller	\$145

Bring clubs if you have them.

23788	NE Portland	COLWD RANGE	6pm-6:50pm
Tue	5/5-6/2	Mueller	\$145

Bring clubs if you have them.

23789	NE Portland	COLWD RANGE	9am-9:50am
Sun	4/5-5/3	Mueller	\$139

Bring clubs if you have them.

25195	NE Portland	COLWD RANGE	4pm-4:50pm
Wed	5/6-6/3	Bader	\$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.

23790	NE Portland	COLWD RANGE	9am-9:50am
Sun	5/17-6/7	Mueller	\$115

Bring clubs if you have them.

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.

22646	SE Portland	EMGOLF RANGE	2pm-2:50pm
Mon	4/20-5/18	Comella	\$145

23785	SE Portland	EMGOLF RANGE	2pm-2:50pm
Tue	4/21-5/26	Comella	\$145

No class 4/28.

23786	SE Portland	EMGOLF RANGE	2pm-2:50pm
Fri	4/3-5/1	Charles	\$145

25216	SE Portland	EMGOLF RANGE	3pm-3:50pm
Wed	4/1-4/29	Charles	\$145

25218	SE Portland	EMGOLF RANGE	2pm-2:50pm
Wed	5/13-6/10	Charles	\$145

Golf: Eastmoreland Golf Course, continued

25220	SE Portland	EMGOLF RANGE	2pm-2:50pm
Sat	5/16-6/13	Charles	\$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.

23188	N Portland	HLGLFC RANGE	4pm-4:50pm
Thu	4/2-4/30	Basile	\$145

23781	N Portland	HLGLFC RANGE	4pm-4:50pm
Thu	5/7-6/4	Basile	\$145

23782	N Portland	HLGLFC RANGE	4pm-4:50pm
Fri	4/3-5/1	Basile	\$145

25222	N Portland	HLGLFC RANGE	4pm-4:50pm
Fri	5/8-6/5	Basile	\$145

Hiking and Backpacking

NEW CLASS

9SPR 600Z Backpacking 101 - Prep for Your First Trip

Want to go backpacking on an outdoor adventure, but unsure where to start? You'll learn trip planning, risk assessment, gear selection, the 10 essentials, Leave No Trace principles, and camp setup. Gain confidence, knowledge by exploring and using gear.

25510	Corbett	GUYTAL PARK	10am-2:50pm
Sat	4/11	Schales	\$80

Must reg/drop by 4/6.



Instructor Spotlight: Trisha Schales

With over 10,000 miles of guiding and solo adventures, we are here to help you be safe and confident in your backcountry experience. Learning something new doesn't have to be overwhelming, and we will break everything down into beginner-friendly foundations so you have a solid skillset to fall back on. Creating a welcoming and supportive learning environment is our specialty!

9SPR 600S Introduction to Map and Compass Navigation

Have you been carrying a compass in your pack without a clue how to use it? This one is for you! Without the skills you're carrying dead weight. Navigational skills are perishable skills, if it's been years since you last picked up your compass, this will be a great refresher course for you.

25502	Buxton	LLSTUB SHELTER	10am-1:50pm
Sun	5/3	Schales	\$80

Must reg/drop by 4/27



NEW CLASS LOCAL ADVENTURE

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.

25359	NE Portland	TERTRA	12:45pm-5:45pm
Sat	5/2	Bingham	\$69

NEW CLASS LOCAL ADVENTURE

9SPR 600Y Full Moon Hike: Latourell Falls

Howl under the Full moon! Experience the magic of a hike beneath the Flower Moon. We will start our hike before sunset and hike approximately 3 miles and 700 ft elevation gain to see both the upper and lower falls. Headlamps and trekking poles provided.

25511	Corbett	GUYTAL PARK	7pm-11:20pm
Fri	5/1	Schaless	\$79

Must reg/drop by 4/26.

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.

22608	Sublimity	SILFAL LOT	9am-12:50pm
Sat	5/2	Rosen-Fischer	\$149

Class information will be mailed three days prior to class

23202	Sublimity	SILFAL LOT	9am-12:50pm
Sun	6/7	Rosen-Fischer	\$149

Class information will be mailed three days prior to class

23203	Sublimity	SILFAL LOT	9am-12:50pm
Sun	5/10	Rosen-Fischer	\$149

Class information will be mailed three days prior to class

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.

