

PCC Community Ed

Summer 2026 | Class Schedule for Lifelong Learning



Sunshine & Storytelling

Summer writing
with instructor
Angie Ebba
See pages 13-15

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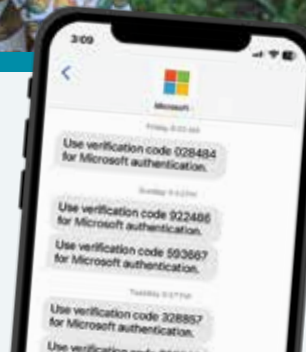
Registration opens
May 27
at 7am

Multi-Factor Authentication

Don't get delayed on registration day!

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

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





Our Values Commitment

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

PCC Community Education Vision Statement

Enriching lives through lifelong learning.

PCC Community Education Mission Statements

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

Online Class Information

Online ZOOM

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

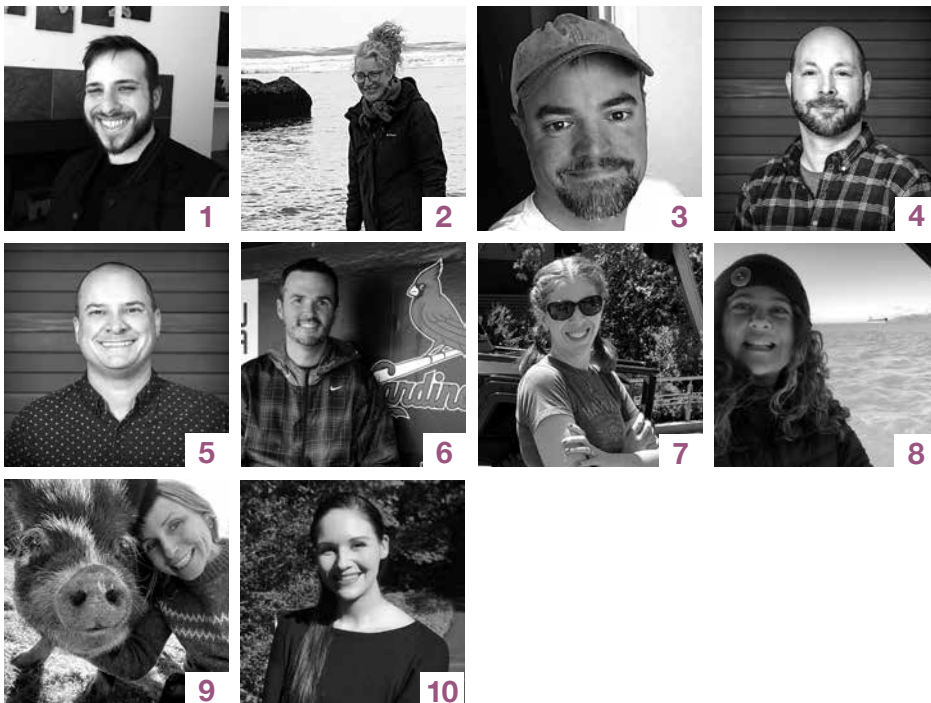
Zoom Tips and Tricks

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

Behind the Community Ed Class Catalog

- Noah Bruner**
Instructional Administrative Assistant
- Miriam Budner**
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- Brian Copper**
Instructional Administrative Assistant
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- Emilia Lucania**
Instructional Administrative Assistant



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



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Register and Pay

► Summer registration opens **Wednesday, May 27 at 7am**

How to Register

Account Creation

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

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

Multi-Factor Authentication (MFA)

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

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

Register Online

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

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

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

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

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

Register by Phone

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

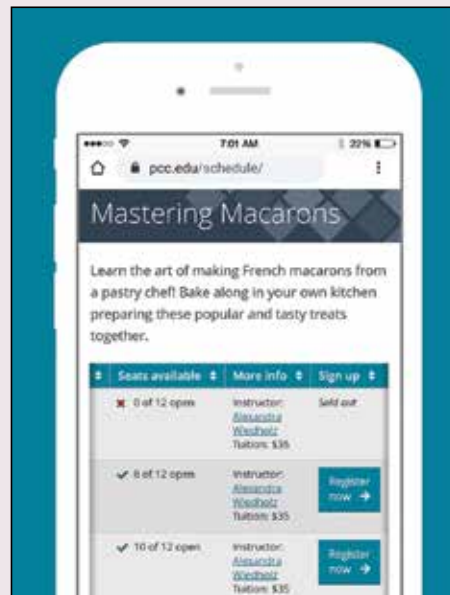
Register and pay for Motorcycle Rider Training classes at team-oregon.org

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

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

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

Example of online registration option:



How To Understand the Class Catalog

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

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

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

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

How to Pay

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

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

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

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

Refund/Drop Policy

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

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

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

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



Travel Photography

Instructor: Ellen Regal

Capture the essence of a place and the spirit of your adventures – near or far – this summer. Learn photography basics as well as specific tips and tricks for travel photos. Look at your own photos with new eyes as you grow your vocabulary and skills.

► [Find these classes on page 8](#)



Arts

Dance
pages 5-6

Music and Theater
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Photography
pages 8-9

Visual Arts
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Writing
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Dance

9DAN 620W **Funk/CampbellLock Dance**

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

32960	SE Portland	VMAC STUDIO C	8:30pm-9:25pm
Wed	6/24-7/29	Galen	\$95
32961	SE Portland	VMAC STUDIO C	8:30pm-9:25pm
Wed	8/5-9/2	Galen	\$79

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

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

32964	SE Portland	VMAC STUDIO B	6:30pm-7:25pm
Tue	6/23-7/28	Ko	\$95
32965	SE Portland	VMAC STUDIO B	6:30pm-7:25pm
Tue	8/4-9/1	Ko	\$79

► You may also like **Korean** classes on page 37

NEW CLASS

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

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

Low-Impact Dance: Yacht Rock, continued

32690	Rock Creek	BLDG5 111	10am-10:50am
Fri	6/26-7/24	Vincent	\$55

No class 7/3.

NEW CLASS

9DAN 605D **Flamenco Rumba**

Practice flamenco postures, armwork and floor patterns for rumba - similar to salsa dance moves, but done solo. Find your expression of frivolity and fiesta in rumba's 4/4 time. Perfect for summer fun.

32860	Southeast	TABOR 102	7:30pm-8:50pm
Wed	7/15-8/19	La Canela	\$75

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

9DAN 620V **Sevillanas: Spanish Folk Dance**

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

32966	SE Portland	VMAC STUDIO B	12pm-12:55pm
Sat	7/11-8/22	La Canela	\$95

No class 8/1.

Aerial and Acrobatic Arts

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

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

Aerial for All Bodies, continued

32229	NW Portland	ECHWES STUDIO	6pm-7:15pm
Wed	6/24-8/19	Pellowski	\$335

Wear workout clothes; no metal zippers. Bring water.

9DAN 601E **Mixed Aerial**

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

31578	SE Portland	ECHOTC THEATER	7:45pm-9pm
Tue	6/23-8/18	Thompson	\$335

Wear workout clothes; no metal zippers. Bring water.

9DAN 601A **Aerial Yoga**

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

31381	NW Portland	ECHWES STUDIO	9am-10am
Sun	6/28-8/23	Pellowski	\$279

Wear workout clothes; no metal zippers. Bring water.

► You may also like **Teen Aerial Camp** on page 55

Ballet

9DAN 601P **Beginning Ballet**

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

31755	NW Portland	BDYVX STUDIO	12pm-1:30pm
Wed	7/1-9/2	Michalowsky	\$145

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



9DAN 620H Continuing Ballet Series

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

32013 **NW Portland** BDYVX STUDIO 10:30am-12pm
Fri 6/26-9/4 Michalowsky \$145
No 7/3. Wear comfortable, form-fitting clothes. Bring water.

Belly Dance

9DAN 620A Belly Dance 1

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

32173 **SE Portland** VMAC STUDIO C 6:30pm-7:25pm
Tue 8/4-8/25 Eaton \$65

32174 **SE Portland** VMAC STUDIO C 6:30pm-7:25pm
Tue 7/7-7/28 Eaton \$65

9DAN 620Y Intro to Belly Dance

Workshop

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

32959 **SE Portland** VMAC STUDIO A 12pm-1:55pm
Sat 6/27 Eaton \$39

Breakdance and Hip Hop

9DAN 620B Hip Hop: All Levels

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

32255 **SE Portland** VMAC STUDIO B 8:30pm-9:25pm
Thu 6/25-7/30 Ko \$95

32256 **SE Portland** VMAC STUDIO B 8:30pm-9:25pm
Thu 8/6-9/3 Ko \$79

Latin Dance

9DAN 620J Bachata Beginners

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

32179 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Tue 8/4-8/25 McKnight \$65

32180 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Tue 7/7-7/28 McKnight \$65

9DAN 601W Salsa Beginners

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

32253 **SE Portland** VMAC STUDIO B 7:30pm-8:25pm
Tue 8/4-8/25 Mundarain \$65

32254 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Thu 8/6-8/27 Mundarain \$65

32263 **SE Portland** VMAC STUDIO B 7:30pm-8:25pm
Tue 6/30-7/28 Mundarain \$79

32264 **SE Portland** VMAC STUDIO A 6:30pm-7:25pm
Thu 7/2-7/30 Mundarain \$79

Modern Dance

9DAN 601O Beginning Modern Dance

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

31756 **NW Portland** BDYVX STUDIO 2:30pm-4pm
Mon 6/29-8/31 Howard \$145

Wear comfortable clothes, bring water bottle.

Swing Dance

9DAN 620U Intro to Lindy Hop Workshop

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

32962 **SE Portland** VMAC STUDIO A 2pm-3:55pm
Sat 7/18 Gomez \$39

9DAN 620L Lindy Hop Beginners

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

32259 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Wed 7/1-7/29 Gomez \$79

32260 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Wed 8/5-8/26 Gomez \$65

9DAN 612Y Swing Dance for Everyone

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

31840 **Southeast** TABOR 102 7pm-8:20pm
Tue 6/23-8/11 Munsey \$95

Wear comfortable clothes; no black-soled shoes.

9DAN 601X West Coast Swing Beginners

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

West Coast Swing Beginners, continued

32265 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Mon 8/3-8/31 On \$79

32266 **SE Portland** VMAC STUDIO B 6:30pm-7:25pm
Mon 7/6-7/27 On \$65

Tap

9DAN 612N Dance: American Rhythm Tap

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

31661 **SE Portland** ECHOTC THEATER 4:30pm-5:30pm
Tue 6/23-8/18 Wheeler-Kay \$189

9DAN 612T Dance: American Rhythm Levels 2 and 3

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.

31662 **SE Portland** ECHOTC THEATER 5:45pm-6:45pm
Tue 6/23-8/18 Wheeler-Kay \$189

Tap shoes recommended; hard-soled shoes will suffice.

Music and Theater

NEW CLASS

9PER 621M Frets and Strings: Care and Feeding

Learn how to change your strings, the proper way to clean and polish your instrument, recommended products, plus more. Bring instrument, strings and questions.

32689 **Southeast** TABOR 137 10am-12:20pm
Sat 6/27 Khovy \$35

Supply list: jill.khovy@pcc.edu

9PER 621B Rehearsal 101: Unpacking Musical Practice

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

32623 **Cascade** TH 201 6pm-7:50pm
Thu 6/25-7/2 Appling \$39

Bring writing tools.

9PER 601L Sound in Science and the Arts

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

32220 **Cascade** TH 100 6:30pm-8:20pm
Tue 6/23-7/14 Umhoefer \$65

Text: *Acoustics: The Art of Sound/Marshall*

“ Fantastic class. I'd highly recommend it to anyone that takes music courses at any level. ” ~ music and theater student



1-On-1 Music Lessons



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

Instructor Profiles and Availability

Pollyanna Hancock-Moody

(voice, piano/keyboard, theory, bodymapping)
pollyanna.hancockmoody@pcc.edu
Availability: Mon-Fri, daytime; unavailable 8/17-9/6.
Contact Polly for details.

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

Jill Khovy

(ukulele, guitar, electric bass, sight-singing, theory, songwriting, piano/keyboard)
jill.khovy@pcc.edu
Availability: Mon-Wed, 9am-12pm, 6pm-7pm

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

Mitzi Zilka

(vocal performance, vocal technique, repertoire development, beginning guitar, beginning piano)
mitzi.zilka15@pcc.edu
Availability: Mon-Thu; 10am-6pm

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

1-On-1 Music Lesson Packages

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

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

32680	Online	6/22-9/5	Khovy	\$145
31371	Online	6/22-9/5	Zilka	\$145

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

30948	Online	6/22-9/5	Hancock-Moody	\$240
32681	Online	6/22-9/5	Khovy	\$240
31369	Online	6/22-9/5	Zilka	\$240

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

31647	Online	6/22-9/5	Hancock-Moody	\$385
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9PER 610M 1-On-1 Music Lessons: 10 Session Package

31370	Online	6/22-9/5	Zilka	\$480
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1-On-1 Storytelling Coaching



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

Instructor Profile and Availability

Brian Ellis

brian.ellis1@pcc.edu
Availability: Mon-Fri, 10am-3pm

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

1-On-1 Storytelling Coaching Packages

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

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

30999	Online	6/22-9/5	Ellis	\$310
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Music Production

NEW CLASS

9PER 621L Intro to Audio and Music Production with BandLab

BandLab is a free production program that is available on Macs and PCs. Look at songs' structures, practice recording and editing techniques and compose a piece of music or other audio. No music background needed. Bring laptop, headphones.

32629	Cascade	TH 201	7pm-8:50pm
Wed	7/1-7/29	Schlueter	\$79

► You may also like **Computer Skills and Technology** classes on page 18

Theater

UPDATED CLASS

9PER 601I Action Theater: Body-Based Improvisation

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

32271	Southeast	TABOR 102	4pm-7:50pm
Fri	7/17	Rose	
and	Southeast	TABOR 102	12:30pm-4:20pm
Sat	7/18	Rose	\$85

Optional text: *Action Theater: Improvisation of Presence*



Theater



Photography



9PER 623L **Personal Storytelling Introduction**

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

32067	Online	ZOOM	6pm-7:50pm
Thu	7/9-8/13	Ellis	\$95

► You may also like **Senior Stretching, Balance and Brain Challenge** on page 43

Voice

NEW CLASS

9PER 621K **Don't Just Stand There! Gesture and Movement for Singers**

Love to sing but unsure what to do with your hands or body on stage? Develop practical, creative tools to connect authentic movement and gesture with your singing. Bring a song that you're excited to explore. All levels welcome.

32628	Cascade	MAHB 214	7pm-8:50pm
Wed	6/24-7/8	Deeter	\$49

9PER 600P **Group Singing**

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

30968	Southeast	SCOM 234	1:30pm-2:50pm
Fri	7/10-8/14	Hancock-Moody	\$95 + \$30 fee

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.

30954	Online	ZOOM	6:30pm-9:20pm
Wed	7/15	Regal	\$35

30955	Southeast	TABOR 141	9:30am-12:20pm
Sat	6/27	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.

32068	Cascade	TH 201	6:30pm-8:20pm
Tue	6/23-7/28	Regal	\$95

Must register by 6/29. In-class field trip from classroom.

UPDATED CLASS

9FA 633K **Taking Better Photos: Intermediate Photography**

Building on your basic knowledge of photography, explore composition, color, light, subject matter and equipment. We also discuss your photos reflecting the prior week's lessons. One class is a field trip. SLR preferred, but cell phone OK.

Taking Better Photos: Intermediate Photography, continued

32226	Sylvania	SCB 201	7pm-8:20pm
Tue	6/23-7/21	Rosencrantz	\$59

One field trip during class.

► You may also like **Sleeping Beauty Hike** on page 49

Darkroom

9FA 620E **Darkroom Photography: Black and White Introduction**

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

31117	Southeast	TABOR 131	6pm-9:20pm
Wed	6/24-8/26	Riches	\$269 + \$60 fee

Bring 35 mm camera. Basic camera operation skills helpful.

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.

31118	Southeast	TABOR 131	6pm-9:20pm
Tue	6/23-8/25	Riches	\$269 + \$60 fee

Open lab times discussed in class.

31119	Southeast	TABOR 131	6pm-9:20pm
Thu	6/25-8/27	Riches	\$269 + \$60 fee

Open lab times discussed in class.

People and Places

9FA 632Q **Portraiture Photography**

With class assignments and a look at historical and contemporary photographers we will work on personal portraiture projects. We will work with strobe lighting and environments, and critique our work in class.

32984	Southeast	TABOR 126	1pm-4:50pm
Sat	6/27-7/25	Brommer	\$129

No class 7/4. Bring camera.

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.

31726	CLIMB Center	CLIMB 207	10am-11:50am
Wed	6/24-7/29	Regal	\$95

Must register by 6/30. In-class field trip from classroom.

► You may also like **Northern Oregon Coast Day Trip: Cannon Beach Area** on page 41

Online Photography Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

“In a world in disarray, we need tools for navigating uncertainty and societal transition. Liberatory Art Calisthenics offers that.” ~ visual arts student



Online Photography Classes with Ed2Go, continued

Register:

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

Classes Offered Include:

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

Visual Arts

9FA 626L **Art Journaling: Doodling**

Basics

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

32627 **Cascade** TH 100 1:30pm-3:50pm
Tue 6/23-7/14 Consear \$79

Supplies: pcc.edu/staff/pamela-consear

NEW CLASS

9FA 625Q **Bookmaking: Create a Button Hole Stitch Journal**

Learn basics of bookmaking, types of materials and tools, as you fold, cut and stitch. Our book has a semi-exposed spine with a half-moon cover. Use colorful inserts hugging the journal's signatures with thread. For beginners.

32858 **Cascade** MAHB 109 1pm-4:50pm
Sat 7/18 Monroy \$39 + \$10 fee



Instructor Spotlight: Cat Monroy

Cat has discovered a creative sanctuary in handmade bookmaking and mixed media art for the past 30 years. There is a sense of tranquility she finds in the meticulous process of cutting, gluing, sewing, measuring, and binding papers together, then adding paint, pens, and other ephemeral elements to complete a unique handmade book. This process offers an escape from the passage of time, allowing for welcomed challenges, happy accidents, and personal growth as an artist.

NEW CLASS

9FA 625S **Intro to Liberatory Art Calisthenics**

Strengthen mental, emotional and creative capacities, and build autonomy, agency and embodied intuition through art. Class includes presentations, prompts and discussions. Can be taken concurrently with Liberatory Art Labs. Past students welcome.

32990 **Southeast** TABOR 126 6pm-8:50pm
Fri 6/26-8/7 Harmer \$145

No class 7/3. Supplies: pcc.edu/staff/willow-harmer

NEW CLASS

9FA 625T **Liberatory Art Labs**

Practice, iterate and go deeper on projects that you've chosen from current or past Liberatory Art Calisthenics classes. Keep going with your exploration and experimentation. Build autonomy, agency and embodied intuition through art.

32991 **Southeast** TABOR 126 2pm-4:50pm
Fri 7/10-7/17 Harmer \$49

Supplies: pcc.edu/staff/willow-harmer

32992 **Southeast** TABOR 126 2pm-4:50pm
Fri 7/24-7/31 Harmer \$49

Supplies: pcc.edu/staff/willow-harmer

Calligraphy

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

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

30970 **Sylvania** TCB 218 9:30am-11:50am
Sat 7/11-8/1 Hartman \$79

Supply list: maryellen.hartman@pcc.edu

UPDATED CLASS

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

From start to finish, design an energizing composition using letter variations based on two styles with water based materials. For students with some prior calligraphy edged pen experience. Class includes field trip to view calligraphy.

32792 **Sylvania** TCB 218 1pm-2:50pm
Sat 7/11-8/1 Hartman \$65 + \$5 fee

Supply list: maryellen.hartman@pcc.edu

Ceramics

First class is mandatory for all new and returning students.

9FA 640J **Beginning Ceramics: Wheel Throwing**

From a ball of clay, learn to create your own glazed pottery. Classes include instructor demonstrations of core techniques as well as individualized guidance while you are working on your project. For beginners and those needing a refresher.

32994 **Southeast** TABOR 134 5:30pm-8:50pm
Mon 6/22-8/10 Schiewe \$275 + \$50 fee

9FA 626V **Abridged Ceramics 101**

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

32428 **N Portland** SJCLAY STUDIO 6pm-8:20pm
Thu 6/25-7/23 Jordan \$239

Includes bag of clay, firing and tools.

9FA 617A **Ceramics: All Levels**

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

31187 **Cascade** MAHB 108 10am-12:50pm
Sat 6/27-8/22 Hammond \$229 + \$45 fee

No class 7/4.

31173 **Southeast** TABOR 134 1:30pm-4:50pm
Wed 6/24-8/26 Shaw \$349 + \$55 fee

31174 **Southeast** TABOR 134 5:30pm-8:50pm
Wed 6/24-8/26 Shaw \$349 + \$55 fee

31175 **Southeast** TABOR 134 1:30pm-4:50pm
Thu 6/25-8/27 Higgins \$349 + \$55 fee

31179 **Southeast** TABOR 134 5:30pm-8:50pm
Thu 6/25-8/27 Higgins \$349 + \$55 fee

31183 **Southeast** TABOR 134 10am-1:20pm
Mon 6/22-8/24 Hoagland \$309 + \$50 fee

No class 8/10.

31184 **Southeast** TABOR 134 10am-1:20pm
Sat 6/27-8/1 Hoagland \$175 + \$30 fee

No class 7/4.

31663 **Southeast** TABOR 134 10am-1:20pm
Tue 7/21-8/25 Arrison \$209 + \$40 fee

31758 **Southeast** TABOR 134 9:30am-12:50pm
Thu 7/23-8/27 Arrison \$209 + \$40 fee

9FA 640D **Ceramics Handbuilding**

Basics

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

32637 **NE Portland** WILCER STUDIO 1pm-4pm
Sat 8/1-8/22 Boyer \$325

All materials and firing included.

32638 **NE Portland** WILCER STUDIO 6pm-9pm
Thu 6/25-7/16 Boyer \$325

All materials and firing included.

9FA 640C **Ceramics Wheel Basics**

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

32632 **NE Portland** WILCER STUDIO 1pm-4pm
Wed 6/24-7/15 Boyer \$325

All materials and firing included.

32633 **NE Portland** WILCER STUDIO 1pm-4pm
Sun 7/19-8/9 Boyer \$325

All materials and firing included.

32634 **NE Portland** WILCER STUDIO 6pm-8:50pm
Tue 8/4-8/25 Boyer \$325

All materials and firing included.



NEW CLASS

9FA 640K **Ceramics Intermediate: Raku Workshop**

Explore finishes from naked to glazed, and the dramatic firing process. For students with at least intermediate experience. Bring your bisque-fired pieces from SE Open Studio or All Levels classes.

32993	Southeast	TABOR 134	2pm-5:20pm
Mon	6/22-7/27	Hoagland	\$210 + \$35 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.

31177	Southeast	TABOR 134	1:30pm-4:20pm
Sat	6/27-8/29	Hoagland	\$50 + \$35 fee

No class 7/4. Bring your own tools if possible.

31178	Southeast	TABOR 134	10am-12:50pm
Fri	7/10-8/28	Buff	\$50 + \$35 fee

Bring your own tools if possible.

31180	Southeast	TABOR 134	2pm-4:50pm
Tue	6/30-8/25	Buff	\$50 + \$35 fee

Bring your own tools if possible.

31181	Southeast	TABOR 134	10am-12:50pm
Wed	7/1-8/26	Buff	\$50 + \$35 fee

Bring your own tools if possible.

31182	Southeast	TABOR 134	5:30pm-8:20pm
Tue	6/30-8/25	Buff	\$50 + \$35 fee

Bring your own tools if possible.

Ceramics Projects

9FA 640G **Ceramics: Handbuild a Jar**

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

32636	NE Portland	WILCER STUDIO	6pm-8pm
Thu	7/23	Boyer	\$120

All materials and firing included.

9FA 640E **Ceramics Handbuilding: Make a Mug Workshop**

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

32635	NE Portland	WILCER STUDIO	5pm-7pm
Sat	8/22	Boyer	\$120

All materials and firing included.

9FA 640F **Ceramics Make and Glaze**

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

32630	NE Portland	WILCER STUDIO	1pm-4pm
Mon	7/13	Boyer	
and	NE Portland	WILCER STUDIO	1pm-4pm
Mon	7/27	Boyer	\$215

All materials and firing included.

Ceramics Make and Glaze, continued

32631	NE Portland	WILCER STUDIO	6pm-9pm
Mon	8/10	Boyer	
and	NE Portland	WILCER STUDIO	6pm-9pm
Mon	8/24	Boyer	\$215

All materials and firing included.

Drawing

NEW CLASS NEW INSTRUCTOR

9FA 645I **Beginning Drawing**

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

32859	Cascade	MAHB 221	6pm-8:50pm
Wed	6/24-7/29	Milstein	\$145

Supplies: rachel.milstein@pcc.edu

NEW CLASS NEW INSTRUCTOR

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

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

Draw Better: From First Lines to Fine Details, continued

32986	Southeast	TABOR 126	6pm-8:50pm
Tue	6/23-7/28	Elle	\$145

Supplies: karvari.elle@pcc.edu



Instructor Spotlight: Karvari Elle

Karvari Elle holds a BFA and has been drawing since childhood, with a teaching style that's supportive, hands-on, and encouraging. She creates a relaxed, welcoming space where students can build confidence and see real progress. Classes include contour drawing, gesture sketching, still-life studies, and creative challenges that balance skill-building with exploration. With personalized feedback and a focus on growth over perfection, students develop strong skills and a joyful, sustainable drawing practice.



Ceramics



“Theresa is one of the best instructors I've had.” ~ ceramics student

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

32021	Downtown	ARTMSM LOBBY	2pm-4:20pm
Wed	6/24-7/15	Consear	\$79
PAM (student) membership required; instructor will provide link.			
32022	Downtown	ARTMSM LOBBY	10:30am-12:50pm
Wed	6/24-7/15	Consear	\$79
PAM (student) membership required; instructor will provide link.			

9FA 603Z Exploring Visual Communication Through Drawing

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

32222	Cascade	TH 100	6:30pm-8:20pm
Wed	6/24-7/15	Umhoefer	\$65
Bring drawing and writing tools.			

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.

31724	Cascade	MAHB 222	2:30pm-5:20pm
Thu	6/25-7/30	Kitman	\$145
Supply list: pcc.edu/staff/suzy.kitman15			

Drawing: Botanical Illustration

NEW CLASS

9FA 645E Introduction to Drawing Native Plants

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

32861	Cascade	MAHB 109	10am-12:50pm
Tue	6/23-6/30	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32865	Cascade	MAHB 109	10am-12:50pm
Tue	7/14-7/21	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32867	Cascade	MAHB 109	10am-12:50pm
Tue	8/4-8/11	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32869	Cascade	MAHB 109	10am-12:50pm
Thu	6/25-7/2	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32870	Cascade	MAHB 109	10am-12:50pm
Thu	7/16-7/23	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32873	Cascade	MAHB 109	10am-12:50pm
Thu	8/6-8/13	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

NEW CLASS

9FA 645F Drawing Native Plants at Pier Park

We identify plants at Pier Park, uncover structural uniquenesses and play with art techniques to slow down and realistically draw them. Bring what you need to draw comfortably outdoors: a chair, sun hat, water, snack. All levels welcome.

32848	N Portland	PPDGC PARK	10am-12:50pm
Wed	8/5-8/12	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32849	N Portland	PPDGC PARK	10am-12:50pm
Wed	7/15-7/22	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

32850	N Portland	PPDGC PARK	10am-12:50pm
Wed	6/24-7/1	Leonard	\$49
Supplies: pcc.edu/staff/rhiannon-leonard			

► You may also like **Plant Identification for the Non-Botanist** on page 24

Drawing: Comics and Illustration

NEW CLASS

9FA 645G Intro to Comics: Pictures + Words

Through weekly comics-making sessions with drawing prompts, explore the basic processes and history of comics and graphic novels through storytelling, characters, topics, genres and themes. For beginners.

