



# PCC Community Ed

## Summer 2024

# EXPLORE OUR AMAZING OREGON THIS SUMMER

MT. HOOD, WATERFALLS, AND WINE ON PAGE 29

HAPPY  
*Retirement!*



**Richard Brandt** — Southeast Campus ceramic studio technician and instructor, is retiring after 18 years with PCC.

Five minutes spent with Richard could include discussions about idiosyncratic glaze recipes, the communal power of raku firing, and the deeply human instinct to play with clay. Richard's dedication to the studio helped it become one of Community Education's most beloved treasures: a place where students of all skill levels can come together and create.

We wish Richard the best in his next adventure! Richard will be with us through summer term (page 10).

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# Register and Pay

► Summer registration opens **Wednesday, May 29 at 7am**

## How to Register

### Online

Search and find your class in the online class schedule at [pcc.edu/community/schedule](http://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.

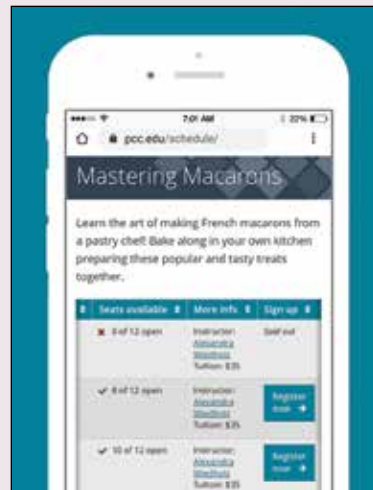
A confirmation email and bill will be sent to your email address we have on file. You will then be given a link to pay online.

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

### Phone

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

Example of online registration option:



Register and pay for online Ed2Go classes at [ed2go.com/portlandcc](http://ed2go.com/portlandcc)  
For Ed2Go class questions call 971-722-2711 or email [ed2go@pcc.edu](mailto:ed2go@pcc.edu)

Register and pay for Motorcycle Rider Training classes at [team-oregon.org](http://team-oregon.org)  
For Motorcycle class questions call Team Oregon at 800-545-9944, x0

## How To Understand the Class Catalog

### Location/Remote/Online

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

\*Fees are typically used to cover class supplies and demonstrations. Combined payment for both tuition and fees is 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](http://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.

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.

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



For more information and help, visit [pcc.edu/community/registration](http://pcc.edu/community/registration)

# Remote Class Information

## Remote ZOOM

- Remote 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](http://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 4.

## 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](http://zoom.us/signup) and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click "Activate Account."
- Consider using headphones instead of your computer's microphone/speaker system for better audio quality.
- When in class, mute yourself to avoid background interruptions like lawnmowers or barking dogs.
- If someone else is talking, raise your hand or use Zoom's chat feature instead of verbally requesting your instructor's or classmate's attention.
- Just like in an in-person class, please choose carefully the content that you share with your learning community, and consider how it might affect others. PCC's Student Code of Conduct also applies to remote classes.

For more FAQs and problem solving tips, visit [pcc.edu/community/remote](http://pcc.edu/community/remote)



# PCC Community Ed

## Our Values Commitment

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

## PCC Community Education Vision Statement

Enriching lives through lifelong learning.

## PCC Community Education Mission Statements

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

## Behind the Community Ed Class Schedule



**1 Noah Bruner**  
Instructional Administrative Assistant

**2 Miriam Budner**  
Program Coordinator

**3 Brian Copper**  
Instructional Administrative Assistant

**4 Matt DiBattista**  
Marketing Coordinator

**5 Justin Eslinger**  
Senior Designer

**6 David Glass**  
Program Coordinator

**7 Melissa Hargrove**  
Lead Instructional Administrative Assistant

**8 Erika Huffman**  
Program Coordinator

**9 Lindsay Johnson**  
Program Coordinator

**10 Leslie Mestman**  
Community Education Director

**11 Katie Miller**  
Instructional Administrative Assistant

**12 Emilia Luciania**  
Instructional Administrative Assistant



*Instructor: Hannah Jonas-Munsey*

Learn to dance the jitterbug, an easy foundation for other swing dances. Hannah teaches to all levels, and with humor. No need to bring a partner.

► [Find this class on page 7](#)

## Swing Dance for Everyone

# Arts

## Dance

► You may also like **Science of Stretching: Increasing Functional Mobility** on page 44

### 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.

32957 **SE Portland** ECHOTC THEATER 4:30pm-5:30pm  
Tue 6/25-8/13 Wheeler-Kay \$169

### 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.

32958 **SE Portland** ECHOTC THEATER 5:45pm-6:45pm  
Tue 6/25-8/13 Wheeler-Kay \$169

### 9DAN 601P **Beginning Ballet**

Focus on basic movements and foundations of ballet technique. This class, developed for adults, is great as a jumpstart for the complete beginner or as a refresher for those who studied ballet years ago. Dance in ballet slippers or socks.

33159 **NW Portland** BDYVX STUDIO 12pm-1:30pm  
Tue 6/25-8/27 Michalowsky \$140

Wear comfortable, form-fitting clothes, bring water bottle.



### Instructor Spotlight: Victoria Michalowsky

Victoria brings her understanding of movement science, functional anatomy, and yoga to the dance studio, creating an approachable introduction to the beauty, athleticism, and joy of ballet. Class starts with a warm-up at the barre to strengthen and stretch the whole body. We then work on balance, coordination, and freedom of movement. Whether or not you have any experience in a dance studio, you are welcome to come as you are.

### 9DAN 601G **Intro to Hip Hop Dance**

Let's find the beat! Combine a variety of freestyle movements to develop rhythm and coordination along with your individual style and confidence. We'll have a warm-up then practice choreography and end with a cool-down. No black-soled shoes.

32015 **Rock Creek** BLDG5 111 6pm-6:50pm  
Tue 6/25-7/16 Harris \$39

► You may also like **Cardio Dance Fusion** on page 45

### 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.

33160 **NW Portland** BDYVX STUDIO 4pm-5:30pm  
Wed 6/26-8/28 Howard \$140

Wear comfortable clothes, bring water bottle.

### 9DAN 610O **Pole Dance: Beginner**

A thorough introduction to pole dance for the beginner. Thoroughly learn spins, floorwork, climbing and foundational beginner choreography (including technique and transitions). Email from instructor will include building access code.

32661 **SW Portland** IKO STUDIO 2pm-4pm  
Mon 7/1-8/19 Gee \$275

Wear shorts, tank, warm-up/cool-down layers.

### NEW CLASS

### 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!

32088 **Southeast** TABOR 102 6pm-7:20pm  
Tue 6/25-8/13 Jonas-Munsey \$99

Wear comfortable clothes; no black-soled shoes.



## Aerial and Acrobatic Arts

### 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.

32153 **NW Portland** ECHWES STUDIO 9am-10am  
Sun 6/30-8/18 Allen \$239

### 9DAN 601N Beginner Partner Acrobatics

Explore the basics of partner acrobatics including acro-yoga, standing stunts, and dance lifts. You'll build a foundation of trust, technique, strength and vocabulary in a safe and supportive environment! No experience or partner required.

32689 **SE Portland** TEMCIR STUDIO 5:30pm-6:45pm  
Wed 6/26-9/4 Summers \$265  
No class 7/3.

▶ You may also like **Strength and Stretch** on page 45

### 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.

32659 **NW Portland** ECHWES STUDIO 7:45pm-9pm  
Thu 6/27-8/22 Allen \$305  
No class 7/4.

32662 **SE Portland** ECHOTC THEATER 7:45pm-9pm  
Tue 6/25-8/13 Allen \$305

## Music and Theater

### 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.

32683 **Remote** ZOOM 9am-9:50am  
Mon 7/1-7/29 Khovy \$45

### 9PER 624D Guitar: Blues Basics and More

Learn twelve-bar blues and variations in all keys as well as scales, licks, lick building and turnarounds. Focus on flatpicking styles with tunes from well-known musicians. Bring guitar and text.

32270 **Remote** ZOOM 7pm-7:50pm  
Mon 7/1-7/29 Khovy \$45

Text: *Beginning Blues Guitar/Hamburger*

### 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.

31626 **Remote** ZOOM 9am-9:50am  
Tue 7/2-7/30 Khovy \$45

Text: *Essential Elements for Ukulele*

### 9PER 625T Ukulele Sing-A-Long

Take your uke on a musical trip without leaving home. Learn fun and easy songs to sing and play, including "Be Happy" and "Lime in the Coconut." Bring uke (any except baritone size), tuner, writing materials and textbook to class.

32684 **Remote** ZOOM 7pm-7:50pm  
Tue 7/2-7/30 Khovy \$45

Text: *Ukulele Chord Songbook: Island Songs* - Hal Leonard

### 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.

31383 **Southeast** SCOM 234 12pm-1:50pm  
Fri 7/12-7/26 Hancock-Moody \$49

Supplies: pcc.edu/staff/pollyanna-hancockmoody



### Instructor Spotlight:

#### Pollyanna Hancock-Moody

In this action-packed class, we focus on singing songs, developing the voice, building harmonies, and reading music while having lots of fun. Everyone is welcome. Pollyanna has been teaching for over 25 years and adds new songs every term. Many students return for many terms because they learn so much and leave class with a lighter spirit.

## Theater

### UPDATED CLASS

### 9PER 610Y Histories of Drag Performance in Portland

Join Kevin Cook, aka the legendary Poison Waters, to explore six decades of local drag history. Politics, artistry, racial dynamics, the devastating effects of HIV, community-building and joy intertwine in these stories. All are welcome. Registration includes dressing room and backstage tour at Darcelle XV followed by a show.

31592 **Remote** ZOOM 2:30pm-4:50pm  
Sun 8/25 Cook

and **NW Portland** DARCEL VENU 6pm-9pm  
Tue 8/27 Cook \$49

6pm tour; 7pm show (cover fee included; 21+ only).

## 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 4.

## 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: Mon/Tue, 10am-4pm

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

### Mitzi Zilka

(vocal performance - jazz and contemporary, vocal technique, repertoire development)  
mitzi.zilka15@pcc.edu  
Availability: Mon-Thu, 9am-3pm

A veteran of the Portland jazz scene, Mitzi's career has taken her locally and internationally, including Australia and the Netherlands. She has three CD releases and has taught singing for over two decades. Mitzi will meet you where you are in your musical life.

## 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

32122 **Remote** 6/24-9/7 Zilka \$135

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

31334 **Remote** 6/24-9/7 Hancock-M \$225

31336 **Remote** 6/24-9/7 Khovy \$225

32119 **Remote** 6/24-9/7 Zilka \$225

## NEW CLASS

9PER 601F **1-On-1 Music Lessons:  
8 Session Package**

32877 Remote 6/24-9/7 Hancock-M \$360

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

32121 Remote 6/24-9/7 Zilka \$450

1-On-1 Storytelling  
Coaching

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

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 4.

## Instructor Profile and Availability

## Brian Ellis

brian.ellis1@pcc.edu

Availability: Mon-Wed, 8am-4pm; Thur, 8am-12pm

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  
Packages9PER 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.

31443 Remote 6/24-9/7 Ellis \$285

Teach at PCC and share your knowledge and experiences.

Visit [pcc.edu/communityed](http://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.

31363	Cascade	TH 200	6:30pm-9:20pm
Tue	7/23	Regal	\$35

31364	Remote	ZOOM	6:30pm-9:20pm
Wed	6/26	Regal	\$35

9FA 620A **Photography: Beginning**

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

30481	Southeast	TABOR 125	6:30pm-8:20pm
Wed	7/10-8/7	Regal	\$75

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.

33099	Sylvania	TCB 208	6:30pm-8:20pm
Thu	7/11-8/8	Regal	\$75

Field trips during class, from classroom.

► You may also like **Drone Photography and Videography** on page 16

► You may also like **Exploring Thailand: From the Mountains to the Sea** on page 29

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.

31629	Southeast	TABOR 131	6pm-9:20pm
Tue	6/25-9/3	Riches	\$259 + \$60 fee

No class 7/2. Contact instructor for permission.

31630	Southeast	TABOR 131	6pm-9:20pm
Thu	6/27-9/5	Riches	\$259 + \$60 fee

No class 7/4. Contact instructor for permission.

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

31628	Southeast	TABOR 131	6pm-9:20pm
Wed	6/26-9/4	Riches	\$259 + \$60 fee

No class 7/3. Bring 35mm camera.

Online Ed2Go  
Photography Classes

## Schedule:

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

## Fee Per Class:

· \$115 - \$145

## Register:

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

## Classes Offered Include:

- Discover Digital Photography
- Mastering your Digital SLR Camera
- Secrets of Better Photography
- Photography Suite
- Photographing People With Your Digital Camera
- Photographing Nature with Your Digital Camera
- Lightroom CC: Level 1
- Photoshop CC for Digital Photographer: Level 1
- Photoshop Elements for the Digital Photographer: Level 1 and Level 2

## Visual Arts

► You may also like **Dear Friend: Mail Art for Pen Pals** on page 25

9FA 630W **Art Journaling**

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.

31988	Cascade	TH 201	3pm-5:20pm
Wed	7/10-7/24	Consear	\$59

Supplies: [pcc.edu/staff/pamela-consear](http://pcc.edu/staff/pamela-consear)

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.

31390	Sylvania	TCB 218	10am-12:20pm
Sat	6/29-7/27	Hartman	\$105

Supply list: [maryellen.hartman@pcc.edu](mailto:maryellen.hartman@pcc.edu)

## NEW CLASS

9FA 626H **Calligraphy: Dancing Letters  
Workshop**

From start to finish, design an energizing composition using letter variations based on uncial and versal styles with water based materials. For students with some prior calligraphy edged pen experience.

32668	Sylvania	TCB 218	1pm-2:50pm
Sat	6/29-7/27	Hartman	\$75

Supply list: [maryellen.hartman@pcc.edu](mailto:maryellen.hartman@pcc.edu)



## 9FA 626E Illustration Fundamentals

Is there a story you long to tell with pictures? Learn the basics of breaking a story down into draw-able moments, developing characters, keeping the story moving with engaging imagery and conveying emotion through gesture and expression.

32687 Southeast TABOR 127 6pm-7:50pm  
Wed 6/26-8/14 Sagues \$125  
Supplies: angela.sagues@pcc.edu

## 9FA 630X Printmaking for Beginners

Learn safer methods of making multiples of the same image. Each class includes lecture, demonstration and discussion. Techniques include lino-cut, silicon intaglio and collagraph. Transfer onto paper, textiles and watercolor etching.

32681 Southeast TABOR 133 10am-1:50pm  
Sat 6/29-7/27 Guttman \$149  
Supplies: pcc.edu/staff/elena-guttman

▶ You may also like **Block Printing for Home Stationary and Linens** on page 23

## 9FA 613W Open Studio For Intermediate/Advanced Printmakers

Join this community of printmakers working on individual projects. Instructor will help you with artistic vision, technical processes, transfers. Bring your own materials and plates that are ready to transfer. For experienced printmakers.

32673 Southeast TABOR 133 10am-1:50pm  
Sat 8/3-8/17 Guttman \$95  
Supplies: pcc.edu/staff/elena-guttman

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

This project-based class is for those wanting to combine glass they cut themselves with pre-cut pieces to learn the fundamentals of the stained glass process. Construct a six-pointed star suncatcher measuring five inches across.

32195 Cascade MAHB 109 12pm-4:50pm  
Sat 7/13 Vavroch \$185  
All tools and materials provided.

## Ceramics

First class is mandatory for all new and returning students.

▶ You may also like **Teen Ceramic Wheel Camp** on page 50

## 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.

33233 N Portland SJCLAY STUDIO 6:30pm-8:50pm  
Thu 6/27-8/1 Jordan \$219  
No class 7/4. 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. For SE, you may register for open-studio "class" for the term.

31736 Cascade MAHB 108 10am-12:50pm  
Sat 6/29-8/31 Hammond \$329 + \$40 fee  
Open studio hours discussed in class.

## Ceramics: All Levels, continued

31718 Southeast TABOR 134 1:30pm-4:50pm  
Wed 6/26-8/28 Shaw \$329 + \$45 fee

31719 Southeast TABOR 134 5:30pm-8:50pm  
Wed 6/26-8/28 Shaw \$329 + \$45 fee

31720 Southeast TABOR 134 9:30am-12:50pm  
Wed 6/26-8/28 Lundberg \$329 + \$45 fee

31724 Southeast TABOR 134 9:30am-12:50pm  
Mon 6/24-8/26 Lundberg \$329 + \$45 fee

31730 Southeast TABOR 134 1:30pm-4:50pm  
Mon 6/24-8/26 Hoagland \$329 + \$45 fee

31731 Southeast TABOR 134 10am-1:20pm  
Sat 6/29-8/31 Hoagland \$329 + \$45 fee

32959 Southeast TABOR 134 5:30pm-8:50pm  
Tue 6/25-9/3 Higgins \$329 + \$45 fee  
No class 7/9.

33168 Southeast TABOR 134 9:30am-12:50pm  
Fri 6/28-8/30 Stoll \$329 + \$45 fee

33169 Southeast TABOR 134 2pm-5:20pm  
Fri 6/28-8/30 Stoll \$329 + \$45 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.

31722 Southeast TABOR 134 10am-12:50pm  
Tue 6/25-8/27 Brandt \$40 + \$25 fee  
Bring your own tools if possible.

31723 Southeast TABOR 134 10am-12:50pm  
Thu 6/27-8/29 Brandt \$40 + \$25 fee  
No class 7/4. Bring your own tools if possible.

31725 Southeast TABOR 134 1:30pm-4:20pm  
Sat 6/29-8/31 Hoagland \$40 + \$25 fee  
Bring your own tools if possible.

31727 Southeast TABOR 134 5:30pm-8:20pm  
Fri 6/28-8/30 Hoagland \$40 + \$25 fee  
Bring your own tools if possible.

31728 Southeast TABOR 134 5:30pm-8:20pm  
Mon 6/24-8/26 Hoagland \$40 + \$25 fee  
Bring your own tools if possible.

## Drawing

### 9FA 603B Introduction to Comics

Learn about and develop a practice for creating comics to explore memoir, reportage, history, biography, science, and/or other nonfiction illustrated narratives. Class includes sharing ideas and suggestions, as well as prompts for drawing.

31992 Cascade TH 100 5:30pm-7:50pm  
Wed 6/26-8/14 Bak \$145  
Supply list: todd.bak@pcc.edu

▶ You may also like **Comics: Writing and Drawing Short Stories (for teens)** on page 51

### 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.

33097 Cascade MAHB 222 1pm-3:50pm  
Mon 6/24-7/29 Kitman \$135  
Supply list: pcc.edu/staff/suzy.kitman15

## 9FA 626A Drawing Freehand With Mixed Media

Draw a still life, creating the illusion of 3D objects on 2D surfaces. Explore contemporary drawing methods and concepts using pencils, graphite, compressed charcoal, sepia ink and soft pastels. For beginning to intermediate artists.

32682 Remote ZOOM 3pm-5:50pm  
Wed 7/3-7/31 Guttman \$119  
Supplies: pcc.edu/staff/elena-guttman

## 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

32013 Downtown ARTMSM LOBBY 2:30pm-5:20pm  
Thu 7/18-8/1 Consear \$69  
\$25 payable to Portland Art Museum for one-year pass.

32014 Downtown ARTMSM LOBBY 10:30am-1:20pm  
Thu 7/18-8/1 Consear \$69  
\$25 payable to Portland Art Museum for one-year pass.

## 9FA 609F Ink Drawing with Watercolor Washes

Experiment with ink and watercolor. Practice basic ink drawing skills, and investigate the particularities of using a technical pen versus using a quill. Explore your own style while combining media.

31388 Southeast TABOR 127 1:30pm-3:50pm  
Fri 7/5-8/2 Barnum \$105  
Supplies: pcc.edu/staff/leslie-barnum

## Drawing: Botanical Illustration

### 9FA 603L Botanical Illustration: Color

Identify plants in nature, find their structural uniqueness, and play with art techniques to see and draw them in color. Allow curiosity to inspire your relationship with plants. Come as you are.

33095 Cascade MAHB 109 1pm-3:50pm  
Tue 7/23-8/27 Leonard \$135  
Supply list: pcc.edu/staff/rhiannon-leonard

### 9FA 603N Botanical Illustration: Native Plants

Identify native plants in nature, find their structural uniquenesses, and play with art techniques to see and draw them. Invite your curiosity to inspire your relationship with native plants. All levels welcome.

33093 Cascade MAHB 109 10am-12:50pm  
Tue 7/23-8/27 Leonard \$135  
Supply list: pcc.edu/staff/rhiannon-leonard

▶ You may also like **Nature Identification for the Everyday Naturalist** on page 22

## Senior Discount

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

▶ More info: [pcc.edu/senior](http://pcc.edu/senior)



## 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.

31321 **Southeast** TABOR 127 10am-12:20pm  
 Mon 7/1-8/5 Barnum \$119  
 Supplies: pcc.edu/staff/leslie-barnum

### 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.

31625 **Southeast** TABOR 127 1:30pm-3:50pm  
 Mon 7/1-8/5 Barnum \$119  
 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.

31386 **Southeast** TABOR 127 10am-12:20pm  
 Fri 7/5-8/2 Barnum \$105  
 Supplies: pcc.edu/staff/leslie-barnum

### 9FA 625F **Watercolor Painting: Intermediate/Advanced**

Further your watercolor skills and refinements: masking, washes and glazes, paint mixing, experimental techniques and corrections, all unified with essential design principles. Demos, personal attention; prior experience expected.

32656 **Rock Creek** BLDG3 105 9am-2:50pm  
 Sat 7/27-8/3 Labadie \$95  
 Supply list: pcc.edu/staff/edward-labadie

### 9FA 625D **Painting: Water-Based Media Studio**

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

32272 **Southeast** TABOR 127 6pm-7:50pm  
 Thu 6/27-8/15 Sagues \$115  
 No class 7/4. Supplies: angela.sagues@pcc.edu

## Painting

### 9FA 613X **Intro to Collage Painting**

We'll combine acrylic painting with magazine images, old book pages, sheet music, ticket stubs and other ephemera to create colorful, personalized artworks. For beginners and those looking for an accessible way to spark their creativity.

32667 **Cascade** MAHB 109 2pm-4:50pm  
 Mon 7/22-8/5 Consear \$65 + \$5 fee  
 Supplies: pcc.edu/staff/pamela-consear

# Watercolor Wonders



Leslie Barnum is an artist and educator residing in the Pacific Northwest. Graduating from Pacific Northwest College of Art (PNCA) in Portland, OR, Leslie's journey into the world of artistry has been a passionate pursuit of capturing the beauty of the ordinary.

"During my art education, I focused on oil painting. I've worked as a textile designer and have done mixed media, gouache and acrylic paintings," Leslie unveils. Despite this diverse background, watercolor has emerged as her true artistic companion. "I've been painting with Watercolor since I was a teen. Watercolor is a medium which is usually not taught in most fine art programs," she explains.

Acknowledging its nuanced challenges, Leslie embarked on a personal odyssey of skill refinement, seeking mentorship from seasoned artists. "In the past 15 years, I sought out my own teachers to get more fluent in painting with watercolor. Many artists would agree that watercolor is the most difficult medium to learn."

For Leslie, art is more than just a visual expression; it's a gateway to being present in the moment, allowing us to uncover the hidden splendor in the mundane. With a belief deeply rooted in the transformative power of art, Leslie seamlessly intertwines her roles as both an artist and a mentor.

With a remarkable teaching tenure spanning over 14 years, Leslie has honed

her craft in guiding aspiring artists on their creative journeys. She fosters an environment where students not only learn the technical aspects of painting but also cultivate a profound trust in their instincts. Witnessing her students' newfound perspectives fills Leslie with joy, knowing that they embark on a journey of self-discovery through art.