22609	Sublimity	SILFAL LOT	3pm-7:50pm
Sat	6/13	Rosen-Fischer	\$175

Class information will be mailed three days prior to class

23829	Sublimity	SILFAL LOT	3pm-7:50pm
Sun	5/24	Rosen-Fischer	\$175

Class information will be mailed three days prior to class

23830	Sublimity	SILFAL LOT	3pm-7:50pm
Sat	5/9	Rosen-Fischer	\$175

Class information will be mailed three days prior to class

Racquet Sports

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.

Tennis: Beginning Level 1, continued

22375	Rock Creek	BLDG5 GYM-A/B	10:30am-11:50am
Sat	4/4-6/6	Slack	\$145 + \$4 fee

Bring two cans of unopened tennis balls.

22484	Rock Creek	BLDG5 GYM-A/B	7pm-8:50pm
Mon	3/30-6/8	Slack	\$179 + \$4 fee

No class 5/25. Bring two cans of unopened tennis balls.

22491	Rock Creek	BLDG5 GYM-A/B	7pm-8:50pm
Wed	4/1-6/3	Slack	\$179 + \$4 fee

Bring two cans of unopened tennis balls.

9SPR 623N Tennis: Beginning Level 2

This class is designed to step up your game and increase your enjoyment of playing tennis. You will improve your strokes, strategy and skills. Bring your own racket and two unopened cans of yellow tennis balls to first class.

25293	Rock Creek	BLDG5 GYM-A/B	9am-10:20am
Sat	4/4-6/6	Slack	\$145

Bring two cans of unopened tennis balls.

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.

24229	SE Portland	PTTC ROOM	7pm-7:50pm
Mon	3/30-5/4	Heinz	\$120

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 racket and one unopened tube of shuttles to the first class.

23204	Beaverton	OBA COURT	7pm-8pm
Tue	3/31-6/2	Ajit	\$250

23205	Beaverton	OBA COURT	11am-12pm
Sun	4/5-6/7	Ajit	\$250

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!

22489	NW Portland	FRNHSE GYM	12:30pm-2pm
Wed	4/1-4/22	Diffenderfer	\$65 + \$20 fee

Bring paddle and sleeve of indoor balls.

24429	NW Portland	FRNHSE GYM	12:30pm-2pm
Wed	5/13-6/3	Diffenderfer	\$65 + \$20 fee

Bring paddle and sleeve of indoor balls.

25321	NW Portland	FRNHSE GYM	9am-10:30am
Sat	5/2-5/23	Diffenderfer	\$65 + \$20 fee

Bring paddle and sleeve of indoor balls.

23194	Rock Creek	BLDG5 GYM-A/B	5pm-6:20pm
Tue	4/14-5/5	Edwards	\$65

Bring Paddle.

22490	Sylvania	HT GYM	8am-9:20am
Fri	4/3-5/1	Curry	\$75 + \$2 fee

Bring paddle.

22839	Sylvania	HT GYM	8am-9:20am
Fri	5/8-6/5	Curry	\$75 + \$2 fee

Bring paddle.

Beginning Pickleball, continued

23805	Sylvania	HT GYM	6pm-7:20pm
Mon	4/20-5/11	Reutin	\$65 + \$2 fee

Bring paddle.

23806	Sylvania	HT GYM	6pm-7:20pm
Mon	5/18-6/8	Reutin	\$49 + \$2 fee

No class 5/25. Bring paddle.

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.

23184	Sylvania	HT GYM	9:30am-11:20am
Fri	5/8-6/5	Curry	\$95 + \$2 fee

Bring paddle.

23185	Sylvania	HT GYM	9:30am-11:20am
Fri	4/3-5/1	Curry	\$95 + \$2 fee

Bring paddle.

23802	Sylvania	HT GYM	6pm-7:20pm
Wed	4/22-5/13	Reutin	\$65 + \$2 fee

Bring paddle.

23803	Sylvania	HT GYM	6pm-7:20pm
Wed	5/20-6/10	Reutin	\$65 + \$2 fee

Bring paddle.

9SPR 625Y Pickleball Game Play

Come play America's fastest growing sport. Join others with the same passion you have to hit a cookie, a dink or a smash. Two hours of action-packed games. Are you ready?

23811	Rock Creek	BLDG5 GYM-A/B	5pm-6:50pm
Thu	4/16-5/7	Edwards	\$65

Bring paddle.

NEW CLASS

9SPR 627K Pickleball: Beginning Women 50+

Ready to join the fastest-growing sport in the world in a supportive, judgment-free environment? This women's 50+ only class is designed for those are newer to pickleball or building confidence at the beginning level (2.0-2.75).