32624	Cascade	TEB 218	6pm-7:50pm
Tue	6/23-7/28	Bak	\$95
Supplies: pcc.edu/staff/todd-bak			

NEW CLASS

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

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

32625	Cascade	TEB 218	11am-1:20pm
Sat	8/1-9/5	Bak	\$119
Supplies: pcc.edu/staff/todd-bak			

Glass

UPDATED CLASS

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

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

32878	Cascade	MAHB 109	12pm-4:50pm
Sat	7/11	Vavroch	\$215
Register/drop by 7/9. All tools and materials provided.			

32879	Cascade	MAHB 109	12pm-4:50pm
Sat	8/22	Vavroch	\$215
Register/drop by 8/20. All tools and materials provided.			

UPDATED CLASS

9FA 613V Stained Glass Basics:

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

31397	Cascade	MAHB 109	12pm-4:50pm
Sat	7/25	Vavroch	\$215
Register/drop by 7/23. All tools and materials provided.			

UPDATED CLASS

9FA 608Q Stained Glass Basics:

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

32876	Cascade	MAHB 109	12pm-4:50pm
Sat	6/27	Vavroch	\$215
Register/drop by 6/25. All tools and materials provided.			

32877	Cascade	MAHB 109	12pm-4:50pm
Sat	8/8	Vavroch	\$215
Register/drop by 8/6. All tools and materials provided.			

UPDATED CLASS

9FA 613U Abridged Intro to Stained Glass

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

32058	Cascade	MAHB 109	5:30pm-8:50pm
Mon	6/22-7/6	Vavroch	
and	Cascade	MAHB 109	4:30pm-8:50pm
Mon	7/13	Vavroch	\$535
Register/drop by 6/19. Tools and materials provided.			

Mixed Media

NEW CLASS

9FA 625P Art Camp for Grownups

Take time this summer to make fun and functional art objects. Use found and printed paper for collage. Run wild with your ideas and experience in acrylic paint and gel plate printing to make mono prints to cut for a book, a vase and a box.

32868	Southeast	TABOR 126	10am-12:50pm
Sat	6/27-7/18	Whitlock	\$75
No class 7/4. Supplies: gia.whitlock@pcc.edu			

UPDATED CLASS

9FA 630O Avant-garde Collage

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

32176	Southeast	TABOR 126	10am-12:50pm
Thu	7/9-8/13	Guttman	\$145
Supplies: pcc.edu/staff/elena-guttman			



Painting



Painting

UPDATED CLASS

9FA 605D **Chinese Brush Painting: Eagle**

The eagle is a symbol of strength, freedom and courage in Chinese culture. Through lecture, demonstration and your own work, explore uses of ink and brush in this art form.

32855 **Southeast** TABOR 126 6pm-8:50pm
Mon 6/29-8/17 Choy \$185

Supplies: jean.choy@pcc.edu

32856 **Southeast** TABOR 126 10am-12:50pm
Wed 7/1-8/19 Choy \$185

Supplies: jean.choy@pcc.edu

► You may also like **Chinese Conversation: Level 1** on page 34

NEW CLASS

9FA 605N **Conceptual Art**

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

32987 **Southeast** TABOR 126 5:30pm-8:20pm
Wed 6/24-7/29 Guttman \$145

Supplies: pcc.edu/staff/elena-guttman

UPDATED CLASS

9FA 616J **Dynamic Abstract Painting**

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

Dynamic Abstract Painting, continued

32963 **Southeast** TABOR 133 10am-1:50pm
Sat 7/11-8/15 Guttman \$185

Supplies: pcc.edu/staff/elena-guttman

NEW CLASS

9FA 605M **Intuitive Painting**

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

32989 **Southeast** TABOR 126 10am-12:50pm
Tue 6/30-8/4 Guttman \$145

Supplies: pcc.edu/staff/elena-guttman

► You may also like **The Way of the Herd: A Mindfulness Partnership** on page 44

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.

31342 **Rock Creek** BLDG3 105 9:30am-2:50pm
Sat 7/11-7/18 Labadie \$85 + \$2 fee

Supply list: pcc.edu/staff/edward-labadie

9FA 623L **Painting Acrylics/Watercolor:**

Stop Dithering, Start Creating

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

32686 **Rock Creek** BLDG3 105 9:30am-2:50pm
Sat 7/25-8/1 Labadie \$85 + \$2 fee

Supply list: pcc.edu/staff/edward-labadie

Painting: Acrylics and Oils

NEW CLASS

9FA 624B **Painting With Acrylics:**

Introduction

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

32851 **Cascade** MAHB 222 6pm-8:50pm
Mon 6/22-8/10 Barros \$185

Supplies: to come

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.

31725 **Cascade** MAHB 222 1:30pm-4:20pm
Tue 6/23-7/28 Kitman \$145

Supply list: pcc.edu/staff/suzu.kitman15

UPDATED CLASS

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

Experiment with color, composition and surface. Develop your painting while learning to handle each medium effectively. Emphasis is on creative expression, skill-building, and personal artistic development.

30971 **Southeast** TABOR 133 10am-12:50pm
Fri 6/26-8/14 Guttman \$169

No class 7/3. Supplies: pcc.edu/staff/elena-guttman

“Angela is patient and encouraging, and her methods help you have a good foundation, especially if you're new to painting.” ~ watercolor student



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.

31575 **Rock Creek** BLDG3 105 9:30am-2:50pm
Sat 8/22-8/29 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie

Painting: Watercolor and Water Media

9FA 624L Watercolor for Beginners

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

30945 **Southeast** TABOR 126 10am-12:20pm
Mon 7/6-8/3 Barnum \$105
Supplies: pcc.edu/staff/leslie-barnum

UPDATED CLASS

9FA 625N Watercolor Fundamentals

Discuss materials (brushes, paper, pigments) and skills (washes, color mixing, brush control). Look at watercolor's history. Paint a complete watercolor. For beginners and those who want to practice the basics. Drawing skills not required.

32862 **Southeast** TABOR 126 7pm-8:20pm
Thu 6/25-7/30 Sagues \$95
Supplies: pcc.edu/staff/angela-sagues

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.

30969 **Southeast** TABOR 126 10am-12:50pm
Fri 7/10-8/14 Barnum \$145
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.

31576 **Willow Creek** WCC 209 9:30am-2:50pm
Fri 8/7-8/14 Labadie \$85 + \$2 fee
Supply list: pcc.edu/staff/edward-labadie

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.

31116 **Southeast** TABOR 126 1:30pm-3:50pm
Mon 7/6-8/3 Barnum \$105
Supplies: pcc.edu/staff/leslie-barnum

UPDATED CLASS

9FA 625M Gouache for Art and Illustration

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

32063 **Cascade** MAHB 109 6pm-8:50pm
Thu 6/25-7/30 Harmer \$145
Supplies: pcc.edu/staff/willow-harmer/

Printing and Printmaking

NEW CLASS

9FA 625R Printmaking: Block Printing with Etching Press

Carving designs into linoleum or plexiglass, or using collograph or monotype, explore registration, editioning and inking methods. Emphasis is on craft, experimentation and translating ideas into multiple prints.

32988 **Southeast** TABOR 133 9am-11:50am
Mon 6/29-8/3 Guttman \$145
Supplies: pcc.edu/staff/elena-guttman

► You may also like **Block Printing for the Home** on page 26

Writing

NEW CLASS **NEW INSTRUCTOR**

9WRI 615N Nature-Inspired Writing

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

Nature-Inspired Writing, continued

32626 **Sylvania** SCB 201 6pm-7:20pm
Wed 6/24-7/29 Carpenter \$75
Bring writing tools. Class includes on-campus field trip.

► You may also like **Floral Arranging for Self Care** on page 23

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

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

32221 **Cascade** TH 100 6:30pm-8:20pm
Mon 6/22-7/13 Umhoefer \$65
Bring writing tools.

Fiction

9WRI 611Q Fiction Writing Workshop

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

32712 **Southeast** TABOR 142 6pm-7:20pm
Mon 6/29-8/3 Sherman \$75
Bring writing tools.

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.

32187 **Southeast** TABOR 138 6pm-7:20pm
Wed 6/24-7/29 Sherman \$75
Bring writing tools.



Writing



NEW CLASS NEW INSTRUCTOR

9WRI 615O **Writing A Character-Driven Novel**

Explore two factors that make novels compelling: plot beats and deep prose. Internal character change is just as important as the external action. Create a written world so inviting that your reader won't want to leave. Bring writing tools.

32687 **Rock Creek** BLDG7 114 7pm-8:50pm
Thu 7/2-7/23 Baldwin \$65



Instructor Spotlight: Cindy Baldwin

Cindy has published poetry, fiction, and creative nonfiction in multiple ways. Next to writing, teaching and mentoring other authors is her favorite part of her job. Her class is centered around high expectations and a nurturing, supportive environment in which new writers can thrive. In teaching she uses lots of examples and mentor texts, in-class exercises, and structured feedback to help writers implement new techniques and bring their writing to the next level.

NEW CLASS NEW INSTRUCTOR

9WRI 615Q **Writing a Mass Market Novel**

Explore the craft of writing mass market fiction - romance, mystery, science fiction, fantasy, romantasy. Class includes opportunities to give and receive feedback on writing projects. Also learn about the realities of publishing. Bring writing tools.

32985 **Southeast** SCOTT 201 6:30pm-8:20pm
Tue 6/23-7/14 Coen \$65



Instructor Spotlight: Chere Coen

Chere pens mysteries, romance and non-fiction books. She also works as a freelance travel and food writer after years serving as writer and editor in newspapers, blogs and magazines. In class we'll discuss the craft of writing - plotting, characterization and settings, for instance - by performing sensory activities and using writing prompts to build on how to "show not tell" stories and develop ideas. These short exercises are fun ways to advance your writing style.

Fundamentals

9WRI 612T **Banish Writer's Block: A Class for Writers Stuck in a Rut**

Move past your writer's block or fear of sharing. Stretch the boundaries of your comfort zone with timed writing sessions, a variety of prompts (including phrases, objects, and memory work) and in-class sharing. All levels welcome.

32815 **Online** ZOOM 5:30pm-7:20pm
Tue 6/23-7/28 Watson \$79

No class 7/14. Bring writing tools.

Movies and Plays

UPDATED CLASS

9WRI 614T **Write Better Dialogue**

No two characters speak the same way. Discover techniques to heighten dialogue for stage, screen and narrative writing. We'll do exercises to generate dialogue content. Bring your sample materials to receive feedback. All levels welcome.

32227 **Sylvania** TCB 213 10am-12:50pm
Sat 8/1 Stein \$35

Bring writing tools.

► You may also like **Evolution of the American Western** on page 33

Poetry

UPDATED CLASS

9WRI 602E **Cross It Out: Poetry Revision Strategies**

Let's experiment with various techniques for revising poetry. We look at examples and also work with our own writing. All levels welcome.

32175 **Southeast** TABOR 141 11am-1:50pm
Sat 7/18 Ebba \$35

Bring poems you want to revise.

UPDATED CLASS

9WRI 601Y **Elemental Poetry: Connecting with Body and Nature in Writing**

Use elements of water, earth, fire and air, along with all your senses, to write about your experience in the world around you. We will use collaborative and individual writing, discussion and readings to explore poetry. All levels welcome.

32857 **Southeast** TABOR 141 11am-12:50pm
Sat 8/8-9/5 Ebba \$79

Bring writing tools. Two field trips during class.

UPDATED CLASS

9WRI 620J **Liminal Spaces: Poetry of Transitions**

We often turn to poetry during times of change, be it personal or global. Read poetry and engage in writing prompts meant to examine spaces of change, and discuss poetry as a tool of transformation and meaning-making. All levels welcome.

32688 **Online** ZOOM 7pm-8:20pm
Thu 6/25-7/30 Ebba \$75

Bring writing tools.

► You may also like **Writing Through Loss for Healing** on page 28

1-On-1 Writing Coaching



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

Instructor Profiles and Availability

Joshua James Amberson

(personal essay, memoir, literary fiction, freelancing, zines, small-press publishing)
joshua.amberson@pcc.edu

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

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

Sally Badawi

sally.badawi@pcc.edu

Availability: Sun-Thu, 9am-11am, 7pm-9pm; Fri, 9am-11am

Sally helps poets revise individual poems and poetry packets. She has been a poetry editor for various journals and has helped edit two full-length manuscripts, both of which were picked up for publication. She will gladly meet with poets at any stage in their writing process.

Angie Ebba

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

Availability: Weekday evenings; weekend daytimes

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

Tim Steele

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

Availability: Mon-Fri, 9am-5pm

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

Paul Stein

paul.stein1@pcc.edu

Availability: Mon-Fri, 10am-5pm

Paul has directed and produced plays, comedy events and storytelling shows across the United States, Canada and Europe. As an instructor, he teaches dramatic and comedic writing courses. Formerly an Executive Producer for Comedy Central, currently he is the Executive Director of Kickstand Comedy.

“My first creative writing course! Paul made the scary task of sharing our writing with each other relaxed and beneficial.” ~ movies and plays student



Bo West Watson

(fiction)

Availability: Tue-Fri; 9am-4pm

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

1-On-1 Writing Coaching Packages

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

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

32678	Online	6/22-9/5	Badawi	\$145
32012	Online	6/22-9/5	Ebba	\$145
32683	Online	6/22-9/5	Steele	\$145
32160	Online	6/22-9/5	Watson	\$145

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

32011	Online	6/22-9/5	Amberson	\$240
32679	Online	6/22-9/5	Ebba	\$240
32685	Online	6/22-9/5	Steele	\$240
31754	Online	6/22-9/5	Stein	\$240
32161	Online	6/22-9/5	Watson	\$240

Online Writing Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

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

Classes Offered Include:

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

Senior Discount

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

▶ More info: pcc.edu/senior



Sunshine & Storytelling

For Angie Ebba, writing and teaching have always gone hand in hand. “I have been writing for as long as I can remember,” she says, recalling an old red notebook of childhood poems. As a kid, she lined up stuffed animals and “taught” them how to write, already drawn to both storytelling and sharing it. Whenever she was asked what she wanted to be, the answer was always a teacher, and her love for literature, poetry, and writing naturally led her to become an English teacher.

Story sits at the center of everything she does. “All of my stories make up who I am,” Angie explains, a belief that shapes both her writing and her teaching. Her work explores themes of disability, queerness, family, relationships, and the natural world, while her classroom reflects a deep commitment to helping others tell their own stories. Writing becomes a way to better understand ourselves and build connection with others.

In her classes, that philosophy comes to life through an interactive, supportive environment. “My classes are interactive, with lots of opportunities to learn in different ways,” she says. Sessions often begin with a short writing exercise, followed by exploration of poetic forms or literary

devices, and time to experiment with new ideas. Students write, share, and engage in small group workshops that emphasize thoughtful feedback and collaboration.

Creating a welcoming space is central to Angie’s approach. She encourages students to bring their full selves into the writing process and to take creative risks. Early on, she introduces a simple but powerful idea: “Don’t apologize for our newborn creations.” It’s a reminder to approach writing with care and curiosity rather than self-judgment.

“My favorite moments are watching someone who didn’t consider themselves a writer before light up when they start writing,” she says. It’s that shift, when someone surprises themselves and begins to see what’s possible, that really stays with her. There’s a kind of energy that comes with that realization, a growing confidence that carries beyond the classroom and into their writing.

Underlying it all is a spirit of play. Angie invites students to experiment, to ask “what if,” and to trust their inner voice. “Anyone with a story to tell can write poetry,” she says. “It is just about finding moments that are important to you and bringing them to life with language.” ♦



AI for Everyone; Risks and Rewards of AI and ChatGPT

Instructors: Ana Ferreira & Peter Flannery

Are you curious about Artificial Intelligence? Hesitant? Already dabbling? Worried? All of the above? Learn from a professional in the field who will guide you on explorations of the benefits, possibilities, and downfalls of how AI is already integrating into our lives.

► Find these classes on pages 18-19



Careers, Technology and Finance

Career Skills
pages 17-18

Computer Skills and Technology
pages 18-19

Personal Finance
page 29

Career Skills

NEW CLASS **NEW INSTRUCTOR**

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

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

32664 **Rock Creek** BLDG2 110 6pm-8:20pm
Mon 6/22-6/29 Fleischer \$45

Teach at PCC and share your knowledge and experiences.

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



Instructor Spotlight: Julie Fleischer

Julie is a community leader and workshop facilitator who has successfully navigated her 27-year career through multiple job market upheavals. She has built tools and approaches to support job seekers based on first-hand knowledge of their challenges. Julie creates interactive learning spaces where people feel comfortable sharing, discussing, and collaborating. Her courses mix learning and doing, leaving participants with concrete output and rehearsed skills that they will immediately be able to apply.

1-On-1 Public Speaking Coaching



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

Instructor Profile and Availability

Sue Wendel

sue.wendel@pcc.edu

Availability: Tue-Wed; 3pm-5pm

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

1-On-1 Public Speaking Coaching continues on next page



1-On-1 Public Speaking Coaching Packages

9RCS 6190 1-On-1 Public Speaking Coaching: 3 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. Sessions last 45 minutes.

33250 Online 6/22-9/5 Wendel \$145

Online Career Skills Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

Refer to ed2go.com/portlandcc for pricing.

Register:

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

Classes Offered Include:

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



Computer Skills

Computer Skills and Technology

► You may also like [Intro to Audio and Music Production with BandLab](#) on page 7

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.

31969 Southeast TABOR 125 10am-12:50pm
Sat 6/27 Pham \$35

► You may also like [Better Bones and Balance](#) on page 44

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

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

32005 Online ZOOM 6:30pm-7:50pm
Mon 8/3-8/17 Podany \$65

Come to class familiar with your computer and PCC Gmail.

1-On-1 Computer Instruction



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

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

Instructor Profiles and Availability

Zita Podany

zita.podany@pcc.edu

Availability: Mon-Fri, 2pm-8pm; Sat, contact Zita for specific availability.

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

Windy Wahlke

windy.wahlke15@pcc.edu

Availability: Sat-Sun, 9am-4pm; Wed-Fri, contact Windy for details.

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

Wendy Webb

wendy.webb1@pcc.edu

Availability: Mon and Sat, contact Wendy for specific dates' availability.

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

1-On-1 Computer Instruction Packages

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

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

31004 Online 6/22-9/5 Podany \$195
For PC users only.

31005 Online 6/22-9/5 Wahlke \$195
For Mac users only.

32691 Online 6/22-9/5 Webb \$195
For Mac users only.

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

31113 Online 6/22-9/5 Podany \$315
For PC users only.

31114 Online 6/22-9/5 Wahlke \$315
For Mac users only.

32692 Online 6/22-9/5 Webb \$315
For Mac users only.

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

32381 Online 6/22-9/5 Podany \$630
For PC users only.

31365 Online 6/22-9/5 Wahlke \$630
For Mac users only.

Artificial Intelligence

NEW CLASS **NEW INSTRUCTOR**

9COM 625R AI for Everyone

Demystify AI concepts, build confidence, and explore how large language models are reshaping work, creativity, and everyday problem-solving. Think critically about AI's capabilities, limitations and ethical considerations.

“The platform was perfect and the teacher was fabulous.” ~ personal finance student



Careers, Technology and Finance

AI for Everyone, continued

32793 **Cascade** TEB 113 6pm-7:50pm
 Mon 6/22-7/6 Ferreira \$85
 Lecture and discussion-based class; no computer needed.

► You may also like **Vintage Video Games** for teens on page 55

NEW CLASS

9COM 625P Risks and Rewards of AI and ChatGPT

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

32816 **Rock Creek** BLDG2 246 6pm-7:50pm
 Tue 7/14-7/21 Flannery \$59

Bring a wifi-capable smartphone, tablet or Chromebook.

Desktop Publishing and Graphic Design

9COM 625J Canva Basics: Designing Made Easy

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

32817 **Online** ZOOM 6:30pm-7:50pm
 Mon 7/6-7/20 Podany \$65

Use desktop or laptop with Canva.

9COM 625B Web Design with Squarespace

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

32151 **Cascade** MAHB 215 6:30pm-8:20pm
 Thu 7/9-7/30 Webb \$109

Basic comfort with email and internet recommended.

Microsoft Office

NEW CLASS

9COM 625Q Intro to Excel

Learn to use the interface, enter and format data, create simple calculations and sorting. Add and delete information, adjust columns and rows and navigate a worksheet. For those who know computer basics but have never used Excel.

32794 **Cascade** TEB 227 6pm-7:50pm
 Wed 7/8-7/15 Podany \$59

Bring paper and pen with you to class to take notes.

9COM 620B Excel Basics: Level 1

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

32795 **Cascade** TEB 227 6pm-7:50pm
 Wed 7/22-8/12 Podany \$109

Bring paper and pen with you to class to take notes.

Online Computer Skills and Technology Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

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

Classes Offered Include:

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

Personal Finance

► You may also like **Teen Finance: Dollars and Sense** on page 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.

31165 **Online** ZOOM 6:30pm-7:50pm
 Tue 7/14 Noxel \$39

► You may also like **Golf Ready for Seniors** on page 43

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.

31416 **Online** ZOOM 6pm-8:20pm
 Thu 6/25 Patterson \$39

9MNY 610U How to Know Your Retirement Readiness

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

31593 **Online** ZOOM 6pm-8:20pm
 Tue 6/23 Patterson \$39

9MNY 610V Savvy Tax Planning for Retirees

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

31577 **Online** ZOOM 1pm-2:50pm
 Thu 9/3 Beckhusen \$39

Students receive a laminated course guide.

Online Personal Finance Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

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

Classes Offered Include:

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

Senior Discount

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

► More info: pcc.edu/senior

Have a skill to share?

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



A Summer of Resilience

Sunflowers are known for their resilience. They can thrive in the harsh conditions while acting as symbols of optimism and hope. Tap into your own resilience this summer with instructor Dawnn Meier's The Resilience of Sunflowers class. Look for these other flower power classes this term: For the Love of Lavender, Daisy Chain Necklaces and Floral Arranging for Self-Care.

► Find these classes on pages 23-25



Home, Garden and Self

Do It Yourself
page 21

Emergency Preparedness
page 21

Food and Drink
pages 21-23

Garden, Nature, and Yard
pages 23-25

Hobbies and Crafts
pages 25-27

Home Improvement
page 27

Pets and Livestock
page 28

Self Development
page 28

Style and Beauty
page 29

Woodworking and Metalworking
pages 29-31

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.

31172	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	7/10	Boyer	\$215
31208	NE Portland	WILDHB STUDIO	11am-1:50pm
Sat	9/5	Boyer	\$215

Emergency Preparedness

9YG 622D **Earthquake Preparedness**

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

32639	Online	ZOOM	6:30pm-9:20pm
Wed	7/8	Dittmer	\$39

Food and Drink

► You may also like **Teen Kitchen Passport** on page 54

NEW CLASS

9FD 608N **Classic Barbecue Side Dishes**

When the weather turns warmer, it's all about barbecues and potlucks. Learn to make classics as well as new twists like the classic slaw, Asian slaw, broccoli salad, a Hawaiian elbow pasta salad and a Mexican corn two ways.

32995	Online	ZOOM	6pm-8:50pm
Tue	6/23	Garcia-Andre	\$39 + \$16 fee

Must reg/drop by 6/21.

NEW CLASS

9FD 638N **Strawberry Extravaganza**

Strawberry season is here! Learn to make strawberry lemonade, a delicious summer strawberry and spinach salad, with a strawberry salad dressing, pork tenderloin in roasted strawberry and merlot sauce, and for dessert a strawberry and rhubarb upside down cake.

32997	Southeast	COMX KIT	6pm-8:50pm
Wed	7/1	Garcia-Andre	\$39 + \$28 fee

Must reg/drop by 6/29.

9FD 626M **Summer Party Dips**

Learn some new recipes for Summer gatherings to warmly welcome your friends and family. Make hot honey whipped ricotta dip, lemongrass with tofu dip, Moroccan zaalouk or eggplant dip, tomato labneh dip and crab and artichoke dip.

Summer Party Dips, continued

32104	Southeast	COMX KIT	11am-1:50pm
Sat	7/11	Garcia-Andre	\$39 + \$25 fee

Must reg/drop by 7/9.

9FD 608S **Summer Pasta Salads**

A favorite summer potluck dish, side dish and quick summer fare, pasta salads are a hit. Learn to make an orzo pasta salad, couscous salad with shrimp, pesto pasta salad and corn and miso pasta salad.

32109	Online	ZOOM	6pm-8:50pm
Tue	7/21	Garcia-Andre	\$39 + \$16 fee

Must reg/drop by 7/19.

9FD 618N **Tuna Quick Meals**

One humble item in your pantry can be transformed into a great meal. Learn to make potato patties filled with tuna, Spanish stuffed piquillo peppers, and a delicious Peruvian summer tuna dish called Causa Peruana.

33003	Online	ZOOM	6pm-8:50pm
Tue	8/11	Garcia-Andre	\$39 + \$15 fee

Must reg/drop by 8/9.

NEW CLASS

9FD 638K **Mighty Little Fish**

Sardines are loved throughout the world. Chef Edurne will share with students her favorite ways to enjoy this great little fish that is both healthy and delicious. Learn to make easy sardine crostini, pasta con le sarde, potatoes with sardines and an Asian rice bowl with sardines.

33001	Southeast	COMX KIT	6pm-8:50pm
Tue	8/4	Garcia-Andre	\$39 + \$28 fee

Must reg/drop by 8/2.



9FD 608X On the Farm: Making Sausage
Explore the art of sausage making on a real hog farm. Learn to break down fresh pork, blend creative seasonings and master techniques for grinding, stuffing and linking sausages. Whether you're a curious home cook or an aspiring butcher, you'll leave with the knowledge and the links, you need to start crafting your own sausages at home.

33152 **Oregon City** MTWHE CLASSROOM 9am-2:50pm
Fri 7/10 Clark \$259
Must reg/drop by 7/8. Must be 21+.

33154 **Oregon City** MTWHE CLASSROOM 9am-2:50pm
Sat 7/18 Clark \$259
Must reg/drop by 7/16. Must be 21+.

33155 **Oregon City** MTWHE CLASSROOM 9am-2:50pm
Sun 7/19 Clark \$259
Must reg/drop by 7/17. Must be 21+.

1-On-1 Baking Coaching



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

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

Instructor Profile and Availability

Elizebett Eslinger

elizebett.eslinger@pcc.edu

Availability: Elizebett can only schedule sessions in the first month of the term: 6/22-7/24.

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

1-On-1 Baking Coaching Package

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

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

32677 **Online** 6/22-9/5 Eslinger \$275

Food Preservation

9FD 626Z Canning Beginning: 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.

31399 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 7/7 Youngs \$39 + \$15 fee

Reg/drop 7/5. Info: pcc.edu/staff/stephanie-youngs/

31400 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 6/30 Youngs \$39 + \$15 fee

Reg/drop 6/28. Info: pcc.edu/staff/stephanie-youngs/

9FD 627A Canning Beginning: 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.

31398 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 7/21 Youngs \$39 + \$20 fee

Reg/drop 7/19. Info: pcc.edu/staff/stephanie-youngs/

32196 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Tue 8/4 Youngs \$39 + \$20 fee

Reg/drop by 8/2. Info: pcc.edu/staff/stephanie-youngs/

International Cuisine

NEW CLASS

9FD 645M Cold Asian Noodles

During the hot summer months, enjoy fresh and bright flavors, with Asian cold noodle dishes. Create fresh and easy recipes such as Thai rice noodles with peanut sauce, noodles with sesame sauce and cucumbers, Korean Japchae and some Japanese Buckwheat noodles.

32996 **Southeast** COMX KIT 6pm-8:50pm
Thu 6/25 Garcia-Andre \$39 + \$28 fee

Must reg/drop by 6/23.