At the Southeast Campus of PCC, Leslie imparts her wisdom through four distinctive classes - **Watercolor for Beginners**, **Watercolor: Beyond the Basics**, **Ink Drawing with Watercolor Washes**, and **Paint with Bold Color in Gouache**.

"Watercolor for Beginners (especially) is a very popular class. The class usually fills up immediately so if students want a spot, register as soon as it opens," Leslie shares. Here, students delve into the fundamentals of watercolor, laying the groundwork for a journey of exploration. "I go over the basics of watercolor in the class but this medium really takes a lot of practice." As the seasons change, so does the thematic focus of the class, offering students a comprehensive learning experience.

In Leslie Barnum's world, art is not merely a destination but a perpetual adventure. Through her guidance, students not only learn the technical nuances of painting but also embark on a profound journey of self-discovery, discovering the boundless beauty that surrounds them.



**9FA 605D Chinese Brush Painting: Eagle**  
The eagle is a symbol of courage and freedom. Through lecture, demonstration and your own work, explore uses of ink and brush in this art form.

33307 **Southeast** TABOR 127 6pm-8:20pm  
Mon 6/24-8/12 Choy \$145  
Supplies: jean.choy@pcc.edu

33308 **Southeast** TABOR 127 10:30am-12:50pm  
Wed 6/26-8/14 Choy \$145  
Supplies: jean.choy@pcc.edu

### 9FA 616J Dynamic Abstract Painting

Learn how to "think" abstract, so that color and form are the main subject matter. Forms are reduced to essential shapes and left for the viewer to interpret. Mixed media in 3D will be incorporated.

32680 **Remote** ZOOM 10am-12:50pm  
Mon 7/8-8/12 Guttman \$135  
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.

32017 **Rock Creek** BLDG3 105 9am-2:50pm  
Sat 8/17-8/24 Labadie \$95  
Supply list: pcc.edu/staff/edward-labadie

### 9FA 616E Sketching and Painting

Combine the best lessons of quick sketches and painting in one class. Simplify a complex scene with rapid studies, then advance to watercolors or acrylics. Expect demos, design and individual attention. Prior experience helpful.

32016 **Rock Creek** BLDG3 105 9am-2:50pm  
Sat 6/29-7/6 Labadie \$95  
Supply list: pcc.edu/staff/edward-labadie

### 9FA 616V Understanding Color

Learn to mix true color, how to create a successful color composition by using color harmony and the movement of light over forms. We use water based colors (tempera, acrylics, watercolors) for still lifes and landscapes. All levels welcome.

31741 **Remote** ZOOM 10am-12:50pm  
Thu 7/11-8/8 Guttman \$119  
Supplies: pcc.edu/staff/elena-guttman

## Painting: Acrylics and Oils

### 9FA 616D Painting: Acrylics and Oils

Join this community of painters who work on individual projects. Focus on encouraging individual style in oils or acrylics. Instructor guides you with new skills, techniques and creative problem solving. For painters with basic experience.

31391 **Remote** ZOOM 9:30am-12:20pm  
Fri 6/28-8/16 Guttman \$165  
Supplies: pcc.edu/staff/elena-guttman

### 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.

33098 **Cascade** MAHB 222 1pm-3:50pm  
Tue 7/2-8/6 Kitman \$135  
Supply list: pcc.edu/staff/suzy.kitman15

### 9FA 605B Techniques for Realism in Oil Painting

Use underpainting techniques such as verdaccio and grisaille to create realism in oil portraits, landscapes or still lifes. Learn to mix and use colors, as well as stages of the painting process. Create the illusion of atmosphere in your paintings.

32678 **Southeast** TABOR 133 12pm-2:50pm  
Tue 7/2-8/13 Guttman \$149  
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.

32655 **Rock Creek** BLDG3 105 9am-2:50pm  
Sat 7/13-7/20 Labadie \$95  
Supply list: pcc.edu/staff/edward-labadie

## Writing

### 9WRI 614E Memoir for Beginners: Where to Start, How to Keep Going

Everybody has a story to tell, but how do you tell it? We'll do generative writing prompts, outlining and brainstorming exercises and close reads of memoir openings and excerpts. We'll look for themes in others' work and our own.

32685 **Remote** ZOOM 12pm-1:50pm  
Wed 7/10-7/31 Kicherer \$59  
Supplies: michelle.kicherer@pcc.edu

► You may also like **Vanport, The Miracle City on page 29**

### 9WRI 620M The Writer's Notebook

Try out keeping a notebook, as part of a creative practice or as an end in itself. We'll look at examples for inspiration and discussion. We'll also do our own written and visual work from generative prompts. No prior experience necessary.

32196 **Cascade** TEB 219 10am-1:50pm  
Sat 6/29 Schaeffer \$39 + \$5 fee  
Bring notebook and pen/pencil.

### 9WRI 614A Unlocking The Vault: Reimagining Our Old Writing

What if saving old writings and scraps starts to feel like hoarding? Reinvent your notebooks, first drafts and even emails via collage, erasure, poetry and memoir. Read work that explores fragments and found text. Bring notebook and pen/pencil.

### Unlocking The Vault: Reimagining Our Old Writing, continued

32666 **Cascade** TEB 217 10am-1:50pm  
Sat 8/10 Schaeffer \$39 + \$5 fee

### 9WRI 620F Writing Dialogue for Screen and Stage

No two characters speak the same way. Discover techniques to heighten your dialogue. We analyze published scripts and try writing exercises to generate content. Bring in your pages and materials to receive feedback. All levels welcome.

32092 **Remote** ZOOM 10am-12:50pm  
Sun 7/14 Stein \$35

### 9WRI 602S Sketch Comedy Workshop

Sketch comedy fan? Learn how to find material, develop characters and explore story techniques. Watch videos, read examples and dive into writing your own piece. Share your work with others, hear it read aloud and get feedback. All levels.

31735 **Southeast** TABOR 137 10am-3:50pm  
Sat 7/13 Stein \$49  
Bring your writing tools and lunch.

### 9WRI 620C Writer's Tool Belt: How to Craft and Sell Your Book

Have a great idea for a book? Nice! But how do you go about writing, editing and marketing your story? Get practical tips for improving your writing and editing skills, and for taking your first steps into marketing your work.

32660 **Willow Creek** WCC 207 7pm-8:20pm  
Thu 6/27-7/25 Agard \$49  
No class 7/4. Bring laptop or writing utensils

### 9WRI 620D Writing: Grammar for the Real World

Become a better writer by looking at the structure of your sentences. Learn and practice in a judgment-free, relaxed, supportive social atmosphere with others who live and write in the real world. For anyone who is fairly fluent in English.

33100 **Cascade** TEB 217 10am-12:50pm  
Sat 6/29 Naas \$35

## Fiction

**NEW CLASS**

### 9WRI 614J Deep Reads from Contemporary Fiction Writers

In this writing-meets-craft class we'll explore fiction narratives through generative writing prompts, close reads of stories and novel bits, and sharing excerpts and themes from our own work. The goal is to have a clear way to edit and strengthen your work.

32686 **Remote** ZOOM 3pm-4:50pm  
Wed 7/10-7/31 Kicherer \$59  
Supplies: michelle.kicherer@pcc.edu

### 9WRI 620S Writing Literary Fiction

Explore elements of literary fiction and techniques for applying them. Communicate rich themes grounded in lived experience and societal observation through the development of narrative, character and personal style.

32671 **Southeast** TABOR 139 6:30pm-8:20pm  
Thu 6/27-8/15 Freeman \$115  
No class 7/4.



Writing

**9WRI 614B Weird Fiction Workshop**

Dive into stories that are eerie, surreal, oddly funny and off-kilter. Conjure weirdness in your work through writing exercises designed to bring out the singular qualities of your own voice. Then we'll workshop each other's short stories.

32688 **CLIMB Center** CLIMB 307 1pm-2:20pm  
Mon 6/24-8/12 Steele \$95

**Instructor Spotlight: Tim Steele**

"Weird" fiction might tread in the bizarre, or combine form and voice to lend a story a surreal aesthetic, even while the plot rings ordinary. It can inspire wonder and bring us in touch with the ambiguities of our collective existence. Join Tim and other writers of weird fiction to investigate how this anti-genre succeeds in conjuring sensation.

**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.

32091 **Southeast** TABOR 126 6pm-7:20pm  
Wed 6/26-7/31 Sherman \$65

Bring writing tools.

## Poetry

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

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

32669 **Remote** ZOOM 7pm-8:20pm  
Wed 7/10-7/31 Ebba \$49

Bring writing tools.

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

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

32670 **Southeast** TABOR 137 11am-1:50pm  
Sat 7/20 Ebba \$35

Bring writing tools.

**9WRI 602U Found Poetry: Black-Outs, Cut-Ups, and Other Found Poems**

Poetry exists all around us if we only look hard enough. Using games, prompts and both collaborative and individual exercises, we'll write found poetry in forms such as cut-ups, black-outs and golden shovels. All levels welcome.

32079 **Cascade** TEB 217 11am-1:50pm  
Sat 8/17 Ebba \$39

Bring writing tools.

## 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 4.

## Instructor Profiles and Availability

**Timothy Day**

(literary fiction, magical realism, and weird horror)  
tim.steele1@pcc.edu

Availability: Tue-Fri, 10am-5pm

Timothy 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.

**Angie Ebba**

(poetry, publishing, zines, chapbooks, queer writing, writing about health disability)  
angie.ebba@pcc.edu

Availability: Mon-Fri, 9am-5pm

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

**Paul Stein**

paul.stein1@pcc.edu

Availability: Mon-Wed, 12pm-8pm; Sat, 9am-6pm

Paul explores techniques and provides feedback, helping writers create content for stage and screen. He has directed and produced plays, comedy events and solo shows in theaters and festivals internationally. Formerly an Executive Producer for Comedy Central, he supervised over 1,600 live stage presentations.

## 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**

32869	<b>Remote</b>	6/24-9/7	Day	\$135
31617	<b>Remote</b>	6/24-9/7	Ebba	\$135

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

32870	<b>Remote</b>	6/24-9/7	Day	\$225
31402	<b>Remote</b>	6/24-9/7	Ebba	\$225
33158	<b>Remote</b>	6/24-9/7	Stein	\$225

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

32871	<b>Remote</b>	6/24-9/7	Day	\$450
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## Online Ed2Go Writing Classes

**Schedule:**

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

**Fee Per Class:**

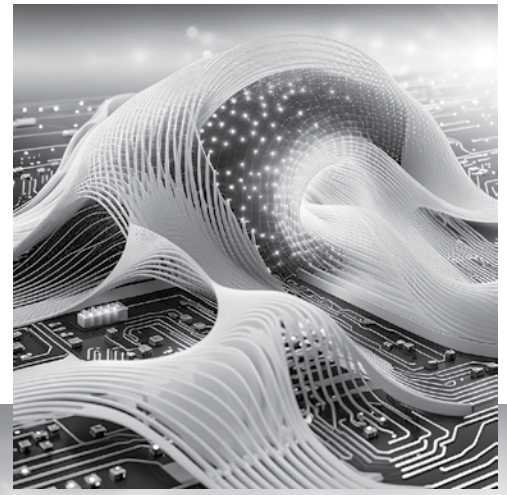
· \$115 - \$145

**Register:**

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

**Classes Offered Include:**

- Beginning Writer's Workshop
- Grammar Refresher Level 1, Level 2
- The Keys to Effective Editing
- The Craft of Magazine Writing



*Instructor: Ric Stephens*

Join Ric in an exploration of the technical aspects and ethical issues of these evolving technologies. Ric created this art using OpenAI Playground, with "The Great Wave off Kanagawa" by Hokusai as a model to generate a photorealistic wave and a "digital" wave. He used GenAI to remove boats from the original. He blended the three images at the top of this page from left to right, aiming to evoke the massive wave of artificial intelligence innovations.

► [Find this class on page 16](#)

# Chatbots and AI-Generated Content

# Careers, Technology and Finance

## Career Skills

### 9CAR 601G **Persuade Persuasively**

We are all influenced by persuasive messages every day at home and at work. Develop an ear for persuasive messages and learn basic skills to deliver them effectively. Public speaking instructor Sue Wendel encourages active participation in a fun and supportive learning online environment.

32855	<b>Remote</b>	ZOOM	7pm-8:20pm
Wed	8/7-8/28	Wendel	\$59

▶ You may also like **Fear-Less in Finding Your Voice** on page 25

## 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 4.

## Instructor Profile and Availability

### Sue Wendel

sue.wendel@pcc.edu  
Availability: Thu, 3pm-5pm, 8/1-8/29 only

Sue enjoys helping people become better public speakers. With her masters in Communication, Toastmasters highest designation, and years of coaching experience, she works with students to create a customized program to achieve their public speaking and presentation goals.

## 1-On-1 Public Speaking Coaching Packages

### 9RCS 6190 **1-On-1 Public Speaking**

#### **Coaching: 5 Session Package**

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.

32872	<b>Remote</b>	6/24-9/7	Wendel	\$225
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## Online Ed2Go Career Skills Classes

### **Schedule:**

Classes begin monthly with twice-weekly lesson

plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

### **Fee Per Class:**

· \$115 - \$145

### **Register:**

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

### **Classes Offered Include:**

- Effective Business Writing
- Keys Effective Communication
- Fundamentals of Supervision/Management 1
- Ed2Go Career Skills, continued**
- Mastering Public Speaking
- Writing for ESL
- Business Analysis
- A to Z Grant Writing
- Get Grants!
- Administrative Assistant Fundamentals
- Accounting Fundamentals: Level 1 and Level 2
- Fundamentals of Supervision/Management 1
- Computer Skills for the Workplace
- PMP Cert Prep 1
- Project Management Fundamentals
- Leadership
- Start a Consulting Practice
- Business Analysis
- Business Communication
- Vet Assistant Exploration 1
- Using Social Media for Business
- Start Your Own Small Business
- Explore a Career in Nursing
- Marketing Small Business
- Operating a Home Based Business
- Start Your Own Arts and Craft Business
- Starting a Nonprofit



# Computer Skills and Technology

## 9COM 616S Chatbots and AI-Generated Content

Explore ChatGPT and other Large Language Models such as Bard and Bing, and how to guide content through requests (prompts). Also review AI-generated content applications. Discuss the future and ethics of LLMs and AI-generated content.

32854	Remote	ZOOM	6pm-7:20pm
Thu	8/8-8/29	Stephens	\$79

## 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.

33157	Sylvania	ST 101	10am-11:50am
Sat	6/29-7/6	Pham	\$49

▶ You may also like [Beyond 'Real vs. Fake': How to Decipher News Media](#) on page 29

## 9COM 613X Build Your Own PC Computer

Learn core computer components, how they work together, safety protocols and how to build a PC computer. Class is a mix of lectures and hands-on activities. At the final session we build our new computers.

32108	Southeast	TABOR 145	10am-11:50am
Sat	6/29-7/27	Gilmore	\$125

PC parts list given in class.

▶ You may also like [3D Printing Design to Print on page 19](#)

## 9COM 613Q Basics of Using MS Excel

Enter data. Set up basic formulas and functions. Filter and sort. Apply basic formatting including conditional formatting. Use basic graphs. Most skills can be applied to Google Sheets and other spreadsheets. Not usable on Chromebooks.

31699	Cascade	TEB 226	6pm-7:50pm
Wed	7/31-8/28	Podany	\$125

Bring thumb drive and writing materials.

### UPDATED CLASS

## 9COM 616P Graphic Design with Canva

Use free templates, images, fonts and other design elements to create professional-looking posters, flyers, brochures, signs, infographics. You don't need design skills. Just bring your ideas.

32707	Remote	ZOOM	6pm-7:50pm
Wed	7/10-7/24	Podany	\$79

Prior to class, create a free account at canva.com.

## 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.

## Procreate for Illustration, continued

31698	Remote	ZOOM	6pm-7:50pm
Mon	6/24-7/22	Fry	\$125

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

## 9CAR 600B Drone Pilot Basics

Examine uncrewed aircraft systems technology and commercial applications. Review historical, contemporary and future developments. Review current/upcoming regulations and social issues in preparation for taking the FAA remote pilot test.

31379	Remote	ZOOM	6pm-7:20pm
Wed	7/10-7/31	Stephens	\$79

## 9COM 600G Drone Photography and Videography

Learn to plan, fly, shoot, and edit aerial photos and videos using small uncrewed aircraft systems. Explore recreational and professional applications, including aerial imaging regulations and post-processing software and AI-generated elements.

32853	Remote	ZOOM	6pm-7:20pm
Wed	8/7-8/28	Stephens	\$79

Drone Pilot Basics is recommended.

▶ You may also like [Travel Photography](#) on page 9

# 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 4.

## Instructor Profiles and Availability

### Zita Podany

zita.podany@pcc.edu  
Availability: Mon-Thu, 2pm-8pm; Fri, 2pm-6pm; Sat, 6pm-8pm

Zita is an experienced teacher, tutor, and computer-learning cheerleader. She has taught computer applications for over 20 years at the K-12 and college levels. Her repertoire includes Microsoft Office, web design (including HTML and CSS), photo/graphics editing, desktop publishing (brochures, newsletters, flyers), presentations, and Google apps. Please contact Zita as soon as you register so your sessions can get scheduled. In your contact information, please include a working phone number.

## Windy Wahlke

windy.wahlke15@pcc.edu  
Availability: Sat/Sun, 9am-4pm;  
Mon-Fri, contact Windy for details

Windy brings over 8 years teaching Mac classes for Community Education. She will work with you to identify your individual Mac computer skill needs and will customize each session to support, coach and build upon those skills in key areas including navigation, customization, creation, and collaboration (the four "t ions"!)

## 1-On-1 Computer Instruction Packages

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

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

32105	Remote	6/24-9/7	Podany	\$610
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For PC users only.

31620	Remote	6/24-9/7	Wahlke	\$610
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For Mac users only.

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

31454	Remote	6/24-9/7	Podany	\$195
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For PC users only.

31456	Remote	6/24-9/7	Wahlke	\$195
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For Mac users only.

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

31618	Remote	6/24-9/7	Podany	\$305
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For PC users only.

31619	Remote	6/24-9/7	Wahlke	\$305
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For Mac users only.

# Online Ed2Go Computer Skills and Technology Classes

### Schedule:

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

### Fee Per Class:

· \$115 - \$145

### Register:

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

### Classes Offered Include:

- A+ Cert Prep Level 1
- Understanding the Cloud
- Keyboarding for PC
- Windows 10: Level 1

**Online Ed2Go Computer Skills and Technology classes continue on next page**

# Careers, Technology and Finance

- QuickBooks Online: Level 1
- Photoshop CC: Level 1
- InDesign CC: Level 1
- Microsoft Office 2019/365 Value Suite (\$390 fee)
- MS Excel 2019/Office 365: Level 1
- MS PowerPoint 2019/ Office 365 Level 1
- MS Word 2019/Office 365 Level 1
- MS Access 2019/Office 365 Level 1
- C# Programming Level 1
- C++ for the Absolute Beginner
- CompTIA Security+ Cert Prep
- Java Programming Level 1
- JavaScript
- Network and + Certification Prep
- Python 3 Programming
- SQL Level 1 or 2
- Creating Web Pages
- Creating WordPress Websites
- CSS and XHTML: Level 1
- PHP and MySQL: Level 1

## Personal Finance

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

Discover the current online virtual store options to sell used personal items, products or create your own online shop for your business. Discover selling platforms while exploring their size, product categories and typical buyers and sellers. Set your direction and find out which e-shop is the best match for your online selling success!

32169	<b>Remote</b>	ZOOM	6pm-8:50pm
Thu	7/25	Boyd	\$55

### Managing Your Money and Investments

#### 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.

31704	<b>Remote</b>	ZOOM	6:30pm-7:50pm
Thu	6/27	Noxel	\$29

## Real Estate

#### 9MNY 616C **Home Buying 101**

Learn the current Portland market details, demystify loans and pre-approval, credit myths, assessing investment value, making an offer, inspections, negotiating repairs, mistakes to avoid and more! Learn to build wealth through real estate!

32873	<b>Remote</b>	ZOOM	6pm-8:50pm
Thu	7/11	Ransom	\$45
32874	<b>Remote</b>	ZOOM	6pm-8:50pm
Thu	7/25	Ransom	\$45

#### Home Buying 101, continued

32875	<b>Remote</b>	ZOOM	6pm-8:50pm
Wed	8/7	Ransom	\$45



#### Instructor Spotlight: Annie Ransom

Back by popular demand, Annie is here to help you through the excitement and woes of home buying. Real estate agent and instructor, Annie is committed to sharing her wealth of information to students that are interested in home buying and giving them helpful tips and tricks when searching for and purchasing their first home in a competitive market.

## Retirement

#### 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.

32283	<b>Remote</b>	ZOOM	9:30am-11:50am
Thu	7/11	Patterson	\$35

32710	<b>Remote</b>	ZOOM	6pm-8:20pm
Thu	7/11	Patterson	\$35

#### 9MNY 617D **Thrive in Retirement**

Learn retirement tips, demystify myths and explore key areas to focus on when entering into retirement. A financial professional will cover ten important questions individuals should be asking and able to answer themselves in order to thrive and worry less on their retirement journey.

32170	<b>Remote</b>	ZOOM	9:20am-10:20am
Sat	8/17	Duell	\$25

32654	<b>Remote</b>	ZOOM	9:20am-10:20am
Sat	9/7	Duell	\$25

#### 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.

32708	<b>Remote</b>	ZOOM	9:30am-11:50am
Tue	7/9	Patterson	\$35

32709	<b>Remote</b>	ZOOM	6pm-8:20pm
Tue	7/9	Patterson	\$35

#### 9MNY 616X **How to Maximize Social Security Income**

Understand how SSA Retirement Benefits work and how to maximize your income throughout retirement. Learn the mistakes that fully half of all retirees make and how to avoid making them, and the things your local SSA office cannot tell you.

#### How to Maximize Social Security Income, continued

31862	<b>Remote</b>	ZOOM	6:20pm-8:20pm
Tue	7/2	Duell	\$35

32281	<b>Remote</b>	ZOOM	6:20pm-8:20pm
Thu	8/1	Duell	\$35

32657	<b>Remote</b>	ZOOM	6:20pm-8:20pm
Tue	9/3	Duell	\$35

#### 9MNY 610V **Savvy Tax Planning for Retirees**

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

32658	<b>Remote</b>	ZOOM	1pm-2:50pm
Thu	9/5	Beckhusen	\$35

## Online Ed2Go Personal Finance Classes

#### Schedule:

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

#### Fee Per Class:

· \$115 - \$145

#### Register:

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

#### Classes Offered Include:

- Keys to Successful Money Management
- Personal Finance
- Stocks, Bonds, and Investing: Oh, My!
- Real Estate Investing

## Test Prep

### Online Ed2Go Test Prep Classes

#### Schedule:

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

#### Fee Per Class:

· \$115 - \$145

#### Register:

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

#### Classes Offered Include:

- SAT/ACT Preparation 1: Verbal, 2: Math
- GRE Prep 1: Verbal and Analytical, 2: Quantitative
- LSAT Preparation 1



*Instructor: Edurne Garcia-Andre*

Summer is all about enjoying friends, family and food! Community Ed instructor and Chef Edurne, will guide students on how to impress guests at their next summer gathering with beautiful tarts made with seasonal summer fruits and vegetables. Community Ed offers many cooking classes this term in the spirit of summer such as canning pickles and berries, summer salads, seasonal grilling and more.