25748	NW Portland	FRNHSE GYM	12:30pm-2pm
Wed	4/29-5/6	Diffenderfer	\$35 + \$20 fee

Bring own paddle, one sleeve of indoor pickleballs.

25750	NW Portland	FRNHSE GYM	9am-10:30am
Sat	5/30-6/6	Diffenderfer	\$35 + \$20 fee

Bring own paddle, one sleeve of indoor pickleballs.

NEW CLASS

9SPR 627L Pickleball: Intermediate Women 50+

For women 50 or older who are playing at the intermediate (3.0) level and want focused games in a friendly, supportive environment. Expect solid rallies, thoughtful play, encouragement on and off the court, and a welcoming group of women who value connection as much as competition.

25749	NW Portland	FRNHSE GYM	9am-10:30am
Sat	4/11-4/25	Diffenderfer	\$49 + \$20 fee

Bring own paddle, one sleeve of indoor pickleballs.

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



SCAN HERE
to register online

Recreation and Wellness

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.

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

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.

23032 **Rock Creek** 3/30-6/13 Slack \$339

Water Sports

Advanced registration is necessary to ensure equipment availability. All equipment costs and instruction are included in class prices. Classes meet rain or shine, dress for the weather.

UPDATED CLASS

9SPR 625Q Introduction to Whitewater - Packrafting

Do you love adventures and want to explore the skills needed for whitewater packrafting? Learn about the gear, river conditions, paddling skills and river safety. Essential gear will be provided.

24261 **Estacada** CLROS SHOP 11am-3pm
Sun 6/7 Spencer \$155

Must reg/drop by 6/5.



Whitewater Rafting

Introduction to Whitewater - Packrafting, continued

25504 **Estacada** CLROS SHOP 11am-3pm
Sun 4/19 Spencer \$155

Must reg/drop by 4/17.

25506 **Estacada** CLROS SHOP 11am-3pm
Sun 5/31 Spencer \$155

Must reg/drop by 5/29.

9SPR 625H Whitewater Rafting: Clackamas River

Thrilling class 3 and 4 whitewater is the river's primary attraction, but lush mountain scenery, solitude, and crystal clear water add to the river's charm. Join us to experience the exhilaration, beauty and exotic rapids a world away from everyday city life.

23018 **Estacada** MCBAS ACCESS 9:30am-2:30pm
Sun 5/3 Gilstrap \$99

Must reg/drop by 5/1.

23019 **Estacada** MCBAS ACCESS 9:30am-2:30pm
Sat 5/9 Gilstrap \$99

Must reg/drop by 5/7.

23020 **Estacada** MCBAS ACCESS 9:30am-2:30pm
Sun 5/31 Gilstrap \$99

Must reg/drop by 5/29.

23815 **Estacada** MCBAS ACCESS 9:30am-2:30pm
Sat 6/6 Gilstrap \$99

Must reg/drop by 6/4.

9SPR 625I Whitewater Rafting: Lower Clackamas River

Experience the thrill and adventure of class 2/2+ whitewater rafting. With the rapids in between nice calm sections, there is plenty of time for the opportunity to jump out and float the lazy pools. The lush mountain scenery dripping walls, towering cliffs and cool water add to the river's charm.

23816 **Estacada** MILOSP LAUNCH 9:15am-2:15pm
Sun 5/10 Gilstrap \$85

Must reg/drop by 5/8.

25322 **Estacada** MILOSP LAUNCH 9:15am-2:15pm
Sat 5/16 Gilstrap \$85

Must reg/drop by 5/14.

Whitewater Rafting: Lower Clackamas River, continued

25323 **Estacada** MILOSP LAUNCH 9:15am-2:15pm
Sun 6/7 Gilstrap \$85

Must reg/drop by 6/5.

Kayaking

Advanced registration is necessary to ensure equipment availability. All equipment costs and instruction are included in class prices. Kayaking classes meet rain or shine, dress for the weather.

UPDATED CLASS

9SPR 625R Introduction to Whitewater - Inflatable Kayaking

Do you love adventures and want to explore the skills needed for whitewater inflatable kayaking? Learn about the gear, river conditions, paddling skills and river safety. Essential gear will be provided.

25503 **Estacada** CLROS SHOP 11am-3pm
Sun 4/5 Spencer \$155

Must reg/drop by 4/3.

25505 **Estacada** CLROS SHOP 11am-3pm
Sun 5/3 Spencer \$155

Must reg/drop by 5/1.

