

Register and Pay

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# Register and Pay

# How to Register

### You have four options:

Have the five-digit CRN (course reference number) of the class(es) you would like to register

- MyPCC: visit pcc.edu/nc. If this is your first time registering click on "Create Your Account." If you are a returning student click on "Register in MyPCC."
- MAIL or FAX: complete the form to the right and fax it to 971-722-4988 or mail it to: Portland Community College PO Box 19000 Portland OR 97280
- PHONE: call 971-722-8888 and choose option 2 from the menu, three times.
- IN PERSON: walk into any PCC Registration office. Offices are located at the Cascade. Sylvania, Rock Creek, and Southeast Campuses. Registration office hours can be found at pcc.edu/registration

### **Special Registration**

You cannot register for the following programs through the normal PCC registration system:

Driver Ed, Motorcycle, Summer Teen Program, or Swim with Community Ed.

Please see the specific program pages for registration instructions and information.

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

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

### **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. If you register by mail, note that PCC does not bill daily, so you may or may not receive a bill before class begins. If you register online, an electronic billing notification will be sent to your MyPCC email account.

### How to Pav

Payment is due when your registration is processed.

- MyPCC: log on to MyPCC at my.pcc.edu. Select the PCC-Pay link on your homepage or under "Pay for College."
- MAIL: submit payment by check with a completed registration form and mail it to: Portland Community College PO Box 19000 Portland OR 97280
- PHONE: call 971-722-8888 and choose option 3 from the menu.
- IN PERSON: walk into any PCC Student Account Services office. Offices are located at the Cascade, Sylvania, Rock Creek, and Southeast Campuses. Find hours at pcc.edu/resources/business

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

### 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-attendence. Community Ed does not follow the deletion for Non-payment process.

### Refund/Drop Policy

If you want to drop a class, you must do so online via MyPCC or at a PCC campus Registration Office. 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 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.

### CHARGES WILL NOT BE REMOVED IF YOU FAIL TO DROP BEFORE THE 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
Driver Education	Before the second class
Motorcycle	Three calendar days
	before the first class
Online	•

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

### Student Email

PCC uses email to conduct academic-related business. For this reason, the college provides each student with a free email account. All students at PCC have a MyPCC account that includes an "@pcc.edu" email address.

PCC email accounts are the officially recognized accounts for email communication between students and the College. All PCC students are responsible for checking their PCC email accounts for official communications (bills, waitlists, etc.).

Access your student email on the MyPCC homepage by clicking "Email" in the top-right corner of the page. You can also access your PCC email account directly at google.pcc.edu

# Registration Form Non-Credit/CEU Classes

Portland Community College

**Phone:** 971-722-8888, option 2 **Online:** pcc.edu/nc **Fax:** 971-722-4988 **Mail:** PO Box 19000, Portland OR 97280

CRN (5-digit number)	Course Title						
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	O TIII						
CRN (5-digit number)	Course Title						
t B: Student Info	rmation						
PCC ID Number ("G Number"	')	Student Status		PCC Student () Currer ously Attended PCC	ntly Enrolled at P	PCC 3 Da	ate of Birth (MM/DD/YYYY)
Last Name						Other Names I	Jsed
First Name						Middle Initial	Gender  ○ Male ○ Female
Mailing Address					City		State ZIP
Email Address							
Daytime Phone Number				10 Evening	g Phone Number		
n School/GED – Name of Scho	ol/Institution			City		Stat	e Year Graduated/Obtained
committed to affirmative a	ction goals and v	vould appreciate y	your resp	onse to the following:			
ou consider yourself to be His	panic/Latino?	○ Yes ○ No		Select one or more of	the following rad	cial categories to o	describe yourself
izen Tyne			American Indian o			k or African American	
re you an Oregon resident? Yes O No Are yo			Are you a veteran of th	ne U.S. Military?	○ Yes ○	No	
t is your main reason for atter ake classes for high school credit <sup>f</sup> arn credit towards a bachelor's (4- ake courses for personal interest <sup>R</sup>	<sup>tH</sup> ○ Improve writing year) degree <sup>RT</sup> ○ Le	, reading, or math skill earn English <sup>RL</sup> () Take	e a ABE/GED	Class RA Complete a cer			
	ested in taking? (s	elect one)					

111	My enrollment with Portland Community College will signify my consent to and acceptance of all policies and procedures governing my enrollment, including financial liabil If I fail to remit payment when due, I will promise to pay to PCC all reasonable costs for collection, including collection agency fees.					
	Signature	Date (MM/DD/YYYY)				







### 9DAN 6110 Aerial Dance

Dance in the air. Explore single-point trapeze, silks, hoop and invented apparatus such as an aerial bike. All levels welcome.

43380 **SE Portland** ECHOTC THEATER 1:30pm-2:50pm Fri 9/27-12/6 Wheeler-Kay \$179 No class 11/29.

### 9DAN 600F **Aerial Explorations**

Learn fundamentals on trapeze, hoop, tissu, rope and invented apparatus. Build strength, confidence and grace as you learn to fly. Apparatus varies weekly, to match interests and skill levels of the students. All levels welcome.

44716 **SE Portland** ECHOTC THEATER 12:30pm-1:50pm Wed 9/25-12/4 Cannon \$179
No class 11/27.

### 9DAN 611Y **Argentine Tango: Beginning**

Learn the principles of how to move, how to communicate with your dance partner by leading or following in a comfortable embrace, and how to listen and respond to the music. Create an enjoyable dance in the language of Argentine tango.

46259 **SE Campus** TABOR 102 7pm-8:20pm Wed 10/9-11/13 Norgard \$75 Attend with a partner if possible. Tuition is per person.

### 9DAN 610Z Ballroom Dance:

### **Beginning**

Techniques for fast and fun learning to get you on the dance floor now. Learn the basics in foxtrot, waltz, cha cha, rumba and more. No experience necessary. Bring a partner. Tuition is per person. No street shoes.

42688 **Rock Creek** BLDG5 111 7pm-7:50pm Fri 10/4-11/22 Haugland \$65

### 9DAN 610H Belly Dance: Beginning 1

Learn the basics of belly dance while having fun in a supportive atmosphere. Increase core strength and gain flexibility. For women of all ages and sizes. No black-soled shoes.

48022 **SE Campus** TABOR 102 7pm-8:20pm Tue 10/1-11/5 VanDerlip \$75

### 9DAN 600G Broadway Jazz

These uplifting and energetic classes develop a strong foundation in jazz basics. Get your body moving to classic Broadway and musical theater showtunes. Wear comfortable fitness/dance apparel and bring a water bottle. Socks or bare feet ok.

44791 **NE Portland** NWDPS STUDIO 12:15pm-1:15pm Sun 9/29-12/8 Jauron \$140
No class 11/24.

### 9DAN 610J Contemporary Fusion

Mix contemporary dance styles with jazz, ballet and world dance influences. Emphasis on proper body alignment, strength and flexibility, rhythmic musical phrasing and self expression. A fun combination of global music and movement.

44139 **NE Portland** NWDPS STUDIO 6:30pm-7:45pm Wed 9/25-12/11 Nieto \$165

### **《NEW CLASS》**

### 9DAN 600Z Dance: Contemporary

### **Modern Intermediate**

This class blends contemporary and modern dance styles and is ideal for intermediate dancers looking to grow their technique. Emphasis on proper body alignment, strength and flexibility, rhythmic musical phrasing and self-expression.

47745 **NE Portland** NWDPS STUDIO 10am-11:30am Mon 9/23-12/9 Keylock \$155 No class 11/11. Wear easy dance clothes; bring water bottle.

### 9DAN 610N **Jazz 101: Beginners**

Increase your strength, stamina, flexibility, fitness and self-expression while learning jazz dance technique in a creative and encouraging environment. Wear fitness/dance apparel and bring a water bottle. Socks or bare feet ok.

47444 **NE Portland** NWDPS STUDIO 7:45pm-8:45pm Tue 9/24-12/10 Brando \$160



### **《NEW CLASS》**

### 9DAN 600Y Mindful Movement

Follow your body's lead and meet yourself with compassion. Focus on sensation and breath, rather than aesthetics and technique. Class starts with gentle prep and flows into improvised movement on the floor and aerial apparatus. For all bodies.

SE Portland ECHOTC THEATER 12pm-1:20pm 9/27-12/6 Wheeler-Kay Fri No class 11/29

### **<b>《UPDATED CLASS》**

### 9DAN 6100 Pole Dance: Beginner

A thorough introduction to pole dance for the beginner. Course covers all spins, floorwork, climbing, and dance choreography including technique/transitions, etc. Email from instructor will include building access code.

47498 SW Portland ECLYSI STUDIO 12:30pm-2:30pm 10/1-11/19 Gee \$255 Wear shorts, tank top or tee and warm-up/cool down clothes.

47499 SW Portland ECLYSI STUDIO 1:30pm-3:30pm Wed 10/2-11/20 Gee \$255 Wear shorts, tank top or tee and warm-up/cool down clothes.

SW Portland ECLYSI STUDIO 2pm-4pm 47500 10/3-11/21 Gee \$255 Thu Wear shorts, tank top or tee and warm-up/cool down clothes.

### 9DAN 610P Rock Your Body! For

**Absolute Beginners** 

Do you want to have fun and get fit? This introductory class offers elements of jazz, contemporary, hip-hop, salsa, funk and body sculpting to upbeat grooves. Wear fitness/dance apparel and bring a water bottle. Socks or bare feet ok.

NE Portland NWDPS STUDIO 7:30pm-8:30pm 44138 Mon 9/23-12/9 Nieto \$150 No class 11/11.

### 9DAN 610W **Salsa Fever**

Discover sizzling salsa, as well as merengue and bachata. Learn it fast and have fun on the dance floor now. Tuition is per person; no partner necessary. No street shoes. More info: pcc.edu/staff/sylvia.haugland

44191 Rock Creek BLDG5 111 7pm-7:50pm Thu 10/3-11/21 Haugland \$65

### 9DAN 600E Street Jazz Dance

Take foundational jazz and mix it with funk, soul, sass and a little hip hop. This class offers fun challenges for everyone; all levels welcome.

46251 SE Campus TABOR 102 7pm-8:20pm Thu 9/26-12/5 Elstad \$115 No class 11/28.

### 9DAN 610V Swing

Learn the basics of one of the most popular and versatile dances, east coast swing. Get on the dance floor and have fun. We may also dip into west coast swing, jitterbug and hustle. Bring a partner. Tuition is per person. No street shoes.

46155 Rock Creek BLDG5 111 8pm-8:50pm Fri 10/4-11/22 Haugland \$65

### 9DAN 612G Dance: Vogue

Explore the history and five fundamentals of vogue: catwalk, hands, spins and dips, duckwalks and floor performance. You can take what you learn and ease your way into the kiki ballroom dance scene.

SE Portland VMAC STUDIOC 6:30pm-7:30pm Mon 9/30-12/9 Giron No class 11/11.

### Ballet

▶ You may also like Core Balance = Yoga + Pilates + Ballet Stretch on page 40

### 9DAN 610C Ballet: Absolute

### **Beginners 1**

Have you always wanted to learn ballet? Join this class and learn the basics of ballet technique. No experience necessary. Please wear ballet slippers, comfortable athletic dance wear and bring a water

44136 Sun No class 1	<b>NE Portland</b> 9/29-12/8 12/1.	NWDPS STUDIO Couture	3:30pm-4:45pm \$145
44137	<b>NE Portland</b> 9/25-12/11	NWDPS STUDIO	7:45pm-9pm
Wed		Couture	\$165

### 9DAN 610D Ballet: Absolute

### **Beginners 2**

Continue to learn the basics of ballet technique. The next step for those with little ballet experience or wishing to continue on from Absolute 1. Please wear ballet slippers, comfortable athletic dance wear and bring a water bottle.

46109 Sun No class	<b>NE Portland</b> 9/29-12/8 12/1.	NWDPS STUDIO Couture	4:45pm-6pm \$155
47700	NE Beatlead	NIMBRO OTUBIO	0 10 00
47703	NE Portland	NWDPS STUDIO	9am-10:30am
47703 Sat	9/28-12/14	Pucci	9am-10:30am \$155

### 9DAN 611A Ballet: Beginner

### Intermediate

Discover ballet placement and principles of movement and alignment in this comprehensive barre and center practice class. Participants should have basic knowledge of ballet, positions, steps and terms.

NE Portland NWDPS STUDIO 7pm-8:30pm

Thu No class	9/26-12/12 11/28.	Jauron	\$145
47450	NE Portland	NWDPS STUDIO	10am-11:30am
Tue	9/24-12/10	Thiessen	\$155

# Hip Hop

### 9DAN 611W 90s Throwback Hip Hop

### **Dance**

47448

Get into your own groove with fun music and positive energy as you learn new steps. An open level introduction to hip hop with a 90s influence.

43343	SE Campus	<b>TABOR 102</b>	6pm-7:20pm
Fri	9/27-12/6	Elstad	\$115
No class	11/29.		

### **《NEW CLASS》**

### 9DAN 600X Cardio Hip Hop

Get on the dance floor and get your groove on while you get your heart rate pumping. This class takes hip hop to a fresh, fun, viral level. Open level, no dance experience necessary.

47430 SE Campus TABOR 102 7:30pm-8:50pm 9/27-12/6 \$115 No class 11/29.

### **Class Spotlight:**

Get your weekend groovin' with this high-energy hip hop class. We push our stamina and flexibility with a full warm up, then work on a routine that focuses on learning some of today's hottest viral moves. Sweat away your cares in this safe, supportive environment. Leaux has been choreographing, performing, teaching, and studying dance in Portland for about 10 years.

### 9DAN 610M **Hip Hop**

Explore new ways of moving to hip-hop beats, pop, r&b and top 40 dance hits. Learn modern/ contemporary hip-hop and funk choreography. Find your inner SWAG! Great for all levels, from beginners to experienced artists. No blacksoled shoes

44134 Wed	<b>NE Portland</b> 9/25-12/11	NWDPS STUDIO Devine	12pm-1:15pm \$160
44135 Sun No class 1	<b>NE Portland</b> 9/29-12/8 2/1.	NWDPS STUDIO Devine	1:15pm-2:30pm \$145
45932 Thu No class 1	<b>NE Portland</b> 9/26-12/12 1/28.	NWDPS STUDIO Holmes	8:30pm-9:30pm \$150

# Music and Theater

### 9PER 625P Beatles for All: Sing and Play-A-Long

Play and sing your favorite Beatles songs with a group. All acoustic instruments and voices welcome. Learn new chords and harmonize with

48014 SE Campus ADM 102 8pm-8:50pm 9/23-12/2 Khovy No class 11/11. Text: Beatles Complete Chord Songbook

### 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.

44956 SE Campus ADM 102 6pm-6:50pm Mon 9/23-12/2 Khovy \$79 No class 11/11. Text: Edly's Practical Theory for Practical People

new friends.



### 9PER 624N Piano and Keyboard 1

Group instruction for basic technique. Learn hand position, fingering, major scales and related chords, reading music, playing and harmonizing simple melodies. Prior experience with piano and/or reading music helpful, not required.

42791 **Cascade** MAHB 107 6pm-7:50pm Wed 10/2-12/11 Thor \$139 No class 11/27. Text: *Alfred's Basic Adult All-in-One* 

### 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.

43089 **Sylvania** CT 201 5:30pm-8:20pm Wed 9/25-12/4 Farris \$88 More info: matthew.farris1@pcc.edu or jmery@pcc.edu

### Guitar

### 9PER 624G Guitar: Beginning Level 1

Learn fundamentals, proper playing position, tuning techniques, right-hand picking patterns plus left-hand exercises to improve independent finger movement. You'll be strumming patterns and easy chords in no time. Bring guitar to class.

44282 **Cascade** TH 208 6pm-7:20pm Mon 9/23-11/18 Jones \$89 No class 11/11.

### 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.

 43063
 SE Campus
 ADM 102
 8pm-8:50pm

 Tue
 9/24-11/26
 Khovy
 \$79

 Text: Contemporary Class Guitar by Will Schmid

### 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.

43375 **SE Campus** ADM 102 7pm-7:50pm Mon 9/23-12/2 Khovy \$79 No class 11/11. Text: *Art of Contemporary Travis Picking* 

# Strings

### 9PER 625B Banjo: Beginning

Tune, play melodies and finger pick on the banjo (with picks or without). Learn the claw hammer Earl Scruggs picking style, as well as how to strum and sing popular folk songs. Bring banjo to class.

47741 **Cascade** TH 208 6pm-7:20pm Tue 9/24-11/12 Jones \$89

### 9PER 624L Mandolin

Learn chords, licks and picking techniques. Play Celtic, country, bluegrass and old-time standards. Explore different ways to enjoy this historic instrument. Bring mandolin to class.