► [Find this class on page 20](#)

## Summer Tarts



# Home, Garden and Self

## Do It Yourself (DIY)

### 9HB 625G **Build a Lamp**

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

31717	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	7/20	Boyer	\$215

Must reg/drop by 7/18.

31774	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	8/10	Boyer	\$215

Must reg/drop by 8/8.

32050	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	9/7	Boyer	\$215

Must reg/drop by 9/5.

### 9HB 625I **Wiring Basics**

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

31716	<b>NE Portland</b>	WILDHB STUDIO	3pm-4:50pm
Sat	6/29	Boyer	\$195

Must reg/drop by 6/27.

### Wiring Basics, continued

32055	<b>NE Portland</b>	WILDHB STUDIO	6pm-7:50pm
Tue	8/6	Boyer	\$195

Must reg/drop by 8/4.

32056	<b>NE Portland</b>	WILDHB STUDIO	11am-12:50pm
Sat	7/27	Boyer	\$195

Must reg/drop by 7/25.

## Maker Workshops

### UPDATED CLASS

#### 9HB 615A **3D Printing Design to Print**

Explore the basics of 3D printing technology. Learn about the different types of 3D printers, materials and software. Hands-on instruction will teach you how to design and print your own 3D objects.

33155	<b>Cascade</b>	TH 101	5pm-7:50pm
Wed	8/7-8/28	Berg	\$99 + \$15 fee

► You may also like **Build Your Own PC Computer** on page 16

### UPDATED CLASS

#### 9HB 615B **Laser Cutting: Design to Cut**

Learn the basics of laser cutting technology hands-on. Students will learn to operate laser cutters from design to final cut and go home with their own laser cut project.

33156	<b>Cascade</b>	TH 101	10am-2:20pm
Sat	8/3	Berg	\$45 + \$15 fee

## Emergency Preparedness

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

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

31233	<b>Remote</b>	ZOOM	6pm-8:50pm
Thu	7/11	Boyd	\$55

**Teach at PCC and share your knowledge and experiences.**

Visit [pcc.edu/communityed](http://pcc.edu/communityed) and click **Teach a class**



## Food and Drink

### NEW CLASS NEW INSTRUCTOR

#### 9FD 608E Outdoor Grilling Basics

Explore the basics of outdoor grilling. Learn three preparation methods including brining, marinating and dry rub and the "Golden Eight for Great Grilling." These tips focus on the science of the technique and combine the "how" and the "why" that will produce great results every time.

33145 Southeast COMX KIT 6pm-8:20pm  
Wed 6/26 Havens \$39 + \$20 fee

Must reg/drop by 6/24.

33146 Southeast COMX KIT 6pm-8:20pm  
Wed 7/10 Havens \$39 + \$20 fee

Must reg/drop by 7/8.

33147 Southeast COMX KIT 6pm-8:20pm  
Wed 8/7 Havens \$39 + \$20 fee

Must reg/drop by 8/5.



#### Instructor Spotlight: Steven Havens

Chef Steven's passion for grilling caught fire at a young age while helping his Dad cook fresh caught fish over a searing bed of coals on family camping trips. Now with over 20 years of experience and more than 350 grilling classes taught, he has mastered the art and science of what it takes to achieve great grilling results. Chef Steven holds degrees in both Culinary Arts and Restaurant Management, and is the founder/owner of his company Chef Steven Eats, which offers catering, personal chef services and culinary classes.

### NEW CLASS NEW INSTRUCTOR

#### 9FD 608F Seasonal Grilling

Seasonal Grilling focuses on the farm fresh flavors of the season. Join Chef Steven to learn how to create quick and healthy grilled dishes that are bursting with the flavor and sensations of the season. From the garden to your table, let's get grillin'!

33148 Southeast COMX KIT 6:30pm-8:20pm  
Wed 7/24 Havens \$35 + \$15 fee

Must reg/drop by 7/22.

33149 Southeast COMX KIT 6:30pm-8:20pm  
Wed 8/21 Havens \$35 + \$15 fee

Must reg/drop by 8/19.

#### 9FD 614W Summer Salads with Grains

Grain salads are satisfying and easy for the hot days of summer. Learn to make a puttanesca chickpea and tomato salad, a mixed grains salad with chickpeas, celery and quinoa and lastly a farro with green beans and walnut salad.

32923 Remote ZOOM 11am-1:50pm  
Sat 6/29 Garcia-Andre \$39 + \$13 fee

Must reg/drop by 6/27.

### NEW CLASS

#### 9FD 618N Tuna Quick Meals

Enjoy the Pacific Northwest bounty! Dietitians will demo budget-friendly, easy meals using a variety of seafood. Learn what makes them healthy as well as helpful purchasing tips. Tasting included, come hungry!

32937 Southeast COMX KIT 6pm-8:50pm  
Tue 7/2 Garcia-Andre \$39 + \$25 fee

Must reg/drop by 6/30.

#### 9FD 620G Persian Cuisine

Persian cuisine is a very sophisticated and delicious cuisine. Learn a variety of Persian dishes and experiment with regional aromas and flavors including Southern spicy seafood, Northern vegetarian delights and several side dishes. All levels welcome.

32890 Rock Creek BLDG5 241 5:30pm-7:50pm  
Mon 7/1-8/5 Esteghalian \$165 + \$70 fee

Must reg/drop by 6/29.

#### 9FD 626L Summer Tarts

Create elegant tarts both savory and sweet with summer fruits and vegetables. Learn to make a tomato and goat cheese tart, a corn and lobster tart and several sweet tarts including apricot, pistachio and berry with lemon curd.

32926 Southeast COMX KIT 11am-1:50pm  
Sat 7/13 Garcia-Andre \$39 + \$29 fee

Must reg/drop by 7/11.

#### 9FD 624V Fish Made Easy

Are you afraid of cooking fish or are out of ideas? Learn to make four easy but elegant fish fillet dishes starting with a sole stuffed with smoked salmon, salmon with rosemary cream, cod in vodka with red cabbage and salmon fillets with sesame crust.

32941 Remote ZOOM 6pm-8:50pm  
Tue 7/30 Garcia-Andre \$39 + \$13 fee

Must reg/drop by 7/28.

#### 9FD 602B Mexican Fish

Learn new ways to cook seafood, from different areas of very large coastal Mexico, starting with Veracruz style fish, creamy shrimp with chipotle, Acapulco's original pescado almendrado (fish with almonds) and salmon in green sauce.

32261 Remote ZOOM 6pm-8:50pm  
Tue 7/16 Garcia-Andre \$39 + \$13 fee

Must reg/drop by 7/14.

▶ You may also like [Spanish classes](#) on page 33

#### 9FD 612J Summer in the Mediterranean

Discover new ways to cook summer's bounty of veggies! Mediterranean cooking is about healthy and fresh ingredients. Try salad trempo from Majorca, fish with romesco sauce, Andalusian style vegetables and Menorca's eggplant rounds.

#### Summer in the Mediterranean, continued

32940 Southeast COMX KIT 6pm-8:50pm  
Thu 7/25 Garcia-Andre \$39 + \$32 fee

Must reg/drop by 7/23.

#### 9FD 602P International Stuffed Pastas

Stuffed pastas are found all around the world such as Polish pierogi, Russian pelmeni, Japanese gyoza, Korean mandu, Chinese dumplings and Italian ravioli just to name a few! Learn to make potato and cheese pierogi, Chinese chicken and vegetable dumplings, crab rangoon and a Pakistani potato samosa.

32943 Remote ZOOM 6pm-8:50pm  
Thu 8/15 Garcia-Andre \$39 + \$13 fee

Must reg/drop by 8/13.

### NEW CLASS

#### 9FD 608D Tomatoes and Basil

It's the peak of the summer and time for tomatoes and basil. Learn new recipes to utilize your garden haul. Make a provencal tomato and basil soup, tomato and basil risotto, an heirloom tomato tart with basil and a delicious white bean caprese salad.

32942 Remote ZOOM 6pm-8:50pm  
Tue 8/13 Garcia-Andre \$39 + \$13 fee

Must reg/drop by 8/11.

▶ You may also like [Italian Conversation: Level 1](#) on page 33

### NEW CLASS

#### 9FD 628E Hand-Pulled Noodles

Hand-pulled noodles are easy to make and fun. Learn two different techniques to pull noodles. Make Biang Biang noodles into noodle salad with chili sauce and turn Lamian noodles into miso tofu and ground chicken noodle soup.

32883 Remote ZOOM 6pm-8:50pm  
Wed 7/24 Khunisoron \$45

Must reg/drop by 7/22.

▶ You may also like [Chinese Conversation: Level 1](#) Mandarin on page 30

### NEW CLASS

#### 9FD 628F Favorite Curry Cooking

Learn different techniques to make delicious curry dishes from scratch. Make butter chicken curry, Burmese curry with noodles and Cape Malay chicken curry served with fragrant coconut rice and yogurt sambal. Even make golden milk to enjoy with your meal.

32884 Remote ZOOM 6pm-8:50pm  
Wed 8/7-8/21 Khunisoron \$69

Must reg/drop by 8/5.

### NEW CLASS

#### 9FD 628D Basic Dumplings from Scratch

Dumplings are versatile and can easily be made at home. Learn how to pinch, squeeze and pleat delicious dumplings. Make dumpling wrappers from scratch along with chicken and vegetable filling, potstickers and a delicious sauce.

32882 Remote ZOOM 6pm-8:50pm  
Wed 8/28 Khunisoron \$45

Must reg/drop by 8/26.

▶ You may also like [1-On-1 Chinese Instruction](#) on page 30

## Home, Garden and Self

9FD 632Y **Indian Vegetarian Cuisine**

Learn to cook authentic Indian vegetarian cuisine that is healthy and delicious. Explore a variety of recipes through hands-on cooking for main courses, curries, rice dishes, appetizers and more. Explore the spices and methods of cooking used in Indian cuisine.

32646 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 6/27-9/5 Shah \$285 + \$70 fee  
No Class 7/4. Must reg/drop 6/25.

## Baking

9FD 625C **Intro to Sourdough**

Explore the basics of baking sourdough with an easy, no-knead method. Learn tips and tricks for keeping your starter alive and what to do with discard. Take home strong sourdough starter, a loaf to bake at home, a packet of recipes and a proving basket.

32047 **Southeast** COMX KIT 5:30pm-8:30pm  
Wed 7/17 Romanowski \$49 + \$20 fee  
Must reg/drop by 7/15.

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.

32653 **Southeast** COMX KIT 6pm-8:30pm  
Wed 8/28 Romanowski \$45 + \$20 fee  
Must reg/drop by 8/26.

## NEW CLASS

9FD 629C **Great British Baking Class: No-Bake Desserts**

Experience the spirit of Bake-Off without the pressure! Using challenges from the beloved television series, you'll learn to make delightful desserts, without turning on your oven. Perfect for summer! Practice baking between classes. Craft your own signature recipe. Great for home bakers.

32885 **Remote** ZOOM 7:30pm-8:50pm  
Tue 7/16-8/13 Eslinger \$125 + \$10 fee  
Reg/drop 7/14. Info: pcc.edu/staff/elizebett-eslinger

## Food Preservation

9FD 626X **Canning Basics**

Get ready for our upcoming canning series in summer and fall by learning the basics. Learn about equipment options, canning safety and produce selections. Get your questions answered so you are ready when the produce is!

32205 **Remote** ZOOM 5:30pm-7:20pm  
Thu 6/27 Youngs \$35  
Must reg/drop 6/25. Info: pcc.edu/staff/stephanie-youngs

9FD 626Z **Beginner Canning: Berry Jam**

Learn how to preserve local summer flavors to enjoy year round! In this hands-on class, explore canning safety, preservation methods and students will make a batch of low sugar berry jam of their choosing to take home the same day.

32208 **Rock Creek** BLDG5 241 5:30pm-7:50pm  
Tue 7/9 Youngs \$45 + \$20 fee  
Must reg/drop 7/6. Info: pcc.edu/staff/stephanie-youngs



Intro to Sourdough

**Beginner Canning: Berry Jam, continued**

32209 **Rock Creek** BLDG5 241 5:30pm-7:50pm  
Tue 7/16 Youngs \$45 + \$20 fee  
Reg/drop by 7/14. Info: pcc.edu/staff/stephanie-youngs

9FD 627A **Beginning Canning: Pickles**

Learn how to preserve local summer flavors to enjoy year round! In this hands-on class, explore canning safety and preservation methods. Students will make a batch of pickled cucumbers or pickled peppers of their choosing to take home the same day.

32204 **Rock Creek** BLDG5 241 5:30pm-7:50pm  
Tue 7/30 Youngs \$45 + \$20 fee  
Must reg/drop 7/28. Info: pcc.edu/staff/stephanie-youngs

## Sweet Treats

9FD 631Y **Italian Desserts**

Some of the most loved Italian desserts are no bake desserts. Learn to make a classic tiramisu, zabaglione with berries, olive oil cake and gianduja mousse, just in time for the holidays.

32935 **Southeast** COMX KIT 11am-1:50pm  
Sat 8/3 Garcia-Andre \$39 + \$31 fee  
Must reg/drop by 8/1.

► You may also like [Italian Conversation for Wishful \(or Wistful\) Travelers](#) on page 33

## Wine

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

## NEW CLASS

9FD 605D **What We Know About Wine: New Edition**

One of the best things about wine is that it's always changing. Cultural shifts change how we behave in regards to wine and climate changes impacts the process. Stay up to date and learn about the ever-changing world of wine!

**What We Know About Wine: New Edition, continued**

32902 **Remote** ZOOM 6pm-7:20pm  
Sat 7/20 Palmer \$75  
Must reg/drop by 7/18.

32903 **Remote** ZOOM 6pm-7:20pm  
Sun 7/21 Palmer \$75  
Must reg/drop by 7/19.

## NEW CLASS

9FD 605E **Deep Dive into Biodynamic Farming**

Bryan Berenguer, the viticulture program chair for Chemeketa Community College and owner, farmer and winemaker from Human Cellars will join Erin Palmer for a deep dive into biodynamics. Learn about the art, science and cultural beliefs behind the biodynamic wine movement while tasting four biodynamic wines.

32904 **Beaverton** SYWINE ROOM 1pm-2:30pm  
Sun 7/28 Palmer \$89  
Must reg/drop by 7/26.

32905 **Beaverton** SYWINE ROOM 3:30pm-5pm  
Sun 7/28 Palmer \$89  
Must reg/drop by 7/26.

9FD 605B **Wine Trivia: Test Your Knowledge**

Test your wine knowledge! Participate in this virtual trivia game show from the comfort of your own home as we test what you've learned from previous wine classes. Hop around the globe with questions of wine theory, history, styles and food pairing. This trivia night is intended to amuse and enjoy PCC wine enthusiasts and all are welcome to play!

32910 **Remote** ZOOM 6pm-7:20pm  
Sat 9/7 Palmer \$75  
Must reg/drop by 9/5.

32911 **Remote** ZOOM 6pm-7:20pm  
Sun 9/8 Palmer \$75  
Must reg/drop by 9/6.



## Wine: Vineyard Visit

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

### NEW CLASS

#### 9FD 605C Vineyard Tour at Remy Wines

Enjoy a vineyard and winery tour at Remy Wines in Dayton. Remy grows Italian varieties in Oregon and believes in social and environmental justice while serving as the mayor of McMinnville. Learn about farming practices, architectural choices and how community programs support her mission. Enjoy the view, wine tastings and a box lunch.

32906	<b>Dayton</b>	REMY STUDIO	11am-12:50pm
Sat	8/10	Palmer	\$89

Must reg/drop by 8/8.

32907	<b>Dayton</b>	REMY STUDIO	2pm-3:50pm
Sat	8/10	Palmer	\$89

Must reg/drop by 8/8.

### NEW CLASS

#### 9FD 605F Urban Winery Tour: Rossini Wines

Tour an urban winery tour at Rossini Wines in SE Portland with owner Kevin Ross. Kevin purchases fruit, handcrafts small batch wines and consistently works to offer exceptional quality bold red wines in Oregon. Experience a small winery environment and learn about shared/co-op wine making facilities. Wine tastings and box lunch included.

32908	<b>SE Portland</b>	ROSWIN STUDIO	11am-12:50pm
Sat	8/24	Palmer	\$89

Must reg/drop by 8/22.

32909	<b>SE Portland</b>	ROSWIN STUDIO	2pm-3:50pm
Sat	8/24	Palmer	\$89

Must reg/drop by 8/22.

# Garden, Nature, and Yard

#### 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.

32652	<b>Clark County</b>	LACAPK FIELD	10am-1:50pm
Fri	7/26	Lexa	\$49

#### 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!

#### Mushroom Foraging for Beginners, continued

31447	<b>Remote</b>	ZOOM	6pm-7:50pm
Wed	8/14	Lexa	\$29
31448	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon	7/22	Lexa	\$29

#### 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.

32944	<b>Clark County</b>	LACAPK FIELD	10am-3:50pm
Sun	8/11	Lexa	
and	<b>Southeast</b>	TABOR 126	10am-3:50pm
Sat	8/10	Lexa	\$75

Field trip: 8/11. Two Day class. Dress for the weather.

▶ You may also like **Botanical Illustration: Native Plants** on page 10

▶ You may also like **Yoga on the Trail** on page 40

#### 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.

31700	<b>Remote</b>	ZOOM	6pm-7:20pm
Tue	8/13	Lexa	\$29

#### 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.

31446	<b>Remote</b>	ZOOM	6pm-8:20pm
Thu	8/22	Lexa	\$35

#### 9YG 621W Forests, Wildfire and Climate Change

The forests of the Northwest have adapted to periodic fires over thousands of years. But we have experienced more frequent, larger and hotter wildfires in recent years. Learn basic knowledge about forests and wildfire, their relationship and what we can do as our climates continue to change.

32044	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon	8/26	Lexa	\$29

#### 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.

31308	<b>Remote</b>	ZOOM	6pm-8:20pm
Wed	9/4	Lexa	\$35

## 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.

31616	<b>Southeast</b>	TABOR 126	6pm-9:20pm
Fri	6/28	Andresen	
and	<b>NE Portland</b>	BRIBEE FIELD	2pm-2:50pm
Sat	6/29	Andresen	\$65



Foraging

# Home, Garden and Self

## Birds and Wildlife

### 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.

31222	Remote	ZOOM	6pm-8:20pm
Mon	7/29	Lexa	\$35

### 9YG 612Q Scappoose Birdwatching Excursion

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

31612	Scappoose	SCACRO TRAIL	10am-12pm
Thu	7/18	Lexa	\$29

## 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.

31367	Remote	ZOOM	7pm-8:50pm
Tue	7/9-8/27	Smith	\$119

### 9YG 619T Water Wise Gardening

Water rates are on the rise! Learn effective methods to conserve water and keep your plants happy. Healthier plants and a lower water bill is a win-win.

31376	Remote	ZOOM	7pm-8:50pm
Tue	7/9	Smith	\$25

### 9YG 611A Wildlife Landscaping

Learn the landscape elements needed to attract birds, bees and butterflies to your yard and how to arrange these element to make an attractive and enjoyable landscape.

31369	Remote	ZOOM	7pm-8:50pm
Tue	7/16	Smith	\$25

### 9YG 611B Landscape Plants That Attract Wildlife

Learn about native plants and landscape plants that provide food and shelter for wildlife.

31370	Remote	ZOOM	7pm-8:50pm
Tue	7/23	Smith	\$25

### 9YG 619H Growing Fruits, Vegetables and Herbs

Get professional tips on growing vegetables, herbs and fruit trees that will yield bountiful amounts of your favorite crops.

### Growing Fruits, Vegetables and Herbs, continued

31372	Remote	ZOOM	7pm-8:50pm
Tue	7/30	Smith	\$25

### 9YG 619K Lawn Care

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

31373	Remote	ZOOM	7pm-8:50pm
Tue	8/6	Smith	\$25

### 9YG 619R Plant Propagation

Want a bountiful garden and lush landscape? Are you on a budget? Come learn how to start plants by seed, cuttings and grafting and get ready for the growing season!

31371	Remote	ZOOM	7pm-8:50pm
Tue	8/13	Smith	\$25

### 9YG 619I Insects and Diseases

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

31374	Remote	ZOOM	7pm-8:50pm
Tue	8/20	Smith	\$25

### 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.

31375	Remote	ZOOM	7pm-8:50pm
Tue	8/27	Smith	\$25

## Hobbies and Crafts

► You may also like **Hobbies** classes for teens on page 49

### 9HB 611G Wondrous Wire Earrings

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

32647	Southeast	TABOR 139	6:20pm-8:20pm
Tue	6/25	Kornei	\$39 + \$30 fee

32648	Southeast	TABOR 140	6:20pm-8:20pm
Thu	6/27	Kornei	\$39 + \$30 fee

### 9HB 611E Retro Crafts Party

It's a throwback to summer camp! Learn how to make daisy chain necklaces and lanyards. Pick out your favorite colors of beads and lacing. All supplies are included.

32650	Southeast	TABOR 139	6:30pm-7:50pm
Tue	7/2	Kornei	\$35 + \$25 fee

32651	Southeast	TABOR 140	6:30pm-7:50pm
Thu	7/18	Kornei	\$35 + \$25 fee

### NEW CLASS NEW INSTRUCTOR

### 9HB 601B Block Printing for Home Stationary and Linens

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.

33150	Southeast	TABOR 139	5pm-7:50pm
Wed	6/26-8/14	Campbell	\$165 + \$10 fee

► You may also like **Printmaking for Beginners** on page 10



### Instructor Spotlight: Joyce Campbell

Originally introduced to printmaking and the book arts in her late teens, Joyce Campbell has now been experimenting with various methods of printing for over 20 years. Her focus rested on linocut and easy-cut for stamp making and at home printing used in creating patterns for textiles, stickers and stationary. Joyce finds joy in the meditative nature of the gratifying 2D work that allows her to find a moment of stillness in carving and stamping.

## Knitting and Fiber Crafts

### NEW CLASS

### 9HB 625R Knitting: The Next Step

Ready for more knitting skills? Learn more techniques beyond beginning knitting. Students will work on one specific knitting project from start to finish with support and guidance in class. Great for getting your gifts ready in time for the holiday season.

32947	Remote	ZOOM	6pm-7:20pm
Wed	6/26-8/7	Patterson	\$89

32946	Southeast	TABOR 126	6pm-7:20pm
Tue	6/25-8/6	Patterson	\$89

### 9HB 622R Punch Needle Rug Hooking

Discover a craft of the past! Learn the basics of punch needle using rug yarn. Explore the types of ground fabric that are best for punch needle, what types of wool yarn wears the longest and the proper way to get the best tension when punching.

32887	Remote	ZOOM	6pm-7:50pm
Mon	7/15-7/29	Drevdahl-Orch	\$55

32886	Rock Creek	BLDG2 126	9am-2:50pm
Sat	7/13	Drevdahl-Orch	\$55



## Sewing and Quilting

### 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.

33153	Cascade	TH 100	6pm-8:20pm
Tue	7/9-8/27	Moskovitz	\$149 + \$20 fee

Bring sewing machine.

#### NEW CLASS

### 9HB 622G Sewing Lab

Do you have a new or incomplete sewing project you are anxious to start or finish? Learn from sewing peers and experienced instructor in a classroom setting filled with materials and guidance. Please bring a pattern, fabric and sewing machine to each class. Other supplies provided.

33154	Cascade	TH 100	6pm-8:20pm
Thu	7/11-8/15	Moskovitz	\$129 + \$20 fee

Bring sewing machine and projects.

#### Class Spotlight:

Community Ed students have spoken! Beloved instructor Sara Moskovitz has taught sewing for over ten years with Community Ed and her students appreciate her knowledge, ability to problem solve on projects and the sense of community she fosters in her classes. She is excited to bring this lab to life as a class that her students requested to aid them in completing their individual projects or to turn a long awaited idea into a masterpiece.