25507 **Estacada** CLROS SHOP 11am-3pm
Sat 6/6 Spencer \$155

Must reg/drop by 6/4.

Stand Up Paddle Board

NEW CLASS

9SPR 627Y Women's Stand Up Paddleboarding: Beginning

Have you seen others enjoying paddleboarding and want to try it? This is your chance! Learn from a certified instructor how to balance, paddle, and maneuver your board. We'll also discuss the types of boards and gear, and cover essential water safety to build your confidence.

25514 **Corbett** RRBOAT BOAT 12pm-2:20pm
Sun 6/7 Schales \$109

Must reg/drop by 6/1.



Work Out

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!

22527 **Southeast** TABOR 102 5:30pm-6:20pm
Wed 4/1-6/3 Messersmith-G \$135

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.

22528 **Southeast** TABOR 102 6:30pm-7:20pm
Wed 4/1-6/3 Messersmith-G \$135

9WO 610X **Thai Boxing: Partner Drilling and Timing**

Building on our skill set from Thai Boxing Fundamentals, we will focus more on application. Expect partner drilling and 'timing' sparring (controlled contact) with a dedicated focus on isolating tools and eventually putting it all together. Gloves/Shin Guard/Mouthpiece and Protective Cup required!

25342 **Southeast** TABOR 102 7pm-8:20pm
Mon 3/30-5/11 English \$119

No class 4/6. 16oz gloves, shin guards mandatory.



Instructor Spotlight: Josh English

Come learn the basics of Thai Boxing (Muay Thai) in an inclusive environment. While Martial Arts gyms can be an intimidating entry point for some, our instructor Josh English has been teaching this course at PCC for 3 years going and is excited to expose you to the 'Art of 8 Limbs' We'll cover basic striking techniques, movement, balance and application along with historical context. This class continues to fill up fast, come join us and fall in love with Muay Thai!

9WO 600M **Pound Fitness**

Channel your inner rockstar and rock your body with this modern-day fusion of movement and music. Drum along to your favorite music using weighted drumsticks in this full body interval workout designed to torch calories, burn fat and leave you dripping sweat!

23189 **Cascade** CAGYM 203 7pm-7:50pm
Tue 3/31-6/2 Haney \$135

Need PCC ID card. pcc.edu/enroll/registration/id-cards/

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.

25285 **Online** ZOOM 5pm-5:50pm
Thu 4/2-6/4 Broding \$135

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.

23112 **Online** ZOOM 5:45am-6:30am
Tue/Thu 3/31-6/4 Macedo Gallegos \$179

24225 **Online** ZOOM 5:45am-6:30am
Fri 4/10-5/29 Macedo Gallegos \$85

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

21929 **Online** ZOOM 8am-8:50am
Wed 4/1-4/29 Stark \$79

Bring 1 or 2 lb weights and a mat

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.

24226 **Online** ZOOM 8pm-8:45pm
Wed 4/15-5/20 Macedo Gallegos \$105

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.

22944 **NE Portland** NWDPS STUDIO 10:15am-11:15am
Sun 4/5-6/7 Davenport \$170

Please bring towel, yoga mat, water bottle.

Cardio

9WO 615F **WERQ Fitness**

WERQ is a wildly addictive cardio dance fitness workout built on zero judgement and good vibes only. WERQouts are designed to give you the best sweat with athletic moves and fresh dance steps. Join the craze that has heart-pumping playlists featuring the hottest pop and hip-hop music.

25225 **Cascade** CAGYM 201 5pm-5:50pm
Tue 3/31-5/19 Crowner-Jones \$95

No class 4/14.

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.

25283 **Rock Creek** BLDG5 111 6pm-6:50pm
Mon/Thu 3/30-6/4 Simeonova \$169 + \$10 fee
No class 5/25. Please bring long socks

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!

21634 **Online** ZOOM 5:30pm-6:20pm
Mon/Wed 3/30-5/20 Macedo Gallegos \$159
No class 5/25.

23111 **Online** ZOOM 5:45am-6:30am
Mon/Wed 3/30-5/20 Macedo Gallegos \$145

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.

21636 **Online** ZOOM 6pm-6:50pm
Wed 4/1-6/3 Nishikido \$135

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.

25223 **NE Portland** NWDPS STUDIO 9:30am-10:30am
Sat 4/4-6/6 Davenport \$170

Please bring towel, yoga mat, water bottle.

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!