9FD 602Q Meatballs Around the World

Every culture has its own version of meatballs made with favorite meats and local spices. Learn to make Haitian boulets, Mexican albondigas, chicken meatballs with greens and Asian meatballs with ginger and fish sauce.

32107 **Online** ZOOM 6pm-8:50pm
Thu 7/16 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 7/14.

9FD 619N A World of Meatballs

You can find meatballs from every culture, each with its own spices and favorite meats. We'll make Italian meatballs, Mexican fish-balls in tomato salsa, Persian lamb meatballs with saffron rice, and Asian chicken sesame-ginger meatballs.

32998 **Southeast** COMX KIT 6pm-8:50pm
Tue 7/14 Garcia-Andre \$39 + \$29 fee

Must reg/drop by 7/12.

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.

31572 **Rock Creek** BLDG5 241 5:30pm-8:20pm
Wed 7/8-9/2 Shah \$295 + \$70 fee

Must reg/drop by 7/6.

Sweet Treats

9FD 626H Cheesecake Extravaganza

So many cheesecakes...so little time! Make four different cheesecakes to impress your family or friends for the holidays. Learn recipes for key lime and goat cheesecake, a chai and pistachio, a Japanese or cotton cheesecake and finish with a maple and walnut cheesecake.

32999 **Online** ZOOM 6pm-8:50pm
Thu 7/23 Garcia-Andre \$39 + \$16 fee

Must reg/drop by 7/21.

9FD 631U Flambé Desserts

There are few desserts that are as spectacular, rich in flavor and easy to make as flambé fruit desserts. Learn to make bananas foster, cherries jubilee, pineapple rum flambé and crêpes suzette that will impress your family!

33000 **Southeast** COMX KIT 11am-1:50pm
Sat 8/1 Garcia-Andre \$39 + \$29 fee

Must reg/drop by 7/30.

NEW CLASS

9FD 638L Custards

Custard is a versatile and creamy mixture. It varies in consistency from thin pouring sauces to thick as a pastry filling. Learn to make creme anglaise, creme patisserie, flan, butterscotch no bake custard or coconut matcha nondairy custard.

33002 **Southeast** COMX KIT 11am-1:50pm
Sat 8/8 Garcia-Andre \$39 + \$28 fee

Must reg/drop by 8/6.

NEW CLASS

9FD 638M Scones

Scones can be lightly sweetened or savory. They can also be triangular, sweeter and denser with more mix-ins like dried fruit, nuts or glazes. Make walnut and maple scones, traditional British scones with clotted cream and an orange almond scone.

33004 **Southeast** COMX KIT 11am-1:50pm
Sat 8/15 Garcia-Andre \$39 + \$25 fee

Must reg/drop by 8/13.

Wine

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

NEW CLASS

9FD 607X Malbecs of the World

Hot summer nights deserve a red wine that was born to shine in the heat! Malbec has an incredibly rich history making it both a noble grape and a summer party wine. Think "little black dress" of the wine world.

Senior Discount

▶ More info: pcc.edu/senior

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

“Elizebett is fantastic. She does a wonderful job with the limitations of a remote class environment and her enthusiasm is contagious.” ~ baking student



Home, Garden and Self

Malbecs of the World, continued

32949 **Online** ZOOM 6pm-7:20pm
Sat 8/8 Palmer \$79
Must reg/drop by 8/6.

32950 **Online** ZOOM 6pm-7:20pm
Sun 8/9 Palmer \$79
Must reg/drop by 8/7.

NEW CLASS

9FD 607Y Wines of Basque Country

If you can't get to Basque Country in Northern Spain this summer, at least you can taste it! Learn about the history, conflict, agriculture, food, local customs and of course, the wine of Basque Country.

32951 **Online** ZOOM 6pm-7:20pm
Sat 8/22 Palmer \$79
Must reg/drop by 8/21.

32952 **Online** ZOOM 6pm-7:20pm
Sun 8/23 Palmer \$79
Must reg/drop by 8/20.

► You may also like **Spanish** classes on page 38

NEW CLASS

9FD 607Z Sunday at the Café

A French café! Why not? As Summer winds down, pretend you're in France and enjoy a little cafe vibe. Indulge in bites of French cheeses and snacks along with classic wine pairings.

32953 **Beaverton** SYWINE ROOM 12pm-1:20pm
Sun 8/30 Palmer \$89
Must reg/drop by 8/28.

32954 **Beaverton** SYWINE ROOM 2:30pm-3:50pm
Sun 8/30 Palmer \$89
Must reg/drop by 8/28.

► You may also like **French for Travelers** on page 34

Wine Pairing

Discover how food can alter your experience of a wine. Students must be 21 years old or older to participate in classes serving alcohol.

NEW CLASS

9FD 607W Popping Into Summer

Dive into effervescent wines that pair well with popcorn. Learn how salt impacts the flavors of wine and how you can harness that knowledge to better future food pairings. All wine tastings and popcorn provided.

32947 **Online** ZOOM 6pm-7:20pm
Sat 7/25 Palmer \$79
Must reg/drop by 7/23.

32948 **Online** ZOOM 6pm-7:20pm
Sun 7/26 Palmer \$79
Must reg/drop by 7/24.

Wine: Vineyard Visit

NEW CLASS

9FD 645N MonksGate Vineyard

Walkabout

Enjoy a vineyard tour and tasting at the LIVE Certified, Bee-Friendly, organic vineyards of MonksGate. Led by winery owner Rebecca, learn about not only Pinot noir vines, but also the elusive Rieslings of Oregon. The vineyard walk will take us to the namesake gate of the monks.

32955 **Carlton** MONKS VINE 11am-12:20pm
Sun 7/12 Palmer \$89
Must reg/drop by 7/10.

32956 **Carlton** MONKS VINE 1:30pm-2:50pm
Sun 7/12 Palmer \$89
Must reg/drop by 7/10.

Garden, Nature, and Yard

NEW CLASS NEW INSTRUCTOR

9YG 601Z Floral Arranging for Self Care

Flower arranging for self care centers the therapeutic power of flowers and natural materials to promote mental health regulation and emotional balance. Learn to utilize practical floral design tools to express creativity, exercise stress management and immerse in a self care practice.

32819 **Cascade** JH 106 1pm-3:50pm
Sat 7/11-8/1 Oyemaja \$79 + \$60 fee
Bring a vessel/vase.

► You may also like **Nature-Inspired Writing** on page 13

► You may also like **Forest Bathing** on page 45



Instructor Spotlight: Toyin Oyemaja

Toyin was born and raised in Portland and is the owner of Toyouinspire Flowers. In addition to being a Community Ed instructor, she also serves as a Community Workforce Employment Specialist for PCC. Toyin has more than a decade of experience working in the floral industry, education and social services. She is excited to offer this new class and help students understand the intrinsic connection between nature and self-care that can help them thrive.

NEW CLASS

9YG 601Y The Resilience of Sunflowers

Learn why sunflowers are known for their resilience and frequently depicted as a symbolism of optimism, hope and strength. Discover research-supported ways to tap into your own capacity to overcome adversity.

32818 **Online** ZOOM 7pm-8:20pm
Thu 8/6 Meiers \$35

9YG 601R Gardening for Presence and Healing

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

32736 **Online** ZOOM 10am-12:20pm
Sat 8/1-8/22 Geoppinger \$65



Food and Drink



Gardening



9YG 601P For the Love of Lavender

Discover the delights of this aromatic herb, from its rich history to contemporary uses. Savor a visual tour of lavender varieties, learn about Pacific Northwest lavender farms, and receive recipes for lavender-infused treats.

32219	Online	ZOOM	7pm-8:50pm
Thu	7/9	Meiers	\$39



Instructor Spotlight: Dawnn Meiers

For Dawnn, gardening isn't just a hobby, it's a way of life. This psychologist and eco-wellness expert loves sharing the many benefits of people and plant connections. From herbs and edible plants, to natives and pollinator-friendly flowers, Dawnn encourages Community Ed students to engage mindfully with nature and grow their own food.

9YG 601G Drip Irrigation Basics

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

32369	SE Portland	JUFF CLSRM	9am-11:50am
Sat	7/11	Bibeau	\$69

Dress for the weather.

9YG 621X Nature ID Field Day

Have you enrolled and enjoyed our birdwatching, Pacific Northwest 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.

32618	Clark County	LACAPK FIELD	10am-1:50pm
Sat	8/15	Lexa	\$45

Instructor will email directions. Dress for the weather.

9YG 601K Plant Identification for the Non-Botanist

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

32649	Online	ZOOM	6pm-7:20pm
Wed	7/8	Lexa	\$39

► You may also like **Drawing Native Plants at Pier Park** on page 11

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.

31162	Online	ZOOM	6pm-7:20pm
Tue	8/11	Lexa	\$39

9YG 601J Misadventures in Natural History

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

32651	Online	ZOOM	6pm-7:20pm
Thu	7/23	Lexa	\$35

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!

32487	Online	ZOOM	6pm-7:50pm
Wed	8/19	Lexa	\$39

31001	Southeast	TABOR 125	6pm-7:50pm
Wed	9/2	Lexa	\$39

9YG 600V Foraging Plants and Mushrooms for Beginners

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

30939	Online	ZOOM	6pm-8:20pm
Mon	8/10	Lexa	\$39

9YG 621B Ecoregions of Oregon

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

31000	Online	ZOOM	6pm-8:20pm
Tue	7/14	Lexa	\$39

9HB 601I Nature Identification for the Amateur 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.

32943	Southeast	TABOR 141	10am-3:50pm
Sat	7/25	Lexa	
and	Clark County	LACAPK FIELD	10am-3:50pm
Sun	7/26	Lexa	\$75

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.

31112	Southeast	TABOR 125	6pm-9:20pm
Fri	6/26	Andresen	
and	NE Portland	BRIBEE FIELD	2pm-2:50pm
Sat	6/27	Andresen	\$65

Includes field trip to apiary.

Have a skill to share?

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

“As always, Rod did a fantastic job. He is very competent, while always very welcoming and answered all our questions without judgment.” ~ home gardening series student



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.

32650	Online	ZOOM	6pm-8:20pm
Wed	7/15	Lexa	\$39

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.

31111	Scappoose	SCACRO TRAIL	10am-12:20pm
Fri	8/14	Lexa	\$39

Instructor will email directions. Dress for the weather.

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.

30956	Online	ZOOM	7pm-8:50pm
Tue	6/30-8/18	Smith	\$155

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!

30960	Online	ZOOM	7pm-8:50pm
Tue	6/30	Smith	\$35

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

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

30961	Online	ZOOM	7pm-8:50pm
Tue	7/7	Smith	\$35

9YG 619K **Lawn Care**

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

30962	Online	ZOOM	7pm-8:50pm
Tue	7/14	Smith	\$35

9YG 619L **Pruning**

One of the most important ways to care for your plants is to keep them well pruned. Learn when, where and how to cut plants, trees and shrubs for the best results.

30963	Online	ZOOM	7pm-8:50pm
Tue	7/21	Smith	\$35

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.

30964	Online	ZOOM	7pm-8:50pm
Tue	7/28	Smith	\$35

9YG 619S **Best Soil Healthy Plants**

Healthy soil is imperative for sustainable gardening and farming. Come learn all about nutrients, pollutants and amendments.

32046	Online	ZOOM	7pm-8:50pm
Tue	8/4	Smith	\$35

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.

30958	Online	ZOOM	7pm-8:50pm
Tue	8/11	Smith	\$35

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

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

30959	Online	ZOOM	7pm-8:50pm
Tue	8/18	Smith	\$35

Life Sciences

9YG 621K **Weather 101**

Learn basic weather reading skills to aid the gardener, hiker or outdoor enthusiast. Read weather maps, interpret cloud formations, understand our local climate and gain practical weather knowledge. Taught by a USDA-certified Meteorologist and former NOAA/NWS forecaster.

32101	Southeast	TABOR 141	6:30pm-8:20pm
Mon	7/13-8/10	Dittmer	\$65

Permaculture

9YG 601I **Urban Food Forests: Perennial Gardening**

Learn the cultural context and benefits of urban food forestry and the practical steps needed to take in order to convert a lawn or garden into an abundant perennial ecosystem. This class includes detailed information on plant choices, a hands-on design exercise and is taught by the Director of the Portland Food Forest Initiative.

32239	Cascade	TEB 217	10am-12:20pm
Sat	9/5	Sloan	\$49

32241	Cascade	TEB 217	10am-12:20pm
Sat	8/29	Sloan	\$49

9YG 600M **Maximize your Yard with Permaculture Design**

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

32370	SE Portland	JUFF CLSRM	9am-1:50pm
Sat	7/25	Bibeau	\$99

Dress for the weather.

Hobbies and Crafts

9HB 601B **Block Printing for the Home**

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

31751	Cascade	MAHB 109	5:30pm-7:20pm
Wed	6/24-8/12	Campbell	\$105 + \$25 fee

No class 7/22. Supplies: pcc.edu/staff/joyce-campbell1

► You may also like **Printmaking: Block Printing with Etching Press** on page 13

NEW CLASS

9HB 605H **Daisy Chain Necklaces**

Use glass seed beads to create a sweet and simple "daisy chain" necklace of beaded flowers. Infinitely versatile and choose your own color palette. All supplies included, just bring your creativity!

32854	Southeast	SE TBA	6pm-8:50pm
Mon	6/29	Kornei	\$39 + \$15 fee



Instructor Spotlight: Katherine Kornei

Katherine first started making jewelry back in the 90's at a friend's birthday party, and she's been at it ever since. She loves fostering creativity in people and introducing them to a hobby that's fun, inexpensive and portable. Katherine teaches a variety of jewelry-making classes with Community Ed and is proud to see lots of students wearing their new creations!

9HB 611G **Wondrous Wire Earrings**

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

31573	Southeast	TABOR 137	6pm-8:50pm
Mon	6/22	Kornei	\$39 + \$20 fee

9HB 611Q **Wondrous Wire Earrings**

Continued

Suspend precious gemstones from a delicate chain using jewelry wire to create a pair of "waterfall" earrings for pierced ears. Completion of Wondrous Wire Earrings class recommended. All supplies are included.

32118	Southeast	TABOR 137	6pm-8:50pm
Tue	6/23	Kornei	\$39 + \$25 fee



9HB 605G Spiraled Wire Necklace and Earrings

Learn how to make decorative spirals using jewelry wire and create a necklace and matching earrings. Gain familiarity working with basic tools like pliers and cutters. All supplies are included.

32645	Southeast	TABOR 137	7pm-8:50pm
Tue	6/30	Kornei	\$39 + \$30 fee

9HB 611R Beaded Window Hangings

Select glass, ceramic and stone beads to string a roughly two foot-long window hanging to beautify any room. Students will finish projects with a faceted glass crystal to catch the light. All supplies are included, just bring your creativity!

32853	Southeast	TABOR 137	6pm-7:50pm
Wed	6/24	Kornei	\$39 + \$25 fee

9HB 611N Wire-Wrapped Rocks and Crystals

Explore the art of wrapping small rocks and crystals with wire. Create several pendants and earrings for pierced ears. All supplies are included, just bring your creativity!

32165	Southeast	TABOR 137	6pm-8:50pm
Thu	6/25	Kornei	\$39 + \$30 fee

Knitting and Fiber Crafts

9HB 622X Beginners Knitting Workshop

Discover the joy of knitting in a supportive community of crafters, where all levels are welcome. Master the basics you will need for every knitting project by learning cast on and off techniques, knit and purl and proper knitting terminology.

32652	Online	ZOOM	6pm-7:20pm
Wed	7/1-8/19	Patterson	\$79

32166	Southeast	SCOM 314	6pm-7:20pm
Tue	6/30-8/18	Patterson	\$79

9HB 620G Knitting Socks

Explore the basics of sock knitting construction such as knitting toe up as well as cuff down and socks with different heels and toes. Learn about different breeds of yarn for long lasting socks as well as color and design.

33007	Southeast	TABOR 125	6pm-7:30pm
Thu	7/2-8/20	Patterson	\$119

9HB 620H Knitting a Sweater

Knit your own homemade sweater! Explore the basics of sweater construction such as top down or bottom up, raglan or circular yolk. Learn about color work, fair isle or variegation.

33006	Southeast	TABOR 142	10am-11:20am
Sat	6/27-8/15	Patterson	\$119

No class 7/4.

Beaded Jewelry

9HB 605F Beading Open Studio

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

Beading Open Studio, continued

32644	Southeast	SE TBA	5pm-6:50pm
Tue	6/30	Kornei	\$39

Sewing and Quilting

9HB 620B Hand Mending Clothes

Give your favorite clothes a second life. Learn essential hand-sewing and darning techniques to mend and repair your garments. Whether it's a ripped seam, a missing button, or a hole in your favorite jeans, learn skills to fix them with confidence.

32236	Southeast	TABOR 125	12pm-2:50pm
Sat	7/18-7/25	Harmer	\$49

Students bring supplies.

9HB 625P Mending and Alterations

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

32641	Southeast	TABOR 124	6pm-7:50pm
Tue	6/30-8/18	Harmer	\$99

Students bring supplies.



Instructor Spotlight: Willow Harmer

Willow D'Arcy is an enthusiastic, knowledgeable teaching artist with over 35 years of art and craft experience. Her pedagogy is based on autonomy, curiosity and inclusiveness. She sees mending, alteration and hand making as quiet acts of self determination and resistance in a world of fast fashion and consumerism. These practices offer a way to build essential skills, autonomy and creative exploration in a supportive and positive environment.



Knitting



“ This is a great instructor, wonderful class! ” ~ beaded jewelry student

Home, Garden and Self

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.

31105 **Cascade** TEB 222 9am-12:50pm
Sat 7/11-8/1 Werkman \$105
Info: pcc.edu/staff/dwerkman

1-On-1 Chess Lessons



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

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

Instructor Profile and Availability

David Petrozzi

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

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

1-On-1 Chess Lesson Package

9HB 611B 1-On-1 Chess Lessons: 10 Session Package

Discover the joy of chess and why it continues to thrive in our modern age! Explore the theory, art and history of chess with examples from famous games and current tournaments. Navigate online chess and receive a flexible lesson plan tailored especially for your needs as a player. All levels welcome. Sessions last 50 minutes.

31003 **Online** 6/22-9/5 Petrozzi \$479

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.

31185 **Online** ZOOM 6:30pm-8:20pm
Thu 6/25-7/23 Brower \$139



Home Improvement

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.

30836 **Online** ZOOM 6:30pm-8:20pm
Thu 7/30-8/27 Brower \$139

9HB 601S Video Game Studies

Learn through lecture, discussion and play about the story structure and analysis of video games. Students will explore many genres and storylines in gaming with time and equipment available in class to play chosen games. Students will have the opportunity to share out their analysis of their favorite game.

32607 **Sylvania** ST 103 6pm-8:50pm
Mon 6/29-8/3 Cirillo \$115

Home Improvement

9HI 620J Electrical Basics

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

32837 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Mon 6/29 Boyer \$195

32838 **NE Portland** WILDHB STUDIO 6pm-8:50pm
Thu 7/30 Boyer \$195

32840 **NE Portland** WILDHB STUDIO 3pm-5:50pm
Sat 8/29 Boyer \$195



Pets and Livestock

UPDATED CLASS

9YG 600J Backyard Chickens for Beginners

Have you ever wondered what it takes to raise backyard chickens? Learn the basics in getting started and caring for your own chickens. Explore chicken behavior, choosing the best chicken breed for you, common chicken illnesses and local city guidelines. Students will also meet some friendly, live chickens!

32337	Rock Creek	BLDG12 101	3:30pm-5:20pm
Mon	7/20	Zweigart	\$45

Bring Water.

32336	Rock Creek	BLDG12 101	10am-11:50am
Sat	8/15	Zweigart	\$45

Bring Water.



Class Spotlight:

Chicken classes at the Rock Creek Farm are back! Join instructor and Farm Coordinator, Hailey Zweigart as she shares with students tips for raising chickens and information about understanding chicken breeds, coop plans, providing proper nutrition and more. For beginners and experts alike, enjoying the view at the Rock Creek Farm with the chickens is a great way to spend a couple of hours!

Self Development

9PDV 612E Writing Through Loss for Healing

Learn to write your way through loss and renewal. Explore using guided prompts, discussion and reflection to help you transform personal experiences into meaningful stories of healing and growth.

32737	Online	ZOOM	10am-12:20pm
Sun	7/12-7/19	Geoppinger	\$49

▶ You may also like **Liminal Spaces: Poetry of Transitions** on page 14

NEW CLASS

9PDV 621T Art and Science of Feedback Communication

Effective feedback is one of the most powerful drivers of growth, performance, and trust yet it's often one of the hardest skills to master. Learn the tools, mindset and language needed to give feedback with clarity, confidence and empathy.

32100	Southeast	TABOR 141	6pm-8:50pm
Thu	7/30	Baranek	\$45

9PDV 620X Fearless Presenting

Do fear or anxiety stop you from speaking up and saying what is important? Do you dread giving presentations? This class gives you tools, ideas, specific practices and hints for presenting effectively and confidently.

33223	Online	ZOOM	9:30am-12:20pm
Sat	6/27	Sugg	\$39

9PDV 600A Ignite Your Creative Power

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

31974	Sylvania	TCB 217	5:30pm-7:50pm
Mon	6/29-8/10	Esteghlalian	\$109

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

9PDV 621L Ecopsychology: Skills for Climate Resilience

Climate change is a source of stress and anxiety for many of us. Learn how climate change affects mental health and nature-based practices that can help with stress reduction and mental well-being.

33005	Online	ZOOM	6pm-8:20pm
Mon	7/20	Lexa	\$39

9PDV 612F Enneagram Types and Triads

Learn strengths and challenges of the Nine Enneagram personality types. Explore "Triads" which further describe how unique tendencies of the types show up in our personal, intimate and working lives.

32608	Online	ZOOM	6pm-7:20pm
Thu	8/6-8/27	Holland	\$49

Astrology and Tarot

9PDV 621U Introduction to Archetypal Astrology

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

32114	Southeast	SCOTT 200	6pm-8:20pm
Tue	6/23-8/11	Habib Martin	\$89



Pets and Livestock

“ Such a great opportunity for me as a senior and you find excellent teachers. David was kind, prepared and met each of us where we were at, so fun. ” ~ astrology student



Home, Garden and Self

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.

Instructor Profile and Availability

Cristina Villarreal

cristina.villarreal@pcc.edu

Availability: Mon, 10am-6pm; Tue/Thu, hours vary

Cristina has been a Wardrobe Stylist since 1994. She graduated from the Fashion Institute in Los Angeles, CA and has toured the globe styling



musicians and dancers for live concerts since 2001. Cristina has a monthly styling segment here in Portland on KOIN 6 where she shares lifestyle and fashion tips. She is excited to work with PCC Community Ed students that are looking for styling solutions and help them rediscover their beauty inside and out.

1-On-1 Personal Styling Package

9PDV 621G 1-On-1 Personal Styling: 5 Session Package

How many times have you denied going out with friends or missed an opportunity because you didn't feel confident in your clothes? Feeling comfortable in your clothes aids in our everyday energy to be ourselves and feel confident in our work and personal lives. Build your self-esteem, have fun with clothes and develop your sense of self with the help of a personal stylist. Sessions last 55 minutes.

32158 Online 6/22-9/5 Villarreal \$275
Need measuring body tape.

Woodworking and Metalworking

Blacksmithing

9MW 620E Blacksmithing: Metal Forging

Explore this hands-on introduction to the ancient and exciting craft of blacksmithing. Learn the art of forming metal with heat, hammer, hand and anvil. The instructor will also focus on understanding the nature of metal and its capability to be both hard and soft.

32248 NE Portland WILDHB STUDIO 11am-2:50pm
Sun 8/16 Boyer \$389 + \$45 fee

32249 NE Portland WILDHB STUDIO 11am-2:50pm
Sun 7/12 Boyer \$389 + \$45 fee

9MW 620F Blacksmithing: Forging Tools

Learn the art of creating custom blacksmithing tools. Explore traditional forging techniques using a forge, anvil and hammer to shape and temper tools. Whether you're a beginner or looking to refine your craft, this class will provide the knowledge and experience to build your own set of tools from scratch.

32250 NE Portland WILDHB STUDIO 11am-2:50pm
Sun 8/9 Boyer \$389 + \$45 fee

Metal Crafts

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

9MW 627K Steel Fabrication Summer Intensive

Learn metalworking through exploration of the material properties and fabrication techniques of mild steel as a raw material for sculpture and furniture making. Develop confidence through lectures, demonstrations and self guided experimentation and build metalworking skills by bending, cutting and MIG welding. All levels welcome.

32395 Rock Creek BLDG2 131 10am-2:50pm
Sat 7/11-8/15 Campbell \$165 + \$60 fee
No class 8/8. Info: pcc.edu/staff/joyce-campbell1.

NEW CLASS

9MW 620H Metalsmith Series

Discover the art of metalsmithing in this six week hands-on course. Learn foundational techniques, master basic stone setting and leave with multiple handcrafted pieces that reflect your creativity, growth and new metalworking skills.

32820 NE Portland WILDHB STUDIO 10am-12:50pm
Sun 6/28-8/2 Boyer \$445 + \$100 fee

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.

31120 OMIC Center OMIC 105 9am-11:50am
Sat 6/27-8/29 Yardley \$205 + \$60 fee
No class 7/4.

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.

31664 NE Portland WILDHB STUDIO 6pm-8:50pm
Tue 8/4-8/11 Boyer \$349

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.

31392 NE Portland WILDHB STUDIO 3pm-5:50pm
Sat 8/8-8/15 Boyer \$349

31393 NE Portland WILDHB STUDIO 6pm-8:50pm
Wed 7/22-7/29 Boyer \$349

Senior Discount

► More info: pcc.edu/senior

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



Metalworking



9MW 627E **Welding Fundamentals: MIG Welding (GMAW)**

Gain fundamental welding skills including basic techniques and mechanics of the welding machine. All levels welcome. Equipment/material provided.

31166	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Tue	6/23-6/30	Boyer	\$299
31628	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Thu	7/16-7/23	Boyer	\$299
32124	NE Portland	WILDHDB STUDIO	11am-1:50pm
Sun	8/16-8/23	Boyer	\$299

9MW 620G **SMAW: Stick Welding**

Explore the basics and fundamentals of stick welding (SMAW). Learn about welding safety, equipment setup and basic techniques for welding ferrous metals. Through guided practice, gain confidence in creating strong, clean welds.

32609	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Fri	7/17	Boyer	\$345
32610	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Mon	8/31	Boyer	\$345

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.

31748	NE Portland	WILDHDB STUDIO	2pm-4:50pm
Sat/Sun	8/1-8/2	Boyer	\$359

9MW 627N **Plasma Cutting**

Learn about the art of plasma cutting using electricity to cut through metal. It's an easy and fun process to learn and a creative way to work with metal that allows you to cut out any design you want. Students will get to choose from a variety of forms to make their project.

32611	NE Portland	WILDHDB STUDIO	4pm-5:50pm
Sat	7/11	Boyer	\$275
32612	NE Portland	WILDHDB STUDIO	6pm-7:50pm
Thu	8/27	Boyer	\$275

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.

31167	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Thu	8/6	Boyer	\$169 + \$15 fee
31168	NE Portland	WILDHDB STUDIO	1pm-3:50pm
Fri	7/17	Boyer	\$169 + \$15 fee
31169	NE Portland	WILDHDB STUDIO	3pm-5:50pm
Sat	6/27	Boyer	\$169 + \$15 fee

9MW 627R **Metalsmith Jewelry:**

Soldering

Learn the techniques of silver soldering with an acetylene gas torch. Students will be guided through safety instructions for using a torch, along with techniques such as "quenching" and "pickle." Enjoy making your own jewelry creation and advance your skills in jewelry making.