### 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.

32212	Remote	ZOOM	6pm-7:50pm
Tue	7/9-8/6	Drevdahl-Orch	\$75

### 9HB 625P Intro to Visible Mending

Textile waste is currently one of the largest sources of environmental pollution. Learning to mend is a great solution to keep worn clothes out of landfills. Students can bring their worn clothes, knits and wovens to class and learn how to repair them in unique and beautiful ways.

32950	Southeast	TABOR 137	4pm-7:50pm
Fri	6/28	Yelnosky	\$45 + \$25 fee

Students should bring an item to mend.

32951	Southeast	TABOR 137	4pm-7:50pm
Fri	7/12	Yelnosky	\$45 + \$25 fee

Students should bring an item to mend.

32952	Southeast	TABOR 137	4pm-7:50pm
Fri	7/26	Yelnosky	\$45 + \$25 fee

Students should bring an item to mend.

32953	Southeast	TABOR 137	4pm-7:50pm
Fri	8/9	Yelnosky	\$45 + \$25 fee

Students should bring an item to mend.

32954	Southeast	TABOR 137	4pm-7:50pm
Fri	8/23	Yelnosky	\$45 + \$25 fee

Students should bring an item to mend.

### 9HB 621T Quilting UFOs: Unfinished Quilting Objects

Do you have one or more of those pesky UnFinished Objects (UFOs) laying around? Finish an old quilting project or start a new one this term. Join a helpful and fun group of people who love quilts and sewing. All levels welcome. Must bring a working sewing machine.

31597	Cascade	TH 100	10am-1:50pm
Sat	7/12-8/3	Werkman	\$109

Info: pcc.edu/staff/dwerkman

## Beaded Jewelry

#### NEW CLASS

### 9HB 611I Advanced Bead Embroidery

Calling all seasoned beaders! Bezel a cabochon in glass seed beads using peyote stitch to create a stunning pendant. Prior experience working with seed beads encouraged. All supplies are included.

32649	Southeast	TABOR 139	6pm-8:20pm
Mon	7/1	Kornei	\$45 + \$35 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.

31732	Remote	ZOOM	6:30pm-8:20pm
Thu	6/27-8/1	Brower	\$110

No class 7/4.

### 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.

31130	Remote	ZOOM	6:30pm-8:20pm
Thu	8/8-9/5	Brower	\$95

## 1-On-1 Chess Lessons



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

Enjoy a tailored chess curriculum designed just for you! Whether you are new to the game or competing in rated play, learn the foundation for chess mastery. Focus on the fundamentals, review classical matches and analyze your own games to target specific areas for improvement.

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 4.

## Instructor Profile and Availability

### David Petrozzi

david.petrozzi@pcc.edu  
Availability: Flexible days/hours.

David is a lifelong player who learned chess at an early age, competed in national tournaments, and has been teaching since 2004. David specializes in teaching beginners who want to pick up chess as a new hobby, as well as intermediate level players seeking to improve their results in rated games. Allow him to share his passion for the rich and quirky history of chess as you sharpen skills and have fun along the way!

## 1-On-1 Chess Lesson Packages

### 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.

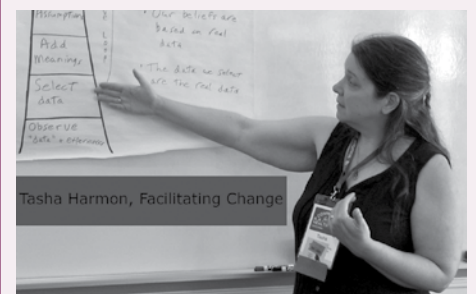
31453	Remote	6/24-9/7	Petrozzi	\$450
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## Self Development

### 9PDV 618J Creative Problem Solving

Creativity is never more important than when you're searching for an answer. Learn how you can tap into your most creative self when tackling any problem.

32785	Remote	ZOOM	6:20pm-8:20pm
Tue	7/16-7/23	Harmon	\$49



### Instructor Spotlight: Tasha Harmon

Tasha is a facilitator, trainer, coach and capacity-builder, working with people and organizations to facilitate deep and resilient change. She believes

# Home, Garden and Self

that shame and judgment shut us down and prevent learning and change. Her work is about cultivating curiosity, compassion, clarity, and generous accountability and nurturing our ability to communicate and collaborate effectively. Tasha's favorite definition of accountability is "being open to transformation." She is LGBTQIA2S+ and neurospicy celebrating.

## 9PDV 621N **Fear-Less in Finding Your Voice**

Does fear stop you from speaking up and saying what is important? Do you dread giving presentations? Find your voice with hints, tools, ideas and practical steps for presenting effectively and confidently. Move from stage fright to poise and form a strong, courageous voice of your own.

32949	<b>Remote</b>	ZOOM	9:30am-12:20pm
Sat	8/3	Sugg	\$39

► You may also like **Persuade Persuasively** on page 15

## 9PDV 611X **Ecopsychology for Everyone**

Nature is good for you, but did you ever wonder why? Explore how the many ways we connect with nature help improve our mental health, how nature can be incorporated into therapy and how you can apply these principles to your everyday life.

31613	<b>Remote</b>	ZOOM	6pm-7:50pm
Wed	7/31	Lexa	\$29

## 9PDV 630W **Healing Creativity**

While the arts are a great mode of expression, they also have been shown to aid in healing. Learn and discuss ways in which creativity can heal and experiment with forms of healing art such as journaling, mixed media and more.

32786	<b>Remote</b>	ZOOM	7pm-8:20pm
Mon	7/15-8/19	Ebba	\$65

► You may also like **Meditation and Its Forms** on page 39

### NEW CLASS

## 9PDV 621M **Dear Friend: Mail Art for Pen Pals**

Explore a variety of types of mixed media from collage to mono-prints. Use these creative practices to make postcards, stationary and cards to send to family, friends or pen pals. All artistic levels welcome.

32787	<b>Remote</b>	ZOOM	11am-1:50pm
Sat	8/3	Ebba	\$39

► You may also like **Visual Arts** classes on page 9

## 9PDV 621H **Dreamwork Retreat: Creative Tools to Understanding Dreams**

Use creative visual arts and somatic techniques to learn more about what your dreams mean. Study a dream for its meaning through drawing, movement, sound and play. No artistic experience or dreamwork background necessary. All are welcome.

32789	<b>Sylvania</b>	TCB 208	12pm-4:50pm
Sun	8/18	Innerarity	\$55

Students should bring a journal and scissors.

# Style and Beauty

## 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 4.

## 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 Packages

### 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.

33152	<b>Remote</b>	6/24-9/7	Villarreal	\$275
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# Woodworking and Metalworking

## 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.

31632	<b>OMIC Center</b>	OMIC 105	9am-11:50am
Sat	6/29-8/31	Yardley	\$299 + \$60 fee

Instructor will cover supplies in first class.

32645	<b>OMIC Center</b>	OMIC 105	12:30pm-3:20pm
Sat	6/29-8/31	Yardley	\$299 + \$60 fee

Instructor will cover supplies in first class.

### 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.

31705	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	7/18-7/25	Boyer	\$299

Must reg/drop by 7/16.

31706	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Mon	7/1-7/8	Boyer	\$299

Must reg/drop by 6/29.

32812	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	8/3-8/10	Boyer	\$299

Must reg/drop by 8/1.

32813	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Tue	8/13-8/20	Boyer	\$299

Must reg/drop by 8/11.

► You may also like **Teen Welding Fundamentals Camps** on page 49

### 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.

32968	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Fri	7/19-7/26	Boyer	\$359

Must reg/drop by 7/17.

33142	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	8/3-8/10	Boyer	\$359

Must reg/drop by 8/1.

## Senior Discount

► More info: [pcc.edu/senior](http://pcc.edu/senior)

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



## 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.

32180 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Tue 7/16-7/23 Boyer \$349  
Must reg/drop by 7/14.

32181 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Mon 8/19-8/26 Boyer \$349  
Must reg/drop by 8/17.

## 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.

32962 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sat 7/13 Boyer \$275  
Must reg/drop by 7/11.

32963 **NE Portland** WILDHB STUDIO 3pm-5:50pm  
Sat 8/24 Boyer \$275  
Must reg/drop by 8/22.

## 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.

32960 **NE Portland** WILDHB STUDIO 3pm-5:50pm  
Sat 7/13-7/20 Boyer \$349  
Must reg/drop by 7/11.

32961 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Mon 8/5-8/12 Boyer \$349  
Must reg/drop by 8/3.

## 9MW 627W **Steel Fabrication for Sculpture**

Learn skills in metalworking through the exploration of the material properties and fabrication techniques of mild steel for sculpture making. Develop a familiarity with this method of making through discussion, demonstrations and self guided experimentation. All levels welcome.

32888 **Rock Creek** BLDG2 131 10am-12:50pm  
Sat 6/29-8/31 Campbell \$199 + \$60 fee  
Must reg/drop by 6/27.

## 9MW 627V **Steel Fabrication For Furniture**

Learn skills in metalworking through the exploration of the material properties and fabrication techniques of mild steel for furniture making. Develop a familiarity with this method of making through discussion, demonstrations and self guided experimentation. All levels welcome.

32889 **Rock Creek** BLDG2 131 1pm-3:50pm  
Sat 6/29-8/31 Campbell \$199 + \$60 fee  
Must reg/drop by 6/27.

## Metalworking Jewelry

### 9MW 627Q **Metalsmith Jewelry: The Basics**

Explore the basics of jewelry making and the tools and techniques every jewel smith will need in order to complete their projects. This is a hands-on class and students will learn to safely use tools, cut out shapes with a jeweler's saw and complete a small project.

31707 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Thu 8/15 Boyer \$169  
Must reg/drop by 8/13.

31708 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Tue 7/30 Boyer \$169  
Must reg/drop by 7/28.

31709 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sat 7/6 Boyer \$169  
Must reg/drop by 7/4.

31710 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Tue 6/25 Boyer \$169  
Must reg/drop by 6/23.

32049 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sat 8/24 Boyer \$169  
Must reg/drop by 8/22.

### 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.

31711 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Wed 7/10 Boyer \$189  
Must reg/drop by 7/8.

31712 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sun 8/11 Boyer \$189  
Must reg/drop by 8/9.

31714 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Thu 8/22 Boyer \$189  
Must reg/drop by 8/20.

31715 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sat 9/7 Boyer \$189  
Must reg/drop by 9/5.

### 9MW 620B **Metalsmith Jewelry: Rolling Mill Ring**

Learn the entire process of creating a perfectly fitting ring. Use a sliver 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.

33161 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Tue 7/2-7/9 Boyer \$299 + \$55 fee  
Must reg/drop by 6/30.

33162 **NE Portland** WILDHB STUDIO 3pm-5:50pm  
Sun 8/11-8/18 Boyer \$299 + \$55 fee  
Must reg/drop by 8/9.

### NEW CLASS

### 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.

33163 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Wed 6/26 Boyer \$189 + \$45 fee  
Must reg/drop by 6/24.

33164 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Thu 7/11 Boyer \$189 + \$45 fee  
Must reg/drop by 7/9.

33165 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Fri 8/16 Boyer \$189 + \$45 fee  
Must reg/drop by 8/14.

### NEW CLASS

### 9MW 620D **Metalsmith Jewelry: Silver Earrings**

Create sterling silver hoop earrings using a variety of hand tools to shape and form earrings. Students will learn to make a hot connection using the soldering torch and can explore adding pierced stones and crystals to their unique creation.

33166 **NE Portland** WILDHB STUDIO 11am-2:50pm  
Sun 7/14 Boyer \$229 + \$55 fee  
Must reg/drop by 7/12.

33167 **NE Portland** WILDHB STUDIO 11am-2:50pm  
Sun 8/25 Boyer \$229 + \$55 fee  
Must reg/drop by 8/23.

### 9MW 627X **Metalworking Jewelry: Cuttlefish Casting**

Experience this ancient technique that allows the casting of basic shapes. Cuttlefish casting is a quick and fairly accurate method. Students will learn how to carve and cast with bronze.

32991 **NE Portland** WILDHB STUDIO 2pm-5:50pm  
Sat 7/27 Boyer \$199 + \$35 fee  
Must reg/drop by 7/25.

32992 **NE Portland** WILDHB STUDIO 11am-2:50pm  
Sat 8/17 Boyer \$199 + \$35 fee  
Must reg/drop by 8/15.

32993 **NE Portland** WILDHB STUDIO 11am-2:50pm  
Sun 9/1 Boyer \$199 + \$35 fee  
Must reg/drop by 8/30.

### 9MW 627Y **Metalworking Jewelry: Sand Casting with Silver**

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 sterling silver.

32987 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Fri 7/5-7/12 Boyer \$249 + \$45 fee  
Must reg/drop by 7/3.

32988 **NE Portland** WILDHB STUDIO 11am-1:50pm  
Sun 7/21-7/28 Boyer \$249 + \$45 fee  
Must reg/drop by 7/19.

32989 **NE Portland** WILDHB STUDIO 6pm-8:50pm  
Wed 8/7-8/14 Boyer \$249 + \$45 fee  
Must reg/drop by 8/5.

## 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](http://pcc.edu/senior)



**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.

32985	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	7/17-7/24	Boyer	\$299 + \$35 fee

Must reg/drop by 7/15.

32986	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	8/21-8/28	Boyer	\$299 + \$35 fee

Must reg/drop by 8/19.

**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.

31737	<b>Scappoose</b>	MMPS SHOP	6pm-9:20pm
Thu	6/27-8/22	Martin	\$189 + \$200 fee

No class 7/4. Must reg/drop by 6/25.

31738	<b>Scappoose</b>	MMPS SHOP	6pm-8:50pm
Tue	6/25-8/27	Martin	\$189 + \$200 fee

Must reg/drop by 6/23.

**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

32183	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	7/11	Boyer	\$189 + \$60 fee

Must reg/drop by 7/9.

32184	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Tue	7/2	Boyer	\$189 + \$60 fee

Must reg/drop by 6/30.

32809	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	8/10	Boyer	\$189 + \$60 fee

Must reg/drop by 8/8.

32810	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	8/14	Boyer	\$189 + \$60 fee

Must reg/drop by 8/12.

**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.

32185	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Tue	7/30-8/6	Boyer	\$299 + \$45 fee

Must reg/drop by 7/28.

32811	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	8/24-8/31	Boyer	\$299 + \$45 fee

Must reg/drop by 8/22.

**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](http://team-oregon.org). If you need additional assistance or information, call 800-545-9944.



[team-oregon.org](http://team-oregon.org)



**Exploring Thailand: From the Mountains to the Sea**

*Instructor: Pajeejerm C Claussen*

**French for Travelers**

*Instructors: Anne Cariou & Margaret Murer*

**Italian Conversation for Wishful (or Wistful) Travelers; Italian for Travelers: Level 2 - Stay a Little Longer**

*Instructor: Lynn Finley*

Whether you're planning a trip or just dreaming about it, take a class to help you prepare.

► [Find these classes on pages 29-33](#)

# Language and Culture

## Cultural Exploration

### World View

**NEW CLASS** **NEW INSTRUCTOR**

**9WV 620M Vanport, The Miracle City**  
Uncover the legacy of Oregon's second-largest city and the catastrophic flood that reshaped its history. Historian Kelly Bosworth shares her findings from years of archival exploration on the town's soundscape and the nearby Kaiser shipyards. View the history of Vanport Mosaic's collection featuring firsthand narratives and rare visuals.

32967	<b>NE Portland</b>	VANMOS CLSRM	6pm-6:50pm
Mon	7/1	Staff	
and	<b>Remote</b>	ZOOM	6pm-6:50pm
Mon	7/8	Staff	
and	<b>NE Portland</b>	VANMOS CLSRM	6pm-6:50pm
Mon	7/15	Staff	\$59

► You may also like **Memoir for Beginners: Where to Start, How to Keep Going** on page 12

**9WV 620H Mt. Hood Waterfall and Wine**  
Go wine tasting while learning about the natural history, cultural history and wine background of the Mt. Hood area as you drive the Historic Columbia River Highway Scenic Byways. Visit Timberline Lodge on Mt. Hood, wine tasting at two wineries, and a stop at Multnomah Falls, the tallest waterfall in Oregon.

32703	<b>NE Portland</b>	TERTRA	9am-5pm
Sat	8/24	Bingham	\$180

**9WV 620G Buddhism 101: Introduction to Basic Beliefs and Practices**

We all have the same basic wish to be happy and avoid suffering, but very few understand the causes of happiness and suffering. Come learn about the "four noble truths" and begin a path to reduce suffering/dissatisfaction. We will meditate, practice loving kindness and gratitude, explore the value of letting go.

33074	<b>Southeast</b>	TABOR 137	6pm-8:50pm
Wed	7/3-7/17	See	\$59



**Instructor Spotlight: Rev. Scott See (Minh Tų)**

Students come to Buddhism 101 curious about Buddhism. What students don't expect is that we dive right into the practice, and everyone experiences some level of calm and peace. Everyone leaves this class with new tools in their emotional toolkit to turn down the volume on the anxiety, regret, anger, and frustration we all face. Students are often surprised by how simple Buddhism is—but that doesn't mean it's easy, and that's why we call it a practice.

**9WV 620F Exploring Thailand: From the Mountains to the Sea**

Let's dive into one of the world's most renowned tropical destinations! From pristine beaches to gorgeous mountains, Thailand is a visual spectacle. Come explore the nature and wonder of Thailand's cities, islands and traditions which make it such a desired vacation spot. We'll show you how Thailand has something for everyone.

32846	<b>Willow Creek</b>	WCC 206	12:30pm-2:50pm
Wed	6/26	Claussen	\$49

► You may also like **Travel Photography** on page 9

**9WV 601V Beyond 'Real vs. Fake:' How to Decipher News Media**

Have fun building essential skills to assess news credibility and see the big picture. Explore diverse media examples to pull back the curtain on news and information controversies. Be empowered by learning basic methods to make more sense of our screen media era.

32699	<b>Cascade</b>	TEB 113	11am-12:50pm
Sat	8/3-9/7	Butz	\$79

► You may also like **How to Stay Safe on the Internet** on page 16

**9WV 616Z Understanding Russia: Context of Intercultural Communication**

Explore the fascinating relationship between Russia and the West. This class focuses on the culture and national psychology of Russians and Western Europeans and gives a broad overview of the basic principles governing their interactions.

32706	<b>Remote</b>	ZOOM	6pm-7:20pm
Wed	6/26-8/28	Bogdanovich W	\$105



## 9WV 621I The World War II Cinematic Experience

How have attitudes about war changed through the years? We will discuss how World War 2 movies reflect the culture of the time. Over the decades, opinions, ideals, and criticisms about the war have changed. This class will show the evolution of cinema and its relation to WW2.

32697	<b>Cascade</b>	TEB 113	7pm-8:20pm
Wed	6/26-7/31	Stafford	\$55

No class 7/24.

# Languages

## 9LAN 611C Chinese Conversation: Level 1 Mandarin

Open the door to the one of the world's most ancient, intricate and widely spoken languages. This class uses a fun and innovative approach that helps learners develop new skills and confidence in Chinese communication and culture.

32748	<b>Remote</b>	ZOOM	10am-11:20am
Thu	6/27-9/5	Chen	\$89

No class 7/4, 7/25.

▶ You may also like **Hand-Pulled Noodles** on page 20

## 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.

31739	<b>Remote</b>	ZOOM	2:30pm-4:20pm
Mon	6/24-8/26	Kontos	\$135

# 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.

30660	<b>Cascade</b>	TEB 219	5pm-6:50pm
Mon	6/24-8/26	WorthyLake	\$135

Taught by member of Deaf community.

31347	<b>Remote</b>	ZOOM	7:30pm-9:20pm
Tue	7/2-8/20	Martin	\$115

Taught by member of Deaf community.

32702	<b>Remote</b>	ZOOM	7pm-8:50pm
Thu	6/27-9/5	Eleweke	\$135

No class 7/4. Taught by member of the Deaf community.

31598	<b>Southeast</b>	TABOR 126	5pm-6:50pm
Thu	6/27-8/22	Martin	\$115

No class 7/4. Taught by member of Deaf community.

31985	<b>Southeast</b>	TABOR 124	7pm-8:50pm
Tue	6/25-8/27	WorthyLake	\$135

Taught by member of Deaf community.

## 9LAN 614T American Sign Language: Level 2

Continue to enhance your ASL skills. Some prior ASL experience recommended.

31365	<b>Southeast</b>	TABOR 124	5pm-6:50pm
Tue	6/25-8/27	WorthyLake	\$145

Taught by member of Deaf community.

## 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.

32892	<b>Cascade</b>	TEB 219	5pm-6:50pm
Wed	6/26-8/28	WorthyLake	\$145

Taught by member of Deaf community.

31599	<b>Remote</b>	ZOOM	7pm-8:50pm
Tue	6/25-8/27	Eleweke	\$145

Taught by member of Deaf community.

31601	<b>Southeast</b>	TABOR 126	7:30pm-9:20pm
Thu	6/27-8/22	Martin	\$119

No class 7/4. Taught by member of Deaf community.



### Instructor Spotlight: Dr. Jonah Eleweke

Jonah has enjoyed teaching various levels of ASL classes for the past three decades. At PCC, he teaches ASL 1 and ASL 2/3. He ensures that his classes are very warm, welcoming, and highly interactive. His students enjoy their classes and make tremendous progress in learning and mastering spelling, numerals, and ASL structures for making introductions, discussing family members, activities, foods, etc. Jonah says, "It has always been fulfilling supporting my students to grow in confidence, expressive and receptive ASL skills."

## 9LAN 600J American Sign Language: Levels 4 and 5

Build vocabulary and structure. Hone expressive skills in a supportive environment. For students who have twice taken American Sign Language: Levels 2 and 3, or have equivalent experience.

32965	<b>Remote</b>	ZOOM	5pm-6:50pm
Tue	7/2-8/20	Martin	\$125

Taught by member of Deaf community.

# 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 4.

## Instructor Profile and Availability

### Riva Chen

Availability: Wed/Thu, 12:30pm-1:30pm; Fri, 10am-12pm

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.

33196	<b>Remote</b>	6/24-9/7	Chen	\$275
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▶ You may also like **Basic Dumplings from Scratch** on page 20

## Teach at PCC and share your knowledge and experiences.

## To submit a proposal, visit [pcc.edu/communityed](https://pcc.edu/communityed) and click **Teach a class**

# Language and Culture

## English

### 9LAN 616F Conversational English

Looking to improve your communication skills? In this class, you will work on your confidence in general fluency, politeness, pronunciation, critical thinking skills and presentations. Speaking promoted right from the beginning.

32747	<b>Remote</b>	ZOOM	10am-11:50am
Tue	7/9-8/27	Burkic	\$99

32749	<b>Remote</b>	ZOOM	10am-11:20am
Wed	6/26-9/4	Chen	\$99

No class 7/24.

## 1-On-1 English Instruction



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

Study English 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 4.

## Instructor Profile and Availability

### Anesa Burkic

Availability: Mon-Wed, 2pm-5pm; Thu, 1pm-8pm; Fri, 10am-6pm

Anesa holds a Bachelors in International Business and a Masters in teaching English, and has moderated and taught foundations of American English (ESOL) conversation and communicative competence for over seven years. Her mission is to empower speakers of other languages in their language learning goals and position them as experts of what they already know. Her instruction promotes fluency right from the beginning. She also specializes in communication training to employees working in global companies. With Anesa on their side, students identify opportunities and strategies to succeed in a new language and culture.

## 1-On-1 English Instruction Package

### 9LAN 601Y 1-On-1 English Instruction: 5 Session Package

Improve your English 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.