21830 **Online** ZOOM 6pm-6:50pm
Tue 3/31-6/2 Nishikido \$135

22641 **Southeast** TABOR 102 6pm-6:50pm
Mon 3/30-6/8 Nishikido \$135

No class 5/25.

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.



SCAN HERE
to register online

Recreation and Wellness

Personal Training Your Way

Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom. If you are at home, your trainer will work with whatever tools you have in your home (be it free weights or soup cans!) to help craft a fitness routine that fits with your lifestyle.

Program Details:

- Individual sessions must be canceled with your trainer 24 hours in advance. Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take place before the end of the term. Your make up session will not be with your regular trainer. If PCC is not able to make up your session, you will not be granted a refund.
- For more details, please visit: pcc.edu/community/1-on-1-classes/personal-training/

Registration/Scheduling Process:

- 1 Review the personal trainer profiles and availability and choose a trainer.
- 2 Select a training package and register for your selected trainer's corresponding CRN.
- 3 Your trainer will contact you via PCC email or cell phone by the first week of the term to schedule your training sessions. First time students will be sent a Personal Training information packet by the trainer
- 4 Complete the information packet and return it to your trainer at your first session.

Refund/Drop Policy:

If you want to drop, you must do so online via MyPCC or or by contacting registration within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

1-On-1 Personal Trainer Profiles and Availability

Kristi Albrechtson

Sylvania/Zoom Availability: Mon/Fri, 12pm-6:30pm; Tue/Thu, 8am-9am; Wed, 1pm-6:30pm

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.

Heidi Baum

Sylvania Availability: Mon/Wed, 8am-3pm; Tue/Thu, 7:30am-4pm; Fri, 8am-10am

When it comes to health and fitness, Heidi believes we all want to feel healthier, look better, be stronger and have more energy. She coaches and designs practical programs that motivate students to be more active and enjoy overall results.

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.

Krista Hickok

Availability: Fri, 11am-4pm

Krista is a multi-faceted, trauma informed instructor who found her calling to the Fitness, Nutrition, and Wellness field in 2016. She offers inclusive training and instruction for humans of all ages, genders and abilities. Throughout her journey she has lost 155 pounds, built muscle, and transformed her health with a combination of fitness and nutrition. She wants to help others realize that it is possible to conquer their fears and achieve their goals in health and wellness regardless of their circumstances. In addition to 1:1 Personal Training, she offers Strength Training for Women classes at both Sylvania and Rock Creek campuses, and Olympic & Powerlifting classes at the Rock Creek campus. She has experience in many areas including: Nutrition, weight loss, disordered eating, strength training, athletic performance, injury prevention, mental health, mobility, trauma, and menopause. She has her degree in Exercise Science, certificates in Group Fitness, and Personal Training from PCC, and is nationally certified and NCCA accredited through the National Academy of Sports Medicine (NASM).

Hayley Valoppi

Sylvania Availability: Mon/Wed, 9am-4pm

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 Availability: Mon, 12:30pm-2:30pm

Sylvania Availability: Wed, 1:30pm-3:30pm; 5pm-6pm

Zoom Availability: Tue/Thu, 1:30pm-7pm;

Fri 1:30pm-5:30pm

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. **Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom.**

9WO 624X Personal Training: 5 Session Package

21087	See Trainer Profile	3/30-6/13	Gibbs	\$275
25095	See Trainer Profile	3/30-6/13	Hickok	\$275

9WO 624Y Personal Training: 10 Session Package

21089	See Trainer Profile	3/30-6/13	Albrechtson	\$499
22536	See Trainer Profile	3/30-6/13	Blue	\$499
21094	See Trainer Profile	3/30-6/13	Flansburg	\$499
21086	See Trainer Profile	3/30-6/13	Gibbs	\$499
22539	See Trainer Profile	3/30-6/13	Hickok	\$499
22967	See Trainer Profile	3/30-6/13	Valoppi	\$499
21095	See Trainer Profile	3/30-6/13	Willhite	\$499
21092	See Trainer Profile	3/30-6/13	Zapata-Wilson	\$499



9WO 624Z Personal Training: 15 Session Package

22534	See Trainer Profile	3/30-6/13	Blue	\$725
21090	See Trainer Profile	3/30-6/13	Gibbs	\$725

9WO 625H Personal Training: 20 Session Package

23031	See Trainer Profile	3/30-6/13	Albrechtson	\$899
21088	See Trainer Profile	3/30-6/13	Baum	\$899
22535	See Trainer Profile	3/30-6/13	Blue	\$899
21093	See Trainer Profile	3/30-6/13	Cunningham	\$899
21199	See Trainer Profile	3/30-6/13	Flansburg	\$899
21085	See Trainer Profile	3/30-6/13	Gibbs	\$899
22538	See Trainer Profile	3/30-6/13	Valoppi	\$899
21948	See Trainer Profile	3/30-6/13	Willhite	\$899
21091	See Trainer Profile	3/30-6/13	Zapata-Wilson	\$899

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.

