

# PCC Community Ed

Winter 2026 | Class Schedule for Lifelong Learning

## Winter Flavors to Savor

See pages 23-27

### What's inside:

#### Arts

pages 4-15

#### Careers, Technology and Finance

pages 16-21

#### Home, Garden and Self

pages 22-33

#### Language and Culture

pages 34-41

#### Local Adventures

pages 42-45

#### Recreation and Wellness

pages 46-57

Registration opens  
**November 19**  
at 7am



**Portland  
Community  
College®**



## Our Values Commitment

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

## PCC Community Education Vision Statement

Enriching lives through lifelong learning.

## PCC Community Education Mission Statements

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

## Behind the Community Ed Class Catalog

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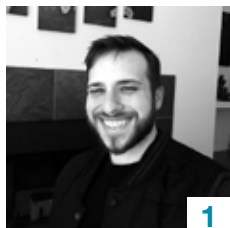
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**8 Lindsay Johnson**  
Program Coordinator

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Community Education Director

**10 Emilia Lucania**  
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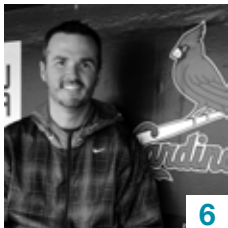
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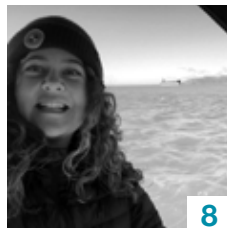
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# Online Class Information

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

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





SCAN HERE  
to register online

# Register and Pay

► Winter registration opens **Wednesday, November 19 at 7am**

## How to Register

### Online

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

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

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

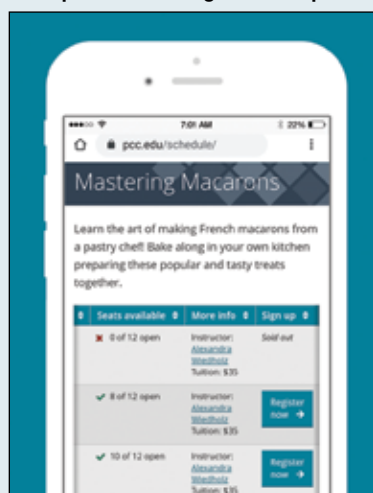
A confirmation email and bill will be sent to your email address we have on file. You will then be given a link to pay online.

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

### Phone

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

Example of online registration option:



Register and pay for online Ed2Go classes at [ed2go.com/portlandcc](http://ed2go.com/portlandcc)

For Ed2Go class questions call 971-722-2711 or email [ed2go@pcc.edu](mailto:ed2go@pcc.edu)

Register and pay for Motorcycle Rider Training classes at [team-oregon.org](http://team-oregon.org)

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

## How To Understand the Class Catalog

Location/Remote/Online			
CRN		Building/Room	Start/End Time
12345	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](http://my.pcc.edu). Select the PCC-Pay link on your homepage or under "Pay for College."

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

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

### Refund/Drop Policy

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

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

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

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



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





## Dance

pages 5-8

## Music and Theater

pages 7-9

## Photography

page 9

## Visual Arts

pages 9-14

## Writing

pages 14-15

# Writing

Find form for that story you've been wanting to tell or that poem that's been floating in your head. Choose from classes in memoir, poetry, grammar, playwriting, publishing, and many kinds of fiction. With instructors who are experienced writers and educators, work on your writing in community.

► [Find these classes on pages 14-15](#)





SCAN HERE  
to register online

# Arts

## Dance

### NEW CLASS

#### 9DAN 620S Intro to Flamenco Bulerias

The heart of flamenco is bulerías. Explore this magnetic art form's rhythm, arm work and floor patterns. Find your own expression and learn some flamenco history. Class includes warm up and cool down.

15299	<b>Southeast</b>	TABOR 102	7:30pm-8:50pm
Wed	1/7-2/25	La Canela	\$95

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

### NEW CLASS NEW INSTRUCTOR

#### 9DAN 620T Irish Set Dancing

Through structured steps, percussive footwork and joy, explore social dance in square formations - similar to American square dance but with a distinct Irish style. Explore Irish culture, connect with community and have fun. All levels welcome.

15472	<b>Southeast</b>	TABOR 102	6:30pm-8:20pm
Fri	1/9-3/13	Meehan	\$129

No class 1/16, 2/20.

► You may also like [The Celtic Consciousness: Irish History, Literature, Culture](#) on page 35



**Instructor Spotlight: Maldon Meehan**  
Maldon brings over 30 years of experience teaching

and performing, with a focus on both the social joy of the dance and the depth of its tradition. Her approach is clear, supportive, and encouraging, helping students feel successful at any level. She aims to create a welcoming, upbeat space where community, rhythm, and fun come first.

#### 9DAN 600Y Mindful Movement

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

12349	<b>SE Portland</b>	ECHOTC THEATER	12:30pm-1:30pm
Fri	1/9-3/13	Wheeler-Kay	\$209

Accessible and inclusive for all bodies.

### UPDATED CLASS

#### 9DAN 620R Scandinavian Social Dance

Learn poetic, graceful dances of Scandinavia, accompanied by folk tunes that sprang up alongside them. First hour is a step-by-step lesson, followed by an hour of open dancing. New and continuing students welcome. No need to bring a partner.

15400	<b>SW Portland</b>	NORNOR HALL	7:15pm-8:15pm
Mon	1/5-3/16	Ewing	\$95

No class 1/19. 1/12 class is a Knut Dance with live band.

## 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.

14359	<b>NW Portland</b>	ECHWES STUDIO	6:10pm-7:25pm
Wed	1/7-3/11	Allen	\$365

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.

15440	<b>NW Portland</b>	ECHWES STUDIO	11:30am-12:45pm
Tue	1/6-3/10	Allen	\$365

Wear workout clothes, no metal zippers. Bring water.

13592	<b>SE Portland</b>	ECHOTC THEATER	7:45pm-9pm
Wed	1/7-3/11	Buddenbaum	\$365

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.

13548	<b>NW Portland</b>	ECHWES STUDIO	9am-10am
Sun	1/11-3/15	Allen	\$305

Wear workout clothes, no metal zippers. Bring water.

13593	<b>SE Portland</b>	ECHOTC THEATER	9:30am-10:30am
Fri	1/9-3/13	Thompson	\$305

Wear workout clothes. Bring water bottle.

#### 9DAN 601T Balance and Juggling

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

15433	<b>SE Portland</b>	ECHOTC THEATER	4:45pm-5:45pm
Fri	1/9-3/13	Wegner	\$305

#### 9DAN 601U Intro to Stilt

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

15439	<b>NW Portland</b>	ECHWES STUDIO	6pm-7:15pm
Mon	1/5-3/16	Wegner	\$259

No class 1/19. Bring water bottle.



## 9DAN 6110 Aerial Dance

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

12348 **SE Portland** ECHOTC THEATER 12pm-1:30pm  
Mon 1/5-3/16 Allen \$405  
No class 1/19. Wear workout clothes. Bring water bottle.

## 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.

14153 **NW Portland** BDYVX STUDIO 12pm-1:30pm  
Wed 1/7-3/11 Michalowsky \$149  
Wear comfortable clothes, socks/ballet slippers.

► You may also like [The Alexander Technique on page 49](#)

### 9DAN 620H Continuing Ballet Series

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

15155 **NW Portland** BDYVX STUDIO 10:30am-12pm  
Fri 1/9-3/13 Michalowsky \$149  
Wear comfortable clothes, socks/ballet slippers.

## 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.

14190	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Tue	1/6-1/27	Eaton	\$65
15214	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Tue	2/3-2/24	Eaton	\$65
15215	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Tue	3/3-3/17	Eaton	\$49

## 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.

15212	<b>SE Portland</b>	VMAC STUDIO B	8:30pm-9:30pm
Thu	1/8-3/12	Brophy	\$165

## 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!

15261	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Tue	1/6-1/27	McKnight	\$65
15262	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Tue	2/3-2/24	McKnight	\$65
15263	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Tue	3/3-3/17	McKnight	\$49

### 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.

14195	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Thu	1/8-1/29	Mundarain	\$65
14403	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Thu	2/5-2/26	Mundarain	\$65
15246	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Thu	3/5-3/19	Mundarain	\$49
15252	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Tue	1/6-1/27	Mundarain	\$65
15253	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Tue	2/3-2/24	Mundarain	\$65
15254	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Tue	3/3-3/17	Mundarain	\$49

## 9DAN 620F Brazilian Zouk for Beginners

Learn the roots and contemporary styles of this elegant, joyous, fast-paced partner dance from Brazil. We create a welcoming, fun environment for dancers of all abilities and experience. No need to bring a partner.

14394	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Wed	1/7-1/28	McKnight	\$65
14395	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Wed	2/4-2/25	McKnight	\$65
15264	<b>SE Portland</b>	VMAC STUDIO A	6:30pm-7:30pm
Wed	3/4-3/18	McKnight	\$49

► You may also like [Portuguese Conversation: Level 1 on page 39](#)

## 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.

14152 **NW Portland** BDYVX STUDIO 2:30pm-4pm  
Mon 1/5-3/16 Howard \$149  
No class 1/19. Wear comfortable clothes, bring water bottle.

### 9DAN 620N Intermediate Modern Dance

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

15154 **NW Portland** BDYVX STUDIO 2:30pm-4pm  
Thu 1/8-3/12 Howard \$149  
Wear comfortable clothes. Bring water.

## Swing Dance

### 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.

15256	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Wed	1/7-1/28	Gomez	\$65
15257	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Wed	2/4-2/25	Gomez	\$65
15258	<b>SE Portland</b>	VMAC STUDIO B	7:30pm-8:30pm
Wed	3/4-3/18	Gomez	\$49

### 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.

14196	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Mon	1/5-1/26	On	\$49
No class 1/19.			
15247	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Mon	2/2-2/23	On	\$65
15249	<b>SE Portland</b>	VMAC STUDIO B	6:30pm-7:30pm
Mon	3/2-3/16	On	\$49



Dancing



SCAN HERE  
to register online

## 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.

12131 **SE Portland** ECHOTC THEATER 11am-12pm  
Fri 1/9-3/13 Wheeler-Kay \$209

### 9DAN 612T Dance: American Rhythm Tap Level 2

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

12132 **SE Portland** ECHOTC THEATER 12:45pm-1:45pm  
Thu 1/8-3/12 Wheeler-Kay \$209

Tap shoes recommended; hard shoes will suffice.

### 9DAN 601R Dance: American Rhythm Tap Level 3

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

14402 **SE Portland** ECHOTC THEATER 2pm-3pm  
Thu 1/8-3/12 Wheeler-Kay \$209

Tap shoes recommended; hard-soled shoes ok.

# Music and Theater

### 9PER 601S AI for Digital Music

Discover AI as a tool for your digital music-making. In a collaborative environment, experiment with how AI can help innovate with music production and sound design. Ethics discussions threaded throughout. All levels welcome.

15403 **Cascade** TEB 220 6:30pm-8:50pm  
Thu 1/8-2/5 Polushko \$169

Supplies: [pcc.edu/staff/elan-polushko](http://pcc.edu/staff/elan-polushko)

### 9PER 600M Music Theory for All

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

12961 **Online** ZOOM 7pm-7:50pm  
Tue 1/6-3/10 Khovy \$79

Text: *Edly's Music Theory for Practical*

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

### NEW CLASS

#### 9PER 621C Introduction to Opera

Demystify the conventions and characteristics that define opera. Don't be intimidated! Gain greater familiarity with some of the great operas, their composers, and what makes them popular.

15404 **Sylvania** TCB 214 7pm-8:20pm  
Tue 2/24-3/17 Mattaliano \$49

### NEW CLASS NEW INSTRUCTOR

#### 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.

15401 **Cascade** TH 201 6pm-7:20pm  
Wed 2/4-2/18 Appling \$45

Bring writing tools.



### Instructor Spotlight: Julio Appling

Julio is excited to work with any musician who struggles with practice focus and motivation, to build a personalized practice plan. He believes that we learn best in the outer orbit of our comfort zone. He wants to empower learners with the knowledge and skills to problem solve on their own. Julio comes from a background in research/academia (M.M. in Music History), training (15 years as a trainer and educational technologist), and performing (25 years).

### 9PER 625L Symphonic Band

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

13389 **Sylvania** CT 201 5:30pm-8:20pm  
Wed 1/7-3/18 Farris \$105

More info: [matthew.farris1@pcc.edu](mailto:matthew.farris1@pcc.edu)

### NEW CLASS

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

Explore the skeletal system through images, movement, time at your instrument and journaling. Body mapping is a tool to help you cooperate with your anatomy and feel freer, find more expression and discover highly efficient, healthy practice.

15083 **Sylvania** HT 311 10am-11:50am  
Sat 2/28-3/14 Sanders \$49

Supplies: [monica.sanders@pcc.edu](mailto:monica.sanders@pcc.edu)

► You may also like **The Alexander Technique: Turn Tension into Ease** on page 49

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

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

14340 **Cascade** TH 202 6:30pm-8:20pm  
Wed 1/7-3/4 Umhoefer \$145

Text: *Acoustics: The Art of Sound*

## 1-On-1 Music Lessons



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

Contact instructor before registering to insure fit.

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

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

Review the complete refund/drop policy on page 3.

## Instructor Profiles and Availability

### Pollyanna Hancock-Moody

(voice, piano/keyboard, theory, bodymapping)

[pollyanna.hancockmoody@pcc.edu](mailto:pollyanna.hancockmoody@pcc.edu)

Availability: Mon-Fri daytime; contact Pollyanna for details.

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

### Jill Khovy

(ukulele, guitar, electric bass, sight-singing, theory, songwriting, piano/keyboard)

[jill.khovy@pcc.edu](mailto:jill.khovy@pcc.edu)

Availability: Mon-Wed, 9am-4pm

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

### Mitzi Zilka

(vocal performance, vocal technique, repertoire development, beginning guitar, beginning piano)

[mitzi.zilka15@pcc.edu](mailto:mitzi.zilka15@pcc.edu)

Availability: Mon-Thu, 9am-6pm

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





## 1-On-1 Music Lesson Packages

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

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

13431	Online	1/5-3/21	Khovy	\$145
15203	Online	1/5-3/21	Zilka	\$145

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

12121	Online	1/5-3/21	Hancock-M	\$240
13102	Online	1/5-3/21	Khovy	\$240
12123	Online	1/5-3/21	Zilka	\$240

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

12122	Online	1/5-3/21	Hancock-M	\$480
13101	Online	1/5-3/21	Khovy	\$480
12124	Online	1/5-3/21	Zilka	\$480

## Guitar

### UPDATED CLASS

#### 9PER 610W Playing Guitar: Basics

Explore the basics of playing the guitar: open chords, strumming, basic music theory, and learn (at least) one song by the end of class. Bring your guitar and a clip-on tuner.

14345	Cascade	TH 208	7pm-8:20pm
Wed	1/14-3/18	Deiz	\$119

Bring your guitar and clip-on tuner.

#### 9PER 624H Guitar 1 for All Styles: Beginning

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

11971	Online	ZOOM	6pm-6:50pm
Wed	1/7-3/11	Khovy	\$79

Bring tuned guitar. Text: *Contemporary Class Guitar 1*

#### 9PER 624E Guitar: Finger Style 1

For beginning and intermediate fingerpickers. Features Travis Picking (alternating bass) used by many legendary guitarists such as Paul Simon, Chet Atkins and more. Bring guitar and text. Must be able to play basic first position chords.

14191	Online	ZOOM	7pm-7:50pm
Wed	1/7-3/11	Khovy	\$79

Bring tuned guitar. Text: *Art of Contemporary Travis Picking*

## Strings

#### 9PER 624P Ukulele

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

11133	Online	ZOOM	6pm-6:50pm
Tue	1/6-3/10	Khovy	\$79

Bring tuned uke. Text: *Essential Elements for Ukulele 1*

## Theater

► You may also like [Theater for Everyone: The Play That Goes Wrong](#) on page 43

### UPDATED CLASS

#### 9PER 601I Action Theater: Embodied Improvisation

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

15443	Rock Creek	BLDG5 111	6pm-8:20pm
Wed	1/14-3/4	Rose	\$195

No class 2/25. Text: *Action Theater: Improvisation of Presence*

14396	Southeast	TABOR 102	12:30pm-2:50pm
Sat	1/17-2/28	Rose	\$195

Text: *Action Theater: Improvisation of Presence*

#### 9PER 601V Action Theater Level 2: Embodied Improvisation

Take Action Theater to the next level! Engage in deeper levels of eye work, memory, language, frames and transformation, and focus on tuning performance. We'll meet advanced exercises from the book and beyond. Prerequisite: one term of AT.

15432	Southeast	TABOR 102	6pm-8:20pm
Thu	1/15-2/26	Rose	\$195

Text: *Action Theater: Improvisation of Presence*

### UPDATED CLASS

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

Join Kevin Cook, aka the legendary Poison Waters, to explore six decades of local drag history. Politics, artistry, racial dynamics, devastating effects of HIV, community-building and joy intertwine. A surprise guest will pop in. All are welcome.

14104	Online	ZOOM	2:30pm-4:50pm
Sun	1/25	Cook	\$39

#### 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.

11612	Online	ZOOM	6pm-7:50pm
Thu	1/15-2/19	Ellis	\$95

Bring notebook and pen.

## 1-On-1 Storytelling Coaching



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

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

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

Review the complete refund/drop policy on page 3.

## 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.

13469	Online	1/5-3/21	Ellis	\$310
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*Absolutely wonderful.  
A slice of Portland history  
by one who is part of it.*

~ Histories of Drag Performance in Portland student





SCAN HERE  
to register online

## Voice

### 9PER 601Y **Ballad Singing from Appalachia and Beyond**

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

15608	<b>Southeast</b>	TABOR 141	6:30pm-7:50pm
Thu	1/8-2/26	Blackbird	\$95 + \$3 fee

Bring writing tools to class.

### 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.

12803	<b>Southeast</b>	SCOM 234	12pm-1:20pm
Fri	1/9-3/13	Hancock-Moody	\$115 + \$15 fee

No 1/30. Supplies: pcc.edu/staff/pollyanna-hancockmoody

## 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.

11123	<b>Cascade</b>	TEB 219	9:30am-12:20pm
Sat	1/31	Regal	\$35

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12319	<b>Online</b>	ZOOM	6:30pm-9:20pm
Wed	2/11	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.

10817	<b>CLIMB Center</b>	CLIMB 307	10am-11:50am
Wed	1/14-2/25	Regal	\$115

Must register by 1/20. Field trip during class.

14352	<b>Southeast</b>	TABOR 142	6:30pm-8:20pm
Tue	1/13-2/24	Regal	

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and	<b>Downtown</b>	SMSU MARKET	1:30pm-4:20pm
Sat	1/31	Regal	\$135

Must register by 1/16.

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

Building upon your basic knowledge of using a digital camera or cell phone camera, explore composition, lighting, technique, use of color and more. Each class we look at each other's photos for feedback.

15444	<b>Rock Creek</b>	BLDG2 245	7pm-8:20pm
Tue	1/6-2/3	Rosencrantz	\$59

One class is a field trip; details in class.

### NEW CLASS

### 9FA 633L **Developing a Personal Photography Project**

Explore ways photography tells stories. Develop your artistic vision and essential skills and techniques with your camera. Review contemporary and past photographers. Collaborate and critique. For beginning to intermediate photographers.

15466	<b>Southeast</b>	TABOR 141	6pm-8:50pm
Mon	1/5-3/16	Brommer	\$219

No class 1/19. Field trip during one class.



### Instructor Spotlight: Jen Brommer

Jen's teaching style is open and she is always open to feedback. She wants students to have fun, get excited about making art, learn from each other, and grow their skills and interests. That's why class includes excursions to locations for lessons on camera operation and composition, in class demonstrations, and guest speakers.

## 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

12350	<b>Southeast</b>	TABOR 131	6pm-9:20pm
Wed	1/7-3/11	Riches	\$269 + \$60 fee

Open lab discussed in class.

### 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.

12351	<b>Southeast</b>	TABOR 131	6pm-9:20pm
Thu	1/8-3/12	Riches	\$269 + \$60 fee

Open lab discussed in class.

12352	<b>Southeast</b>	TABOR 131	6pm-9:20pm
Tue	1/6-3/10	Riches	\$269 + \$60 fee

Open lab discussed in class.

Have a skill to share?

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

## People and Places

### 9FA 620X **Photographing Portland**

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

12373	<b>Online</b>	ZOOM	6:30pm-8:20pm
Thu	1/22-2/26	Regal	

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and	<b>CLIMB Center</b>	CLIMB 307	1pm-4pm
Sat	1/24	Regal	

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and	<b>Downtown</b>	SMSU MARKET	1pm-4pm
Sat	2/14	Regal	\$145

Must register by 1/28.

► You may also like **Discover Portland Half-Day Small-Group City Tour** on page 44

## Online Photography Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

· Refer to [ed2go.com/portlandcc](http://ed2go.com/portlandcc) for pricing.

### Register:

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

### Classes Offered Include:

- Discover Digital Photography
- 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

### UPDATED CLASS

### 9FA 626J **Color Literacy for Everyone**

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

14194	<b>Southeast</b>	TABOR 126	1:30pm-3:20pm
Sat	1/10-2/14	Maggio	\$95 + \$15 fee

### NEW CLASS

### 9FA 608O **Color Literacy Part 2: Color Story Collage**

Continue to explore color concepts across disciplines while practicing mixing strategies and communicating mood and emotion. Each week we create an abstract painted-paper collage. Recommended for those who've taken Color Literacy for Everyone.

15471	<b>Southeast</b>	TABOR 126	1:30pm-3:20pm
Sat	2/28-3/21	Maggio	\$65 + \$15 fee



## NEW CLASS

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

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

15468 **Southeast** TABOR 126 3pm-5:50pm  
Fri 1/9-3/13 Harmer \$219

Supplies: pcc.edu/staff/willow-harmer

## NEW CLASS

### 9FA 608G **Nature Journaling: Winter Explorations**

Explore and record winter's nature through art and words. Learn tools and techniques for making quick sketches, mixing paint colors and planning a journal page, while also adding questions, observations and reflections. All levels welcome.

15085 **Sylvania** SS 108 1pm-2:50pm  
Wed 1/7-2/4 Sauble \$79

Supplies: pcc.edu/staff/audrey-sauble

► You may also like **Snowshoe Beginner Series** on page 54

## NEW CLASS

### 9FA 608P **Realistic Prop Food Sculptures: Sweet Treats**

Sculpt styrofoam and clays into rich chocolates, crumbly cookies and a decadent cake. Then add paint, textures, and sheen to make them look realistic enough to eat.

15409 **Cascade** MAHB 109 5:30pm-8:20pm  
Mon 1/5-2/2 Vavroch \$189

Reg by 1/2. No class 1/19. Tools, materials provided.

► You may also like **Sweet Treats** classes on page 27

## Calligraphy

## NEW CLASS NEW INSTRUCTOR

### 9FA 608R **Everyday Calligraphy: Block Letters**

Learn block lettering basics in a relaxed, encouraging environment. Practice letter strokes and breathing techniques. For people who want to change their handwriting or just enjoy playing with letters. Bring your favorite pen and paper.

15402 **Cascade** JH 107 1pm-2:50pm  
Sat 2/7 KHEM \$35

Bring your favorite pen and paper.



### Instructor Spotlight: KHEM

Calligraphy classes with KHEM are both a



## Ceramics

classroom and a community space. KHEM has seen how when students develop confidence in their own unique writing styles, it also helps them grow their sense of self. The "everyday calligraphy" exercises are easy and fun, and you'll get to know your classmates while doing them. KHEM is a muralist and sign painter; you can see KHEM's work throughout Portland.

### 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.

15086 **Sylvania** TCB 218 10am-11:50am  
Sat 1/24-2/28 Hartman \$95

Supplies: maryellen.hartman@pcc.edu

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

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

15087 **Sylvania** TCB 218 1pm-2:50pm  
Sat 1/24-2/28 Hartman \$95

Supplies: maryellen.hartman@pcc.edu

## Ceramics

First class is mandatory for all new and returning students.

### 9FA 615S **Ceramics 101**

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

12353 **N Portland** SJCLAY STUDIO 6pm-8:20pm  
Thu 1/8-3/12 Jordan \$395

Includes bag of clay and firing.

15397 **N Portland** SJCLAY STUDIO 9am-11:20am  
Fri 1/9-3/13 Jordan \$395

Includes bag of clay and firing.

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

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

12354 **Cascade** MAHB 108 10am-12:50pm  
Sat 1/10-3/7 Hammond \$259 + \$50 fee

Open studio hours discussed in class.

12371 **Southeast** TABOR 134 5:30pm-8:50pm  
Mon 1/5-3/16 Green \$349 + \$55 fee

No class 1/19.

12372 **Southeast** TABOR 134 2:30pm-5:50pm  
Thu 1/8-3/12 Higgins \$349 + \$55 fee

12378 **Southeast** TABOR 134 10am-1:20pm  
Tue 1/6-3/10 Lundberg \$349 + \$55 fee

12379 **Southeast** TABOR 134 10am-1:20pm  
Thu 1/8-3/12 Arrison \$349 + \$55 fee

12380 **Southeast** TABOR 134 9:30am-12:50pm  
Mon 1/5-3/16 Hoagland \$349 + \$55 fee

No class 1/19.

12381 **Southeast** TABOR 134 1:30pm-4:50pm  
Wed 1/7-3/11 Shaw \$349 + \$55 fee

12382 **Southeast** TABOR 134 5:30pm-8:50pm  
Wed 1/7-3/11 Shaw \$349 + \$55 fee

13595 **Southeast** TABOR 134 10am-1:20pm  
Sat 1/10-3/14 Hoagland \$349 + \$55 fee

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

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

12900 **Southeast** TABOR 134 5:30pm-8:20pm  
Tue 1/13-3/10 Buff \$50 + \$35 fee

Bring your own tools if possible.

12901 **Southeast** TABOR 134 1:30pm-4:20pm  
Sat 1/10-3/14 Buff \$50 + \$35 fee

Bring your own tools if possible.

12902 **Southeast** TABOR 134 2pm-4:50pm  
Tue 1/13-3/10 Buff \$50 + \$35 fee

Bring your own tools if possible.

12903 **Southeast** TABOR 134 10am-12:50pm  
Wed 1/14-3/11 Buff \$50 + \$35 fee

Bring your own tools if possible.

15395 **Southeast** TABOR 134 10am-12:50pm  
Fri 1/16-3/13 Buff \$50 + \$35 fee

Bring your own tools if possible.





SCAN HERE  
to register online

### 9FA 640D Ceramics Handbuilding Basics

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

15097	<b>NE Portland</b>	WILCER STUDIO	1pm-4pm
Fri	1/9-1/30	Sarro	\$325

All materials and firing included.