33197	<b>Remote</b>	6/24-9/7	Burkic	\$275
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## French

► You may also like **French Camp for Teens** on page 48

### 9LAN 614C French Conversation: Level 1

Oui, you can speak French! This beginning class is perfect for those with no prior experience who are interested in learning what has been called "the world's most beautiful language."

31039	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Tue	6/25-8/13	Benoit	\$115

Text: *Ultimate French Beginner-Intermediate*

#### UPDATED CLASS

### 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.

31046	<b>Remote</b>	ZOOM	9am-10:50am
Mon	6/24-8/26	Cariou	\$139

Text: *Ultimate French Beginner-Intermediate*

### 9LAN 614B French Conversation: Level 2

Expand your ability to use French in practical situations by learning more grammar, vocabulary, pronunciation and conversational phrases. You'll be speaking with confidence in no time!

32167	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Mon	6/24-8/12	Benoit	\$119

Text: *Ultimate French Beginner-Intermediate*

### 9LAN 614Y French Conversation: Levels 2 and 3

A continuation 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.

31306	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon	6/24-8/26	Cariou	\$145

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.

31368	<b>Remote</b>	ZOOM	6pm-7:50pm
Thu	6/27-9/5	Cariou	\$149

No class 7/4. 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 start working towards fluency.

31049	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	6/25-8/27	Cariou	\$149

Text: *Ultimate French Beginner-Intermediate*



American Sign Language



## 9LAN 614U French Conversation: Level 5

Let's cover "entre," "pour," "par" and other prepositions, the partitive (du, de l', de la, des, de) through exercises and conversation. We'll read an article to practice. Recommended: knowledge of present, futur, passe compose, imparfait tenses.

30604	<b>Remote</b>	ZOOM	9am-10:50am
Wed	6/26-8/28	Cariou	\$149

Text: *Ultimate French Review and Practice Premium 3rd or 4th*

## 9LAN 614P French Immersion Workshop

This class is for those who already know some French. We'll have a great time! Includes songs, two movies excerpts, quizzes and other fun activities.

31224	<b>Remote</b>	ZOOM	5pm-7:50pm
Wed	9/4	Cariou	
and	<b>Remote</b>	ZOOM	2:30pm-5:20pm
Thu	9/5	Cariou	
and	<b>Remote</b>	ZOOM	12pm-3:50pm
Fri	9/6	Cariou	\$79

## 9LAN 614F French Verbs and Conversation

Practice the present subjunctive, the present participle through exercises and conversation. Recommended: knowledge of present, conditionnel, futur, passe compose tenses.

30489	<b>Remote</b>	ZOOM	10am-11:50am
Sat	6/29-8/31	Cariou	\$149

Text: *Ultimate French Verb Review*

## 9LAN 614E French for Travelers

Planning (or wishing for) a trip to France or to a French-speaking country? Learn or review basic expressions, numbers, buying food, drinks, train ticket and subway pass. Discuss French culture and tips for navigating common situations.

31701	<b>Remote</b>	ZOOM	9am-10:50am
Fri	7/5-9/6	Cariou	\$135
32695	<b>Remote</b>	ZOOM	6:30pm-7:50pm
Mon	6/24-8/12	Murer	\$95

## 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.

31393	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Wed	6/26-8/14	Machtelioncx	\$95

No class 7/10, 7/17.

### Class Spotlight:

If you want to learn something new at every class, Keeping Up in French is for you! Enrich your general knowledge through current events, historical facts, games, crossword puzzles, occasional reviews of grammar and some more advanced conjugation tenses. Come and meet long-time and returning students. All is offered in a non-competitive, non-judgmental, and welcoming environment. Instructor Linda Machtelioncx has been teaching for over 30 years and always enjoys teaching and sharing her native language.

## 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.

32705	<b>Remote</b>	ZOOM	10am-11:50am
Mon/Wed	7/8-8/28	Burkic	\$149

### 9LAN 614N German Conversation: Level 2

Ja, du kannst Deutsch! If you have some knowledge of reading, writing, and grammar and would like to immerse yourself in building fluency in German, this is the perfect class for you. Warning: class is a lot of fun!

32745	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon/Wed	7/8-8/28	Burkic	\$155

## 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 4.

## Instructor Profile and Availability

### Anesa Burkic

Availability: Mon-Wed, 2pm-5pm; Thu, 1pm-8pm; Fri, 10am-6pm

Anesa is a multilingual instructor who holds a BA in International Business and MA in Teaching English to Speakers of Other Languages. She has been teaching conversational German and English for over 7 years. Anesa grew up in Germany and brings a fun and dynamic approach to building language skills and cultural capital in her students. Think about your grammar and speaking goals and let Anesa provide you with the steps to make them a reality. Bis bald!

## 1-On-1 German Instruction Packages

### 9LAN 6200 1-On-1 German Instruction: 5 Session Package

Improve your German language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate.

33198	<b>Remote</b>	6/24-9/7	Burkic	\$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](http://pcc.edu/senior)



Italian Conversation

# Language and Culture

## Italian

► You may also like **Homemade Pasta for Teens** on page 48

### 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.

32101	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	6/25-8/27	Finley	\$135

Text: *Learn Italian the Fast and Fun Way*

► You may also like **Italian Desserts** on page 21

### 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.

32100	<b>Remote</b>	ZOOM	6pm-7:50pm
Wed	6/26-8/28	Finley	\$145

Text: *Ultimate Italian: Beginner-Intermediate*

### 9LAN 615A Italian Conversation: Level 1

From the culture that brings us phenomenal food, wine, fashion and art, comes this expressively rich language. In this beginning Italian class, you'll easily pick up fundamental conversation skills.

31430	<b>Sylvania</b>	TCB 215	6:30pm-8:20pm
Mon	6/24-8/12	Heineck	\$109

31602	<b>Willow Creek</b>	WCC 225	6:30pm-8:20pm
Tue/Thu	6/25-7/23	Barker	\$109

No class 7/4.

► You may also like **Tomatoes and Basil** on page 20

### 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!

31466	<b>CLIMB Center</b>	CLIMB 102	1pm-2:50pm
Wed	7/10-8/14	Heineck	\$89

### 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.

31465	<b>CLIMB Center</b>	CLIMB 102	10:30am-11:20am
Tue	7/9-8/13	Heineck	\$59

## 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.

31041	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Wed	6/26-8/14	Fuse	\$109

Class material is provided by the instructor.

31377	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Mon	6/24-8/12	Barrett	\$109

### 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.

31378	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Wed	6/26-8/14	Barrett	\$119

32102	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Thu	6/27-8/22	Fuse	\$119

No class 7/4. Class material is provided by the instructor.

### 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.

32845	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Tue	6/25-8/13	Barrett	\$119

## 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.

31395	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Fri	6/28-8/30	Lim	\$135

31398	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Tue	6/25-8/20	You	\$109

No class 7/16.

31775	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Mon	6/24-8/26	Lim	\$135

### 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.

32003	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Tue	6/25-8/27	Lim	\$145

32696	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Wed	6/26-8/21	You	\$119

No class 7/17.

### 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.

31861	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Thu	6/27-8/15	You	\$89

No class 7/4, 7/18.

## Portuguese (Brazilian)

#### NEW CLASS

### 9LAN 620U Brazilian Cinema for Portuguese Language Learners

Are you interested in Brazilian culture and speaking Portuguese? Explore language, identity, and culture through watching and discussing Brazilian films. Please be advised, some films have scenes for a mature audience and may be difficult to watch. Films will be played in Portuguese with English subtitles.

### Brazilian Cinema for Portuguese Language Learners, continued

32698	<b>Sylvania</b>	ST 100	7pm-9:20pm
Tue	7/2-8/6	Skinner	\$139

## 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.

30482	<b>Remote</b>	ZOOM	6pm-7:50pm
Thu	6/27-9/5	Bogdanovich W	\$135

No class 7/4.

### 9LAN 612H Russian Conversation:

#### Level 2

Further develop your basic Russian language skills and gain further insights into culture and daily life in Russia.

31467	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	6/25-8/27	Bogdanovich W	\$145

### 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.

32704	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon	6/24-8/26	Bogdanovich W	\$149

## Spanish

► You may also like **Mexican Fish** on page 20

### 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.

31139	<b>Remote</b>	ZOOM	10am-11:20am
Mon	6/24-8/26	Galindo	\$135

Text: *Spanish Now! Level 1*

31425	<b>Remote</b>	ZOOM	1pm-2:50pm
Fri	6/28-8/30	Bensel	\$135

Text: *Practical Spanish Grammar*

32929	<b>Remote</b>	ZOOM	6pm-7:50pm
Mon	6/24-8/12	Merlo Flores	\$109

Text: *Spanish Now! Level 1*

31469	<b>Southeast</b>	TABOR 142	6pm-7:50pm
Wed	6/26-8/28	Sonera	\$135

Text: *Spanish Now! Level 1*

32106	<b>Southeast</b>	TABOR 142	10am-11:50am
Wed	6/26-8/28	Sonera	\$135

Text: *Spanish Now! Level 1*

32107	<b>Southeast</b>	TABOR 142	10am-11:50am
Mon	6/24-8/26	Sonera	\$135

Text: *Spanish Now! Level 1*

31702	<b>Willow Creek</b>	WCC 205	6:30pm-8:20pm
Thu	8/8-9/5	Sotelo	\$69

Text: *Spanish Now! Level 1*



## 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.

31303	<b>Remote</b>	ZOOM	10am-11:20am
Wed	6/26-8/28	Galindo	\$105

Text: *Spanish Now! Level 1*

31426	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Mon	6/24-8/26	Bensel	\$139

Text: *Practical Spanish Grammar*

32165	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Wed	6/26-8/28	Bensel	\$139

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!

31109	<b>Remote</b>	ZOOM	2pm-3:20pm
Mon	6/24-8/26	Galindo	\$109

Text: *Spanish Now! Level 1*

31428	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	6/25-8/13	Merlo Flores	\$119

Text: *Spanish Now 8th Edition*

31740	<b>Remote</b>	ZOOM	1pm-2:50pm
Thu	6/27-9/5	Bensel	\$145

No class 7/4. Text: *Practical Spanish Grammar*

31470	<b>Southeast</b>	TABOR 142	6pm-7:50pm
Mon	6/24-8/26	Sonera	\$145

Text: *Spanish Now! Level 1*

32791	<b>Southeast</b>	TABOR 142	12:30pm-2:20pm
Thu	6/27-9/5	Sonera	\$145

No class 7/4. Text: *Spanish Now! Level 1*

32700	<b>Sylvania</b>	HT 317	3pm-4:50pm
Tue	6/25-8/27	Riley	\$145

Text: *Spanish Now! Level 2*

33260	<b>Willow Creek</b>	WCC 205	6:30pm-8:20pm
Wed	8/7-9/4	Sotelo	\$75

Text: *Spanish Now! Level 1*

## 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.

31429	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Thu	6/27-9/5	Bensel	\$145

No class 7/4. Text: *Practical Spanish Grammar*

32280	<b>Southeast</b>	TABOR 140	2pm-3:20pm
Wed	6/26-8/28	Galindo	\$109

Text: *Spanish Now! Level 1*

## 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.

32278	<b>Remote</b>	ZOOM	4:30pm-5:50pm
Mon	6/24-8/26	Galindo	\$115

Text: *Spanish Now! Level 1*

32793	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	6/25-8/27	Sonera	\$149

Text: *Spanish Now! Level 1*



Spanish Conversation

## Spanish Conversation: Level 3, continued

31468	<b>Southeast</b>	TABOR 142	10am-11:50am
Tue	6/25-8/27	Sonera	\$149

Text: *Spanish Now! Level 1*

32847	<b>Willow Creek</b>	WCC 205	6:30pm-8:20pm
Tue	8/6-9/3	Sotelo	\$75

Text: *Spanish Now! Level 1*

## 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.

32694	<b>Remote</b>	ZOOM	6:30pm-8:20pm
Tue	6/25-8/27	Bensel	\$149

Text: *Practical Spanish Grammar*

31471	<b>Southeast</b>	TABOR 142	10am-11:50am
Thu	6/27-9/5	Sonera	\$149

No class 7/4. Text: *Spanish Now Level 2, Barron's 3rd Ed*

32279	<b>Southeast</b>	TABOR 140	4:30pm-5:50pm
Wed	6/26-8/28	Galindo	\$115

32701	<b>Sylvania</b>	HT 317	6pm-7:50pm
Thu	6/27-9/5	Riley	\$149

No class 7/4.

## 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.

31302	<b>Southeast</b>	TABOR 140	6:30pm-7:50pm
Wed	6/26-8/28	Galindo	\$115

### NEW CLASS

## 9LAN 620V Spanish Literature: Poesia de Gabriela Mistral

Let's explore the Spanish poetry of Latin America's first Nobel prize author for literature, Gabriela Mistral! In this immersive class, students will discuss poetic works of Chile's celebrated poet in an open round table discussion. See <https://pcc.edu/staff/ryan-comandich15/> for options to access the poems.

32964	<b>SE Portland</b>	MERCAD COURT	11am-1:50pm
Sat	6/29	Comandich	\$35

Poems: [gabrielamistral.uchile.cl/oesiaframe.html](http://gabrielamistral.uchile.cl/oesiaframe.html)

## 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.



# Language and Culture

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 4.

## Instructor Profiles and Availability

### Mario Galindo

Availability: Tue/Thu, 9am-12pm, 3-6pm

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-Wed, 1pm-3pm; Thu, 3pm-5pm; Fri, 9am-5pm

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 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.

### 9LAN 601B 1-On-1 Spanish Instruction: 5 Session Package

33202	Remote	6/24-9/7	Galindo	\$275
33203	Remote	6/24-9/7	Sonera	\$275
33204	Remote	6/24-9/7	Urbina Benton	\$275

### 9LAN 601A 1-On-1 Spanish Instruction: 10 Session Package

33199	Remote	6/24-9/7	Galindo	\$499
33200	Remote	6/24-9/7	Sonera	\$499
33201	Remote	6/24-9/7	Urbina Benton	\$499

## Online Ed2Go Language Classes

### Schedule:

Classes begin monthly with twice-weekly lesson plans. Lessons are released on the following schedule for summer term:

6/12-8/2 · 7/17-9/6 · 8/14-10/4

### Fee Per Class:

· \$115 - \$145

### Register:

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

### Classes Offered Include:

- Grammar for ESL
- Discover Sign Language
- Beginning Conversational French
- Speed Spanish 1, Speed Spanish 2
- Spanish for Medical Professionals

## Senior Studies Institute Summer 2024

Are you an older adult who enjoys learning, lively discussions, and meeting interesting new people? Join the 200+ members who share their common interests at the all-volunteer Senior Studies Institute (SSI), a part of PCC for over 30 years.

The following are among our weekly offerings (see "Class Schedule" on our website that lists full descriptions). Please note that SSI activities are not accredited.

- Streaming educational courses
- Current Events discussions
- Poetry Fun and play readings
- Book and Film study group discussions
- Friendship Circles
- 2-hour, standalone classes,

given by SSI members and/or outside presenters, will be on a summer break and resume in the fall term. However, you can still enjoy the other activities that are ongoing through the summer term.

SSI activities are offered in online (Zoom) format, weekly in-person (at PPC CLIMB, Multnomah Neighborhood House, Moreland Presbyterian Church, and PCC Opportunity Center) or both (hybrid) where indicated on the activity schedule. The Zoom and in-person formats allow us to continue providing opportunities for life-long learning while ensuring the safety, health, and comfort of our members however they wish to attend. Participation information is published in our weekly newsletter to members.

SSI annual membership is only \$40 per

individual (or \$70 per couple) and our membership year runs from Sept. 1 to Aug. 31. Members attend as few or as many events as they wish . . . No pre-registrations, tests, no grades, and no college experience necessary — just a desire to learn and make new friends!

You are welcome to attend any two activities as a guest before deciding to join.

**Interested?** More information about SSI is available at our website: [www.ssipdx.org](http://www.ssipdx.org).

**Questions?** Please email SSI Membership: [SSIMembership2@gmail.com](mailto:SSIMembership2@gmail.com)

**[ssipdx.org](http://ssipdx.org)**



*Instructor: Janie Zapata-Wilson*

The Strength Training for Seniors class is for any senior that is interested in learning how to improve their strength, balance and mobility. The class will learn how to safely build effective workout routines that will help increase overall body strength, endurance, balance and flexibility. In this class we will learn about different exercise equipment and how to use our body weight to challenge us. Janie has over 10 years of experience teaching senior fitness classes. She is trained and certified by PCC in Healthy older Adult Fitness and holds AAS in Exercise Science. She holds additional certifications from ACSM as an Exercise Physiologist and Inclusive Trainer, Silver Sneaker, Silver Fit, Arthritis Foundation, Zumba Fitness, AEA Aquatics Exercise and several other fitness programs. She looks forward to sharing her love of health and fitness with all of her students.

▶ [Find this class on page 37](#)

## Strength Training for Seniors

# Recreation and Wellness

## Adult 55+ Fitness

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](http://pcc.edu/senior)

### 9WO 624W Gentle Toning and Stretching

Bring a mat and focus on both light, resistance-based toning exercises and recuperative stretching.

32116	<b>Remote</b>	ZOOM	1pm-1:50pm
Fri	6/28-8/30	Wagoner	\$125

### 9WO 626C Strength Training for Seniors

Essential to staying strong and vital during older adulthood is participation 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.

32717	<b>Remote</b>	ZOOM	12:30pm-1:20pm
Tue/Thu	6/25-8/29	Zapata-Wilson	\$149

No class 7/4.

### 9MBF 618D Senior Yoga Basics

If you're new to yoga or just want a slower pace, join us for this feel-good class. Learn basic yoga postures, along with modifications to suit every body. It's helpful to have a yoga mat, 2 blocks, strap and a blanket or towel.

31143	<b>Remote</b>	ZOOM	4pm-5:20pm
Tue	6/25-8/27	Williams	\$135

### 9WO 626B Integrative Yoga 55+

Improve mobility and develop strength. A floor based practice focused on learning how to move again from the ground up. We will also explore long held Restorative postures for improved joint mobility using Yoga Props.

32175	<b>Remote</b>	ZOOM	10am-11:20am
Thu	6/27-8/29	Williams	\$135

### 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.

31749	<b>Remote</b>	ZOOM	9am-9:50am
Mon/Wed	7/15-8/21	Nadal	\$95

### 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.

32229	<b>Remote</b>	ZOOM	6:30am-7:20am
Tue/Thu	7/16-8/22	Nadal	\$99

### 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.

30625	<b>Remote</b>	ZOOM	9am-9:50am
Mon	6/24-8/26	Nishikido	\$125
31223	<b>Remote</b>	ZOOM	9am-9:50am
WFri	6/26-8/30	Nishikido	\$149
32225	<b>Remote</b>	ZOOM	5pm-5:50pm
Fri	6/28-8/30	Sherwood	\$125
32285	<b>Southeast</b>	TABOR 102	9:30am-10:20am
Sat	6/29-8/31	Nishikido	\$125



## 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.

### 9W0 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.

30529	Remote	ZOOM	9am-9:50am
Mon/Wed	6/26-8/28	Manning	\$155
31207	Remote	ZOOM	11:30am-12:20pm
Mon/Wed	6/24-8/28	Kaplan	\$159
33031	Remote	ZOOM	6pm-6:50pm
Mon/Wed	6/24-8/28	Kaplan	\$159
31211	Remote	ZOOM	9am-9:50am
Tue/Thu	6/25-9/3	Kaplan	\$159
No class 7/4.			
31399	Remote	ZOOM	9am-9:50am
Tue/Thu	6/25-8/29	Manning	\$155
No class 7/4.			
31212	Remote	ZOOM	10am-10:50am
Tue/Thu	6/25-9/3	Kaplan	\$159
No class 7/4.			
33033	Remote	ZOOM	9am-9:50am
Fri	6/28-8/30	Manning	\$125
31208	Remote	ZOOM	10am-10:50am
Fri	6/28-8/30	Kaplan	\$115
No class 7/5.			

## Health

### 9HW 615K Navigating Medicare and Medicaid. A How-To workshop

Access medical and Rx costs that are available but NOT advertised. We will set out clear and understandable self-advocacy information about Medicare and OHP-Medicaid to successfully navigate the healthcare system. Time is allotted for specific questions.

33050	CLIMB Center	CLIMB 301	1pm-3:20pm
Tue	9/3	Woloshin	\$35

### 9HW 615M How To Talk, So Your Doctor Will Listen!

Get the answers you need at your medical appointments! Learn new tools to get the right answers for your health care questions and gain understanding of the many challenges of our health care system. Your doctor really wants to help keep you healthy. Learn the best ways to build this important partnership.

33046	CLIMB Center	CLIMB 301	1pm-3:20pm
Tue	8/27	Woloshin	\$35

### 9HW 601K How To Resist Diet Culture, an Empowered Nutrition Workshop

This workshop will raise our awareness of diet culture and its effects on our world and ourselves. We will explore available resources to resist this dominant narrative and work to create something new that supports and includes us all.

33030	Remote	ZOOM	12pm-3:50pm
Sat	6/29	Funaro	
and	Remote	ZOOM	12pm-3:50pm
Sun	6/30	Funaro	\$99

### 9HW 615J Mindfulness and Meditation; a Practical Application

Are you wanting to learn ways to quiet the mind, reduce stress and navigate stressful triggers? This class will demonstrate effective ways to manage and respond to life's challenges. Mindfulness and Meditation can help make your life more meaningful and satisfying.

32979	Rock Creek	BLDG5 222	6pm-7:20pm
Tue	8/6-8/27	Joubert	\$49

### 9HW 601P ICRT Animal Reiki 1 and 2

Become a certified practitioner. Animal Reiki is a form of Japanese meditation that uses healing energy to help your animal rebalance on physical, mental, emotional, and energetic levels. Become qualified to give in-person and distance Animal Reiki sessions to many different species of animals. Prerequisite: certified in Reiki 1 and 2.

32982	Hillsboro	GLENMR ARENA	5:30pm-7:50pm
Wed	7/3-8/14	Hepner-Hart	\$599

No class 7/17. Bring notebook, pen or pencil and chair.

## 1-On-1 Health Coaching



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

Feel your best with your own personal health coach! Whether you would like to eat better, exercise more, reduce stress, increase your energy, or to tackle other life challenges, your personal coach is dedicated to helping you succeed. Our certified health and wellness coaches are here to give you structure, provide accountability and empower you to achieve your goals.

### 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 4.

## Health Coach Profiles and Availability

### Julie Browning

Availability: Mon/Tue/Thu, 8am-5pm

Julie is a National Board-Certified Health and Wellness Coach, specializing in helping individuals who feel stuck, overwhelmed, or unsure how to move forward with their health and wellness. She has experience working with:

The Health Coach approach helps clients make changes to the way they eat, move, manage stress, sleep, etc. by taking small steps grounded in the client's strengths, available resources and internal motivations. When Julie isn't Health Coaching she is watching her daughter play basketball, riding her mountain bike or trail running with her dog.

### Tiffini Gibbs

Availability: Mon/Wed: 9am-10am; Fri 11am-4pm

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.

33187	Remote	6/24-9/7	Browning	\$375
33191	Remote	6/24-9/7	Gibbs	\$375

Teach at PCC and share your knowledge and experiences.