31170	NE Portland	WILDHDB STUDIO	1pm-3:50pm
Sat	7/25	Boyer	\$189 + \$15 fee
31171	NE Portland	WILDHDB STUDIO	1pm-3:50pm
Fri	7/24	Boyer	\$189 + \$15 fee
32822	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Thu	8/20	Boyer	\$189 + \$15 fee

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.

32827	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Fri	6/26	Boyer	\$189 + \$45 fee
32828	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Thu	8/20	Boyer	\$189 + \$45 fee

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

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

31757	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Mon	7/6-7/13	Boyer	\$299 + \$55 fee
32825	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Fri	8/28-9/4	Boyer	\$299 + \$55 fee

9MW 627Y **Metalworking Jewelry: Sand Casting with Bronze**

Sand casting is a traditional form of metalworking which has been used for centuries to craft beautiful, intricate pieces of jewelry. Learn how to cast a ring or small trinket with bronze.

31677	NE Portland	WILDHDB STUDIO	3pm-5:50pm
Sun	8/23-8/30	Boyer	\$249 + \$45 fee
31678	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Thu	7/2-7/9	Boyer	\$249 + \$45 fee

9MW 627Z **Metalworking Jewelry: Cabochon Stone Setting**

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

31675	NE Portland	WILDHDB STUDIO	11am-1:50pm
Wed	8/12-8/19	Boyer	\$299 + \$35 fee
31676	NE Portland	WILDHDB STUDIO	6pm-8:50pm
Fri	7/24-7/31	Boyer	\$299 + \$35 fee

9MW 620J **Stamped Cuff with Stone**

Create a custom metal cuff bracelet featuring personalized stamped designs and a hand-set stone. Learn metal stamping, cuff forming and finishing and an introduction to basic stone bezel setting.

“Joyce is an excellent instructor, balancing important safety considerations and effectively teaching basic welding techniques.” ~ metal crafts student



Home, Garden and Self

Stamped Cuff with Stone, continued

32834	NE Portland	WILDHB STUDIO	11am-1:50pm
Thu	7/16-7/23	Boyer	\$389
32835	NE Portland	WILDHB STUDIO	5pm-7:50pm
Sun	8/2-8/9	Boyer	\$389

NEW CLASS

9MW 620I Metalsmith High Polishing Shine

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

32832	NE Portland	WILDHB STUDIO	1pm-3:50pm
Fri	7/31	Boyer	\$169
32833	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	9/1	Boyer	\$169

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.

32047	Scappoose	MMPS SHOP	6pm-8:50pm
Tue	6/23-8/25	Martin	\$209 + \$225 fee
Must reg/drop by 6/21.			
31188	Scappoose	MMPS SHOP	6pm-8:50pm
Thu	6/25-8/27	Martin	\$209 + \$225 fee
Must reg/drop by 6/23.			
31189	Scappoose	MMPS SHOP	1pm-3:50pm
Fri	6/26-8/28	Martin	\$209 + \$225 fee
No class 7/3. Must reg/drop by 6/24.			

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.

32616	NE Portland	WILDHB STUDIO	6pm-8:50pm
Tue	7/28	Boyer	\$189 + \$60 fee
32617	NE Portland	WILDHB STUDIO	6pm-8:50pm
Fri	8/21	Boyer	\$189 + \$60 fee

9MW 628X Woodworking: Cutting Board

Choose from a variety of wood and patterns to make your unique cutting board. Learn how to prep material, sand, laminate and finish your project. Gain experience in a working wood shop and take home your own finished piece to enjoy in your kitchen.

31394	NE Portland	WILDHB STUDIO	11am-1:50pm
Mon	8/3-8/10	Boyer	\$299 + \$45 fee

Motorcycle and Scooter Classes

PCC motorcycle courses at the PCC Sylvania Campus are offered in cooperation with Team Oregon, a nationally recognized leader in motorcycle rider safety and skills training. Team Oregon offers courses for riders of all levels of ability. You can learn to ride, earn your motorcycle endorsement or take your skills to the next level. The course instruction and coaching will help you to ride safer, smarter and more skillfully.

Basic and intermediate courses are approved for Oregon's mandatory training requirement, and offer a choice of traditional or online classroom.

Basic Courses | \$229

- Choose from Basic Rider Training (BRT) or eRider™ Basic
- 8 hours practice riding + classroom

- Available to all riders 16 and older; mandatory for new riders under 21

Intermediate Courses | \$199

- Choose from Intermediate Rider Training (IRT) or eRider™ Intermediate
- 4 hours practice riding + classroom
- Available to all riders 21 and older

Advanced Courses | \$99

- Rider Skills Practice (RSP)
- 4.5 hours, no classroom
- Available to riders 16 and older with a motorcycle endorsement
- Other advanced courses are available through Team Oregon

Find complete training and licensing information, course schedules and register online at the Team Oregon website team-oregon.org. If you need additional assistance or information, call 800-545-9944.



team-oregon.org



Have a skill to share?

Visit pcc.edu/communityed and click Teach a class



German

Instructor: Anesa Burkic

Anesa is a dynamic multilingual instructor who makes learning German approachable and fun. With creative methods and materials, music, and plenty of humor, she gets students speaking from day one and quickly builds confidence and fluency. She's also known for her practical pronunciation tips, and for making even the four pesky German cases a joy ride. In her summer immersion classes for beginners, students gain cultural insight and language skills they can immediately use in real life. Anesa holds a BA in International Business and an MA in TESOL and has taught at PCC since 2019.

► Find these classes on pages 35-36



Language and Culture

Cultural Exploration
page 33

Languages
pages 34-39

Cultural Exploration

9WV 620T Evolution of the American Western

Westerns have been an American creation since the beginning of cinema and often reflect the current state of the country. We will look at American Westerns from the 1930s-2000s and study how they have evolved in terms of storytelling, technology, and how they show the culture of their time.

32604	Cascade	TH 202	7pm-8:20pm
Tue	6/23-8/11	Stafford	\$79

► You may also like [Write Better Dialogue](#) on page 14

9WV 620Z Urbanism and You

How do urbanist practices such as walkability, public transportation, bike infrastructures and efficient usages of public space improve our quality of life? We will explore how the design and management of urban areas throughout the world impact it's residents.

32619	Cascade	JH 106	6:30pm-7:50pm
Mon	6/22-7/13	Kontos	\$45

World View

NEW CLASS

9WV 605B Swinging London, Punk Rock, Kitchen Sinks: Modern UK Cinema

Let's take a deep dive and examine the nearly complete history of British cinema. We'll watch films from 1946-2005, black comedies, swinging London of the 60s, post-punk era of the 90s, and modern neorealists known as kitchen sink cinema

Swinging London, Punk Rock, Kitchen Sinks: Modern UK Cinema, continued

32883	Online	ZOOM	7pm-8:50pm
Tue	6/23-8/11	Friedman	\$99

NEW CLASS NEW INSTRUCTOR

9WV 605A Spirituality Beyond Religion

From our earliest beginnings, humans have been spiritual beings - seeking connection, meaning, and understanding. We will explore core elements of human spirituality across religions, secular life, and ancient traditions, offering grounded ways to understand what it means to be human today.

32684	NW Portland	FRNHSE GARDEN	4:30pm-5:50pm
Wed	7/8-8/12	Cramer	\$65 + \$15 fee



Instructor Spotlight: Charlotte Cramer

Spirituality beyond Religion offers a grounded, inclusive exploration of spirituality as a universal human experience—not something you have to believe in, but something you can engage with. Students will learn how different traditions and disciplines approach meaning, connection, suffering, and purpose, while developing their own personal framework through reflection, discussion, and embodied practices. The course is rooted in real-world application, drawing from Charlotte's work as an interfaith chaplain and nonprofit

leader serving people navigating homelessness, trauma, addiction, and mental illness. With no faith requirements or belief expectations, this class creates a thoughtful, consent-based space for curiosity, self-inquiry, and growth. Students will leave with practical tools for presence, resilience, and understanding themselves and others in a complex world.

9WV 616W History of Persia and Modern-Day Iran

Learn about the fascinating history of the Persian Empire and modern-day Iran. This course explores the evolution of Persian civilization, including art, culture and historical events that influenced the course of Persian/Iranian history.

32606	Sylvania	TCB 213	6pm-7:50pm
Thu	6/25-8/27	Esteghalian	\$125

Optional Textbook: History of Persians

9WV 601W The Celtic Consciousness: Irish History, Literature, Culture

Discover the magic and mystery of Ireland. Explore the influence of Celtic myth, history, and tradition on its music, poetry, humor and storytelling. Learn about Irish folklore, the legacy of the Famine and the struggle for Irish independence. Discover the passion that brought the Irish to America and endures in our own language, popular culture and seasonal celebrations.

32602	Online	ZOOM	6pm-7:50pm
Mon	6/22-8/24	Grey	\$145

Have a skill to share?

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



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.

31607	Online	ZOOM	10am-11:20am
Mon	6/22-7/13	Chen	\$49

▶ You may also like **Chinese Brush Painting: Eagle** on page 12

1-On-1 Chinese Instruction



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

Would your Mandarin Chinese language development benefit from a personalized curriculum? Whether you're just starting out or have previous experience, you and your instructor will work together to co-create and execute a learning plan tailored to your goals and language level.

Instructor Profile and Availability

Riva Chen

Availability: Riva can only schedule sessions from 6/22-7/13. Mon, 9:30am-11:30am; Tue, 9:30am-11:30am, 1:00pm-3:00pm

Riva is a native Mandarin speaker who holds a Master's degree in TESOL. Originally from Taiwan, she has had the opportunity to teach in both Shanghai and Tokyo, which has significantly broadened her understanding of different cultures and languages. A fun-loving, friendly, and patient language teacher dedicated to student-centered learning, she strives to create an engaging and supportive environment that makes the learning experience more enjoyable and effective. Fluency in Mandarin, English, and Taiwanese, she can also communicate in basic Japanese.

1-On-1 Chinese Instruction Package

9LAN 620S 1-On-1 Chinese Instruction: 5 Session Package

Improve your Chinese language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

31774	Online	6/22-7/21	Chen	\$275
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American Sign Language

9LAN 613G American Sign Language: Level 1

ASL is one of the most commonly used languages in the U.S. Learn its communication alphabet, how to engage in basic conversation and about Deaf culture. We start with nothing and build your skills from there. Taught by member of Deaf community.

30530	Cascade	CH 304	5pm-6:50pm
Mon	6/22-8/10	Worthylake	\$115

31589	Online	ZOOM	7pm-8:50pm
Thu	6/25-8/13	Eleweke	\$115

32733	Southeast	TABOR 141	7pm-8:50pm
Tue	6/23-8/11	Worthylake	\$115

32603	Sylvania	CT 110	5pm-6:50pm
Wed	6/24-8/12	Worthylake	\$115

9LAN 614T American Sign Language: Level 2

Continue to enhance your ASL skills. Some prior ASL experience recommended. Taught by member of Deaf community.

32383	Cascade	CH 304	7pm-8:50pm
Mon	6/22-8/10	Worthylake	\$125

32682	Online	ZOOM	7pm-8:50pm
Tue	6/23-8/11	Eleweke	\$125

32887	Southeast	TABOR 141	5pm-6:50pm
Tue	6/23-8/11	Worthylake	\$125

32382	Sylvania	CT 110	7pm-8:50pm
Wed	6/24-8/12	Worthylake	\$125

Arabic

9LAN 611A Arabic Conversation: Level 1

Learn to speak Modern Standard Arabic. This rich and beautiful language is one of the oldest and most widely spoken languages in the world. It is a reflection of the history of 22 Arab countries and their civilizations.

32601	Online	ZOOM	1pm-2:50pm
Thu	6/25-8/27	Bounama	\$145

32922	Online	ZOOM	6:30pm-7:50pm
Tue	6/23-8/25	Dezay	\$109

9LAN 611T Arabic Conversation: Level 2

Continue learning this beautiful language. Suitable for those who have completed Arabic Conversation: Level 1 or have prior knowledge.

32923	Online	ZOOM	6:30pm-7:50pm
Thu	6/25-8/27	Dezay	\$119

9LAN 612Q Levantine Arabic

Levantine Arabic is the main spoken form of Arabic in Syria, Lebanon, Jordan and Palestine. Learn to speak one of the major varieties of Arabic with numerous dialects and over 30 million native speakers worldwide.

31978	Online	ZOOM	6pm-6:50pm
Thu	6/25-8/27	Alomar	\$145

English

9LAN 605F Conversational English - Focus on Grammar

Speak English confidently! Let's focus on the rules and usage of English grammar to help you write and speak more accurately in real-life scenarios. Learn in a fun and engaging learning environment.

32718	Online	ZOOM	10am-11:20am
Wed	6/24-7/15	Chen	\$49

1-On-1 English Conversation



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

Instructor Profile and Availability

Elizebett Eslinger

elizebett.eslinger@pcc.edu

Availability: Elizebett can only schedule sessions in the first month of the term: 6/22-7/24. Mon/Wed, 2:30pm-4:30pm; Tue/Thu, 11:30am-1:30pm

Elizebett is an experienced ESOL instructor with 12+ years teaching English to adults and multilingual learners. Elizebett's teaching style is friendly, engaging, and student-centered. She helps students build confidence, increase real-world communication skills, and speak English more naturally and comfortably.

1-On-1 English Conversation Package

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

Are you a non-native English speaker looking to improve your English conversational skills? Improve your fluency, vocabulary and pronunciation working with an experienced ESOL instructor. For students with basic conversational skills or higher. Sessions last 50 minutes.

31775	Online	6/22-9/5	Eslinger	\$275
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French

9LAN 614E French for Travelers

Planning (or dreaming of) a trip to France or a French-speaking country? Learn or review basic travel phrases, numbers, directions, buying food, drinks, a train ticket, and a subway pass. We'll also discuss French culture and travel tips.

31163	Online	ZOOM	9am-10:50am
Fri	6/26-9/4	Cariou	\$145

No class 7/3.

32599	Online	ZOOM	6:30pm-7:50pm
Mon	6/22-7/27	Murer	\$65

Text: Rick Steves French Phrase Book

▶ You may also like **Sunday at the Café** on page 23

“Margaret is engaging, fun, and doesn't shy away from challenging us. She did a great job framing the class with travelers' common needs and concerns.” ~ French for travelers student



Language and Culture

9LAN 605X French for the Complete Beginner

If you have zero to minimal experience with French, come grow your vocabulary, speaking and listening skills. Practice using French in spoken contexts, with a focus on applying it to real-life experiences.

32968 **Southeast** TABOR 125 5:30pm-6:50pm
Tue 6/30-8/18 Devine \$89

Text: *Practice Makes Perfect: Basic French*

9LAN 614C French Conversation: Level 1

Oui, you can speak French! Get started in this class for true beginners by learning some fundamental grammar and practicing pronunciation and conversation skills.

30772 **Online** ZOOM 6:30pm-8:20pm
Mon 6/22-8/10 Benoit \$115

Text: *Ultimate French Beginner-Intermediate*

9LAN 614W French Conversation: Levels 1 and 2

Allons-y! This mixed-level class is perfect for people who already know a bit more of the language.

30776 **Online** ZOOM 9am-10:50am
Mon 6/22-8/24 Cariou \$145

Text: *Ultimate French Beginner-Intermediate*

9LAN 614B French Conversation: Level 2

Parlons ensemble! We will practice conversation and grammar skills to speak with confidence. For students who have a bit of experience with French, or have taken French Conversation: Level 1.

French Conversation: Level 2, continued

31389 **Online** ZOOM 6:30pm-8:20pm
Tue 6/23-8/11 Benoit \$125

Text: *Ultimate French Beginner-Intermediate*

9LAN 614Y French Conversation: Levels 2 and 3

A continuing class for students who have taken Level 1 or have prior knowledge of French. Grow your vocabulary and confidence. Lay the groundwork for future fluency.

30937 **Online** ZOOM 6pm-7:50pm
Mon 6/22-8/24 Cariou \$155

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.

30957 **Online** ZOOM 6pm-7:50pm
Thu 6/25-8/27 Cariou \$165

Text: *Ultimate French Beginner-Intermediate*

9LAN 614A French Conversation: Levels 4 and 5

This class is for you if you've completed French 1, 2 and 3 and are ready to work towards fluency. We'll read a short article to practice further. Recommended: knowledge of present, futur, conditionnel (would/could), passe compose tenses.

32967 **Online** ZOOM 6pm-7:50pm
Tue 6/23-8/25 Cariou \$165

Text: *Ultimate French Beginner-Intermediate*

UPDATED CLASS

9LAN 614U **French Conversation: Level 5**
Practice the future tense (le futur simple) and relative pronouns (lequel, auquel, duquel, etc.) through exercises and conversation. Read a short article to practice. Recommended: knowledge of present, futur, passe compose, some imparfait.

30510 **Online** ZOOM 9am-10:50am
Wed 6/24-8/26 Cariou \$165

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

UPDATED CLASS

9LAN 614F **French Verbs & Conversation**
Practice the present participle (-ing form) and the placement of adverbs in the passe compose through exercises and conversation. Recommended: knowledge of present, futur, passe compose, and some imparfait.

30431 **Online** ZOOM 10am-11:50am
Sat 6/27-9/5 Cariou \$165

No class 7/4. Text: *Ultimate French Verb Review 2nd ed*

UPDATED CLASS

9LAN 614P **French Immersion Workshop**
Enjoy two excerpts from French films, quizzes, a song, and a mix of fun activities to build confidence in listening and speaking. The emphasis is on a relaxed, enjoyable experience.

30880 **Online** ZOOM 5pm-7:50pm
Wed 6/24 Cariou
and **Online** ZOOM 5pm-7:50pm
Thu 6/25 Cariou
and **Online** ZOOM 12pm-3:50pm
Fri 6/26 Cariou \$75

► You may also like **French Cooking for Teens** on page 35

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.

30972 **Online** ZOOM 6:30pm-8:20pm
Wed 6/24-8/12 Machtelinckx \$135

German

NEW CLASS

9LAN 605Z German Conversation Summer Immersion: Level 1/2

Los geht's! Build pronunciation and speaking skills from day one. Learn practical vocabulary and everyday conversation, using present and past tense. Familiarity with basic German is highly recommended.

32977 **Online** ZOOM 10am-11:50am
Mon/Wed 6/29-9/2 Burkic \$229

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.

31591 **Online** ZOOM 6pm-7:50pm
Mon 6/29-8/31 Burkic \$145



French Conversation



9LAN 614N German Conversation: Level 2

Los geht's! Dive into practical vocabulary and basic present and past tense grammar, incl. the 4 cases. Ideal for beginners with some German knowledge.

31606 Online ZOOM 6pm-7:50pm
Tue 6/30-9/1 Burkic \$155

9LAN 620X German Fluency Boost: Stories and Discussions

Join our dynamic class for seasoned German learners! Dive into fun articles and stories, refine speed and comprehension, and boost fluency. Engaging discussions and laughter await! Perfect for staying fluent in German.

32200 Online ZOOM 10am-11:50am
Tue 6/30-9/1 Burkic \$165

1-On-1 German Instruction

Study German with one of PCC's best Community Education instructors! Would your language development benefit from a personalized curriculum? Whether you're just starting out or have previous experience, you and your instructor will work together to co-create and execute a learning plan tailored to your goals and language level.



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

Instructor Profile and Availability

Anesa Burkic

Availability: Mon, 10am-5pm; Tue/Wed, 2pm-6pm; Fri, 9:30am-5pm

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

1-On-1 German Instruction Packages

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

Improve your German language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

31776 Online 6/22-9/5 Burkic \$275



Italian Conversation

Italian

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.

31363 Online ZOOM 6pm-7:50pm
Tue 6/23-8/18 Finley \$115

No class 8/4. Text: *Learn Italian the Fast and Fun Way*

9LAN 613P Italian for Travelers: Level 2 - Stay a Little Longer

Continue building your Italian for Travelers language skills. This course is great for those who have a little experience with the Italian language or want to continue beyond Italian for Travelers 1.

31362 Online ZOOM 6pm-7:50pm
Wed 6/24-8/19 Finley \$125

No class 8/5. Text: *Ultimate Italian: Beginner-Intermediate*

Class Spotlight:

This class is great for first time Italian language learner who is anticipating a trip to Italy. You'll learn the basics of the Italian language, share travel information with classmates and be encouraged in your language learning journey. No experience necessary. One student described the class as "Italian Club" and that really sums up the fun we have! Join us before your next Italian journey.

9LAN 605E Italian for Travelers: Level 3 Stay as Long as You'd Like

Let's take the next step in our Italian journey! Mastering verb conjugation in the present tense is a great foundation. Now it's time to build on that with future and present perfect tenses to expand our beginner conversations around common traveler themes.

32719 Online ZOOM 6pm-7:50pm
Mon 6/22-8/17 Finley \$135

No class 8/3. 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.

32720 Online ZOOM 6pm-7:50pm
Thu 6/25-8/20 Finley \$115

No class 8/6.

30990 Sylvania TCB 214 6:30pm-8:20pm
Thu 7/9-8/20 Heineck \$105

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.

31010 CLIMB Center CLIMB 207 10:30am-11:20am
Thu 7/9-8/13 Heineck \$75

Contact giuseppa.heineck@pcc.edu for reading material.

“Lynn is fantastic! She is welcoming, funny, patient and even makes very slow learners feel like they are doing well! Would definitely recommend.” ~ Italian conversation student



Language and Culture



Japanese Conversation: Level 2, continued

31364	Online	ZOOM	6:30pm-8:20pm
Thu	6/25-8/13	Fuse	\$125

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.

31638	Online	ZOOM	6:30pm-8:20pm
Tue	6/23-8/11	Barrett	\$135

1-On-1 Japanese Instruction



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

Instructor Profile and Availability

Chihho Murphy

Availability: Thu, 4pm-7pm; Fri/Sat, 9am-7pm

Chihho Murphy was born and raised in Sapporo, Japan. She has more than 25 years of experience teaching both English and Japanese through reading, writing, listening and speaking. She is very skillful and creative to make activities and drills to improve conversation skills and to learn grammar items according to levels and interests of students. The topics she discusses in her classes are varied and interesting to her students: Japanese anime, movies, food, travel and other aspects of life and culture. She is looking forward to having opportunities to share Japanese culture and custom through teaching Japanese language.

1-On-1 Japanese Instruction Package

9LAN 605A 1-On-1 Japanese Instruction: 5 Session Package

Improve your Japanese language skills by working individually with an experienced, highly rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

32023	Online	6/22-9/5	Murphy	\$275
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Korean

► You may also like **K-Pop Dance** on page 5

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.

30973	Online	ZOOM	6:30pm-8:20pm
Wed	6/24-8/26	Lim	\$145

Korean Conversation: Level 1, continued

31983	Online	ZOOM	6pm-7:20pm
Tue	7/21-9/1	Park	\$99

Class Spotlight:

Do you love all things Korean? Dive into the language, culture, and traditions of Korea in Korean Level 1. Instructor Seul Ki Park will help you begin your Korean speaking and grammar skills journey. Gain confidence in your day-to-day Korean, and learn how to communicate in a variety of real world settings. Previous to working in the United States, Mrs. Park instructed Korean language and literature to high school and university students in her native Korea.

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.

31982	Online	ZOOM	6pm-7:20pm
Wed	7/22-9/2	Park	\$109

Russian

9LAN 611K Russian Conversation: Level 1

Discover the historic Russian language within the context of rich Russian culture. This is a great introduction that covers language, culture, the alphabet, numbers and travel terminology.

30424	Online	ZOOM	6pm-7:50pm
Thu	6/25-8/27	Bogdanovich W	\$145

NEW CLASS

9LAN 621D Russian Conversation:

Levels 2 and 3

A continuing class for students who have taken Level 1 or have prior knowledge of Russian. Explore essential vocabulary, grammar structures and cultural nuances. Lay the groundwork for future fluency.

32976	Online	ZOOM	6pm-7:50pm
Wed	6/24-8/26	Bogdanovich W	\$155

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!

31011	CLIMB Center	CLIMB 207	1pm-2:50pm
Wed	7/8-8/12	Heineck	\$89

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.

30773	Online	ZOOM	6:30pm-8:20pm
Wed	6/24-8/12	Fuse	\$115

Class material is provided by the instructor.

30965	Online	ZOOM	6:30pm-8:20pm
Mon	6/22-8/10	Barrett	\$115

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.

30966	Online	ZOOM	6:30pm-8:20pm
Wed	6/24-8/12	Barrett	\$125

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

Teach at PCC and share your knowledge and experiences.

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



Spanish

► You may also like **Wines of Basque Country** on page 23

9LAN 615Q Spanish for Travelers

If you have dreamed of exploring a Spanish speaking country, now is your moment to start preparing by learning travel vocabulary and phrases. Or if you want to reminisce about past travels, review and add to your language skills, join us.

31980	Online	ZOOM	6pm-7:50pm
Thu	6/25-8/27	Busetto	\$165

Text: *Spanish Now! Level 1 9th ed*

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.

30985	Online	ZOOM	1pm-2:50pm
Thu	6/25-8/27	Bensel	\$145

Text: *Practical Spanish Grammar, 3rd Ed*

31657	Online	ZOOM	6pm-7:20pm
Mon	6/22-8/10	Merlo Flores	\$89

Text: *Spanish Now! Level 1 9th ed*

32944	Online	ZOOM	6pm-7:50pm
Mon	6/22-8/24	Busetto	\$145

Text: *Spanish Now! Level 1 9th ed*

32945	Online	ZOOM	6pm-7:50pm
Tue	6/23-8/25	Busetto	\$145

Text: *Spanish Now! Level 1 9th ed*

31013	Southeast	TABOR 141	6pm-7:50pm
Wed	6/24-8/26	Sonera	\$145

Text: *Spanish Now! Level 1 9th ed*

31366	Southeast	TABOR 140	10am-11:50am
Wed	6/24-8/26	Sonera	\$145

Text: *Spanish Now! Level 1 9th ed*

31367	Southeast	SCOM 316	10am-11:50am
Mon	6/22-8/24	Sonera	\$145

Text: *Spanish Now! Level 1 9th ed*

32732	Southeast	LIBR 207	1pm-2:50pm
Mon	6/22-8/24	Sonera	\$145

Text: *Spanish Now! Level 1 9th ed*

31164	Willow Creek	WCC 206	6:30pm-8:20pm
Thu	8/6-9/3	Sotelo	\$75

Text: *Spanish Now! Level 1 9th ed*

9LAN 615H Spanish Conversation

Level 1: Fast Paced

Studied Spanish long ago but forgot most of it? Join this fast-paced beginners' class for those with previous yet rusty experience. We'll converse in basic present tense and quickly move on to past and future.

30986	Online	ZOOM	6:30pm-8:20pm
Mon	6/22-8/24	Bensel	\$149

Text: *Practical Spanish Grammar, 3rd Ed*

31388	Online	ZOOM	6:30pm-8:20pm
Tue	6/23-8/25	Bensel	\$149

Text: *Practical Spanish Grammar, 3rd Ed*

9LAN 615I Spanish Conversation: Level 2

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

Spanish Conversation: Level 2, continued

30824	Online	ZOOM	2pm-3:20pm
Mon	7/6-8/24	Rodriguez-P	\$99

Text: *Spanish Now! Level 1 9th ed.*

30988	Online	ZOOM	6pm-7:20pm
Wed	6/24-8/12	Merlo Flores	\$99

Text: *Spanish Now! Level 1 9th ed*

32946	Online	ZOOM	6pm-7:50pm
Wed	6/24-8/26	Busetto	\$155

Text: *Spanish Now! Level 1 9th ed*

31618	Southeast	TABOR 125	12:30pm-2:20pm
Thu	6/25-8/27	Sonera	\$155

Text: *Spanish Now! Level 1 9th ed*

31812	Willow Creek	WCC 206	6:30pm-8:20pm
Wed	8/5-9/2	Sotelo	\$79

Text: *Spanish Now! Level 1 9th ed*

9LAN 615J Spanish Conversation Level 2:

Fast Paced

Continue your Spanish learning in the fast-paced format. We'll converse in past, present and future. Then we'll move on to progressive, present perfect and pluperfect.