15098	<b>NE Portland</b>	WILCER STUDIO	6pm-9pm
Thu	2/26-3/19	Sarro	\$325

All materials and firing included.

### 9FA 640C Ceramics Wheel Basics

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

15092	<b>NE Portland</b>	WILCER STUDIO	6pm-9pm
Wed	2/4-2/25	Olsen	\$325

All materials and firing included.

15093	<b>NE Portland</b>	WILCER STUDIO	1pm-4pm
Sun	2/22-3/15	Olsen	\$325

All materials and firing included.

### 9FA 626X Ceramic Sculpture: Living Forms

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

15398	<b>N Portland</b>	SJCLAY STUDIO	9am-11:20am
Sat	1/10-3/14	Jordan	\$435

First bag of clay and basic tools provided.

#### NEW CLASS

### 9FA 640I Ceramics Intermediate/Advanced: Surface Decoration

Explore surface decoration techniques to enhance your work. For students who are proficient in ceramics skills on the wheel and with handbuilding. Bring tools. Purchase clay in bookstore (online or in person); pick up in studio.

15469	<b>Southeast</b>	TABOR 134	1:30pm-4:50pm
Mon	1/5-3/16	Hoagland	\$349 + \$55 fee

No class 1/19.

### 9FA 626P Ceramics for Soda Fire

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

15399	<b>N Portland</b>	SJCLAY STUDIO	9am-11:20am
Sat	1/10-3/14	Lake	\$435

Incl open studio, bag clay, firing, special glaze.

## Ceramics Projects

### 9FA 640H Ceramics: Handbuild a Box

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

### Ceramics: Handbuild a Box, continued

15099	<b>NE Portland</b>	WILCER STUDIO	6pm-8pm
Fri	3/6	Sarro	\$120

All materials and firing included.

15100	<b>NE Portland</b>	WILCER STUDIO	6pm-8pm
Thu	2/19	Sarro	\$120

All materials and firing included.

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

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

15094	<b>NE Portland</b>	WILCER STUDIO	6pm-8pm
Fri	3/20	Sarro	\$120

All materials and firing included.

### 9FA 640E Ceramics Handbuilding Make Mug

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

15095	<b>NE Portland</b>	WILCER STUDIO	6pm-8pm
Fri	2/20	Sarro	\$120

All materials and firing included.

15096	<b>NE Portland</b>	WILCER STUDIO	3pm-5pm
Fri	3/13	Sarro	\$120

All materials and firing included.

## Drawing

### 9FA 628S Drawing at Portland Art Museum

Using artworks in the museum as inspiration, we hone our "seeing skills" by practicing realistic drawing, mostly in colored pencil. Lots of drawing time and some group discussion. All levels welcome. Supplies: pcc.edu/staff/pamela-consear.

12960	<b>Downtown</b>	ARTMSM LOBBY	10:30am-12:50pm
Wed	1/14-3/4	Consear	\$159

Museum admission fee required; student rate available.

13549	<b>Downtown</b>	ARTMSM LOBBY	2pm-4:20pm
Wed	1/14-3/4	Consear	\$159

Museum admission fee required; student rate available.

### 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.

12947	<b>Cascade</b>	MAHB 221	1:30pm-4:20pm
Tue	1/6-3/10	Kitman	\$219

Supplies: pcc.edu/staff/suzy-kitman15

### 9FA 603A Drawing From The Human Skeleton

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

14328	<b>Cascade</b>	MAHB 221	1:30pm-4:20pm
Thu	1/8-3/12	Kitman	\$219

Supplies: pcc.edu/staff/suzy-kitman15

► You may also like **Better Bones and Balance** on page 48

#### UPDATED CLASS

### 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.

15396	<b>Cascade</b>	TH 208	6:30pm-8:20pm
Tue	1/6-2/3	Umhoefer	\$79

Bring drawing and writing tools.

### 9FA 603Q Drawing Self Portraiture from Skull to Mirror

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

14329	<b>Cascade</b>	MAHB 222	1:30pm-4:20pm
Mon	1/5-3/16	Kitman	\$219

No class 1/19. Supplies: pcc.edu/staff/suzy-kitman15

## Drawing: Botanical Illustration

#### NEW CLASS NEW INSTRUCTOR

### 9FA 608H Botanical Art: History and How-to

Uplevel your botanical sketches by using history as inspiration. Part discussion, part hands-on, explore how the botanical world has been depicted throughout time and learn to create quick watercolor botanicals of your own.

15438	<b>Sylvania</b>	SS 108	11am-12:50pm
Mon	1/26-2/23	Stout	\$79

Supplies: pcc.edu/staff/jennifer-stout2

#### NEW CLASS

### 9FA 608M Botanical Illustration: Native Ferns

We identify ferns, uncover their structural uniqueness, and play with techniques to realistically draw them. Allow curiosity to inspire you and enjoy slowing down in this calm and supportive studio. Class includes campus walks.

15406	<b>Cascade</b>	MAHB 109	10am-12:50pm
Thu	1/8-2/26	Leonard	\$185

Supplies: pcc.edu/staff/rhiannon-leonard

#### NEW CLASS

### 9FA 608N Botanical Illustration: Native Ferns in Color

We identify ferns, uncover their structural uniqueness, and realistically draw them. Start with colored pencil, followed by water colored pencil, and finally watercolor. Allow curiosity to inspire you. Class includes campus walks.

15407	<b>Cascade</b>	MAHB 109	1pm-3:50pm
Thu	1/8-2/26	Leonard	\$185

Supplies: pcc.edu/staff/rhiannon-leonard



## UPDATED CLASS

### 9FA 608C Botanical Illustration: The Symbolism of Flowers

Each class we focus on a flower such as tulip, dahlia, lily, sunflower or rose. Alongside doing our illustrations, we look at examples in art and design, discuss their symbolism in various traditions, and take notes. All levels welcome.

15408	<b>Cascade</b>	MAHB 109	10am-12:50pm
Wed	1/7-2/25	Leonard	\$185 + \$7.50 fee

Supplies: pcc.edu/staff/rhiannon-leonard

## Drawing: Comics and Illustration

► You may also like [Desktop Publishing and Graphic Design](#) classes on page 19

## NEW CLASS

### 9FA 608I Illustrating Children's Picture Books

Explore character design, composition, color and emotional storytelling to create a full picture book dummy. Use your own story, a folk tale, or prompts. Work with pencil, watercolor, gouache, acrylic, or go digital with Procreate.

15473	<b>Southeast</b>	TABOR 126	10am-11:50am
Wed	1/14-2/11	Reisberg	\$79

Supplies: mira.reisberg@pcc.edu

► You may also like [ABC's of Self-Publishing for Children, Middle Readers or YA](#) on page 15

## NEW CLASS

### 9FA 608K Watercolor Comics

Explore comic book creation using pencil, ink and watercolor. Work through stages of ideation, writing, sketching, penciling, inking and painting pages of an original work. Class includes lectures, examples, demos, and one-on-one support.

15405	<b>Cascade</b>	MAHB 109	6pm-8:50pm
Thu	1/5-3/12	Harmer	\$219

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

### 9FA 603D Introduction to Nonfiction Comics and Graphic Novels

Explore the history of nonfiction graphic novels and nonfiction comics as well as the creative process behind comics and graphic novels that explore nonfiction topics such as memoir, reportage, history, biography, science, medicine.

15080	<b>Cascade</b>	TH 100	6pm-7:50pm
Mon	1/6-3/10	Bak	\$159

No class 1/19. Supplies: pcc.edu/staff/todd-bak.

### 9FA 603S Nonfiction Graphic Novel Workshop: Project Practice/Process

Group support and critique for nonfiction comics or nonfiction graphic novel works-in-progress or in development. For graphic novelists/cartoonists/comics artists who want to enhance their already-existing comics practice.

14339	<b>Cascade</b>	TH 100	6pm-7:50pm
Tue	1/6-3/10	Bak	\$159

Supplies: pcc.edu/staff/todd-bak. Field trip during class.

## Glass

## UPDATED CLASS

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

Through demonstrations and observations, experiment with and practice intentional cutting, breaking and grinding of glass, applying copper foil to the edges, soldering and finishing your suncatcher. Your finished work will measure 5 inches across.

15411	<b>Cascade</b>	MAHB 109	12pm-4:50pm
Sat	2/28	Vavroch	\$189

Register by 2/26. All tools and materials provided.

## UPDATED CLASS

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

Through demonstrations and observations, experiment with and practice intentional cutting, breaking and grinding of glass, applying copper foil to the edges, soldering and finishing your suncatcher. Your finished work will measure 5 inches across.

15410	<b>Cascade</b>	MAHB 109	12pm-4:50pm
Sat	3/14	Vavroch	\$189

Register by 3/12. All tools and materials provided.

## NEW CLASS

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

Through demonstrations and observations, experiment with and practice intentional cutting, breaking and grinding of glass, applying copper foil to the edges, soldering and finishing your suncatcher. Your finished work will measure 5 inches across.

15412	<b>Cascade</b>	MAHB 109	12pm-4:50pm
Sat	1/10	Vavroch	\$189

Register by 1/8. All tools and materials provided.

15413	<b>Cascade</b>	MAHB 109	12pm-4:50pm
Sat	2/14	Vavroch	\$189

Register by 2/12. All tools and materials provided.

### 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.

15082	<b>Cascade</b>	MAHB 109	5:30pm-8:50pm
Mon	2/16-3/2	Vavroch	
and	<b>Cascade</b>	MAHB 109	4:30pm-8:50pm
Mon	3/9	Vavroch	\$465

Reg by 2/13. Tools, materials provided.

## Mixed Media

### 9FA 630W Art Journaling

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

15081	<b>Cascade</b>	MAHB 109	1:30pm-3:50pm
Tue	1/20-3/10	Consear	\$159

Supplies: pcc.edu/staff/pamela-consear

► You may also like [Senior Stretching, Balance and Brain Challenge](#) on page 47

## NEW CLASS NEW INSTRUCTOR

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

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

15474	<b>Southeast</b>	TABOR 126	10am-12:50pm
Sat	1/10-2/7	Whitlock	\$119

Supplies: pcc.edu/staff/gia-whitlock



### Instructor Spotlight: Gia Whitlock

It's time to play! Longtime artist and educator Gia Whitlock believes that everyone has creativity and imagination waiting to be set free. She leads students, step by step, through a process that goes from ideas in notebooks to imaginative mixed media art on canvas. Gia has worked with all ages, in classes, studio demos, and YouTube videos.

## Painting

### 9FA 616J Dynamic Abstract Painting

Color and form are the main subject matter when you "think" abstract. Forms are reduced to essential shapes and left for the viewer to interpret. Mixed media in 3D will be incorporated. For intermediate and advanced painters.

15259	<b>Online</b>	ZOOM	2pm-4:50pm
Wed	1/14-2/18	Guttman	\$145

Supplies: pcc.edu/staff/elena-guttman

### 9FA 627M Land and Sea Painting

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

15441	<b>Rock Creek</b>	BLDG3 105	9:30am-2:50pm
Sat	1/24-1/31	Labadie	\$85 + \$2 fee

Supplies: pcc.edu/staff/edward-labadie

► You may also like [Plant Identification for the Non-Botanist](#) on page 27

### 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.

12962	<b>Rock Creek</b>	BLDG3 105	9:30am-2:50pm
Sat	2/7-2/14	Labadie	\$85 + \$2 fee

Supplies: pcc.edu/staff/edward-labadie



SCAN HERE  
to register online

### 9FA 616V Understanding Color

Learn to mix true color and how to create a successful color composition by using color harmony and the movement of light over forms. We use watercolor, acrylic, and gouache to explore subjects of landscape, still life and portrait.

15260 Online ZOOM 2pm-4:50pm  
Thu 1/22-2/26 Guttman \$145

Supplies: pcc.edu/staff/elena-guttman

## Painting: Acrylics and Oils

### UPDATED CLASS

#### 9FA 605H Acrylic Painting Open Studio

Start from the beginning or bring your work in progress to this community of acrylic painters. Optional lessons include mixing colors and understanding a color chart. Advanced students invited to share their techniques. All levels welcome.

15144 Willow Creek WCC 209 1pm-3:50pm  
Thu 1/8-3/12 Barrett \$219

Supply list: kif.barrett@pcc.edu

### UPDATED CLASS

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

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

15428 Southeast TABOR 133 10am-12:50pm  
Fri 1/16-3/13 Guttman \$195

Supplies: pcc.edu/staff/elena-guttman

#### 9FA 631O Still Life Painting With Acrylics

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

14330 Cascade MAHB 222 1:30pm-4:20pm  
Wed 1/7-3/11 Kitman \$219

Supplies: pcc.edu/staff/suzu-kitman15

### UPDATED CLASS

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

Use techniques such as imprimatur, glazing, and grisaille to create realism in oil still lifes and landscapes with clouds and water. Create the illusion of atmosphere in your work. Learn stages of the painting process. All levels are welcome.

15442 Online ZOOM 6pm-8:50pm  
Mon 1/26-3/16 Guttman \$185

Supplies: pcc.edu/staff/elena-guttman

#### 9FA 605C Advanced Acrylic Painting

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

14355 Rock Creek BLDG3 105 9:30am-2:50pm  
Sat 3/14-3/21 Labadie \$85 + \$2 fee

Supplies: pcc.edu/staff/edward-labadie

## Painting: Watercolor and Water Media

#### 9FA 624L Watercolor for Beginners

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

12141 Southeast TABOR 126 10am-12:20pm  
Mon 1/26-3/16 Barnum \$159

Supplies: pcc.edu/staff/leslie-barnum

#### 9FA 625N Watercolor Fundamentals

Discuss materials (brushes, paper, pigments) and practice skills (washes, color mixing, brush control). We'll also look at watercolor's history. Complete a watercolor still-life by the term's end. For beginners and those who need a review.

15268 Southeast TABOR 126 6:30pm-8:20pm  
Tue 1/13-3/3 Sagues \$129

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.

12264 Southeast TABOR 126 10am-12:20pm  
Fri 1/16-3/20 Barnum \$189

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.

13455 Rock Creek BLDG3 105 9:30am-2:50pm  
Sat 2/28-3/7 Labadie \$85 + \$2 fee

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

### UPDATED CLASS

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

Gouache, or opaque watercolor, has enjoyed a resurgence with social media art "challenges" and quality inexpensive introductory paint sets. Explore skills and techniques using gouache paint for illustration and fine art.

15467 Southeast TABOR 126 6pm-8:50pm  
Wed 1/7-3/11 Harmer \$219

Supplies: pcc.edu/staff/willow-harmer

#### 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.

12899 Southeast TABOR 126 1:30pm-3:50pm  
Mon 1/26-3/16 Barnum \$159

Supplies: pcc.edu/staff/leslie-barnum



Painting





## Printing and Printmaking

### 9FA 630X Printmaking for Beginners

Make multiples of the same image via linocut carving a reduction plate. Create a short edition in multiple colors. Use multiple plates to make a color transfer limited edition. Learn monotype on plexiglass. We use an etching press transfer.

15429 **Southeast** TABOR 133 10am-1:50pm

Sat 1/17-3/7 Guttman \$185

Supplies: pcc.edu/staff/elena-guttman

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

## Online Visual Arts Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

Refer to [ed2go.com/portlandcc](https://ed2go.com/portlandcc) for pricing.

### Register:

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

### Classes Offered Include:

- Adobe Animate CC Training
- Discover Digital Photography
- Drawing for the Absolute Beginner

## Writing

### NEW CLASS

### 9WRI 614X Hope Floats: Reading and Writing for Resilience

Feeling burnt out? Fight cultural, environmental and emotional exhaustion with stories of connection. Read and write pieces that lean into kindness, empathy and vulnerability. Through our words, hope can rise.

15156 **Online** ZOOM 5:30pm-7:20pm

Tue 1/27-3/10 Watson \$115

Bring writing tools.

### 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?

14341 **Cascade** JH 102 6:30pm-8:20pm

Mon 1/5-3/2 Umhoefer \$129

No class 1/19. Bring writing tools.

Have a skill to share?

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

## Fiction

### 9WRI 614W Writing Autofiction

Through writing exercises, discussions and workshopping, develop your voice as an autofiction writer. Study this blend of autobiography and fiction through the lens of feminist theory and its French origins, along with contemporary examples.

15153 **Online** ZOOM 2pm-3:50pm

Fri 1/9-3/13 Ford \$159

Bring writing tools.

### 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.

15251 **Southeast** TABOR 137 6pm-7:20pm

Mon 1/26-3/9 Sherman \$85

Bring writing tools.

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

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

14105 **Rock Creek** BLDG2 121 6pm-8:20pm

Thu 2/5 Cristiani \$35

Bring a laptop or tablet if you can.

### 9WRI 614Q Writing Fanfiction: Characters

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

15146 **Rock Creek** BLDG2 121 6pm-8:20pm

Thu 2/12 Cristiani \$35

Bring a laptop or tablet if you can.

### 9WRI 614R Writing Fanfiction: Setting

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

15148 **Rock Creek** BLDG2 121 6pm-8:20pm

Thu 2/19 Cristiani \$35

Bring a laptop or tablet if you can.

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

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

13481 **Southeast** TABOR 138 6pm-7:20pm

Wed 1/14-2/25 Sherman \$85

Bring writing tools.

► You may also like **Investigating The Evidence: A Deep Dive in UFO & UAP Cases** on page 35

### 9WRI 620U Writing Gothic Romance

Explore the mysterious and romantic elements of Gothic literature, focusing on themes of madness, the supernatural, the portrayal of women, and eerie scenery. Write five short pieces to create an anthology, chapbook, or buildable novella.

14150 **Online** ZOOM 2pm-3:50pm

Tue 1/6-3/10 Ford \$159

Bring writing tools.

## Fundamentals

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

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

14107 **Cascade** TEB 220 10am-11:50am

Sat 1/17-2/7 Naas \$65

Bring writing tools.

## Memoir and Nonfiction

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

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

14193 **Southeast** SCOTT 202 3pm-4:50pm

Wed 1/14-3/4 Kicherer \$129

Bring writing tools.

## Movies and Plays

### 9WRI 602M Playwriting: Write a 10-Minute Play

Interested in playwriting but daunted by the thought of finishing a full-length play? Begin by exploring the 10-minute genre. In this fun and encouraging environment, learn tools and tips for constructing a short play. All levels welcome.

12949 **Online** ZOOM 10am-11:50am

Sun 1/11-2/22 Stein \$115

Bring writing tools.

## Poetry

### NEW CLASS

### 9WRI 615G Living Poetry: A Workshop

Explore forms and approaches while meditating on poetry's ability to inspire depth and wonder. Workshop your poems. Try diary-writing in verse, conjure ecstatic poems and write from observation. All levels welcome but some experience helpful.

15298 **Southeast** TABOR 140 6pm-7:50pm

Mon 1/5-2/16 Carsten \$95

No class 1/19. Bring writing tools.



SCAN HERE  
to register online

### UPDATED CLASS

#### 9WRI 615F Reading and Writing Experimental Poetry

Read risk-taking poets who play with language and structure because a topic or a theme requires the absence of perceived boundaries. We write our own experimental poems using erasure, drawing and other unlikely methods. All levels welcome.

15607 **Online** ZOOM 11am-12:50pm  
Thu 1/15-2/26 Badawi \$115

Bring writing tools.

## Publishing and Editing

### NEW CLASS

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

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

15436 **Rock Creek** BLDG7 102 10am-12:50pm  
Sat 1/17-3/7 Arthur \$185

▶ You may also like [Illustrating Children's Picture Books](#) on page 12

### NEW CLASS

#### 9WRI 614Z A Genre Fiction Author's Guide to Self-Publication

For genre fiction writers, self-publishing can be key. Explore cover design, marketing, platform use, editing, printing and release. If you have a polished genre fiction manuscript, come learn skills to navigate self-agented publication.

15437 **Online** ZOOM 5:30pm-6:50pm  
Tue 1/6-3/10 Ford \$119

Field trip during class.

▶ You may also like [Create A Website with Google Sites](#) on page 19

## 1-On-1 Writing Coaching



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

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

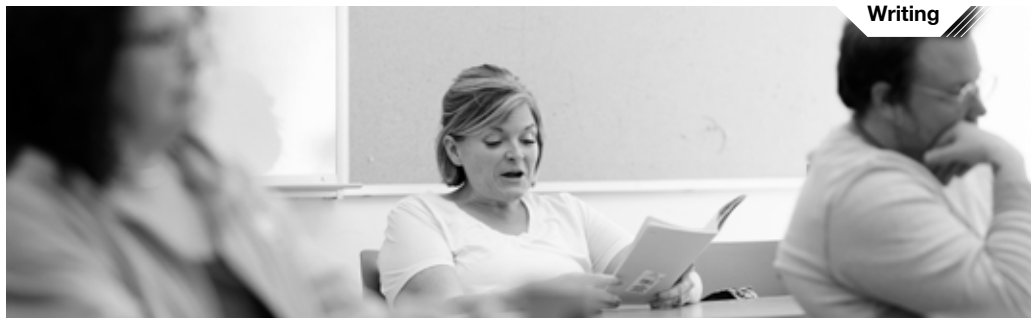
If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

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



### Writing

#### Joshua James Amberson

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

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

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

#### Cherise Arthur

(children's and young adult fiction and nonfiction, self-publishing)

Availability: Mon-Thu, 10am-4pm

Cherise worked in public education for 25 years and teaches group classes on self publishing children's and young adult books. She enjoys working one-on-one with students to help bring out the best in their projects.

#### Michelle Kicherer

(literary fiction, memoir)

Availability: Wed/Thu, 12pm-3pm

Michelle is a book critic for the San Francisco Chronicle and Willamette Week and author of the novella. Her fiction has also appeared in many literary journals. Michelle is the Founding Editor of Banana Pitch Press, an instructor and a coach.

#### Tim Steele

(literary fiction, magical realism, and weird horror)  
[tim.steele1@pcc.edu](mailto: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](mailto:paul.stein1@pcc.edu)

Availability: Sun-Thu, 9am-5pm

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

#### Bo West Watson

(fiction)

Availability: Mon-Thu, 9am-4pm

Bo seeks unexplored avenues in your writing, asks questions, and works through rough patches or

roadblocks with you. In their own writing, Bo makes short erasure poems as well as long stories about icebergs, fanaticism, and the sea.

## 1-On-1 Writing Coaching Packages

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

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

15415	<b>Online</b>	1/5-3/21	Kicherer	\$160
15201	<b>Online</b>	1/5-3/21	Watson	\$160

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

13103	<b>Online</b>	1/5-3/21	Amberson	\$250
15191	<b>Online</b>	1/5-3/21	Arthur	\$250
15414	<b>Online</b>	1/5-3/21	Kicherer	\$250
15197	<b>Online</b>	1/5-3/21	Steele	\$250
14197	<b>Online</b>	1/5-3/21	Stein	\$250
15202	<b>Online</b>	1/5-3/21	Watson	\$250

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

15196	<b>Online</b>	1/5-3/21	Steele	\$500
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## Online Writing Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

· Refer to [ed2go.com/portlandcc](http://ed2go.com/portlandcc) for pricing.

### Register:

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



## Career Skills

pages 17-18

## Computer Skills and Technology

pages 18-19

## Personal Finance

page 20

# Retirement Planning for Peace

Knowing you have a plan in place for retirement can significantly reduce financial stress and uncertainty. Community Ed offers many Retirement classes that can help students focus on their finances in order to look forward to peace of mind in retirement.

► [Find these classes on page 20](#)





SCAN HERE  
to register online

# Careers, Technology and Finance

## Career Skills

### 1-On-1 Public Speaking Coaching



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

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

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within

six calendar days after the start of the term. No drops or refunds on partially used packages. Review the complete refund/drop policy on page 3.

### Instructor Profiles and Availability

#### Joseph Britton

joseph.britton1@pcc.edu

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

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

### 1-On-1 Public Speaking Coaching Packages

Want to enhance and energize your public speaking

and presentation skills? With sessions that are tailored to your specific goals, 1-on-1 public speaking coaching is an excellent way to build and expand your delivery skills, increase confidence, and manage nervousness.

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

12386 Online 1/5-3/21 Britton \$145

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

12387 Online 1/5-3/21 Britton \$240

Teach at PCC and share your  
knowledge and experiences.

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



## Online Career Skills Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

Refer to [ed2go.com/portlandcc](https://ed2go.com/portlandcc) for pricing.

### Register:

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

### Classes Offered Include:

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

## Computer Skills and Technology

### NEW CLASS

#### 9COM 625L Basics of Windows 11 for Beginners

Through practical, step-by-step exercises, gain essential skills to confidently manage and navigate within the Windows 11 environment. For absolute beginners or those who want to build a strong foundation in organizing their computer files.

15231 **Cascade** TEB 227 1:30pm-2:50pm  
Fri 1/16-1/30 Podany \$65

Bring note-taking materials.

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

### UPDATED CLASS

#### 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.

14235 **Online** ZOOM 6:30pm-7:50pm  
Mon 2/23-3/9 Podany \$65

Come to class familiar with accessing your PCC Gmail.

#### 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.

15300 **Southeast** TABOR 119 10am-12:20pm  
Sat 1/10 Pham \$35

► You may also like [Adult 55+ Fitness](#) on page 47



#### Instructor Spotlight: Tim Pham

Tim says, "If you can type and use a mouse, I can take you from zero to protected." He has many years of experience with cyber-security as well as teaching, and enjoys facilitating students' pragmatic experience with protecting themselves online. Among the activities in his class, students find out how many of their online accounts have been hacked – and he says that that discovery is more enjoyable than it might sound!

## 1-On-1 Computer Instruction



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

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

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

Contact instructor before registering to insure fit.

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

## Instructor Profile and Availability

### Zita Podany

[zita.podany@pcc.edu](mailto:zita.podany@pcc.edu)

Availability: Mon/Wed/Fri, 2pm-8:30pm;  
Tue/Thu, 1pm-5:30; Sat, hours vary

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

### Steve Roberts

(mini-documentaries, AI, and Mac skills)

[steven.roberts4@pcc.edu](mailto:steven.roberts4@pcc.edu)

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

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

### Windy Wahlke

[windy.wahlke15@pcc.edu](mailto:windy.wahlke15@pcc.edu)

Availability: Fri-Sun, 9am-3pm; Mon-Thu, flexible times, contact Windy.

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

## 1-On-1 Computer Instruction Packages

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

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

12383 **Online** 1/5-3/21 Podany \$195  
Register by 2/20. For PC users only.

15194 **Online** 1/5-3/21 Roberts \$195  
For Mac users only.

15198 **Online** 1/5-3/21 Wahlke \$195  
For Mac users only.

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

12384 **Online** 1/5-3/21 Podany \$315  
Register by 2/6. For PC users only.