47742 **Cascade** TH 208 7:30pm-8:50pm Tue 9/24-11/12 Jones \$89



### 9PER 610E Uke-da Blues

Got the blues? Shake them off by learning to play the blues on your uke. It's easier than you may think! Come uke those blues! Bring tuned uke and text.

44192 **SE Campus** ADM 102 7pm-7:50pm Tue 9/24-11/26 Khovy \$79 Text: *Kev's QuickStart Ukulele Blues* 

### 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 and pencil to class.

47740	Cascage	TH 208	7:30pm-8:50pm
Mon	9/23-11/18	Jones	\$89
No class	11/11.		
43374	SE Campus	ADM 102	6pm-6:50pm
Tue	9/24-11/16	Khovy	\$79
Text: Ess	ential Elements	for Ukulele Book 1	

# Theater

### 9PER 623F Acting for Stage, Screen

### or Life

Open your creative expression and develop confidence through theater exercises, storytelling, improv and specially designed scenes. Prepare to pursue acting and related opportunities with a longtime actor-teacher. All levels welcome.

42782 **SE Campus** SCOM 314 7pm-8:50pm Tue 10/15-12/3 Schwell \$119

### 9PER 623H Acting Inside/Out

Bring your feelings and creativity to full expression through theatre exercises, storytelling and improvisation. Develop confidence in a fun atmosphere with a longtime actor-teacher.

43342 **SE Campus** SCOM 314 1pm-4:50pm Sat 11/23 Schwell \$35



### 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.

46250 SE Campus TABOR 137 10am-11:50am 9/28-11/2 Sat Ellis \$89

▶ You may also like Public Speaking for All: Introduction on page 54

### 9PER 6231 Trapeze, Acrobatics, and **Physical Theater**

Explore single-point trapeze, acrobatics and physical theater while building confidence, community and a stronger, more flexible you! Experience your potential through circus, theater arts and structured play. All bodies welcome.

SE Portland ECHOTC THEATER 7:30pm-8:50pm Wed 9/25-12/4 Woolman No class 11/27.

▶ You may also like Learn to Juggle on page 40

### Voice

### 9PER 600P Group Singing

Build singing confidence in a friendly environment. Learn basic sight reading, vocal technique and singing harmony through popular, folk and gospel choir music. Solo singing opportunities. Supply list: pollyanna.hancockmoody@pcc.edu.

SE Campus SCOM 314 2pm-3:20pm 9/27-12/6 Hancock-Moody \$115 No class 11/29. Text: Choral Approach to Sight-Singing

### 9PER 626B Jazz Singers Workshop 1

In a supportive environment, learn to select songs and keys for your unique voice, overcome stage fright, use a microphone, connect with the audience, move on stage like a pro, count in the band and communicate with professional musicians.

44189 SvIvania ST 108 6pm-7:50pm 10/3-12/12 \$219 + \$17 fee Thu 7ilka No class 11/28. Class includes accompanist.

### 9PER 626A Jazz Singers Workshop 2

Take your jazz singing to the next level, with advanced concepts, techniques and vocal improvisation. For students who have taken Jazz Singers Workshop 1, or with instructor approval: mitzi.zilka15@pcc.edu.

ST 108 44195 Sylvania 8pm-9:50pm Thu 10/3-12/12 Zilka \$219 No class 11/28. Class includes accompanist.

### 9PER 600Y Jazz Singers: Vocal

### **Techniques**

Study vocal techniques of the great jazz masters. Compare and contrast three versions of eight songs, analyzing how vocalists create timeless interpretations. Experiment with which of these methods you can adapt into your singing style.

47754 Sylvania ST 108 6pm-7:50pm Wed 10/2-12/4 Zilka \$139 + \$15 fee Instructor approval required: mitzi.zilka15@pcc.edu

# Photography

# 9FA 620T Getting to Know Your Digital

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.

43095	CLIMB Ctr	CLIMB 305	1:30pm-4:20pm		
Sat	10/5	Regal	\$35		
Some cameras may require additional instruction after class.					
43062	Cascade	TH 124	6:30pm-9:20pm		
Wed	10/23	Regal	\$35		
Some cameras may require additional instruction after class.					

### 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, charged batteries and owner's manual to class.

47751	Cascade	TH 124	6:30pm-8:20pm	
Thu	10/3-11/7	Regal	\$89	
42788	Sylvania	HT 223	7pm-8:50pm	
Tue	10/1-11/19	Regal	\$119	
No class 10/8. Field trip 10/19, 10am-1pm.				

### 9FA 621E Mastering Your Digital Camera

Operate your 35mm camera with knowledge, confidence and creativity. Learn relationships between f-stops, shutter speeds, ISO, Improve composition via assignments and feedback. For beginners. Bring camera, manual and samples of your photos.

4/918	Willow Cree	K WUU 206	6:30pm-9:20pn
Fri	10/4-12/6	Mitchell	\$205 + \$10 fee
Field trip	0 10/26, 7:30-10	D:30am.	





### **《NEW CLASS》 《NEW INSTRUCTOR》**

# 9FA 632J Photography: Developing a Personal Project

Explore how your photography can tell your story. Using your abilities as a starting point, we'll undertake a roadmap of essential skills useful to your progress and develop your artistic vision toward a thematic project. Bring DSLR camera.

47998 **CLIMB Ctr** CLIMB 305 6:30pm-8:50pm Thu 10/3-12/12 Brommer \$195 No class 11/28. Field trips 10/12, 10/26, 1-3:30pm.



### Instructor Spotlight: Jennifer Brommer

Jen's love of art began in the darkroom at 16, taking her on a 20-year journey of teaching. Her classes give people experience and technical ability to see the world. She encourage students to have fun while building confidence in their creative photography skills. Jen's work has been shown at the Brooklyn Museum, Anthology Film Archives, and the San Francisco Foundation.

### **《NEW CLASS》 《NEW INSTRUCTOR》**

### 9FA 632K Virtual Reality Cinema

### **Appreciation**

Experience a new way of storytelling by watching virtual reality cinema with the power of VR headsets. We'll analyze immersive VR films from a wide variety of genres that take you to another place, time and perspective. All gear supplied.

47736 **Cascade** MAHB 216 7pm-8:50pm Tue 10/1-10/29 Bracker \$79 Held in PCC's new Virtual Reality Development Center.

### **Class Spotlight:**

VR cinema is unlike any other art form, and incredibly powerful. With VR, filmmakers transport their audiences in ways that quite literally put them at the heart of the story. As we explore the language of VR cinema, we'll use traditional film-theory as a framework for thought-provoking discussions following the screening of each VR film.

### 90L 612I Discover Digital Photography

Covers equipment, software, the digital darkroom, printing, Internet and email use, commercial and personal applications. For beginners or long-time professionals looking for a complement to traditional photography.

43414	Online	ED2G0	9/11-10/18	\$109 fee		
wust reg	ister and pa	y via ed2go.d	om/portlandcc			
43415	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43416	43416 <b>Online</b> ED2GO 11/13-12/20 \$109 fee					
Must reg	Must register and pay via ed2go.com/portlandcc					
43417	Online	ED2G0	12/11-1/17	\$109 fee		
Must req	ister and pa	y via ed2go.c	om/portlandcc			

# 90L 618D Photographing People with your Digital Camera

Photographing people can be fun, exciting -and complicated! This course will make taking beautiful pictures of adults, children and babies simple.

43504	Online	ED2G0	9/11-10/18	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43505	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.d	om/portlandcc			
43506	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43507 <b>Online</b> ED2G0 12/11-1/17 \$109 fee						
Must rea	Must register and pay via ed2go.com/portlandcc					

### 90L 624F Mastering your Digital SLR

### Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings and more.

43471	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43472	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43473	Online	ED2G0	11/13-12/20	\$109 fee
Must register and pay via ed2go.com/portlandcc				
43474	Online	ED2G0	12/11-1/17	\$109 fee
Must register and pay via ed2go com/portlandcc				

### Darkroom

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

Hands-on class covering photography basics and film developing. Print enlargements and learn to control light to your best advantage.

42682 **SE Campus** TABOR 131 6pm-9:20pm Wed 10/2-11/27 Riches \$195 + \$25 fee Open lab time discussed at class.

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

Use RC or fiber paper. Work on 35mm b/w film. Bring projects to class. For students who have enrolled in previous Southeast Campus darkroom classes or instructor approval: mike.riches@pcc.edu.

42680 SE Campus TABOR 131 6pm-9:20pm 10/3-12/12 Riches \$205 + \$30 fee Thu No class 11/28. Open lab time discussed at class. 42681 SE Campus TABOR 131 6pm-9:20pm 10/1-12/10 Riches \$205 + \$30 fee Tue No class 11/12. Open lab time discussed at class.

### 9FA 622W Darkroom Photography: Alternate Darkroom Materials

Add more to your darkroom toolbox. Develop your photos with caffeine and investigate other alternatives. For students who have enrolled in previous Southeast Campus darkroom classes or instructor approval: mike.riches@pcc.edu.

48019 **SE Campus** TABOR 131 6pm-9:20pm Wed 12/4-12/11 Riches \$75 + \$10 fee Open lab times discussed at class.

# 9FA 632G Darkroom Photography:

### Lith Printing

Explore the process of creating a silver gelatin print via overexposure and partial development. With practice, make your prints cool toned, gritty and harsh or leave in some soft warm tones.

47474 **SE Campus** TABOR 131 10am-1:20pm Sat 9/28 Riches \$35 + \$5 fee Instructor approval required: mike.riches@pcc.edu

# Editing and Post-Production

### 9FA 632H **Adobe Lightroom Classic:**

### **Advanced**

For photographers familiar with Lightroom, learn more in-depth features of Adobe Lightroom Classic: creating presets, black and white output, soft proofing, using print profiles, sharpening and preparation for output. Bring your laptop.

47753 **NE Portland** HWSC CLSRM 6:30 pm-8:50 pm Tue 10/15-11/19 Will \$115 + \$10 fee Bring a notebook.

### 90L 626Q Lightroom CC: Level 1

You can use Lightroom CC (part of Creative Cloud subscription) or Lightroom 6 to see how this powerful program can help you prepare, edit, and organize your photos quickly and effectively.

45443	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	v via ed2go.c	com/portlandcc	
45332	Online	ED2G0	10/16-11/22 com/portlandcc	\$109 fee
47834	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	com/portlandcc	
47870	Online	ED2G0	12/11-1/17	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	

### 90L 625H **Lightroom 5**

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

46538	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
47779	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
47828	Online	ED2G0	11/13-12/20	\$109 fee
Must register and pay via ed2go.com/portlandcc				
47868	Online	ED2G0	12/11-1/17	\$109 fee
Must register and pay via ed2go.com/portlandcc				

# **Events and Settings**

### **<b>《UPDATED CLASS》**

# 9FA 621A Photography Beyond Basics: Fall Color

Fall landscape colors change from "Summer greens" to "Fall golds." Includes: equipment choice, tripod, heads, filters, light control, composition, flash. Assignments on color use, contrast, exposure.

47943 **Willow Creek** WCC 212 6:30pm-9:20pm Thu 10/3-11/7 **Mitchell** \$205 + \$10 fee Field trips 10/13 6:45am-12:45pm, 10/27 and 11/3 7am-1pm.



### 9FA 600G Urban Nature Photography

Capture fall colors as you explore Portland parks with your camera. During field trips we will learn about perspective, composition and light. In the classroom we will share photos and feedback. All levels, and types of cameras, welcome.

**CLIMB Ctr** CLIMB 306 10am-11:50am Wed 10/2-11/13 Regal \$89 No class 10/9. Field trips during class.

# Lighting

### **<b>***<b>UPDATED CLASS*

9FA 620W Understanding Lighting

Learn to work with various types of lighting equipment including speed lights and studio strobes. Work with modifiers to create a variety of lighting styles. We'll take field trips to practice techniques.

47441 CLIMB Ctr **CLIMB 106** 6:30pm-9:20pm 11/5-12/3 \$115 Tue Henley

# Visual Arts

### 9FA 610A Calligraphy: All Levels

Calligraphy has graced the pages of the world's most elegant manuscripts since ancient times. Now you can use this art form for your own lettering designs. Features an array of strokes, styles and creative projects. For all ability levels.

CLIMB Ctr CLIMB 307 43094 9:30am-11:20am 10/5-11/23 Hartman \$119 Supply list: maryellen.hartman@pcc.edu

### **NEW CLASS**

### 9FA 624F Calligraphy: Mixed Media with Watercolor

Learn watercolor techniques to make backgrounds or to enhance your calligraphy along with paste paper techniques to use in collage, cards and other projects. For students with at least beginning calligraphy skills.

**CLIMB Ctr** 48011 **CLIMB 307** 12:30pm-2:20pm 10/12-11/2 Hartman \$65 + \$7 fee Supply list: maryellen.hartman@pcc.edu

### 9FA 613D Fused Glass: Stars and

### **Snowflakes**

Create beautiful glass snowflakes and stars to illuminate your winter celebrations. No experience necessary. All tools and materials provided.

ROSEGG STUDIO 10am-11:50am 42792 Tigard Sat 12/7 McDougal \$110

### 9FA 613F Mosaics the Stained Glass Way

Turn an ordinary surface into a work of art. No experience necessary for this three day class. You will learn to work with patterns, and cut glass the stained glass way, while learning the exciting art of mosaics. Free patterns available.

ROSEGG STUDIO 11am-12:50pm 47507 **Tigard** 10/5-10/19 McDougal \$125 Additional costs for materials. Open studio Sat 1-3pm.

# Architectural and Art History

### **《NEW CLASS》**

### 9FA 624G Pictures, Paintings, Portraits, **Prints at PDX Art Museum**

Explore art that stirs questions about identity and popular culture: conceptual, contemporary art by African American HW Thomas, prints of three 17th century Japanese kabuki actors, and prints and letters by three generations of Inuit women.

ARTMSM LOBBY 11am-12:50pm 47508 Downtown 10/5-10/19 Whalen \$20 payable to Portland Art Museum for one-year pass.

### Ceramics

First class is mandatory for all new and returning students.

### 9FA 617C Ceramics: Beginning

Develop techniques on the wheel as well as handbuilding, learning through demonstrations and your own work. Explore surface color and texture techniques. Bring your own tools if possible.

SE Campus TABOR 134 6pm-8:50pm 9/24-11/26 \$169 + \$40 fee Tue Harvey Open studio Wed 1pm-5:50pm/Sat 9am-12:50pm.

### 9FA 612L Introduction to Ceramic Arts

Explore hand building techniques such as coils, slab and pinch pots. On the wheel, learn to center and throw a form, and handles and lid construction. Also learn about surface decoration, raw materials and contemporary and historical ceramics.

47739 N Portland SJCLAY STUDIO 9am-11:50am 9/28-12/7 Fryback \$260 No class 11/30. Includes bag of clay and firing.

### **《UPDATED CLASS》**

### 9FA 617B Ceramics: Beginning and Intermediate

Explore pinch, slab, coil, and wheel techniques. Try out carving and applying colored clay. Learn to love design elements of line, form, shape and space. Whether forming, trimming, or glazing you are welcomed into the world of clay.

43057 SE Campus TABOR 134 2pm-5:20pm 9/30-12/2 Shaw \$195 + \$45 fee No class 11/11. Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.

43058 SE Campus TABOR 134 6pm-9:20pm 9/30-12/2 Shaw \$195 + \$45 fee No class 11/11. Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.

### 9FA 617A Ceramics: All Levels

Develop techniques on the wheel as well as hand building, learning through demonstrations and your own work. Explore surface color and texture techniques. All levels welcome. Bring your own tools if possible.

46101 **MAHB 108** 10am-12:50pm Cascade Sat 9/28-12/7 Eliades \$169 + \$35 fee No class 11/30. Open studio Sat 1-4 pm.

### Ceramics: All Levels, continued

SE Campus TABOR 134 43056 6nm-9:20nm \$195 + \$45 fee Wed 9/25-11/27 Pate Open studio Wed 1pm-5:50pm/Sat 9am-12:50pm.

44955 SE Campus **TABOR 134** 9:30am-12:50pm \$195 + \$45 fee Mon 9/23-12/2 Hoagland No class 11/11. Open studio Wed 1pm-5:50pm, Sat 9am-12:50nm

### **<b>《UPDATED CLASS》**

### 9FA 612S Ceramics: All Levels, with a Focus on Glazing

Work on hand building and wheel skills, learning through demonstrations and your own projects. Experiment with various glazes, and glazing and decorating techniques. All levels welcome. Bring your own tools if possible.