23021	SW Portland	EFM STUDIO	4:30pm-5:20pm
Wed	4/1-6/3	Vincent	\$359
23820	SW Portland	EFM STUDIO	12:15pm-1:05pm
Sat	4/4-6/13	Vincent	\$359

No class 5/23.

9WO 601Q Pilates Reformer + Tower: Level 2.5

For students with Pilates experience, working toward Pilates Level 3 exercises

23041	SW Portland	EFM STUDIO	6:30pm-7:20pm
Mon	3/30-6/8	Vincent	\$359

No class 5/25. For students with Pilates experience.

Pilates Reformer + Tower: Level 2.5, continued

23042	SW Portland	EFM STUDIO	10:30am-11:20am
Tue	3/31-6/2	Binnendyk	\$359

For students with Pilates experience.

23043	SW Portland	EFM STUDIO	10:30am-11:20am
Thu	4/2-6/4	Binnendyk	\$359

For students with Pilates experience.

25352	SW Portland	EFM STUDIO	10am-10:50am
Sat	4/4-6/13	Vincent	\$359

No class 5/23. For students with Pilates experience.

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.

21847	SW Portland	EFM STUDIO	10:30am-11:20am
Fri	4/3-6/5	Binnendyk	\$359

For students with Pilates experience.

21851	SW Portland	EFM STUDIO	10:30am-11:20am
Mon	3/30-6/1	Binnendyk	\$325

No class 5/25. For students with Pilates experience.

21852	SW Portland	EFM STUDIO	10:30am-11:20am
Wed	4/1-6/3	Binnendyk	\$359

For students with Pilates experience.

23821	SW Portland	EFM STUDIO	5:30pm-6:20pm
Wed	4/1-6/3	Vincent	\$359

For students with Pilates experience.

23822	SW Portland	EFM STUDIO	9am-9:50am
Sat	4/4-6/13	Vincent	\$359

No class 5/23. For students with Pilates experience.

25349	SW Portland	EFM STUDIO	5:30pm-6:20pm
Mon	3/30-6/8	Vincent	\$359

No class 5/25. For students with Pilates experience.

25350	SW Portland	EFM STUDIO	11:45am-12:35pm
Tue	3/31-6/2	Binnendyk	\$359

For students with Pilates experience.

25351	SW Portland	EFM STUDIO	11:45am-12:35pm
Thu	4/2-6/4	Binnendyk	\$359

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.

21853	SW Portland	EFM STUDIO	9:15am-10:05am
Mon	3/30-6/1	Binnendyk	\$359

No class 5/25. For students with Pilates experience.

21854	SW Portland	EFM STUDIO	11:45am-12:35pm
Mon	3/30-6/1	Binnendyk	\$359

No class 5/25. For students with Pilates experience.

21855	SW Portland	EFM STUDIO	9:15am-10:05am
Wed	4/1-6/3	Binnendyk	\$359

For students with Pilates experience.

21856	SW Portland	EFM STUDIO	11:45am-12:35pm
Wed	4/1-6/3	Binnendyk	\$359

For students with Pilates experience.

21857	SW Portland	EFM STUDIO	9:15am-10:05am
Fri	4/3-6/5	Binnendyk	\$359

For students with Pilates experience.

23823	SW Portland	EFM STUDIO	6:30pm-7:20pm
Wed	4/1-6/3	Vincent	\$359

For students with Pilates experience.

25353	SW Portland	EFM STUDIO	11am-11:50am
Sat	4/4-6/13	Vincent	\$359

No class 5/23. 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.

22496	SW Portland	EFM STUDIO	9:15am-10:05am
Tue	3/31-6/2	Binnendyk	\$359

For students with Pilates experience.

22497	SW Portland	EFM STUDIO	9:15am-10:05am
Thu	4/2-6/4	Binnendyk	\$359

For students with Pilates experience.

23040	SW Portland	EFM STUDIO	11:45am-12:35pm
Fri	4/3-6/5	Binnendyk	\$359

For students with Pilates experience.

NEW CLASS LOCAL ADVENTURE

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.