15195 **Online** 1/5-3/21 Roberts \$315  
For Mac users only.

15200 **Online** 1/5-3/21 Wahlke \$315  
For Mac users only.



SCAN HERE  
to register online

# Careers, Technology and Finance

## Web Design



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

12385	Online	1/5-3/21	Podany	\$630
Register by 1/9. For PC users only.				
15199	Online	1/5-3/21	Wahlke	\$630
For Mac users only.				

## Artificial Intelligence

### 9COM 625E Intro to Chat GPT and Other Generative AI Chatbots

Discover ChatGPT in a hands-on, collaborative space. Experiment with prompts and craft your AI use policy. Discuss AI's benefits, challenges, and ethics. Bring your curiosity. Be familiar with your PCC Gmail account before class.

15434	Southeast	TABOR 137	10am-11:50am
Sat	1/10-2/7	Roberts	\$65
No class 1/17.			

### 9COM 625D Unleashing Creative Potential with AI Tools

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

15301	Southeast	TABOR 137	10am-11:50am
Sat	2/21-3/14	Roberts	\$109

Bring wifi-capable smartphone, tablet or Chromebook.

► You may also like **Video Game Studies** on page 30

## Desktop Publishing and Graphic Design

► You may also like **Drawing: Comics and Illustration** classes on page 12

### UPDATED CLASS

### 9COM 625J Canva Basics: Designing Made Easy

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

15229	Online	ZOOM	6:30pm-7:50pm
Mon	1/26-2/9	Podany	\$65

Use desktop computer or laptop.

### 9COM 600Q Digital Illustration with Photoshop

Hone your skills in digital art and illustration with this versatile tool for enhancing and creating digital images. With fundamental and intermediate techniques, explore digital media and create characters and scenes with greater flexibility.

15072	Online	ZOOM	10am-11:50am
Sat	1/24-2/28	Skrzynski	\$165

Hi-speed wifi required. Wacom or Huion tablet recommended.

## Microsoft Office

### UPDATED CLASS

### 9COM 613Q Basics of Using Microsoft Excel

Organize, calculate and present data effectively. Enter data, format cells, create formulas, use filters, create basic charts and manage worksheets. Install Excel before class. Must be comfortable taking class via Zoom.

12375	Online	ZOOM	6:30pm-7:50pm
Wed	2/4-2/25	Podany	\$85

Must have Excel on desktop/laptop and ability to save work.

► You may also like **Gaining Financial Freedom** on page 20

## Web Design and Development

### NEW CLASS

### 9COM 625K Create A Website with Google Sites

Create hobby or small-group websites. No prior web design experience required. Must be able to upload and download files and be comfortable with taking class via Zoom. Be familiar with PCC Gmail account and be logged in to it for class.

15230	Online	ZOOM	6:30pm-7:50pm
Wed	1/14-1/28	Podany	\$65

Use desktop computer or laptop.

► You may also like **A Genre Fiction Author's Guide to Self-Publication** on page 15

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

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

12113	Online	ZOOM	6pm-8:50pm
Tue	3/10	Boyd	\$49

No programming experience necessary.

## Online Computer Skills and Technology Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

· Refer to [ed2go.com/portlandcc](https://ed2go.com/portlandcc) for pricing.

### Register:

· To register, pay, and access your course on the start date visit: [ed2go.com/portlandcc](https://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 or 2
- Understanding the Cloud
- Windows 10: Level 1



*The instructor was really patient with us and very good.*

~ Computer Skills and Technology student







# Personal Finance

## 9MNY 617H Gaining Financial Freedom

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

14906	Online	ZOOM	6pm-6:50pm
Tue/Wed	1/6-1/7	Holcombe	\$39

▶ You may also like **Basics of Using Microsoft Excel** on page 19

## Managing Your Money and Investments

### 9MNY 610M Wealth Building Today

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

14244	Online	ZOOM	6:30pm-8:20pm
Tue	1/13-1/20	Rasera	\$45 + \$30 fee

Workbook provided.

14247	Online	ZOOM	6:30pm-8:20pm
Thu	1/15-1/22	Rasera	\$45 + \$30 fee

Workbook provided.

14245	Sylvania	TCB 213	6:30pm-8:50pm
Thu	2/19-2/26	Rasera	\$45 + \$35 fee

Workbook provided.

14248	Sylvania	TCB 213	6:30pm-8:50pm
Tue	2/17-2/24	Rasera	\$45 + \$35 fee

Workbook provided.

### 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.

12904	Online	ZOOM	6:30pm-7:50pm
Thu	1/22	Noxel	\$39

## Retirement

### 9MNY 616I Rejuvenate Your Retirement

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

12390	Online	ZOOM	9:30am-11:20am
Tue	1/27-2/3	Beckhusen	\$45

Students receive a virtual Textbook.

12912	Online	ZOOM	1pm-2:50pm
Thu	1/22-1/29	Beckhusen	\$45

Students receive a virtual Textbook.

### 9MNY 617I Managing Health Care Expenses in Retirement

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

14121	Online	ZOOM	1pm-2:50pm
Thu	2/5	Beckhusen	\$39

Students receive a laminated course guide.

#### Class Spotlight:

Health care expenses in retirement can be unnecessary or there can be expensive errors that are hard to catch. For the better part of a decade, instructor Zac Beckhusen has been specializing in aiding prospective and seasoned retirees to efficiently navigate the intricacies of health care planning, wealth preservation and long-term care. His passion is to provide students the skills to craft optimal plans that meet their needs and make their retirement more stress-free.

### 9MNY 610G Retirement Success: Income and Tax Strategies

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

15071	Online	ZOOM	6pm-7:50pm
Wed	1/14	Holcombe	\$39

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

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

### Savvy Tax Planning for Retirees, continued

12877	Online	ZOOM	9:30am-11:20am
Wed	1/28	Beckhusen	\$39

Students receive a laminated course guide.

12878	Online	ZOOM	1pm-2:50pm
Tue	3/17	Beckhusen	\$39

Students receive a laminated course guide.

### 9MNY 616F Retirement Planning Today™

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

15338	Online	ZOOM	6:30pm-8:50pm
Tue	2/17-2/24	Adler	\$49

15336	Newberg	NEC 115	6:30pm-8:50pm
Tue	2/3-2/10	Adler	\$49

15337	Newberg	NEC 115	9:30am-11:50am
Sat	2/14-2/21	Adler	\$49

15335	Rock Creek	BLDG7 104	9:30am-11:50am
Sat	1/31-2/7	Adler	\$49

15339	Rock Creek	BLDG2 121	6:30pm-8:50pm
Tue	1/13-1/20	Adler	\$49

## Online Personal Finance Classes with Ed2Go

#### Schedule:

Classes begin monthly with twice-weekly lessons.

#### Fee Per Class:

· Refer to [ed2go.com/portlandcc](http://ed2go.com/portlandcc) for pricing.

#### Register:

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



*I really value Community Education! The classes I've taken have enriched my life. Keep it up and keep adding more classes.*

~ Retirement student





SCAN HERE  
to register online

## 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 fee

- 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 fee

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

### Advanced Courses | \$99 fee

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

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



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



## Senior Discount

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

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



Are you an older adult who enjoys learning, lively discussions, and meeting interesting new people? You can share common interests by joining Senior Studies Institute (SSI).

SSI offers activities on Zoom and/or in person:

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

Annual membership is \$40/individual or \$70/couple. Members can attend as few or as many non-accredited activities as they wish - **No tests, No grades, No age limitations.**

Website:

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

Email:

**[SSIMembership2@gmail.com](mailto:SSIMembership2@gmail.com)**





# Cozy Knits for Cold Days

*Instructor: Lori Patterson*

Cozy up by the fire and get crafty. This Winter, learn to knit a pair of socks, a sweater or explore the basics of knitting with beloved Community Ed instructor Lori Patterson. Lori has been knitting since 1990 and spinning since 2013. She feels that joy, justice and connection are essential for a meaningful life and loves to share the journey of knitting with a diverse network of crafters.

► [Find these classes on page 29](#)

## Do It Yourself

page 23

## Emergency Preparedness

page 23

## Food and Drink

pages 23-27

## Garden, Nature, and Yard

pages 27-29

## Hobbies and Crafts

pages 29-31

## Home Improvement

page 31

## Self Development

page 31

## Style and Beauty

page 32

## Woodworking and Metalworking

pages 32-33





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to register online

# Home, Garden and Self

## Do It Yourself (DIY)

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

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

12959	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	3/7	Boyer	\$215
13545	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	1/29	Boyer	\$215

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

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

12957	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	3/5	Boyer	\$195
12958	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	1/17	Boyer	\$195

## 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.

15390	<b>Online</b>	ZOOM	6pm-8:50pm
Tue	2/3	Dittmer	\$39

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

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

## Food and Drink

### 9FD 608P **Smart Meal Planning on a Budget**

Struggling with rising food costs? Learn to plan, shop and prep meals that save time, money and stress. Master meal prep, budget hacks and pro tips to make delicious, nutritious meals without breaking the bank.

15383	<b>Southeast</b>	COMX KIT	5pm-7:20pm
Mon	1/26-3/2	Diamond	\$149 + \$50 fee

Must reg/drop by 1/24.

### 9FD 608Q **Freezer Meal Bootcamp**

Sick of scrambling for dinner or tired of draining your wallet on takeout? Learn how to batch-prep and stock your freezer with ready-to-go meals that will save time, money and stress.

15384	<b>Southeast</b>	COMX KIT	9am-10:50am
Sat	1/31	Diamond	\$39 + \$25 fee

Must reg/drop by 1/29.

15385	<b>Southeast</b>	COMX KIT	9am-10:50am
Sat	2/21	Diamond	\$39 + \$25 fee

Must reg/drop by 2/19.



## UPDATED CLASS

### 9FD 608R **Pantry Cooking Tips and Tricks**

Cook quick, budget-friendly meals without extra grocery runs. Learn to stock and use your pantry strategically to create fast, delicious and affordable meals. Perfect for busy families, frugal foodies and meal-planning beginners.

15388	<b>Southeast</b>	COMX KIT	12:30pm-2:20pm
Sat	2/7	Diamond	\$39 + \$20 fee

Must reg/drop by 2/5.



#### **Instructor Spotlight: Patti Diamond**

Patti is bringing Community Ed students cooking classes that are dedicated to helping busy families create nourishing, budget-friendly meals. Patti aims to inspire and empower others to live a fulfilling, intentional life one meal at a time and is loving teaching Community Ed students. Check out her new classes!

### 9FD 645D **Frugal Feasts**

Feed yourself or your family delicious and satisfying meals without breaking the bank. Learn tips to make frugal feasts and help minimize food expenses without sacrificing flavor or nutrition.

15389	<b>Southeast</b>	COMX KIT	12:30pm-2:20pm
Sat	2/21	Diamond	\$39 + \$28 fee

Must reg/drop by 2/19.

## NEW CLASS

### 9FD 638C **Wraps, Rolls and Portable Foods**

Learn to make portable and convenient foods that are designed to be consumed on-the-go. Whether it's a pack lunch or picnic basket, explore ideas with spinach, feta and egg wraps, salad rolls, pita pockets with chicken, a crunchy chili cheese wrap and a calzone.

15477	<b>Online</b>	ZOOM	6pm-8:50pm
Thu	1/8	Garcia-Andre	\$39 + \$15 fee

Must reg/drop by 1/6.

### 9FD 645E **Charcuterie Boards on a Budget**

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

15386	<b>Southeast</b>	COMX KIT	12:30pm-2:20pm
Sat	1/31	Diamond	\$39 + \$34 fee

Must reg/drop by 1/29.

15387	<b>Southeast</b>	COMX KIT	9am-10:50am
Sat	2/7	Diamond	\$39 + \$34 fee

Must reg/drop by 2/5.

## Baking

### 9FD 625C **Intro to Sourdough**

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

13451	<b>Southeast</b>	COMX KIT	5:30pm-8:20pm
Tue	1/13	Romanowski	\$39 + \$15 fee

Must reg/drop by 1/11.



#### **Instructor Spotlight: Samantha Romanowski**

Sam's love of bread began at 15 when she got a job in a farm-to-table restaurant in her country hometown. The owner baked his own bread and she became entranced by the process and the product. Now a beloved instructor, Sam has been teaching with Community Ed since 2023 and loves sharing with others the joys of home bread baking.

### 9FD 629P **English Muffins and Compound Butter**

English muffins are delightful treats any time of year with their light and lovely "nooks and crannies" to hold butter and jam. Learn how to make this no-knead recipe, that also doesn't require an oven and herby compound butter. Students will take home english muffin dough, prepared compound butter and a packet of recipes.

### **English Muffins and Compound Butter, continued**

14246	<b>Southeast</b>	COMX KIT	6pm-8:20pm
Mon	2/23	Romanowski	\$39 + \$20 fee

Must reg/drop by 2/21.

## NEW CLASS

### 9FD 629B **Great British Baking: Signature Pastries Rough Puff**

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

15417	<b>Online</b>	ZOOM	7:30pm-8:50pm
Tue	2/17-3/17	Eslinger	\$129 + \$12 fee

Must reg/drop by 2/15. Info: pcc.edu/staff/elizabeth-eslinger

## NEW CLASS

### 9FD 638A **Great British Baking Class: Breakfast Bakes**

Experience the spirit of a bake-off without the pressure! Using challenges from the beloved television series, learn how to bake recipes for breakfast. Practice baking between classes. Craft your own signature recipe. Great for home bakers.

15416	<b>Online</b>	ZOOM	7:30pm-8:50pm
Tue	1/13-2/10	Eslinger	\$129 + \$12 fee

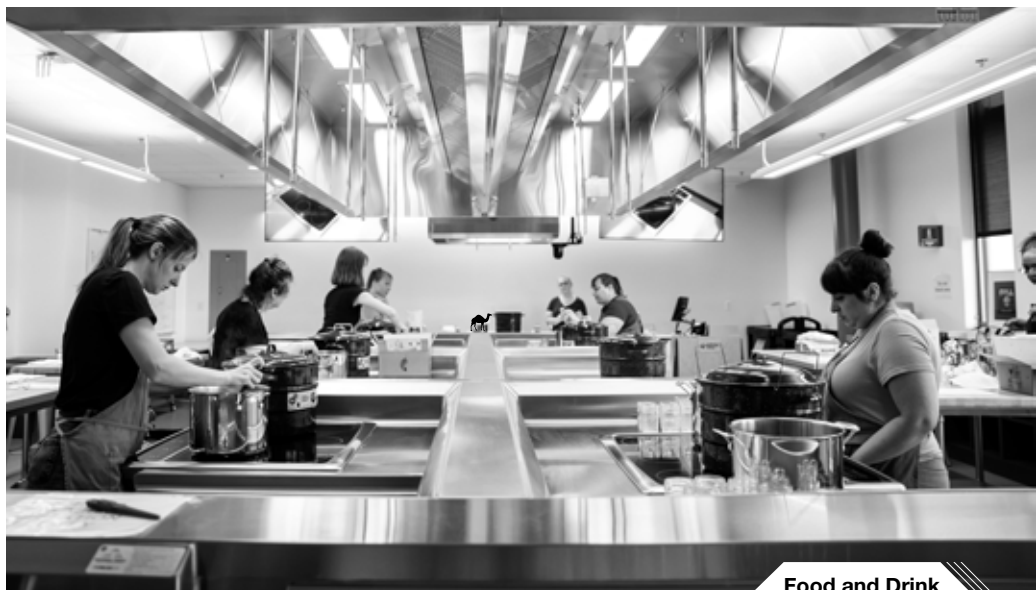
Must reg/drop by 1/11. Info: pcc.edu/staff/elizabeth-eslinger

## Butchering for the Home Chef

## NEW CLASS

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

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



Food and Drink



SCAN HERE  
to register online

## On the Farm: Hog Processing Basics, continued

15500 **Oregon City** MTWVWHE CLSRM 9am-4:50pm  
Sat 1/10 Clark \$349  
Must reg/drop by 1/6.

15501 **Oregon City** MTWVWHE CLSRM 9am-4:50pm  
Sat 2/28 Clark \$349  
Must reg/drop by 2/23.

### NEW CLASS

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

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

15475 **Oregon City** MTWVWHE CLSRM 9am-2:50pm  
Sun 1/11 Clark \$259  
Must reg/drop by 1/9. Food and beverage provided.

15476 **Oregon City** MTWVWHE CLSRM 9am-2:50pm  
Sun 3/1 Clark \$259  
Must reg/drop by 2/27. Food and beverage provided.

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

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

15381 **Oregon City** MTWVWHE CLSRM 9am-2:50pm  
Sun 1/18 Clark \$259  
Must reg/drop by 1/16. Food and beverage provided.

15382 **Oregon City** MTWVWHE CLSRM 9am-2:50pm  
Sun 3/8 Clark \$259  
Must reg/drop by 3/6. Food and beverage provided.

## International Cuisine

### 9FD 632B Ethiopian Cuisine: Doro Wot and Veggies

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

13865 **Online** ZOOM 6pm-7:20pm  
Wed 1/28 Woldeyes \$45  
Must reg/drop by 1/26.

15499 **Online** ZOOM 6pm-7:20pm  
Wed 2/18 Woldeyes \$45  
Must reg/drop by 2/16.

### 9FD 632C Ethiopian Cuisine: Veggies

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

12116 **Beaverton** ELEKIT KITCHEN 6pm-7:20pm  
Wed 2/25 Woldeyes \$45  
Must reg/drop by 2/23.



## Winter Flavors to Savor

The sizzle of a pan, the aroma of fresh herbs, the laughter shared over a new recipe — food has a way of bringing people together like nothing else. PCC Community Ed's cooking and food classes celebrate that connection, uniting learners through the art and joy of cooking, both at home and in the classroom.

Each term, students can explore a diverse menu of courses designed to fit a range of interests, skill levels, and lifestyles. Classes are offered both in-person and remotely, giving students the flexibility to learn in the setting that suits them best. "Every student learns differently and we feel it's important to give students options for what kind of learning environment works best for them," Program Coordinator Lindsay Johnson notes. "Each term we work to offer a diverse portfolio of interesting food and drink classes that are taught in-person at multiple locations or remotely where students can learn and cook along in their own kitchens."

Remote classes allow participants to cook from their own kitchens, while in-person options range from hands-on workshops to demonstration-style experiences led by professional chefs and instructors. Students looking to build foundational skills can enroll in Knife Skills or Fundamentals of Cooking, while

others might explore budget-friendly meal planning, pantry organization, or plant-based nutrition.

PCC Community Ed's international cuisine classes continue to highlight the rich diversity of food cultures, with offerings such as Cuban, Indian Vegetarian, Ethiopian, Italian, French, and Spanish dishes. Other popular options include baking and bread-making, fermentation and canning, and seasonal classes like Farm to Table Butchering at Heritage Farms, which focuses on humane and sustainable butchering practices. Wine appreciation classes, held at local wineries, tasting rooms, and online, round out the Food and Drink lineup.

"It's because of our many talented and experienced instructors that we can offer such a wide variety of cooking and baking classes for Community Ed students," says Johnson. "Instructors come to us with impressive experience, but above all, feel passionate about lifelong learning and sharing their knowledge with students."

Ultimately, "Food often brings people together and uses all the senses so it can be a fluid way to connect with new people or have fun with friends while learning a new life skill and finding some joy... and that's really our main goal." ♦





## 9FD 624X **Ethiopian Lentils**

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

14175 **Beaverton** ELEKIT KITCHEN 6pm-7:20pm  
Wed 2/11 Woldeyes \$45

Must reg/drop by 2/9.

13866 **Online** ZOOM 6pm-7:20pm  
Wed 1/21 Woldeyes \$45

Must reg/drop by 1/19.

## 9FD 628X **Indian Vegetarian Street Food**

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

15423 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 1/8 Shah \$45 + \$35 fee

Must reg/drop by 1/6.

15424 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 1/22 Shah \$45 + \$35 fee

Must reg/drop by 1/20.

## 9FD 628Y **Indian Vegetarian Curry Dishes**

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

15425 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 2/19 Shah \$45 + \$35 fee

Must reg/drop by 2/17.

15426 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 3/5 Shah \$45 + \$35 fee

Must reg/drop by 3/3.

15427 **Rock Creek** BLDG5 241 5:30pm-8:20pm  
Thu 3/19 Shah \$45 + \$35 fee

Must reg/drop by 3/17.

## 9FD 622E **French Made Simple**

French fare that is so simple to make. Learn bistro classics, starting with warm goat cheese salad, then with moules marinières (mussels mariner style), and chicken dijonnaise, a one-pan mustard and tarragon flavored French favorite.

15485 **Southeast** COMX KIT 11am-1:50pm  
Sat 3/7 Garcia-Andre \$39 + \$28 fee

Must reg/drop by 3/5.

### NEW CLASS

## 9FD 602C **Balkan Cuisine**

The Balkans region offers tasty food of Eastern Europe combined with influences from Italy, Turkey and Greece. Make Romanian apple soup, Varna style chicken, cheese burek and walnut fish.

15480 **Online** ZOOM 6pm-8:50pm  
Thu 1/22 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 1/20.

## 9FD 622F **Mexican Enchiladas**

Learn to make four different and delicious versions of the iconic of Mexican enchilada, starting with the enchiladas potosinas, enchiladas mineras (from the miners) suizas (Swiss), and rancheras enfrijoladas.

15484 **Online** ZOOM 6pm-8:50pm  
Thu 2/19 Garcia-Andre \$39 + \$15 fee

Must reg/drop by 2/17.



Food and Drink

## 9FD 600N **Mexican Seafood 2**

Mexican flavors go well with fish. Learn bold new fish recipes like shrimp in creamy chipotle sauce and pescado al pipian. We'll taste fish in pumpkin-seed sauce, fish balls in spicy tomato sauce and fish in a mild ancho-almond sauce.

15483 **Online** ZOOM 6pm-8:50pm  
Tue 2/10 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 2/8.

## 9FD 614O **Classic Mexican Soups**

Explore the regional soups of Mexico. Take a culinary journey into the secrets of homemade, easy and great tasting classic soups such as tortilla soup, cream of poblano and pecan soup with chipotle.

15482 **Online** ZOOM 11am-1:50pm  
Sat 2/7 Garcia-Andre \$39 + \$15 fee

Must reg/drop by 2/5.

## 9FD 600E **Cuban Cuisine**

Cuban cuisine has a unique set of flavors and influences. Learn the classics like Cuban black bean soup, tostones (fried plantains), ropa vieja (shredded beef) moros y cristianos, and Cuban pastelitos de guayaba.

15481 **Online** ZOOM 6pm-8:50pm  
Tue 1/27 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 1/25.

## 9FD 626N **Louisiana Classics**

Learn Louisiana's favorites that blend African, Spanish, French and Italian cuisine influences. Cook your own chicken gumbo, shrimp creole, the classic New Orleans muffuletta and top it off with some delicious Beignets.

15478 **Online** ZOOM 6pm-8:50pm  
Tue 1/13 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 1/11.

► You may also like **French Conversation: Level 1** on page 37

## 9FD 633A **Spanish Tapas**

Tapas are wonderful small sized meals originating in the South of Spain. Learn about the history of tapas, and how to make some of the most tasty and common tapas such as fried manchego, chorizo in red wine, mini meatballs in almond sauce, crab tartlets and scallops in saffron sauce.

15479 **Online** ZOOM 11am-1:50pm  
Sat 1/17 Garcia-Andre \$39 + \$17 fee

Must reg/drop by 1/15.

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

## 9FD 631A **British Cuisine**

British food is a homemade food, not easily found in tourist areas. There are many culinary jewels. Learn to make pea soup, chidingly hotpot from Sussex, soles in their coffins and spiced cabbage.

15486 **Southeast** COMX KIT 6pm-8:50pm  
Tue 3/10 Garcia-Andre \$39 + \$28 fee

Must reg/drop by 3/8.

## Mix-and-Match Plant-Based Meal Prep Series

### NEW CLASS

## 9FD 641B **Mix-and-Match Plant-Based Meal Prep Series**

Discover a flexible, time-saving approach to plant-based eating. Prepare four simple, nutrient-packed components each week and mix and match them into a variety of delicious meals. Cook along in real time or watch and prepare later. Either way, set yourself up for success! Register for this class to enroll in the series at a discount.

15489 **Online** ZOOM 6pm-7:50pm  
Wed 1/7-2/4 Tyler \$139 + \$15 fee

Must reg/drop by 1/5.



SCAN HERE  
to register online

# Home, Garden and Self

## Mix-and-Match Plant-Based Meal Prep Series, continued

### NEW CLASS

#### 9FD 641C Quinoa and Friends

Launch your meal prep habit with fluffy quinoa, savory cannellini beans, roasted cauliflower and a zesty dill sauce. Learn how to prep these components and use them all week in bowls, wraps and salads.

15490	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	1/7	Tyler	\$35 + \$3 fee

Must reg/drop by 1/5.

### NEW CLASS

#### 9FD 641D Soy Curls Lead the Way

Bake savory soy curls for a protein-rich base, prep farro, garlicky spinach and a spiced tomato curry sauce. Mix and match them for fast, flavorful meals.

15491	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	1/14	Tyler	\$35 + \$3 fee

Must reg/drop by 1/12.

### NEW CLASS

#### 9FD 641E Breakfast For Dinner

Tofu scramble, steamed Brussels sprouts, millet and red pepper marinara form this cozy combo. See how "breakfast for dinner" can fuel your week with quick bowls, wraps, pasta dishes and more.

15492	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	1/21	Tyler	\$35 + \$3 fee

Must reg/drop by 1/19.

### NEW CLASS

#### 9FD 641F Versatile Bean Dip Menu

Prep a creamy chili bean dip that morphs into a sauce, soup or toast topper. With savory couscous, shredded salad and a Greek vinaigrette, explore dozens of ways to build meals for the week.

15493	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	1/28	Tyler	\$35 + \$3 fee

Must reg/drop by 1/26.

### NEW CLASS

#### 9FD 641G The Pasta-bilities

Learn to prep penne, steamed green beans, marinated tofu and bold Puttanesca sauce. Build tasty pasta bowls, stir-fries and sheet-pan dinners that beat take-out any night!

15494	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	2/4	Tyler	\$35 + \$3 fee

Must reg/drop by 2/2.

## Sweet Treats

► You may also like **Realistic Food Prop Sculptures: Sweet Treats** on page 10

#### 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.

15487	<b>Southeast</b>	COMX KIT	11am-1:50pm
Fri	3/13	Garcia-Andre	\$39 + \$27 fee

Must reg/drop by 3/11.

### NEW CLASS

#### 9FD 638D Easy Cakes for Spring

Learn to make some crowd pleasing desserts for future Spring gatherings like carrot cake, lemon ricotta cake, chocolate pecan cake and a pistachio olive oil cake.