46242 SE Campus TABOR 131 2pm-5:20pm \$195 + \$45 fee 9/27-12/6 Hoagland No class 11/29. Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.

### 9FA 612K Ceramics: Form and Figure Sculpture

Playful approach to ceramic sculpture techniques offering a light overview and hands-on experience for any skill level. Handbuilding techniques applied to primarily non-functional artwork.

N Portland SJCLAY STUDIO 6pm-8:50pm 9/26-12/5 .lordan Thu \$260 No class 11/28. For all levels. Clay provided.

### **<b>《UPDATED CLASS》**

### 9FA 617E Ceramics: Hand Building

Explore traditional approaches to clay with emphasis on hand building techniques and functional forms. Use clay to create functional tableware and sculptural objects. All levels welcome.

44953 SE Campus TABOR 134 10am-1:20pm Wed 9/25-11/27 Carmona \$195 + \$45 fee Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.

### 9FA 617F Ceramics Intermediate: Throwing and Hand Building

For those who have mastered the basics. Improve your techniques and develop your personal style. Bring whatever inspires you and translate it into your creative process with clay. Bring your own tools if possible.

SE Campus TABOR 134 6pm-9:20pm 9/26-12/5 Hoagland \$195 + \$45 fee Thu No class 11/28. Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.

### **《NEW CLASS》**

### 9FA 612Y Ceramics Intermediate:

### **Sets in Spare**

Design and create your own set of tableware or objects and investigate variations on a theme of color, size, position of image, or concept. For intermediate hand-builders and wheel-throwers. Bring your own tools if possible.

SE Campus TABOR 134 48002 10am-1:20pm 9/24-11/26 Eliades \$195 + \$45 fee Open studio Wed 1pm-5:50pm, Sat 9am-12:50pm.





# 9FA 617D **SE Campus Studio Hours: Hand Building**

This lab is only for students enrolled in an eight to ten week ceramic class at the SE Campus ceramic studio. Students may attend only during the weeks of their other ceramics class(es). No formal instruction provided.

# 9FA 617G **SE Campus Studio Hours:** Wheel Throwing

This lab is only for students enrolled in an eight to ten week ceramic class at the SE Campus ceramic studio. Students may attend only during the weeks of their other ceramics class(es). No formal instruction provided.

43061 **SE Campus** TABOR 134 1pm-4:45pm Sat 9/28-11/30 Hoagland \$40 + \$20 fee Bring your own tools if possible.

# Drawing

### 9FA 611Q Drawing: Beginning

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

48015 **SE Campus** TABOR 127 1pm-3:50pm Fri 10/4-11/22 Larson \$165 Supply list: kendra.larson@pcc.edu

# 9FA 611N **Drawing for the Timid but Hopeful**

Studio-style drawing class. Materials include graphite pencils, wate soluble graphite and watercolor pencils, colored pencils and ink washes. Supply list at class.

42683 **SE Campus** TABOR 133 1pm-3:20pm Tue 10/1-12/3 Smith \$179

### 9FA 628L Drawing: Introduction

Learn the fundamentals of drawing. Emphasis of discussion and practice will be on training your hand and eye to work together to draw what you see. Contour drawing, gesture, quick sketches and longer drawings will all be practiced.

47426 **CLIMB Ctr** CLIMB 102 2pm-4:50pm Wed 10/2-11/20 Chamberlin \$119 Supply list: pcc.edu/staff/shelley.chamberlin

### **<b>《UPDATED CLASS》**

### 9FA 628X Traditional Drawing

Develop classical charcoal and pencil drawing techniques, working from still life. Demonstrations of every step and assignment, focusing on gesture, proportion, perspective, shading and composition. For beginners and returning students.

44793 **Cascade** MAHB 221 6pm-8:50pm Wed 9/25-11/27 Kitman \$205 + \$16 fee

# 9FA 623S Drawing: Comics and Characters

Create your own comics characters and tell your own story with them as the lead. Explore each step of making comics, from character design, writing, page layout, penciling lettering and inking. All levels welcome.

46239 **Cascade** TH 201 6:30pm-9:20pm Tue 9/24-11/5 Alexander-Tanner \$145

### 9FA 628S Drawing at Portland

### **Art Museum**

Visit museum galleries to explore sketching, shading, composition, value, color and perspective with graphite and colored pencil. Immerse yourself in great works and learn from the masters. Supply list: pcc.edu/staff/shelley.chamberlin

43420 **Downtown** ARTMSM LOBBY 10am-12:50pm Wed 10/2-11/20 Chamberlin \$119 \$20 payable to *Portland Art Museum* for one-year pass.

# 9FA 6241 Drawing the Portrait: Face and Features

Revisit proportions of the head via scaffolding methods and measuring techniques. Draw the structure of individual features and note how they appear to change as the head turns. Explore foreshortening and perspective through sketching.

48078 Rock Creek BLDG2 228 6pm-8:20pm Mon 9/30-11/25 Shibano \$139 No class 11/11. Supply list: pcc.edu/staff/deirdre-shibano

# 9FA 611V Drawing With Colored Pencil and Watercolor Pencil

Explore the qualities and aesthetic possibilities of colored pencil and watercolor pencil. Beginning to advanced students welcome in this studio-style class. Supply list at first class.

42987 **Willow Creek** WCC 209 6:30pm-8:50pm Wed 10/2-12/11 Smith \$179 No class 11/27.

### **♦NEW CLASS**▶

### 9FA 630B Large-Scale Drawing

Create a series of bilateral drawings using the body. Balance movement and intuition. Make unique large-scale drawings with pencil, ink and crayons on canvas or paper. Good for unblocking creativity.

46258 **SE Campus** TABOR 133 6pm-8:50pm Thu 10/3-11/7 Guttman \$129 Supply list: pcc.edu/staff/elena-guttman



### **<b>***<b>UPDATED CLASS*

### 9FA 601D Nature Sketching: One-Day

### Workshop

Spend the day learning how to sketch the natural world around us, using pencil, pen and watercolor. We'll explore plants, birds, small animals and landscapes. Bring a 90#, or heavier sketchbook, #2 pencil, micron pen. Bring your lunch.

TRNWR RIPARIAN 10am-3:50pm 47816 Sherwood Sat 10/12 Goodell \$55

### 9FA 628U Watercolor: Drawing With The Brush

Expand your drawing skills, learn techniques of the brush, characteristics of the media, color theory and composition. Develop your personal style using a variety of subject matter. All levels welcome. Supply list at class.

43418 SW Portland OSA CLSRM 7pm-8:50pm 9/30-11/4 \$89 Mon Railey \$35 fee payable to OSA.

# **Jewelry**

### 9FA 613A Enameling: Beginning

Explore the ancient art of firing vitreous enamel glass onto copper surfaces in a kiln. Using techniques like sgraffito and Limoges, you'll see an array of colors and textures. Enameling is suitable for jewelry, PMC and small wall pieces.

43093 Svlvania HT 320 10am-5:20pm Sat 10/12 Haga \$65 + \$20 fee

### 9FA 614A Jewelry: Beginning

### Metalwork 1

Techniques in soldering and fabrication working in silver, copper, bronze and nickel. Design your own functional wearable art including pendants, rings

42789 **MAHB 109** Cascade 6pm-8:50pm Tue 10/1-12/3 Thompson \$195 + \$35 fee First class is mandatory. Text: The Complete Metalsmith

# 9FA 614B Jewelry: Beginning

### Metalwork 2

Explore advanced techniques including advanced stone setting, fold forming and hollow forms using the hydraulic press. For students who have previous experience in metalworking.

42790 Cascade **MAHB 109** 6pm-8:50pm 10/3-12/12 Thu Thompson \$195 + \$35 fee No class 11/28. Text: The Complete Metalsmith

### 9FA 614H Jewelry: Beginning Metalwork 3

Continue to explore even more advanced metalworking techniques including making hinges, boxes and lockets, forming ingots and creating silver sheet and wire. For students who have taken Metalwork 1 and 2. More info: kaite.thompson@pcc.edu.

**MAHB 109** 44142 Cascade 11am-4:50pm 10/5-12/7 Thompson \$195 + \$35 fee Sat No class 10/12, 10/26, 11/9, 11/23, 11/30.

### Mixed Media

### 9FA 618A Altered Books and Art Journals

Make art a daily part of your life by creating altered books and personal art journals. Get instruction, ideas and inspiration. Great introduction to art or to boost your play with art. Supply list at class.

SE Campus TABOR 133 11:30am-1:50pm 10/2-11/20 Thornburg-Rocha \$139 Wed

### 9FA 629G Collage Portraiture: People and Pets

Think outside the frame of traditional portraiture and create your favorite person's or furry family member's likeness. Use colors, patterns and dramatic layers as you compose a portrait that captures their unique essence. All levels welcome.

47459 Cascade TH 206 9:30am-12:20pm 10/5-10/19 Sat Weil \$75 Supply list: theresa.russoweil@pcc.edu

You may also like Cat Furniture Construction and Design on page 23

### 9FA 615B Mixed Media Collage Studio

Create mixed media works in 2D and 3D, by reinvigorating an object or starting with a fresh surface. Explore glues, papers, paints and layering tips through demos. Take time to experiment with mediums and materials to express your style.

Cascade TH 206 1pm-4:20pm Sat 10/5-10/26 Weil \$105 Supply list: theresa.russoweil@pcc.edu





### 9FA 629J Mixed Media: Practicing **Creative Thinking**

Embrace happy accidents, ditch expectations and use inventive techniques with ink, acrylic paint and pastels. Learn to trust your instincts and see art-making as an adventure. For anyone who feels stifled and wants to try something new.

47997 SE Campus TABOR 133 9:30am-1:20nm 12/7-12/14 Barnum \$65 + \$8 fee Supply list: leslie.barnum@pcc.edu

# **Painting**

### **<b>《UPDATED CLASS》**

9FA 631A Absolute Abstract Painting

This class is for students who have begun to "think" abstract, to create non-representational paintings imbued with meaning. Continue the investigation, using mixed media and acrylics. Lectures and demos of new techniques will be included.

48008 SE Campus TABOR 133 10am-1:50pm Sat 11/2-11/23 Guttman \$119 Supply list: pcc.edu/staff/elena-guttman

### 9FA 6230 Chinese Brush Painting:

Bamboo is one of the "four gentlemen" that represents strength and modesty. Through lecture, demonstration and your own work, explore uses of ink and brush.

48097 SE Campus TABOR 133 6pm-8:20pm Mon 9/30-11/4 Supply list: jean.choy@pcc.edu

### **◆NEW CLASS**▶

### 9FA 624E Chinese Brush Painting:

### **Fall Harvest**

Invite the Fall harvest into your painting with fruits, vegetables and insects. Through lecture, demonstration and your own work, explore uses of ink and brush

47427 SE Campus TABOR 133 10:30am-12:50pm Mon 9/30-11/4 Choy \$115 No class 11/11. Supply list: jean.choy@pcc.edu

### **<b>《UPDATED CLASS》**

9FA 616J Dynamic Abstract Painting

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

46255 SE Campus TABOR 133 10am-1:50pm 9/28-10/26 Guttman \$139 Supply list: 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. All levels welcome.

42986 Willow Creek WCC 209 9:30am-3:50pm Sat 10/26-11/2 Labadie \$95 Supply list: pcc.edu/staff/edward.labadie

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

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

47917 Willow Creek WCC 209 9:30am-3:50pm 11/16-11/23 Labadie \$95 Supply list: pcc.edu/staff/edward.labadie

# Painting: Acrylics and Oils

### 9FA 627F Acrylics Are Easy

Learn the step-by-step essentials, from washes to glazes and opaques. Discover how easy they are to alter and correct for fresh starts. All levels and styles welcome; personal attention, demos and constructive critiques.

Willow Creek WCC 209 9:30am-3:50pm 10/12-10/19 Labadie \$95 Supply list: pcc.edu/staff/edward.labadie

### **<b>***<b>UPDATED CLASS*

### 9FA 616C Acrylics Artists Group

Beginners and experienced artists alike will enjoy working in a fun, supportive, open studio experience. Join other artists in expanding your skills and developing your style. Supply list given at first class.

42687 Willow Creek WCC 209 11:30am-1:50pm 10/3-11/21 Thornburg-Rocha \$139 Thu

### 9FA 627A Classical Oil Painting Studio

Explore chiaroscuro ("light-dark"), mix shadow colors and mix local color. Learn classical composition methods, model form and master edge work. Create the illusion of atmosphere in your works. Instructor demos stages of the painting process.

46102 Sylvania HT 323 5:30pm-8:20pm 9/30-11/4 Guttman Mon \$129 Supply list: pcc.edu/staff/elena-guttman



### Instructor Spotlight: Elena Guttman

Elena has been painting and creating art from a very young age. She never imagined herself to be anything other than an artist, starting with her early work as a stage set designer. She believes that life is a playground and everybody has a story to tell through their artwork. She exhibits her work around Europe, Asia and the United States.

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

This class is an open studio, and you decide whether to work in acrylics or oils. Work on your own project, with the instructor helping you focus on new skills and techniques, problem solving and exploring ways to create successful paintings.

### Painting: Acrylics and Oils, continued

Lk Oswego LKWOOD STUDIO 9:30am-12:20pm 42712 Fri 9/27-12/6 Guttman \$205 + \$29 fee No class 11/29. Supply list: pcc.edu/staff/elena-guttman

### 9FA 624B Painting with Acrylics

Focus is on how to begin a painting, set up a palette, mix colors and create compositions. Learn about painters and painting techniques in a supportive environment.

48095 SE Campus TABOR 127 9am-12:50nm 9/27-11/15 Liccardo \$205 Supply list: michelle.liccardo@pcc.edu

# Painting: Watercolor

### 9FA 616N Watercolor: Beginning and Intermediate

A studio class in classic watercolor. Work on subjects of your own choice. Individualized instruction for your own level, and to address your questions about materials and techniques. Supply list at class.

**NE Portland** HWSC CLSRM 9:30am-11:50am Fri 10/4-12/13 Smith \$179 + \$10 fee No class 11/29.

### 9FA 624A Watercolor Secrets

You can master advanced painting skills and refinements: masking, mixing, washes and glazes, experimentation, unified with essential design principles. Demos, personal attention, relaxed atmosphere for all styles.

Willow Creek WCC 209 9:30am-3:50pm 9/28-10/5 Labadie \$95 Supply list: pcc.edu/staff/edward.labadie

# Printing and Printmaking

### **<b>***<b>«UPDATED CLASS»*

### 9FA 618C Eco-Printmaking

Learn safer, healthier methods of making multiples of the same image. Each class includes a lecture, demo and discussion. Techniques include lino-cut, silicone intaglio, collograph, watercolor etching. Transfer onto paper, textiles, clay.

SE Campus TABOR 133 5:30pm-8:20pm Wed 10/9-11/6 Guttman \$115 Supply list: pcc.edu/staff/elena-guttman

### **<b>《UPDATED CLASS》**

### 9FA 629O Letterpress Printing:

### Introduction

Learn to set moveable type and print on table top and poster presses. Access IPRC's collection of over 150 fonts of lead and wood type. Learn the vocabulary of this beautiful, historic process and make your own printed card.

SE Portland IPRC CLSRM 47468 10am-1:50pm Sat/Sun 10/19-10/20 Harrold \$205 Tuition includes one-month IPRC membership.

47470 SE Portland IPRC CLSRM 10am-1:50pm Sat/Sun 11/16-11/17 Ragan \$205 Tuition includes one-month IPRC membership.

47471 SE Portland IPRC CLSRM 10am-1:50pm Sat/Sun 12/7-12/8 Lii \$205 Tuition includes one-month IPRC membership.

# PCC Community Ed pcc.edu/communityed | 971-722-6266 | @PCCcommunityed 6 9 @



### 9FA 629M Risograph Printing: Introduction

Maximize riso printing's quirks to achieve striking results for zines, fliers and posters. Riso printing is especially cost-effective for print runs of 25-1000. Bring files of artwork (100% grayscale, 8.5"x11" letter or 11"x17"tabloid size) for printing.

47493	SE Portland	IPRC CLSRM	10am-1:50pm		
Sat	10/12	Stone	\$155		
Tuition in	Tuition includes one-month IPRC membership.				
47500	SE Portland	IDDC CLCDM	10am 1.F0am		
47503	SE POLITAIIU	IPRO CESRIVI	10am-1:50pm		
Sat	11/23	Wylen	\$155		

### **<b>《UPDATED CLASS》**

### 9FA 629N Screenprinting: Introduction

Create stencils, prep and process screens while learning about photo emulsion. Explore and experience best practices for setting up a print station, printing and registration. IPRC studio area uses water-based silkscreen inks.