25291	NW Portland	CENGYR STUDIO	2pm-3pm
Wed	4/1-6/10	Liu	\$450

25292	NW Portland	CENGYR STUDIO	2:15pm-3:15pm
Fri	4/3-6/5	Liu	\$450

1-On-1 Pilates Training



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual



Pilates



SCAN HERE
to register online

sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used packages.

Review the complete refund/drop policy on page 3.

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.

NEW CLASS

9WO 615H 1-On-1 Pilates Training: 5 Session Package

25096 FORSTR STUDIO 3/30-6/13 Lee \$350

NEW CLASS

9WO 615I 1-On-1 Pilates Training: 10 Session Package

25097 FORSTR STUDIO 3/30-6/13 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.

21635	Online	ZOOM	5:30pm-6:15pm
Tue/Thu	3/31-6/4	Macedo Gallegos	\$159
23044	Rock Creek	BLDG5 101	6pm-6:50pm
Tue/Thu	3/31-6/4	Hickok	\$175
23801	Sylvania	HT 125	6:30pm-7:20pm
Mon/Wed	3/30-6/8	Hickok	\$175

No class 5/25.

Summer Teen Program

FOR AGES
12 TO 17

What is your Teen doing this Summer?

The Community Ed Summer Teen Program will again offer camps and classes around the metro area including:



welding, woodworking, art, animal science, building, writing, computers, cooking, outdoor recreation, and so much more!

The summer teen schedule will be online:

May 11th

and registration opens:

May 27th



More info at:

pcc.edu/community/teen

You can also sign up for email updates to be notified about courses, important dates and registration information.





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 (PC) 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 PC will respond via email to inform those involved of their approval decision. If the PC 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 PC 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.

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.

Senior Discount

If you are an Oregon resident who is 62 years of age or over when you register for classes, you



SCAN HERE
to register online

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.

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:

- **A credit (refund)** for the tuition of the appealed course(s), or a
- **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

ELEKIT	Eleni's Commercial Kitchen, 4820 SW Lombard Ave, Beaverton OR 97005
FORSTR	Forward Stride, 23839 SW Daniel Rd, Beaverton OR 97078
OBA	Oregon Badminton Academy, 11150 SW Allen Blvd, Suite 200, Beaverton OR 97005
PATRES	Patricia Reser Center for Arts, 12625 SW Crescent St, Beaverton OR 97005

SYWINE	Syndicate Wine Bar, 12620 SW 1st St, Beaverton OR 97005
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Buxton

LLSTUB	LL Stub Stewart Memorial State Park, Barberchair Trail, Buxton OR 97109
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Cascade

PCC Cascade Campus	705 N Killingsworth St, Portland OR 97217 pcc.edu/cascade (campus map, accessible building features)
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Class Locations continue on next page



Class Locations, continued

Cascade Locks

ETRAIL Easy Climb Trail, M4PV+JX9, Take Frontage Rd exit toward the Weigh Station. Turn left onto NW Forest, 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
pcc.edu/locations/central (accessible features)

Corbett

CRBFRM Corbett Farms, 44350 SE Warriner Rd, Corbett OR 97019

GUYTAL Guy Talbot Shelter, 43089 NE Latourell Rd, Corbett OR 97019

RRBOAT Rooster Rock Boat Launch, GQV2+WCJ, Corbett OR 97019

Downtown

ALSDEN McMenamins Al's Den, 303 SW 12th Ave, Portland OR 97205

ARTMSM Portland Art Museum, 1119 SW Park Ave, Portland OR 97205

SMSU PSU Smith Memorial Student Union, 1825 SW Broadway, Portland OR 97201

Estacada

CLROS Clackamas River Outfitters, 360 SW Zobrist St, Estacada OR 97023

MCBAS Moore Creek Boat Access Site, NF-45, Milepost 35.3, Estacada OR 97023

MILOSP Milo McIver State Park, S Springwater Rd, Estacada OR 97023

Forest Grove

SAKONE Sake One, 820 Elm St, Forest Grove 97116

Garibaldi

GARCHA Garibaldi Charters, 607 Garibaldi Ave, Garibaldi OR 97118

Gervais

STPOND St. Louis Ponds, 6483 Keene Rd NE, Gervais OR 97026

Hillsboro

GLENMR GlenMar Farms, 10556 NW 195th Ave, Hillsboro OR 97214

Newberg

BACRVI Balsall Creek Vineyard, 18430 NE Calkins Ln, Newberg OR 97132

CHEGLN Chehalem Glenn Golf Course, 4501 E Fernwood Rd, Newberg OR 97132

NEC PCC Newberg Center, 135 Werth Blvd, Newberg OR 97132
pcc.edu/newberg (accessible building features)