Visit [pcc.edu/communityed](http://pcc.edu/communityed) and click Teach a class

# Recreation and Wellness

## 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.

33185	Remote	6/24-9/7	Browning	\$375
33189	Remote	6/24-9/7	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!

33186	Remote	6/24-9/7	Browning	\$375
33190	Remote	6/24-9/7	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.

33188	Remote	6/24-9/7	Browning	\$375
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# Mind-Body Wellness

## 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.

33020	Corbett	CRBFRM BARN	1pm-2:20pm
Sat	6/29-8/3	Bennett	\$149

## 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.

32722	Sylvania	AM 125	6:30pm-7:50pm
Mon	6/24-7/22	Miranda	\$89



### Instructor Spotlight: Marcos Miranda

Join Marcos, a seasoned Karate practitioner with over a decade of experience, in an engaging journey to learn the fundamentals of this ancient martial art. Marcos employs an adult learning framework to ensure that each class is not only practical but also highly relevant to real-life situations. In this dynamic and safe environment, participants will delve into the basics of Karate, fostering self-confidence, self-control, and essential self-defense skills. From mastering blocks and kicks to honing Katas, every session is designed to empower individuals with the tools they need to defend themselves effectively.

Regardless of previous experience or the absence of a uniform, participants can expect to witness tangible improvements in strength, balance, and endurance. Come and discover the transformative power of Karate in a fun and supportive atmosphere.

## 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.

33018	Remote	ZOOM	6pm-6:50pm
Mon	6/24-8/12	Gonzalez	\$99

33019	Remote	ZOOM	6pm-6:50pm
Wed	6/26-8/14	Gonzalez	\$99

# Meditation

**NEW CLASS** **NEW INSTRUCTOR**

## 9MBF 620C Meditation and Its Forms

Learn and practice the many forms of meditation that span multiple traditions. From breathing meditation, loving kindness, elemental body contemplation, jhana, asubha, and more, this class is intended to help you find a practice that suits and interests you.

33043	Remote	ZOOM	7am-7:50am
Mon	7/1-8/26	Stickler	
and	<b>Southeast</b>	TABOR 135	11am-12:50pm
Wed	6/26-8/28	Stickler	\$189

▶ You may also like **Healing Creativity** on page 25



Beginning Karate



## Qigong and Tai Chi

### NEW CLASS

#### 9MBF 600Z **Cloud Hands Long Form Practice**

This class is for those who have learned any part of the Cloud Hands Long form. We will practice elements from parts 1, 2 and 3, but will most likely only do the complete parts 1 and 2. This is a beautiful old Yang Style family form with interesting elements that can be practiced separately.

32719	<b>Remote</b>	ZOOM	4pm-5:20pm
Wed	6/26-8/14	Holder	\$129

#### 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.

32172	<b>Sylvania</b>	AM 125	10am-11:20am
Sat	6/29-8/17	Holder	\$129

#### 9MBF 600X **Tai Chi Beginning: Yang Style Short Form**

Come explore movement elements from the Yang 24 form to create a short form which focuses on training movements left and right, promoting coordination of balance, posture and intentional movements and developing balanced, harmonized Chi (energy). All levels welcome.

32109	<b>Southeast</b>	TABOR 102	1pm-2:20pm
Thu	6/27-8/22	Holder	\$129

No class 7/4.

### UPDATED CLASS

#### 9MBF 600J **Tai Chi: Kung Fu Fan**

Learn this 52 move Fan form to improve balance, strength and harmony. Recommended to have basic Tai Chi experience. Fans provided in class.

32721	<b>Sylvania</b>	AM 125	11:30am-12:50pm
Sat	6/29-8/17	Holder	\$129

### UPDATED CLASS

#### 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.

31506	<b>Remote</b>	ZOOM	9am-9:50am
Sat	6/29-8/17	Holder	\$99

### UPDATED CLASS

#### 9MBF 617S **Tai Chi Beginning: Cloud Hands Modified Two Corner Form**

Explore movement elements from the Yang 24 form to create a short form which focuses on training movements left and right, promoting coordination of balance, posture and intentional movements, and developing balanced, harmonized Chi (energy). All are welcome.

32718	<b>Remote</b>	ZOOM	1:30pm-2:50pm
Mon	6/24-8/12	Holder	\$129

## 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.

31380	<b>Remote</b>	ZOOM	12pm-12:50pm
Wed	6/26-8/28	Wagoner	\$125

#### 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.

33044	<b>Remote</b>	ZOOM	12pm-12:50pm
Thu	6/27-7/25	Sugg	\$49

No class 7/4.

### 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.

31423	<b>Remote</b>	ZOOM	7am-7:50am
Wed	6/26-9/4	Diffely	\$129

No class 8/7.

### 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.

32033	<b>Remote</b>	ZOOM	6pm-7:20pm
Tue	8/13-9/3	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.

31400	<b>Remote</b>	ZOOM	6pm-7:20pm
Tue	6/25-7/23	Diffely	\$115

### NEW CLASS

#### 9MBF 602O **Yoga Along the Trail**

In the tranquility of the trail, gain strength, range of motion, balance, coordination, flexibility, and calmness. Using a bench, stump, tree, a fence or the side of a bridge, take your yoga practice to new places.

## Yoga Along the Trail, continued

33015	<b>Beaverton</b>	THNPRK TRAIL	10am-12:20pm
Sat	7/20	Nadal	\$35
33016	<b>Beaverton</b>	THNPRK TRAIL	10am-12:20pm
Sat	8/10	Nadal	\$35


► You may also like **Nature Identification for the Everyday Naturalist** on page 22



### Instructor Spotlight: Katy Nadal

As travelling the world and the outdoors has always been an interest, Katy sometimes adds a little yoga to her travels and walks. Be it a triangle pose along a Mt Hood Trail with a grandson or a pause on a path in a local park, learn to take a moment to pause, reflect, and be more aware of your surroundings as you practice yoga. Katy hopes others will want to take yoga off their mats, too, and into their next walk or hike and that you'll join her this summer for a walk through the Tualatin Hills Nature Park.

## 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/](http://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.

# Recreation and Wellness

## 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 4.

## 1-On-1 Yoga Lesson Instructor Bio and Availability

### Liz Eisman

Availability: Mon, 7am-11am; Tue/Thu, 1pm-3pm; Fri, 11am-3pm

Liz Eisman is a licensed massage therapist, yoga instructor, somatic coach, Realization Process meditation teacher & 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

33192 Remote 6/24-9/7 Eisman \$275

### 9MBF 616H 1-On-1 Yoga Lessons: 10-Session Package

33193 Remote 6/24-9/7 Eisman \$499

# Sports

## 9SPR 620Q Biking Tour of Westside Portland

Get outside and enjoy the warm sun. Experience three guided leisure bike rides on dedicated bike trails. The first two are 10-mile evening rides through Tigard and the third is a 10-20 mile weekend ride on the Banks to Vernonia Trail. Participants provide bike in good condition.

32237	<b>Tigard</b>	COOKPK BOAT	6:30pm-7:50pm
Mon	7/1	Barker	
and	<b>Tigard</b>	TIGLIB TRAIL	6:30pm-7:50pm
Mon	7/8	Barker	
and	<b>Banks</b>	BBRR TRAIL	10am-12:50pm
Sat	7/13	Barker	\$59

## Senior Discount

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

► More info: [pcc.edu/senior](http://pcc.edu/senior)



Horseback Riding

## 9SPR 600D Intro to Fly Fishing: Clackamas River Outing

Chase trout in Mount Hood National Forest. Open to former Intro to Fly Fishing students and those with prior experience. Class meets over Zoom Tuesday to prep, then fishes Saturday. No equipment provided, link to the gear list is below in the class information.

33035	<b>Remote</b>	ZOOM	6pm-7:50pm
Tue	7/2	Parish	
and	<b>Estacada</b>	MCBAS ACCESS	8am-6pm
Sat	7/6	Parish	\$149

Gear list: [pcc.edu/staff/nicholas-parish/gear-list](http://pcc.edu/staff/nicholas-parish/gear-list)

### UPDATED CLASS

## 9SPR 610V Fly Fishing

Interested in fly fishing, but unsure where to start? Learn about water, fish habits, gear, casting, technique, then go fish. First class covers basics, class two casting, last a pond outing. Bring your own equipment.

32297	<b>Remote</b>	ZOOM	6pm-9:15pm
Tue	6/25	Parish	
and	<b>Gervais</b>	STPOND POND	8am-2:30pm
Sat	6/29	Parish	
and	<b>SE Portland</b>	WSTMOR POND	6pm-8:15pm
Thu	6/27	Parish	\$175 + \$12 fee

## 9SPR 620Z Horseback Riding: Level 1

Come enjoy the beauty of horseback riding. 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.

## Horseback Riding: Level 1, continued

32299	<b>Corbett</b>	CRBFRM BARN	10am-10:50am
Sat	6/29-7/27	Bennett	\$375
Maximum rider weight is 225 lbs			
32300	<b>Corbett</b>	CRBFRM BARN	11am-11:50am
Sat	6/29-7/27	Bennett	\$375
Maximum rider weight is 225 lbs			
32556	<b>Corbett</b>	CRBFRM BARN	10am-10:50am
Sat	8/3-8/31	Bennett	\$375
Maximum rider weight is 225 lbs.			
33021	<b>Corbett</b>	CRBFRM BARN	11am-11:50am
Sat	8/3-8/31	Bennett	\$375
Maximum rider weight is 225 lbs.			

### UPDATED CLASS

## 9SPR 625S Horseback Riding at Glenmar Farms

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.

32980	<b>Hillsboro</b>	GLENMR ARENA	10am-11:30am
Sat/Sun	7/6-7/7	Hepner-Hart	
and	<b>Hillsboro</b>	GLENMR ARENA	10am-11:30am
Sat/Sun	7/27-7/28	Hepner-Hart	
and	<b>Hillsboro</b>	GLENMR ARENA	10am-11:30am
Sat	8/10-8/17	Hepner-Hart	\$630
Need helmet and boots. Max weight 225lb.			

► You may also like [Columbia Gorge Hike, Wine, and Discover](#) on page 44



### NEW CLASS

#### 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.

33133	<b>SE Portland</b>	YMCASE GRTHLL	6pm-7:20pm
Wed	6/26-7/31	Haney	\$109 + \$10 fee

### NEW CLASS

#### 9SPR 600G **Spaciousness Oregon Coast Trail Day Adventure and Workshop**

"Spaciousness" Oregon Coast Trail Hiking Day Adventure with guest author and OCT Hiker Extraordinaire. The hike is 6.5 to 7 miles and about 2.5 hours. Hike includes women's circle, stretches, lunch at lake and workshop follows with pre-event journaling worksheet. Women 16 to 70 years.

33011	<b>Hammond</b>	FSSPRK TRAIL	8am-3pm
Sat	7/13	Dobbins	\$250

Lunch included

#### 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.

31750	<b>Rock Creek</b>	BLDG5 GYM-A/B	9am-10:20am
Sat	7/6-8/24	Slack	\$119
31751	<b>Rock Creek</b>	BLDG5 GYM-A/B	10:30am-11:50am
Sat	7/6-8/24	Slack	\$119
31915	<b>Rock Creek</b>	BLDG5 GYM-A/B	6:30pm-8:20pm
Mon	7/1-8/19	Slack	\$129
32236	<b>Rock Creek</b>	BLDG5 GYM-A/B	6:30pm-8:20pm
Wed	7/3-8/21	Slack	\$129

#### 9SPR 623M **Longboarding 101**

Learn basics of longboard skateboarding: how to ride with control and safely slow down and stop. Taught by friendly and accomplished local longboarder, all levels welcome. Bring your longboard, helmet, slide gloves, elbow and knee pads.

31608	<b>SE Portland</b>	TABPRK SHLTR A	12pm-1:50pm
Wed	6/26-7/24	McGuirk	\$89
31609	<b>SE Portland</b>	TABPRK SHLTR A	12pm-1:50pm
Wed	7/31-8/28	McGuirk	\$89

#### 9SPR 620J **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!

33272	<b>Rock Creek</b>	BLDG5 GYM-A/B	5:30pm-6:50pm
Tue	6/25-8/13	Edwards	\$85
No class 7/16. Bring paddle, sleeve of pickleballs			
32045	<b>Sylvania</b>	HT GYM	8am-9:20am
Fri	6/28-7/19	Curry	\$59 + \$10 fee
Bring own paddle.			
32492	<b>Sylvania</b>	HT GYM	6pm-7:20pm
Mon	6/24-7/15	Curry	\$59 + \$10 fee
Bring paddle, sleeve of indoor pickleballs.			

#### 9SPR 600B **Pickleball Intermediate/Advanced**

Expand your pickleball skills in this class for experienced players. Learn new skills and improve existing ones by competing against multiple players.

32046	<b>Sylvania</b>	HT GYM	9:30am-10:50am
Fri	6/28-7/19	Curry	\$59 + \$10 fee
Bring own paddle.			
32493	<b>Sylvania</b>	HT GYM	6pm-7:50pm
Tue	6/25-7/16	Curry	\$79 + \$10 fee
Bring paddle, sleeve of indoor pickleballs			

#### 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 (all 4 classes) they graduate to the next level.

32230	<b>Tigard</b>	NWFENC STUDIO	7pm-8pm
Fri	7/12-8/2	Richmond	\$49
32981	<b>Tigard</b>	NWFENC STUDIO	7pm-8pm
Fri	8/9-8/30	Richmond	\$49

## 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 4.

## 1-On-1 Tennis Lesson Instructor Profile and Availability

### Kent Slack

Availability: Mon-Sat, 10am-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 Lesson 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.

33180	<b>Rock Creek</b>	6/24-9/7	Slack	\$329
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## Golf

### NEW INSTRUCTOR

#### 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.

31600	<b>NE Portland</b>	COLWD RANGE	4pm-4:50pm
Wed	7/10-8/7	Bader	\$129
31776	<b>NE Portland</b>	COLWD RANGE	12:30pm-1:20pm
Wed	7/10-8/7	Bader	\$129
32035	<b>NE Portland</b>	COLWD RANGE	12:30pm-1:20pm
Tue	7/9-8/6	Bader	\$129
32932	<b>NE Portland</b>	COLWD RANGE	12:30pm-1:20pm
Sun	7/21-7/28	Mueller	
and	<b>N Portland</b>	HGLFC RANGE	12:30pm-1:20pm
Sun	8/4	Mueller	
and	<b>NE Portland</b>	COLWD RANGE	12:30pm-1:20pm
Sun	8/11-8/18	Mueller	\$129
32934	<b>NE Portland</b>	COLWD RANGE	4pm-4:50pm
Thu	7/25-8/22	Mueller	\$129

#### 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.

32938	<b>NE Portland</b>	COLWD RANGE	10am-11am
Sun	6/30-7/28	Mueller	\$129
32939	<b>NE Portland</b>	COLWD RANGE	10am-11am
Sun	8/4-9/1	Mueller	\$129

#### 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.

32042	<b>SE Portland</b>	EMGOLF RANGE	2pm-2:50pm
Mon	7/15-8/12	Comella	\$119

#### 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.

32729	<b>N Portland</b>	HGLFC RANGE	4pm-4:50pm
Mon	6/24-7/22	Basile	\$135



# Recreation and Wellness

## Golf: Heron Lakes Golf Club, continued

32041	<b>N Portland</b>	HLGLFC RANGE	1pm-1:50pm
Wed	7/3-7/31	Basile	\$135
32040	<b>N Portland</b>	HLGLFC RANGE	1pm-1:50pm
Fri	7/5-8/2	Basile	\$135
32731	<b>N Portland</b>	HLGLFC RANGE	4pm-4:50pm
Mon	7/29-8/26	Basile	\$135
32727	<b>N Portland</b>	HLGLFC RANGE	1pm-1:50pm
Wed	8/7-9/4	Basile	\$135
32728	<b>N Portland</b>	HLGLFC RANGE	1pm-1:50pm
Fri	8/9-9/6	Basile	\$135

## 9SPR 621D **FUNDamentals of Golf**

Come work on the fundamentals of golf in a friendly and fun environment. We will touch base on full swing, short game and basic rules.

32856	<b>North Plains</b>	PRGOLF RANGE	2pm-2:50pm
Wed	7/3-7/24	Da Silva	\$129



### Instructor Spotlight: Chuck DaSilva

If you are looking to have fun in learning the game of golf, then this is the class for you! Chuck has been a PGA Professional for over 30 years and specializes in introducing the skills needed to play and improve your golf game. He is patient and keeps things simple. Best of all, in this

introductory class, you get on-course coaching on the final day of class on the Ghost Creek Golf Course at Pumpkin Ridge!

## 9SPR 621K **Golf: Pumpkin Ridge**

This class will cover all aspects of the game of golf. Classes cover the fundamentals of the full swing, chipping, putting, greenside and bunker play, rules, etiquette and course strategy. The last day of class you will play on the course with your coach.

32238	<b>North Plains</b>	PRGOLF RANGE	3:30pm-4:20pm
Wed	7/3-7/17	Da Silva	
and	<b>North Plains</b>	PRGOLF RANGE	6:15pm-8:15pm
Wed	7/24	Da Silva	\$159

## Water Sports

### UPDATED CLASS

## 9SPR 625U **Estacada Lake Kayak Adventure**

This is a casual, guided kayaking tour on Estacada Lake. This is not kayak instruction so previous experience with kayaking is preferred, but not required. Please prepare to be a few minutes ahead of schedule so the tour can begin on time.

33037	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	7/11	Spencer	\$99
33039	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	8/1	Spencer	\$99
33042	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	8/29	Spencer	\$99

### NEW CLASS

## 9SPR 625X **Estacada Lake Stand Up Paddleboard**

Join us on scenic Estacada Lake for our flatwater paddleboarding adventure. Get tips on best paddling practices including: technique, etiquette and being prepared.

## Estacada Lake Stand Up Paddleboard, continued

33036	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	6/27	Spencer	\$99
33038	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	7/18	Spencer	\$99
33040	<b>Estacada</b>	TIMPAR RAMP	3pm-6pm
Thu	8/22	Spencer	\$99

## 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.

32972	<b>Estacada</b>	LAZBEN BOAT	9:30am-12:30pm
Mon	7/29	Gilstrap	\$70
32973	<b>Estacada</b>	LAZBEN BOAT	9:30am-12:30pm
Sun	7/14	Gilstrap	\$70
32974	<b>Estacada</b>	LAZBEN BOAT	9:30am-12:30pm
Mon	8/19	Gilstrap	\$70

## 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.

32976	<b>Estacada</b>	FELDFL LAUNCH	9:30am-12pm
Sun	7/7	Gilstrap	\$60
32977	<b>Estacada</b>	FELDFL LAUNCH	9:30am-12pm
Tue	7/30	Gilstrap	\$60
32978	<b>Estacada</b>	FELDFL LAUNCH	9:30am-12pm
Tue	8/20	Gilstrap	\$60



Pickleball



### UPDATED CLASS

#### 9SPR 624W **Women's Bodyboard Day Camp**

Experience the absolute thrill and joy of catching a wave on a bodyboard. Learn ocean and wave safety and essential bodyboard skills. All equipment, lunch, tee shirt and more are provided. Experience connection, empowerment and transformation riding waves on a bodyboard!

31755 **Seaside** BWAYPK 8am-4:30pm  
Sat 8/31 Dobbins \$375

Must reg by 8/24. Surf equip included.

### UPDATED CLASS

#### 9SPR 625A **Women's Day Surf Camp**

Meet new surf sisters! Learn to surf in this unique women's surf camp! In addition to hours of surf instruction and ocean and surfboard safety, enjoy beach yoga. All surf and wetsuit equipment, lunch, souvenir tee shirt and goodie bag are included. Empowerment, connection and transformation await you.

31754 **Seaside** BWAYPK 8am-4:30pm  
Sat 7/6 Dobbins \$375

Surf equip included. Must reg by 6/29.



Women's Day Surf Camp

## Work Out

#### 9WO 610Q **The Mt. St. Helens Adventure Tour**

Ever hiked through a lava tube? Come explore Mt. St. Helens as you hike near waterfalls, through lava tubes and within old-growth forests. On this tour you will see some of the most unique geological features in North America, including North America's longest continuous lava tube and a lava tree mold forest. Lunch is provided.

33025 **NE Portland** TERTRA 8am-8pm  
Sat 8/31 Bingham \$320

33026 **NE Portland** TERTRA 8am-8pm  
Sat 9/7 Bingham \$320

### UPDATED CLASS

#### 9WO 610R **Columbia Gorge Hike, Wine, and Discover**

Let's hike and taste wine for 10 hours of visceral exploration! Come see the natural beauty of the Gorge through hiking, wine tasting and a visit to the Columbia Gorge Discovery Center and Museum. Your guide will teach you about the natural history, cultural history, and wine background of the area. Students must be 21 years old or older to participate in classes serving alcohol. Lunch is provided; Wine tasting fees are not provided.

33022 **NE Portland** TERTRA 8am-6pm  
Sat 6/29 Bingham \$180

33023 **NE Portland** TERTRA 8am-6pm  
Sat 8/10 Bingham \$180

► You may also like **Wine Trivia: Test Your Knowledge** on page 21

### UPDATED CLASS

#### 9WO 610U **Silver Falls Hike and Wine**

Learn about the natural history, cultural history, and wine background of the Willamette Valley and Silver Falls State Park, while hiking and wine tasting. Picnic lunch included, tasting fees are not.

33024 **NE Portland** TERTRA 8am-6pm  
Sat 8/17 Bingham \$180

#### 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.

32022 **Sublimity** SILFAL LOT 9am-1:50pm  
Fri 7/5 Rosen-Fischer \$149

32023 **Sublimity** SILFAL LOT 9am-1:50pm  
Sat 7/13 Rosen-Fischer \$149

32435 **Sublimity** SILFAL LOT 9am-1:50pm  
Sun 7/21 Rosen-Fischer \$149

► You may also like **Teen Tree Climbing Camps** on page 50

#### 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.

33261 **Sublimity** SILFAL LOT 5pm-10pm  
Sat 7/6 Rosen-Fischer \$175

33263 **Sublimity** SILFAL LOT 5pm-10pm  
Sat 7/27 Rosen-Fischer \$175

33264 **Sublimity** SILFAL LOT 5pm-10pm  
Sat 8/10 Rosen-Fischer \$175

#### 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!

32725 **Cascade** CAGYM 201 7pm-7:20pm  
Tue 6/25-8/13 Haney \$99

#### 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

31752 **Remote** ZOOM 8am-8:50am  
Wed 7/17-8/14 Stark \$75

#### 9WO 610O **Science of Stretching: Increasing Functional Mobility**

Do you have locked up hips? Tight hamstrings? Stiff lower back? Science of Stretching is a targeted mobility training method that works to open up your body. No experience required, super stiff people always welcome.

32174 **Remote** ZOOM 6:30am-7:20am  
Tue/Thu 6/25-9/5 Gibbs \$159  
No class 7/4, 8/29.

32723 **Sylvania** HT 131 9am-9:50am  
Sat 6/29-8/17 Gibbs \$99

► You may also like **Dance** classes on page 7

#### 9WO 610T **Cycle Body Boot Camp**

Take your workout to new heights. Blending on the bike cycling and off the bike strength and core training, this workout will get you energized and feeling great. All fitness, cycling experience welcome.

32724 **Sylvania** HT 113A 1pm-1:50pm  
Wed 6/26-8/14 Zapata-Wilson \$89  
No class 7/24.

# Recreation and Wellness

## NEW CLASS

### 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.

33027 **Southeast** TABOR 102 7pm-7:50pm  
Mon 6/24-8/5 English \$75

No class 7/15. Gloves/Shin Guard/Mouthpiece and Protective Cup required.

## NEW CLASS

### 9WO 610W **Power and Flexibility**

Feel the power in this fusion class designed to strengthen and stretch your muscles. For the first half, challenge your limits with bodyweight and resistance band exercises. The last half will be dedicated to flexibility and recovery focusing on lengthening and relieving your muscles, enhancing your mobility and soothing your nervous system.