4/4/9	SE PUI HAIIU	IFNU ULONIVI	ivani-s.supin		
Sat	12/14	Rier	\$180		
Tuition includes one-month IPRC membership.					
47481	SE Portland	IPRC CLSRM	10am-3:50pm		
Sat	11/2	Rier	\$180		
Tuition includes one-month IPRC membership.					
47482	SE Portland	IPRC CLSRM	10am-3:50pm		

10am-3:50pm 10/5 \$180 Tuition includes one-month IPRC membership.

# Writing

### **《NEW CLASS》**

### 9WRI 628N Writing About Parenting

Share stories that matter and find your way into difficult territory with this class on writing about parenting. Pick up tools for teasing out plot, characters and description, while also exploring how the everyday can be extraordinary.

47817	Sylvania	SCB 203	6pm-7:50pm
Tue	11/12	Ristau	\$29

### **《NEW CLASS》**

### 9WRI 628P Writing the Short Short

Tell stories in brief, attention-grabbing bursts through exploring the short short, often called "flash." Through in-class exercises and workshops, we'll try out flash fiction, flash essay and (flash's close cousin) the prose poem.

47996	CLIMB Ctr	CLIMB 102	6:30pm-8:20pm
Tue	10/1-11/19	Amberson	\$119

### Fiction

### 9WRI 611X Introduction to the Fiction Workshop

Learning "how to workshop" helps you look at writing objectively; classmates become teammembers with the collective goal of bettering each others' work. We reflect on readings, write and discuss work in a productive and beneficial way.

47750	Cascade	TH 100	6pm-7:50pm
Wed	10/2-12/4	Millard	\$139
Bring a r	otebook.		

### **《NEW CLASS》**

### 9WRI 611Y Workshopping Your Fiction

Create original work to be shared frequently. Share your fiction and receive critical, non-evaluative feedback. Class is designed for those with basic knowledge of the workshop process, but will include a crash-course for the uninitiated.

47746	Sylvania	TCB 208	6pm-7:50pm
Thu	10/3-12/12	Millard	\$139
No class	11/28. Bring a r	notebook.	

### **Class Spotlight:**

Get involved in a collaborative and non-competitive writing environment where you can develop new and lasting writing relationships. To start, we will discuss various readings and prompts for in-class writing exercises. Mostly, though, we will read and discuss each other's new and old work. Corey is interested in fostering an open artistic atmosphere, and is working on a novel.

### **《NEW CLASS》**

### 9WRI 628R Writing: Creating Character

Atticus. Arya. Sula. Hannibal. Study some of literature's most interesting heroes, villains, thinkers and jokers, and learn how to bring your own protagonists to life in short, in-class workshops. All levels welcome.

48020	SE Campus	SCOM 314	6pm-7:50pm
Thu	10/3-11/21	Watson	\$119

### 90L 622W Write Fiction Like a Pro

Develop the same story structuring skills used by the pros. Understand how your passion, theme, premise and characters help you create the structure of your story. Explore techniques to build and move your story from beginning to end

3001103 6	ilia iliove :	your story i	Tom beginning	, to ena.	
43559	Online	ED2G0	9/11-10/18	\$109 fee	
Must regis	ter and pay	via ed2go.co	m/portlandcc		
43560	Online	ED2G0	10/16-11/22	\$109 fee	
Must regis	ter and pay	via ed2go.co	m/portlandcc		
43561	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
43562	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

### **Fundamentals**

### **《NEW CLASS》**

### 9WRI 6280 Writing What We See at the **Portland Art Museum**

Jumpstart your creativity by writing in response to paintings, sculpture and ceramics. Pick up tools to improve description in fiction and creative nonfiction by engaging with visual arts. All levels welcome. Bring a notebook.

47752 ARTMSM LOBBY 10:30am-1:20pm Downtown Ristau 10/6 \$20 payable to Portland Art Museum for one-year pass.

### **《NEW CLASS》**

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

Explore life through the eyes of women authors from Adichie to Zumas. Draw inspiration from fiction and nonfiction, class discussion and in-class exercises to create your own creative writing. All writing levels and all genders welcome.

48021	SE Campus	TABOR 141	6pm-7:50pm
Mon	9/30-11/25	Watson	\$119
No class	11/11		

### 90L 623B Writing Essentials

Master the essentials of writing! Hone the skills needed to communicate clearly on the job, express vourself fluently online, and show off your creative literary talents. Hands-on activities support your new skills.

43571	Online	ED2G0	9/11-10/18	\$109 fee		
Must reg	Nust register and pay via ed2go.com/portlandcc					
43572	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43573	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43574	Online	ED2G0	12/11-1/17	\$109 fee		
Must rea	Must register and nay via ed2go com/portlandco					

# Memoir and Nonfiction

### 9WRI 610E Art of the Personal Essay

Versatile and expansive, the personal essay offers opportunities to tell your story and reconsider your thoughts on the world. Via exercises and workshops, explore the array of stories that can be told and read inspiring published samples.

43004	CLIMB Ctr	CLIMB 106	6:30pm-8:20pm
Thu	10/3-11/21	Amberson	\$119

### 9WRI 600K Inventing Nonfiction

### **Narratives**

Try a range of nonlinear and structurally strange nonfiction narratives to expand your sense of your writing capabilities. Read experimental memoirs, lyric essays, flash nonfiction. Hone your work through writing exercises and workshops.

44190 CLIMB Ctr CLIMB 102 6:30pm-8:20pm Wed 10/2-11/20 Amberson

### 90L 614Z Journaling

Discover how journaling can help you learn more about yourself, explore your dreams, values and beliefs, improve your health, survive unwanted change, succeed in your career and express your creativity.

45331 Must regis	Online	ED2G0	9/11-10/18	\$109 fee	
Must register and pay via ed2go.com/portlandcc           45388         Online         ED2G0         10/16-11/22         \$109 fee           Must register and pay via ed2go.com/portlandcc					
47794 Must regi					
47854 <b>Online</b> ED2GO 12/11-1/17 \$109 fee Must register and pay via ed2go.com/portlandcc					

# Publishing and Editing

### 90L 610Z Beginner's Guide to Getting

**Published** 

Published writer shows you how to give yourself the credibility you need to get your books and articles published.

46542	Unline	ED2G0	9/11-10/18	109 tee		
Must reg	Must register and pay via ed2go.com/portlandcc					
47775	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	com/portlandcc			
47786	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
47844 <b>Online</b> ED2GO 12/11-1/17 \$109 fee Must register and pay via ed2go.com/portlandcc						
		,				

### 90L 613V Grammar Refresher

Revive your lost or forgotten knowledge of English grammar and gain confidence in your ability to produce clean, grammatically correct documents and speeches.

43430	Online	ED2G0	9/11-10/18	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43431	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43432	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43433	Online	ED2G0	12/11-1/17	\$109 fee		
Must register and pay via ed2go.com/portlandcc						

### 90L 601B Grammar Refresher Level 2

First, you'll explore sentence structure and parts of speech. You'll use that knowledge to build your skills through work with phrases and clauses to refine your writing so it is clear, concise and meaningful.

9/11-10/18 45418 Online ED2G0 \$109 fee Must register and pay via ed2go.com/portlandcc

### Grammar Refresher Level 2, continued

47762	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	com/portlandcc	
47784	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.d	com/portlandcc	
47842	Online	ED2G0	12/11-1/17	\$109 fee
Must red	ister and pa	v via ed2go.d	om/portlandcc	

### 90L 621X The Keys to Effective Editing Learn the fundamentals for fiction and nonfiction.

Includes recent advances, self-editing tools for writers, the language of editing, grammar, punctuation, syntax, relationships between editor, author and publisher.

43551	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43552	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.d	om/portlandcc		
43553	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43554	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

# Poetry

### **《NEW CLASS》《NEW INSTRUCTOR》**

### 9WRI 611Z Poetry Workshop for

### **Newcomers**

Poetry doesn't have to be confusing. Learn terms and tools to help you join the conversation about reading and writing poetry. Practice writing and sharing in supportive discussions meant to clarify the efforts of our writing.

47755	Cascade	TEB 220	6pm-7:50pm
Thu	10/3-12/12	Zimmerman	\$139
No class	11/28		



### Instructor Spotlight: Amie Zimmerman

As a longtime poetry editor, Amie adores finding ways of connecting through writing and credits Portland's thriving poetry community for providing the space for that exploration. She believes workshop is a wonderful way to prepare our writing for the outside world and to learn how to be more generous listeners.

### **《NEW CLASS》**

### 9WRI 628S Poetry in Political Times

Poetry has always been a tool for navigating political and social issues, helping us develop empathy and create change. Read poetry of many eras, discuss its role in society and write some of your own. All levels and viewpoints welcome.

CLIMB Ctr CLIMB 306 7pm-8:50pm \$65 + \$5 fee Mon 11/18-12/9 Fhha

### **《NEW CLASS》**

### 9WRI 628M Writing Into the Shadows: **Poetry for Difficult Times**

Poetry can be used as a way to navigate difficult times of our lives and/or to delve into our shadow selves. In this class, read and write poetry that dives deep into the heavier parts of life. All levels welcome.

48001 SE Campus ADM 102 7pm-8:50pm 10/2-10/30 Ebba \$79 + \$5 fee





# Home and Garden



### Construct it Yourself

# 9HB 623Y **Electronics for Inventors: Arduino and Soldering**

Bring your inventions to life! Using Arduino platform, you'll get an intro into prototyping, designing circuits and programming electronics to shine lights, read sensors, make sounds, move motors and respond to switches. Bring a laptop.

### **《NEW CLASS》**

### ${\tt 9HB~625B~\textbf{Cat~Furniture~Construction}}$

### and Design

Tired of your cat shredding your expensive furniture? Explore both simple and elaborate cat furniture designs that will benefit your feline's instinctual nature to jump, hide and climb. Learn to design basic structures, identify inexpensive material for building and brainstorm design ideas with fellow cat lovers!

48048 **SE Campus** TABOR 126 1pm-3:20pm Sat 11/2-11/16 Nelson-Gordon \$125 + \$30 fee

▶ You may also like Collage Portraiture: People and Pets on page 18

### **<b>《UPDATED CLASS》**

### 9HB 625D Catio Design Studio

With instructor guidance, explore ideas and use your imagination to design fun environments for your furry friend. You will get a chance to experience construction methods that will bring your catio designs to life.

### Catio Design Studio, continued

48098 **SE Campus** TABOR 126 9am-11:50am Sat 11/2-11/16 Nelson-Gordon \$125

### Fix it Yourself

### 9HB 623Z Small Marine Diesel Engine Maintenance

When properly tuned and maintained, diesel engines can be given an almost indefinite lifespan. Come learn to analyze and diagnose each supporting system of the small marine diesel engine. If you own a boat, you should have these skills!

44169 **Rock Creek** BLDG2 117 7pm-8:50pm Wed 10/2-12/11 Brock \$129 No class 11/27

# Maker Lab Workshops

### **《NEW CLASS》**

### 9HB 625E Laser Cutting: Holiday Edition

Learn how to use a laser cutter to make 3D ornaments, snowflakes or a garland just in time for the holiday season. This intro workshop covers tool and material safety, file preparation and cutting for your own seasonal design to display or give as a trendy and homemade gift!

47798 **Sylvania** AM 101 9am-12:50pm Sat 11/16 Petit \$39 + \$10 fee

### Class Spotlight:

Laser cutting is a fabrication process which uses a focused, high-powered laser beam to cut material into custom shapes and designs. By creating a design on the computer, the laser can then be used to cut through or etch into materials such as wood or acrylic. In this Holiday Edition of Laser Cutting class, students will create holiday crafts and safely learn this impressive process under the guidance of instructor, Amy Petit. Become an expert and register for all three Makerlab workshops!

### 9HI 626Q 3D Printing for Beginners

Always been curious to try 3D printing? This class is for the absolute beginner to learn the basics of 3D printer operation. We will create and print a project as a class and then you will have time to print some of your own small designs.

47797 **Sylvania** AM 101 9am-11:50am Sat 10/5 Petit \$35 + \$5 fee



### **Instructor Spotlight: Amy Petit**

As a visual artist and graphic designer, Amy is interested in the creative intersection between traditional making techniques and digital technology. As an instructor in the MakerLab at PCC Sylvania campus, she has been able to explore new ways of working with materials. Amy loves helping students bring their projects to life and build skills while using 3D printers and laser cutters. She enjoys learning new skills while being surrounded by her peers and students in the collaborative and creative atmosphere of the Makerlab.

### **<b>《UPDATED CLASS》**

# 9HI 626P Vinyl Cutting: Stickers, Stencils and Shirts

It's easy to make your own custom stickers, stencils, and t-shirt designs! Learn how to use a versatile electronic cutting machine for a variety of applications. Bring a cotton t-shirt for use with the heat press (optional).

47796 **Sylvania** AM 101 9am-11:50am Sat 10/19 Petit \$35 + \$5 fee

# PCC Community Ed pcc.edu/communityed | 971-722-6266 | @PCCcommunityed 6 9 3

# Upholstery

Breathe new life into old furniture with the skills you learn in this class. An upholstery kit and some supplies provided. You provide project and fabric. For acceptable projects see individual course descriptions or call 503-504-7503. No couches or overstuffed chairs. Most projects require more than one term to complete. You may need to enroll in the class or an open lab for additional terms to complete your project. For more info tinyurl.com/PCCupholstery

### 9HI 625S Upholstery: Beginning

Bring an old upholstered stool or a simple dining room chair. You'll master the basic skills that will allow you to move on to more complex projects.

42780	Metro Ctr	PMWTC1 115	6pm-8:50pm		
Tue	9/24-11/26	Smith	\$179 + \$40 fee		
45954	Metro Ctr	PMWTC1 115	9am-11:50am		
Sat	9/28-12/7	Smith	\$179 + \$40 fee		
No class 11/30.					

### 9HI 625V Upholstery: Intermediate

Take your upholstery skills to the next level. Advanced techniques are covered in this small group class. Bring a headboard, ottoman or other more complex piece. No couches or overstuffed chairs. Enrollment limited. Register early.

42781 Metro Ctr **PMWTC1 115** 6pm-8:50pm Wed 9/25-12/4 Smith \$195 + \$40 fee No class 11/27.

### 9HI 625U Upholstery: Open Lab

This open studio time is for students who have taken or are currently taking a ten week upholstery class with Scott Smith, and need more time to wrap up their projects. No formal instruction provided. No couches or overstuffed chairs.

45955	Metro Ctr	PMWTC1 115	12:30pm-2:50pm		
Sat	9/28-10/26	Smith	\$69		
45956	Metro Ctr	PMWTC1 115	12:30pm-2:50pm		
Sat	11/2-12/7	Smith	\$69		
No class 11/30.					

# Emergency Preparedness

### 9YG 600E The Big One: Earthquake Ready

Are you ready for the Cascadia Subduction Zone earthquake? Come learn what to expect and how to physically and psychologically prepare yourself and your community for this major geological event.

44256	Cascade	TH 101	9am-12:50pm
Sat	10/19	Hall	\$29
More inf	o: pcc.edu/staf	f/laura.hall	



### 9YG 620X Emergency "Grab & Go" Binder, with Cloud Backup!

Create a grab-n-go binder with vital emergency information. Convert it to an electronic document and back it up to the cloud. Other topics include photo album backup, local evacuation routes, useful free apps, go-bags and many more tips.

47802	Cascade	TH 100	6pm-8:50pm
Thu	10/3	Boyd	\$59

### 9YG 619E Zombie Apocalypse Survival Workshop

Whether it's a zombie apocalypse or an earthquake, you and your family need to be prepared. This class covers emergency preparedness techniques, basic survival skills, food identification and safety, technology and self-defense. You'll leave with items ready for your survival kit.

42606	Willow C	reek WCC 208	12:30pm-4:20pm
Sat	10/5	Janik	\$29
More inf	o: pcc.edu/s	taff/kimberly.janik	

# Food and Drink

### 9FD 610W Cheesemaking: Mozzarella

Make delicious mozzarella cheese. Discover the entire process and enjoy sampling freshly made cheese. Learn what milk to use, best temperatures, and proper containers for cheesemaking. Starter kit included, makes eight batches.

45964	SE Campus	COMX KIT	1pm-2:50pm
Sun	10/27	Griffitts	\$59 + \$30 fee
Must ren	/dron by 10/25		

### 9FD 611R Cooking with Wood-Fired **Outdoor Ovens**

From starting the fire to cooking savory old-world style pizza and focaccia, roasting salmon and squash, and drying herbs and fruit, learn how versatile and delicious using outdoor wood-fired ovens can be. Bring your appetite!