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

ALBPAR Alberta Park, 1905 NE Killingsworth St, Portland, OR 97211

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

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 Suite 148, Portland OR 97210

PORTCS Portland Center Stage, 128 NW 11th Ave, Portland OR 97209

OMIC Center

OMIC PCC Columbia County Center, Oregon Manufacturing Innovation Center, 34001 NE Wagner Ct, Scappoose OR 97056
pcc.edu/omic (accessible building features)

Online

ZOOM Online via ZOOM, Info: pcc.edu/community/remote

Oregon City

MTVWHE Mountain View Heritage, 15363 S Loder Road, Oregon City OR 97045

Get directions to your class.

Visit pcc.edu/locations for directions, campus maps, and on-campus accessible building features.

Rock Creek

PCC Rock Creek Campus, 17705 NW Springville Rd, Portland OR 97229
pcc.edu/rockcreek (campus map, accessible building features)

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

SE Campus

PCC Southeast Campus, 2305 SE 82nd Ave, Portland OR 97216
pcc.edu/southeast (campus map, accessible building features)

SE Portland

ECHOTC Echo Theater Company, 1515 SE 37th Ave, Portland OR 97214

EMGOLF Eastmoreland Golf Course, 2425 SE Bybee Blvd, Portland OR 97202

JUFF Jean's Urban Forest Farm, 3707 SE Johnson Creek Blvd, Portland OR 97222

PBNP Powell Butte Nature Park, 16160 SE Powell Blvd, Portland OR 97236

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

EFM Effortless Movement, 1750 SW Skyline Dr, Suite 24, Portland OR 97221

NORNOR Nordic Northwest, 8800 SW Olsen Rd, Portland OR 97223

Sublimity

SILFAL Silver Falls State Park, Howard Creek Trailhead lot, 20024 Silver Falls Hwy SE, Sublimity OR 97385

Sylvania

PCC Sylvania Campus, 12000 SW 49th Ave, Portland OR 97219
pcc.edu/sylvania (campus map, accessible building features)

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)

PCC Professional Development and Training

Gain and improve your skills for the workplace – for individuals and organizations



Grant Writing

Build grant-writing skills through three courses covering fundamentals, advanced proposal strategies, and grantmaker insights—giving you a competitive edge in securing funding.



Tattoo Design & Technical Fundamentals

Learn foundational art principles, design analysis, and science-based techniques to create intentional, high-quality tattoo designs.



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.



AI in Project Management

Explore how artificial intelligence enhances project management through practical tools and strategies that improve efficiency, decision-making, and team performance.



Water Features & Lighting Troubles

Hands-on low-voltage lighting installation and repair, plus water feature setup and troubleshooting. Designed for students with basic irrigation experience. Spanish language support available.



Ayurveda Yoga Teacher Training

Deepen your practice and become a 200 hour Registered Yoga Teacher. Comprehensive exploration of Ayurveda and Yoga; Advanced yoga training options available. Yoga Alliance approved.



Customized Training

Unlock your team's potential with customized training! Tailored courses for professionals boost skills, productivity, and career growth. Transform your workplace today! More info: pcc.edu/customizedtraining

- ◆ Advanced Manufacturing/ Mechatronics/Semiconductor
- ◆ Leadership/Management
- ◆ Computer/IT/AI
- ◆ Mental Health First Aid
- ◆ Project Management
- ◆ Trades/Welding/ Landscape

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.

Business Design Series

In 4 weeks, you'll turn your business idea into a feasible business model by working through entrepreneurship readiness, operations, business structure and money, and marketing.

Explore how business training can benefit your business.

SCAN HERE

bit.ly/pccsmallbusiness



PCC SBDC Client Success Story: Thaan Charcoal

"I've been able to tune out the shiny distractions and prioritize what's real and meaningful...The guidance from PCC SBDC helped me move toward a more investable position and build momentum where it matters."

— Toby Roberts, Founder of Thaan Charcoal



Contact Us: 971.722.5080 | sbdc@pcc.edu

Oregon Small Business Development Centers are funded in part through a cooperative agreement with the U.S. Small Business Administration, and by the Oregon Business Development Department.





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 30¢ per copy. It can be recycled. **Because the schedule is addressed to “Residential Customer,” PCC cannot remove individuals from the mailing list.**

Treat yourself

Baking and dessert
classes start
on page 23.