32720 **Remote** ZOOM 6:30am-7:20am  
Mon/Wed 6/24-9/4 Gibbs \$159

No class 8/28.

### 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.

33032 **Remote** ZOOM 5:30pm-6:20pm  
Fri 6/28-8/30 Macedo Gallegos \$125

### 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.

32043 **NE Portland** NWDPS STUDIO 10:15am-11:15am  
Sun 6/30-9/1 Gambino \$165

► You may also like **Beginning Partner Acrobatics** on page 8

## Cardio

### 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.

31142 **Remote** ZOOM 5pm-5:50pm  
Thu 6/27-9/5 Sherwood \$125

No class 7/4.

► You may also like **Intro to Hip Hop Dance** on page 7

### 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!

32292 **Remote** ZOOM 5:30pm-6:20pm  
Mon/Wed 6/24-8/28 Macedo Gallegos \$199

### 9DAN 611M **Salsa Fit! For Absolute Beginners!**

Move your feet, sashay your hips, and feel the heat of salsa in a dance class emphasizing dance, fitness and cardio routines to the beat of Latin music. Wear fitness/dance apparel and bring a water bottle. Socks or bare feet ok.

33259 **NE Portland** NWDPS STUDIO 10:45am-11:45am  
Sat 6/29-8/3 Gambino \$115

### 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!

31463 **Remote** ZOOM 6pm-6:50pm  
Tue 6/25-8/27 Nishikido \$125

31140 **Southeast** TABOR 102 6pm-6:50pm  
Mon 6/24-8/26 Nishikido \$125

### 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.

31464 **Remote** ZOOM 6pm-6:50pm  
Wed 6/26-8/28 Nishikido \$125

## 1-On-1 Fitness Training



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

Fitness 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.

## Fitness 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/](http://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 email or cell phone by the first week of term to schedule your training sessions. First time students will be sent a Fitness Training info 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 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 4.

## 1-On-1 Fitness Trainer Profiles and Availability

### Kris Basta

*Southeast Availability: Mon/Wed, 8am-5pm*

*Sylvania Availability: Tue/Thu/Fri, 8am-5pm*

Kris has an AA in exercise science and is working on his BS at Portland State University. He is certified through the National Academy of Sports Medicine. Kris establishes his long-term client interactions with the goal of integrating exercise and optimal wellness into the demands of daily life.

### Heidi Baum

*Sylvania Availability: Tue/Thu, 7:30am-5pm;*

*Fri, 8am-11am*

*Zoom Availability: Mon/Wed, 8:30am-4pm,*

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*

Angi believes that an active lifestyle is the key to a long, fulfilling, happy and healthy life. After losing 40 pounds, she rekindled her passion for fitness and decided to make a career of it. Angi wants to empower you to create, achieve and maintain your healthiest life.

### Steven Chaco

*Rock Creek Availability: Mon/Wed/Fri, 11am-5pm*

*Sylvania Availability: Tue/Thu, 11am-5pm*

Steven got into fitness after brain surgery as a teenager and has lost 170lbs. He has always had a passion for helping others and felt that after he went through his weight loss journey, that fitness training would be a great way to help others discover their true potential. He is nationally certified with NASM, a graduate of the Exercise Science program and is ready to help you achieve your goals.

**1-On-1 Fitness Training Information, Instructor Profiles and Availability continues on next page**



## 1-On-1 Fitness Training, continued

### John Cunningham

*Zoom Availability: Mon-Fri, 10am-5pm*

John specializes in functional training that enables clients to become the healthiest, happiest versions of themselves. His wellness journey began in his early 40's when he was struggling with his own weight and overall energy levels. Through hard work and the right balance, he was able to turn his health around. Now, in his mid 50's, he's in the best shape of his life!

### Tiffini Gibbs

*Zoom Availability: Mon-Thu, 10am-5pm*

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

*Sylvania Availability: Tue/Thu, 10am-4pm*

*Rock Creek Availability: Mon/Wed/Fri, 10am-4pm*

Krista found her passion for wellness and fitness in 2016. Throughout her journey, she has lost 155 pounds, built muscle, and transformed her health. She wants to help others believe in themselves and realize it is possible to achieve your health goals regardless of your circumstances. She has a degree in Exercise Science from PCC and is certified by the National Academy of Sports Medicine.

### Hayley Valoppi

*Sylvania Availability: Mon/Wed, 8am-2pm;*

*Zoom Availability: Mon/Wed, 9am-3pm;*

Hayley approaches fitness through an inclusive, trauma-informed and body-neutral lens. Her mission is to help folks get curious while expanding their fitness to include more joy and self-compassion. Hayley believes that fitness doesn't have to be complicated and everyone deserves to move their bodies in ways that are empowering, energizing, and enjoyable.

### Richard Willhite

*Zoom Availability: Mon-Fri, 10am-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-7:30pm*

*Sylvania Availability: Wed, 1pm-7:30pm*

*Zoom Availability: Mon, 1:30pm-7pm;*

*Tue, 1:30pm-7:30pm; Wed, 1pm-7:30pm;*

*Thu, 1:30pm-7:30pm; Fri, 1pm-4pm*

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 Fitness 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 Fitness Training: 5 Session Package

31063 [See Trainer Profile](#) 6/24-9/7 Gibbs \$275

### 9WO 624Y Fitness Training: 10 Session Package

33183 [See Trainer Profile](#) 6/24-9/7 Basta \$499

31238 [See Trainer Profile](#) 6/24-9/7 Blue \$499

32755 [See Trainer Profile](#) 6/24-9/7 Chaco \$499

31062 [See Trainer Profile](#) 6/24-9/7 Gibbs \$499

32134 [See Trainer Profile](#) 6/24-9/7 Hickok \$499

32759 [See Trainer Profile](#) 6/24-9/7 Valoppi \$499

31065 [See Trainer Profile](#) 6/24-9/7 Willhite \$499

30608 [See Trainer Profile](#) 6/24-9/7 Zapata-Wilson \$499

### 9WO 624Z Fitness Training: 15 Session Package

31061 [See Trainer Profile](#) 6/24-9/7 Blue \$725

32756 [See Trainer Profile](#) 6/24-9/7 Chaco \$725

31064 [See Trainer Profile](#) 6/24-9/7 Gibbs \$725

32136 [See Trainer Profile](#) 6/24-9/7 Hickok \$725

32128 [See Trainer Profile](#) 6/24-9/7 Valoppi \$725

32301 [See Trainer Profile](#) 6/24-9/7 Willhite \$725

### 9WO 625H Fitness Training: 20 Session Package

33184 [See Trainer Profile](#) 6/24-9/7 Basta \$899

33181 [See Trainer Profile](#) 6/24-9/7 Baum \$899

31239 [See Trainer Profile](#) 6/24-9/7 Blue \$899

32757 [See Trainer Profile](#) 6/24-9/7 Chaco \$899

33182 [See Trainer Profile](#) 6/24-9/7 Cunningham \$899

31144 [See Trainer Profile](#) 6/24-9/7 Gibbs \$899

32137 [See Trainer Profile](#) 6/24-9/7 Hickok \$899

32760 [See Trainer Profile](#) 6/24-9/7 Valoppi \$899

31060 [See Trainer Profile](#) 6/24-9/7 Willhite \$899

31240 [See Trainer Profile](#) 6/24-9/7 Zapata-Wilson \$899



Strength Training for Women

# Recreation and Wellness

## 9WO 610V 1-On-1 Fit and Fuel Fusion Intensive Training: 15 Pack

Dive into Fit and Fuel Fusion where Fitness Training meets expert nutrition counsel to transform your health journey. Three days per week for five weeks, you will gain strength, learn healthy eating, and build lifelong wellness habits. Enroll now to unlock your potential and live your healthiest, most intentional life.

32754 See Trainer Profile 6/24-9/7 Gibbs \$725

## Pilates

### 9WO 600Q reForm Pilates Reformer Level 1

This class will introduce beginning and some intermediate Pilates Reformer exercises. In addition to strengthening and lengthening muscles, the Pilates method conditions the core, which supports the health of the spine. The class will cover Reformer repertoire, Pilates fundamentals and concepts. No experience required.

33034 SE Portland REFORM STUDIO 3:30pm-4:25pm  
Thu 7/11-8/29 Niederhauser \$320

### 9WO 610F Beginner Gyrotonic Tower Class

In this Gyrotonic class you will learn new exercises and combinations that build on the concepts learned in the Introductory class. Gyrotonic uses resistance equipment to encourage the whole body into efficient collaboration to build strength, flexibility and joint stabilization.

31607 SE Portland REFORM STUDIO 2pm-2:55pm  
Mon 7/8-8/26 Niederhauser \$320

### 9WO 601N Intermediate Gyrotonic Tower Class

A continuation of the Gyrotonic Exercise system on the Tower/Pulley system. Prerequisite: Intro to Gyrotonic or Beginner Gyrotonic class.

32291 SE Portland REFORM STUDIO 2:30pm-3:25pm  
Thu 7/11-8/29 Niederhauser \$320

### 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.

31638 SW Portland EFM STUDIO 11:45am-12:35pm  
Tue 6/25-8/27 Binnendyk \$325

31639 SW Portland EFM STUDIO 11:45am-12:35pm  
Thu 6/27-8/29 Binnendyk \$359  
No class 7/4.

### 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.

31640 SW Portland EFM STUDIO 10:30am-11:20am  
Mon 6/24-8/26 Binnendyk \$359  
For students with Pilates experience.



### Pilates Reformer + Tower: Level 2, continued

31643 SW Portland EFM STUDIO 10:30am-11:20am  
Wed 6/26-8/28 Binnendyk \$359  
For students with Pilates experience.

31646 SW Portland EFM STUDIO 10:30am-11:20am  
Fri 6/28-8/30 Binnendyk \$325  
No class 7/5. For students with Pilates experience.

### 9WO 601Q Pilates Reformer + Tower: Level 2.5

For students with Pilates experience, working toward Pilates Level 3 exercises

32739 SW Portland EFM STUDIO 11:45am-12:35pm  
Mon 6/24-8/26 Binnendyk \$359  
For students with Pilates experience.

32740 SW Portland EFM STUDIO 10:30am-11:20am  
Tue 6/25-8/27 Binnendyk \$359  
For students with Pilates experience.

32741 SW Portland EFM STUDIO 11:45am-12:35pm  
Wed 6/26-8/28 Binnendyk \$359  
For students with Pilates experience.

32742 SW Portland EFM STUDIO 10:30am-11:20am  
Thu 6/27-8/29 Binnendyk \$359  
No class 7/4. 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.

31647 SW Portland EFM STUDIO 9:15am-10:05am  
Mon 6/24-8/26 Binnendyk \$329  
For students with Pilates experience.

31649 SW Portland EFM STUDIO 9:15am-10:05am  
Wed 6/26-8/28 Binnendyk \$329  
For students with Pilates experience.

### Pilates Reformer + Tower: Level 3, continued

31651 SW Portland EFM STUDIO 9:15am-10:05am  
Fri 6/28-8/30 Binnendyk \$325  
No class 7/5. 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.

31652 SW Portland EFM STUDIO 9:15am-10:05am  
Tue 6/25-8/27 Binnendyk \$359  
For students with Pilates experience.

31653 SW Portland EFM STUDIO 9:15am-10:05am  
Thu 6/27-8/29 Binnendyk \$325  
No class 7/4. For students with Pilates experience.

32227 SW Portland EFM STUDIO 11:45am-12:35pm  
Fri 6/28-8/30 Binnendyk \$325  
No class 7/5. For students with Pilates experience.

## 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.

31604 Remote ZOOM 5:30pm-6:50pm  
Tue/Thu 6/25-9/3 Macedo Gallegos \$229  
No class 7/4.

32031 Rock Creek BLDG5 101 6pm-7:20pm  
Tue/Thu 6/25-8/20 Hickok \$189  
No class 7/4.



# Summer Teen Program

## Summer Teen Program Info

### Student Needs and Course Requirements:

- Teens must be between 12-17 years old during the duration of the course.
- We want everyone to have fun and stay safe. Because college is an adult environment, all participants must follow the guidelines outlined in the PCC Student Rights and Responsibilities (pcc.edu/about/policy/student-rights). Students in the Summer Teen Program are expected to be able to work independently and in groups with minimal support from the instructor.
- Students who will be attending with a Personal Care Attendant must register with PCC Disability Services prior to the class beginning. (Visit pcc.edu/disability, click on "Get Started" button and on the next page click on the "I Take Community Education Courses" button).
- If you have other questions or concerns that you would like to share regarding your student's needs or accommodations, please contact the program at 971-722-6606.

### Registration:

Register for Teen program classes at [pcc.edu/community/teen](http://pcc.edu/community/teen).

Students will need to create a MyPCC account and fill out the Consent to Release form prior to registering for classes. To create a MyPCC student account:

- 1 Visit [pcc.edu/hc](http://pcc.edu/hc)
- 2 Select the "Create Your Account" option
- 3 Select the "Apply as a non-credit" student option
- 4 Follow the prompts to create the account

Information on how to complete the Consent to Release form is available at [pcc.edu/community/teen](http://pcc.edu/community/teen). If you have questions or need assistance, contact 971-722-6606.

## Computers and Technology

### 9HB 6001 3D Printing and Laser Cutting for Teens

Get creative with technology and learn about 3D printing and laser cutting. Students will problem solve and get exposed to new technology while designing and building unique projects in a supportive maker environment. For ages 12-17.

33135	<b>Cascade</b>	TH 101	9:30am-11:50am
Mon-Fri	7/22-7/26	Berg	\$109 + \$30 fee

## Cooking

### UPDATED CLASS

### 9FD 614B Homemade Pasta for Teens

Love to work with your hands? Come learn all about pasta dough: make it, roll it, cut it and cook it. Delish! Then learn to make sauces to enjoy with your pasta. Wear pants, close-toed non-slip shoes and a long sleeved shirt. For ages 12-17.

32914	<b>Southeast</b>	COMX KIT	3pm-5:50pm
Tue	7/9	Garcia-Andre	\$49 + \$30 fee

Must reg/drop by 7/5.

32915	<b>Southeast</b>	COMX KIT	3pm-5:50pm
Thu	7/11	Garcia-Andre	\$49 + \$30 fee

Must reg/drop by 7/9.

► You may also like **Italian** classes on page 33

### 9FD 614C French Cooking for Teens

Bon appétit! Speak French while cooking along and tasting French baking and cuisine. Learn to make les crêpes, le clafoutis aux cerises, le gâteau au yaourt, les madeleines, la quiche lorraine and more alongside a native French speaker and baker. For ages 12-17.

32384	<b>Rock Creek</b>	BLDG5 241	2pm-4:50pm
Mon-Fri	7/29-8/2	Prescott	\$119 + \$50 fee

Must reg/drop by 7/25. Bring tupperware.

### French Cooking for Teens, continued

32733	<b>Rock Creek</b>	BLDG5 241	2pm-4:50pm
Mon-Fri	8/5-8/9	Prescott	\$119 + \$50 fee

Must reg/drop by 8/1. Bring tupperware.



### Instructor Spotlight: Dominique Prescott

Dominique is originally from France and is a talented and passionate baker and french speaker. She loves the process of cooking and baking but also enjoys incorporating her own recipes into class while teaching students French phrases and words. Teen students will love to taste test and bake along with Dominique while learning about French culture and cuisine along the way!

## Languages

### 9LAN 616X French Camp for Teens

Practice your French skills or learn new vocabulary for exploring the beach, grocery shopping for a picnic and venturing in the outdoors... all without leaving the classroom! All levels welcome. For ages 12-17.

32924	<b>Southeast</b>	TABOR 140	10am-11:50am
Mon-Thu	7/8-7/11	Murer	\$65 + \$15 fee

32925	<b>Southeast</b>	TABOR 140	10am-11:50am
Mon-Thu	7/22-7/25	Murer	\$65 + \$15 fee

► You may also like **French** classes on page 31



# Summer Teen Program

## Finances

### 9MNY 627H Teen Finance: Dollars and Sense

Discover the essentials of budgeting, saving, investing and making money work for you. From understanding credit to navigating the world of savings and investments, empower yourself with the skills to thrive financially. Your future self will thank you! For ages 12-17.

32764	<b>Remote</b>	ZOOM	5pm-5:50pm
Wed	7/17-7/24	Holcombe	\$39

## Hobbies

**NEW CLASS** **NEW INSTRUCTOR**

### 9HB 611J Learn to Weave

Learn to weave and develop techniques for weaving on a loom. Tapestry and rigid heddle looms will be provided based on students previous weaving experience. Pattern design and theory will be taught throughout the week while students create their own beautiful creations. For ages 12-17.

32734	<b>Southeast</b>	TABOR 137	10am-12:20pm
Mon-Fri	7/15-7/19	Arrillaga	\$105 + \$10 fee



### Instructor Spotlight: Bobbi Arrillaga

Bobbi utilizes her strong background in the ancient crafts to work with fiber, leather and found objects to create both functional and decorative works of art. She combines her love of creating with her love of teaching to introduce others to the time honored crafts while adding a touch of modern whimsy. Bobbi is excited to share various time honored techniques with teens and how the knowledge can be used to construct modern works of art.

**NEW CLASS** **NEW INSTRUCTOR**

### 9HB 611K Learn to Weave 2

Excited to learn more about weaving? Explore further techniques on tapestry and rigid heddle looms while learning about weaving pattern design and theory. This camp is suggested for teens with some experience weaving or those who have already attended Learn to Weave Camp, but all are welcome. For ages 12-17.



Homemade Pasta for Teens

### Learn to Weave 2, continued

32735	<b>Southeast</b>	TABOR 137	10am-12:20pm
Mon-Fri	7/22-7/26	Arrillaga	\$105 + \$15 fee

**NEW CLASS** **NEW INSTRUCTOR**

### 9HB 611L Teen Embroidery: Itch to Stitch

Unleash your creativity in this embroidery intensive for teens. Learn color theory, stitching techniques and design layout, all while exploring fun ways to use embroidery. All levels are welcome. For ages 12-17.

32736	<b>Southeast</b>	TABOR 137	1pm-3:50pm
Mon-Fri	7/15-7/19	Arrillaga	\$119 + \$15 fee

32737	<b>Southeast</b>	TABOR 137	1pm-3:50pm
Mon-Fri	7/22-7/26	Arrillaga	\$119 + \$15 fee

### 9MW 627L Teen Welding Fundamentals Camp

Learn all about the world of welding in this hands-on camp! Learn the basics of safety and techniques needed to weld properly. Students will learn the concepts of welding and fabrication. Put new skills to the test by completing a small project at the end of the camp. For ages 12-17.

31778	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Mon-Fri	7/29-8/2	Boyer	\$399

Wear closed toe shoes. Bring water.

► You may also like **Welding Fundamentals: MIG Welding (GMAW)** on page 25

### 9MW 627F Teen Welding: Foundations

Are you curious about welding? Spend a few hours learning the foundations and basics under the guidance of a professional welder. Students will learn safety, how to use tools and try a few welding techniques in this hands-on workshop. For ages 12-17.

32387	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Wed	7/24	Boyer	\$199

### Teen Welding: Foundations, continued

32388	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Tue	6/25	Boyer	\$199

### 9MW 600C Teen Metalsmithing Camp

Step into the role of a metalsmith for a week. Learn under the careful guidance of two professionals, basic techniques with hand tools and how to make hot connections with a soldering torch. Students will take home multiple handmade items. For ages 12-17.

32920	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Mon-Fri	7/15-7/19	Boyer	\$299 + \$50 fee

**NEW CLASS**

### 9MW 600D Teen Metalsmith Jewelry Workshop

This workshop is the perfect introduction to jewelry making. Learn to use all the staple hand tools to create small and unique projects to take home. Students will explore techniques to saw, texture and shape their creation to perfection in their own workspace. For ages 12-17.

33136	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Fri	6/28	Boyer	\$169 + \$25 fee

33137	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Mon	7/22	Boyer	\$169 + \$25 fee

### Class Spotlight:

Metalsmithing and welding are unique skills that build hand and eye coordination, creativity and confidence. Students have options to weld unique projects in welding camp or metalsmith their own jewelry such as silver hoops or custom earrings in metalsmithing programs. Each camp and workshop will focus on different welding projects and jewelry that students create themselves in a small group setting of six students, under the guidance of experienced instructors working in the field.

Get more info and register at [pcc.edu/community/teen](https://pcc.edu/community/teen)

You cannot register for Teen Program classes through the normal PCC registration system.



### NEW CLASS

#### 9MW 600A Metalworking Jewelry:

##### Create Custom Earrings

Learn to shape brass or copper to create a unique pair of earrings. Wire wrap a set of French hook ear wires embellished with a unique crystal or stone to wear of give as a gift! For ages 12-17.

32916	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Thu	6/27	Boyer	\$189 + \$45 fee
32917	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Tue	7/23	Boyer	\$189 + \$45 fee

### NEW CLASS

#### 9MW 600B Metalworking Jewelry:

##### Silver Hoops

Create sterling silver hoop earrings using a variety of hand tools. Learn to make a hot connection using the soldering torch. Pierced stones and crystals can even be added for more glam! For ages 12-17.

32918	<b>NE Portland</b>	WILDHB STUDIO	1pm-3pm
Wed	7/10	Boyer	\$229 + \$55 fee
32919	<b>NE Portland</b>	WILDHB STUDIO	1pm-4:50pm
Thu	8/29	Boyer	\$299 + \$55 fee

## Outdoor

### UPDATED CLASS NEW INSTRUCTOR

#### 9YG 610Z On the Farm

Calling all animal and outdoor lovers! Learn what it takes to operate and run an active farm at Rock Creek Farm. This hands-on camp will teach teens about animal care and maintenance, while learning from a researcher in the field of veterinary science. This camp will be mostly outdoors and active so dress accordingly. For ages 12-17.

33134	<b>Rock Creek</b>	BLDG12 101	10am-12:20pm
Mon-Thu	7/15-7/18	DeBess	\$99

Bring a water bottle and snack.

### NEW CLASS NEW INSTRUCTOR

#### 9WO 605A Tree Climbing: Away For a Day

Learn to safely climb and rappel in giant trees between 100-300 feet tall with various types of ascending equipment. Teens will get to climb multiple giant old-growth trees and get in-depth training and apply their new climbing skills to explore rare environments and perspectives of nature, few have seen before! For ages 12-17.

#### Tree Climbing: Away For a Day, continued

33083	<b>Sublimity</b>	SILFAL LOT	9am-4:50pm
Fri	7/12	Rosen-Fischer	\$325
33084	<b>Sublimity</b>	SILFAL LOT	9am-4:50pm
Fri	7/26	Rosen-Fischer	\$325

### NEW CLASS NEW INSTRUCTOR

#### 9WO 605B Tree Climbing Teen Camp

Learn about old-growth forest ecology while exploring waterfalls, slack-lining and hiking through old growth forests. Campers will set up tree sleeping devices and try out tree hammocks in the forest canopy alongside expert climbers. Challenge by choice while building confidence, character and a deep appreciation for the forest. For ages 12-17.

33085	<b>Sublimity</b>	SILFAL LOT	9am-3:50pm
Mon-Wed	7/1-7/3	Rosen-Fischer	\$499

No camp 7/4, 7/5.

33086	<b>Sublimity</b>	SILFAL LOT	9am-3:50pm
Mon-Fri	7/29-8/2	Rosen-Fischer	\$689

► You may also like **Introduction to Tree Climbing** on page 44

## Sports

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 611B Hepner Stables Teen Horse Camp

Engage in equine education at a working show horse facility. Students will learn about feeding, grooming, stall cleaning, saddling, riding and rider communication with the horse, including safety and arena etiquette. Students must bring a helmet and wear boots. For ages 12-17. All levels welcome.