31415	Online	ZOOM	6:30pm-7:50pm
Mon	7/6-8/24	Rodriguez-P	\$105

Text: *Spanish Now! Level 1 9th ed.*

32731	Online	ZOOM	10am-11:20am
Wed	7/8-8/26	Rodriguez-P	\$105

Text: *Spanish Now! Level 1 9th ed.*

32600	Rock Creek	BLDG 2 115	6:30pm-8:20pm
Wed	6/24-8/26	Rodriguez-P	\$159

Text: *Practical Spanish Grammar, 3rd Ed*

9LAN 615K Spanish Conversation:

Level 3

This continuing class offers a third level of basic Spanish conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

31413	Online	ZOOM	11:30am-12:50pm
Mon	7/6-8/24	Rodriguez-P	\$109

Text: *Spanish Now! Level 1 9th ed.*

31012	Southeast	SCOM 316	10am-11:50am
Tue	6/23-8/25	Sonera	\$165

Text: *Spanish Now! Level 1 9th ed*

31619	Southeast	TABOR 138	6pm-7:50pm
Tue	6/23-8/25	Sonera	\$165

Text: *Spanish Now! Level 1 9th ed*

9LAN 615L Spanish Conversation:

Level 4

Ready to take your Spanish skills to a higher level? We'll build vocabulary and hone your speaking and listening skills in a supportive environment. For students with three or more terms of Spanish, or equivalent experience.

31414	Online	ZOOM	12:30pm-1:50pm
Thu	7/9-8/27	Rodriguez-P	\$109

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.

30934	Online	ZOOM	3pm-4:20pm
Wed	7/8-8/26	Rodriguez-P	\$109

NEW CLASS NEW INSTRUCTOR

9LAN 621C **Leamos en Español**

Improve your Spanish reading proficiency by engaging with authentic, varied, and increasingly complex texts. We focus on building vocabulary, analyzing structure, applying critical reading strategies, and exploring cultural contexts to improve both literal and figurative understanding.

32972	Online	ZOOM	6pm-7:50pm
Mon	6/22-8/24	Miller	\$145

Class Spotlight:

Reading in Spanish is a cozy doorway into a language that dances with rhythm and color. Each word feels like a soft syllable stepping onto a quiet page, inviting you to slow down and listen to the music of the letters. The cadence is warm and inviting, whether you're savoring a sunlit moment in a café or a hushed afternoon at home. There's a comforting glow in the act of turning pages, a sense of companionship as you explore stories, poems, and thoughts from different worlds. As you read, you breathe with the language, letting vowels rise and fall like a gentle tide, and you uncover small joys—a familiar phrase, a new expression, a shared humanity threaded through every sentence. Reading in Spanish becomes not just understanding, but a nurturing experience: patient, hopeful, and generously human.

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.



Spanish



Instructor Profiles and Availability

Gina Sonera

Availability: Mon, 4pm-5pm; Tue/Wed, 1pm-3pm, Thu, 3pm-6pm; Fri, 9am-5pm; Sat

Gina is a veteran teacher who holds a Bachelor's degree in Spanish and Master's degree in Education. Her goal is to get students to connect, engage, and communicate in Spanish through a variety of activities in a relaxed environment. Creativity, passion and humor are part of her "receta" (recipe) for learning a language. Release your fears and open yourself up to the community at your doorstep.

Rasec Urbina Benton

Availability: Thu, 9am-10am, 2pm-6pm

Rasec is a native Spanish speaker and a former business executive who holds a Master degree in Marketing. She loves sharing knowledge about the Spanish language and has teaching and tutoring experience. Her love of being an educator may have been born within her family since her dad, mother, sister and a few aunts are Professors! She believes learning should be fun and enjoyable. Rasec is very willing to assist others with the challenging aspect of learning a new language. Tell her your goals, and she will help you, encourage you, coach you with great positive and enthusiastic energy to achieve them.

1-On-1 Spanish Instruction Packages

Improve your Spanish skills by working individually with an experienced, highly-rated educator. Focus on any combination of vocabulary, conversation, grammar, reading and writing to develop your comprehension and ability to communicate. Sessions last 50 minutes.

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

31781	Online	6/22-9/5	Sonera	\$275
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31782	Online	6/22-9/5	Urbina Benton	\$275
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9LAN 601A 1-On-1 Spanish Instruction: 10 Session Package

31778	Online	6/22-9/5	Sonera	\$499
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31779	Online	6/22-9/5	Urbina Benton	\$499
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Online Language Classes with Ed2Go

Schedule:

Classes begin monthly with twice-weekly lessons.

Fee Per Class:

· Refer to ed2go.com/portlandcc for pricing.

Register:

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

Classes Offered Include:

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

ENLIGHTEN
INSPIRE
TEACH

PCC Community Ed is seeking instructors to teach the following topics:

Arts

- Book arts
- Music recording
- Food writing

Careers, Technology and Finance

- AI technology use and ethics
- Business side of being an artist

Home, Garden and Self

- Food and Drink classes at Rock Creek Campus
- Home Improvement
- Intro to Hydroponic Gardening

Language and Culture

- Swedish
- Danish
- Hebrew

Recreation and Wellness

- Bowling
- Essentrics
- Jazzercise
- Boxing

However, this is not a comprehensive list of ideas we're willing to consider.

We love hearing new ideas!

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



Local Adventures

Portland Area Adventures

LOCAL ADVENTURE

9SPR 630F Discover Portland Half-Day Small-Group City Tour

Stop and smell the roses of the Rose City. Tour Portland's notable neighborhoods and learn their history on this guided excursion. Stopping at Pittock Mansion and the International Rose Test Gardens, you'll get premium views of the city and Mt Hood.

32203	NE Portland	TERTRA	9:15am-12:45pm
Sun	8/9	Bingham	\$79

Must reg/drop by 8/6.

LOCAL ADVENTURE

9WV 621B Craft Beer and History Walking Tour of Portland West Side

Sample some of The Rose City's craft beer and learn Portland history as you walk through the Slabtown, Pearl, Old Town, and West End districts. Taste the entire range of beer types, in the city that consistently ranks in the top three for number of breweries.

32193	Downtown	ALSDEN LOUNGE	3pm-6pm
Sat	8/1	Bingham	\$60

Must reg/drop by 7/28. Beer tastings included

LOCAL ADVENTURE

9WV 621A Willamette Valley Wine and Whiskey

Come explore the scenic beauty of the Willamette Wine country with all its' charms and personalities while visiting 3 distinct wineries. You'll be carried away to a relaxing tour through charming villages and unique boutique wineries. Lunch is included, tasting fees are not.

Willamette Valley Wine and Whiskey, continued

32191	NE Portland	TERTRA	10am-5pm
Sat	6/27	Bingham	\$199

Must reg/drop by 6/24. Lunch included, but not tasting fees.

32713	NE Portland	TERTRA	10am-5pm
Sun	7/5	Bingham	\$199

Must reg/drop by 7/2. Lunch included, but not tasting fees.

Get Out of Town

LOCAL ADVENTURE

9SPR 630A Columbia Valley and Columbia Gorge Wine Tasting

Come see the natural beauty of the Columbia Basin and Columbia Gorge AVAs through wine tasting. Your guide will teach you about the natural history, cultural history, and wine background of the area.

32830	NE Portland	TERTRA	10:30am-6:30pm
Sat	7/11	Bingham	\$170

Must reg/drop by 7/8. Lunch is included, tasting are not.

LOCAL ADVENTURE

9SPR 630G Explore Columbia River Gorge Half-Day Tour

Dubbed "waterfall alley" with over 4,000 waterfalls, you'll explore the southern side of the Columbia Gorge where we'll have you getting wet under a waterfall, peering over cliffs and learning stories of the area then even the locals don't know.

32202	NE Portland	TERTRA	8:45am-12:45pm
Sun	6/28	Bingham	\$89

Must reg/drop by 6/25.

LOCAL ADVENTURE

9SPR 630H Northern Oregon Coast: Astoria / Lewis & Clark Day Trip

Explore the rich history and beauty of Astoria. The itinerary includes visits to The Columbia River Maritime Museum, The Astoria Column, and Fort Clatsop. This trip combines historical exploration with a taste of local culture and scenic coastal views.

32204	NE Portland	TERTRA	9am-7pm
Sat	8/29	Bingham	\$159

Must reg/drop by 8/26. Admission to Fort Clatsop included.

LOCAL ADVENTURE

9SPR 630J The Hood-Columbia Loop: Timberline, Orchards, and Waterfalls

Experience the picturesque beauty and rich heritage of Mt. Hood and the Hood River Valley on this unforgettable guided tour. With visits to Timberline Lodge, fruit stands in the Hood River Valley, downtown Hood River and Multnomah Falls you are sure to be awed.

32831	NE Portland	TERTRA	9am-5pm
Sat	7/18	Bingham	\$139

Must reg/drop by 7/15.

LOCAL ADVENTURE

9WO 610Q The Mt. St. Helens Adventure Tour

Ever hiked through a lava tube? Come explore Mt. St. Helens as you hike through lava tubes and forests. On this tour you will see some of the most unique geological features in North America, including North America's second longest continuous lava tube and a lava tree mold forest. Lunch is provided

31684	NE Portland	TERTRA	8am-8pm
Sat	8/8	Bingham	\$320

Must reg/drop by 8/5. Picnic Lunch and admissions included.

“ This is such a wonderful program! I loved getting to go behind the scenes! ” ~ local adventures student



LOCAL ADVENTURE

9WV 620H **Mt. Hood Waterfall and Wine**
Explore Mt. Hood and the Columbia Gorge on a full-day tour! Visit Multnomah Falls, Timberline Lodge, and two wineries for tastings. There will be a hosted lunch on tour and a glass of wine at one of the wineries included.

32714	NE Portland	TERTRA	9am-5pm
Sat	7/25	Bingham	\$180

Must reg/drop by 7/22. Lunch and 1 glass of wine included.

LOCAL ADVENTURE

9WV 621D **Bay Clamming (Walking Tour)**
Love seafood but don't want to get on a boat? Join us for a walking tour to one of Garibaldi's finest bay clam beds to try your hand at foraging for Cockles and the occasional Butter or Gaper. We'll head out with shovels, buckets and rakes and show you hands-on how to find these tasty treats.

31831	Garibaldi	GARCHA OFFICE	6:15am-8:15am
Wed	8/12	Mautner	\$65
Wear rubber boots.			
32008	Garibaldi	GARCHA OFFICE	8:45am-10:45am
Fri	7/17	Mautner	\$65
Wear rubber boots.			
32009	Garibaldi	GARCHA OFFICE	7am-9am
Thu	8/13	Mautner	\$65
Wear rubber boots .			
32010	Garibaldi	GARCHA OFFICE	8am-10am
Thu	7/16	Mautner	\$65
Wear rubber boots.			

Class Spotlight:

This is the quintessential Pacific Northwest adventure! There is something incredibly satisfying about “earning” your dinner by reading the sand and mud rather than just picking it up at the grocery store. Our walking tours are designed for everyone looking for a unique coastal tradition. Tours are rooted in real-world foraging skills, showing you how to read the “shows” in the sand to find Cockles, Butter Clams and the big prize of the day, Gapers.

LOCAL ADVENTURE

9WV 621C **Birdwatching Eco-Tour**
Experience breathtaking views of the Oregon Coast on the boat ride down to the famous Three Arch Rocks National Wildlife Refuge. We'll be looking for puffins, bald eagles, cormorants, sea lion and harbor seals. Bring binoculars and a camera to capture the memories.

33182	Garibaldi	GARCHA OFFICE	12pm-2:30pm
Sun	6/28	Mautner	\$80
33183	Garibaldi	GARCHA OFFICE	12pm-2:30pm
Sun	7/26	Mautner	\$80
33184	Garibaldi	GARCHA OFFICE	12pm-2:30pm
Sun	8/23	Mautner	\$80

LOCAL ADVENTURE

9WV 621Q **Columbia Gorge Waterfall Tour with Free Wine Tasting**
Explore Oregon's “waterfall alley” on a half-day Columbia Gorge tour! See Vista House, Multnomah Falls, and hidden cascades. Learn about local nature, culture, and wine, then visit a Columbia Gorge AVA vineyard for a tasting. Fees included.

32716	NE Portland	TERTRA	1:15pm-6:15pm
Sun	8/9	Bingham	\$139

Must reg/drop by 8/6. One tasting included.

LOCAL ADVENTURE

9WV 621O **Northern Oregon Coast Day Trip: Cannon Beach Area**
Explore the rugged coastline along Oregon's northern coast. The trip will include a history stop, a short hike through old growth Sitka spruce forest, beach time, tide pools (if tides allow), sea stacks, viewpoint stops, and a lunch stop in the artist's community of Cannon Beach.

32717	NE Portland	TERTRA	9am-6pm
Sat	8/22	Bingham	\$139

Must reg/drop by 8/19.

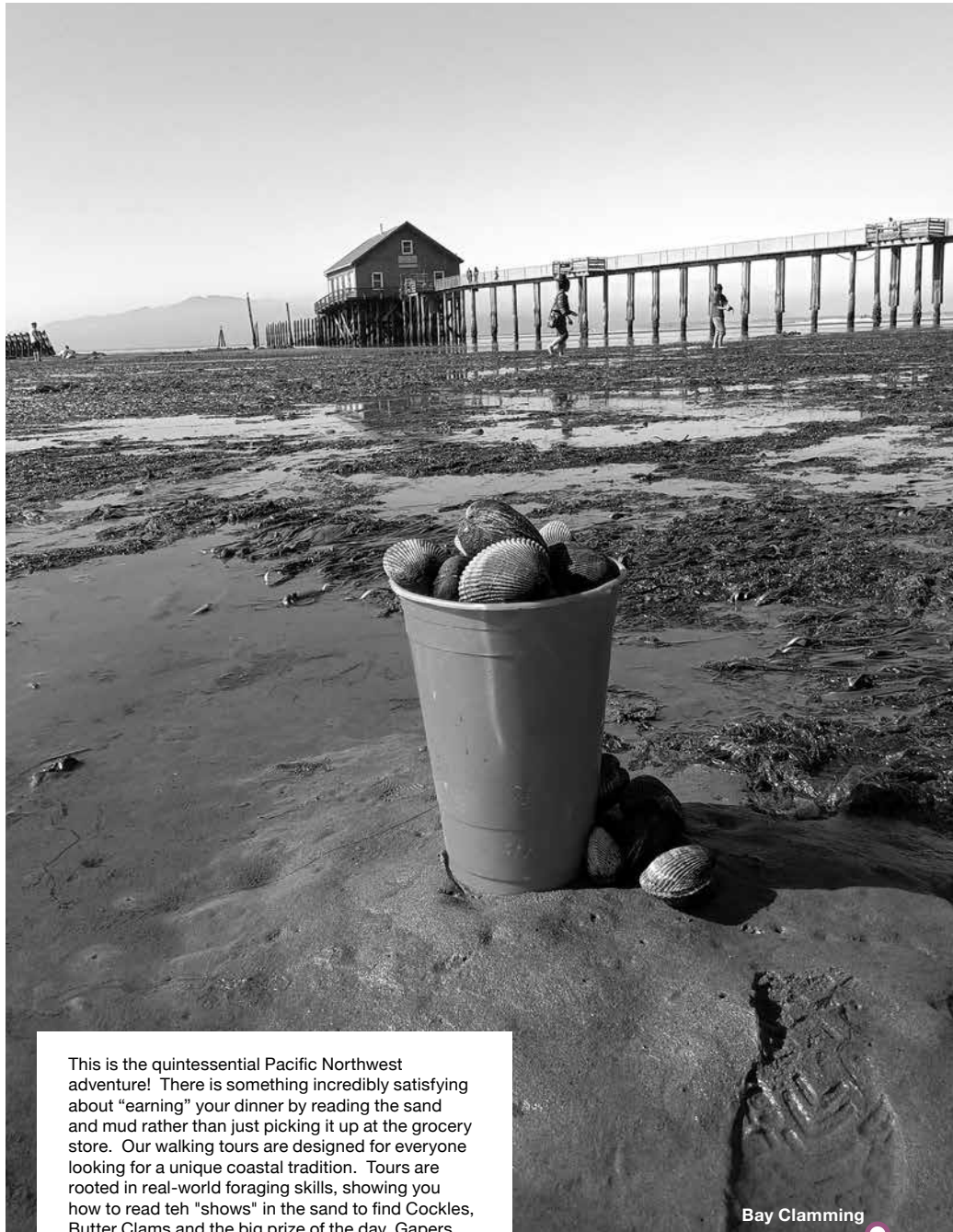
► You may also like **Travel Photography** on page 8

NEW CLASS LOCAL ADVENTURE

9WV 621U **Three Capes Scenic Loop Day Trip**
Explore Oregon's rugged north coast! Hike old-growth spruce forests, discover tide pools and sea stacks, and visit charming towns. Includes scenic viewpoints and optional stops at the Tillamook Air Museum or Cheese Factory. A perfect coastal blend.

32888	NE Portland	TERTRA	9am-8pm
Sun	8/16	Bingham	\$159

Must reg/drop by 8/13.



This is the quintessential Pacific Northwest adventure! There is something incredibly satisfying about “earning” your dinner by reading the sand and mud rather than just picking it up at the grocery store. Our walking tours are designed for everyone looking for a unique coastal tradition. Tours are rooted in real-world foraging skills, showing you how to read the “shows” in the sand to find Cockles, Butter Clams and the big prize of the day, Gapers.

Bay Clamming



Strength Training for Seniors

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 43



Recreation and Wellness

Adult 55+ Fitness
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Health
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Mind-Body Wellness
pages 45-47

Sports
pages 47-50

Work Out
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Adult 55+ Fitness

Adults 62 and older receive 50% off tuition.

9WO 626C **Strength Training for Seniors**

To stay strong and vital during older adulthood, it is essential to participate in regular strengthening exercises. Resistance training helps to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. Feeling physically strong also promotes mental and emotional health.

31599 **Online** ZOOM 12:30pm-1:20pm
Tue 6/23-8/25 Zapata-Wilson \$135

All equipment needed will be discussed at first class.

9WO 626D **Senior Stretching, Balance and Brain Challenge**

Discover the interconnection between physical strength and balance and brain acuity and balance. By combining physical and mental exercises, you can expect to feel stronger, sharper and revitalized. Looking forward to stretching, rolling, and challenging both body and mind!

32044 **Online** ZOOM 12:30pm-1:20pm
Thu 6/25-8/27 Zapata-Wilson \$135

All equipment needed will be discussed at first class.

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

9MBF 617Y **Yoga for Bone Health and Against Osteoporosis Workshop**

Learn and practice the 12 poses that are proven to combat osteoporosis and build healthy bone when practiced consistently. We will focus on the femurs, hips and spine. In this class you will get immediate feedback on your understanding and execution of the poses.

32931 **Sylvania** HT 106 12pm-2:50pm
Sat 7/11 Nadal \$39

Bring mat, block, strap and large towel or blanket.

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.

31191 **Online** ZOOM 9am-9:50am
Mon/Wed 7/6-8/12 Nadal \$79

9WO 626F **Yoga for Bone Health and Against Osteoporosis Workshop 2**

Learn and practice 12 additional poses, including ones for the ribs and wrists, that are proven to combat osteoporosis and build healthy bone when practiced consistently. It is recommended to have taken Workshop 1, though not required.

Yoga for Bone Health and Against Osteoporosis Workshop 2, continued

32932 **Sylvania** HT 106 12pm-2:50pm
Sat 7/18 Nadal \$39

Bring mat, block, strap and large towel or blanket.

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.

31408 **Online** ZOOM 6:30am-7:20am
Tue/Thu 7/7-8/13 Nadal \$79

9WO 624W **Gentle Toning and Stretching**

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

31368 **Online** ZOOM 1pm-1:50pm
Fri 7/10-8/28 Wagoner \$109

No class 7/3.

9WO 625N **Get Golf Ready for Seniors**

Learn the fundamentals of golf in all four aspects of the game: ball striking, short game, on the course and rules and etiquette of the game.

32052 **NE Portland** COLWD RANGE 12:30pm-1:20pm
Thu 7/16-8/13 Bader \$145

► You may also like **Avoid Procrastination in Estate Planning** on page 19



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.

30515	Online	ZOOM	9am-9:50am
Mon	6/22-8/24	Nishikido	\$135

30879	Online	ZOOM	9am-9:50am
Wed/Fri	6/24-8/28	Nishikido	\$169
No class 7/3.			

32646	Online	ZOOM	5pm-5:50pm
Fri	6/26-9/4	Broding	\$135
No class 7/3.			

31417	Southeast	TABOR 102	9:30am-10:20am
Sat	6/27-8/29	Nishikido	\$135
No class 7/4. No black-soled shoes.			

9WO 626G Rajio Taiso: The Fitness Secret of Japan

Developed in Japan to promote physical health, mobility and coordination in older adults, Rajio Taiso is a low-impact, full body workout performed to guided music that improves posture, balance, flexibility and energy. Start your day right with this welcoming and accessible class!

32843	Southeast	TABOR 102	8:30am-9:20am
Sat	7/11-8/29	Holman	\$109

Better Bones and Balance

Classes designed specifically to increase bone mass, improve balance and reduce osteoporosis risk. Men and women of all fitness levels welcome. The Better Bones and Balance program was pioneered by the research of Christine Snow, PhD., former director of the Oregon State University Bone Research Lab in Corvallis. This long range research project yielded critical information and strategies that actually increase bone mass in later life, with a specific exercise plan. Wear athletic shoes and bring water.

9WO 624A Better Bones and Balance

Reap the benefits OSU bone research studies have shown. This exercise significantly slows the rate of bone loss in adults of all ages and increases mass. Improve balance, flexibility, coordination and increase muscle tone.

30869	Online	ZOOM	11:30am-12:20pm
Mon/Wed	6/22-8/26	Kaplan	\$169

30872	Online	ZOOM	11am-11:50am
Tue/Thu	6/23-8/27	Kaplan	\$169

30873	Online	ZOOM	10am-10:50am
Tue/Thu	6/23-8/27	Kaplan	\$169

30975	Online	ZOOM	10am-10:50am
Thu	7/2-8/27	Williams	\$109
No class 8/6.			

32499	Online	ZOOM	9:30am-10:20am
Wed/Fri	7/1-9/2	Williams	\$139
No class 7/3, 8/5, 8/7.			

▶ You may also like [How to Stay Safe on the Internet](#) on page 18

Health

UPDATED CLASS

9HW 601U Lower Cholesterol Naturally
Learn how whole foods help lower cholesterol and reduce the risk of chronic disease. High-quality macronutrients can increase the nutrient density of your meals while supporting steady energy, mental clarity, and long-term health.

32154	Sylvania	TCB 213	5:30pm-7:20pm
Tue	6/23-7/14	Ferruzzi	\$89
Bring pen and notebook.			

9HW 601L Prediabetes and Embodiment

For those desiring to navigate insulin resistance from a weight neutral and empowered place that centers listening to your body and deepening your knowledge of nourishment. Evidence based and Mindfulness focused.

32723	Online	ZOOM	6pm-8:20pm
Tue/Thu	6/23-6/25	Funaro	\$69

9HW 614P Eldercare Planning Options

This class is a planning guide for adult children of aging parents using practical real-world experiences. Topics: housing, legal/financial, dementia, end-of-life, memorial service. In-class exercises designed to help start your personal/family process.

32205	Online	ZOOM	6:30pm-8:50pm
Wed	7/15-7/29	Dittmer	\$79

NEW CLASS NEW INSTRUCTOR

9HW 615R Homeostasis Reset for Perimenopausal and Menopausal Women

Master perimenopause and menopause with an LMT, CYT and MS body nerd. Reset your nervous system, boost lymphatic flow, and support detox to shift out of dis-ease. Use targeted exercises to restore homeostasis. All abilities welcome - come find your balance!

32926	Sylvania	HT 106	9:30am-10:20am
Sat	6/27-8/22	McBride	\$139
No class 7/4. Bring yoga mat.			

NEW CLASS

9HW 615Q Myofascial Release and Restore

Experience deep relief in this gentle, therapeutic class. Use soft therapy balls and mindful self-massage to release tension in the connective tissue (fascia). Calm your nervous system, MELT restrictions, and restore your body to its natural ease.

32726	Online	ZOOM	12:30pm-1:20pm
Wed	7/1-8/26	Williams	\$109
No class 8/5.			

32727	Online	ZOOM	4pm-4:50pm
Thu	7/2-8/27	Williams	\$109
No class 8/6.			

NEW CLASS NEW INSTRUCTOR

9HW 615S The Way of the Herd: A Mindfulness Partnership

The Way of the Herd invites you to return to the present through the intuitive wisdom of the horse. Engage in gentle, guided interactions and breathwork with the horses from the safety of the ground. Leave with a quieted mind and tangible mindfulness techniques you can use beyond the arena.

32971	Beaverton	FORSTR ARENA	4pm-4:50pm
Mon	7/6-8/10	Garrison	\$600

▶ You may also like [Intuitive Painting](#) on page 12

1-On-1 Health Coaching



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

Feel your best with your own personal health coach! Whether you would like to eat better, exercise more, reduce stress, increase your energy, or to tackle other life challenges, your personal coach is dedicated to helping you succeed. Our certified health and wellness coaches are here to give you structure, provide accountability and empower you to achieve your goals.

Health Coach Profiles and Availability

Julie Browning

Availability: Mon/Tue/Thu, 8am-5pm

Julie is a National Board-Certified Health and Wellness Coach, specializing in helping individuals who feel stuck, overwhelmed, or unsure how to move forward with their health and wellness. She has experience working with:

The Health Coach approach helps clients make changes to the way they eat, move, manage stress, sleep, etc. by taking small steps grounded in the client's strengths, available resources and internal motivations. When Julie isn't Health Coaching she is watching her daughter play basketball, riding her mountain bike or trail running with her dog.

Tiffini Gibbs

Availability: Mon/Wed, 8am-5pm; Tue, 11am-4pm; Thu, 10am-4pm; Fri, 10am-3pm

Tiffini is a Level 2 Precision Nutrition Coach and ACSM certified personal trainer. She is also a Wellcoaches Health and Wellness Coach.

Tiffini believes everyone has their own unique strengths and talents to draw from to help them reach their goals. She is passionate about helping clients bring those to the surface, and discovering what else is needed to create sustainable habits that move towards being your healthiest physically, mentally and emotionally.

Senior Discount

▶ More info: pcc.edu/senior

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

“ My balance is improving, to the point that in a couple of incidents, a tai chi move has actually saved me from a fall. ” ~ tai chi student



Recreation and Wellness

1-On-1 Health Coaching Packages

9HW 601F 1-On-1 Health Coaching - Getting Started: 5 Session Package
Are you having trouble starting or maintaining a desired way of life? Research shows that accountability is a major factor in motivating healthy habit changes. That's why your personal Wellness Coach will help you develop and start a targeted wellness plan. Find the routine that works for you and get the support you need to make systematic changes that will reap lifelong benefits. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

31770	Online	6/22-9/5	Browning	\$375
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9HW 601D 1-On-1 Health Coaching - Nutritional Wellness: 5 Session Package
Whether you would like support with following a specific diet (low-glycemic, vegan, gluten free, reduced sodium, etc.) or are just looking to learn more about healthy eating, your Wellness coach will help you to understand what nutrients your body needs and how to get them. Learn how to meal plan on a budget or how to manage your weight without sacrificing enjoyment of food. Eating right can create a ripple effect on your health, leading to increased vitality, healthier skin, improved digestion, more restful sleep and a better immune system. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

32028	Online	6/22-9/5	Browning	\$375
32512	Online	6/22-9/5	Gibbs	\$275

9HW 601E 1-On-1 Health Coaching - Stress Management: 5 Session Package
Do you feel overwhelmed with all that life is throwing at you? Is stress affecting your overall quality of life, reducing your productivity or causing health problems? We can't remove all of the obstacles in our lives but we can fortify our resilience so that we are ready to take on whatever comes. Your Wellness coach will help you develop healthy habits for reducing stress, building positive relationships and re-energizing healthy behaviors. There are many techniques for improving mental and social well-being, but they all require intention and commitment. You are stronger than you know and our coaches want to prove it to you! First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

31769	Online	6/22-9/5	Browning	\$375
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9HW 601N 1-On-1 Health Coaching - Women Over 40: 5 Session Package
Your personal wellness coach is here to help you navigate your changing body from perimenopause to post-menopause. She will help you explore how your changing hormones can cause changes in body composition, a decrease in bone density an increase in stress and anxiety and ways in which nutrition and different modes of exercise can help. First two sessions last 60 minutes; subsequent sessions last up to 45 minutes.