15488	<b>Southeast</b>	COMX KIT	11am-1:50pm
Sat	3/21	Garcia-Andre	\$39 + \$27 fee

Must reg/drop by 3/19.

## Wine History

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

► You may also like **Explore Left Coast Cellars** on page 44

### NEW CLASS

#### 9FD 607K Cradle of the Vine

Explore ritual, economic and agricultural roles in wine throughout ancient civilizations. Learn about the earliest known areas and fascinating techniques for wine production.

15134	<b>Online</b>	ZOOM	6pm-7:20pm
Sat	1/24	Palmer	\$79

Must reg/drop by 1/22.

15135	<b>Online</b>	ZOOM	6pm-7:20pm
Sun	1/25	Palmer	\$79

Must reg/drop by 1/23.

### NEW CLASS

#### 9FD 607L The Vine and the Cross

Learn about how monasteries preserved, refined and expanded viticulture from the Dark Ages to the Renaissance period. Explore how those choices have impacted what we still drink today!

15136	<b>Online</b>	ZOOM	6pm-7:20pm
Sun	2/8	Palmer	\$79

Must reg/drop by 2/6.

15137	<b>Online</b>	ZOOM	6pm-7:20pm
Sat	2/7	Palmer	\$79

Must reg/drop by 2/5.

### NEW CLASS

#### 9FD 607N The Judgment of Paris

Hear the historical tale of the Judgement of Paris and how it changed global views of wine. Learn about how our own Oregon wines were influenced as you taste some stellar wines.

15138	<b>Beaverton</b>	SYWINE ROOM	12pm-1:30pm
Sun	2/15	Palmer	\$89

Must reg/drop by 2/13.

15139	<b>Beaverton</b>	SYWINE ROOM	2:30pm-3:50pm
Sun	2/15	Palmer	\$89

Must reg/drop by 2/13.

### NEW CLASS

#### 9FD 607M Wine and Revolutions

Learn how political upheaval changed what and who shaped the future of wine. Discuss and explore wine policies and styles that are directly connected to historical revolutions.

15140	<b>Online</b>	ZOOM	6pm-7:20pm
Sat	2/28	Palmer	\$79

Must reg/drop by 2/26.

15141	<b>Online</b>	ZOOM	6pm-7:20pm
Sun	3/1	Palmer	\$79

Must reg/drop by 2/27.

## Wine: Vineyard Visit

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

### NEW CLASS

#### 9FD 607J Westmount and Hyland

##### Winery Visit

Spend a day at the winery and learn about value through tasting luxury wines in Oregon. Explore the vineyard and winemaking processes that change the trajectory of grapes on the vine.

15102	<b>Dundee</b>	HYLEST ROOM	11am-12:50pm
Sat	1/10	Palmer	\$89

Must reg/drop by 1/8.

15103	<b>Dundee</b>	HYLEST ROOM	2pm-3:50pm
Sat	1/10	Palmer	\$89

Must reg/drop by 1/8.

## Garden, Nature, and Yard

### 9YG 601L Small Space Gardening for Wellness

Learn how to "grow the good" in small spaces. Explore a variety of designs from urban rooftops to houseplants and edible gardens. Discover the healing benefits of people-plant connections and begin cultivating your own green dreams.

15295	<b>Online</b>	ZOOM	7pm-8:50pm
Thu	2/19-3/12	Meiers	\$49

### 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.

15393	<b>Online</b>	ZOOM	6pm-7:20pm
Mon	3/9	Lexa	\$39

► You may also like **Land and Sea Painting** on page 12

### 9YG 601J Misadventures in Natural History

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

14243	<b>Online</b>	ZOOM	6pm-7:20pm
Tue	3/10	Lexa	\$39



## 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.

12907	<b>Southeast</b>	TABOR 125	6pm-9:20pm
Fri	3/6	Andresen	
and	<b>NE Portland</b>	BRIBEE FIELD	2pm-2:50pm
Sat	3/7	Andresen	\$65

Includes field trip to apiary.

## 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.

14171	<b>Online</b>	ZOOM	6pm-8:20pm
Wed	1/28	Lexa	\$39

### 9YG 621L Birds and Great Composers

Discover how history's composers used various bird melodies to compose their greatest works. This class will explore music, through birdsong and instruments leaving students with a deeper appreciation of both.

13507	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	3/3	Ellis	\$39

### 9YG 621U Hawks, Falcons and Eagles

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

13513	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/20	Ellis	\$39

### 9YG 612W Owls of the Pacific NW

Owls are silent, mysterious and mesmerizing. Explore the amazing biology and mysterious behavior of the owls you might see in your own backyard here in the Pacific Northwest and learn to identify them on your next nature walk, if you can spot them!

15091	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/27	Ellis	\$39

### 9YG 621I Corvids of the Pacific NW

Why are corvid birds both hated and loved by humans? Crows, ravens, jays and magpies are smart, comical and essential species to the health of our planet. Learn about their behavior, community culture and why they need our protection.

13512	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/3	Ellis	\$39

### 9YG 612R Hummingbirds of the Pacific NW

Iridescent, feisty and fearless, hummingbirds are fascinating and extremely entertaining to see in nature. Learn about their biology, types found in the Pacific Northwest and what makes them one of the most unique birds in the world.

13510	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/10	Ellis	\$39

### 9YG 612S Woodpeckers of the Pacific NW

Woodpeckers are industrious and busy birds! These magnificent red capped characters who delight and sometimes frustrate us have unique traits and amazing lives as forest engineers. Learn their complicated roles in the wild and the different species you might see around the Pacific NW.

15101	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/17	Ellis	\$39

### NEW CLASS

### 9YG 613C Vultures, Condors and their Company

Vultures are one of the most misunderstood families of birds in the world. Learn about their hunting strategies, biology, behavior and what makes these fascinating birds so important to our ecosystem.

14148	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/24	Ellis	\$39

## Home Gardening Series with Rod Smith

Gardening can improve the aesthetics of your home and put food on the table. It's also a wonderfully rewarding hobby. Nursery professional Rod Smith will show you how to get beautiful results from your gardening projects.

### 9YG 619M Home Gardening Series with Rod Smith

Register for this class to enroll in the series at a discount.

10824	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/27-3/10	Smith	\$155

### 9YG 619S Best Soil Healthy Plants

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

10827	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/27	Smith	\$35

### 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!

10825	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/3	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.

11586	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/10	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.

10826	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/17	Smith	\$35

### 9YG 619Q Fabulous Houseplants

Get the most out of your indoor plants by learning how to select and care for them. Enjoy lush foliage that adds ambiance to the dreary indoor season.

10943	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	2/24	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 elements to make an attractive and enjoyable landscape.

12342	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	3/3	Smith	\$35

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

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

12343	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	3/10	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.

15391	<b>Southeast</b>	TABOR 139	6pm-7:50pm
Thu	2/19-3/19	Dittmer	\$55

### 9YG 621M Patterns in Nature

What do pinecones, sunflowers and honeysuckle have in common? Fixed designs and patterns are all around us in nature. Gain a new sense of wonder for the natural world and a walk in your garden or the park will never be the same again!

13514	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/13	Ellis	\$39

## Nature

► You may also like [Northern Oregon Coast: Astoria / Lewis & Clark Day Trip](#) on page 45

### 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.

14169	<b>Online</b>	ZOOM	6pm-7:20pm
Mon	2/9	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.

14172	<b>Online</b>	ZOOM	6pm-8:20pm
Thu	2/5	Lexa	\$39

► You may also like [Introduction to Backpacking in the Pacific Northwest](#) on page 51





SCAN HERE  
to register online

# Home, Garden and Self

## 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!

14168	Online	ZOOM	6pm-7:50pm
Tue	2/24	Lexa	\$39
14173	Southeast	TABOR 140	6pm-7:50pm
Mon	3/2	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.

14170	Online	ZOOM	6pm-8:20pm
Thu	1/22	Lexa	\$39

## 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.

15495	Cascade	TH 202	7pm-9:20pm
Wed	3/18	Sloan	\$49
15496	Cascade	TEN 220	10am-12:20pm
Sat	3/21	Sloan	\$49

## 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.

14161	Cascade	MAHB 109	5:30pm-7:20pm
Wed	1/14-3/18	Campbell	\$99 + \$25 fee

No class 2/4, 3/4.  
▶ You may also like [Printmaking for Beginner](#) on page 14

### 9HB 611G Wondrous Wire Earrings

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

### Wondrous Wire Earrings, continued

13448	Southeast	TABOR 137	6pm-8:50pm
Mon	1/12	Kornei	\$39 + \$20 fee

Supplies included.

### 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.

15287	Southeast	TABOR 137	6pm-7:50pm
Thu	1/15	Kornei	\$39 + \$25 fee

Supplies included.

### 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!

14165	Southeast	SE TABOR 137	6pm-7:50pm
Wed	1/21	Kornei	\$39 + \$30 fee

Supplies included.

### 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!

15271	Southeast	SE TABOR 137	6pm-7:50pm
Tue	1/13	Kornei	\$39 + \$25 fee

Supplies included.

## 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.

13864	Online	ZOOM	6pm-7:20pm
Wed	1/21-3/11	Patterson	\$119

Instructor will email supply list.

13863	Southeast	SCOM 322	6pm-7:20pm
Tue	1/20-3/10	Patterson	\$119

Instructor will email supply list.

### NEW CLASS

#### 9HB 620H Knitting a Sweater

Get cozy this Winter knitting 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.

15297	Southeast	TABOR 124	10am-11:30am
Sat	1/24-3/14	Patterson	\$119

Instructor will email supply list.

### NEW CLASS

#### 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.

15296	Southeast	TABOR 125	6pm-7:20pm
Thu	1/22-3/12	Patterson	\$119

Instructor will email supply list.

#### 9HB 622N Embroidery Basics

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

13521	Online	ZOOM	6pm-7:50pm
Tue	1/13-2/17	Drevdahl-Orch	\$79

Instructor will email supply list.

#### 9HB 622R Punch Needle Rug Hooking

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

12139	Online	ZOOM	6pm-7:50pm
Mon	1/12-2/2	Drevdahl-Orch	\$45

No class 1/19. Instructor emails supply list.

## Beaded Jewelry

### 9HB 611O Woven Beaded Earrings: Peyote Stitch

Learn to work with glass seed beads to create a pair of woven earrings using peyote stitch. All supplies are included, just bring your creativity! It's not necessary to know peyote stitch, but prior experience working with seed beads is helpful.

14166	Southeast	TABOR 137	6pm-7:50pm
Tue	1/20-2/3	Kornei	\$55 + \$20 fee

Supplies included.



*I very much enjoy the remote Community Ed courses. Thank you for providing such great and varied learning experiences both online and in-person.*

~ Community Ed student





## 9HB 611T Woven Beaded Earrings:

### Brick Stitch

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

15273 **Southeast** TABOR 137 6pm-7:50pm  
Thu 1/22-2/5 Kornei \$55 + \$20 fee  
Supplies included.

## 9HB 605D Woven Beaded Earrings:

### Brick Stitch Part 2

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

15289 **Southeast** TABOR 137 6pm-8:50pm  
Thu 2/12-2/26 Kornei \$65 + \$35 fee  
Supplies included.

### NEW CLASS

## 9HB 605C Three-Dimensional Beaded Pendant

Learn to weave seed beads around a small piece of polished glass using peyote stitch to create a stunning pendant and complete with a chain and clasp. All supplies are included. All levels are welcome, but prior experience working with small seed beads is helpful.

15288 **Southeast** TABOR 137 6pm-8:50pm  
Tue 2/10-3/3 Kornei \$75 + \$30 fee  
Supplies included.

## 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.

11964 **Online** ZOOM 6:30pm-8:20pm  
Thu 1/8-2/5 Brower \$139

### 9HB 601F Bridge 102: Let's Play

For players with a basic understanding of bidding and play. Expand your bridge skills and get connected to the local community of bridge players. Each two hour class includes one hour of teaching and one hour of actual play.

11965 **Online** ZOOM 6:30pm-8:20pm  
Thu 2/12-3/12 Brower \$139

### NEW CLASS NEW INSTRUCTOR

## 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.

15498 **Sylvania** TCB 309 6pm-8:50pm  
Wed 1/14-2/18 Cirillo \$99

► You may also like **Unleashing Creative Potential with AI Tools** on page 19



Quilting



### Instructor Spotlight: Jamie Cirillo

Jamie is a queer, multi-disabled nerd who collects and analyzes games through lenses of inclusion and access. They have background as a repair-person, which introduced them to the world of game collecting, and as a writer, which introduced them to game analysis. They're incredibly passionate about video games and storytelling, and are eager to learn from their students in turn!

## 1-On-1 Chess Lessons



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

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

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

If you want to drop, you must do so online via MyPCC or by contacting a Registration office within six

calendar days after the start of the term. No drops or refunds on partially used coaching packages.

Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### David Petrozzi

david.petrozzi@pcc.edu

Availability: Flexible days/hours.

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

## 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.

12320 **Online** 1/5-3/21 Petrozzi \$475

## Sewing and Quilting

### 9HB 621F Sewing Basics

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

13687 **Cascade** TH 100 6pm-8:20pm  
Wed 1/21-3/18 Moskovitz \$119 + \$30 fee  
Students must bring a sewing machine.

► You may also like **Radiance Reset: Find Your Style** on page 32



SCAN HERE  
to register online

## NEW CLASS

**9HB 620I Quilting: Don't Fence Me In**  
Sew your way through winter and melt the chill with a warm quilt. Learn to make a modern version of a classic quilt called Rail Fence. Must have working sewing machine.

15078	<b>Cascade</b>	TEB 222	9am-12:50pm
Sat	1/24-2/14	Werkman	\$55
Info: pcc.edu/staff/dwerkman			

## Home Improvement

### 9HI 620M Home Repair 101

Do you want to tackle minor home maintenance yourself, but not sure where to start? Learn basics of household repair tasks like leaky faucets, running toilets and replacing light switches and the tools needed for the job. Gain foundational knowledge, learn safety practices and understand when to hire a professional.

15422	<b>Rock Creek</b>	BLDG 2110	6:30pm-8:20pm
Tue	1/27-3/3	Carbonaro	\$79

## Self Development

### 9PDV 630Z Be Centered: Tools for Calm and Focus

Being centered is about returning to a calm, focus state of mind. Practice specific tools and techniques to help you let go of stress, distractions and upsets quickly. Learn practices that take very little time and yield big personal results.

15077	<b>Online</b>	ZOOM	5:30pm-6:50pm
Mon	2/9-2/23	Sugg	\$45

### 9PDV 600E Emotional Intelligence 101

Enhance your emotional intelligence with practical strategies to improve self-awareness, manage emotions and build better relationships in both personal and professional settings.

14368	<b>Cascade</b>	TH 202	6:30pm-8:50pm
Thu	1/22-1/29	Shambray	\$49

### 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.

15962	<b>Online</b>	ZOOM	6pm-8:20pm
Tue	2/10	Lexa	\$39

► You may also like **Introduction to Map and Compass Navigation** on page 52

## NEW CLASS

### 9PDV 612D Herbal Remedies: Anxiety, Depression and Insomnia

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

15332	<b>Online</b>	ZOOM	6pm-7:20pm
Wed	2/4-2/11	Innerarity	\$39

## NEW CLASS NEW INSTRUCTOR

### 9PDV 600G Understanding and Challenging Prejudice

Critical thinking can help us ask meaningful questions, identify and eliminate our own prejudices, aid in recognizing when we're being manipulated, strengthen our understanding of emotions and teach us to frame our beliefs and expectations through methods of reasoning. Learn to slow down and clarify your thinking to strengthen self-awareness and communication with others.

15497	<b>Cascade</b>	TH 100	6:30pm-8:20pm
Fri	1/9-2/13	Umhoefer	\$79

Bring writing materials.



### Instructor Spotlight: Todd Umhoefer

Confronting our own prejudices is no small task. We all make unfair judgements before having a complete understanding of what we're looking at. Thankfully, critical thinking skills can guide us towards greater awareness. Instructor, Todd Umhoefer is excited to share with students practical methods to slow down the mind when possible, while building up a sense of compassion towards ourselves and others.

### 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.

14111	<b>Sylvania</b>	TCB 215	5:30pm-7:50pm
Mon	1/26-3/2	Esteghlalian	\$89

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

### 9PDV 621D Creative Journeys

Try creativity as a way of understanding, processing and supporting your own personal transformation. Explore and play with different creative strategies including writing, art-making, personal symbols and collage while learning about the process of personal transformation. All are welcome.

13449	<b>Southeast</b>	TABOR 127	6:30pm-8:20pm
Tue	1/13-3/3	Dittmer	\$115 + \$12 fee

### 9PDV 621Z Visual Life Maps

Using facilitated visual reflection, draw your life or year timeline, make meaning of your path and form a vision for what's next. Learn six tools for mapping life stories, reflect on your visual story, embody lessons learned and build for your future.

15392	<b>Southeast</b>	TABOR 140	6pm-7:50pm
Wed	2/11-2/18	Leis	\$45

### 9PDV 621P Enneagram Detective

Recognize the clues and solve the mystery to better get to know yourself and others. Students will access their inner detective using the Enneagram personality system. This ancient tool clearly describes nine personalities to explain patterns of behavior.

14252	<b>Online</b>	ZOOM	6pm-7:20pm
Thu	1/15-1/29	Holland	\$45

### 9PDV 611M Enneagram Mystery: Four-Five Gap

At the bottom of the Enneagram symbol, the Gap between types four and five remains a source of speculation. Explore this mystery with personal insights and helpful information. All types welcome.

15333	<b>Online</b>	ZOOM	6pm-7:50pm
Thu	2/5	Holland	\$35

### 9PDV 610U Mysteries of Dying

An enlightening exploration of the dying journey, non-ordinary awareness states, grief, being with those in transition and end of life decisions. Students will share in a safe and supportive environment. Class will include mindfulness teachings for well-being.

12114	<b>Online</b>	ZOOM	10am-11:20am
Tue	1/13-2/17	Britton	\$65

### 9PDV 621V Make Hard Conversations Easier

Learn tools to communicate better and more easily. Whether you are giving feedback, navigating a misunderstanding, setting a boundary, making a request or just feeling anxious, learn tips to handle hard conversations with confidence and ease.

15574	<b>Online</b>	ZOOM	6:20pm-7:50pm
Wed	3/4-3/18	Harmon	\$45

## 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.

15270	<b>Southeast</b>	TABOR 138	6pm-8:20pm
Tue	1/6-2/24	Habib Martin	\$85

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





# Style and Beauty

## NEW CLASS

### 9SB 600J **Radiance Reset: Find Your Style**

It's time to find your spark again and rediscover you! Reset your mindset, refresh your wardrobe, master beauty basics and boost your style confidence. Create a wardrobe you love and a beauty routine you enjoy to step boldly into the best version of yourself in 2026.

15419 **Rock Creek** BLDG2 121 5:30pm-7:20pm  
Mon 1/12-2/16 Villarreal \$65 + \$20 fee  
No class 1/19.

▶ You may also like **Sewing Basics** on page 30

## 1-On-1 Personal Styling



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

Are you frustrated with your appearance and clothes in your closet? Feeling confident and comfortable in your clothes matters. Cristina can aid students in any stage of life, find their confidence and sense of self again. Learn to have fun with fashion and feel less stress finding something to wear, while improving your overall sense of style and well being. Sessions are 55 minutes and Cristina will contact you by the first week of the term to schedule your sessions. Individual sessions must be canceled with Cristina 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

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

Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### Cristina Villarreal

cristina.villarreal@pcc.edu

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

Cristina has been a Wardrobe Stylist since 1994. She graduated from the Fashion Institute in Los Angeles, CA and has toured the globe styling musicians and dancers for live concerts since 2001. Cristina has a monthly styling segment here in Portland on KOIN 6 where she shares lifestyle and fashion tips. She is excited to work with PCC Community Ed students that are looking for styling solutions and help them rediscover their beauty inside and out.

## 1-On-1 Personal Styling Package

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

How many times have you denied going out with friends or missed an opportunity because you didn't feel confident in your clothes? Feeling comfortable in your clothes aids in our everyday energy to

be ourselves and feel confident in our work and personal lives. Build your self-esteem, have fun with clothes and develop your sense of self with the help of a personal stylist.

15204 **Online** 1/5-3/21 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.

14264	<b>NE Portland</b>	WILDHB STUDIO	1pm-4:50pm
Sun	2/22	Boyer	\$389 + \$45 fee
14265	<b>NE Portland</b>	WILDHB STUDIO	1pm-4:50pm
Sun	1/25	Boyer	\$389 + \$45 fee
15073	<b>NE Portland</b>	WILDHB STUDIO	11am-2:50pm
Sun	3/15	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.

### **Blacksmithing: Forging Tools, continued**

15328	<b>NE Portland</b>	WILDHB STUDIO	1pm-4:50pm
Sun	3/8	Boyer	\$389 + \$45 fee

## Metal Crafts

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

### 9MW 627G **Welding: The Basics**

Join other interested students and explore the world of welding. This class is for new and experienced welders alike. Learn basic shop safety skills, how to properly use equipment, MIG welding techniques and oxyacetylene cutting. Each week, students will practice what they learn in the shop under the guidance and support of their experienced instructor.

12414	<b>OMIC Center</b>	OMIC 105	9am-11:50am
Sat	1/10-3/14	Yardley	\$219 + \$60 fee

Must reg/drop by 1/8. Info: pcc.edu/staff/shona.yardley15

13447	<b>OMIC Center</b>	OMIC 105	12:30pm-3:20pm
Sat	1/10-3/14	Yardley	\$219 + \$60 fee

Must reg/drop by 1/8. Info: pcc.edu/staff/shona.yardley15

### 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.

13553	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
SSun	2/7-2/8	Boyer	\$359
15074	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
SSun	3/14-3/15	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 cut out any design you want. Students will get to choose from a variety of forms to make their project.

15331	<b>NE Portland</b>	WILDHB STUDIO	3pm-4:50pm
Sat	2/21	Boyer	\$275



**Metal Crafts**



SCAN HERE  
to register online

## 9MW 627S **Welding Fundamentals: TIG Welding (GTAW)**

Learn the exciting basics of TIG welding. Explore a highly technical welding practice that can be applied in many practical ways to create your welding projects. This hands-on class offers detailed instruction on technique and proper setting control allowing students to learn alongside seasoned professionals.

12956	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	2/12-2/19	Boyer	\$349

13551	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Fri	1/9-1/16	Boyer	\$349

## 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.

15329	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	2/21-2/28	Boyer	\$349

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

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

12333	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	2/11-2/18	Boyer	\$299

12334	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Tue	1/6-1/13	Boyer	\$299

14350	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	3/14-3/21	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.

15330	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	1/24-1/31	Boyer	\$345

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

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

13517	<b>Rock Creek</b>	BLDG2 132	10am-12:50pm
Sat	1/10-3/14	Campbell	\$199 + \$60 fee

pcc.edu/staff/joyce-campbell1/furniture

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

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

13519	<b>Rock Creek</b>	BLDG2 132	1pm-3:50pm
Sat	1/10-3/14	Campbell	\$199 + \$60 fee

pcc.edu/staff/joyce-campbell1/sculpture

## 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.

12335	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	3/18	Boyer	\$169 + \$15 fee

12336	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	2/19	Boyer	\$169 + \$15 fee

12337	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	1/10	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.

12338	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sat	3/7	Boyer	\$189 + \$15 fee

13550	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	1/22	Boyer	\$189 + \$15 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.

13558	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sun	2/15-2/22	Boyer	\$249 + \$45 fee

13559	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
TSun	3/10-3/17	Boyer	\$249 + \$45 fee

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

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

13562	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Fri	1/23-1/30	Boyer	\$299 + \$35 fee

15323	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	3/4-3/11	Boyer	\$299 + \$35 fee

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

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

15324	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	1/31	Boyer	\$299 + \$55 fee

15325	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	3/19	Boyer	\$299 + \$55 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.

14267	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Thu	2/12	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.

14266	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Tue	2/17-2/24	Boyer	\$299 + \$55 fee

15326	<b>NE Portland</b>	WILDHB STUDIO	11am-1:50pm
Sun	3/8-3/15	Boyer	\$299 + \$55 fee

## Wood Crafts

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

### 9MW 628W **Woodworking Build a Birdhouse**

Get crafty for the birds! Learn woodworking experience using multiple types of tools you to design and build your own bird house. Gain woodworking safety and proper tool use practices from industry professionals.

15075	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Wed	1/28	Boyer	\$189 + \$60 fee

15076	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Fri	3/6	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.

13556	<b>NE Portland</b>	WILDHB STUDIO	3pm-5:50pm
Sat	2/7-2/14	Boyer	\$299 + \$45 fee

13557	<b>NE Portland</b>	WILDHB STUDIO	6pm-8:50pm
Mon	3/9-3/16	Boyer	\$299 + \$45 fee

### 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.

12415	<b>Scappoose</b>	MMPS SH0pm	6pm-8:50pm
Tue	1/6-3/10	Martin	\$209 + \$225 fee

Must reg/drop by 1/4. Students bring safety glasses.

12833	<b>Scappoose</b>	MMPS SH0pm	6pm-8:50pm
Thu	1/8-3/12	Martin	\$209 + \$225 fee

Must reg/drop by 1/6. Students bring safety glasses.

15090	<b>Scappoose</b>	MMPS SH0pm	1:30pm-4:30pm
Fri	1/9-3/13	Martin	\$209 + \$225 fee

Must Reg/Drop by 1/7. Students bring safety glasses.





**Cultural  
Exploration**  
page 35

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**Languages**  
pages 35-41

# American Sign Language

*Instructors: Jonah Eleweke, Patty Martin,  
Timo Worthylake*

ASL is one of the most commonly used languages in the U.S. Learn its communication alphabet, how to engage in conversation, and about Deaf culture. With classes at several levels, you can start with nothing and build your skills from there – or continue with your previous learning. Each of our classes is taught by a member of the Deaf community.

► [Find these classes on page 36](#)





SCAN HERE  
to register online

# Language and Culture

## Cultural Exploration

### World View

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

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

15233	<b>Online</b>	ZOOM	6pm-7:50pm
Mon	1/5-3/16	Grey	\$145

No class 1/19.

► You may also like **Irish Set Dancing** on page 5

#### NEW CLASS

#### 9WV 620W **Investigating The Evidence: A Deep Dive in UFO and UAP Cases**

"There is Zero Doubt" about the reality of Unidentified Anomalous Phenomena. In this class, students will openly debate a series of UFO cases and weigh the evidence available, in an effort to learn more about this enduring mystery.