46019	SE Portland	JUFF CLSRM	10am-1:50pm
Sat	10/12	Bibeau	\$80
Site acces	s info: tinyurl.c	om/JUFF-PCC	

### 9FD 610C Culinary Knife Skills

An important skill in the kitchen is the mastery of knife skills. Learn about knives and proper techniques to cut, slice, dice, julienne, chiffonade and concasse. We'll feature cuts and create a vegetable soup, kale and citrus salad.

45966	SE Campus	COMX KIT	6pm-8:50pm
Tue	11/5	Garcia-Andre	\$39 + \$46 fee
Must reg	g/drop by 11/3.		

### 9FD 620Q Easy Holiday Appetizers

Learn a variety of easy and great tasting new appetizers for the holiday season: lacy Parmesan frico pepper mill cheese ball, ham and Gruyere palmiers, classic rumakis, three cheese, tomato and artichoke dip and spanakopita.

44983	SE Campus	COMX KIT	6pm-8:50pm
Tue	11/19	Garcia-Andre	\$39 + \$28 fee
Must reg	/drop by 11/17.		



# **Home and Garden**

### Artisan Bread Baking

# 9FD 600A Artisan Bread Baking: French Bread

Artisan bread baking will give you the tools, terms, techniques and confidence to start doing one of the most gratifying and oldest activities known to humans -making bread! With simple ingredients and simple methods, you will bake a fresh loaf of French bread to take home with you!

 43421
 Rock Creek
 BLDG5 241
 8:30am-12:20pm

 Sat
 11/23
 Eisenbach
 \$39 + \$16 fee

 Must reg/drop by 11/21. Supply: pcc.edu/staff/larry.eisenbach

# Butchering for the Home Chef

# 9FD 622W Lamb: Complete Fabrication and Cooking Recommendations

Experience lamb butchery in this hands-on course. We break down a half lamb into primals, subprimals and market cuts, plus cooking recommendations and recipes. Take home 15-20 lb of lamb cuts plus boning knife and cut resistant glove.

48080 Rock Creek BLDG5 241 1pm-5:20pm Sat 10/19 McCue \$169 + \$85 fee Must reg/drop by 10/17. Close-toed shoes required/apron optional.

# 9FD 622X Pig: Complete Fabrication and Recipes

Experience noble pig butchery in this hands-on course. We break down a half hog into primals, subprimals and market cuts plus cooking recommendations and recipes. Take home 20-25 lbs of pork cuts, a boning knife and a cut resistant glove.

48079 Rock Creek BLDG5 241 1pm-5:20pm Sat 10/12 McCue \$169 + \$90 fee Must reg/drop by 10/10. Close-toed shoes required/ apron optional.

### **Food Fermentation**

### 9FD 621U The Art of Making Kombucha

Ferment your own kombucha at home. Identify safety issues, determine fermentation length, find best locations, temperatures and containers. Also learn about flavoring, carbonation and storing live cultures. Complete brewing kit included.

 48060
 SE Campus
 COMX KIT
 10am-11:50am

 Sat
 10/12
 TBA
 \$59 + \$30 fee

### 9FD 630L Basic Vegetable Fermentation

It's amazing what a little salt, some well-chosen spices and a bit of time can do to a vegetable. Learn the basic processes involved in fermenting almost any vegetable, while making your own jars of sauerkraut and kimchi to take home.

45979 **SE Campus** COMX KIT 10am-12:50pm Sat 10/19 Hildner \$29 + \$25 fee Must reg/drop by 10/17.

### Food Preservation

### 9FD 612Y Water Bath Canning:

### Introduction

Make your favorite fruits and veggies last by turning them into pickles or preserves using the science of water bath canning. We'll discuss safety, equipment and reliable resources, all while working through the process together in class.

48045 **SE Campus** COMX KIT 10am-12:50pm Sat 9/28 Hildner \$35 + \$25 fee Must reg/drop by 9/26. Hands-on class!

### International Cuisine

### 9FD 630W Russian Flavors

Explore some of these Russian dishes with us, starting with baked rabbit with wild mushrooms, dacha salad (katcha), Georgian pork with pomegranate sauce and for dessert some poached quinces.

 48042
 SE Campus
 COMX KIT
 6pm-8:50pm

 Thu
 11/14
 Garcia-Andre
 \$39 + \$30 fee

 Must reg/drop by 11/12.
 4must reg/drop by 11/12.
 5must reg/drop by 11/12.
 4must reg/drop by 11/12.

### 9FD 623P French Flare

Learn to make French classic dishes. We will start with bouillabaisse (fish soup), classic ratatouille, refreshing salad Nicoise and finish with beef roulade (stuffed beef roll).

You may also like French classes on page 33

### **《NEW CLASS》**

### 9FD 631V Culinary Germany

Germany is a vast country and its regions offer a wide variety of flavors. Enjoy a taste test of German cuisine starting with a traditional salad from Saaland, near the French border, and a dish called Rote Bete Gemuse, both made with beets. You'll also try Schweinshaxe (roasted pork knuckle) from Munich, with traditional flour dumplings called Spaetzle.

 47527
 SE Campus
 COMX KIT
 6pm-8:50pm

 Tue
 10/29
 Garcia-Andre
 \$39 + \$30 fee

 Must reg/drop by 10/27.
 40/27.
 40/27.
 40/27.

▶ You may also like German classes on page 34

### **《NEW CLASS》**

### 9FD 631X Date Night Lasagna

Learn to make classic lasagna and vegetarian lasagna for that special someone or treat yourself! Follow easy step-by-step instructions with tips along the way for working with fresh pasta. To top it off, learn to make a blackberry cheesecake that will pair well with your homemade lasagna!

47545 **SE Campus** COMX KIT 6pm-8:50pm Tue 10/15 Garcia-Andre \$39 + \$28 fee Must reg/drop by 10/13.

### 9FD 630R **Ravioli**

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

 45968
 SE Campus
 COMX KIT
 6pm-8:50pm

 Tue
 10/22
 Garcia-Andre
 \$39 + \$29 fee

 Must reg/drop by 10/20.
 \$39 + \$20 fee

### 9FD 6310 Japanese for Foodies

Expand your culinary vocabulary through food, film and a field trip. Learn basic label literacy to help you shop for ingredients. Topics include grades of sake, varieties of miso, types of rice, sushi bar lingo and restaurant categories.

48047 **SE Campus** COMX KIT 12:20pm-3:20pm Sun 11/10 Wice \$65 + \$45 fee Must reg/drop by 11/8.

▶ You may also like **Japanese Conversation: Level 1** on page 35

### **《NEW CLASS》**

### 9FD 632G Date Bento

Build your food presentation skills from the art of Japanese box lunches to prepare and present simple and stunning treats. Impress a friend or your date with an elegant home-made bento picnic that will look amazing and taste even better!

48050 **SE Campus** COMX KIT 6pm-8:50pm Mon 10/7-10/14 Wice \$89 + \$45 fee Must req/drop by 10/5.

### **《NEW CLASS》**

# 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 and sample Injera, an Ethiopian fermented flat bread.

48052 **SE Campus** COMX KIT 6pm-8:20pm Tue 10/1 Woldeyes \$59 + \$5 fee Must req/drop by 9/29.

### 9FD 632C Ethiopian Cuisine: Veggies

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

 48053
 SE Campus
 COMX KIT
 6pm-8:20pm

 Tue
 9/24
 Woldeyes
 \$59 + \$5 fee

 Must reg/drop by 10/13.
 \$59 + \$5 fee

### 9FD 620C Ethiopian Cuisine: Meat and

### Veggie

Learn different methods to make delectable meat and veggie Ethiopian dishes, using popular Ethiopian spices. We'll make a beef stir fry known as tibs in Ethiopia, a medium-spicy red lentil stew, green beans and a carrot dish.

 48086
 SE Campus
 COMX KIT
 6pm-8:20pm

 Tue
 11/12
 Woldeyes
 \$59 + \$5 fee

 Must reg/drop by 11/10.
 \$59 + \$5 fee

### 9FD 617B Mexican Moles

Mole (mol-ay) is one of the best known Mexican sauces. Often compared to curry sauces, moles can be made with a large variety of ingredients and no two moles taste exactly the same. Learn to make black, green and red (Coloradito) moles. Class is primarily demonstration. Come hungry!

48038 **SE Campus** COMX KIT 6pm-8:50pm Tue 10/8 Garcia-Andre \$39 + \$29 fee Must reg/drop by 10/6.



### Sweet Treats

### 9FD 621T Chocolate Tasting: Melt into the Experience

Let yourself taste the full flavor of the cacao bean. Uncover the chocolate making process and engage in the sensory experience of tasting craft chocolate.

46029 **CLIMB Ctr** CLIMB 102 5:30pm-7:30pm \$25 + \$20 fee 10/10 Thu Hayes Must reg/drop by 10/8.

### 9FD 630X Portland Chocolate Tour

Explore the unique and delicious chocolate scene in Portland with a tour led by instructor Kara Hayes, an avid chocolate enthusiast. A chocolate treat and public transportation pass included. Class includes walking and periods of standing.

SE Portland MOCSE LOBBY 46028 12pm-3:30pm Sat 9/28 Hayes \$29 + \$15 fee Public transportation pass required.



### Instructor Spotlight: Kara Haves

Kara is an avid chocolate enthusiast and consumer of craft chocolate. She is the founder and leader of the Portland Chocoholics meetup group and started her own chocolate tasting and tours business in 2017. Kara's business and classes focus on bringing chocolate education to chocolate lovers in the most delicious and engaging ways. In addition to her passion and addiction for chocolate, Kara is a foodie, writer and performer. You can often find her telling jokes, singing karaoke and performing flash mobs around town to Michael Jackson's Thriller!

### **《NEW CLASS》**

### 9FD 631W Classic Cookies

Cookies are the ultimate treat and make great gifts for loved ones from your very own kitchen. Learn new classic cookie recipes like the ginger snap, Swiss spritz, chocolate crinkle and French sable cookies.

47525 SE Campus COMX KIT 11am-1:50pm \$39 + \$25 fee 12/7 Garcia-Andre Must reg/drop by 12/5.

### **《NEW CLASS》**

### 9FD 631U Flambé Desserts

There are few desserts that are as spectacular, rich in flavor and easy to make as flambé fruit desserts. Learn to make bananas foster, cherries jubilee, pineapple rum flambe and crepes suzette that will impress guests at your next dinner party!

SE Campus COMX KIT 11am-1:50pm \$39 + \$28 fee 10/26 Garcia-Andre Sat Must reg/drop by 10/24.

### **Class Spotlight:**

Fun with flames! Flambé, meaning "flamed" in French, is a cooking procedure in which alcohol is added to a hot pan to create a burst of flames. In this process of cooking, the chef is partially burning off the alcohol, which reduces the alcoholic content of the dish while keeping the flavors of the liquor. Under the guidance of skilled instructor, Edurne Garcia Andre, students will safely learn this technique to make their own decadent desserts. To learn more about French Cuisine, consider our French Flare cooking class!

### **《NEW CLASS》**

### 9FD 631Y Italian Desserts

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

SE Campus COMX KIT 48046 11am-1:50pm Sat 11/9 Garcia-Andre \$39 + \$27 fee Must reg/drop by 11/7.

▶ You may also like Italian for Travelers on page 35

### Wine

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

### 9FD 616Z Ports in Portland

Sample a variety of ports, port-style and dessert wines from around the world. Learn how they are made and discover your sweet wine style. We'll discuss food pairing, history, geography and lots of things that make Ports delicious. Yum!

44950	NW Portland	WINE CLSRM	6pm-7:50pm
Sat	9/28	Palmer	\$45
47598	NW Portland	WINE CLSRM	6pm-7:50pm
Sat	10/5	Palmer	\$45

### **《NEW CLASS》**

### 9FD 632H High Tea for Grown-Ups

High Tea time...minus the tea! Enjoy pairing sparkling wines, roses and white wines with traditional high tea foods. Sample pastries, egg dishes and tea sandwiches while you sip, all while learning to design menus for your own holiday brunch gatherings.

47924 Sun	12/8	Palmer	10am-11:50am \$79
47925	NW Portland	WINE CLSRM	1pm-2:50pm
Sun	12/8	Palmer	\$79

# Wine Pairing

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

### 9FD 617Y Sparkling Holidays

Celebrate the world of bubbly as we explore 12 sparkling wines served in 6 pairs to help you understand both their similarities and differences. Snacks that transform your experience of a wine included.

43088 NE Portland PPWS SHOP 6:30pm-8:20pm Tue 12/10 Weissler \$65

# 9FD 623K What's Your Sign? I Mean

### Wine!!

We'll be talking astrology and pairing wines to each astrological sign. Get ready for lots of wine as we'll be trying 12 wines (a wine for each sign)! Personal questions welcomed and personal wine pairings provided as time allows.

45994	NE Portland	PPWS SHOP	3pm-4:50pm
Sun	10/20	Weissler	\$65

### 9FD 631Z Wines and Cheeses of Italy

Italy has 20 regions and over 200 unique grape varietals to explore and enjoy! Develop your palette with the dynamic flavors of Italian wines and taste how cheese can change a wine's tasting notes when paired together!

47781	<b>NE Portland</b>	PPWS SHOP	3pm-5:20pm
Sun	11/10	Weissler	\$69

### **《NEW CLASS》**

### 9FD 632E Holiday Champagne and **Cheese Pairings**

Design your best cheese platter this holiday season! Join Erin Palmer of The Wine Cellar, and Christine Hyatt of "Cheese Chick" as you learn to pair five festive dry and sweet sparkling wines with five seasonal cheeses while learning a multitude of pairing profiles.

47926 Sun	NW Portland 11/24	WINE CLSRM Palmer	5pm-6:20pm \$79
47927		WINE CLSRM	6pm-7:20pm
Sat	11/23	Palmer	\$79

### 9FD 632A Wine and Cheeses of the **Pacific Northwest**

Join us for eight pairings of wine and cheese focusing on wineries in the Pacific Northwest that produce wines that fall under the "organic/ biodynamic" category. Each wine will be paired with a cheese from a different creamery that can be found in either Oregon or Washington.

47909	NE Portland	PPWS SHOP	6pm-8:20pm
Tue	9/24	Weissler	\$69

### 9FD 632F Winemaker's Dinner

Enjoy a four course meal complete with wine pairings from a local winery. Guests will learn about how each wine is made and notes that influence a winemaker's choices in the vineyard, inside the winery and at the dinner table. Vegetarian and gluten-free dishes will be available. Other dietary restrictions cannot be accommodated for this event.

47929	NW Portland	WINE CLSRM	6pm-8:50pm
Sat	11/2	Palmer	\$89

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

### **《NEW CLASS》**

### 9FD 632D Holiday Spirits

Jazz up any holiday gathering with colorful and tasty cocktails. Trust the experts to help you perfect classic holiday cocktails your guests will love using a variety of spirits and seasonal herbs and flavors that are sure to stir up the party!

48043	SE Portland	TOWNS CLSRM	6pm-8:50pm
Thu	11/14	O'Malley	\$69 + \$15 fee





# 9FD 631E **Modern and Classic Cocktails** at Home

Mixology is easier than you think! Develop tools and techniques to make cocktails at home. Discuss how to identify quality ingredients and make sense of cocktail lingo so you can execute recipes and start making your own custom cocktails.

48037 **SE Portland** TOWNS CLSRM 6pm-8:50pm Thu 11/7 Nagler \$69 + \$25 fee

# Garden, Nature, and Yard

# 9YG 600K Fall Care of The Organic Vegetable Garden

Learn what vegetables and herbs to plant in fall, tips for seasonal harvest and storage, season extension techniques, garden cleanup, planting cover crops, composting, and organic methods for soil care. All experience levels welcome.

45989 **Cascade** TH 100 9am-10:50am Sat 9/28 Donobue \$29

### **♦NEW CLASS**

### 9YG 600T Nature-based Stress

### Management

Develop a new approach to stress management and get outside! Learn to use nature areas, gardens and even your own yard to manage stress on your busiest day. This workshop will help you gain self-care tools to improve your clarity and peace of mind while enjoying the personal renewal nature has to offer every day.

48039 **SE Campus** SE TBA 10am-3:50pm Sat 11/30 Lexa \$49 + \$5 fee

### 9YG 619A Backyard Beekeeping:

### **Beginning**

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

 42767
 SE Campus
 SE TBA
 6pm-9:15pm

 Fri
 9/27
 Andresen

 and
 Off Campus Location
 2pm-2:50pm

 Sat
 9/28
 Andresen
 \$59

# 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.

42630 **Willow Creek** WCC 207 7pm-8:50pm
Tue 10/1-11/26 Smith \$119 + \$12 fee Includes book.