31771	Online	6/22-9/5	Browning	\$375
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Mind-Body Wellness

9MBF 619V Reiki Level 1
Are you curious about energy healing? Come learn this Japanese healing technique in a welcoming and fun environment! The intention is to create deep relaxation, to help speed healing, reduce pain, and decrease other symptoms you may be experiencing. Workshop will include a Reiki 1 attunement and a Reiki 1 certificate.

32846	Online	ZOOM	6pm-8:20pm
Thu	7/2-7/16	Nahoku	\$222

9MBF 618T Reiki Level 2
Learn to give reiki as a practitioner, you will learn the first 3 reiki symbols as well as how to send reiki at a distance. This class will include a level 2 reiki attunement as well as certificate and reiki family tree. Reiki level 1 required prior to taking this class.

32847	Online	ZOOM	6pm-8:20pm
Thu	7/23-8/6	Nahoku	\$322

9MBF 618X Forest Bathing
Immerse yourself in the beauty and care of the forest. Slow down and breathe, supporting your health and wellbeing. We'll explore gentle and meditative practices, while deepening our relationship with the incredible world that surrounds us.

32206	NE Portland	CCARB PARK	10am-11:50am
Tue	7/14-8/4	Dorfman	\$99

Instructor will email details by 7/7.

► You may also like [Floral Arranging for Self Care](#) on page 23

9MBF 601O Laughter Yoga Club - A Wellness Practice
Laughing strengthens the immune system, unwinds stress, lowers blood pressure, improves mental alertness and creates a balance in your mind-body spirit connection. Through guided exercises and simulated laughing, we will focus on releasing endorphins to bring more vitality to the body.

32826	Online	ZOOM	4pm-4:50pm
Wed	7/8-7/29	Alexander	\$49

Qigong and Tai Chi

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.

31391	Sylvania	HT 131	10am-11:20am
Sat	6/27-8/22	Holder	\$139

No class 7/4.

9MBF 600H Tai Chi Beginning: Yang Style 24 Movement Form
This Yang style Form emphasizes fluid, continuous motion while maintaining breath and posture control. Mindful movement to improve balance, posture and coordination of whole body motions. All levels welcome.

32218	Southeast	TABOR 102	1pm-2:20pm
Fri	6/26-8/21	Holder	\$139

No class 7/3.

32032	Sylvania	HT 131	11:30am-12:50pm
Sat	6/27-8/22	Holder	\$139

No class 7/4.



Forest Bathing



NEW CLASS

9MBF 601P **Cloud Hands Long Form Summer Practice**

This will be a practice session for those who have taken Part 1 and 2 of the Cloud Hands Yang style Tai Chi long form. We will be practicing and reviewing movements from those 2 parts of the form. Hopefully doing a run through each class.

32725	Online	ZOOM	4pm-5:20pm
Wed	7/29-8/19	Holder	\$69

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.

31043	Online	ZOOM	9am-9:50am
Sat	6/27-8/22	Holder	\$109

No class 7/4.

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.

32050	Cascade	CAGYM 201	7:30pm-8:20pm
Tue	7/21-8/25	Winalski	\$85

Bring yoga mat.

30967	Online	ZOOM	12pm-12:50pm
Wed	6/24-8/26	Wagoner	\$135

9MBF 602S **Mindful Hatha Yoga**

Mindful Hatha yoga will challenge you to slow down and find new ways of moving, sensing and understanding. Yoga is not only a practice for physical fitness, but it is a vast and rich life practice. Enroll to cultivate a mindful and intentional approach to yoga.

32033	Online	ZOOM	5pm-5:50pm
Tue	6/23-8/25	Elaine	\$135

Bring yoga mat, blanket, blocks, strap.

9MBF 602T **Zen Within**

Discover the perfect balance of mind, body and spirit with Hatha Yoga and meditation. You'll release tension, enhance flexibility and cultivate a sense of inner peace; leaving feeling refreshed, grounded, and empowered from this calming and supportive environment.

32217	Cascade	CAGYM 202	10am-10:50am
Sat	6/27-8/22	Somoano	\$109

No class 7/4.

9MBF 602R **Vinyasa Yoga**

Get your heart flowing! In this class, we will warm up with drills and then go into a flow sequence where we learn to allow ourselves grace. We finish class with poses that down-regulate our parasympathetic nervous system.

32722	Cascade	CAGYM 201	12pm-12:50pm
Fri	6/26-7/24	Yun	\$55

No class 7/3. Some yoga experience is advised.



Vinyasa Yoga

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.

31695	Online	ZOOM	12pm-12:50pm
Tue	6/23-7/28	Sugg	\$85

UPDATED CLASS

9MBF 616F **TRE and Yoga for a Calmer Nervous System**

Enhance the calming effects of yoga by blending it with TRE® (Tension and Trauma Releasing Exercises), a unique movement-based approach to calm the nervous system. All levels are welcome, provided you can move to and from the floor with ease.

30976	Online	ZOOM	6pm-7:20pm
Tue	7/21-8/18	Diffely	\$115

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.

Yoga for Runners and Walkers, continued

30984	Online	ZOOM	7am-7:50am
Wed	7/22-8/26	Diffely	\$79

9MBF 618L **Yoga: Restorative**

Release tension, stiffness and facilitate healing with therapeutic floor based poses. Learn how to support your body with props to enhance breathing and lengthen gradually. Bring blankets, blocks, and yoga strap to receive the most benefit. All levels welcome.

32728	Online	ZOOM	12:30pm-1:20pm
Tue	7/7-9/1	Williams	\$139

No class 8/4.

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.

“This was my first yoga class. Christine was very easy to follow. She was thorough in her explanations and I learned a lot!” ~ yoga student



Recreation and Wellness

1-On-1 Yoga Lesson Instructor Bios and Availability

Kristi Albrechtson

Availability:

Kristi believes that any type of movement is good movement and that exercise should be accessible and enjoyable for everyone. As a personal trainer, Kristi enjoys meeting her clients where they are and guiding them to where they want to be according to their specific goals. With a passion for service, functional movement and a positive attitude Kristi will help to motivate you to keep up the good work for your greater health and wellness. She is a graduate of the PCC Exercise Science program with her AAS in Exercise Science and PSU/OHSU School of Public Health with her BS in health and fitness promotion.

Liz Eisman

Availability: Mon, 7am-8am; Tue, 7am-11am, 1pm-3pm; Wed, 8am-1pm; Thu, 1:30pm-4:30pm; Fri, 11am-3pm

Liz Eisman is a licensed massage therapist, yoga instructor, somatic coach, Realization Process meditation teacher and TRE® practitioner. Liz has been supporting individuals and groups for more than two decades, blending her knowledge of nervous system regulation, trauma recovery, mindfulness, and communication. With a focus on awareness, internal imagery, and self-compassion, Liz supports accessible and effective movement practices. Liz loves to meet people where they are and gently guide them toward their growing edge.

1-On-1 Yoga Lesson Packages

Get one-on-one support from an advanced yoga instructor. Whether you want to increase your range of motion, reduce pain, build strength, or improve mental health, your instructor will customize each session to help you reach those goals. Sessions last 50 minutes.

9MBF 616G 1-On-1 Yoga Lessons: 5 Session Package

31772 Online 6/22-9/5 Eisman \$275

9MBF 616H 1-On-1 Yoga Lessons: 10-Session Package

32693 Online 6/22-9/5 Albrechtson \$499

31773 Online 6/22-9/5 Eisman \$499

Sports

9SPR 600U Fight Like a Knight: Medieval Mastery and Modern Movement

A revolutionary and dynamic class combining medieval swordfighting, martial arts, and modern movement, focusing on core strength, self-discovery and the thrill of mock combat. Slay your dragon with grace, elegance, and flair; unleash your inner knight!

Fight Like a Knight: Medieval Mastery and Modern Movement, continued

32721 Sylvania HT GYM 10am-11:20am
Sat 6/27-8/15 Burns \$149 + \$5 fee
No class 7/4.

9SPR 623L Archery

Find out what a great sport archery can be. Learn archery safety and marksmanship while playing fun games. If you have ever been intrigued by the archery in movies like “The Hunger Games,” “Brave” or “The Avengers” now is the time to give it a shot!

31997 Rock Creek ARCHER FIELD 2pm-3:20pm
Sat 8/8-8/29 Notaro \$75 + \$10 fee

31998 Rock Creek ARCHER FIELD 11am-12:20pm
Sun 8/9-8/30 Notaro \$75 + \$10 fee

9SPR 610V Fly Fishing

Interested in fly fishing, but not sure where to start? Learn about water, fish biology, gear, casting, and technique...then go fishing! We cover basics over Zoom, then cast and fish in person. All equipment provided.

31418 Online ZOOM 6pm-9:15pm
Tue 6/23 Parish

and SE Portland WSTMOR POND 5pm-8pm
Thu 6/25 Parish

and Gervais STPOND POND 8am-3:30pm
Sat 6/27 Parish \$175

9SPR 623W Ping Pong

Improve your game, or just learn how to play this lifelong sport that strengthens your mind and your muscles - and is aerobic! Learn from some of Portland's best internationally certified instructors and coaches. Everything provided.

32500 SE Portland PTTC ROOM 7pm-7:50pm
Mon 6/22-7/27 Heinz \$120

9WO 610K Fencing: Level 1 Introduction to Epee

Come try a new way to develop endurance, agility, and motor skills! In the class, students will learn the basic positions and movements such as en garde, advance, retreat, lunge, attacking and defensive techniques. The first class requires mandatory attendance. Once a fencer has completed an Intro Session, they graduate to the next level.

31409 Tigard NWFENC STUDIO 7pm-8pm
Wed 7/8-7/22 Richmond \$99

Please wear sneakers and athletic long pants

32640 Tigard NWFENC STUDIO 7pm-8pm
Wed 8/5-8/19 Richmond \$99

Please wear sneakers and athletic long pants

9SPR 625S Horse Riding Level 1 at Hepner-Hart Stables

Feel the thrill of working with these majestic animals. This class is designed to teach the prepping of the horse before riding to get the full ambience. For beginning riders with little or no previous experience, and those who have experience riding, but have not had the opportunity to take lessons.

31673 Hillsboro GLENMR ARENA 10am-11:30am
Sat 7/18-8/22 Hepner-Hart \$630

Need helmet and boots. Max weight 195lb

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.

31745 SE Portland YMCA GRTHALL 6:30pm-7:50pm
Thu 6/25-8/13 Haney \$165 + \$20 fee

Kayaking

Advanced registration is necessary to ensure equipment availability. All equipment costs and instruction are included in class prices. Kayaking classes meet rain or shine, dress for the weather.

LOCAL ADVENTURE

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.

31692 Estacada TIMPAR RAMP 3pm-5pm
Sun 7/12 Spencer \$69

Must reg/drop by 7/6. Must be able to swim.

31694 Estacada TIMPAR RAMP 3pm-5pm
Sun 6/28 Spencer \$69

Must reg/drop by 6/22. Must be able to swim.

32937 Estacada TIMPAR RAMP 12pm-2pm
Wed 8/12 Spencer \$69

Must reg/drop by 8/6. Must be able to swim.

32938 Estacada TIMPAR RAMP 12pm-2pm
Wed 9/2 Spencer \$69

Must reg/drop by 8/27. Must be able to swim.

NEW CLASS

9SPR 627O Coldwater Lake Kayak Tour

Enjoy a scenic kayak tour circumnavigating Coldwater Lake at the base of Mt. St. Helens. Our guides will treat you to the sights and facts about Mt. St. Helens, the wildlife, and Coldwater Lake. Transportation, permits, kayaks and necessary gear provided.

32980 Southeast SEPARK PRKLOT 9am-6pm
Mon 7/6 Schales \$289

Must drop by 6/30.

NEW CLASS

9SPR 627N Coldwater Lake Women's Kayak Tour

Enjoy a scenic kayak tour circumnavigating Coldwater Lake at the base of Mt. St. Helens. Our guides will treat you to the sights and facts about Mt. St. Helens, the wildlife, and Coldwater Lake. Kayaks and necessary gear is provided.

32981 Southeast SEPARK PRKLOT 9am-6pm
Sat 7/11 Schales \$289

Must drop by 7/3.

Have experience to share?

Visit pcc.edu/communityed
and click Teach a class



NEW CLASS

9SPR 627M **Willamette Narrows Kayak Tour and Class**

Learn Kayak basics on shore, then take your new skills through the Willamette Narrows for approx. 4.5 mile scenic kayak tour. Kayaks, PFD's, Paddles, and Expert Guides all included. Bring lunch, snacks, and water.

32979	West Linn	WILPAR BOAT	10am-3pm
Sun	6/28	Schaless	\$159

Must drop by 6/20.

Adventure Sports

9SPR 600X **Mountain Biking: Beginning**

New to mountain biking? Perfect for beginners, you will learn the bike basics and essential skills like braking, cornering, and body position on flat terrain. Finish the session with a guided trail ride to confidently put your new skills to use. Bike and helmet provided.

32941	Cascade Locks	ETRAIL LOT	10am-3pm
Mon	7/20	Schaless	\$250

Must drop by 7/12.

9SPR 600W **Women's Mountain Biking: Beginning**

New to mountain biking? Perfect for beginners, you will learn the bike basics and essential skills like braking, cornering, and body position on flat terrain. Finish the session with a guided trail ride to confidently put your new skills to use. Bike and helmet provided.

32939	Cascade Locks	ETRAIL LOT	10am-3pm
Fri	6/26	Schaless	\$250

Must drop by 6/18.

Golf

9SPR 610L **Golf: Colwood Golf Center**

"Get Golf Ready" - Learn the basics of how to play golf and how to have fun while doing it. Work on: putting, chipping, full swing and basic rules and etiquette of golf. The last session will be on course, playing the game.

31107	NE Portland	COLWD RANGE	6pm-6:50pm
Tue	7/28-8/25	Mueller	\$145

Bring clubs if you have them.

31350	NE Portland	COLWD RANGE	6pm-6:50pm
Tue	6/23-7/21	Mueller	\$145

Bring clubs if you have them.

31658	NE Portland	COLWD RANGE	9am-9:50am
Sun	8/2-8/30	Mueller	\$145

Bring clubs if you have them.

32705	NE Portland	COLWD RANGE	11am-11:50am
Sat	7/11-8/8	Bader	\$145

32706	NE Portland	COLWD RANGE	12:30pm-1:20pm
Tue	7/7-8/4	Bader	\$145

32707	NE Portland	COLWD RANGE	4pm-4:50pm
Wed	7/15-8/12	Bader	\$145

32715	NE Portland	COLWD RANGE	9am-9:50am
Sun	6/28-7/26	Mueller	\$145

Bring clubs if you have them.

9SPR 621I **Golf: Eastmoreland Golf Course**

This five-week class will teach you the fundamental skills necessary to learn and enjoy the game of golf. Get better at your swing, chipping and putting. Equipment supplied, if needed.

31352	SE Portland	EMGOLF RANGE	2pm-2:50pm
Mon	7/6-8/3	Comella	\$145

Bring clubs if you have them.

32056	SE Portland	EMGOLF RANGE	2pm-2:50pm
Fri	6/26-7/31	Charles	\$145

No class 7/3.

32057	SE Portland	EMGOLF RANGE	2pm-2:50pm
Wed	6/24-7/22	Charles	\$145

32156	SE Portland	EMGOLF RANGE	2pm-2:50pm
Tue	7/7-8/4	Comella	\$145

Bring clubs if you have them.

32710	SE Portland	EMGOLF RANGE	2pm-2:50pm
Tue	8/5-9/2	Charles	\$145

32711	SE Portland	EMGOLF RANGE	2pm-2:50pm
Fri	8/7-9/4	Charles	\$145

9SPR 621G **Golf: Heron Lakes Golf Club**

The class is designed for people new to the game, those who consider themselves a beginner and those returning to the game. Classes will focus on the fundamentals of ball striking, putting and short game. Throughout the class we will also be discussing on course procedure, rules and etiquette.

31351	N Portland	HLGLFC RANGE	3pm-3:50pm
Wed	6/24-7/22	Basile	\$145

31602	N Portland	HLGLFC RANGE	4pm-4:50pm
Fri	6/26-7/31	Basile	\$145

No class 7/3.

32708	N Portland	HLGLFC RANGE	5pm-5:50pm
Thu	8/6-9/3	Basile	\$145

32709	N Portland	HLGLFC RANGE	4pm-4:50pm
Fri	8/7-9/4	Basile	\$145

Hiking and Backpacking

LOCAL ADVENTURE

9SPR 600T **Columbia River Gorge Half-Day Small-Group Hiking Tour**

Hike the lush western Gorge, known as "waterfall alley," where you'll get misted by waterfalls, peer over cliffs, and hear local stories. Discover some of the 4,000+ cascades that make this region a true natural wonder.

32829	NE Portland	TERTRA	1:15pm-5:45pm
Sun	6/28	Bingham	\$69

Must reg/drop by 6/25.

LOCAL ADVENTURE

9SPR 600Y **Full Moon Hike: Latourell Falls**

Howl under the Full moon! Experience the magic of a hike beneath the Flower Moon. We will start our hike before sunset and hike approximately 3 miles and 700 ft elevation gain to see both the upper and lower falls. Headlamps and trekking poles provided.

32942	Corbett	GUYTAL PARK	7:30pm-11pm
Wed	7/29	Schaless	\$79

Must drop by 7/21.

NEW CLASS LOCAL ADVENTURE

9SPR 605L **Panther Creek and Falls Creek Falls Guided Hike**

Visit two iconic PNW Waterfalls in one day! We will hike about 4 miles with 800ft of elevation gain. Transportation, trekking poles, guides, permits all provided. Bring lunch/snacks, water, and comfortable shoes.

32983	Southeast	SEPAK PRKLOTD	9am-6pm
Sun	8/30	Schaless	\$159

Must drop by 8/22.



Golf

“Kenya went above and beyond for this class providing informative emails on pickleball after every class. He was an enthusiastic and supportive instructor.” ~ pickleball student



Recreation and Wellness

Pickleball



NEW CLASS LOCAL ADVENTURE

9SPR 605K Sleeping Beauty Hike

This short but sweet beginner hike offers the chance to view Mt. Adams, Mt. Rainier, Mt. St. Helens and more! You'll hike about three miles with a 1500 ft elevation gain, but we will take our time and soak in nature's beauty.

32982	Southeast	SEPARK PRKLOTD	9am-5pm
Fri	8/28	Schaless \$99	

Must drop by 8/20.

► You may also like **Taking Better Photos: Intermediate Photography** on page 8

Outdoor

9WO 610L Introduction to Tree Climbing

Explore nature rarely seen and learn about the unique ecology, plants and animals of old-growth forests. Climb some of the largest and tallest trees in the world around 300ft high. Recreational tree climbing is an unforgettable adventure that will allow you to climb to the top of the canopy of these massive trees where few people have been.

31344	Sublimity	SILFAL LOT	9am-1:50pm
Sat	7/11	Rosen-Fischer \$225	

Confirmation and Info will be emailed 3 days before class

31345	Sublimity	SILFAL LOT	9am-1:50pm
Sun	7/19	Rosen-Fischer \$225	

Confirmation and Info will be emailed 3 days before class

31473	Sublimity	SILFAL LOT	9am-1:50pm
Sun	8/9	Rosen-Fischer \$225	

Confirmation and Info will be emailed 3 days before class

9WO 610M Sunset Tree Climbing

Watch the sunset from a unique perspective at the top of the canopy of giant old-growth trees. At the end of the sunset, night rappelling and climbing in the dark with head lamps is required. No experience necessary. Up to 1.5 hours of hiking is required including a night hike with headlamps.

31813	Sublimity	SILFAL LOT	5pm-10pm
Fri	7/31	Rosen-Fischer \$250	

Confirmation and Info will be emailed 3 days before class

31814	Sublimity	SILFAL LOT	5pm-10pm
Sat	6/27	Rosen-Fischer \$250	

Confirmation and Info will be emailed 3 days before class

31815	Sublimity	SILFAL LOT	5pm-10pm
Sat	8/15	Rosen-Fischer \$250	

Confirmation and Info will be emailed 3 days before class

Racquet Sports

9SPR 623F Tennis: Beginning Level 1

Take up tennis - a fun physical workout and an easy social and networking outlet! This intro class includes grip, strokes, scoring rules and tennis etiquette. Bring racket and two unopened cans of tennis balls to first class.

31192	Rock Creek	BLDG5 GYM-A/B	9am-10:20am
Sat	6/27-8/29	Slack \$135 + \$4 fee	

No class 7/4. Bring two cans of unopened tennis balls.

31295	Rock Creek	BLDG5 GYM-A/B	6:30pm-8:20pm
Mon	6/22-8/24	Slack \$179 + \$4 fee	

Bring two cans of unopened balls

31410	Rock Creek	BLDG5 GYM-A/B	6:30pm-8:20pm
Wed	6/24-8/26	Slack \$179 + \$4 fee	

Bring two cans of unopened balls

9SPR 623N Tennis: Beginning Level 2

This class is designed to step up your game and increase your enjoyment of playing tennis. You will improve your strokes, strategy and skills. Bring your own racket and two unopened cans of yellow tennis balls to first class.

32642	Rock Creek	BLDG5 GYM-A/B	10:30am-11:50am
Sat	6/27-8/29	Slack \$135 + \$4 fee	

No class 7/4. Bring two cans of unopened tennis balls.

9SPR 620J Beginning Pickleball

Pickleball is the fastest growing sport in America. A combination of ping pong, tennis and badminton that is enjoyed by all ages and skill levels. This fun, social and friendly game is easy to learn but can develop into a quick, fast-paced game for experienced players. Enroll to join the pickleball movement!

32294	NW Portland	FRNHSE GYM	12:15pm-1:45pm
Wed	7/1-7/22	Diffenderffer \$65 + \$20 fee	

Bring paddle and sleeve of indoor balls.

32569	NW Portland	FRNHSE GYM	9am-10:20am
Sat	8/1-8/29	Diffenderffer \$65 + \$20 fee	

No class 8/22. Bring paddle and sleeve of indoor balls.

32928	Sylvania	HT GYM	8am-9:20am
Fri	7/10-8/7	Curry \$75	

Bring paddle and sleeve of indoor balls.

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.

31354	Sylvania	HT GYM	9:30am-11:20am
Fri	7/10-8/7	Curry \$95	

Bring paddle and sleeve of indoor balls.

9SPR 627K Pickleball: Beginning Women 50+

Ready to join the fastest-growing sport in the world in a supportive, judgment-free environment? This women's 50+ only class is designed for those are newer to pickleball or building confidence at the beginning level (2.0-2.75).

32620	NW Portland	FRNHSE GYM	9am-10:30am
Sat	6/27-7/25	Diffenderffer \$65 + \$20 fee	

No class 7/4. Bring paddle and sleeve of indoor balls.

9SPR 627L Pickleball: Intermediate Women 50+

For women 50 or older who are playing at the intermediate (3.0) level and want focused games in a friendly, supportive environment. Expect solid rallies, thoughtful play, encouragement on and off the court, and a welcoming group of women who value connection as much as competition.

32622	NW Portland	FRNHSE GYM	12:15am-1:45pm
Wed	7/29-8/26	Diffenderffer \$65 + \$20 fee	

No class 8/19. Bring paddle and sleeve of indoor balls.

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



9SPR 620G **Badminton**

Want to dominate your next picnic? It is never too late to get serious about badminton. Join the fun, meet new people, learn new techniques, build your fundamentals and improve your physical health. Bring your own racquet and one unopened tube of shuttles to the first class.

31852	Beaverton	OBA COURT	7pm-8pm
Tue	6/23-8/25	Ajit	\$250
31853	Beaverton	OBA COURT	11am-12pm
Sun	6/28-8/30	Ajit	\$250

1-On-1 Tennis Lessons



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

From a beginner to an experienced tennis player, private lessons are a great way to achieve your goals. Do you want to learn or improve a skill; learn court strategy; have fun with newfound success? If so, private lessons are a great way to accomplish those objectives.

1-On-1 Tennis Lesson Instructor Profile and Availability

Kent Slack

Availability: Mon-Fri, 9am-5pm

Kent has been teaching tennis at PCC for 31 years. Additionally he has taught many years in the USTA program and previously coached the boys program at LaSalle High School. His love of tennis allowed him to compete in intercollegiate athletics at Western Oregon University.

1-On-1 Tennis Lessons Package

9SPR 620T **1-On-1 Tennis Lessons: 6 Session Package**

Take your game to new heights. Be the main focus of the instructor as we create a lesson plan tailored to your tennis ability and fitness level. With your specific goals in mind, we utilize various drills, hitting practice, match play, movement exercises and games to take your tennis to where you want it to be. Sessions last 50 minutes.

31764	Rock Creek	6/22-9/5	Slack	\$339
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Water Sports

9SPR 625N **Flatwater Paddleboarding Tour**

Estacada Lake Tour with instruction. This will include Oregon State Marine Board paddling requirements, how to properly fit/adjust a life jacket and paddle, transporting gear to and from water, standing up, paddle strokes and the do's and don'ts of being on the water. All gear provided.

32933	Estacada	TIMPAR RAMP	12pm-2pm
Wed	7/8	Spencer	\$69
Must reg/drop by 7/1. Must be able to swim.			
32934	Estacada	TIMPAR RAMP	12pm-2pm
Wed	7/22	Spencer	\$69
Must reg/drop by 7/16. Must be able to swim.			

Flatwater Paddleboarding Tour, continued

32935	Estacada	TIMPAR RAMP	3pm-5pm
Sun	8/2	Spencer	\$69
Must reg/drop by 7/27. Must be able to swim.			
32936	Estacada	TIMPAR RAMP	3pm-5pm
Sun	8/23	Spencer	\$69
Must reg/drop by 8/17. Must be able to swim.			

LOCAL ADVENTURE

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.

31668	Estacada	MCBAS ACCESS	9:30am-12:50pm
Fri	6/26	Gilstrap	\$85
Must reg/drop 6/23. Contact todd@oregonriver.com			

31976	Estacada	MCBAS ACCESS	9:15am-12:45pm
Sun	8/2	Gilstrap	\$85
Must reg/drop 7/30. Contact todd@oregonriver.com			

► You may also like **Teen Beginning Sailing on page 55**

LOCAL ADVENTURE

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.

31671	Estacada	MILOSP LAUNCH	9:15am-12:45pm
Mon	8/17	Gilstrap	\$69
Must reg/drop 8/12. Contact todd@oregonriver.com			

31672	Estacada	MILOSP LAUNCH	9:15am-12:45pm
Sun	6/28	Gilstrap	\$69
Must reg/drop 6/23. Contact todd@oregonriver.com			

NEW CLASS

9SPR 627P **Stand Up Paddleboarding: Beginning**

Have you seen others enjoying paddleboarding and want to try it? This is your chance! Learn from a certified instructor how to balance, paddle, and maneuver your board. We'll also discuss the types of boards and gear, and cover essential water safety to build your confidence.