15302	<b>Online</b>	ZOOM	5:30pm-7:20pm
Thu	1/29-2/19	Anslinger	\$65

► You may also like **Writing Pulp Fictions: Sci Fi** on page 14

#### NEW CLASS

#### 9WV 620V **20th Century European**

**Cinema: Italy, France, Germany, UK**  
Let's watch some timeless classics of 20th Century European cinema. Italian Neorealism, French New Wave, British Kitchen Sink, New German Cinema, and more. Amazing films that changed the world and established cinema we know today.

15116	<b>Online</b>	ZOOM	7pm-8:50pm
Tue	1/6-2/24	Friedman	\$99

#### NEW CLASS

#### 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.

15118	<b>Cascade</b>	CH 206	7pm-8:20pm
Thu	1/8-2/26	Stafford	\$89

#### NEW CLASS

#### 9WV 620U **Persepolis to Persian Pop: A Showcase of Iranian Culture**

Journey through the rich history, art, music, stories and culture of Iran. From ancient Persia's monumental sites and timeless poetry to contemporary film, fashion and pop music, we explore the enduring traditions that have shaped Iranian identity over centuries.

15119	<b>Sylvania</b>	TCB 215	5:30pm-7:20pm
Thu	1/29-3/19	Esteghlalian	\$109

#### 9WV 621I **The World War 2 Cinematic Experience**

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

14212	<b>Cascade</b>	CH 206	7pm-8:20pm
Tue	1/6-2/24	Stafford	\$89

## Languages

#### 9LAN 611R **Greek Conversation: Level 1**

Join this beginner's course, taught by a native speaker. Learn basic Greek words and phrases, as well as listen and repeat everyday expressions.

15278	<b>Online</b>	ZOOM	3:30pm-4:50pm
Mon	1/5-3/16	Kontos	\$109

No class 1/19.

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

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



## 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.

11835	Cascade	TH 202	5pm-6:50pm
Mon	1/5-3/16	Worthyake	\$145
No class 1/19.			
12152	Online	ZOOM	7pm-8:50pm
Tue	1/6-3/10	Eleweke	\$145
14905	Southeast	TABOR 141	5pm-6:50pm
Tue	1/6-3/10	Worthyake	\$145
14183	Sylvania	CT 234	7pm-8:50pm
Wed	1/7-3/11	Worthyake	\$145

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

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

15234	Cascade	TH 202	7pm-8:50pm
Mon	1/5-3/16	Worthyake	\$155
No class 1/19.			
15235	Sylvania	CT 234	5pm-6:50pm
Wed	1/7-3/11	Worthyake	\$155

### 9LAN 613H American Sign Language: Levels 2 and 3

Increase vocabulary, expressive ability and confidence; lay groundwork for fluency. For those who have taken Level 1, have prior knowledge of ASL or are taking a credit class and want additional support. Taught by member of Deaf community.

11836	Online	ZOOM	7pm-8:50pm
Thu	1/8-3/12	Eleweke	\$155
14184	Southeast	TABOR 125	7pm-8:50pm
Tue	1/6-3/10	Worthyake	\$155

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

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

14182	Southeast	TABOR 139	6pm-7:50pm
Tue	1/6-3/10	Martin	\$165

## 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.

14206	Online	ZOOM	6:30pm-7:50pm
Tue	1/6-3/10	Dezay	\$109

### 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.

14207	Online	ZOOM	7pm-7:50pm
Wed	1/7-3/11	Alomar	\$75

## Chinese

### 9LAN 620W Chinese Conversation: Levels 1 and 2

Nihao! This mixed-level class is great for learners who already know a little bit of Chinese and for those who know a little bit more of the language. Explore essential vocabulary, grammar structures, and cultural nuances through engaging conversations and interactive activities.

15360	Online	ZOOM	10am-11:20am
Thu	1/15-3/19	Chen	\$115



### Instructor Spotlight: Riva Chen

Want to explore Mandarin, one of the most widely spoken languages worldwide? This class uses a fun and innovative approach that helps learners develop new skills and confidence in Chinese communication and culture. Our Mandarin class is designed to cater to learners from absolute beginners to those seeking to review their existing language skills. Riva Chen, MA, a native Mandarin speaker from Taiwan, has been teaching since 2012.

## 1-On-1 Chinese Instruction



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

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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of

the term to schedule your sessions.

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

Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### Riva Chen

Availability: Tue/Thu, 12pm-2pm

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.

13534	Online	1/5-3/21	Chen	\$275
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## English

### 9LAN 605F Conversational English - Focus on Grammar

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

14342	Online	ZOOM	10am-11:20am
Wed	1/14-3/18	Chen	\$109

## 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.

13088	Online	ZOOM	9am-10:50am
Fri	1/9-3/13	Cariou	\$145
13089	Online	ZOOM	6:30pm-7:50pm
Mon	1/5-3/16	Murer	\$109
No class 1/19. Text: Rick Steves French Phrase Book			



SCAN HERE  
to register online

## 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.

12115	<b>Cascade</b>	TH 200	6:30pm-8:20pm
Mon	1/5-3/16	Benoit	\$145

No class 1/19. Text: *Ultimate French Beginner-Intermediate*

15117	<b>Online</b>	ZOOM	4pm-5:50pm
Tue	1/6-3/10	Benoit	\$145

Text: *Ultimate French Beginner-Intermediate*

► You may also like **Louisiana Classics** on page 26

## 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.

11781	<b>Online</b>	ZOOM	9am-10:50am
Mon	1/5-3/16	Cariou	\$145

No class 1/19. Text: *Ultimate French Beginner-Intermediate*

## 9LAN 605P French 2 for the Advanced Beginner

We practice simple spoken exchanges and continue expanding vocabulary and foundational grammar, with increased listening and speaking practice. For students who have beginner experience or need a refresher.

15435	<b>Southeast</b>	SCOM 322	5:30pm-7:20pm
Mon	1/5-3/16	Devine	\$155

No class 1/19. Text: *Practice Makes Perfect: Basic French*

## 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.

13361	<b>Cascade</b>	TH 200	6:30pm-8:20pm
Thu	1/8-3/12	Benoit	\$155

Text: *Ultimate French Beginner-Intermediate*

12346	<b>Online</b>	ZOOM	6:30pm-8:20pm
Wed	1/7-3/11	Benoit	\$155

Text: *Ultimate French Beginner-Intermediate*

## 9LAN 614Y French Conversation:

### Levels 2 and 3

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

11801	<b>Online</b>	ZOOM	6pm-7:50pm
Mon	1/5-3/16	Cariou	\$155

No class 1/19. Text: *Ultimate French Beginner-Intermediate*

## 9LAN 614Q French Conversation:

### Level 3

On continue! We will continue our French journey by learning more verb tenses to talk about the past to expand what you can discuss. For students who have taken French Conversation: Level 2.

12946	<b>Online</b>	ZOOM	6:30pm-8:20pm
Tue	1/6-3/10	Benoit	\$165

Text: *Ultimate French Beginner-Intermediate*

15303	<b>Online</b>	ZOOM	4pm-5:50pm
Wed	1/7-3/11	Benoit	\$165

Text: *Ultimate French Beginner-Intermediate*

## 9LAN 614V French Conversation:

### Levels 3 and 4

Continuez d'avancer! In this mixed-level class, we'll continue to learn vocabulary, grammar and conjugations and build speaking and listening skills.

11780	<b>Online</b>	ZOOM	6pm-7:50pm
Thu	1/8-3/12	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.

11800	<b>Online</b>	ZOOM	6pm-7:50pm
Tue	1/6-3/10	Cariou	\$165

Text: *Ultimate French Beginner-Intermediate*

### UPDATED CLASS

## 9LAN 614U French Conversation: Level 5

Practice the conditional tense and prepositions with geographical names through exercises and conversation. We'll read an article to practice these topics. Recommended: knowledge of the present, futur, passe compose, and imparfait tenses.

11165	<b>Online</b>	ZOOM	9am-10:50am
Wed	1/7-3/11	Cariou	\$165

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

### NEW CLASS

## 9LAN 614F French Verbs and Conversation

Practice verbs with the prepositions "a" and "de" and direct object pronouns (COD) through exercises and conversation. Recommended: knowledge of present, futur, conditionnel (would/could), passe compose, and imparfait tenses.

12128	<b>Online</b>	ZOOM	10am-11:50am
Sat	1/10-3/14	Cariou	\$165

Text: *Ultimate French Verb Review and Practice 2nd ed*

## 9LAN 614D Keeping Up In French

Don't let your French language skills slip away! This class is entirely in French. We'll review past skills, including verb tenses, and focus on conversations about current events, literature and culture.

10812	<b>Online</b>	ZOOM	6:30pm-8:20pm
Wed	1/7-3/11	Machtelincx	\$165

## German

## 9LAN 614H German Conversation:

### Level 1

Enroll for a simple, fun, and useful intro to German conversation, grammar, vocabulary, and pronunciation. Class will focus on vocabulary and conversation for practical use and will introduce basic grammar. Ideal for beginners, but all are welcome to brush up on their German skills.

14272	<b>Online</b>	ZOOM	6pm-7:50pm
Mon/Wed	1/5-3/11	Burkic	\$195

No class 1/19.

## 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.

15277	<b>Online</b>	ZOOM	6pm-7:50pm
Tue	1/6-3/10	Burkic	\$155

## 9LAN 613T German Conversation:

### Level 4

Ready to take your German skills to a higher level? We'll build vocabulary and hone your speaking and listening skills in a fun and safe environment. In addition, we will explore German culture and life in Germany. Lass uns Spass haben.

13147	<b>Online</b>	ZOOM	10am-11:50am
Wed	1/14-3/4	Rebaum	\$135 + \$1 fee

Text: *Schaum's Outline of German Grammar 6th edition*

15189	<b>Rock Creek</b>	BLDG 2 245	10am-11:50am
Thu	1/15-3/5	Rebaum	\$135 + \$1 fee

Text: *Schaum's Outline of German Grammar 6th edition*

## 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.

14333	<b>Online</b>	ZOOM	10am-11:50am
Tue	1/6-3/10	Burkic	\$165



French Conversation





## 1-On-1 German Instruction



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

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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

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

Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### Anesa Burkic

Availability: Mon/Wed/Fri, 10am-5pm;  
Tue/Thu, 2:30pm-4:30pm

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.

13471	Online	1/5-3/21	Burkic	\$275
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## Irish Gaelic

### 9LAN 600X Irish Gaelic 2

Practice your conversational skills using simple sentences and common phrases on topics that relate to your life. Build skills to understand basic written accounts and learn how to write simple sentences on subjects that interest you.

### Irish Gaelic 2, continued

15237	Cascade	TEB 219	11am-12:50pm
Sat	1/10	Hart	
and	Cascade	TEB 219	11am-12:50pm
Sat	1/24	Hart	
and	Cascade	TEB 219	11am-12:50pm
Sat	2/7	Hart	
and	Cascade	TEB 219	11am-12:50pm
Sat	2/21	Hart	
and	Cascade	TEB 219	11am-12:50pm
Sat	3/7	Hart	
and	Cascade	TEB 219	11am-12:50pm
Sat	3/21	Hart	\$89

## Italian

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

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

13484	Online	ZOOM	5pm-6:50pm
Thu	1/8-2/26	Sargenti	\$115
11802	Sylvania	TCB 214	6:30pm-8:20pm
Thu	1/8-3/5	Heineck	\$129
12913	Willow Creek	WCC 225	6:30pm-8:20pm
Tue/Thu	1/6-2/5	Barker	\$145

### 9LAN 615B Italian Conversation: Level 2

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

11803	Cascade	TH 201	7pm-8:50pm
Tue	1/13-3/17	Ketcheson	\$155

### 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.

12129	Online	ZOOM	6pm-7:50pm
Tue	1/6-3/10	Finley	\$145

Text: *Learn Italian the Fast and Fun Way*

### 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 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.

12127	Online	ZOOM	6pm-7:50pm
Wed	1/7-3/11	Finley	\$155

Text: *Ultimate Italian: Beg-Int and Italian the Fast and Fun Way*

### 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.

14349	Online	ZOOM	6pm-7:50pm
Mon	1/5-3/16	Finley	\$165

No class 1/19. Text: *Ultimate Italian: Beg-Int*

### 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.

11114	CLIMB Center	CLIMB 301	10:30am-11:20am
Tue	1/13-3/3	Heineck	\$99

### 9LAN 615E Keeping Up in Italian

Don't let your Italian language skills slip away! This class is entirely in Italian and is suitable for anyone with three or more terms of Italian, or equivalent experience. What a great opportunity to practice and build fluency!

11441	CLIMB Center	CLIMB 301	1pm-2:50pm
Wed	1/14-3/4	Heineck	\$119

## Japanese

### 9LAN 611D Japanese Conversation: Level 1

Get a solid introduction to the Japanese language in a supportive environment. You'll develop basic listening and speaking skills.

10818	Online	ZOOM	6:30pm-8:20pm
Wed	1/7-3/4	Fuse	\$129

Class materials provided by the instructor.

11138	Online	ZOOM	6:30pm-8:20pm
Mon	1/5-3/9	Barrett	\$129

No class 1/19

### 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.

11588	Online	ZOOM	6:30pm-8:20pm
Thu	1/8-3/5	Fuse	\$139

Class materials provided by the instructor.

12374	Online	ZOOM	6:30pm-8:20pm
Wed	1/7-3/11	Barrett	\$155

### 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.

13464	Online	ZOOM	6:30pm-8:20pm
Tue	1/6-3/10	Barrett	\$165



SCAN HERE  
to register online

# Language and Culture

## 1-On-1 Japanese Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

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

Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### Chiho Murphy

Availability: Thu, 4pm-7pm; Fri/Sat, 9am-7pm

Chiho 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.

14155	Online	1/5-3/21	Murphy	\$275
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## Korean

### 9LAN 611F Korean Conversation: Level 1

Get a solid introduction to the Korean language in a supportive environment. We'll focus on basic conversation for practical use and provide an introduction to the writing system.

12798	Online	ZOOM	6:30pm-8:20pm
Tue	1/6-3/10	You	\$145

### Korean Conversation: Level 1, continued

12908	Online	ZOOM	6:30pm-8:20pm
Thu	1/8-3/12	Lim	\$145
14208	Online	ZOOM	6pm-7:20pm
Tue	1/6-2/24	Park	\$115

### 9LAN 611G Korean Conversation: Level 2

Take the next step in learning Korean. Engage in simple conversation, learn dates and times, sing traditional Korean songs and play traditional games. Students should have basic knowledge of Korean writing system and numbers.

11607	Online	ZOOM	6:30pm-8:20pm
Wed	1/7-2/25	You	\$155
14209	Online	ZOOM	6pm-7:20pm
Mon	1/5-2/23	Park	\$109

No class 1/19.

### Class Spotlight:

If you know the language of another country, you can see the world. They sing songs, share food, share cultures, understand each other and share joy with people from other countries. In Particular this spring term, the students in our class participated in the Korean singing contest, which added to the fun and enjoyed Korean food. I am proud of them!!

### 9LAN 600N Korean Conversation: Level 3

A continuation class for students who have taken Level 1 and/or Level 2. Class focus is on Korean phonology, grammar/punctuation and literature.

12944	Online	ZOOM	6:30pm-8:20pm
Thu	1/8-2/26	You	\$165

## 1-On-1 Korean Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

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

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## Instructor Profile and Availability

### Kyonghwa You

Availability: Tue, 10am-12pm; Wed, 12pm-2pm; Thu, 12pm-2:30pm; Sat, 11:30am-2pm

A native of Korea, Kyonghwa has been teaching Korean for 30 years. Whether it is teaching in Korean schools or for PCC, Kyonghwa is always ready to lead them through their language journey. Using fun teaching methods like K-pop songs, K-dramas and games, she teaches Hangul to new students and guides those who have already learned Hangul to expand their knowledge of the language. Each session allows students to achieve their daily learning goals and build on their foundation.

## 1-On-1 Korean Instruction Package

### 9LAN 605M 1-On-1 Korean Instruction: 5 Session Package

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

15207	Online	1/5-3/21	You	\$275
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## Portuguese (Brazilian)

### 9LAN 611H Portuguese Conversation: Level 1

Come learn the basics of Brazilian Portuguese, a versatile and dynamic language. You'll have fun and learn to speak right from the beginning.

14356	Online	ZOOM	6:30pm-7:50pm
Tue	1/27-3/17	McPherson	\$109
15236	Sylvania	TCB 215	6pm-7:50pm
Tue	1/20-3/10	Baroni	\$115

► You may also like **Brazilian Zouk for Beginners** on page 6



*[The instructor] brings her personal experience of the cultures Brazil and Portugal into the lessons.*

~ Portuguese student





## 9LAN 611I Portuguese Conversation: Level 2

Continue learning to converse in the beautiful language that is Brazilian Portuguese. Suitable for those who have completed Level 1 or have prior knowledge.

15232 **Online** ZOOM 6:30pm-7:50pm  
Wed 1/28-3/18 McPherson \$99

## Russian

### 9LAN 611K Russian Conversation: Level 1

Discover the historic Russian language within the context of rich Russian culture. This is a great introduction that covers language, culture, the alphabet, numbers and travel terminology.

10813 **Online** ZOOM 6pm-7:50pm  
Thu 1/8-3/12 Bogdanovich W \$145

### 9LAN 612H Russian Conversation: Level 2

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

12275 **Online** ZOOM 6pm-7:50pm  
Tue 1/6-3/10 Bogdanovich W \$155

### 9LAN 613W Russian Conversation: Level 3

This continuing class offers a third level of Russian conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

14202 **Online** ZOOM 6pm-7:50pm  
Mon 1/5-3/16 Bogdanovich W \$165  
No class 1/19.

## 1-On-1 Russian Instruction



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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

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Review the complete refund/drop policy on page 3.

## Instructor Profile and Availability

### Elena Bogdanovich Werner

Availability: Wed/Fri, 4pm-7pm

Elena is a native speaker of Russian and has been teaching Russian at PCC Community Education since 1994. She holds Ph.D in Germanic languages.

## Spanish Conversation



Her goal is to get students to enjoy communicating in Russian and navigating through Russian grammar and sound system reflected in a different alphabet.

## 1-On-1 Russian Instruction Package

### 9LAN 605T 1-on-1 Russian Instruction: 5 Session Package

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

15211 **Online** 1/5-3/21 Bogdanovich \$275

## Spanish

### 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.

10788 **Online** ZOOM 9am-10:20am  
Mon 1/5-3/16 Galindo \$109  
No class 1/19. Text: *Spanish Now! Level 1* 9th ed

12156 **Online** ZOOM 1pm-2:50pm  
Thu 1/8-3/12 Bensel \$145  
Text: *Practical Spanish Grammar*

13503 **Online** ZOOM 6pm-7:50pm  
Thu 1/8-3/12 Riley \$145  
Text: *Spanish Now! Level 1* 8th ed

12392 **Southeast** TABOR 125 10am-11:50am  
Mon 1/5-3/16 Sonera \$145  
No class 1/19. Text: *Spanish Now! Level 1* 9th ed

12393 **Southeast** TABOR 139 6pm-7:50pm  
Wed 1/7-3/11 Sonera \$145  
Text: *Spanish Now! Level 1* 9th ed

13588 **Southeast** TABOR 143 10am-11:50am  
Wed 1/7-3/11 Sonera \$145  
Text: *Spanish Now! Level 1* 9th ed

### Spanish Conversation: Level 1, continued

13465 **Willow Creek** WCC 205 6:30pm-8:20pm  
Tue 1/6-3/10 Sotelo \$145

Text: *Spanish Now! Level 1* 9th ed

► You may also like [Spanish Tapes](#) on page 26

### 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.

12799 **Online** ZOOM 6:30pm-8:20pm  
Wed 1/7-3/11 Bensel \$149

Text: *Practical Spanish Grammar*

14041 **Online** ZOOM 6:30pm-8:20pm  
Tue 1/6-3/10 Bensel \$149

Text: *Practical Spanish Grammar*

15190 **Online** ZOOM 6:30pm-8:20pm  
Mon 1/5-3/16 Bensel \$149

No class 1/19. Text: *Practical Spanish Grammar*

### 9LAN 615I Spanish Conversation: Level 2

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

12341 **Online** ZOOM 12pm-1:20pm  
Mon 1/5-3/16 Galindo \$119

No class 1/19. Text: *Spanish Now! Level 1* 9th ed

12344 **Online** ZOOM 6pm-7:20pm  
Mon 1/5-3/16 Merlo Flores \$125

No class 1/19, 2/16, 2/23. Text: *Spanish Now! Level 1* 9th ed

13504 **Online** ZOOM 6pm-7:20pm  
Wed 1/7-3/18 Merlo Flores \$139

No class 2/18, 2/25. Text: *Spanish Now! Level 1* 9th ed

10789 **Southeast** TABOR 139 12:30pm-2:20pm  
Thu 1/8-3/12 Sonera \$155

Text: *Spanish Now! Level 1* 9th ed

13590 **Southeast** TABOR 139 6pm-7:50pm  
Mon 1/5-3/16 Sonera \$155

No class 1/19. Text: *Spanish Now! Level 1* 9th ed

11962 **Willow Creek** WCC 204 6:30pm-8:20pm  
Thu 1/8-3/12 Sotelo \$155

Text: *Spanish Now! Level 1* 9th ed





SCAN HERE  
to register online

# Language and Culture

## 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.

12330	<b>Online</b>	ZOOM	1pm-2:50pm
Fri	1/9-3/13	Bensel	\$159

Text: *Practical Spanish Grammar*

13587	<b>Online</b>	ZOOM	9am-10:20am
Wed	1/7-3/11	Galindo	\$129

Text: *Spanish Now! Level 1 9th ed*

14211	<b>Online</b>	ZOOM	6pm-7:50pm
Wed	1/7-3/11	Riley	\$159

Text: *Spanish Now Level 2 2nd ed*

## 9LAN 615K Spanish Conversation: Level 3

This continuing class offers a third level of basic Spanish conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

11457	<b>Online</b>	ZOOM	2pm-3:20pm
Mon	1/5-3/16	Galindo	\$129

No class 1/19. Text: *Spanish Now! Level 1 9th ed*

12948	<b>Online</b>	ZOOM	6pm-7:50pm
Tue	1/6-3/10	Sonera	\$165

Text: *Spanish Now! Level 1 9th ed*

13589	<b>Southeast</b>	SCOM 234	10am-11:50am
Tue	1/6-3/10	Sonera	\$165

Text: *Spanish Now! Level 1 9th ed*

14217	<b>Willow Creek</b>	WCC 225	6:30pm-8:20pm
Wed	1/7-3/11	Sotelo	\$165

Text: *Spanish Now! Level 1 9th ed*

## 9LAN 615L Spanish Conversation: Level 4

Ready to take your Spanish skills to a higher level? We'll build vocabulary and hone your speaking and listening skills in a supportive environment. For students with three or more terms of Spanish, or equivalent experience.

11460	<b>Online</b>	ZOOM	12pm-1:20pm
Wed	1/7-3/11	Galindo	\$129

12140	<b>Online</b>	ZOOM	6pm-7:50pm
Mon	1/5-3/16	Riley	\$165

No class 1/19.

14218	<b>Online</b>	ZOOM	6:30pm-8:20pm
Thu	1/8-3/12	Bensel	\$165

Text: *Practical Spanish Grammar*

12394	<b>Southeast</b>	SCOM 316	10am-11:50am
Thu	1/8-3/12	Sonera	\$165

Text: *Spanish Now! Level 2, 3rd ed*

## 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.

11798	<b>Online</b>	ZOOM	2pm-3:20pm
Wed	1/7-3/11	Galindo	\$129

## Senior Discount

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

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

## 9LAN 601H Advanced Spanish: Culture Exploration

Expand your Spanish speaking skills while exploring the rich Hispanic culture. We will discuss visual arts, music, poems, legends, books as well as delve into the history, politics and traditions of Latin America and Spain. Recommended for students levels 4 or above.

12391	<b>Online</b>	ZOOM	5pm-6:20pm
Wed	1/7-3/11	Peche	\$129

## 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.

13505	<b>Online</b>	ZOOM	6pm-7:50pm
Tue	1/6-3/10	Riley	\$165

Text: *Learn Spanish the Fast and Fun Way*

## 1-On-1 Spanish Instruction



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

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

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

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

Review the complete refund/drop policy on page 3.

## Instructor Profiles and Availability

### Mario Galindo

Availability: Tue/Thu, 9am-4pm; Fri, 9am-1pm

Mario is a Guatemalan professor who has been teaching Spanish for nearly 15 years. He is passionate, creative and conscious of his students' learning skills. He believes the process of learning Spanish is another route to approach and engage with people because monolingualism is curable.

### Gina Sonera

Availability: Mon-Wed, 1pm-3pm; Thu, 3pm-6pm; Fri, 9am-5pm

Gina is a veteran teacher who holds a Bachelor's degree in Spanish and Master's degree in

Education. Her goal is to get students to connect, engage, and communicate in Spanish through a variety of activities in a relaxed environment. Creativity, passion and humor are part of her "receta" (recipe) for learning a language. Release your fears and open yourself up to the community at your doorstep.

### Rasec Urbina Benton

Availability: Thu, 9am-10am, 2pm-6pm

Rasec is a native Spanish speaker and a former business executive who holds a Master degree in Marketing. She loves sharing knowledge about the Spanish language and has teaching and tutoring experience. Her love of being an educator may have been born within her family since her dad, mother, sister and a few aunts are Professors! She believes learning should be fun and enjoyable. Rasec is very willing to assist others with the challenging aspect of learning a new language. Tell her your goals, and she will help you, encourage you, coach you with great positive and enthusiastic energy to achieve them.

## 1-On-1 Spanish Instruction Packages

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

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

12135	<b>Online</b>	1/5-3/21	Galindo	\$275
12136	<b>Online</b>	1/5-3/21	Urbina Benton	\$275
12523	<b>Online</b>	1/5-3/21	Sonera	\$275

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

12133	<b>Online</b>	1/5-3/21	Galindo	\$499
12134	<b>Online</b>	1/5-3/21	Urbina Benton	\$499
12522	<b>Online</b>	1/5-3/21	Sonera	\$499

## Online Language Classes with Ed2Go

### Schedule:

Classes begin monthly with twice-weekly lessons.

### Fee Per Class:

· Refer to [ed2go.com/portlandcc](http://ed2go.com/portlandcc) for pricing.

### Register:

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

### Classes Offered Include:

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



# Portland Area Adventures and Get Out of Town

*Instructor: Marcus Bingham*

Marcus is a natural explorer, born in Oregon and raised in Portland. He left for 15 years, returning with a PhD in forestry. Marcus spent much of that time away conducting research and teaching labs for economics, biology, and natural resource courses, before returning to Oregon and falling into the wine industry for two years, after which he became a tour guide to spend more time outdoors. His tours tend to be off-the-beaten-path, often including wine tasting, with a solid foundation of natural history, cultural history, geography, enology, and engineering/architecture, with a little humor thrown in now and then so things don't get too serious. When he's not guiding, he spends his time parenting, climbing, hiking, and learning.