33139	<b>Hillsboro</b>	GLENMR ARENA	10am-12:50pm
Mon-Wed	7/1-7/3	Hepner-Hart	\$449
33140	<b>Hillsboro</b>	GLENMR ARENA	10am-12:50pm
Mon-Wed	7/29-7/31	Hepner-Hart	\$449
33141	<b>Hillsboro</b>	GLENMR ARENA	10am-12:50pm
Mon-Fri	8/12-8/16	Hepner-Hart	\$499

## Visual Arts

### NEW CLASS NEW INSTRUCTOR

#### 9FA 615Z Teen Ceramic Wheel Camp

Calling all ceramic lovers! Students will enjoy an exciting and intensive week learning to throw pottery on the wheel. Explore ceramic skills in centering, cylinders, mugs and bowls. There will also be an under-glazing lesson on Friday of the camp. For ages 12-17.

32752	<b>N Portland</b>	SJCLAY STUDIO	10am-12:20pm
Mon-Fri	6/24-6/28	Jordan	\$365

Includes bag of clay and firing.

32753	<b>N Portland</b>	SJCLAY STUDIO	10am-12:20pm
Mon-Fri	7/8-7/12	Jordan	\$365

Includes bag of clay and firing.

32761	<b>N Portland</b>	SJCLAY STUDIO	10am-12:20pm
Mon-Fri	7/15-7/19	Jordan	\$365

Includes bag of clay and firing.

► You may also like **Ceramics** classes on page 10



Teen Welding



# Summer Teen Program

**NEW CLASS** **NEW INSTRUCTOR**

### 9FA 604E Wire Sculpture Camp

Learn various techniques of working with wire to create and build a unique wire sculpture. Students will have the opportunity to incorporate outside items into their woven, coiled, wrapped or braided final art piece. For ages 12-17.

32763 **Southeast** TABOR 126 10am-12:20pm  
 Mon-Fri 6/24-6/28 Arrillaga \$105 + \$25 fee

**NEW CLASS** **NEW INSTRUCTOR**

### 9FA 604F Bookmakers Camp

Explore several techniques in the book making process including design, binding and stitching. Each student will create a book out of mixed media such as fabric, leather and paper and learn the skills to make more books! For ages 12-17.

32762 **Southeast** TABOR 126 1pm-3:50pm  
 Mon-Fri 6/24-6/28 Arrillaga \$119 + \$20 fee

**NEW CLASS**

### 9FA 604D Creative Cafe

Come get creative! Explore your artistic side by delving into a variety of different artistic experiences. Learn stamp-making and mono-prints, mixed media art journaling, zines, collage and more with fellow art lovers. All levels welcome. For ages 12-17.

32751 **Southeast** SCOM 126 10am-12:20pm  
 Mon-Fri 7/22-7/26 Ebba \$115 + \$25 fee

**NEW CLASS**

### 9FA 604C Creativity Inspired by Nature Camp

Get inspired by the world around us, and use that inspiration to create art in various forms. Create nature assemblages, play with mono-printing, delve into nature-inspired writing and more creative mediums. All levels welcome. For ages 12-17.

32750 **Cascade** MAHB 109 10am-12:20pm  
 Mon-Fri 7/8-7/12 Ebba \$115 + \$25 fee  
 Field Trip: Peninsula Park

### 9FA 630U Illustration Camp

Work with a professional illustrator to develop your personal style. Explore a variety of media and experiment with symmetry and depth to make lively depictions of your chosen work. Learn to give in-class critiques and how illustrators work with potential clients to offer illustration professionally. For ages 12-17.

31911 **Southeast** TABOR 137 10am-11:50am  
 Mon-Fri 6/24-6/28 Fry \$159 + \$15 fee  
 Students bring sketchbook and pen.

**NEW CLASS**

### 9FA 604G Mural Painting Camp

Share your artistry and embellish a wall on campus with your original artwork! Work with other artists to brainstorm, plan and refine a mural design early in the week, painting mid-week and complete the project by the end of camp. All are welcome and should be ready to collaborate as a group. For ages 12-17.



Photography: Beginning

### Mural Painting Camp, continued

32927 **Southeast** COMX KIT 1pm-3:50pm  
 Mon-Fri 6/24-6/28 Consear \$99 + \$15 fee



### Instructor Spotlight: Pam Consear

Pam took her first collage workshop about 20 years ago and was instantly hooked. She loves incorporating printed text, images and small found objects with acrylic painting, as it lends an intimate, story-telling quality to the artwork. Pam is excited to share her love for the process and collaboration of mural painting with teens, and to see how this process helps teens to grow and gain skills in their communication and collective creativity.

### 9FA 623A Photography: Beginning

Learn the basics of camera operation, including f-stops, shutter speeds and lenses, while improving your compositions and developing your own style. Students can use a digital camera or smart phone. For ages 12-17.

32020 **Cascade** TEB 226 1pm-3:50pm  
 Mon-Thu 6/24-6/27 Regal \$99  
 Bring a camera or smartphone, snack, water.

30690 **Southeast** TABOR 124 10am-12:50pm  
 Mon-Thu 7/22-7/25 Regal \$99  
 Bring a camera or smartphone, snack, water.

## Writing

**UPDATED CLASS** **NEW INSTRUCTOR**

### 9FA 623I Comics: Writing and Drawing Short Stories

Explore the storytelling capabilities of the comics medium. Learn from a seasoned comic artist how to pitch your story, develop its concepts and outline a narrative. Design, pencil, letter and ink your finished comic. All levels welcome. For ages 12-17.

32928 **Southeast** TABOR 126 11am-3:50pm  
 Mon-Fri 7/15-7/19 Alexander-Tanner \$149 + \$20 fee

► You may also like [Introduction to Comics](#) on page 10



### Instructor Spotlight: Ryan Alexander-Tanner

Back by popular demand...Comic Camp! Ryan has extensive knowledge as an artist and also instructor teaching comic drawing and storytelling. He is excited to be back this summer and teaching with the Community Ed Teen program. Ryan loves the excitement of seeing students gratified by their final project and the process it takes them to get there.

Get more info and register at [pcc.edu/community/teen](http://pcc.edu/community/teen)

You cannot register for Teen Program classes through the normal PCC registration system.



# Policies and Student Information

## Register and Pay

Information on how to register and how to pay can be found on **page 4**, visit [pcc.edu/schedule](http://pcc.edu/schedule), or call 971-722-6266, option 0.

## Registration

### Understanding Class Listings

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](http://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](http://pcc.edu/schedule).

### Missing a Class

If you miss a class, contact your instructor to find out what you missed. You will not be

automatically dropped. (See Refund/Drop Policy)

### Underage Students

Unless otherwise noted, Community Ed classes are for an adult audience. However, younger students may be permitted in some adult classes. Note the following guidelines for admitting students younger than age 18 into adult Community Ed classes.

### Students 16-17 Years Old

Students 16-17 years old are permitted to register for Community Education adult classes, except for classes with older age minimums, such as classes that involve alcohol.

### Students 13-15 Years Old:

**Step 1:** Students 13-15 years old can apply for approval from a Program Coordinator in order to register for Community Education adult classes. To request approval, a parent or legal guardian must email the student's request to register, along with the following information, to [communityed@pcc.edu](mailto:communityed@pcc.edu). If this request is sent by the student, then their parent or legal guardian must be copied on the email.

- 1 Parent/Guardian Name
- 2 Parent/Guardian Email
- 3 Student Name
- 4 Student Email
- 5 Student Age
- 6 Class Title
- 7 Five Digit CRN

**Step 2:** A Program Coordinator will respond via email to inform those involved of their approval decision. If the Program Coordinator has granted approval, they will request additional documentation before the student can be registered.

**Step 3:** Once all necessary documentation has been submitted, Community Education will register the student and send a registration confirmation email to both the student and parent or legal guardian.

**Note:** Some classes require the parent or legal guardian of students younger than age 16 to

be present. This requirement will be specified by the Program Coordinator at the time of acceptance. In such cases, the parent or legal guardian will also need to register and pay for the class.

### Special Youth Classes:

- Community Education may offer some classes that are designed for younger students. Age ranges will be noted in the class title or description.

## Payment

### When to Pay

Payment is due at the time when your registration is processed. If you don't pay by the due date, one or more of the following steps may be taken:

- A late fee of up to 10% of your unpaid tuition and fees.
- A financial hold against future registrations.
- Collection of your past due balance by an outside agency. Accounts in collection are subject to additional charges and penalties.

You will not be automatically dropped from a class for non-attendance.

### Senior Discount

If you are an Oregon resident who is 62 years of age or over when you register for classes, you are eligible to receive a 50% tuition discount on Community Ed classes. The tuition discount does not apply to fees.

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](http://pcc.edu/senior) for more information.

### Refund/Drop Policy

If you want to drop a class, do so online via

# Policies and Student Information, continued

MyPCC by the appropriate deadline, listed below. Charges will not be removed if you fail to drop before the drop deadline.

Class Length	Drop Deadline
Less than 2 weeks	Prior to the first day class meets.
2-7 weeks	By the end of the first day class is held.
8-10 weeks	Six calendar days after the start of class.

Specific Programs	Drop Deadline
Online ED2GO	Six calendar days after the start of class.
1-On-1 classes	Six calendar days after the start of the term. No drops or refunds on partially used packages.

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

Please note that if you register for a class and do not attend or stop attending and fail to personally drop by the drop deadline, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time.

## Tuition Appeals

The PCC Community Education (CED) Tuition Appeal form is available for those who wish to appeal a non-credit course offered by PCC Community Ed.

Keep in mind that non-attendance does not relieve you of your obligation to pay. If you register for a class and do not attend or stop attending and fail to drop your class within the refund period, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time. For complete registration policies and information, refer to the PCC registration policies website: [pcc.edu/enroll/registration/policies.html](http://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](mailto:pcc.edu) and preferred emails informing you of the outcome of their decision. Allow five business days for the committee to review your tuition appeal.

If approved, you may be eligible for one of the following:

- **A credit (refund)** for the tuition of the appealed course(s)
- **A tuition voucher** of 25% to 100% will be applied to your account (*a voucher expires*

*in one year after they are awarded and can only be applied to a non-credit Community Education course)*

**To submit your appeal for consideration, access the form at: [pcc.edu/community/about/drop-refund](http://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](mailto:communityed@pcc.edu), or 971-722-6692.

## 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](http://pcc.edu/bookstore). To check the availability of a specific text, call 971-722-4910 or visit [pcc.edu/bookstore](http://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](http://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](http://pcc.edu/disability) or call 971-722-4341 or email [AEDR@pcc.edu](mailto: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](http://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](mailto: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](http://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](http://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](http://pcc.edu/communityed) and click on 'Get help' then 'Get a Print Schedule' or call us at 971-722-6266. It's free!



# Class Locations

**Lost getting to class?**

Visit [pcc.edu/locations](https://pcc.edu/locations) for directions and campus maps.

## Banks

**BRRR** Banks Bicycle Repair & Rental,  
14175 NW Sellers Rd, Banks OR 97106

## Beaverton

**SYWINE** Syndicate Wine Bar,  
12620 SW 1st St, Beaverton OR 97005

**THNPRK** Tualatin Hills Nature Park,  
15655 SW Millikan Way, Beaverton OR 97006

## Cascade

PCC Cascade Campus,  
705 N Killingsworth St, Portland OR 97217  
[pcc.edu/cascade](https://pcc.edu/cascade) (campus map, accessible building features)

## Clark County

**LACAPK** Lacamas Regional Park,  
3344 NE Everett St, Camas WA 98607

## CLIMB Center

**CLIMB** PCC CLIMB Center,  
1626 SE Water Ave, Portland OR 97214

## Corbett

**CRBFRM** Corbett Farms,  
44350 SE Warriner Rd, Corbett OR 97019

## Dayton

**REMY** Remy Wines,  
17495 NE McDougall Rd, Dayton OR 97114

## Downtown

**ARTMSM** Portland Art Museum,  
1119 SW Park Ave, Portland OR 97205

## Estacada

**FELDFL** Feldheimer Floating Launch,  
23100 S Feldheimer Rd, Estacada OR 97023

**LAZBEN** Lazy Bend Campground,  
45200 Hwy 224, Estacada OR 97023

**MCBAS** Moore Creek Boat Access Site,  
NF-45, Milepost 35.3, Estacada OR 97023

**TIMPAR** Timber Park,  
30878 NW Evergreen Way, Estacada OR 97023

## Gervais

**STPOND** St. Louis Ponds,  
6483 Keene Rd NE, Gervais OR 97026

## Hammond

**FSSPRK** Fort Stevens State Park,  
1675 Peter Iredale Rd, Hammond OR 97121

## Hillsboro

**GLENMR** GlenMar Farms,  
10556 NW 195th Ave, Hillsboro OR 97214

## North Plains

**PRGOLF** Pumpkin Ridge Golf Course,  
12930 NW Old Pumpkin Ridge Rd,  
North Plains OR 97133

## N Portland

**HLGLFC** Heron Lakes Golf Course,  
3500 N Victory Blvd, Portland OR 97217

**SJCLAY** St. John's Clay, Cathedral Park Place,  
6635 N Baltimore St, Suite 110, Portland OR 97203

## NE Portland

**BRIBEE** Bridgetown Bees Apiary,  
3580 NE Alberta Ct, Portland OR 97211

**COLWD** Colwood Golf Center,  
7313 NE Columbia Blvd, Portland OR 97218

**NWDPS** Northwest Dance Project Studio,  
211 NE 10th Ave, Portland OR 97232

**VANMOS** Vanport Mosaic,  
5131 NE 23rd Ave, Portland OR 97211

**WILDHB** Wildcat Hobby Shop,  
3605 NE 50th Ave, Portland OR 97213

## NW Portland

**BDYVX** BodyVox,  
1201 NW 17th Ave, Portland OR 97209

**DARCEL** Darcelle XV,  
208 NW 3rd Ave, Portland OR 97209

**ECHWES** Echo Theater West,  
1420 NW 17th Ave, Suite 388, Portland OR 97209

**WINE** The Wine Cellar,  
525 NW Saltzman Rd, Portland OR 97229

## OMIC Center

**OMIC** PCC Oregon Manufacturing Innovation Center,  
33701 Charles T Parker Way, Scappoose OR 97056

## Remote

**ZOOM** Online via ZOOM Info: [pcc.edu/community/remote](https://pcc.edu/community/remote)

## Rock Creek

PCC Rock Creek Campus,  
17705 NW Springville Rd, Portland OR 97229  
[pcc.edu/rockcreek](https://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

## Seaside

**BWAYPK** Broadway Park,  
1140 E Broadway St, Seaside OR 97138

## SE Campus

PCC Southeast Campus,  
2305 SE 82nd Ave, Portland OR 97216  
[pcc.edu/southeast](https://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

**MERCAD** Portland Mercado,  
7238 SE Foster Rd, Portland OR 97206

**REFORM** reForm Pilates & Movement,  
828 SE 34th Ave, Suite D, Portland OR 97214

**ROSWIN** Rossini Wines,  
2005 SE 8th Ave, Portland OR 97214

**TABPRK** Mt. Tabor Park, Picnic Site A,  
6350 SE Yamhill St, Portland OR 97215

**TEM CIR** Tempos Circus,  
423 SE Ivon St, Portland OR 97202

**WSTMOR** Westmoreland Park,  
7530 SE 22nd Ave, Portland OR 97202

**YMCASE** Southeast YMCA,  
6036 SE Foster Rd, Portland OR 97202

## SW Portland

**EFM** Effortless Movement,  
1730 SW Skyline Dr, Portland OR 97221

**IKO** Iko Movement,  
316 SW 11th, Suite 300, Portland OR 97205

## Sublimity

**SILFAL** Silver Falls State Park,  
Howard Creek Trailhead parking lot,  
20024 Silver Falls Hwy SE, Sublimity OR 97385

## Sylvania

PCC Sylvania Campus  
12000 SW 49th Ave, Portland OR 97219  
[pcc.edu/sylvania](https://pcc.edu/sylvania) (campus map, accessible building features)

## Tigard

**COOKPK** Cook Park,  
17005 SW 92nd Ave, Tigard OR 97223

**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

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		Contact <a href="mailto:communityed@pcc.edu">communityed@pcc.edu</a>	
		or give our office a call at <b>971-722-6266</b> ,	
		Monday through Friday from 9am to 4:30pm.	

# PCC Professional Development and Training

Gain and improve your skills for the workplace – for individuals and larger organizations

## Cannabis Professional

### Gain Job Skills To Thrive In The Cannabis Industry

#### Manufacturing. Cultivation. Retail.

Cannabis skills are in demand. The cannabis industry is creating thousands of exciting career opportunities yet a significant shortage of qualified professionals exists. Now you can gain the job skills you need to succeed in this fast-evolving industry.

#### Advanced Cultivation Technician

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel in a cultivation role in the cannabis industry. You will study a range of topics, including: the business of cannabis cultivation, botany and genetics of the cannabis plant, seeds, germination, cloning, light sources, pests, disease and threat management, irrigation, product safety, packaging and labeling, storage, and more.

#### Advanced Manufacturing Agent

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel in a manufacturing role in the cannabis industry. You will study a range of topics, including: the business of cannabis extraction, product development, formulation and plant ensemble, extraction processes and principles, product safety, packaging and labeling, pest control, product testing, storage and more.

#### Advanced Dispensary Associate

8 weeks | 100% Online | \$800

Gain advanced job skills and knowledge to excel as a dispensary agent. You will study a range of topics, including: the history and botany of the cannabis plant, cannabinoids, terpenes, and the Endocannabinoid System, as well as health and safety training, best security procedures, inventory tracking, the importance of documentation and recordkeeping, and product safety.

#### Register:

To register, pay, and access your course after June 20 visit: [cannabised.pcc.edu](http://cannabised.pcc.edu)



## Education Professional Development

### ONLINE Ed2Go courses for K-12 teachers and education professionals:

Complete your annual PDU requirement with one online course. The following Professional Development Unit (PDU) online courses are completed within a 6-8 week time frame. Work on them at your convenience: at home, at school, at any time of day. Classes will appear on your official transcript.

#### Schedule:

Classes begin monthly

#### Fee Per Class:

\$139 fee

#### Register:

To register, pay, and access your course on the start date visit: [ed2go.com/portlandcc](http://ed2go.com/portlandcc)

#### Classes Offered

- Teaching Smarter With SMART Boards
- Solving Classroom Discipline Problems
- Teaching Students with ADHD
- Teaching Students With Autism: Strategies for Success
- Solving Classroom Discipline Problems II
- Empowering Students With Disabilities
- Guided Reading and Writing: Strategies for Maximum Student Achievement

- Spanish in the Classroom
- The Creative Classroom
- MS PowerPoint 2013 in the Classroom
- Using the Internet in the Classroom
- Singapore Math Strategies: Model Drawing for Grades 1-6
- Singapore Math: Number Sense and Computational Strategies
- Creating the Inclusive Classroom: Strategies for Success
- Differentiated Instruction in the Classroom
- Teaching Students With Learning Disabilities
- Integrating Technology in the Classroom
- Differentiating K-12 Assessments
- The Differentiated Instruction and Response to Intervention Connection
- Response to Intervention: Reading Strategies That Work
- Common Core Standards English Language K-5
- Content Literacy: Grades 6-12
- Enhancing Language Development Childhood
- Singapore Math Strategies: Advanced Model Drawing for Grades 6-9
- Survival Kit for New Teachers
- Teaching High School Students
- Teaching Math: Grades 4-6
- Teaching Science: Grades 4-6
- Teaching Writing: Grades K-3
- Understanding Adolescents
- Teaching Writing: Grades 4-6
- Creating a Classroom Website
- Ready, Set, Read!
- Creating Classroom Centers

Contact Us: [professional.training@pcc.edu](mailto:professional.training@pcc.edu)

## Mediation

### Mediation Training

Taught by leading mediation professionals. A hallmark of the training is the individualized coaching provided by a team of professional mediator colleagues. The mediation experience comes to life through a comprehensive exploration of concepts, experiential learning and vivid examples from the instructors' wealth of practical experience. CLEs also provided.

### CEU 911K Basic Mediation Training

[3.20 CEU credits] Provides a highly interactive training to become a mediator and to develop better communication skills in conflict situations. Learn to use mediation skills to help resolve conflicts in workplace, court, business or community-related disputes.

CRN: 32912 Instructor: Dimant

Modality: Remote (Zoom) Tuition: \$559

Date/Time: Fri-Sat, 6/28-7/20, 8:30am-12:30pm

## Professional Development

### CEU 3578 Leadership Skills

[.70 CEU credits] Although not intended to take someone from a supervisory or administrative position to that of a project manager, this workshop will familiarize participants with the most commonly used project terms and practices.

CRN: 32913 Instructor: Waterfall

Modality: Remote (Zoom) Tuition: \$195

Date/Time: Thu, 6/27, 9am-12:50pm

### Project Management

New to project management? Do you need more advanced training? Learn project management fundamentals to improve productivity and performance. Build skills as you prepare the project management plan (PMP) and other documents key to successfully organizing, implementing, and closing out a project.

### CEU 3436 Project Management Fundamentals

[.70 CEU credits] Although not intended to take someone from a supervisory or administrative position to that of a project manager, this workshop will familiarize participants with the most commonly used project terms and practices.

CRN: 32494 Instructor: VanHeuvel

Modality: Remote (Zoom) Tuition: \$195

Date/Time: Thu, 7/11, 8:30am-4:20pm 1 hour lunch

## Mental and Behavioral Health

### CEU 3961 Mental Health First Aid: Youth

[1.00 CEU credits] Provides key skills to help an adolescent (12-18 years) who is developing a mental health problem or experiencing a mental health crisis. Covers common mental health disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide, or is struggling with substance use disorders. Required: Full attendance is mandatory to meet Youth Mental Health First Aid certification requirements from the National Council on Behavioral Health.

CRN: 32945 Modality: Remote Tuition: \$158

Date/Time: Mon, 6/24, 9am-4:50pm

CRN: 32948 Modality: Remote Tuition: \$158

Date/Time: Fri, 8/30, 9am-4:50pm

## Real Estate

### CEU 3672 Property Manager Pre-License Education

[6.00 CEU credits] Prepares students to qualify for the Oregon Real Estate Property Manager certification exam. Text: *Property Mgmt, 10th Ed., R.C. Kyle. Not available at PCC.*

CRN: 31213 Instructor: Amato

Modality: Online (D2L) Tuition: \$495 Fee: \$20

Date/Time: 6/24-9/7

### CEU 3673 Real Estate Broker Pre-License Education

[15.00 CEU credits] Prepares students to qualify for the Oregon Real Estate Brokers License Exam by studying statutes, rules and antidiscrimination laws pertaining to the licensing and professional real estate activity required by all licensees of the State of Oregon.

CRN: 31003 Instructor: Lasselle

Modality: Online (D2L) Tuition: \$525 Fee: \$120

Date/Time: 6/24-9/7





# Meet your future your own way



No two paths are the same, but all paths lead you forward at Portland Community College. No matter who you are, who you want to be, or where you want to go, all your possibilities begin at PCC.

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- ◆ Choose from **90+ academic programs**
- ◆ **Save about 48%** compared to four-year public universities\*
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**Portland  
Community  
College**

\*Estimated 2023-24 cost of attendance for a full-time, resident student (12-18 credits per term). Calculation based on publicly available recruitment materials. For up-to-date costs, visit [pcc.edu/tuition](https://pcc.edu/tuition).



**Don't miss the Summer Term application deadline: June 10, 2024**

Apply now, and start June 24, 2024. For more info, visit [pcc.edu/admissions](https://pcc.edu/admissions).