32978	Corbett	RRBOAT BOAT	10am-12pm
Sat	6/27	Schales	\$99
Must drop by 6/19.			

9SPR 627Y **Women's Stand Up Paddleboarding: Beginning**

Have you seen others enjoying paddleboarding and want to try it? This is your chance! Learn from a certified instructor how to balance, paddle, and maneuver your board. We'll also discuss the types of boards and gear, and cover essential water safety to build your confidence.

32940	Corbett	RRBOAT BOAT	1pm-3pm
Sat	6/27	Schales	\$99
Must drop by 6/19.			

Work Out

9WO 615A **Power and Sculpt: Dumbbell Edition**

Grab those dumbbells and power up your workout. With targeted exercises, you will build muscle, boost endurance and tone from head to toe. Perfect for all fitness levels, you will every challenge major muscle group, making you feel strong, energized, and empowered.

32845	Online	ZOOM	6:30pm-7:15pm
Wed	7/1-8/19	Macedo Gallegos	\$85

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.

30846	Online	ZOOM	5pm-5:50pm
Thu	6/25-8/27	Broding	\$135

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!

31008	Online	ZOOM	6pm-6:50pm
Tue	6/23-8/25	Nishikido	\$135

30844	Southeast	TABOR 102	6pm-6:50pm
Mon	6/22-8/24	Nishikido	\$135

Please refrain from wearing shoes with black soles.

NEW CLASS

9WO 615J **Women's Circuit Training**

Maximize your results with this fast-paced, full-body workout. Combine strength, cardio, and core training in a continuous flow of exercises designed to boost metabolism, build muscle and endurance. Efficient, engaging, and accessible to all fitness levels.

32970	Rock Creek	BLDG5 102	5pm-5:50pm
Tue/Thu	6/23-8/13	Hickok	\$145

32924	Sylvania	HT 125	5:30pm-6:20pm
Mon/Wed	6/22-8/12	Hickok	\$145

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.

31689	Online	ZOOM	6:30pm-7:15pm
Tue/Thu	6/23-8/27	Macedo Gallegos	\$159

9WO 610N **Thai Boxing Fundamentals**

Learn Thai Boxing basics in an inclusive environment! We will focus on fundamentals, technique, range, footwork and live drilling. No matter your age or ability level, Muay Thai is a challenging full-body workout, a practical means of self-defense and rich with cultural history.

32889	Southeast	TABOR 102	7pm-8:20pm
Mon	6/22-7/27	English	\$119

“ The instructor was superb! Great at explaining the subject, thorough in giving feedback and encouragement, and he also just made the learning experience fun ” ~ thai boxing student



Recreation and Wellness

9W0 615D PowerBARRE

PowerBARRE is a workout program that fuses the principles of ballet barre with strength training, medium-intensity cardio, and resistance exercises, offering a fun, energetic and effective full-body workout. This class is accessible to all and designed for the beginner.

32386 **NE Portland** NWDP5 STUDIO 9:30am-10:30am
Sat 6/27-8/29 Davenport \$153
No class 7/4. Bring a towel and water bottle

Cardio

9W0 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!

32215 **Online** ZOOM 5:30pm-6:15pm
Mon/Wed 6/22-8/26 Macedo Gallegos \$159

9W0 615F WERQ Fitness

WERQ is a wildly addictive cardio dance fitness workout built on zero judgement and good vibes only. WERQouts are designed to give you the best sweat with athletic moves and fresh dance steps. Join the craze that has heart-pumping playlists featuring the hottest pop and hip-hop music.

32925 **Sylvania** HT 107 10am-10:50am
Sat 6/27-8/22 Velasquez \$95
No class 7/4, 8/15.



Instructor Spotlight: Brittani Velasquez

Brittani believes movement is medicine and that every person deserves a space where they feel safe, seen, and free. Her WERQ dance fitness and POP Pilates classes combine high-energy, joyful movement with intentional cueing. Welcoming all fitness levels, Brittani offers options in every class to ensure everyone feels successful. As a group fitness and Pilates instructor with a background in dance - including tap, ballet, and competitive country line dancing - she teaches with heart, and her students can feel it.

9W0 615C Kangoo Jumps

Bounce your way to fitness. Kangoo jumps is a low impact cardio workout that uses special shoes to reduce stress on your joints. With Kangoo, you'll strengthen muscles, improve balance, agility and coordination and reduce body fat.

32153 **Cascade** CAGYM 203 6pm-6:50pm
Thu 6/25-8/13 Dudka \$109
Bring extra long socks.

33009 **Rock Creek** BLDG5 111 6pm-6:50pm
Mon 6/22-8/10 Simeonova \$109
Bring extra long socks

9W0 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.

31353 **NE Portland** NWDP5 STUDIO 10:15am-11:15am
Sun 6/28-8/30 Davenport \$170
Please bring a towel, water bottle and yoga mat

9W0 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.

31009 **Online** ZOOM 6pm-6:50pm
Wed 6/24-8/26 Nishikido \$135
Please bring hand held weights.



Instructor Spotlight: Sachiko Nishikido

For those who want to party, but put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged. In addition to these exercises, you can enjoy abdominal and lower body-specific exercises and balance exercises to strengthen your core muscles. Sachi Nishikido has been a Zumba instructor since 2016. She loves nothing more than to see the participants in her classes blow off steam through physical activity and to see the contented smiles on their faces at the end of class. She also teach Zumba and Zumba Gold classes.

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.

Personal Training Your Way

Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom. If you are at home, your trainer will work with whatever tools you have in your home (be it free weights or soup cans!) to help craft a fitness routine that fits with your lifestyle.

1-On-1 Personal Trainer Profiles and Availability

Kristi Albrechtson

Sylvania/Zoom Availability: Mon/Fri, 12pm-6:30pm; Tue/Thu, 8am-9am; Wed, 1pm-6:30pm

Kristi believes that any type of movement is good movement and that exercise should be accessible and enjoyable for everyone. As a personal trainer, Kristi enjoys meeting her clients where they are and guiding them to where they want to be according to their specific goals. With a passion for service, functional movement and a positive attitude Kristi will help to motivate you to keep up the good work for your greater health and wellness. She is a graduate of the PCC Exercise Science program with her AAS in Exercise Science and PSU/OHSU School of Public Health with her BS in health and fitness promotion.

Angi Blue

*Sylvania Availability: Mon/Wed, 9am-3pm
Zoom Availability: Tue/Thu, 9am-3pm*

For Angi, personal training is rooted in building supportive relationships to empower clients towards happier, longer lives through movement and activity. She prioritizes helping her clients move through life stronger, with more energy, and less pain. By recognizing individual needs and goals, Angi creates tailored programs designed specifically for each client. Angi has been an ACSM certified personal trainer since 2014.

John Cunningham

Zoom Availability: Mon-Fri, 10am-4pm

With over 12 years of experience as a personal trainer, John specializes in functional fitness, helping clients build strength, mobility, and resilience for everyday life. Passionate about movement and performance, he focuses on training programs that target improving real-world functionality, injury prevention, and long-term wellness. Combining expert knowledge with a motivating and supportive coaching style, John strives to empower clients to move better, feel stronger, and live healthier lives.

Zack Flansburg

Sylvania/Zoom Availability: Mon-Thu, 10am-8pm

As a soccer player growing up, Zack knew the importance of physical fitness, both physically and mentally. In addition to soccer, Zack learned to love the weightroom and lifting. He coaches his students to stay consistent and committed to their fitness goals so they may achieve their best results. He enjoys motivating and encouraging his students to expand their horizons in the fitness world.

1-On-1 Personal Training continues on next page

Teach at PCC and share your knowledge and experiences.

Visit pcc.edu/communityed and click Teach a class

1-On-1 Personal Training



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

Personal Training gives you the opportunity to exercise in a one-on-one environment with a



1-On-1 Personal Training, continued

Tiffini Gibbs

Zoom Availability: Mon/Wed, 8am-5pm; Tue/Thu, 11am-4pm; Fri, 10am-3pm

Tiffini has a curiosity and passion for all things fitness, which has led her to finish multiple marathons, compete in a fitness competition, and join a Hood to Coast team. She designs fitness programs that encourage students to push themselves, try new things, and have fun.

Kim Goeden

Rock Creek Availability: Mon/Wed, 1:30pm-3:30pm; Tue/Thu, 10am-12pm, 2pm-4pm; Fri, 3pm-5pm; Sat, 2pm-4pm

With over 25 years in the fitness world as a personal trainer and instructor, Kim helps students get stronger and feel confident. From strength coaching, cycling to Pilates, HIIT and many more, Kim brings her passion and get it done-hype to every class and session. As a National Fitness Competitor, she leads by example and makes fitness feel exciting, empowering, and totally doable. Let's get moving!

Krista Hickok

Availability: Fri, 11am-4pm

Krista is a trauma-informed fitness, nutrition, and wellness instructor. She provides inclusive training for individuals of all genders, and abilities and is dedicated to helping others overcome barriers and reach their goals. Her areas of expertise include nutrition, weight loss, disordered eating, strength training, athletic performance, injury prevention, and mobility. Krista is a nationally certified and NCCA-accredited as a Certified Personal Trainer (CPT) through National Academy of Sports Medicine (NASM), along with a NASM certification as a Behavior Change Specialist.

Hayley Valoppi

Sylvania Availability: Mon/Wed, 9am-4pm

Hayley believes that all movement counts and fitness doesn't have to be complicated or overwhelming. Her goal as a coach is to help facilitate a relationship to fitness that fits you and your life by aligning your goals and movement routine with your values and preferences. Through compassionate and trauma-informed coaching, we'll co-create a movement practice that feels supportive, sustainable, and enjoyable.

Richard Willhite

Cascade Availability: Mon, 9:30am-6pm

Rock Creek Availability: Fri, 11am-7pm

Zoom Availability: Tue-Thu, 9am-7pm

Richard is a passionate fitness professional who specializes in improving muscular strength, endurance, cardio-respiratory fitness and fat loss. He tailors his fitness programs to the likes and needs of each client so they can become a healthier and better version of themselves. He is an ACSM certified trainer and is a graduate of the Exercise Science program.

Janie Zapata-Wilson

Rock Creek Availability: Mon, 12:30pm-2:30pm

Sylvania Availability: Wed, 1:30pm-3:30pm; 5pm-6pm

Zoom Availability: Tue/Thu, 1:30pm-7pm;

Fri 1:30pm-5:30pm

Janie Zapata-Wilson is the quintessential, "If I can do it, so can you!" example. She is a personal

trainer, group exercise instructor, Zumba teacher, and water aerobics instructor who graduated in June 2012, with highest honors from the Exercise Science Program at PCC.

1-On-1 Personal Training Packages

Exercise in a one-on-one environment with a nationally certified trainer. Review the personal trainer availability before registering for a training package. Your trainer will contact you by the first week of the term to schedule your training sessions. No refunds for unused sessions. Sessions last 50 minutes. **Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom.**

9WO 624X Personal Training: 5 Session Package

30787	See Trainer Profile	6/22-9/5	Gibbs	\$275
33102	See Trainer Profile	6/22-9/5	Goeden	\$275
31838	See Trainer Profile	6/22-9/5	Hickok	\$275

9WO 624Y Personal Training: 10 Session Package

31610	See Trainer Profile	6/22-9/5	Albrechtson	\$499
30888	See Trainer Profile	6/22-9/5	Blue	\$499
31767	See Trainer Profile	6/22-9/5	Flansburg	\$499

Personal Training: 10 Session Package, continued

30786	See Trainer Profile	6/22-9/5	Gibbs	\$499
33101	See Trainer Profile	6/22-9/5	Goeden	\$499
31375	See Trainer Profile	6/22-9/5	Hickok	\$499
31612	See Trainer Profile	6/22-9/5	Valoppi	\$499
30789	See Trainer Profile	6/22-9/5	Willhite	\$899
30514	See Trainer Profile	6/22-9/5	Zapata-Wilson	\$899

9WO 624Z Personal Training: 15 Session Package

30785	See Trainer Profile	6/22-9/5	Blue	\$725
30788	See Trainer Profile	6/22-9/5	Gibbs	\$725

9WO 625H Personal Training: 20 Session Package

31611	See Trainer Profile	6/22-9/5	Albrechtson	\$899
32694	See Trainer Profile	6/22-9/5	Blue	\$899
31766	See Trainer Profile	6/22-9/5	Cunningham	\$899
31768	See Trainer Profile	6/22-9/5	Flansburg	\$899
30847	See Trainer Profile	6/22-9/5	Gibbs	\$899
31765	See Trainer Profile	6/22-9/5	Goeden	\$899
31613	See Trainer Profile	6/22-9/5	Valoppi	\$899
30784	See Trainer Profile	6/22-9/5	Willhite	\$899
30889	See Trainer Profile	6/22-9/5	Zapata-Wilson	\$899



Personal Training

“ Krista is super supportive and creates a safe learning environment. ” ~ strength training student

Recreation and Wellness

Lifelong Learning | Summer 2026



Pilates

9WO 600H Pilates Reformer + Tower: Level 1

Perfect for students new to Pilates. Build core and full-body strength while improving your flexibility using the Pilates Reformer and Tower machines. We'll work on the basics and get back into fitness in this slower paced class.

31989	SW Portland	EFM STUDIO	4:30pm-5:20pm
Wed	6/24-8/26	Vincent	\$359
No class 7/4.			
31990	SW Portland	EFM STUDIO	12:15pm-1:05pm
Sat	6/27-9/5	Vincent	\$359
No class 7/4.			
33136	SW Portland	EFM STUDIO	11:45am-12:35pm
Tue	6/23-9/1	Binnendyk	\$359
No class 7/28.			
33137	SW Portland	EFM STUDIO	11:45am-12:35pm
Thu	6/25-9/3	Binnendyk	\$359
No class 7/30.			

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.

31127	SW Portland	EFM STUDIO	10:30am-11:20am
Mon	6/22-8/31	Binnendyk	\$359
No class 7/27. For students with Pilates experience.			
31128	SW Portland	EFM STUDIO	10:30am-11:20am
Wed	6/24-9/2	Binnendyk	\$359
No class 7/29. For students with Pilates experience.			
31129	SW Portland	EFM STUDIO	10:30am-11:20am
Fri	6/26-9/4	Binnendyk	\$325
No class 7/3, 7/31. For students with Pilates experience.			
31991	SW Portland	EFM STUDIO	6:30pm-7:20pm
Mon	6/22-8/24	Vincent	\$359
For students with Pilates experience.			
31992	SW Portland	EFM STUDIO	5:30pm-6:20pm
Wed	6/24-8/26	Vincent	\$359
For students with Pilates experience.			
31993	SW Portland	EFM STUDIO	9am-9:50am
Sat	6/27-9/5	Vincent	\$359
No class 7/4. For students with Pilates experience.			

9WO 601Q Pilates Reformer + Tower: Level 2.5

For students with Pilates experience, working toward Pilates Level 3 exercises

31604	SW Portland	EFM STUDIO	10:30am-11:20am
Tue	6/23-9/1	Binnendyk	\$359
No class 7/28. For students with Pilates experience.			
31605	SW Portland	EFM STUDIO	10:30am-11:20am
Thu	6/25-9/3	Binnendyk	\$359
No class 7/30. For students with Pilates experience.			
32388	SW Portland	EFM STUDIO	10am-10:50am
Sat	6/27-9/5	Vincent	\$359
No class 7/4. For students with Pilates Experience			
32662	SW Portland	EFM STUDIO	5:30pm-6:20pm
Mon	6/22-8/24	Vincent	\$359
For students with Pilates experience.			

9WO 600J Pilates Reformer + Tower: Level 3

For students with Pilates equipment experience. Build full-body strength and flexibility using the Reformer and Tower machines. We'll work on more advanced exercises using the jump board, magic circle, squishy ball and more.

31130	SW Portland	EFM STUDIO	11:45am-12:35pm
Mon	6/22-8/31	Binnendyk	\$359
No class 7/27. For students with Pilates experience.			
31131	SW Portland	EFM STUDIO	9:15am-10:05am
Wed	6/24-9/2	Binnendyk	\$359
No class 7/29. For students with Pilates experience.			
31132	SW Portland	EFM STUDIO	9:15am-10:05am
Fri	6/26-9/4	Binnendyk	\$325
No class 7/3, 7/31. For students with Pilates experience.			
31994	SW Portland	EFM STUDIO	9:15am-10:05am
Mon	6/22-8/31	Binnendyk	\$359
No class 7/27. For students with Pilates experience.			
31995	SW Portland	EFM STUDIO	11:45am-12:35pm
Wed	6/24-9/2	Binnendyk	\$359
No class 7/29. For students with Pilates experience.			
31996	SW Portland	EFM STUDIO	6:30pm-7:20pm
Wed	6/24-8/26	Vincent	\$359
For students with Pilates experience.			
32663	SW Portland	EFM STUDIO	11am-11:50am
Sat	6/27-9/5	Vincent	\$359
No class 7/4. 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.

31133	SW Portland	EFM STUDIO	9:15am-10:05am
Tue	6/23-9/1	Binnendyk	\$359
No class 7/28. For students with Pilates experience.			
31134	SW Portland	EFM STUDIO	9:15am-10:05am
Thu	6/25-9/3	Binnendyk	\$359
No class 7/30. For students with Pilates experience.			
31407	SW Portland	EFM STUDIO	11:45am-12:45pm
Fri	6/26-9/4	Binnendyk	\$325
No class 7/3, 7/31. For students with Pilates experience.			

9WO 601Y Gyrotonic Pulley Tower Class: Beginning

Discover the fundamentals of Gyrotonic exercise using the specialized Pulley Tower. This class guides you through fluid, circular exercises to build core stability, improve posture, and increase mobility while gently opening and aligning the body.

32647	NW Portland	CENGYR STUDIO	2pm-3pm
Wed	6/24-8/26	Liu	\$450
32648	NW Portland	CENGYR STUDIO	2:15pm-3:15pm
Fri	6/26-9/4	Brown	\$450
No class 7/3.			

NEW CLASS

9WO 601Z POP Pilates

Dance on the mat with POP Pilates - a high-energy, music-driven class that fuses classical Pilates with rhythmic movement to strengthen your core, improve flexibility, and tone the whole body.

32930	Sylvania	HT 107	9am-9:50am
Sat	6/27-8/22	Velasquez	\$95
No class 7/4, 8/15. Bring own mat.			

1-On-1 Pilates



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

Instructor Profile and Availability

Teresa Lee

Availability: Tue, 8am-3pm; Thu, 9am-2pm

Teresa was first introduced to Pilates as a classical ballet dancer while attending the University of Oregon. She was immediately impressed with the work as it improved her sense of balance and control. Teresa continued her Pilates practice when she moved to Colorado to dance with the Boulder Ballet. It was there that she found The Pilates Center, where she embarked upon 800 hours of study with highly skilled and revered mentors and become certified in 2003. Creating change in bodies and eliminating pain is a very rewarding process that she finds not only ongoing, but very fulfilling.

1-On-1 Pilates Training Packages

Private lessons are an excellent way to get started with Pilates. Our instructor will focus entirely on you by tailoring exercises to your unique needs. Whether your goals are building strength, relieving pain or achieving a healthier lifestyle, personalized instruction can take you there. Sessions last 50 minutes.

9WO 615H 1-On-1 Pilates Training: 5 Session Package

32698 See Trainer Profile 6/22-9/5 Lee \$350

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.

32049	Cascade	CAGYM 202	1pm-1:50pm
Fri	6/26-8/14	Hickok	\$95
No class 7/3.			
31110	Online	ZOOM	5:30pm-6:15pm
Tue/Thu	6/23-8/27	Macedo Gallegos	\$159
31349	Southeast	TABOR 101	3pm-3:50pm
Fri	6/26-8/14	Hickok	\$95
No class 7/3.			

Senior Discount

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

► More info: pcc.edu/senior



Summer Teen Program

Summer Teen Program Information

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 Resources 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.

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/nc
- 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

If you have questions or need assistance, contact 971-722-6606.

Baking

NEW CLASS

9FD 634P Sweet Street Baking Camp

Let's Bake! Learn essential baking techniques, explore flavor combinations and create a variety of signature sweet treats. Develop practical kitchen and baking skills, learn measuring and mixing methods and enjoy making and eating desserts from scratch. For ages 12-17.

32791	Rock Creek	BLDG5 241	1:30pm-4:20pm
Mon-Fri	7/13-7/17	Innerarity	\$165 + \$30 fee

Bring water bottle and snack. Wear close-toed shoes.

Cooking

NEW CLASS

9FD 6340 Teen Kitchen Passport

Explore international cuisines while learning essential cooking skills, kitchen safety and the art of preparing meals from scratch. Discover new ingredients, expand choices and gain appreciation for global food traditions while tasting all the goodness along the way! For ages 12-17.

32790	Rock Creek	BLDG5 241	10am-12:50pm
Mon-Fri	7/13-7/17	Innerarity	\$165 + \$45 fee

Bring water bottle and snack. Wear close-toed shoes.

► You may also like **Food and Drink** classes on page 21

9FD 614C French Cooking for Teens

Bon appétit! Speak French while cooking along and tasting French baking and cuisine. Learn to make les crepes, le clafoutis aux cerises, le gateau au yaourt, les madeleines, la quiche lorraine and more alongside a native French speaker and baker. For ages 12-17.

31451	Rock Creek	BLDG5 241	10am-12:50pm
Mon-Fri	6/22-6/26	Prescott	\$159 + \$30 fee

Wear long sleeves, pants and close-toed shoes.

French Cooking for Teens, continued

32546	Rock Creek	BLDG5 241	10am-12:50pm
Mon-Thu	6/29-7/2	Prescott	\$139 + \$30 fee

Wear long sleeves, pants and close-toed shoes.

► You may also like **French Immersion Workshop** on page 35

9FD 634M Kitchen Confidence for Teens

Learn the essential skills to cook simple, healthy meals with confidence. Learn in a hands-on environment kitchen safety, basic cooking methods, meal building and smart food choices so you can cook for yourself, friends and family. For ages 12-17.

32354	Southeast	COMX KIT	1pm-4:20pm
Mon-Fri	7/13-7/17	Diamond	\$179 + \$40 fee

Wear close-toed shoes.

33028	Southeast	COMX KIT	1pm-4:20pm
Mon-Fri	7/27-7/31	Diamond	\$179 + \$40 fee

Wear closed-toe shoes.



Instructor Spotlight: Patti Diamond

Patti is a nationally syndicated food writer, recipe developer and instructor who has made it her mission to prove that good food and smart living don't have to be complicated or expensive. Patti especially enjoys working with teens, helping them master essential kitchen skills and discover their abilities in the kitchen. Her camps are practical, encouraging and filled with real-life tips students can use right away as she believes knowing how to feed yourself well is one of life's most valuable skills.

“ I met other people that like to make up recipes. ”
 ~ teen cooking student



Summer Teen Program

NEW CLASS

9FD 634S Learn to Can: Strawberry Jam

Learn how to preserve local summer flavors to enjoy all year round. Explore canning safety, preservation methods and make a batch of low sugar strawberry jam to take home. All materials provided. For ages 12-17.

33032 **Rock Creek** BLDG5 241 1pm-3:50pm
 Tue 7/7 Youngs \$45 + \$30 fee



Instructor Spotlight: Stephanie Youngs

Stephanie has been canning and preserving food her whole life. As a child, she helped her dad in the garden and learned how to preserve the harvest by helping fill the root cellar for the next year with everything they grew. She shares her passion for preserving local produce, supporting local farms and making canning safe and accessible for everyone. Stephanie has been helping adults learn to can with PCC Community Ed for several years and is looking forward to helping teens learn this amazing skill!

NEW CLASS

9FD 634T Learn to Can: Pickles

Learn how to preserve local summer flavors to enjoy year round! Explore canning safety, preservation methods and make a whole batch of dill pickles to take home. All materials provided. For ages 12-17.

33033 **Rock Creek** BLDG5 241 1pm-3:50pm
 Tue 8/4 Youngs \$45 + \$30 fee

Dance

9DAN 611T Teen Aerial Camp

Explore aerial dance and make fast friends in this body positive, creative camp for teens of all levels. Build strength and confidence on a variety of aerial apparatus, including single-point trapeze, lyra (hoop), silks and invented apparatus such as aerial bike and ladder. Create original choreography for our optional end-of-camp showcase! For ages 12-17.

32812 **SE Portland** ECHOTC THEATER 12pm-2:50pm
 Mon-Fri 7/6-7/10 Thompson \$299
 Mixed level camp. Wear workout clothes. No metal/zippers.

32303 **NW Portland** ECHWES STUDIO 12pm-2:50pm
 Mon-Fri 7/13-7/17 Allen \$299
 Mixed level camp. Wear workout clothes. No metal/zippers.

▶ You may also like **Aerial Yoga** on page 5

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.

31615 **Online** ZOOM 5pm-5:50pm
 Wed 7/22-7/29 Holcombe \$39

▶ You may also like **Personal Finance** classes on page 19

Games

NEW CLASS NEW INSTRUCTOR

9HB 640D Vintage Video Games

Learn through interactive discussion and play about the history and structure of video games. Explore multiple decades, expect to play with a variety of games, consoles and oddities brought in from the instructor's personal collection. For ages 12-17.

32809 **Sylvania** ST 101 12pm-2:20pm
 Mon-Fri 6/22-6/26 Cirillo \$89

▶ You may also like **AI for Everyone** on page 18

Hobbies

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.

Teen Welding Fundamentals Camp, continued

31209 **NE Portland** WILDHB STUDIO 11am-1:50pm
 Mon-Fri 7/27-7/31 Boyer \$399 + \$45 fee
 Wear closed toe shoes. Bring water and lunch.

Nature

UPDATED CLASS

9HB 640F Teen Farm Day

Spend the day immersed in real farm life! Feed cows, groom and bathe horses, collect eggs and help care for goats, sheep, and chickens. Learn about animal behavior, housing, nutrition and health while working outdoors. Experience a true day on the farm! For ages 12-17.

33029 **Rock Creek** BLDG12 101 10am-2:50pm
 Tue 7/14 Zweigart \$55 + \$10 fee

Wear closed-toe shoes and bring a lunch.

33030 **Rock Creek** BLDG12 101 10am-2:50pm
 Tue 8/4 Zweigart \$55 + \$10 fee

Wear closed-toe shoes and bring a lunch.

Outdoors

9WO 605D Teen Beginning Sailing

Learn the basics of sailing this summer! Discover small boat sailing while learning drills and games designed to practice important boat handling skills. Teen students will learn to sail in two person, 14-foot C420 dinghies. This camp is taught by U.S. Sailing certified instructors and follows the U.S. Sailing beginner curriculum. All sailors will be expected to complete a water comfort check with a lifejacket. For ages 12-17. See supply list.

32424 **SW Portland** WSCLUB DOCK 1pm-3:50pm
 Mon-Fri 7/13-7/17 Berger \$419

32425 **SW Portland** WSCLUB DOCK 1pm-3:50pm
 Mon-Fri 7/20-7/24 Berger \$419

▶ You may also like **Whitewater Rafting: Clackamas River** on page 50



Teen Farm Day

Get more info and register at pcc.edu/community/teen

You cannot register for Teen Program classes through the normal PCC registration system.



9WO 605C **Wooden Boat Building**

Teen Camp

Build a one-person canoe from scratch...and paddle it on the water! Teen students engage in STEAM learning as they read design plans, draw the parts on plywood or 'loft' and using basic woodworking tools, create and assemble the boat. Experience the whole process start to finish while troubleshooting as a team. For ages 12-17.

32426 **SW Portland** WSClub DOCK 9:30am-12:30pm
Mon-Fri 7/13-7/17 Berger \$599
Bring water, lunch and snacks.

33051 **SW Portland** WSClub DOCK 9:30am-12:30pm
Mon-Fri 7/20-7/24 Berger \$599
Bring water, lunch and snacks.

Sports

9SPR 611C **Teen Badminton Camp**

Get active and play badminton while having fun learning a new sport! Campers will experience significant improvement in their games and coordination throughout the week while learning proper technique and rules of the game. Players will learn from high level coaches that create a fun learning environment for all levels. For ages 12-17.