► [Find this class on page 45](#)

**Arts  
Explorations**  
page 43

**Portland  
Area  
Adventures**  
page 44

**Get Out of  
Town**  
pages 44-45



SCAN HERE  
to register online

# Local Adventures

## Arts Explorations

### NEW CLASS LOCAL ADVENTURE

#### 9VV 621P Theater for Everyone: The Play That Goes Wrong

Join Literary Manager and Dramaturg Kamilah Bush in an exploration of how theatrical mishaps and comedic chaos become the key ingredients in the recipe for a successful Broadway hit. Includes a backstage tour and performance.

15340	<b>Online</b>	ZOOM	7pm-8:50pm
Wed	1/21-2/4	Bush	
and	<b>NW Portland</b>	PORTCS THEATER	5pm-9:20pm
Wed	1/28	Bush	\$129

1/28 Backstage tour 5pm then dinner break; show 7:30pm.

► You may also like [Theater](#) classes on page 8



#### Instructor Spotlight: Kamilah Bush

Kamilah invites students to experience theater from several angles. With a degree in theater education and deep experience as a dramaturg and playwright, she welcomes students to contribute their curiosities and reflections. The first session of class is a conversation about the play's historical context and a behind-the-scenes glimpse into the making of the show. In the session after seeing the show, class will discuss how the themes and ideas of the first session were actualized in the production.



*I really enjoyed  
the course,  
learned a lot  
and highly  
recommend it.*

~ Arts Explorations student







Portland Area Adventures

# Portland Area Adventures

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

## 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.

15274	<b>NE Portland</b>	TERTRA	9:15am-12:45pm
Sat	1/10	Bingham	\$79

Questions: [info@terrantravels.com](mailto:info@terrantravels.com)

► You may also like **Photographing Portland** on page 9

## 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.

14268	<b>NE Portland</b>	TERTRA	3pm-6pm
Sat	2/21	Bingham	\$60

Questions: [info@terrantravels.com](mailto:info@terrantravels.com)

# Get Out of Town

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

## NEW CLASS LOCAL ADVENTURE

### 9WV 621N **Willamette Valley Wine and Whiskey**

Wine? Whiskey? Both? There is something for both palates as we visit at least two vineyards and one distillery. Your guide will introduce to the Willamette Valley AVA and provide you with the background, history, terroir and character of Willamette Valley wine.

15304	<b>NE Portland</b>	TERTRA	10am-5pm
Sat	1/17	Bingham	\$199

Lunch is included; Tasting fees are not.

## LOCAL ADVENTURE

### 9WV 621M **Explore Left Coast Cellars**

Bundle up and spend your Saturday at Left Coast Cellars, an enormous and sustainable Oregon vineyard. Enjoy a hayride through the vineyard, spy farm animals, dine on wood-fired pizza and of course, taste their exceptional wines!



SCAN HERE  
to register online

## Explore Left Coast Cellars, continued

15142	<b>Rickreall</b>	LFTCOA WINE	11am-12:50pm
Sun	3/15	Palmer	\$89

Must reg/drop by 3/13.

15143	<b>Rickreall</b>	LFTCOA WINE	2pm-3:50pm
Sun	3/15	Palmer	\$89

Must reg/drop by 3/13.

► You may also like **Wine History** classes on page 27

## NEW CLASS LOCAL ADVENTURE

9SPR 630H **Northern Oregon Coast: Astoria / Lewis & Clark Day Trip**  
Explore the rich history and beauty of Astoria. The itinerary includes visits to The 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.

15280	<b>NE Portland</b>	TERTRA	9am-7pm
Sun	2/15	Bingham	\$159

Questions: info@terrantravels.com

► You may also like **Nature** classes on page 28

## 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.

15275	<b>NE Portland</b>	TERTRA	1:15pm-5:15pm
Sat	1/10	Bingham	\$89

Questions: info@terrantravels.com.

## 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.

15359	<b>NE Portland</b>	TERTRA	9am-6pm
Sun	1/25	Bingham	\$139

Questions: info@terrantravels.com

## LOCAL ADVENTURE

### 9WV 620H **Mt. Hood Waterfall and Wine**

Come drink wine, cider, or beer, while learning about the natural history, cultural history and wine background of the Mt. Hood area as you drive Scenic Byways. Visit Timberline Lodge on Mt. Hood, two vineyards in the Hood River Valley, and Multnomah Falls, the tallest waterfall in Oregon.

13555	<b>NE Portland</b>	TERTRA	9am-5pm
Sun	2/8	Bingham	\$180

Lunch and a glass of wine is provided; tasting fees are not.

## 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.

15279	<b>NE Portland</b>	TERTRA	9am-5pm
Sat	1/31	Bingham	\$139

Questions: info@terrantravels.com.



Get Out of Town





# Snowshoeing

*Instructor: Trisha Schales*

Since 2020, Trisha has been a dedicated Professional Guide committed to sharing the transformative power of the outdoors. Recognized with the prestigious REI Guide of the Year Award in 2024, she brings over 6,000 miles of backcountry experience and extensive Search and Rescue expertise to every adventure. Her passion is to inspire confidence, promote responsible recreation and make life-long memories exploring the wilderness.

► [Find these classes on pages 54-55](#)

## Adult 55+ Fitness

pages 47-48

## Health

pages 48-49

## Mind-Body Wellness

pages 49-51

## Sports

pages 51-65

## Work Out

pages 55-57





SCAN HERE  
to register online

# Recreation and Wellness

## Adult 55+ Fitness

Oregon Residents 62 and older when classes begin may receive a 50% tuition discount. More info: [pcc.edu/senior](http://pcc.edu/senior).

► You may also like [How to Stay Safe on the Internet](#) on page 18

### 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.

13524	<b>Online</b>	ZOOM	12:30pm-1:20pm
Tue	1/6-3/10	Zapata-Wilson	\$135

### 9WO 626D **Senior Stretching, Balance and Brain Challenge**

Discover the interconnection between physical strength and balance and brain acuity and balance. By combining physical and mental exercises, you can expect to feel stronger, sharper and revitalized. Looking forward to stretching, rolling, and challenging both body and mind!

### **Senior Stretching, Balance and Brain Challenge, continued**

14085	<b>Online</b>	ZOOM	12:30pm-1:20pm
Thu	1/8-3/12	Zapata-Wilson	\$135

► You may also like [Art Journaling](#) on page 12

### 9WO 626E **Chair Yoga**

Whether you sit at a desk often, have mobility issues preventing you from lowering to the floor, or if you just want to try a new approach to movement, chair yoga is for you. We will move breathe and pay attention without judgement and even have a few laughs.

15348	<b>Online</b>	ZOOM	9am-9:50am
Thu	1/8-3/12	Elaine	\$135

### 9WO 624W **Gentle Toning and Stretching**

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

11120	<b>Online</b>	ZOOM	1pm-1:50pm
Fri	1/9-3/13	Wagoner	\$135

### 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.

11111	<b>Online</b>	ZOOM	9am-9:50am
Wed/Fri	1/7-3/13	Nishikido	\$169

### **Zumba Gold, continued**

11112	<b>Online</b>	ZOOM	9am-9:50am
Mon	1/5-3/16	Nishikido	\$135
No class 1/19.			

11970	<b>Southeast</b>	TABOR 102	9:30am-10:20am
Sat	1/10-3/14	Nishikido	\$135

### 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.

12931	<b>Rock Creek</b>	BLDG5 111	9am-11:50am
Sat	1/31	Nadal	\$39

### 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.

12356	<b>Online</b>	ZOOM	9am-9:50am
Mon/Wed	1/5-3/16	Nadal	\$155
No class 1/19, 2/9, 2/11.			



## 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.

13565	Online	ZOOM	6:30am-7:20am
Tue/Thu	1/6-3/12	Nadal	\$155

No class 2/10, 2/12.

## 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.

10823	Online	ZOOM	11am-11:50am
Tue/Thu	1/6-3/12	Kaplan	\$169
11259	Online	ZOOM	10am-10:50am
Tue/Thu	1/6-3/12	Kaplan	\$169
11442	Online	ZOOM	11:30am-12:20pm
Mon/Wed	1/5-3/11	Kaplan	\$165
No class 1/19.			
12142	Online	ZOOM	10:30am-11:20am
Wed	1/14-3/18	Williams	
and	Online	ZOOM	9:30am-10:20am
Fri	1/16-3/13	Williams	\$169
No class 2/11, 2/13.			
12955	Online	ZOOM	9am-9:50am
Tue/Thu	1/6-3/19	Williams	\$169
No class 2/10, 2/12.			
15358	Online	ZOOM	5pm-5:50pm
Thu	1/8-3/19	Williams	\$135

No class 2/12.

▶ You may also like [Drawing From The Human Skeleton](#) on page 11

## Health

### 9HW 614R Energy Healing 101

Learn to use the energy that naturally flows from your hands to support your body's own healing ability. Get a sampling of astrology, human design and moon cycles. Geek out on energy with a Reiki Master and a community of curious seekers.

12120	Online	ZOOM	5:30pm-6:50pm
Thu	1/15-1/29	Nahoku	\$99

### 9HW 601G Breathwork for a Balanced Life

This Energy Center/Chakra Balancing class will guide you on how the seven energy centers in our body can influence our overall health. We will be using an "Active Breath" technique and a curated playlist to clear and align your body, mind and spirit. This is not a meditation class.

12951	Online	ZOOM	6pm-7:20pm
Wed	1/14-3/4	Perrault	\$155

### 9HW 601U Lower Cholesterol Naturally

Are you diagnosed with or worried about high cholesterol, high triglycerides, or metabolic syndrome? Learn about the healing properties of foods that reduce the risk of disease. Add new foods and lifestyle habits each week and then discuss your experience.

15362	Southeast	TABOR 138	9:30am-11:20am
Sat	1/24-2/14	Ferruzzi	\$89
15349	Sylvania	TCB 213	9:30am-11:20am
Sat	2/28-3/21	Ferruzzi	\$89

### 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.

12361	Online	ZOOM	6:30pm-8:50pm
Tue	2/10-2/24	Dittmer	\$79

## 1-On-1 Health Coaching



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

Feel your best with your own personal health coach! Whether you would like to eat better, exercise more, reduce stress, increase your energy, or to tackle other life challenges, your personal coach is dedicated to helping you succeed. Our certified health and wellness coaches are here to give you structure, provide accountability and empower you to achieve your goals.

### Program Details:

- First session: initial consultation and appraisal
- The first two sessions will be one hour in length (meeting via phone or video, your choice!) and up to 45 minutes in the following weeks.
- Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take place before the end of the term. If PCC is not able to make up your session, you will not be granted a refund.
- For more details, please visit: [pcc.edu/community/1-on-1-classes/health-coaching/](http://pcc.edu/community/1-on-1-classes/health-coaching/)

### Refund/Drop Policy:

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

Review the complete refund/drop policy on page 3.

## Health Coach Profiles and Availability

### Julie Browning

Availability: Mon/Tue/Thu, 8am-5pm

Julie is a National Board-Certified Health and Wellness Coach, specializing in helping individuals who feel stuck, overwhelmed, or unsure how to move forward with their health and wellness. She has experience working with:

The Health Coach approach helps clients make changes to the way they eat, move, manage stress, sleep, etc. by taking small steps grounded in the client's strengths, available resources and internal motivations. When Julie isn't Health Coaching she is watching her daughter play basketball, riding her mountain bike or trail running with her dog.

### Tiffini Gibbs

Availability: Mon/Wed, 8am-5pm; Tue, 11am-4pm; Thu, 10am-4pm; Fri, 10am-3pm

Tiffini is a Level 2 Precision Nutrition Coach and ACSM certified personal trainer. She is also a Wellcoaches Health and Wellness Coach.

Tiffini believes everyone has their own unique strengths and talents to draw from to help them reach their goals. She is passionate about helping clients bring those to the surface, and discovering what else is needed to create sustainable habits that move towards being your healthiest physically, mentally and emotionally.

## 1-On-1 Health Coaching Packages

### 9HW 601F Health Coaching - Getting Started: 5 Session Package

Are you having trouble starting or maintaining a desired way of life? Research shows that accountability is a major factor in motivating healthy habit changes. That's why your personal Wellness coach will help you develop and start a targeted wellness plan. Find the routine that works for you and get the support you need to make systematic changes that will reap lifelong benefits.

12922	Online	1/5-3/21	Browning	\$375
15205	Online	1/5-3/21	Gibbs	\$375

### 9HW 601D Health Coaching - Nutritional Wellness: 5 Session Package

Whether you would like support with following a specific diet (low-glycemic, vegan, gluten free, reduced sodium, etc.) or are just looking to learn more about healthy eating, your Wellness coach will help you to understand what nutrients your body needs and how to get them. Learn how to meal plan on a budget or how to manage your weight without sacrificing enjoyment of food. Eating right can create a ripple effect on your health, leading to increased vitality, healthier skin, improved digestion, more restful sleep and a better immune system.

12920	Online	1/5-3/21	Browning	\$375
12919	Online	1/5-3/21	Gibbs	\$375



SCAN HERE  
to register online

# Recreation and Wellness

## 9HW 601E Health Coaching - Stress Management: 5 Session Package

Do you feel overwhelmed with all that life is throwing at you? Is stress affecting your overall quality of life, reducing your productivity or causing health problems? We can't remove all of the obstacles in our lives but we can fortify our resilience so that we are ready to take on whatever comes. Your Wellness coach will help you develop healthy habits for reducing stress, building positive relationships and re-energizing healthy behaviors. There are many techniques for improving mental and social well-being, but they all require intention and commitment. You are stronger than you know and our coaches want to prove it to you!

12921 Online 1/5-3/21 Browning \$375

12923 Online 1/5-3/21 Gibbs \$375

## 9HW 601N Health Coaching - Women Over 40: 5 Session Package

Your personal wellness coach is here to help you navigate your changing body from Peri-menopause 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.

13470 Online 1/5-3/21 Browning \$375



### Instructor Spotlight: Julie Browning

Julie has been health coaching for over 10 years. She enjoys helping people make sustainable lifestyle changes around nutrition, stress management, sleep, emotional health, and exercise. She especially loves supporting women 40+ as they learn to understand and work with their bodies and thrive through life's changes. Her coaching is all about practical strategies, encouragement, and lasting results so you can feel your best at every stage.

# Mind-Body Wellness

## 9MBF 618U The Alexander Technique:

### Turn Tension into Ease

Are you ready to feel more comfortable in your body? You may want less of something (chronic pain, trauma) or more of something (professional skill, presence, artistry). This class will address unnecessary tension and provide practical tools to create change in the quality of your life.

15361 Online ZOOM 9:30am-10:45A  
Sat 1/10-3/14 Butler-Denman \$189

No class 2/14, 2/28.

► You may also like [Beginning Ballet](#) on page 6

► You may also like [What Every Musician Needs to Know About the Body](#) on page 7

## 9MBF 620A NIA

Enter the enriching and joyful journey of NIA to shape the way you feel, look, think and live. NIA uses a system of moves to deliver full-body conditioning leaving you energized, mentally clear and emotionally balanced. It is a powerful fusion of the martial, dance and healing arts to provide a safe, exciting and fun fitness program.

13573 Online ZOOM 6pm-6:50pm  
Mon 1/5-3/16 Gonzalez \$135

No class 1/19.

## 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.

14261 Online ZOOM 5:30pm-7:50pm  
Thu 2/5-2/19 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.

12339 Online ZOOM 5:30pm-7:50pm  
Thu 2/26-3/12 Nahoku \$322

## 9MBF 601M Roll and Restore

Get out your yoga props for restorative yoga and myofascial release rolling to regenerate and replenish. Open up your body to shapes that promote respiratory and circulatory wellness including rolling to get in deep touch with your holding patterns and flush them out. All levels welcome.

15355 Online ZOOM 12pm-12:50pm  
Wed 1/14-3/18 Williams \$155  
No class 2/11.

## 9MBF 601G Beginning Karate

Learn the basics of Karate in a fun and safe environment. We will focus on building self-confidence, self-control and self-defense skills such as blocks, kicks and Katas. Through this course you will see increased strength, balance and endurance. No previous experience or uniform needed.

15350 Sylvania HT 131 6:30pm-7:50pm  
Mon 1/5-3/2 Miranda \$129  
No class 1/19.

## 9MBF 618V Improved Postural Alignment for Runners and Walkers

Learn tips to improve postural alignment to help you run or walk with greater ease and less risk of injury. Workshop will draw from principles of ChiRunning(R) and ChiWalking(R) and will also include gentle yoga poses and simple breathing techniques. All levels welcome, but participants should be able to get up and down from the floor with ease.

12358 Online ZOOM 6pm-7:50pm  
Wed 3/11 Diffely \$29

# Qigong and Tai Chi

### UPDATED CLASS

## 9MBF 600L Cloud Hands Yang Style Long Form, First Half of Part 2

This is the most expressive and fluent part of an old Yang family form which is now practiced as the Cloud Hands long form. This class focuses on mindful, coordinated movement and the development of Chi or energy, also translated as life force. All levels welcome.

15353 Online ZOOM 4pm-5:20pm  
Wed 1/7-3/11 Holder \$169



Karate





## Vinyasa Yoga



### 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.

14258	<b>Southeast</b>	TABOR 102	1pm-2:20pm
Fri	1/9-3/13	Holder	\$169



#### Instructor Spotlight: Catherine Holder

Tai Chi and Qigong are movement based practices incorporating both imagery from nature and components of martial arts. There is an emphasis on intentional movement, posture, breathing and whole body activity. Catherine's entire life has been about movement, first as a professional dancer, then as a Physical Therapist and now as a practitioner and teacher of Tai Chi and Qigong. She is focused on helping others to move and is constantly learning from her students as they go through the process of learning these forms.

### 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.

### Tai Chi Beginning: Yang Style 24 Movement Form, continued

13460	<b>Sylvania</b>	HT 131	10am-11:20am
Sat	1/10-3/14	Holder	\$169

### 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.

12360	<b>Online</b>	ZOOM	9am-9:50am
Sat	1/10-2/28	Holder	\$109

### 9MBF 617Q Tai Chi Chuan: 40 Movement Yang Style

This Yang style form continues to emphasize mindful, fluid and continuous motion. Balance, posture, coordination and breath are all components of this form with some slightly more complex movements than the 24 form. Beginners welcome.

15352	<b>Sylvania</b>	HT 131	11:30am-12:50pm
Sat	1/10-3/14	Holder	\$169

## 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.

11806	<b>Cascade</b>	CAGYM 201	7:30pm-8:20pm
Tue	1/13-3/10	Winalski	\$109
No class 1/27.			

15351	<b>Cascade</b>	CAGYM 201	10:30am-11:50am
Wed	1/21-2/18	Yun	\$99

12340	<b>Online</b>	ZOOM	12pm-12:50pm
Wed	1/7-3/11	Wagoner	\$135

### 9MBF 619Z Gentle Yoga for Beginners and Every Body

This gentle yoga class is designed to meet the needs of beginners and bigger bodies. We will explore gentle yoga poses and breath work to calm the nervous system. We will introduce modifications to allow for ease allowing students to develop a home practice and confidence to join other yoga classes.

12879	<b>Online</b>	ZOOM	10am-11:20am
Sun	1/11-3/15	Josi	\$165

### 9MBF 602Q Hatha with Props for Strength and Mobility

Explore poses with the use of props, focusing on mobility and strength. We look for accessible ways to work in poses and listen to the body's intuition. Self-reliance is a huge part of building a skillful self-practice. See extended description for props.

14088	<b>Online</b>	ZOOM	12pm-12:50pm
Mon	1/5-3/16	Yun	\$135
No class 1/19.			

### 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.

15356	<b>Online</b>	ZOOM	5pm-6:20pm
Tue	1/13-3/17	Williams	\$135
No class 2/10.			

### 9MBF 602U Kundalini Yoga

Kundalini Yoga is a powerful practice that enhances physical strength, digestive health, emotional well-being, cognitive function and calms the nervous system. It involves specific sequences of postures, breathwork, mantras and meditations that awaken your Kundalini energy.

15228	<b>Sylvania</b>	HT 131	6pm-7:15pm
Wed	1/21-3/11	Baroni	\$155

### 9MBF 602R Vinyasa Yoga

Get your heart flowing! In this class, we will warm up with drills and then go into a flow sequence where we learn to allow ourselves grace. We finish class with poses that down-regulate our parasympathetic nervous system.

14089	<b>Cascade</b>	CAGYM 201	12pm-12:50pm
Fri	1/9-3/13	Yun	\$135

### 9MBF 602I Yoga for Nurturing Your Inner Child

Seek to transform suffering derived from painful early life experiences into compassion for yourself and others through yoga sequences inspired by meditation master Thich Nhat Hanh's book "Reconciliation: Healing the Inner Child." All levels are welcome, but participants should be able to get down to and up from the floor with ease.

12952	<b>Online</b>	ZOOM	6pm-7:20pm
Tue	2/17-3/10	Diffely	\$79



SCAN HERE  
to register online

# Recreation and Wellness

## 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.

15354	<b>Online</b>	ZOOM	12pm-12:50pm
Tue	2/3-3/10	Sugg	\$79

## 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.

15365	<b>SE Portland</b>	YMCASE WEIGHT	6pm-6:50pm
Mon	1/5-3/2	Somoano	\$105 + \$15 fee

No class 1/19.

## 9MBF 616F **TRE(R) and Yoga for a Calmer Nervous System**

Learn tools to manage mild and moderate stress. Enhance the calming effects of yoga by blending it with TRE(R) (Tension and Trauma Releasing Exercises), a unique, movement-based approach to down-regulating the nervous system. Participants should be able to get down to and up from the floor with ease.

12126	<b>Online</b>	ZOOM	6pm-7:20pm
Tue	1/6-2/3	Diffely	\$115

Yoga mat and a straight-backed chair suggested.

## 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.

11455	<b>Online</b>	ZOOM	7am-7:50am
Wed	1/7-3/11	Diffely	\$129

Mat, chair, blocks, strap, and blanket.

## 1-On-1 Yoga Lessons



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

Private lessons are an excellent way to get started with yoga or to deepen your practice. Our knowledgeable and welcoming instructors will be your personal resource for exploring this ancient practice, which has been proven to help improve mental health, reduce stress, and increase overall wellness. All levels welcome.

### Program Details:

- Sessions will be 50 minutes in length and will be delivered remotely through Zoom.
- Individual sessions must be canceled with your instructor 24 hours in advance. Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take

place before the end of the term. If PCC is not able to make up your session, you will not be granted a refund.

- For more details, please visit:  
[pcc.edu/community/1-on-1-classes/private-yoga/](http://pcc.edu/community/1-on-1-classes/private-yoga/)

### Registration/Scheduling Process:

- 1 Review the yoga instructor profiles and availability and choose an instructor.
- 2 Select a package and register for your selected instructor's corresponding CRN.

### Refund/Drop Policy:

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

Review the complete refund/drop policy on page 3.

## 1-On-1 Yoga Lesson Instructor Bios and Availability

### Catherine Borlant

Availability: Mon/Wed, 10am-12pm; Fri, 11am-1pm

Catherine has been teaching body-mind fitness classes for the past 21 years and specialized in yoga in 2006 when she trained to be certified in the U.S. and in India. She has taught a variety of classes, including Tai-Chi for better balance, Power Yoga, Gentle Yoga, and more. She is passionate about finding the right combination of movement and meditation to help her clients heal, strengthen, gain flexibility and the power they need to connect their body-mind and heart.

### Robin Dodson

Availability: Wed, 12pm-2pm; Thu, 9am-2pm

Robin is a Registered Yoga Teacher who began practicing nearly 20 years ago. Robin's classes are smooth and calming with a focus on fluidity. She will customize a powerful practice that can be challenging but accessible for all. While guiding students through the physical movements of traditional yoga, she will teach the benefits of connecting the mind and body with the breath.

### Liz Eisman

Availability: Mon, 7am-8am; Tue, 7am-11am, 1pm-3pm; Wed, 8am-1pm; Thu, 1:30pm-4:30pm; Fri, 11am-3pm

Liz Eisman is a licensed massage therapist, yoga instructor, somatic coach, Realization Process

meditation teacher and TRE® practitioner. Liz has been supporting individuals and groups for more than two decades, blending her knowledge of nervous system regulation, trauma recovery, mindfulness, and communication. With a focus on awareness, internal imagery, and self-compassion, Liz supports accessible and effective movement practices. Liz loves to meet people where they are and gently guide them toward their growing edge.

## 1-On-1 Yoga Lesson Packages

Get one-on-one support from an advanced yoga instructor. Whether you want to increase your range of motion, reduce pain, build strength, or improve mental health, your instructor will customize each session to help you reach those goals.

### 9MBF 616G 1-On-1 Yoga Lessons:

#### 5 Session Package

15040	<b>Online</b>	1/5-3/21	Borlant	\$275
12125	<b>Online</b>	1/5-3/21	Dodson	\$275
12329	<b>Online</b>	1/5-3/21	Eisman	\$275

### 9MBF 616H 1-On-1 Yoga Lessons:

#### 10-Session Package

12243	<b>Online</b>	1/5-3/21	Borlant	\$499
12130	<b>Online</b>	1/5-3/21	Dodson	\$499
12328	<b>Online</b>	1/5-3/21	Eisman	\$499

## Sports

### NEW CLASS | NEW INSTRUCTOR

## 9SPR 600R Introduction to Backpacking in the Pacific Northwest

Ready to explore our amazing Pacific Northwest trails but unsure where to start? We'll go over everything a beginner needs to know, from trip planning, risk assessment, gear, leave no trace principles and much more.

15465	<b>Corbett</b>	GUYTAL PARK	10am-2:50pm
Fri	3/20	Schales	\$109

► You may also like [Ecoregions of Oregon](#) on page 28



*Teacher was interesting and shared her passion and knowledge with us. I left each class feeling good about myself and ways to apply the Kundalini Yoga philosophy to stressful situations.*

~ Kundalini Yoga student





## NEW CLASS NEW INSTRUCTOR

### 9SPR 600S Introduction to Map and Compass Navigation

Have you been carrying a compass in your pack without a clue how to use it? This one is for you! Without the skills you're carrying dead weight. Navigational skills are perishable skills, if it's been years since you last picked up your compass, this will be a great refresher course for you.

15464	<b>Southeast</b>	TABOR 139	10am-1:50pm
Sat	3/14	Schales	\$80

► You may also like **Ecopsychology: Skills for Climate Resilience** on page 31

### 9SPR 610V Fly Fishing

Interested in fly-fishing, but not sure how to start? Learn about water, fish, gear, casting, techniques, then: go fish! We cover basics on Zoom, then cast and fish in person. All equipment provided.