### 9YG 619J Landscape Design

Your yard is a reflection of your home. Learn how to develop an individualized plan for its design, including landscape styles and arranging plant combinations to fit your needs.

42641 **Willow Creek** WCC 207 7pm-8:50pm Tue 10/1 Smith \$25

### 9YG 619N Trees, Shrubs and Roses

Find out which trees and shrubs are appropriate for our soil and climate, different lighting conditions and street appeal. Don't miss this opportunity to learn how to care for precious roses, which are a real pride in NW yards.

42646 **Willow Creek** WCC 207 7pm-8:50pm Tue 10/8 Smith \$25

### 9YG 619F Annuals, Perennials and

### **Bulbs**

Enjoy color throughout the year by using the right plants strategically throughout your garden and planting bulbs that will give you a spring surprise.

42650 **Willow Creek** WCC 207 7pm-8:50pm Tue 10/15 Smith \$25

# Home Gardening Series with Rod Smith, continued

### 9YG 619H Growing Fruits, Vegetables

### and Herbs

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

42652 **Willow Creek** WCC 207 7pm-8:50pm Tue 10/22 Smith \$25

### 9YG 619K Lawn Care

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

42651 **Willow Creek** WCC 207 7pm-8:50pm Tue 10/29 Smith \$25

### 9YG 6191 Insects and Diseases

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

44172 **Willow Creek** WCC 207 7pm-8:50pm Tue 11/5 Smith \$25

### 9YG 620C Diseases and Weeds

Learn to identify common disease and weed problems in your yard and develop safe and effective ways to control them.

44912 **Willow Creek** WCC 207 7pm-8:50pm Tue 11/12 Smith \$25

### 9YG 619L Pruning

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

42659 **Willow Creek** WCC 207 7pm-8:50pm Tue 11/19 Smith \$25

### 9YG 619P Winterizing Your Yard

You need to protect your yard from the harsh winter season. Come get great info on preparing your lawn and garden for the cold weather ahead.

42663 **Willow Creek** WCC 207 7pm-8:50pm Tue 11/26 Smith \$25

### Permaculture

### 9YG 610N Foundations of Permaculture

In this 1-day class at Jean's farm, discover how permaculture empowers us to improve human systems (food, shelter, energy, water, etc.) through an ecological approach that benefits both people and the planet. Includes lecture and farm tour.

 44984
 SE Portland
 JUFF CLSRM
 9am-3:50pm

 Sat
 11/16
 Bibeau
 \$125

 Site access info: tinyurl.com/JUFF-PCC

# 9YG 6100 Permaculture Skills: Fall Gardening

Class will discuss fall/ winter gardening options and techniques. We will also discuss other fall gardening activities such as cover cropping, putting beds to rest for winter and what can be done to prepare for spring.

44985 **SE Portland** JUFF CLSRM 9am-12:50pm Sat 10/5 Soto \$49 Site access info: tinyurl.com/JUFF-PCC



# **Hobbies** and Crafts

### 9HB 623J Genealogy: Complete Family History

Locate those elusive ancestors! Access land, census. SS. immigration, cemetery records and more. Discover the best genealogy websites and learn about the 1790-1940 census.

45941 Willow Creek WCC 221 1pm-3:50pm 10/12-10/19 Lewis \$45 Sat

### 9HB 623D Radio Controlled Aircraft and **Drones**

Hands-on indoor class for radio controlled aircrafts and Drones (Unmanned Aerial Systems). Includes flight training, multiple types of radio control systems, FAA & AMA Safety standards and other technologies for recreational use.

42723 Fri	Rock Creek 10/4-11/22	BLDG5 GYM A/B Gullberg	6:30pm-8:20pm \$109	
48084	Rock Creek	BLDG5 GYM A/B	12:30pm-2:30pm	
Sat	10/5-11/23	Gullbera	\$109	

# Knitting and Fiber Crafts

### 9HB 621D Pendleton Needle Felting

Needle felting with wool is a fun way to add flat decorative detail to garments and accessories. Felt a tracery border on a lapel, flowers for a hat, or a toy for a friend using just needles and Pendleton's colorful carded wool roving!

44140	Milwaukie	PWMILL CLSRM	10am-11:50am
Sat	11/16	Collins	\$25 + \$25 fee
44141	Milwaukie	PWMILL CLSRM	10am-11:50am
Sat	10/19	Collins	\$25 + \$25 fee

### 9HB 621E Pendleton Wool Rug Crochet

Turn trash into treasure by crocheting Pendleton wool selvages (mill production scraps from their NW mills) into a thick, fluffy rug that the whole family will love. You can make a good sized rug in two hours or less. No experience needed.

42520	<b>Milwaukie</b>	PWMILL CLSRM	10am-11:50am
Sat	10/5	Collins	\$25 + \$25 fee
42526	Milwaukie	PWMILL CLSRM	10am-11:50am
Sat	11/2	Collins	\$25 + \$25 fee
43068	Milwaukie	PWMILL CLSRM	10am-11:50am
Sat	12/7	Collins	\$25 + \$25 fee

# **Fashion Design**

### **《NEW INSTRUCTOR》 《UPDATED CLASS》**

### 9HB 629D Fashion Design Studio

Bring your own project, and use our workspace and dress forms under the guidance of instructor Eileen Celentano. Work at your own pace and receive specialized instruction tailored to your garment and skill level.

47799 SvIvania SS 122 5:30nm-8:20nm Tue 10/1-11/19 Celentano \$119 + \$20 fee Important Info: emailed to your @pcc.edu email.



### Instructor Spotlight: Eileen Celentano

Eileen has been designing and developing apparel for over 30 years. Her life in fashion began by designing her first dress that she would wear for her high school dance made from Italian silks! She fell in love with the process of actualizing her ideas into artistic designs. Eileen finds it valuable and inspiring to design with a purpose. Her experience includes engineering custom ski wear, breast cancer treatment apparel and comfort wear for those with special needs. Eileen loves to help students recognize their own passion for unique design and self expression.

### **《NEW INSTRUCTOR》 《UPDATED CLASS》**

### 9HB 629C Patternmaking for Fashion 101

Through demonstrations and expert guidance you will learn techniques and develop skills creating patterns from a basic pattern block also known as a sloper. Some sewing experience required.

48085 **CLIMB Ctr** CLIMB 306 9am-12:50pm \$139 + \$15 fee 10/5-11/23 Celentano Students must bring a sewing machine.

### Games

### 9HB 601E Bridge 101: The Basics

Learn the rules from experienced teachers. Connect to the community of bridge players in the area. Includes: basic rules, principles of play in notrump and suit contracts, principles of bidding games and slams. Lessons includes actual play.

45995 NE Portland PBC ROOM 6:30pm-8:20pm 9/26-10/31 Brower Thu \$120

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

For players with a small amount of experience. Topics include: competitive bidding, bidding with very long suits, bidding with very strong hands, and the basic principles of good defense. Every lesson includes actual card play.

45996 **NE Portland** PBC ROOM 6:30pm-8:20pm Brower Thu 11/7-12/12 No class 11/28.

# Sewing and Quilting

### 9HB 621F Sewing Basics

Have access to a sewing machine? Come make clothes! Learn machine basics and more, how to read a commercial pattern and leave with two garments; pants and a top! BYO machine and manual to first class. No sewing experience necessary!

48059 Cascade CH 304 6nm-8:50nm Tue 10/1-11/5 Moskovitz \$119 + \$13 fee Supply list: pcc.edu/staff/sara.moskovitz

### 9HB 600F Intermediate Sewing

You've taken beginning sewing or have sewn something on your own, and are ready for more complicated (and fun!) things like zippers, collars and facings! Sew a garment with these elements! Bring your machine to the first class. Pattern included.

48058 6nm-8:20nm Cascade Th 201 Thu 9/26-10/31 Moskovitz \$129 + \$13 fee Supply List: pcc.edu/staff/sara.moskovitz

### 9HB 622P Quilting: Disappearing

As Summer disappears into Fall, hang on to sunny days with bright fabrics or enjoy muted autumn colors while learning to create a disappearing nine patch quilt. This pattern is easy and fun to learn for both beginner and advanced quilters alike! Students must bring a sewing machine to class.

Cascade TH 100 9am-12:50pm 10/5-11/2 Werkman \$109 Supply List: pcc.edu/staff/dwerkman

# Home Improvement

### 9HB 624Z Drywall Repair: Hands On

In this hands-on class you will learn how to repair small and medium damage to drywall including patch methods, tools, material choices and texture

48051 SE Campus TABOR 126 9:50am-1nm 10/5-10/12 Nelson-Gordon \$39 + \$35 fee

### 9HB 625A Paint Like a Pro

In this class you practice what you learn to make your house painting look professional. You'll learn how to prep surfaces, material and tools choices, and tips of the trade for both wall and trim surface painting.

SE Campus TABOR 126 48040 1:20pm-4:20pm 10/12 \$35 + \$30 fee Sat Nelson-Gordon

### 9HI 626N Color for Your Home

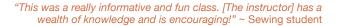
Discover the secret to creating the perfect color palette for your home project. Whether it is a room or your home's exterior, this class shows you how to achieve the exact balance of color and mood using a repeatable and foolproof method.

TCB 208 47780 Svlvania 1pm-4:50pm 11/2-11/16 Marcel \$69 + \$25 fee

# 9HI 626K Home Improvements for

Add value in the right place to sell faster for more money! Learn how to evaluate what improvements are necessary and find the fastest way to improve your curb appeal based on best practices in real estate, remodeling, and home staging.

48044 SE Campus SCOM 314 6:20pm-8:20pm 10/2 Nelson-Gordon \$25 Wed



# **Home and Garden**

### 9HI 626M Tiling Floors and Walls:

### Hands-on

Hands on learning about product choices, installation, and grout of tile. We will cover how to layout a room, install ceramic, stone, and meshmounted tile on floors and walls and how to seal your work to protect it.

48061 **SE Campus** TABOR 126 10am-1:50pm Sat 9/28 Nelson-Gordon \$59 + \$30 fee

### 9HI 626D Feng Shui for Your Home

This class will teach you how to apply the ancient principles of Feng Shui in an easy and practical manner. Learn how to energize your finances, career, health, family relations and romance.

47801 **Sylvania** TCB 211 12pm-3:50pm Sat 11/2 Sitara \$39 Supply list: emailed to your @pcc.edu email.

### Hardwood Floors

### 9HI 625R Hardwood Floors: Installation

Whether it's oak, maple, cherry or bamboo, hardwood floors add beauty and value to your home. From preparing your sub-floor to nailing your hardwood down, this class guides you to a perfect floor.

45003 **Clackamas** GRNPNT STUDIO 9:30am-12:20pm Sat 10/19 Elbon \$42 + \$12 fee More info pcc.edu/staff/craiq.elbon

# 9HI 625C Hardwood Floors: Sand and Finish

Finding wood floors under old carpet is awesome, but now what? Get hands-on training on a proven process for making floors look great again. New floors or old, you'll learn the tricks of the trade and use real equipment. No open-toed shoes.

45002 **Clackamas** GRNPNT STUDIO 2pm-4:50pm Sat 10/19 Elbon \$45 + \$20 fee More info pcc.edu/staff/craig.elbon

# Woodworking and Metalworking

### **Metal Crafts**

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

### 9MW 627A Art Welding Sculpture

Develop your knowledge of oxyacetylene welding and explore metal sculpture design and construction. No prior welding experience required.

42505 **Rock Creek** BLDG2 132 6pm-8:50pm Mon 9/30-12/9 Yardley \$195 + \$40 fee No class 11/11. Supplies: pcc.edu/staff/shona.yardley15

### Art Welding Sculpture, continued

42506 **Rock Creek** BLDG2 132 6pm-8:50pm Wed 10/2-12/11 Yardley \$195 + \$40 fee No class 11/27. Supplies: pcc.edu/staff/shona.yardley15

### 9MW 627H Basic Smithing

Learn the fundamentals of forging hot steel and the basics of heat-treating steel. Begin with simple shapes and then build skills with more complex objects: a hook, square-cut nail, center-punch, chisel, prybar, and a barbecue fork.

47782 **N Portland** BRIFOR A2 9am-1:50pm Sat/Sun 11/16-11/17 Kartmazov \$385 Important Info: emailed to your @pcc.edu email.

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

Gain fundamental welding skills including basic techniques and mechanics of the welding machine. Includes 6 hours classroom instruction and 3 hours supervised open lab experience, to be arranged. Classroom equipment/material provided.

45972 Mon Must reg/o	<b>NE Portland</b> 9/23-09/30 drop by 9/16.	METSAL SHOP Boyer	6pm-8:50pm \$249
45974 Wed Must reg/o	<b>NE Portland</b> 9/25-10/2 drop 9/18.	METSAL SHOP Boyer	6pm-8:50pm \$249
45976 Mon Must reg/o	<b>NE Portland</b> 10/14-10/21 drop by 10/7.	METSAL SHOP Boyer	6pm-8:50pm \$249
45982 Wed Must reg/o	NE Portland 10/16-10/23 drop by 10/9.	METSAL SHOP Boyer	6pm-8:50pm \$249
45985 Mon/Wed	<b>NE Portland</b> 11/4-11/18	METSAL SHOP Boyer	6pm-8:50pm \$249

No class 11/11. Must reg/drop by 10/27.

# Welding Fundamentals: MIG Welding (GMAW), continued

 47707
 NE Portland
 METSAL SHOP
 6pm-8:50pm

 Mon
 12/2-12/9
 Boyer
 \$249

 Must reg/drop by 11/25.
 \$249

### **Wood Crafts**

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

### 9MW 628D Woodworking: Beginning

Learn about basic woodworking tools and techniques, project planning and safety. Covers wood preparation, sizing, shaping, sanding, joining and glue-up.

46022 **Scappoose** MMPS SHOP 6pm-8:50pm Mon 9/30-12/2 Martin \$169 + \$150 fee No class 11/11.

### 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.

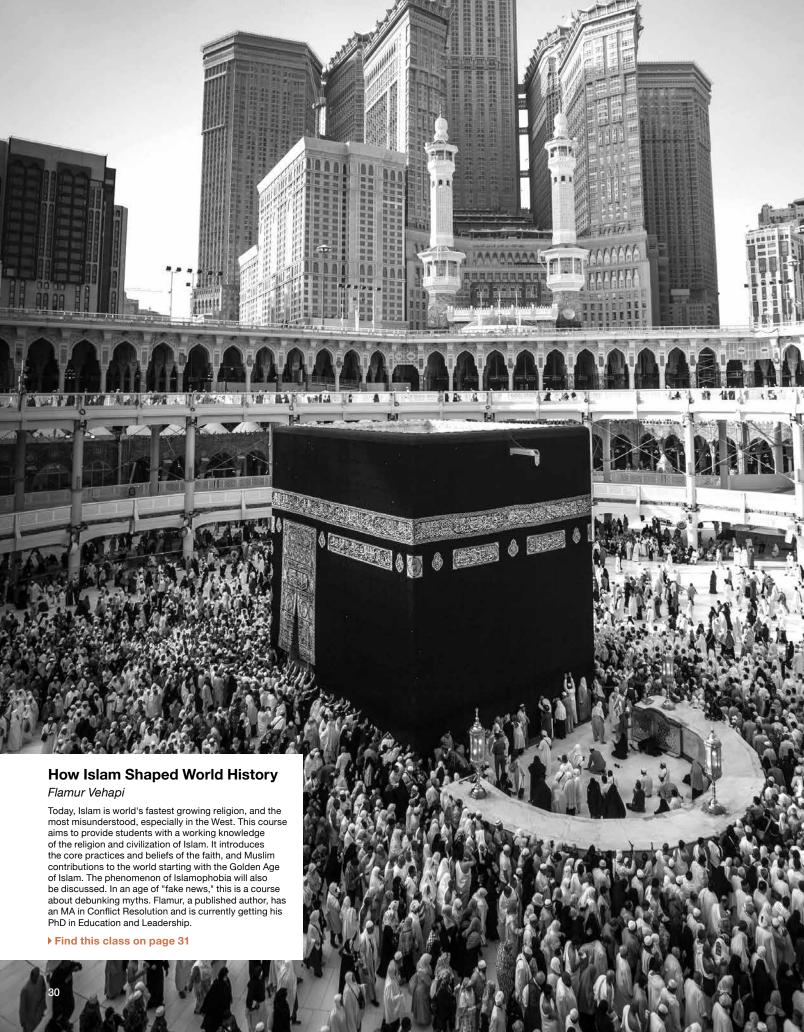
46590 **Scappoose** MMPS SHOP 6pm-8:50pm Tue 9/24-12/3 Martin \$185 + \$150 fee

# 9MW 628B **Woodworking 101 Basics:** Part 2

Using the foundations of Woodworking 101 Basics: 1, learn to make samples of common woodworking joints. With this technique you will then work on your own projects. High quality layout tools are required to complete this class. Prereq: Basics Part 1.