32357 **Beaverton** OBA COURT 9am-11:50am
Mon-Thu 7/6-7/9 Ajit \$289 + \$10 fee
Campers need rackets. Rentals available. T-Shirt included.

32358 **Beaverton** OBA COURT 9am-11:50am
Mon-Thu 7/20-7/23 Ajit \$289 + \$10 fee
Campers need rackets. Rentals available. T-Shirt included.

32360 **Beaverton** OBA COURT 9am-11:50am
Mon-Thu 7/13-7/16 Ajit \$289 + \$10 fee
Campers need rackets. Rentals available. T-Shirt included.

32813 **Beaverton** OBA COURT 9am-11:50am
Mon-Thu 7/27-7/30 Ajit \$289 + \$10 fee
Campers need rackets. Rentals available. T-Shirt included.

Style and Beauty

9SB 610E **Teen Glow Up Camp**

Glow up and unleash your confidence! Learn personal style, beauty basics and self care while creating outfits, hairstyles and make-up looks with a professional stylist and fashion expert. Students will show off and share their new looks on the last day of camp. For ages 12-17.

32296 **Rock Creek** BLDG 2 245 10am-12:20pm
Mon-Fri 8/3-8/7 Villarreal \$89 + \$15 fee
Instructor will email supply list.

32297 **Sylvania** ST 103 10am-12:20pm
Mon-Fri 6/22-6/26 Villarreal \$89 + \$15 fee
Instructor will email supply list.

NEW CLASS

9SB 610F **Behind the Scenes: Fashion and Media Camp**

Design District camp is a creative, hands-on experience where students explore style, design and self-expression through fashion. Learn how ideas transform into wearable pieces while building confidence, technical skills and your own unique aesthetic. For ages 12-17.

32786 **Sylvania** ST 103 1pm-3:20pm
Mon-Fri 6/22-6/26 Villarreal \$99 + \$45 fee



Photography

Visual Arts

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.

30554 **Cascade** C. TBA 1pm-3:50pm
Mon-Fri 7/20-7/24 Regal \$99

Bring a digital camera or smartphone

31343 **Southeast** SE TBA 1pm-3:50pm
Mon-Fri 6/22-6/26 Regal \$99

Bring a digital camera or smartphone

NEW CLASS NEW INSTRUCTOR

9FA 604L **Botanical Drawing in the Rose Garden**

Learn about botanical drawing while taking a deep dive into the art, science and history of the rose. Experiment with drawing techniques to illustrate wild and cultivated roses. Students will dissect flowers, share observations and take a field trip to Peninsula Park to draw in the rose garden. For ages 12-17.

33034 **Cascade** TEB 117 10am-2:50pm
Mon 6/22-6/29 Leonard \$79 + \$5 fee
Field trip to Peninsula Park. Bring a sketchbook and pencils

33035 **Cascade** TEB 117 10am-2:50pm
Mon 8/10-8/17 Leonard \$79 + \$5 fee
Field trip to Peninsula Park. Bring a sketchbook and pencils



Instructor Spotlight: Rhiannon Leonard

Rhiannon is a teaching artist that uses drawing as a learning tool both in her community classrooms and everyday life. Drawn to native plants, Rhiannon works primarily in pen, ink and watercolor techniques. This summer's teen camps focus on the rose and integrates her love of art, botany and history. Rhiannon is thrilled to teach in the teen program because she wishes it had existed when she was a teen.

9FA 604I **Creativity Collage Studio**

Turn images into stories and ideas into art. Explore creativity through layering, symbolism and mixed media. Express yourself, reduce stress and design powerful visual pieces that reflect who you are and who you're becoming through art. For ages 12-17.

32811 **Cascade** TH 202 10am-11:50am
Mon-Thu 7/13-7/16 Somoano \$65 + \$25 fee

Get more info and register at pcc.edu/community/teen

You cannot register for Teen Program classes through the normal PCC registration system.

“It was cool to try out the boat we built on the water at the end.”
~ teen wooden boat building student



Summer Teen Program

NEW INSTRUCTOR

9FA 604M Summer Snacks: Realistic Food Sculptures

Learn from a professional theatre designer how to sculpt styrofoam and foam clay into sweet treats and savory snacks. Play with paint, textures or add sheen to your fake foods to make them look realistic enough to want to eat! For ages 12-17.

33036	Cascade	MAHB 109	1pm-3:50pm
Mon-Fri	7/20-7/24	Vavroch	\$199



Instructor Spotlight: Olivia Vavroch

Olivia is an artist and theatre designer whose work is noted for its detailed use of textures, layers and non-traditional materials to tell stories about relationships and the experience of being human. She has designed for multiple theatres in the Portland area, specializing in fake food and her multimedia sculptures have been shown in galleries in Portland and Seattle. She enjoys sharing her enthusiasm of sculpting fake food with people of all ages and is excited to teach with the Community Ed Teen students this summer!

9FA 604J Teen Artist Academy

Unleash creativity and explore new artistic skills! Experiment with a variety of art mediums while learning skills in various drawing and painting techniques. Develop your personal style and build confidence in a fun, artsy and supportive environment. For ages 12-17.

32788	Cascade	TH 202	10am-12:50pm
Mon-Thu	6/29-7/2	TBA	\$79 + \$30 fee

No class 7/3.

32789	Cascade	TH 202	1:30pm-4:20pm
Mon-Thu	6/29-7/2	TBA	\$79 + \$30 fee

No class 7/3.

9FA 630M Calligraphy Paint

Learn calligraphy alphabets and techniques of painting with watercolor wash. Design and personalize your own masterpiece to remind yourself of calming mindfulness or create special gifts for loved ones. All levels welcome. For ages 12-17.

32304	Willow Creek	WCC 209	1pm-3:20pm
Wed-Fri	7/15-7/17	Claussen	\$55 + \$20 fee

Bring paints and brushes.

UPDATED CLASS

9FA 604G Group Canvas Painting

Share your artistry and build teamwork skills. Brainstorm ideas, draft and refine a masterpiece together but individually create paintings on each canvas to make a unique story! All artists welcome and come ready to collaborate. For ages 12-17.

Group Canvas Painting, continued

33042	Willow Creek	WCC 209	10am-2:50pm
Mon/Tue	6/29-6/30	Claussen	\$69 + \$20 fee

Bring acrylic paints and brushes.

9FA 604H Ceramics Camp: Intro to Hand Building

All the skills needed to make ceramic forms in one week! Learn how to make basic shapes like cylinders, boxes and spheres. These fundamentals will give students a well-rounded start in the ceramic medium. Camp registration includes free open studio hours for the week enrolled. For ages 12-17.

32299	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	6/22-6/26	Jordan	\$279

Close-toed shoes. No jewelry or smart watches.

32300	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	8/3-8/7	Jordan	\$279

Close-toed shoes. No jewelry or smart watches.

32301	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	7/6-7/10	Jordan	\$279

Close-toed shoes. No jewelry or smart watches.

32302	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	7/20-7/24	Jordan	\$279

Close-toed shoes. No jewelry or smart watches.

9FA 615Z Intro Pottery Wheel Camp

Welcome to the wheel! Learn the basics of throwing clay on the wheel to shape basic forms. Centering, cylinders and trimming will be covered each day and Friday is dedicated to glazing. Registration includes bonus open studio time for additional practice outside of camp hours. For ages 12-17.

31608	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	6/22-6/26	Lake	\$279

Close-toed shoes. No jewelry or smart watches.

31609	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	7/20-7/24	Lake	\$279

Close-toed shoes. No jewelry or smart watches.

31614	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	8/3-8/7	Lake	\$279

Close-toed shoes. No jewelry or smart watches.

32298	N Portland	SJCLAY STUDIO	10am-12:50pm
Mon-Fri	7/6-7/10	Lake	\$279

Close-toed shoes. No jewelry or smart watches.

NEW CLASS

9FA 604N Teen Wildcat: Beginner Wheel

Have fun in a creative and curious space learning to use a pottery wheel. Students will learn step-by-step the fundamentals of throwing clay, shaping and finishing their own hand-thrown pieces. For ages 12-17.

33037	NE Portland	WILDHB STUDIO	11am-1:50pm
Tue	7/7-7/28	Boyer	\$325

NEW CLASS

9FA 604O Teen Wildcat: Intermediate Wheel

Take your clay wheel throwing skills further. Students will build on the basics, focus on consistency and control and experiment with new forms and techniques. Expect clay-covered hands and creative breakthroughs! For ages 12-17.

33038	NE Portland	WILDHB STUDIO	11am-1:50pm
Wed	7/22-8/12	Boyer	\$349

33045	NE Portland	WILDHB STUDIO	11am-1:50pm
Mon-Thu	6/29-7/2	Boyer	\$349

NEW CLASS

9FA 604P Teen Wildcat: Handbuilding Clay

Get handbuilding in this class designed for creative exploration. Expect a little mess, lots of texture and the freedom to experiment with clay while learning foundational techniques. Students will focus on shaping, sculpting and creativity. For ages 12-17.

33039	NE Portland	WILDHB STUDIO	1pm-3:50pm
Fri	7/10-7/31	Boyer	\$325

NEW CLASS

9FA 604R Teen Ceramics: Make a Box

Create your own ceramic box! Students will explore slab-building techniques, create a fitted lid and add texture and personal details to their creation in this fun, slightly messy and creative class. For ages 12-17.

33043	NE Portland	WILDHB STUDIO	3pm-4:50pm
Fri	6/26	Boyer	\$120



Teen Visual Arts

Get more info and register at pcc.edu/community/teen

You cannot register for Teen Program classes through the normal PCC registration system.



NEW CLASS

9FA 604Q **Teen Ceramics: Make a Mug**
Create your very own handmade mug! Students will learn step-by-step how to shape clay, attach a handle and add personal details to their creation in this fun, slightly messy and creative class. For ages 12-17.

33040 **NE Portland** WILDHB STUDIO 12pm-1:50pm
Fri 6/26 Boyer \$120

NEW CLASS

9FA 604S **Teen Ceramics: Make and Glaze**

Learn the complete ceramic process. Shape and construct pieces by hand, then return to glaze and refine them in the second class, leaving with a beautifully finished, kiln-fired creation you crafted from start to finish and building skills along the way. For ages 12-17.

Teen Ceramics: Make and Glaze, continued

33044 **NE Portland** WILDHB STUDIO 11am-1:50pm
Mon 7/6-7/20 Boyer \$219

33046 **NE Portland** WILDHB STUDIO 11am-1:50pm
Thu 7/16-7/30 Boyer \$219

Writing

9WRI 613D Teen Poetry Lab

Discover the power of your words! Explore emotions, identity and imagination through fun prompts, spoken word and free verse. Build confidence, find your voice and create a personal collection of poems in a supportive, inspiring space. For ages 12-17.

32810 **Cascade** TH 202 10am-11:50am
Mon-Thu 7/6-7/9 Somoano \$65 + \$25 fee

NEW CLASS NEW INSTRUCTOR

9WRI 613E **Teen Fan Fiction Writing**
Love reading fiction? Try your hand at creating your own characters, settings and plots based off favorite pre-existing fandoms. Practice with Alternate Universes and old and new tropes to transform canon into fanon, by way of tried-and-true short story techniques. For ages 12-17.

33047 **Rock Creek** BLDG7 114 9am-11:50am
Mon-Fri 7/6-7/10 Cristiani \$99
Bring writing supplies.

33048 **Rock Creek** BLDG2 119 9am-11:50am
Mon-Fri 7/13-7/17 Cristiani \$99
Bring writing supplies.



Teen Ceramics

Get more info and register at pcc.edu/community/teen

You cannot register for Teen Program classes through the normal PCC registration system.



“ I love these classes!! I'm having so much fun picking out new ones each term! ” ~ ceramics student

Policies and Student Information

Register and Pay

Information on how to register and how to pay can be found on **page 3**, visit pcc.edu/schedule, or call 971-722-8888, option 2.

Registration

Understanding Class Listings

The online class schedule is the official schedule of classes for PCC Community Ed and may differ from the class listings in this catalog. Visit pcc.edu/community/schedule to confirm your class information.

Below is a sample class listing with descriptions of the information it includes:

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

The class listing may include a footnote listing additional information about the class including days the class won't meet, supply lists, textbooks, fees payable at the first class, and instructor websites or contact information.

*Fees are typically used to cover class supplies and demonstrations. Combined payment for both tuition and fees listed in the course information is payable to PCC.

Registration Confirmation

Confirmation of class registration is assumed once you register. You will not be sent written confirmation. Access to your class schedule and bill is available online using MyPCC.

Registration Dates

You can register online as late as the first day of class, unless otherwise noted in the course footnote. Please note, though, that some classes fill quickly and occasionally some classes get canceled. You can find registration dates online at pcc.edu/academic-calendar.

Waitlists

Community Ed classes do not have waitlists at this time. If a class is full, you should monitor the class enrollment status at pcc.edu/schedule.

Missing a Class

If you miss a class, contact your instructor to find out what you missed. You will not be automatically dropped. (See Refund/Drop Policy)

Underage Students

Unless otherwise noted, Community Ed classes are for an adult audience. However, younger students may be permitted in some adult classes. Note the following guidelines for admitting students younger than age 18 into adult Community Ed classes.

Students 16-17 Years Old

Students 16-17 years old are permitted to register for Community Education adult classes, except for classes with older age minimums, such as classes that involve alcohol.

Students 13-15 Years Old:

Step 1: Students 13-15 years old can apply for approval from a Program Coordinator in order to register for Community Education adult classes. To request approval, a parent or legal guardian must email the student's request to register, along with the following information, to communityed@pcc.edu. If this request is sent by the student, then their parent or legal guardian must be copied on the email.

- 1 Parent/Guardian Name
- 2 Parent/Guardian Email
- 3 Student Name
- 4 Student Email
- 5 Student Age
- 6 Class Title
- 7 Five Digit CRN

Step 2: A Program Coordinator will respond via email to inform those involved of their approval decision. If the Program Coordinator has granted approval, they will request additional documentation before the student can be registered.

Step 3: Once all necessary documentation has been submitted, Community Education will register the student and send a registration confirmation email to both the student and parent or legal guardian.

Note: Some classes require the parent or legal guardian of students younger than age 16 to be present. This requirement will be specified by the Program Coordinator at the time of acceptance. In such cases, the parent or legal guardian will also need to register and pay for the class.

Special Youth Classes:

- Community Education may offer some classes that are designed for younger students. Age ranges will be noted in the class title or description.

Payment

When to Pay

Payment is due at the time when your registration is processed. If you don't pay by the due date, one or more of the following steps may be taken:

- A late fee of up to 10% of your unpaid tuition and fees.
- A financial hold against future registrations.
- Collection of your past due balance by an outside agency. Accounts in collection are subject to additional charges and penalties.

You will not be automatically dropped from a class for non-attendance.

Senior Discount

If you are an Oregon resident who is 62 years of age or over when you register for classes, you are eligible to receive a 50% tuition discount on Community Ed classes. The tuition discount does not apply to fees. Seniors can also receive a 50% discount on a term and annual parking permits as part of the senior discount.

After you register, Contact the Student Account Services office by calling 971-722-8888 (option 3) to request your senior discount. Once it is set up, there is no need to request it again for non-credit courses. The discount will be applied to your account the day after you register and may be viewed online via MyPCC.

Visit pcc.edu/senior for more information.



Policies and Student Information, continued

Refund/Drop Policy

If you want to drop a class, do so online via MyPCC by the appropriate deadline, listed below. Charges will not be removed if you fail to drop before the drop deadline.

Class Length	Drop Deadline
Less than 2 weeks	Prior to the first day class meets.
2-7 weeks	By the end of the first day class is held.
8-10 weeks	Six calendar days after the start of class.

Specific Programs	Drop Deadline
Online ED2GO	Six calendar days after the start of class.
1-On-1 classes	Six calendar days after the start of the term. No drops or refunds on partially used packages.

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

Please note that if you register for a class and do not attend or stop attending and fail to personally drop by the drop deadline, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time.

Tuition Appeals

The PCC Community Education (CED) Tuition Appeal form is available for those who wish to appeal a non-credit course offered by PCC Community Ed.

Keep in mind that non-attendance does not relieve you of your obligation to pay. If you register for a class and do not attend or stop attending and fail to drop your class within the refund period, you will be responsible for all tuition and fees. Accounts are subject to late fees if bills are not paid on time. For complete registration policies and information, refer to the PCC registration policies website: pcc.edu/enroll/registration/policies.html

The Community Education Tuition Appeal Committee reviews tuition appeals once a week and will meet to determine if your case-specific situation fits the criteria to accommodate your request to appeal the tuition charge(s). You will receive an email to your pcc.edu and preferred emails informing you of the outcome of their decision. Allow five business days for the committee to review your tuition appeal.

If approved, you may be eligible for one of the following:

- **A credit (refund)** for the tuition of the appealed course(s)

- **A tuition voucher** of 25% to 100% will be applied to your account (*a voucher expires in one year after they are awarded and can only be applied to a non-credit Community Education course*)

To submit your appeal for consideration, access the form at:
pcc.edu/community/about/drop-refund

*Please note that students may use this form to appeal Community Ed (CED) courses only. Inquiries regarding appealing non-credit courses with Continuing Education (CEU) and ed2go must be addressed with those respective departments.

If you have questions about the appeals process, contact us at communityed@pcc.edu.

Additional Information

Textbooks

Textbooks for Community Education classes can be found at PCC Bookstores which are located at each PCC Campus or online at pcc.edu/bookstore. To check the availability of a specific text, call 971-722-4910 or visit pcc.edu/bookstore.

Choosing a Language Class

If you are unsure of the appropriate level, first register for the class you think best fits your skills level and attend the first class to assess your comfort level. If you need to change levels you can do so by following the add/drop procedure.

If you have specific questions for an instructor regarding course content, you can find their PCC email address in the PCC Staff Directory (pcc.edu/contact) or by clicking on their name in the online course listing.

Accessible Ed & Disability Resources

PCC is committed to creating a learning environment that meets the needs of its diverse population. If you anticipate or experience any barriers to learning, discuss your concerns with the instructor. Accessible Ed & Disability Resources coordinates disability related accommodations. To make a request, contact them in advance. Click "get started" online at pcc.edu/disability or call 971-722-4341 or email AEDR@pcc.edu

Title IX

Portland Community College seeks to provide an environment that is safe and welcoming for all of us: an environment that is free of bias, discrimination, and harassment. Instructors are committed to supporting students and upholding gender equity laws as outlined by Title IX. Therefore, if a student chooses to confide in an instructor regarding an issue of sexual harassment/misconduct/assault, that instructor is obligated to tell PCC's Title IX coordinator. For additional information and a resource guide, visit:

pcc.edu/about/equity-inclusion

Enrollment Verification

PCC is unable to provide completion certificates or attendance verification for non-credit classes that are exclusively non-credit. This is because attendance is not taken in non-credit classes and grades are not assigned.

Students are able to pull up billing, payment, class schedule and registration status for their classes in MyPCC. Students can request an Enrollment Verification letter that will confirm the term and CRN that the student enrolled. To request an Enrollment Verification letter, please email communityed@pcc.edu

Unscheduled Closures

At times, inclement weather or infrastructure failures may necessitate delayed opening or closure of PCC locations and off-campus sites. All in-person Community Ed classes will be canceled if PCC is closed, even if the class was to be held at an off-campus location that may remain open. Remote (ZOOM) and online classes will typically be held as scheduled unless otherwise noted in the closure announcement.

Closures specific to Community Ed classes will appear as an alert on pcc.edu/communityed.

Campus WiFi

Secure wireless network access is available for current students, employees and guests at all PCC locations.

Students and staff

To connect to PCC's wireless network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCWiFi** wireless network.
- 3 To sign in:
Username: your MyPCC username
Password: your MyPCC password

Guests

Guests of PCC can connect to the wifi network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCGuest** network in your wireless settings.
- 3 Review Terms & Conditions
- 4 Accept Terms & Conditions
- 5 Your access will be active for 24 hours.

Visit pcc.edu/wireless for information or help.

Get a Schedule

Students who have taken a class within the last year will automatically receive the Community Education schedule in the mail. To order a schedule visit pcc.edu/communityed and click on 'Get help' then 'Get a Print Schedule'. It's free!

**Get directions to your class.**Visit pcc.edu/locations for directions, campus maps, and on-campus accessible building features.

Class Locations

Beaverton

FORSTR	Forward Stride, 23839 SW Daniel Rd, Beaverton OR 97007
OBA	Oregon Badminton Academy, 11150 SW Allen Blvd, Ste 200, Beaverton OR 97005
SYWINE	Syndicate Wine Bar, 12620 SW 1st St, Beaverton OR 97005

Carlton

MONKS	MonksGate Vineyard 9500 NE Oak Springs Farm Rd, Carlton OR 97111
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Cascade

PCC Cascade Campus,
705 N Killingsworth St, Portland OR 97217
pcc.edu/cascade (campus map, accessible building features)

Cascade Locks

ETRAIL	Easy Climb Trail, M4PV+JX9, Take Frontage Road exit toward the Weigh Station. Turn left onto NW Forest, Cascade Locks OR 97014
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Clark County

LACAPK	Lacamas Regional Park, 3344 NE Everett St, Camas WA 98607
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CLIMB Center

CLIMB	PCC CLIMB Center, 1626 SE Water Ave, Portland OR 97214
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Corbett

GUYTAL	Guy Talbot Shelter, 43089 NE Latourell, Corbett OR 97019
RRBOAT	Rooster Rock Boat Launch, GQV2+WCJ, Corbett OR 97019

Downtown

ALSDEN	McMenamins Al's Den, 303 SW 12th Ave, Portland OR 97205
ARTMSM	Portland Art Museum, 1119 SW Park Ave, Portland OR 97205

Estacada

MCBAS	Moore Creek Boat Access Site, NF-45, Milepost 35.3, Estacada OR 97023
MILOSP	Milo McIver State Park, S Springwater Rd, Estacada OR 97023
TIMPAR	Timber Park, 30878 NW Evergreen Way, Estacada OR 97023

Garibaldi

GARCHA	Garibaldi Charters, 607 Garibaldi Ave, Garibaldi OR 97118
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Gervais

STPOND	St. Louis Ponds, 6483 Keene Rd NE, Gervais OR 97026
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Hillsboro

GLENMR	GlenMar Farms, 10556 NW 195th Ave, Hillsboro OR 97214
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N Portland

HLGLFC	Heron Lakes Golf Course, 3500 N Victory Blvd, Portland OR 97217
PPDGC	Pier Park Disc Golf Course, 9100 N Bruce Ave, Portland OR 97203
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
CCARB	Columbia Children's Arboretum, 10040 NE 6th Dr, Portland OR 97211
COLWD	Colwood Golf Center, 7313 NE Columbia Blvd, Portland OR 97218
NWDPS	Northwest Dance Project Studio, 211 NE 10th Ave, Portland OR 97232
TERTRA	Terran Travel, 523 NE 19th Ave, Meet out front, Portland OR 97232
WILCER	Wildcat Hobby Shop Ceramics, 3615 NE 50th Ave, Portland OR 97213
WILDHB	Wildcat Hobby Shop, 3605 NE 50th Ave, Portland OR 97213

NW Portland

BDYVX	BodyVox, 1201 NW 17th Ave, Portland OR 97209
CENGYR	Center Gyrotonic, 1420 NW 17th Ave, Suite 288, Portland OR 97209
ECHWES	Echo West, 1420 NW 17th Ave, Suite 388, Portland OR 97209
FRNHSE	Friendly House, 1737 NW 26th Ave, Portland OR 97210

Oregon City

MTVWHE	Mountain View Heritage, 15363 S Loder Rd, Portland OR 97045
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OMIC Center

OMIC	PCC Columbia County Center, Oregon Manufacturing Innovation Center, 33701 Charles T Parker Way, Scappoose OR 97056 pcc.edu/omic (accessible building features)
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Online

ZOOM	Online via ZOOM Info: pcc.edu/community/remote
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Rock Creek

PCC Rock Creek Campus,
17705 NW Springville Rd, Portland OR 97229
pcc.edu/rockcreek (campus map, accessible building features)

Scappoose

MMPS	Martin Model & Pattern Studio, 32000 Raymond Creek Rd, Scappoose OR 97056
SCACRO	Scappoose Crown Zellerbach Trail, 52756 W Lane Rd, Scappoose OR 97056

SE Campus

PCC Southeast Campus,
2305 SE 82nd Ave, Portland OR 97216
pcc.edu/southeast (campus map, accessible building features)

SE Portland

ECHOTC	Echo Theater Company, 1515 SE 37th Ave, Portland OR 97214
EMGOLF	Eastmoreland Golf Course, 2425 SE Bybee Blvd, Portland OR 97202
JUFF	Jean's Urban Forest Farm, 3707 SE Johnson Creek Blvd, Portland OR 97222
PTTC	Portland Table Tennis Club, 1720 SE Haig St, Portland OR 97202
VMAC	Vitalidad Movement Arts Center, 2648 E Burnside St, Portland OR 97214
WSTMOR	Westmoreland Park, SE 23rd Ave at SE Bybee Blvd, Portland OR 97202
YMCASE	Southeast YMCA, 6036 SE Foster Rd, Portland OR 97206

SW Portland

EFM	Effortless Movement, 1750 SW Skyline Dr, Suite 24, Portland OR 97221
WSCLUB	Willamette Sailing Club, 6336 S Beaver Ave, Portland OR 97239

Sublimity

SILFAL	Silver Falls State Park, Howard Creek Trailhead parking lot, 20024 Silver Falls Hwy SE, Sublimity OR 97385
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Sylvania

PCC Sylvania Campus, 12000 SW 49th Ave, Portland OR 97219
pcc.edu/sylvania (campus map, accessible building features)

Tigard

NWFENC	Northwest Fencing Center, 11117 SW Greenburg Rd, Tigard OR 97223
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West Linn

WILPAR	Willamette Park Boat Launch, 1100 12th St, West Linn OR 97068
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Willow Creek

WCC	PCC Willow Creek Center, 241 SW Edgeway Dr, Beaverton OR 97006 pcc.edu/willowcreek (accessible building features)
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PCC Professional Development and Training

Gain and improve your skills for the workplace – for individuals and larger organizations



Teaching with AI: Tools and Strategies for Educators

Empower your teaching with AI. Learn prompting, lesson planning, equitable strategies, and communication tools—plus how to guide students in responsible, effective AI use.



Tattoo Design & Technical Fundamentals

Learn foundational art principles, design analysis, and science-based techniques to create intentional, high-quality tattoo designs.



National Electrical Code Changes

Stay current with Oregon-approved National Electrical Code updates. This course is designed for Oregon-licensed electricians



Basic Mediation Training

Develop mediation and communication skills through interactive training to effectively resolve conflicts in workplace, court, business, or community settings using practical, hands-on techniques.



Giving and Receiving Feedback

Enhance your ability to give and receive feedback effectively. Build communication skills that strengthen leadership, improve team interactions, and support better management through practical practice.



Intermediate Project Management

Build on basic Project Management skills by exploring key phases, advanced tools, and practical strategies to manage projects more effectively through hands-on, workplace-applicable techniques.



Customized Training

Unlock your team's potential with customized training! Tailored courses for professionals boost skills, productivity, and career growth. Transform your workplace today! More info: pcc.edu/customizedtraining

- ◆ Advanced Manufacturing/ Mechatronics/Semiconductor
- ◆ Leadership/Management
- ◆ Computer/IT/AI

- ◆ Mental Health First Aid
- ◆ Project Management
- ◆ Trades/Welding/ Landscape

Learn more: pcc.edu/professionaldevelopment



PCC Community Education mails this class schedule to most college district residents to let them know about upcoming non-credit classes. The class schedule is printed and mailed four times a year for about 31¢ per copy. It can be recycled. Because the schedule is addressed to "Residential Customer," PCC cannot remove individuals from the mailing list.

MAKE SUMMMER MEMORIES



Hundreds of
opportunities for
learning together