13488	<b>Cascade</b>	TH 208	6pm-8:20pm
Tue	2/24-3/10	Parish	
and	<b>Cascade</b>	CAGYM 110	6pm-8:20pm
Tue	3/17	Parish	\$109

### 9SPR 620Z Horseback Riding: Level 1

Come enjoy the beauty of horseback riding. Designed to teach riding to beginning riders with little or no experience and those who have experience riding. Additionally, you will learn horse anatomy, mechanics of the horse, horse behavior, proper care and nutrition.

13572	<b>Hillsboro</b>	GLENMR ARENA	10am-11:30am
Sat	1/31-3/14	Hepner-Hart	\$630

200lb max; helmets and boots required. No class 2/28.

### 9WO 610K Fencing: Level 1 Intro 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.

13564	<b>Tigard</b>	NWFENC STUDIO	6pm-7pm
Wed	3/4-3/18	Richmond	\$99
14224	<b>Tigard</b>	NWFENC STUDIO	6pm-7pm
Wed	1/7-1/21	Richmond	\$99
14225	<b>Tigard</b>	NWFENC STUDIO	6pm-7pm
Wed	2/4-2/18	Richmond	\$99

### 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!

12935	<b>Rock Creek</b>	ARCHER FIELD	2pm-3:20pm
Sat	2/14-3/14	Notaro	\$75 + \$10 fee
12936	<b>Rock Creek</b>	ARCHER FIELD	11am-12:20pm
Sun	2/15-3/15	Notaro	\$75 + \$10 fee
12937	<b>Rock Creek</b>	ARCHER FIELD	2pm-3:20pm
Sat	1/10-2/7	Notaro	\$75 + \$10 fee
12938	<b>Rock Creek</b>	ARCHER FIELD	11am-12:20pm
Sun	1/11-2/8	Notaro	\$75 + \$10 fee

### 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.

15282	<b>SE Portland</b>	PTTC ROOM	7pm-7:50pm
Mon	1/5-2/16	Heinz	\$120

No class 1/19.

### 9SPR 620N More Than a Long Run - Become a Better Runner

The perfect complement to your training. Workouts will include tempo intervals, VO2max intervals and hill repeats. The group setting will add motivation and fun to your weekly running and these workouts will prepare you for a goal race from 5k to a half marathon.

12357	<b>Sylvania</b>	HT TRACK	5:30pm-6:50pm
Tue	1/27-3/17	Long	\$109

### 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.

14257	<b>SE Portland</b>	YMCASE GRTHLL	6:30pm-7:50pm
Mon	1/26-3/16	Haney	\$165 + \$15 fee
15281	<b>SE Portland</b>	YMCASE GRTHLL	9am-10:20am
Sat	1/10-2/28	Haney	\$165 + \$15 fee

### 9SPR 600K Quad Rollerskating Intermediate/Advanced

A continuation of our beginner class where we will learn how to do: Forward and backward crossovers, Manuals, Dribbles, Transitions and more! Must be able to skate backwards, glide on one foot for 3 seconds, and know how to properly fall and get back up.

15363	<b>SE Portland</b>	YMCASE GRTHLL	6:30pm-7:50pm
Thu	1/8-2/26	Haney	\$165 + \$15 fee
15364	<b>SE Portland</b>	YMCASE GRTHLL	10:30am-11:50am
Sat	1/10-2/28	Haney	\$165 + \$15 fee

### 9SPR 600L Rock Climbing Beginning

Rock Climbing is an exciting sport that is a great way to build strength, endurance, and confidence. This beginner-friendly class will cover essential skills such as belaying, knots and communication needed for safe and enjoyable climbing experiences.

15315	<b>Rock Creek</b>	BLDG5 GYM-B	12pm-1:20pm
Sat	1/10-2/7	Notaro	\$95
15316	<b>Rock Creek</b>	BLDG5 GYM-B	12pm-1:20pm
Sat	2/14-3/14	Notaro	\$95

#### Class Spotlight:

Find out what a great sport rock climbing can be. PCC's Rock Climbing Beginning class is a great opportunity for those who want to try rock climbing and don't know where to start.

Come learn rock climbing in a safe, fun, engaging and hands on learning environment.

### 9SPR 600H Curling: Beginning Curling Lessons and Games

Learn the sport of Curling with this in-depth lesson series that includes sweeping, delivery, strategy, rules and the etiquette of game play. Lessons are a mix of off-ice instruction, followed by on-ice drills and coached gameplay.

15217	<b>Beaverton</b>	ECCPDX RINK	7:15pm-10pm
Mon	1/12-2/16	Feist	
and	<b>Beaverton</b>	ECCPDX RINK	8pm-10pm
Mon	2/23	Feist	\$200

No class 1/19.

## 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.

12953	<b>NE Portland</b>	COLWD RANGE	4pm-4:50pm
Thu	2/19-3/19	Bader	\$139
12954	<b>NE Portland</b>	COLWD RANGE	12pm-12:50pm
Tue	2/17-3/17	Bader	\$139

### 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.

13457	<b>SE Portland</b>	EMGOLF RANGE	2pm-2:50pm
Thu	2/19-3/19	Comella	\$129
15341	<b>SE Portland</b>	EMGOLF RANGE	3pm-3:50pm
Tue	1/6-2/3	Charles	\$129
15342	<b>SE Portland</b>	EMGOLF RANGE	3pm-3:50pm
Fri	1/9-2/6	Charles	\$129
15343	<b>SE Portland</b>	EMGOLF RANGE	3pm-3:50pm
Tue	2/17-3/17	Charles	\$129
15344	<b>SE Portland</b>	EMGOLF RANGE	3pm-3:50pm
Fri	2/20-3/20	Charles	\$129

## Outdoors

### 9WO 610L Tree Climbing Introduction

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.

13566	<b>Sublimity</b>	SILFAL LOT	1pm-5pm
Sun	2/15	Rosen-Fischer	\$149
15241	<b>Sublimity</b>	SILFAL LOT	1pm-5pm
Sat	2/28	Rosen-Fischer	\$149
15242	<b>Sublimity</b>	SILFAL LOT	1pm-5pm
Sat	3/14	Rosen-Fischer	\$149
15243	<b>Sublimity</b>	SILFAL LOT	1pm-5pm
Sun	3/8	Rosen-Fischer	\$149

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





SCAN HERE  
to register online

# Recreation and Wellness

## Racquet Sports

### 9SPR 620G Badminton

Want to dominate your next picnic? It is never too late to get serious about badminton. Join the fun, meet new people, learn new techniques, build your fundamentals and improve your physical health. Bring your own racquet and one unopened tube of shuttles to the first class.

13574	<b>Beaverton</b>	OBA COURT	7pm-8pm
Tue	1/6-3/10	Ajit	\$250

Bring racquet and tube of Yonex or Victor Feather shuttles

13575	<b>Beaverton</b>	OBA COURT	11am-12pm
Sun	1/11-3/15	Ajit	\$250

Bring racquet and tube of Yonex or Victor Feather shuttles.

### 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.

12941	<b>Rock Creek</b>	BLDG5 GYM-A/B	9am-10:20am
Sat	1/10-3/14	Slack	\$145 + \$4 fee

12942	<b>Rock Creek</b>	BLDG5 GYM-A/B	10:30am-11:50am
Sat	1/10-3/14	Slack	\$145 + \$4 fee

12943	<b>Rock Creek</b>	BLDG5 GYM-A/B	7pm-8:50pm
Mon	1/5-3/16	Slack	\$179 + \$4 fee

No class 1/19.

13156	<b>Rock Creek</b>	BLDG5 GYM-A/B	7pm-8:50pm
Wed	1/7-3/11	Slack	\$179 + \$4 fee

### 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!

15319	<b>NW Portland</b>	FRNHSE GYM	12:15pm-1:45pm
Wed	2/4-2/25	Diffenderfer	\$65 + \$20 fee

Bring own paddle, one sleeve of indoor pickleballs.

15320	<b>NW Portland</b>	FRNHSE GYM	9am-10:20am
Sat	1/10-2/7	Diffenderfer	\$65 + \$20 fee

No class 1/24. Bring paddle, 1 sleeve of indoor pickleballs.

12939	<b>Sylvania</b>	HT GYM	8am-9:20am
Fri	1/16-2/13	Curry	\$75

Bring own paddle, one sleeve of indoor pickleballs.

12940	<b>Sylvania</b>	HT GYM	8am-9:20am
Fri	2/20-3/20	Curry	\$75

Bring own paddle, one sleeve of indoor pickleballs.

14094	<b>Sylvania</b>	HT GYM	6pm-7:20pm
Mon	1/12-2/16	Reutin	\$75

No class 1/19. Bring own paddle, one sleeve of indoor balls.

14095	<b>Sylvania</b>	HT GYM	6pm-7:20pm
Mon	2/23-3/16	Reutin	\$59

Bring own paddle, one sleeve of indoor pickleballs.

### 9SPR 600B Pickleball Intermediate/Advanced

Expand your pickleball skills in this class for experienced players. Learn new skills and improve existing ones by competing against multiple players.

13458	<b>Sylvania</b>	HT GYM	9:30am-11:20am
Fri	2/20-3/20	Curry	\$95

Bring own paddle, one sleeve of indoor pickleballs.

13459	<b>Sylvania</b>	HT GYM	9:30am-11:20am
Fri	1/16-2/13	Curry	\$95

Bring own paddle, one sleeve of indoor pickleballs.

### Pickleball Intermediate/Advanced, continued

14092	<b>Sylvania</b>	HT GYM	6pm-7:20pm
Wed	1/14-2/11	Reutin	\$75

Bring own paddle, one sleeve of indoor pickleballs.

14093	<b>Sylvania</b>	HT GYM	6pm-7:20pm
Wed	2/25-3/18	Reutin	\$59

Bring own paddle, one sleeve of indoor pickleballs.

### NEW CLASS

#### 9SPR 600Q Quiet Pickleball: Beginning

Try quiet pickleball! Play games using Gamma's soft "Librarian" ball - similar feel, no loud pop. For 2.25-3.0 players who know the rules and want a hearing-friendly experience. Great for hearing aid users or those protecting their hearing!

15321	<b>NW Portland</b>	FRNHSE GYM	12:15pm-1:45pm
Wed	1/7-1/21	Diffenderfer	\$49 + \$20 fee

Bring own paddle, one sleeve of Gamma Librarian foam pickleballs.

15322	<b>NW Portland</b>	FRNHSE GYM	9am-10:30am
Sat	2/14-2/28	Diffenderfer	\$49 + \$20 fee

Bring own paddle, one sleeve of Gamma Librarian foam pickleballs.

### Class Spotlight:

Love pickleball, but not all the noise? Quiet Pickleball uses soft foam balls for lively play that's easier on the ears—perfect for players sensitive to noise or who wear hearing aids. Led by Shannon Diffenderfer, certified IPTA coach, and someone with firsthand experience navigating hearing loss, this class offers an encouraging, inclusive environment. Designed for Experienced Beginning to Intermediate players (2.25–3.0) who know the rules, each session begins with a group warm-up and ends with a cool-down, so players can jump into fun, spirited rallies feeling ready and refreshed.

## 1-On-1 Tennis Lessons



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

From a beginner to an experienced tennis player, private lessons are a great way to achieve your goals. Do you want to learn or improve a skill; learn court strategy; have fun with newfound success? If so, private lessons are a great way to accomplish those objectives.

Sessions last 50 minutes. Use sessions within the term; no refunds for unused sessions. Individual sessions must be canceled with your instructor 24 hours in advance; otherwise the session is counted against your package total. You must be registered before participating in a session.

Your instructor will contact you by the first week of the term to schedule your sessions.

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

Review the complete refund/drop policy on page 3.

## 1-On-1 Tennis Lesson Instructor Profile and Availability

### Kent Slack

Availability: Mon-Fri, 9am-5pm

Kent has been teaching tennis at PCC for 31 years. Additionally he has taught many years in the USTA program and previously coached the boys program at LaSalle High School. His love of tennis allowed him to compete in intercollegiate athletics at Western Oregon University.



Pickleball



## 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.

13533 **Rock Creek** 1/5-3/21 Slack \$339

## Snowshoe Beginner Series

### NEW CLASS NEW INSTRUCTOR

9SPR 605A **Snowshoe Beginner Series**  
Discover snowshoeing in the Pacific Northwest at June Lake, Silver Falls and Teacup Lake. Register for this class to enroll in the series at a discount.

15456	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	1/17	Schales	
and	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sun	2/22	Schales	
and	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sun	3/15	Schales	\$399

► You may also like **Nature Journaling: Winter Explorations** on page 10

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605C Snowshoe Beginner - Teacup

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter? You will learn snowshoe basics at Teacup with Mt. Hood as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15457	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	1/17	Schales	\$149

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605E Snowshoe - Silver Falls

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter? You will further your snowshoe skills at Silver Falls with Mt. Hood as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15458	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sun	2/22	Schales	\$149

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605D Snowshoe Beginner - June Lake

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter? You will learn snowshoe basics at June Lake with Mt. St. Helens as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15459	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sun	3/15	Schales	\$149



Snowshoeing

## Women's Snowshoe Beginner Series

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605B Women's Snowshoe Beginner Series

Discover snowshoeing in the Pacific Northwest at Latourell Falls, June Lake and Silver Falls. Register for this class to enroll in the series at a discount.

15460	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	1/24	Schales	
and	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	2/7	Schales	
and	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	3/7	Schales	\$399

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605G Women's Snowshoe Beginner - Latourell Falls

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter in a supportive environment? You will learn snowshoe basics at Latourell Falls with Mt. Hood as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15461	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	1/24	Schales	\$149

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605H Women's Snowshoe Beginner - June Lake

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter in a supportive environment? You will learn snowshoe basics at June Lake with Mount St. Helens as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

#### Women's Snowshoe Beginner - June Lake, continued

15462	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	2/7	Schales	\$149

### NEW CLASS NEW INSTRUCTOR

#### 9SPR 605I Women's Snowshoe Beginner - Silver Falls

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter in a supportive environment? You will further your snowshoe skills at Silver Falls with Mt. Hood as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15463	<b>Southeast</b>	PARKING LOT D	9am-7pm
Sat	3/7	Schales	\$149

## Winter Sports

### 9SPR 620B Cross Country Ski Mt Hood

Learn to cross country ski and glide along groomed tracks through this winter wonderland. Cost includes guide, instruction and transportation from Sandy. Ski gear rental in Sandy prior to 8:15 am is extra \$25/day. Call 503-563-1500 for info on bus and lesson.

12909	<b>Sandy</b>	PLOT PARK	8am-2pm
Sun	1/25	Gilstrap	\$89
Must reg / drop by 1/22. Contact: todd@nwdiscoversies.com			
12910	<b>Sandy</b>	PLOT PARK	8am-2pm
Sun	1/11	Gilstrap	\$89
Must reg / drop by 1/8. Contact: todd@nwdiscoversies.com			
13568	<b>Sandy</b>	PLOT PARK	7:30am-1:30pm
Sun	2/8	Gilstrap	\$89
Must reg / drop by 2/5. Contact: todd@nwdiscoversies.com			
13569	<b>Sandy</b>	PLOT PARK	7:30am-1:30pm
Sun	2/22	Gilstrap	\$89
Must reg / drop by 2/19. Contact: todd@nwdiscoversies.com			



SCAN HERE  
to register online

# Recreation and Wellness

## 9SPR 620C Snowshoeing on Mt. Hood

Learn to snowshoe through Mt. Hood's crystalline paradise. If you can walk, then you can snowshoe. Cost includes guide, snowshoe and transportation from Sandy. Call 503-563-1500 for info on bus and lesson.

12525	<b>Sandy</b>	PLOT PARK	8am-2pm
Sat	1/31	Gilstrap	\$95

Must reg / drop by 1/28. Contact: todd@nwdiscoveries.com

12911	<b>Sandy</b>	PLOT PARK	8am-2pm
Sat	1/17	Gilstrap	\$95

Must reg / drop by 1/14. Contact: todd@nwdiscoveries.com

13570	<b>Sandy</b>	PLOT PARK	8am-2pm
Sat	3/7	Gilstrap	\$95

Must reg / drop by 3/4. Contact: todd@nwdiscoveries.com

13571	<b>Sandy</b>	PLOT PARK	8am-2pm
Sat	2/14	Gilstrap	\$95

Must reg / drop by 2/11. Contact: todd@nwdiscoveries.com

14937	<b>Sandy</b>	PLOT PARK	8am-2pm
Fri	2/6	Gilstrap	\$95

Must reg / drop by 2/3. Contact: todd@nwdiscoveries.com

### NEW CLASS NEW INSTRUCTOR

## 9SPR 605F Snowshoe Beginner - White River Sno-Park

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter? You will learn snowshoe basics at White River Sno-Park with Mt. Hood as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15455	<b>Southeast</b>	PARKING LOT D	9am-4pm
Mon	2/9	Schales	\$149

### NEW CLASS NEW INSTRUCTOR

## 9SPR 605J Women's Snowshoe Beginner - White River Sno-Park

Looking for a lower adrenaline way to explore the beauty of a Pacific Northwest winter in a supportive environment? You will learn snowshoe basics at White River Sno-Park with Mount St. Helens as our beautiful backdrop. Transportation, snowshoes, poles, and guides provided. If you can hike, you can snowshoe!

15454	<b>Southeast</b>	PARKING LOT D	9am-4pm
Thu	1/15	Schales	\$149

# Work Out

## 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.

13577	<b>Online</b>	ZOOM	5:45am-6:30am
Tue/Thu	1/6-3/12	Macedo Gallegos	\$179

15283	<b>Online</b>	ZOOM	5:45am-6:30am
Fri	1/16-3/6	Macedo Gallegos	\$85

### NEW CLASS

## 9WO 615G Kangoo Power Bootcamp

Join this explosive, highly motivating program, which builds muscular strength and cardio-respiratory endurance simultaneously. Intervals of aerobic activity interspersed with conditioning exercises improve muscle strength and endurance as it improves your cardio-respiratory fitness.

15334	<b>Rock Creek</b>	BLDG5 111	6:30pm-6:50pm
Mon/Thu	1/5-3/16	Simeonova	\$169 + \$10 fee

No class 1/19.

## 9WO 600M Pound Fitness

Channel your inner rockstar and rock your body with this modern-day fusion of movement and music. Drum along to your favorite music using weighted drumsticks in this full body interval workout designed to torch calories, burn fat and leave you dripping sweat!

12950	<b>Cascade</b>	CAGYM 203	7pm-7:50pm
Tue	1/6-3/10	Haney	\$135

## 9WO 610I Animal Flow: Beginning

Animal Flow is a system of movement that blends yoga and dance to create fun, challenging exercise. Develop strength, mobility and coordination in a playful, inclusive environment. All levels of fitness and experience are welcome!

14177	<b>Southeast</b>	TABOR 102	5:30pm-6:20pm
Wed	1/7-3/11	Messersmith-G	\$135

## 9WO 610J Animal Flow: Intermediate and Advanced

Animal Flow is a system of movement that blends yoga and dance to create fun, challenging exercise. Develop strength, mobility and coordination in a playful, inclusive environment. Previous experience or instructor approval required.

13487	<b>Southeast</b>	TABOR 102	6:30pm-7:20pm
Wed	1/7-3/11	Messersmith-G	\$135

## 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.

13486	<b>Southeast</b>	TABOR 102	7pm-8:20pm
Mon	1/5-2/23	English	\$119

No class 1/12, 1/19.

## 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.

15284	<b>Online</b>	ZOOM	8pm-8:50pm
Wed	1/21-3/11	Macedo Gallegos	\$109

## 9WO 610D Stretch and Tone

Prepare your body to experience FUN and discover new ways to stretch and keep your body toned! This energizing class focuses on total body toning and stretching for everyone. Experience moves from the standing position to the floor to deliver whole body conditioning

12355	<b>Online</b>	ZOOM	8am-8:50am
Wed	1/7-1/28	Stark	\$79

Bring 1 or 2 lb weights and a mat

## 9WO 624U Strength and Stretch

Learn how to efficiently work most of your muscles in the shortest amount of time! You will build stability in your lower body, tone your core and develop strength in your arms and upper back.

13253	<b>NE Portland</b>	NWDPS STUDIO	10:15am-11:15a
Sun	1/11-3/15	Davenport	\$170

Personal yoga mat is encouraged, please bring a water bottle.

# Cardio

## 9WO 615F WERQ Fitness

WERQ is a wildly addictive cardio dance fitness workout built on zero judgement and good vibes only. WERQouts are designed to give you the best sweat with athletic moves and fresh dance steps. Join the craze that has heart-pumping playlists featuring the hottest pop and hip-hop music.

15345	<b>Cascade</b>	CAGYM 201	5pm-5:50pm
Tue	1/6-2/24	Crowner-Jones	\$109

## 9WO 624E Cardio Boot Camp

Want to tone up and get fit but do not know how to start? Get a personalized exercise plan for your body shape, learn how to stay motivated and set some fitness goals. Includes cardio and strength fitness to help you feel your best!

10802	<b>Online</b>	ZOOM	5:30pm-6:20pm
Mon/Wed	1/5-3/11	Macedo Galleg	\$199

No class 1/19.

13576	<b>Online</b>	ZOOM	5:45am-6:30am
Mon/Wed	1/5-3/11	Macedo Galleg	\$179

No class 1/19.

## 9WO 615D PowerBARRE

PowerBARRE is a workout program that fuses the principles of ballet barre with strength training, medium-intensity cardio, and resistance exercises, offering a fun, energetic and effective full-body workout. This class is accessible to all and designed for the beginner. Please bring a water bottle.

15347	<b>NE Portland</b>	NWDPS STUDIO	9:30am-10:30am
Sat	1/10-3/14	Davenport	\$170

## 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!

12118	<b>Online</b>	ZOOM	6pm-6:50pm
Tue	1/6-3/10	Nishikido	\$135

11811	<b>Southeast</b>	TABOR 102	6pm-6:50pm
Mon	1/5-3/16	Nishikido	\$135

No class 1/19.

# Senior Discount

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

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





## 9WO 625T Zumba Toning

Get in a high-energy, body-sculpting workout all while having fun! Zumba Toning combines the dance party elements of a typical Zumba class with the use of light (1 to 2.5 lb) weights or toning sticks to build definition and strength.

12119 **Online** ZOOM 6pm-6:50pm  
Wed 1/7-3/4 Nishikido \$135  
Bring 1 to 2 lb weights.

## 1-On-1 Personal Training



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

Personal Training gives you the opportunity to exercise in a one-on-one environment with a nationally certified personal trainer, educated through PCC's Exercise Science Program. Your trainer will evaluate your current fitness level and design an individual program based on your fitness test results and goals, then guide you through a safe and effective routine.

### Personal Training Your Way

**Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom.** If you are at home, your trainer will work with whatever tools you have in your home (be it free weights or soup cans!) to help craft a fitness routine that fits with your lifestyle.

#### Program Details:

- Individual sessions must be canceled with your trainer 24 hours in advance. Sessions canceled with less than 24 hours notice are counted against your package total.
- If PCC cancels your session, two attempts will be made to schedule a make up session to take place before the end of the term. Your make up session will not be with your regular trainer. If PCC is not able to make up your session, you will not be granted a refund.
- For more details, please visit:  
[pcc.edu/community/1-on-1-classes/personal-training/](https://pcc.edu/community/1-on-1-classes/personal-training/)

#### Registration/Scheduling Process:

- Review the personal trainer profiles and availability and choose a trainer.
- Select a training package and register for your selected trainer's corresponding CRN.
- Your trainer will contact you via PCC email or cell phone by the first week of the term to schedule your training sessions. First time students will be sent a Personal Training information packet by the trainer.
- Complete the information packet and return it to your trainer at your first session.

#### Refund/Drop Policy:

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

Review the complete refund/drop policy on page 3.

## 1-On-1 Personal Trainer Profiles and Availability

### Kristi Albrechtson

*Sylvania/Zoom Availability: Mon/Fri, 12pm-7:30pm; Tue/Thu, 1pm-3:00pm; Wed, 1pm-7:30pm*

Kristi believes that any type of movement is good movement and that exercise should be accessible and enjoyable for everyone. As a personal trainer, Kristi enjoys meeting her clients where they are and guiding them to where they want to be according to their specific goals. With a passion for service, functional movement and a positive attitude Kristi will help to motivate you to keep up the good work for your greater health and wellness. She is a graduate of the PCC Exercise Science program with her AAS in Exercise Science and PSU/OHSU School of Public Health with her BS in health and fitness promotion.

### Heidi Baum

*Sylvania Availability: Mon/Wed, 8am-3pm; Tue/Thu, 7:30am-4pm; Fri, 8am-10am*

When it comes to health and fitness, Heidi believes we all want to feel healthier, look better, be stronger and have more energy. She coaches and designs practical programs that motivate students to be more active and enjoy overall results.

### Angi Blue

*Sylvania Availability: Mon/Wed, 9am-3pm  
Zoom Availability: Tue/Thu, 9am-3pm*

For Angi, personal training is rooted in building supportive relationships to empower clients towards happier, longer lives through movement and activity. She prioritizes helping her clients move through life stronger, with more energy, and less pain. By recognizing individual needs and goals, Angi creates tailored programs designed specifically for each client. Angi has been an ACSM certified personal trainer since 2014.

### John Cunningham

*Zoom Availability: Mon-Fri, 10am-4pm*

John specializes in functional training that enables clients to become the healthiest, happiest versions of themselves. His wellness journey began in his early 40's when he was struggling with his own weight and overall energy levels. Through hard work and the right balance, he was able to turn his health around. Now, in his mid 50's, he's in the best shape of his life!

### Zack Flansburg

*Sylvania/Zoom Availability: Mon-Thu, 10am-8pm*

As a soccer player growing up, Zack knew the importance of physical fitness, both physically and mentally. In addition to soccer, Zack learned to love the weightroom and lifting. He coaches his students to stay consistent and committed to their fitness goals so they may achieve their best results. He enjoys motivating and encouraging his students to expand their horizons in the fitness world.

### Tiffini Gibbs

*Zoom Availability: Mon/Wed, 8am-5pm;  
Tue/Thu, 11am-4pm; Fri, 10am-3pm*

Tiffini has a curiosity and passion for all things fitness, which has led her to finish multiple marathons, compete in a fitness competition, and join a Hood to Coast team. She designs fitness programs that encourage students to push themselves, try new things, and have fun.