48081 **Scappoose** MMPS SHOP 6pm-8:50pm Wed 9/25-12/4 Martin \$185 + \$150 fee





# Language and Culture



# Cultural Exploration

### **♦NEW CLASS ♦NEW INSTRUCTOR**

9WV 600Y **Mexican History: From Ancient Times to Today** 

Explore Mexican history, focusing on the pre-Columbian cultures that lay the foundation for modern society, the influence of Spanish colonization, and the politics of Mexico after independence through modern times. You will learn through a variety of teaching methods, including lectures, discussions, videos, readings, and more.

47767 **Cascade** JH 106 6:30pm-8:20pm Tue 9/24-11/26 Deiz \$125

# Exploring World Religions

### 9WV 600X How Islam Shaped

World History
This course aims to prov

This course aims to provide students with a working knowledge of the religion and civilization of Islam. It introduces the core practices and beliefs of the faith, and Muslim contributions to the world in general. The phenomenon of Islamophobia will also be discussed.

48035 **SE Campus** SCOM 320 5:30pm-6:50pm Wed 10/2-12/4 Vehapi \$119

# Travel Prep

### 9WV 600A Hawaii: Low Cost Options

Explore how you can plan a journey to the Hawaiian Islands on a budget. Learn about lower cost travel options and authentic Hawaiian cultural activities. Class taught by a 20+ year seasoned and frequent traveler to Hawaii.

 47766
 Sylvania
 SCB 203
 10am-11:50am

 Sat
 10/12
 Dittmer
 \$35

### **《NEW CLASS》 《NEW INSTRUCTOR》**

### 9WV 600Z Curating a Travel Wardrobe

It is not how you pack but what you pack. Learn secrets to a comfortable, appropriate, and easy care travel wardrobe. Find out what makes good travel clothes, where to find them, and the Sneaky Secrets of this professional traveler.

47768 **Sylvania** HT 321 7pm-8:50pm Thu 11/7 Miller \$39

### **《NEW CLASS》 《NEW INSTRUCTOR》**

# 9WV 616U **Be Prepared Not Scared When You Travel**

Informed travelers are safe travelers. Adopt practices to protect yourself at home or abroad. Money belts, credit card safety, choosing a handbag, personal safety, emergency preparedness and travel insurance are some of the subjects.

47770 **Sylvania** HT 321 7pm-8:50pm Thu 11/21 Miller \$39

### **《NEW CLASS》《NEW INSTRUCTOR》**

9WV 616T **Health and Beauty on the Road** Stay well and look good on domestic and international trips, for business or pleasure.

international trips, for business or pleasure. Creating a first aid kit, food safety, avoiding illness, immunizations, handling emergencies and how to look good while doing it all.

47769 **Sylvania** HT 321 7pm-8:50pm Thu 11/14 Miller \$39

# Languages

### 9LAN 600Q Danish Conversation: Level 1

Explore Danish language and culture in this beginner class taught by a native speaker. Focus will be on the foundations of this language, and how to navigate if you are traveling.

47465 **Cascade** TEB 220 7pm-8:20pm Wed 9/25-11/20 Kakhoun \$119 No class 11/6

0.000 1.701

### 9LAN 600V Danish Conversation: Level 3

Build your skills and confidence as we continue to explore Danish language, culture and social navigation. We delve deeper into pronunciation and grammar as we start reading short texts and discussing them in Danish.

47466 **Cascade** TEB 220 7pm-8:20pm Tue 9/24-11/12 Kakhoun \$135 No class 11/5.



### 9LAN 600R Irish Gaelic: Level 1

Irish Gaelic has been the native language of Ireland for over two millennia. It has produced the oldest vernacular literature in Europe outside of Latin and Greek. Explore its unique features and cultural traditions.

46114 <b>Cascade</b>		TEB 217	7pm-8:50pm
Wed 10/2-12/4		Hart	\$129 + \$5 fee
47760	<b>Cascade</b> 10/1-12/3	TEB 219	7pm-8:50pm
Tue		Hart	\$129 + \$5 fee

### 9LAN 600X Irish Gaelic: Level 2

A continuation of Irish Gaelic 1, this class will explore new vocabulary and verb usage to facilitate everyday conversation focusing on likes, dislikes, pastimes, weather, travel, food, etc. Rules of grammar, spelling and pronunciation will be presented.

47761	Cascade	TEB 219	7pm-8:50pm
Thu	10/3-12/12	Hart	\$135 + \$5 fee
No class	11/28.		

### 9LAN 611Q Persian Conversation:

### Level 1

Learn basic Persian simple sentence structure and the ability to engage in simple conversation right away. The emphasis of this class is on learning Persian sounds, alphabet pronunciation, vocabulary building, basic grammar and basic conversation.

47960 Willow Creek WCC 108 6:30pm-8:20pm Tue 9/24-11/26 Sajadpour \$129

### **9LAN 611Y Polish Conversation:**

### Level 1

A complete beginner's course taught by a native speaker. Build basic conversation and comprehension. Also, learn about the Polish culture. More info: pcc.edu/staff/sylwia.brossard

46113 Sylvania TCB 215 6:30nm-8:20nm 9/24-11/26 Brossard \$129 Tue Text: Hura po polsku.

### 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.

**CLIMB Ctr** CLIMB 207 42769 6pm-7:50pm Thu 9/26-12/5 Bogdanovich W \$129 No class 11/28

### 9LAN 612H Russian Conversation:

### Level 2

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

48032 6pm-7:50pm CLIMB Ctr **CLIMB 207** 9/24-11/26 Bogdanovich W \$135 Tue

### 9LAN 611M Swedish Conversation:

### Level 1

Get a solid introduction to the Swedish language in a supportive environment. We'll start from the very beginning and will focus on basic conversation for practical use.

42515 Cascade **TEB 113** 6:30pm-8:20pm Wed 10/9-12/4 Rohdin-Bibby \$119 No class 11/27. Text: Nyborjarsvenska

### 9LAN 611N Swedish Conversation:

### Level 2

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

47764 TEB 113 6:30pm-8:20pm Cascade Thu 10/10-12/5 Rohdin-Bibby \$119 No class 11/28. Text: Nyborjarsvenska

### Accent Modification

### 9LAN 600W Accent Modification: **American English Pronunciation**

Learn how to pronounce consonants and vowels used in conversational English. Practice speaking using melody or intonation, including how to ask questions, correctly use stress and pitch, pause and make statements. Taught by a professional speech-language pathologist.

Willow Creek WCC 222 6pm-8:50pm 10/23 Packard More info: pcc.edu/staff/darren.packard

# American Sign Language

### 9LAN 613G American Sign Language:

### Level 1

American Sign Language is one of the most commonly used languages in the U.S. Come learn the ASL communication alphabet, how to engage in basic conversation and about Deaf culture.

43332 **NW Portland** FRNHSE EAST 10am-11:50am Sat 9/28-12/14 Worthylake \$125 + \$10 fee No class 11/9, 11/30. Taught by a member of the Deaf community.

42494 **TABOR 137** SE Campus 5pm-6:50pm 10/3-12/12 Martin \$125 No class 11/28. Taught by a member of the Deaf community.

### 9LAN 614T American Sign Language:

### Level 2

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

**NW Portland** FRNHSE EAST 12pm-1:50pm 9/28-12/14 Worthylake \$135 + \$10 fee Sat No class 11/9, 11/30. Taught by a member of the Deaf

### 9LAN 613H American Sign Language: Levels 2 and 3

A continuation class for students who have taken Level 1 or have prior knowledge of ASL. Increase your vocabulary, expressive ability and confidence with ease; lay the groundwork for future fluency.

47505 SE Campus TABOR 137 7pm-8:50pm Thu 10/3-12/12 Martin \$135 No class 11/28. Taught by a member of the Deaf community.

# 9LAN 600J American Sign Language:

### Levels 4 and 5

Ready to take your ASL skills to a higher level? We'll build vocabulary and structure while honing your expressive skills in a supportive environment. For advanced students who have taken levels 2 or 3 or equivalent experience.

45998 SE Campus TABOR 135 7pm-8:50pm 10/1-12/3 Martin \$135 Taught by a member of the Deaf community.

### 9LAN 612P American Sign Language: Levels 6 and 7

Immerse yourself in ASL and refine your expressive and receptive skills. Through games, partner work and other fun activities, work on skills such as nonmanual markers and grammar. This is a voices-off class; no spoken language will be used.

SE Campus TABOR 125 47506 6pm-7:50pm 10/1-12/3 Hastings \$135 Taught by a member of the Deaf community.

### Arabic

### **<b>《UPDATED CLASS》**

### 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. More info: pcc.edu/staff/afaf.raad

CLIMB Ctr CLIMB 302/303 6:30pm-8:20pm Tue/Thu 9/24-11/26 Raad Azar \$239 Text: Mastering Arabic 1



### Instructor Spotlight: Afaf Raad Azar

Afaf is an Arabic Language instructor. She believes that language is a reflection of its culture and the people who speak it. Therefore, by teaching Arabic she is teaching about Arabic culture and traditions. Afaf has a special love for languages, and is always seeking new ways to share and exchange knowledge.

### **♦NEW CLASS**▶

### 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.

48033 **CLIMB Ctr** CLIMB 306 6:30pm-8:20pm Wed 9/25-12/4 Raad Azar \$129 No class 11/27.

# **Language and Culture**

# English

### 9LAN 616H English for Real Life

Don't know what to say when you feel uncomfortable? Practice English for situations where you need to give criticism, talk about controversial topics or stand up for yourself. For advanced learners to build confidence in conversation.

44199	Willow Creek V	WCC 224	10am-11:50a	m
Wed	9/25-11/27 V	Wadlin	\$45	

### 9LAN 600L Fun with Pronunciation

English sounds can be difficult, making conversation hard in listening, speaking and being understood. Improve your American English, through activities focused on vowels and consonants, as well as the musical qualities of English.

44826	SE Campus	<b>TABOR 140</b>	6:30pm-8:20pm
Tue	10/1-12/3	Keenev	\$45

### 9LAN 616F Conversational English

This intermediate class allows English language learners to practice the art of conversation in a safe and supportive environment. Appropriate for ESOL levels 3-4.

47519 **SE Campus** TABOR 138 6:30pm-8:20pm Wed 9/25-12/4 Burkic \$45 No class 11/27.

### 90L 613U Grammar for ESL

If English is your second language and you're headed for college, this class will be invaluable. Provides an in-depth analysis of English grammar and structure, which will help prepare you for any class taught in English.

45264	Online	ED2G0	9/11-10/18	\$109 fee	
wustreg	ister and pa	y via euzgo.u	om/portlandcc		
47776	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.d	om/portlandcc		
47789	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
47847	Online	ED2G0	12/11-1/17	\$109 fee	
Must reg	ister and pa	y via ed2go.d	om/portlandcc		

### French

You may also like French Flare on page 25

### 9LAN 614E French for Travelers

Planning a trip to a French-speaking country? This class is the perfect chance to learn basic expressions and to comfortably navigate common situations. We'll talk about French culture and travel tips as well.

47832	Downtown	WHTMSH DWNS	T 9am-10:50am
Fri	10/4-12/13	Cariou	\$135 + \$12 fee
No class 11/29. Text: HarperCollins Language Survival France			
45936	<b>NE Portland</b>	HWSC CLSRM	6:30pm-8:20pm
Mon	9/30-12/9	Murer	\$135 + \$10 fee
No class 11/11 Tayt: Rick Stayes French Phrase Rook			

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

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

46281 Wed Text: <i>Ultim</i>	CLIMB Ctr 10/2-12/4 nate French Beg	CLIMB 305 Cariou ginner-Intermediate	6pm-7:50pm \$125 + \$2 fee
42756	<b>Cascade</b>	CH 205	6:30pm-8:20pm
Mon	9/30-12/9	Benoit	\$125
No class 1	1/11. Text: <i>Ultii</i>	mate French Begini	ner-Intermediate
48131	<b>SE Campus</b>	LIBR 207	6:30pm-8:20pm
Thu	10/3-12/12	Benoit	\$125
No class 1	1/28. Text: <i>Ulti</i>	mate French Begin	ner-Intermediate

### 9LAN 614W French Conversation:

### Levels 1 and 2

Allons-y! This mixed-level class is great for beginners wanting to move at a slightly faster pace and those with some French background who want to review.

 46286
 Downtown
 WHTMSH DWNST 9am-10:50am

 Mon
 9/30-12/9
 Cariou
 \$125 + \$12 fee

 No class 11/11. Text: Ultimate French Beginner-Intermediate

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

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

48129 **Cascade** TH 124 6:30pm-8:20pm Tue 10/1-12/3 Benoit \$135 Text: Ultimate French Beginner-Intermediate



# PCC Community Ed pcc.edu/communityed | 971-722-6266 | @PCCcommunityed 6 y ®



### **9LAN 614Y French Conversation:**

### Levels 2 and 3

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

CLIMB 301 48030 CLIMB Ctr 6pm-7:50pm Mon 9/30-12/9 Cariou \$135 + \$2 fee No class 11/11. Text: Ultimate French Beginner-Intermediate

### 9LAN 614Q French Conversation: Level 3

Ready to take your French skills to a higher level? This class is for students who have completed French 2 and are ready to start working toward greater proficiency.

48130 SE Campus LIBR 207 6:30pm-8:20pm Wed 10/2-12/4 Benoit \$135 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 vocabula ry, grammar and conjugations and build speaking and listening skills.

46287 CLIMB Ctr CLIMB 105 6pm-7:50pm 10/3-12/12 \$135 + \$2 fee Cariou No class 11/28. Text: Ultimate French Beginner-Intermediate

### 9LAN 614A French Conversation:

### Levels 4 and 5

This class is for you if you've completed French 1, 2 and 3 and are ready to start working towards fluency.

**CLIMB Ctr** CLIMB 306 6pm-7:50pm Tue 10/1-12/3 Cariou \$135 + \$2 fee Text: Ultimate French Beginner-Intermediate

### 9LAN 614U French Conversation:

### Level 5

In this highest level French class, we'll continue to expand, practice and have fun. Course is entirely in French and is suited for students with four or more terms of French or equivalent experience.

**Downtown** WHTMSH DWNST 9am-10:50am 46284 Wed 10/2-12/4 Cariou \$135 + \$12 fee Text: Ultimate French Beginner-Intermediate

### 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.

TCB 208 6:30pm-8:20pm Sylvania 9/25-11/27 Wed Machtelinckx \$135 Text: Ultimate French Beginner-Intermediate

### **<b>《UPDATED CLASS》**

### 9LAN 614F French Verbs and

### Conversation

Let's practice the imperfect/l'imparfait, the pluperfect/le plus-que-parfait through exercises and conversation. We'll also address the past/ le passé composé if time allows.

46285 CLIMB Ctr **CLIMB 201** 10am-11:50am \$135 + \$2 fee Sat 10/5-12/14 Cariou No class 11/30. Text: Ultimate French Verb Review

### 90L 611A Beginning Conversational French

Learn to speak basic French in a wide variety of settings and situations. This class promises to enrich your travel experiences. Includes audio learning, cultural notes and use of phonetic spellings.

43370	Online	ED2G0	9/11-10/18	\$109 fee	
Must regis	ster and pa	y via ed2go.c	om/portlandcc		
43371 <b>Online</b> ED2GO 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc					
43372 Must regis	<b>Online</b> ster and pa	ED2G0 y via ed2go.c	11/13-12/20 com/portlandcc	\$109 fee	
43373 Must regis	Online ster and pa	ED2G0 y via ed2go.c	12/11-1/17 om/portlandcc	\$109 fee	

### German

▶ You may also like Culinary Germany on page 25

### 9LAN 614H German Conversation:

### Level 1

Get a solid introduction to the German language in a supportive environment. You'll develop basic listening and speaking skills.

43035 Tue Text: <i>Ger</i>	<b>Cascade</b> 9/24-11/26 man Made Simpl	JH 112 Baybo <i>le (Revised Edi</i> i	7pm-8:50pm \$129 tion)
47520 Mon No class	<b>SE Campus</b> 9/23-12/2 11/11.	SCOM 314 Burkic	6:30pm-8:20pm \$129
47961 Thu	Willow Creek 9/26-12/5 11/28	WCC 206 Rebaum	6:30pm-8:20pm \$129



# **Language and Culture**

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

Continue to enhance your basic skills in German. This class will improve conversation and vocabulary, while focusing on continuing language skills through classroom discussions and other activities.