### Krista Hickok

*Rock Creek Availability: Mon/Wed, 11:30am-1:30pm,  
Fri, 12pm-4pm  
Sylvania Availability: Tue/Thu, 10am-12pm;*

Krista is a multi-faceted, trauma informed instructor who found her calling to the Fitness, Nutrition, and Wellness field in 2016. She offers inclusive training and instruction for humans of all ages, genders and abilities. Throughout her journey she has lost 155 pounds, built muscle, and transformed her health with a combination of fitness and nutrition. She wants to help others realize that it is possible to conquer their fears and achieve their goals in health and wellness regardless of their circumstances. In addition to 1:1 Personal Training, she offers Strength Training for Women classes at both Sylvania and Rock Creek campuses, and Olympic & Powerlifting classes at the Rock Creek campus. She has experience in many areas including: Nutrition, weight loss, disordered eating, strength training, athletic performance, injury prevention, mental health, mobility, trauma, and menopause. She has her degree in Exercise Science, certificates in Group Fitness, and Personal Training from PCC, and is nationally certified and NCCA accredited through the National Academy of Sports Medicine (NASM).

### Hayley Valoppi

*Sylvania Availability: Mon/Wed, 9am-4pm*

Hayley believes that all movement counts and fitness doesn't have to be complicated or



Personal Training



SCAN HERE  
to register online

overwhelming. Her goal as a coach is to help facilitate a relationship to fitness that fits you and your life by aligning your goals and movement routine with your values and preferences. Through compassionate and trauma-informed coaching, we'll co-create a movement practice that feels supportive, sustainable, and enjoyable.

## Richard Willhite

*Cascade Availability: Mon, 9:30am-6pm  
Rock Creek Availability: Fri, 11am-7pm  
Zoom Availability: Tue-Thu, 9am-7pm*

Richard is a passionate fitness professional who specializes in improving muscular strength, endurance, cardio-respiratory fitness and fat loss. He tailors his fitness programs to the likes and needs of each client so they can become a healthier and better version of themselves. He is an ACSM certified trainer and is a graduate of the Exercise Science program.

## Janie Zapata-Wilson

*Rock Creek Availability: Mon, 12:30pm-2:30pm  
Sylvania Availability: Wed, 1:30pm-3:30pm; 5pm-6pm  
Zoom Availability: Tue/Thu, 1:30pm-7pm;  
Fri 1:30pm-5:30pm*

Janie Zapata-Wilson is the quintessential, "If I can do it, so can you!" example. She is a personal trainer, group exercise instructor, Zumba teacher, and water aerobics instructor who graduated in June 2012, with highest honors from the Exercise Science Program at PCC.

## 1-On-1 Personal Training Packages

Exercise in a one-on-one environment with a nationally certified trainer. Review the personal trainer availability before registering for a training package. Your trainer will contact you by the first week of the term to schedule your training sessions. No refunds for unused sessions. **Training sessions can be done either in-person at the trainers' respective campus or remotely via Zoom.**

### 9WO 624X Personal Training: 5 Session Package

11628	See Trainer Profile	1/5-3/21	Gibbs	\$275
15208	See Trainer Profile	1/5-3/21	Hickok	\$275

### 9WO 624Y Personal Training: 10 Session Package

15209	See Trainer Profile	1/5-3/21	Albrechtson	\$499
11630	See Trainer Profile	1/5-3/21	Blue	\$499
11967	See Trainer Profile	1/5-3/21	Flansburg	\$499
11627	See Trainer Profile	1/5-3/21	Gibbs	\$499
13477	See Trainer Profile	1/5-3/21	Hickok	\$499
13183	See Trainer Profile	1/5-3/21	Valoppi	\$499
11804	See Trainer Profile	1/5-3/21	Willhite	\$499
11632	See Trainer Profile	1/5-3/21	Zapata-Wilson	\$499

### 9WO 624Z Personal Training: 15 Session Package

11624	See Trainer Profile	1/5-3/21	Blue	\$725
11625	See Trainer Profile	1/5-3/21	Gibbs	\$725

### 9WO 625H Personal Training: 20 Session Package

15210	See Trainer Profile	1/5-3/21	Albrechtson	\$899
13861	See Trainer Profile	1/5-3/21	Baum	\$899
11629	See Trainer Profile	1/5-3/21	Blue	\$899
11634	See Trainer Profile	1/5-3/21	Cunningham	\$899
11968	See Trainer Profile	1/5-3/21	Flansburg	\$899
11626	See Trainer Profile	1/5-3/21	Gibbs	\$899
13186	See Trainer Profile	1/5-3/21	Valoppi	\$899
11805	See Trainer Profile	1/5-3/21	Willhite	\$899
11631	See Trainer Profile	1/5-3/21	Zapata-Wilson	\$899

## Pilates

### 9WO 600H Pilates Reformer + Tower: Level 1

Perfect for students new to Pilates. Build core and full-body strength while improving your flexibility using the Pilates Reformer and Tower machines. We'll work on the basics and get back into fitness in this slower paced class.

12325	SW Portland	EFM STUDIO	11:45am-12:35pm
Tue	1/6-3/10	Binnendyk	\$359
12930	SW Portland	EFM STUDIO	11:45am-12:35pm
Thu	1/8-3/12	Binnendyk	\$359
14221	SW Portland	EFM STUDIO	9am-9:50am
Sat	1/10-3/14	Vincent	\$359
15218	SW Portland	EFM STUDIO	6:30pm-7:20pm
Mon	1/5-3/16	Vincent	\$359
No class 1/19.			
15219	SW Portland	EFM STUDIO	4:30pm-5:20pm
Wed	1/7-3/11	Vincent	\$359

### 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.

12321	SW Portland	EFM STUDIO	10:30am-11:20am
Mon	1/5-3/9	Binnendyk	\$325
No class 1/19. For students with Pilates experience.			
12322	SW Portland	EFM STUDIO	10:30am-11:20am
Wed	1/7-3/11	Binnendyk	\$359
For students with Pilates experience.			
12326	SW Portland	EFM STUDIO	10:30am-11:20am
Fri	1/9-3/13	Binnendyk	\$359
For students with Pilates experience.			
14222	SW Portland	EFM STUDIO	4:30pm-5:20pm
Mon	1/5-3/16	Vincent	\$359
No class 1/19.			
15220	SW Portland	EFM STUDIO	5:30pm-6:20pm
Wed	1/7-3/11	Vincent	\$359
15221	SW Portland	EFM STUDIO	10am-10:50am
Sat	1/10-3/14	Vincent	\$359

### 9WO 601Q Pilates Reformer + Tower: Level 2.5

For students with Pilates experience, working toward Pilates Level 3 exercises

13492	SW Portland	EFM STUDIO	11am-11:50am
Sat	1/10-3/14	Vincent	\$359

### Pilates Reformer + Tower: Level 2.5, continued

13493	SW Portland	EFM STUDIO	10:30am-11:20am
Tue	1/6-3/10	Binnendyk	\$359
For students with Pilates experience.			
13494	SW Portland	EFM STUDIO	10:30am-11:20am
Thu	1/8-3/12	Binnendyk	\$359
For students with Pilates experience.			
14223	SW Portland	EFM STUDIO	5:30pm-6:20pm
Mon	1/5-3/16	Vincent	\$359
No class 1/19.			

### 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.

12323	SW Portland	EFM STUDIO	9:15am-10:05A
Mon	1/5-3/9	Binnendyk	\$325
No class 1/19. For students with Pilates experience.			
12324	SW Portland	EFM STUDIO	9:15am-10:05A
Wed	1/7-3/11	Binnendyk	\$359
For students with Pilates experience.			
12327	SW Portland	EFM STUDIO	9:15am-10:05A
Fri	1/9-3/13	Binnendyk	\$359
No class 2/24. For students with Pilates experience.			
15222	SW Portland	EFM STUDIO	11:45am-12:35pm
Mon	1/5-3/9	Binnendyk	\$325
No class 1/19. For students with Pilates experience.			
15223	SW Portland	EFM STUDIO	11:45am-12:35pm
Wed	1/7-3/11	Binnendyk	\$359
For students with Pilates experience.			
15224	SW Portland	EFM STUDIO	6:30pm-7:20pm
Wed	1/7-3/11	Vincent	\$359

### 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.

12933	SW Portland	EFM STUDIO	9:15am-10:05A
Tue	1/6-3/10	Binnendyk	\$359
For students with Pilates experience.			
12934	SW Portland	EFM STUDIO	9:15am-10:05A
Thu	1/8-3/12	Binnendyk	\$359
For students with Pilates experience.			
13495	SW Portland	EFM STUDIO	11:45am-12:35pm
Fri	1/9-3/13	Binnendyk	\$359
For students with Pilates experience.			

## Strength Training

### 9WO 624J Strength Training for Women

Discover how to improve your muscular strength by gradually increasing your body's ability to resist force by using free weights, machines or your own body weight. Learn some of the most effective ways to safely burn fat and build muscle.

10803	Online	ZOOM	5:30pm-6:20pm
Tue/Thu	1/6-2/26	Macedo Gallegos	\$159
13480	Rock Creek	BLDG5 102	6pm-5:50pm
Tue/Thu	1/6-3/12	Hickok	\$175
14277	Sylvania	HT 125	6:30pm-7:20pm
Mon/Wed	1/5-3/16	Hickok	\$175
No class 1/19.			



# 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](http://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](http://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](http://pcc.edu/academic-calendar).

### Waitlists

Community Ed classes do not have waitlists at this time. If a class is full, you should monitor the class enrollment status at [pcc.edu/schedule](http://pcc.edu/schedule).

### Missing a Class

If you miss a class, contact your instructor to find out what you missed. You will not be automatically dropped. (See Refund/Drop Policy)

### Underage Students

Unless otherwise noted, Community Ed classes are for an adult audience. However, younger students may be permitted in some adult classes. Note the following guidelines for admitting students younger than age 18 into adult Community Ed classes.

#### Students 16-17 Years Old

Students 16-17 years old are permitted to register for Community Education adult classes, except for classes with older age minimums, such as classes that involve alcohol.

#### Students 13-15 Years Old:

**Step 1:** Students 13-15 years old can apply for approval from a Program Coordinator in order to register for Community Education adult classes. To request approval, a parent or legal guardian must email the student's request to register, along with the following information, to [communityed@pcc.edu](mailto:communityed@pcc.edu). If this request is sent by the student, then their parent or legal guardian must be copied on the email.

- 1 Parent/Guardian Name
- 2 Parent/Guardian Email
- 3 Student Name
- 4 Student Email
- 5 Student Age
- 6 Class Title
- 7 Five Digit CRN

**Step 2:** A Program Coordinator will respond via email to inform those involved of their approval decision. If the Program Coordinator has granted approval, they will request additional documentation before the student can be registered.

**Step 3:** Once all necessary documentation has been submitted, Community Education will register the student and send a registration confirmation email to both the student and parent or legal guardian.

**Note:** Some classes require the parent or legal guardian of students younger than age 16 to be present. This requirement will be specified by the Program Coordinator at the time of acceptance. In such cases, the parent or legal guardian will also need to register and pay for the class.

### Special Youth Classes:

- Community Education may offer some classes that are designed for younger students. Age ranges will be noted in the class title or description.

## Payment

### When to Pay

Payment is due at the time when your registration is processed. If you don't pay by the due date, one or more of the following steps may be taken:

- A late fee of up to 10% of your unpaid tuition and fees.
- A financial hold against future registrations.
- Collection of your past due balance by an outside agency. Accounts in collection are subject to additional charges and penalties.

You will not be automatically dropped from a class for non-attendance.

### Senior Discount

If you are an Oregon resident who is 62 years of age or over when you register for classes, you are eligible to receive a 50% tuition discount on Community Ed classes. The tuition discount does not apply to fees. 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](http://pcc.edu/senior) for more information.





SCAN HERE  
to register online

## 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](http://pcc.edu/enroll/registration/policies.html)

The Community Education Tuition Appeal Committee reviews tuition appeals once a week and will meet to determine if your case-specific situation fits the criteria to accommodate your request to appeal the tuition charge(s). You will receive an email to your [pcc.edu](mailto:pcc.edu) and preferred emails informing you of the outcome of their decision. Allow five business days for the committee to review your tuition appeal.

If approved, you may be eligible for one of the following:

- **A credit (refund)** for the tuition of the appealed course(s)

- **A tuition voucher** of 25% to 100% will be applied to your account (a voucher expires in one year after they are awarded and can only be applied to a non-credit Community Education course)

To submit your appeal for consideration, access the form at:

[pcc.edu/community/about/drop-refund](http://pcc.edu/community/about/drop-refund)

\*Please note that students may use this form to appeal Community Ed (CED) courses only. Inquiries regarding appealing non-credit courses with Continuing Education (CEU) and ed2go must be addressed with those respective departments.

If you have questions about the appeals process, contact us at [communityed@pcc.edu](mailto:communityed@pcc.edu).

## Additional Information

### Textbooks

Textbooks for Community Education classes can be found at PCC Bookstores which are located at each PCC Campus or online at [pcc.edu/bookstore](http://pcc.edu/bookstore). To check the availability of a specific text, call 971-722-4910 or visit [pcc.edu/bookstore](http://pcc.edu/bookstore).

### Choosing a Language Class

If you are unsure of the appropriate level, first register for the class you think best fits your skills level and attend the first class to assess your comfort level. If you need to change levels you can do so by following the add/drop procedure.

If you have specific questions for an instructor regarding course content, you can find their PCC email address in the PCC Staff Directory ([pcc.edu/contact](http://pcc.edu/contact)) or by clicking on their name in the online course listing.

### Accessible Ed & Disability Resources

PCC is committed to creating a learning environment that meets the needs of its diverse population. If you anticipate or experience any barriers to learning, discuss your concerns with the instructor. Accessible Ed & Disability Resources coordinates disability related accommodations. To make a request, contact them in advance. Click "get started" online at [pcc.edu/disability](http://pcc.edu/disability) or call 971-722-4341 or email [AEDR@pcc.edu](mailto:AEDR@pcc.edu)

### Title IX

Portland Community College seeks to provide an environment that is safe and welcoming for all of us: an environment that is free of bias, discrimination, and harassment. Instructors are committed to supporting students and upholding gender equity laws as outlined by Title IX. Therefore, if a student chooses to confide in an instructor regarding an issue of sexual harassment/misconduct/assault, that instructor is obligated to tell PCC's Title IX coordinator. For additional information and a resource guide, visit:

[pcc.edu/about/equity-inclusion](http://pcc.edu/about/equity-inclusion)

### Enrollment Verification

PCC is unable to provide completion certificates or attendance verification for non-credit classes that are exclusively non-credit. This is because attendance is not taken in non-credit classes and grades are not assigned.

Students are able to pull up billing, payment, class schedule and registration status for their classes in MyPCC. Students can request an Enrollment Verification letter that will confirm the term and CRN that the student enrolled. To request an Enrollment Verification letter, please email [communityed@pcc.edu](mailto:communityed@pcc.edu)

### Unscheduled Closures

At times, inclement weather or infrastructure failures may necessitate delayed opening or closure of PCC locations and off-campus sites. All in-person Community Ed classes will be canceled if PCC is closed, even if the class was to be held at an off-campus location that may remain open. Remote (ZOOM) and online classes will typically be held as scheduled unless otherwise noted in the closure announcement.

Closures specific to Community Ed classes will appear as an alert on [pcc.edu/communityed](http://pcc.edu/communityed).

### Campus WiFi

Secure wireless network access is available for current students, employees and guests at all PCC locations.

### Students and staff

To connect to PCC's wireless network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCWiFi** wireless network.
- 3 To sign in:  
Username: your MyPCC username  
Password: your MyPCC password

### Guests

Guests of PCC can connect to the wifi network:

- 1 Make sure wireless is enabled on your device.
- 2 Select the **PCCGuest** network in your wireless settings.
- 3 Review Terms & Conditions
- 4 Accept Terms & Conditions
- 5 Your access will be active for 24 hours.

Visit [pcc.edu/wireless](http://pcc.edu/wireless) for information or help.

### Get a Schedule

Students who have taken a class within the last year will automatically receive the Community Education schedule in the mail. To order a schedule visit [pcc.edu/communityed](http://pcc.edu/communityed) and click on 'Get help' then 'Get a Print Schedule'. It's free!



# Class Locations

## 42nd Ave

**OC42** PCC Opportunity Center at 42nd Ave,  
5600 NE 42nd Ave, Portland OR 97218  
pcc.edu/locations/42nd-ave (accessible features)

## Beaverton

**ECCPDX** Evergreen Curling Club PDX,  
10950 SW 5th St, Beaverton OR 97005

**ELEKIT** Eleni's Commercial Kitchen,  
4820 SW Lombard Ave, Beaverton OR 97005

**OBA** Oregon Badminton Academy,  
11150 SW Allen Blvd, Suite 200,  
Beaverton OR 97005

**SYWINE** Syndicate Wine Bar,  
12620 SW 1st St, Beaverton OR 97005

## Cascade

PCC Cascade Campus,  
705 N Killingsworth St, Portland OR 97217  
pcc.edu/cascade (campus map, accessible building features)

## CLIMB Center

**CLIMB** PCC CLIMB Center,  
1626 SE Water Ave, Portland OR 97214  
pcc.edu/locations/central (accessible features)

## Corbett

**GUYTAL** Guy Talbot Shelter,  
43089 NE Latourell Rd, Corbett OR 97019

## Downtown

**ARTMSM** Portland Art Museum,  
1119 SW Park Ave, Portland OR 97205

**SMSU** PSU Smith Memorial Student Union,  
1825 SW Broadway, Portland OR 97201

## Dundee

**HYLEST** Hyland Estates,  
20980 NE Niederberger Rd, Dundee OR 97115

## Hillsboro

**GLENMR** GlenMar Farms,  
10556 NW 195th Ave, Hillsboro OR 97214

## Newberg

**NEC** PCC Newberg Center,  
135 Werth Blvd, Newberg OR 97132  
pcc.edu/newberg (accessible building features)

## N Portland

**NC** New Columbia,  
4610 N Trenton St, 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

**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

**ECHWES** Echo West,  
1420 NW 17th Ave, Suite 388, Portland OR 97209

**FRNHSE** Friendly House,  
1737 NW 26th Ave, Portland OR 97210

**PORTCS** Portland Center Stage,  
128 NW 11th Ave, Portland OR 97209

## OMIC Center

**OMIC** PCC Columbia County Center,  
Oregon Manufacturing Innovation Center,  
34001 NE Wagner Ct, Scappoose OR 97056  
pcc.edu/omic (accessible building features)

## Online

**ZOOM** Online via ZOOM, Info: pcc.edu/community/remot

## Oregon City

**MTVWHE** Mountain View Heritage,  
15363 S Loder Road, Oregon City OR 97045

## Rickreall

**LFTCOA** Left Coast Estate,  
4225 N Pacific Hwy W, Rickreall OR 97371

## Rock Creek

PCC Rock Creek Campus,  
17705 NW Springville Rd, Portland OR 97229  
pcc.edu/rockcreek (campus map, accessible building features)

## Sandy

**PPLLOT** Pioneer Parking Lot,  
Pioneer Blvd & Bruns Ave, Parking lot is behind  
Otto's Ski Shop, Sandy OR 97055

## Scappoose

**MMPS** Martin Model & Pattern Studio,  
32000 Raymond Creek 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

**PTTC** Portland Table Tennis Club,  
1720 SE Haig St, Portland OR 97202

**VMAC** Vitalidad Movement Arts Center,  
2648 E Burnside St, Portland OR 97214

**YMCASE** Southeast YMCA,  
6036 SE Foster Rd, Portland OR 97206

## SW Portland

**EFM** Effortless Movement,  
1750 SW Skyline Dr, Suite 24, Portland OR 97221

**NORNOR** Nordic Northwest,  
8800 SW Olsen Rd, Portland OR 97223

## Sublimity

**SILFAL** Silver Falls State Park,  
Howard Creek Trailhead parking lot,  
20024 Silver Falls Hwy SE, Sublimity OR 97385

## Sylvania

PCC Sylvania Campus,  
12000 SW 49th Ave, Portland OR 97219  
pcc.edu/sylvania (campus map, accessible building features)

## Tigard

**NWFENC** Northwest Fencing Center,  
11117 SW Greenburg Rd, Tigard OR 97223

## Willow Creek

**WCC** PCC Willow Creek Center,  
241 SW Edgeway Dr, Beaverton OR 97006  
pcc.edu/willowcreek (accessible building features)

### Get directions to your class.

Visit [pcc.edu/locations](https://pcc.edu/locations) for directions, campus maps, and on-campus accessible building features.



SCAN HERE  
to register online

# Class Subject Index

<b>Arts</b>			
<b>Dance</b> .....	5	Desktop Publishing and Graphic Design.....	19
Aerial and Acrobatic Arts .....	5	Microsoft Office.....	19
Ballet.....	6	Web Design and Development.....	19
Belly Dance.....	6	Online Computer Skills and	
Breakdance and Hip Hop .....	6	Technology Classes with Ed2Go .....	19
Latin Dance.....	6	<b>Personal Finance</b> .....	20
Modern Dance.....	6	Managing Your Money and Investments .....	20
Swing Dance.....	6	Retirement .....	20
Tap.....	7	Online Personal Finance Classes	
<b>Music and Theater</b> .....	7	with Ed2Go .....	20
1-On-1 Music Lessons .....	7	<b>Motorcycle and Scooter Classes</b> .....	21
Guitar.....	8		
Strings.....	8	<b>Home, Garden and Self</b>	
Theater.....	8	<b>Do It Yourself (DIY)</b> .....	23
1-On-1 Storytelling Coaching.....	8	<b>Emergency Preparedness</b> .....	23
Voice.....	9	<b>Food and Drink</b> .....	23
<b>Photography</b> .....	9	Baking .....	24
Darkroom .....	9	Butchering for the Home Chef .....	24
People and Places.....	9	International Cuisine.....	25
Online Photography Classes with Ed2Go .....	9	Mix-and-Match Plant-Based	
<b>Visual Arts</b> .....	9	Meal Prep Series .....	26
Calligraphy.....	10	Sweet Treats .....	27
Ceramics.....	10	Wine History.....	27
Ceramics Projects .....	11	Wine: Vineyard Visit.....	27
Drawing.....	11	<b>Garden, Nature, and Yard</b> .....	27
Drawing: Botanical Illustration .....	11	Beekeeping .....	28
Drawing: Comics and Illustration .....	12	Birds and Wildlife.....	28
Glass .....	12	Home Gardening Series with Rod Smith .....	28
Mixed Media .....	12	Life Sciences.....	28
Painting.....	12	Nature.....	28
Painting: Acrylics and Oils.....	13	Permaculture.....	29
Painting: Watercolor and Water Media .....	13	<b>Hobbies and Crafts</b> .....	29
Printing and Printmaking.....	14	Knitting and Fiber Crafts .....	29
Online Visual Arts Classes with Ed2Go .....	14	Beaded Jewelry.....	29
<b>Writing</b> .....	14	Games.....	30
Fiction .....	14	1-On-1 Chess Lessons.....	30
Fundamentals .....	14	Sewing and Quilting.....	30
Memoir and Nonfiction.....	14	<b>Home Improvement</b> .....	31
Movies and Plays.....	14	<b>Self Development</b> .....	31
Poetry.....	14	Astrology and Tarot .....	31
Publishing and Editing.....	15	<b>Style and Beauty</b> .....	32
1-On-1 Writing Coaching.....	15	1-On-1 Personal Styling .....	32
Online Writing Classes with Ed2Go .....	15	<b>Woodworking and Metalworking</b> .....	32
		Blacksmithing .....	32
<b>Careers, Technology and Finance</b>		Metal Crafts .....	32
<b>Career Skills</b> .....	17	Metalworking Jewelry.....	33
1-On-1 Public Speaking Coaching.....	17	Wood Crafts.....	33
Online Career Skills Classes with Ed2Go .....	18		
<b>Computer Skills and Technology</b> .....	18	<b>Language and Culture</b>	
1-On-1 Computer Instruction .....	18	<b>Cultural Exploration</b> .....	35
Artificial Intelligence .....	19	World View.....	35
		<b>Languages</b> .....	35
		American Sign Language .....	36
		Arabic.....	36
		Chinese.....	36
		1-On-1 Chinese Instruction .....	36
		English.....	36
		French.....	36
		German .....	37
		1-On-1 German Instruction .....	38
		Irish Gaelic .....	38
		Italian.....	38
		Japanese.....	38
		1-On-1 Japanese Instruction.....	39
		Korean.....	39
		1-On-1 Korean Instruction.....	39
		Portuguese (Brazilian) .....	39
		Russian .....	40
		1-On-1 Russian Instruction .....	40
		Spanish .....	40
		1-On-1 Spanish Instruction .....	41
		Online Language Classes with Ed2Go .....	41
		<b>Local Adventure</b>	
		<b>Arts Explorations</b> .....	43
		<b>Portland Area Adventures</b> .....	44
		<b>Get Out of Town</b> .....	44
		<b>Recreation and Wellness</b>	
		<b>Adult 55+ Fitness</b> .....	47
		Better Bones and Balance .....	48
		<b>Health</b> .....	48
		1-On-1 Health Coaching.....	48
		<b>Mind-Body Wellness</b> .....	49
		Qigong and Tai Chi .....	49
		Yoga .....	50
		1-On-1 Yoga Lessons .....	51
		<b>Sports</b> .....	51
		Golf.....	52
		Outdoors.....	52
		Raquet Sports.....	53
		1-On-1 Tennis Lessons.....	53
		Snowshoe Beginner Series .....	54
		Women's Snowshoe Beginner Series .....	54
		Winter Sports.....	54
		<b>Work Out</b> .....	55
		Cardio.....	55
		1-On-1 Personal Training.....	56
		Pilates.....	57
		Strength Training .....	57



# 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](https://pcc.edu/communityed) and click **Teach a class**

# PCC Professional Development and Training

Gain and improve your skills for the workplace –  
for individuals and larger organizations



## Leveraging AI to Enhance Work

Leverage artificial intelligence as your workplace ally. Learn effective prompting, AI-driven task planning, strategies for improved communication, and how to use AI responsibly.



## Grant Writing

Discover how to identify funders, write impactful proposals, and manage the grant process with skill and confidence.



## Strategic Planning

Build strategic thinking skills to create adaptable, effective plans. Learn to navigate complex challenges, strengthen team alignment, and turn vision into achievable, lasting results.



## Medical Cannabis Specialist

Gain expert knowledge in medical cannabis to responsibly support patients in clinics, dispensaries, and care settings. Meet growing demand with trusted, specialized training.



## Coaching

Discover when to advise, mentor, or coach—and how each drives growth, performance, and lasting development.



## Herbalism Certificate

Earn CEUs & explore herbal medicine via Zoom classes! Program covers 200 herbs (Western, Chinese & Ayurveda). Dive into natural healing with modern science.



## 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](https://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](https://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 30¢ per copy. It can be recycled. **Because the schedule is addressed to "Residential Customer," PCC cannot remove individuals from the mailing list.**



# Dance!

**LEAVE YOUR HOUSE  
THIS WINTER AND  
GET DANCING.**

Dance classes start on page 5.