### 9LAN 6140 German Conversation: Level 3

This continuing class offers a third level of basic German conversation and understanding. Increase your vocabulary and confidence with ease; lay the groundwork for future fluency.

47962 **Willow Creek** WCC 208 10am-11:50am Wed 9/25-12/4 Rebaum \$145 Text: *Schaum's German Grammar* 

### Italian

### 9LAN 615F Italian for Travelers

Planning a trip to Italy? Learn basic expressions that will help you navigate common situations. We'll talk about Italian travel and culture as well as receive tips and share enthusiasm.

43346	CLIMB Ctr	CLIMB 102	6:30pm-8:20pm
Mon	9/23-12/2	Finley	\$135
No class	11/11. Text: dis	cussed in class	
47963	Willow Cree	k WCC 225	6:30pm-8:20pm
Mon	9/23-12/2	Barker	\$129
No class	11/11 Tayte die	cussed in class	

▶ You may also like Italian Desserts on page 26

### 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.

42758 Tue	Cascade 10/8-12/10	CH 205 Ketcheson	7pm-8:50pm \$129
	ussed in class		.20
44200 Mon	<b>Cascade</b> 9/23-12/2	CH 301 Boyer	6:30pm-8:20pm \$129
No class 1	1/11. Text: disc	ussed in class	
42757 Thu No class 1	<b>Sylvania</b> 9/26-12/5 1/28. Text: disc	SS 122 Heineck cussed in class.	6:30pm-8:20pm \$129

### 9LAN 615U Italian Conversation: Level 3

Expand your Italian conversation skills. We'll reinforce skills from Levels 1 and 2, introduce new tenses and learn to build more complex sentences orally and in writing. We'll also build listening skills by reading short stories and watching videos.

47464 **Cascade** CH 301 6:30pm-8:20pm Wed 9/25-12/4 Boyer \$145 No class 11/27. Text: discussed in class

### 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! pcc.edu/staff/giuseppa.heineck

42516 **CLIMB Ctr** CLIMB 306 1pm-2:50pm Wed 9/25-12/4 Heineck \$135 No class 11/27. Text discussed in class.

# 9LAN 615C "Leggiamo" (Let's Read)

Improve your Italian conversation and vocabulary skills through reading and discussion of Italian books.

42770 CLIMB Ctr CLIMB 306 12pm-12:50pm Tue 10/1-12/3 Heineck \$105 Text discussed in class. pcc.edu/staff/giuseppa.heineck

### 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.

46289	SE Campus	TABOR 135	6:30pm-8:20pr
Wed	9/25-11/27	Fuse	\$129 + \$3 fee
43597	Willow Creek	WCC 211	7pm-8:50pm
Mon	9/23-12/2	Barrett	\$129 + \$1 fee
No clace 1	1/11 Toyte Jane	anaca for Rucy Pan	nla

You may also like **Japanese for Foodies** on page 25

### **Class Spotlight:**

The country of Japan has so many unique characteristics. Japanese language is one and represents the country gracefully. The Japanese 1 class introduces you to the daily useful expression, the grammar and the pronunciation. Students develop the skills necessary to carry on casual conversation as well as feel a touch of the culture. Instructor is a native Japanese with an educational background.

### 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.

48031	SE Campus	<b>TABOR 135</b>	6:30pm-8:20pr
Thu	9/26-12/5	Fuse	\$135 + \$3 fee
No class	11/28.		
46148	Willow Creel	k WCC 211	7pm-8:50pm
Tue	9/24-11/26	Barrett	\$135 + \$1 fee
Text: Jap	anese for Busy	People	

### **9LAN 600T Japanese Conversation:**

### Level 3

Advanced daily conversation, learning and reading advancement.

 47569
 Willow Creek WCC 211
 7pm-8:50pm

 Wed
 9/25-11/27
 Barrett
 \$145 + \$1 fee

 Text: Japanese for Busy People

### 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.

42762 **Sylvania** TCB 214 6:30pm-8:20pm Tue 9/24-11/26 Lim \$129

### 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.

46112 **Sylvania** TCB 214 6:30pm-8:20pm Wed 9/25-12/4 You \$135 No class 11/27.

### 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.

47758 **Sylvania** TCB 214 6:30pm-8:20pm Thu 9/26-12/5 Lim \$145 No class 11/28.

# Portuguese (Brazilian)

### **《NEW CLASS》**

### 9LAN 612R Portuguese for Travelers

Have an upcoming trip to either Brazil or Portugal? Learn expressions that will help you on your trip. We'll talk about travel, culture and learn more about common situations a traveler may encounter when traveling to these two countries.

48034 **CLIMB Ctr** CLIMB 301 10am-11:50am Sat 9/28-11/16 da Silva Zago \$119

### 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.

46288	CLIMB Ctr	CLIMB 201	6:30pm-8:20pm			
Thu	9/26-12/5	Diniz	\$129			
No class 1	1/28.					
47959	<b>Willow Creek</b>	WCC 207	6:30pm-8:20pm			
Mon	9/23-12/2	Kelley	\$129			
No class 11/11.						



### **Instructor Spotlight: Alley Kelley**

Alley enjoys teaching with all her heart. She feels that languages connect her with people in a deep way. As a Brazilian, she understands that relationship is very important and that is exactly what she brings to her classroom. Teaching another language is more than just words and sounds--it is about making people understand a culture and its history. Learning Portuguese with Alley is a very interactive experience. You will learn to take risks and to communicate with others with confidence.



### 9LAN 6111 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.

43036 **CLIMB Ctr** CLIMB 305 6:30pm-8:20pm 9/23-12/2 Mon Arauio-New \$135 No class 11/11.

# Spanish

### 9LAN 615Q Spanish for Travelers

Planning a trip to a Spanish-speaking country? This class is the perfect chance to learn basic expressions that will help you comfortably navigate common situations. We'll talk about culture and travel tips as well.

43012 **CLIMB Ctr** CLIMB 201 6:30pm-8:20pm Mon 9/30-12/9 Sonera \$125 No class 11/11. Text: Learn Spanish the Fast and Fun Way

### 9LAN 615G Spanish Conversation:

### Level 1

Spanish is one of the fastest growing languages in the U.S., and it's also one of the easiest to learn! Get the basics of speaking Spanish in this fun,

interactiv	ve class.		
44216 Wed Text: <i>Span</i>	CLIMB Ctr 10/2-12/4 nish Now! Level	CLIMB 307 Franke 1	10am-11:50am \$125
46290 Fri No class 1	<b>CLIMB Ctr</b> 9/27-12/6 1/29. Text: <i>Spa</i>	CLIMB 305 Comandich nish Now! Level 1	9am-10:50am \$125
43580 Tue No class 1	<b>Cascade</b> 10/1-12/10 0/22. Text: <i>Spa</i>	CH 209 Galindo nish Now! Level 1	6pm-7:50pm \$125
43080 Wed No class 1	Metro Ctr 9/25-12/11 0/23, 11/27. Te	PMWTC1 110 Galindo xt: <i>Spanish Now!</i> L	6:30pm-8:20pm \$125 evel 1
42764 Wed No class 1	<b>NE Portland</b> 9/25-12/11 0/23, 11/27. Te	HWSC CLSRM Galindo xt: <i>Spanish Now!</i> L	12pm-1:50pm \$125 + \$10 fee evel 1
44215 Mon No class 1	9/30-12/9	FRNHSE EAST Franke nish Now! Level 1	6:30pm-8:20pm \$125 + \$10 fee
42783 Tue Text: <i>Span</i>	SE Campus 10/1-12/3 nish Now! Level	TABOR 143 Franke 1	6:30pm-8:20pm \$125
42774 Sat No class 1	<b>Sylvania</b> 10/5-12/14 1/30. Text: <i>Spa</i>	TCB 208 Rainey nish Now! Level 1	10am-11:50am \$125
42779 Thu No class 1	<b>Sylvania</b> 10/3-12/12 1/28. Text: <i>Spa</i>	TCB 216 Merlo Flores nish Now! Level 1	6:30pm-8:20pm \$125
42796 Mon No class 1	<b>Tigard</b> 9/30-12/9 1/11. Text: <i>Spa</i> i	TIGSRC GARDEN Rainey nish Now! Level 1	10am-11:50am \$125 + \$10 fee
42795 Wed No class 1	<b>Tualatin</b> 10/2-12/11 1/27. Text: <i>Spa</i>	TUALPL CONF Rainey nish Now! Level 1	6:30pm-8:20pm \$125 + \$10 fee
42794 Fri No class 1	<b>Willow Creek</b> 10/4-12/13 1/29. Text: <i>Lea</i>	WCC 224 Bensel rn Spanish the Fas	1pm-2:50pm \$125 t and Fun Way

### 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.

42784	Cascade	CH 310	6:30pm-8:20pm
Thu	10/3-12/12	Ekhause	\$125
No class	11/28 Text: Sn	anish Nowl Level 1	

Sylvania 43584 TCB 212 6:30pm-8:20pm Tue 10/1-12/3 Bensel \$125 Text: Practical Spanish Grammar

### 9LAN 6151 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!

43013 CLIMB Ctr CLIMB 306 10am-11:50am Mon 9/30-12/9 Franke \$135 No class 11/11. Text: Spanish Now! Level 1

46291 Downtown WHTMSH DWNST 11:30am-1:20pm Fri 9/27-12/6 Comandich \$135 + \$10 fee No class 11/29. Text: Spanish Now! Level 1



42797

Wed

Willow Creek WCC 205

10/2-12/11 Sotelo

No class 11/27. Text: Spanish Now! Level 1

6:30pm-8:20pm

\$125



### Spanish Conversation: Level 2, continued

42765		HWSC CLSRM	2:30pm-4:20pm
Wed	9/25-12/11	Galindo	\$135 + \$10 fee
No class 1	0/23, 11/27. Te	xt: <i>Spanish Now! L</i>	evel 1
47521	SE Campus	SCOM 314	10am-11:50am
Fri	10/4-12/13	Franke	\$135
No class 1	1/29. Text: <i>Spa</i>	nish Now! Level 1	
43081	Sylvania	TCB 216	6:30pm-8:20pm
Tue	10/1-12/3	Merlo Flores	\$135
Text: Span	nish Now! Level	1	
47492	Sylvania	TCB 214	12pm-1:50pm
Sat	10/5-12/14	Rainey	\$135
No class 1	1/30. Text: Spa	nish Now! Level 1	
47490	Tigard	TIGSRC GARDEN	12pm-1:50pm
Mon	9/30-12/9	Rainey	\$135 + \$10 fee
No class 1	1/11. Text: Spa.	nish Now! Level 1	
47491	Tualatin	TUALPL CONF	6:30pm-8:20pm
Thu	10/3-12/12	Rainey	\$135 + \$10 fee
No class 1	1/28. Text: Spa	nish Now! Level 1	
42798	Willow Creek	WCC 205	6:30pm-8:20pm
Mon	9/30-12/9	Sotelo	\$135
No class 1	1/11. Text: Spa.	nish Now! Level 1	
46141	Willow Creek	WCC 224	1pm-2:50pm
Thu	10/3-12/12	Bensel	\$135
No class 1	1/28. Text: Lea	rn Spanish the Fas	t and Fun Way

# 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.

43582	SE Campus	SCOM 316	6:30pm-8:20pm	
Thu	10/3-12/12	Sonera	\$135	
No class 11/28. Text: Spanish Now! Level 1				
48036	SE Campus	SCOM 316	6:30pm-8:20pm	
Tue	10/1-12/3	Sonera	\$135	
Text: Spanish Now! Level 1				
47469	Sylvania	TCB 212	6:30pm-8:20pm	
Wed	10/2-12/11	Bensel	\$135	
No class 11/27, Text: Practical Spanish Grammar				

### 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.

45014 Thu No class	<b>Metro Ctr</b> 9/26-12/12 10/17, 10/24, 1 <sup>-</sup>	PMWTC1 110 Galindo 1/28. Text: <i>Spanisl</i>	6:30pm-8:20pm \$121.50 n Now! Level 1
44217 Fri No class	<b>SE Campus</b> 10/4-12/13 11/29. Text: <i>Spa</i>	SCOM 314 Franke anish Now! Level 1	12pm-1:50pm \$135
46146 Thu No class	<b>Willow Creel</b> 10/3-12/12 11/28. Text: <i>Spa</i>		6:30pm-8:20pm \$135

### 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.

43082	Cascade	CH 209	2:30pm-4:20pm
Tue	9/24-12/3	Galindo	\$135
No class	10/22.		

### Spanish Conversation: Level 4, continued

47838 Fri	<b>Downtown</b> 9/27-12/6	WHTMSH DWNST Comandich	2pm-3:50pm \$135 + \$10 fee	
No class	11/29.			
46293	SE Campus	SCOM 316	6:30pm-8:20pm	
Wed	10/2-12/11	Sonera	\$135	
No class 11/27. Text: Spanish Now! Level 2				
42778	SW Portland	NEIGHR CLSRM	10am-11:50am	
Mon	9/30-12/9	Wadlin	\$135 + \$10 fee	

### 9LAN 615M Spanish Conversation:

### Level 5

No class 11/11.

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.

45015	CLIMB Ctr	CLIMB 301	10am-11:50am		
Wed	10/2-12/11	Sonera	\$135		
No class	11/27.				
47467	Sylvania	TCB 212	6:30pm-8:20pm		
Mon	9/30-12/9	Bensel	\$135		
No class 11/11.					

### 9LAN 614Z Spanish Literature: Level 5

In this round-table course, we'll read, analyze and discuss a novel or two novellas written by distinguished writers of the Spanish-speaking world. Students will read 15 -20 pages per week. Recommended: 2+ years of coursework or equivalent.

47771	Cascade	TH 112	4:30pm-6:20pm
Wed	10/2-12/11	Comandich	\$135 + \$4 fee
No class	11/27.		

### 90L 620W Speed Spanish 1

Online

12525

Designed for anyone who wants to learn Spanish pronto! Learn six easy recipes for gluing words together to form sentences. In no time, you'll be able to converse in almost any Spanish speaking situation.

EDOCO

43535	Unline	ED2G0	9/11-10/18	\$109 tee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43536	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	com/portlandcc			
43537	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43538 Must regi	<b>Online</b> ister and pag	ED2G0 y via ed2go.c	12/11-1/17 com/portlandcc	\$109 fee		

0/11 10/10

\$100 foo

# 90L 620V Spanish for Medical Professionals

Struggling to communicate with your Spanishspeaking patients? Whether you're new to the language or just want a refresher, this course will give you the basic tools you need to bridge the communication gap.

43528	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	pister and pa	y via ed2go.c	com/portlandcc		
43529 Must reg					
43530 <b>Online</b> ED2GO 11/13-12/20 \$109 fee Must register and pay via ed2go.com/portlandcc					
43531	Online	ED2G0	12/11-1/17	\$109 fee	
Must reg	ister and pa	y via ed2go.d	com/portlandcc		

# Senior Studies Institute

Are you an older adult who enjoys learning, lively discussions and meeting interesting people? Join us at Senior Studies Institute, part of PCC for twenty-eight years.

"We learn from each other and we never stop learning" means our 340+ members in the greater Portland/ suburban area come to any of our eight locations to hear lectures, discuss current events, or do readings of plays and poetry. We also have holiday, summer and spring luncheons plus a "Welcome to SSI" event every year. This fall that will take place on Saturday, September 7th at the Lake Oswego Adult Community Center, 505 G Avenue in Lake Oswego from 1:00 p.m. to 2:00 p.m. Come hear the story of SSI, opportunities for participation and preview some of the interesting lectures coming up this fall. Everyone is welcome to attend to learn more about SSI and meet some of our members.

Each term SSI offers more than thirty-five different lectures as one-time presentations of approximately two hours, including discussion (except the Great Courses DVD series, which continues a series weekly). This fall will include lectures on "The Great Missoula Floods", "Brain Tricks: Memory Skills", "Gandhi's Legacy" and "Trial of Socrates" among many others. In addition, Current Events discussions are held weekly at several locations, while Play Reading takes place each week at one location. See the web site (below) for more information.

Membership is only \$40 a year per person (\$70 per couple) with no other fees except parking at two locations. We invite you to attend our "Welcome" event and/or any two sessions before deciding whether to join. Attend as few or as many events as a member that you wish...no tests, no grades, no college experience necessary, just a love of learning...do join us!

For more information visit

# ssipdx.org

or call 503-941-5020







Students 62 and older are eligible to receive a 50% tuition discount. See page 67 for details.

### 9WO 624F Early Morning Fitness

Join this class for early risers! Includes warm up activities, stretching, flexibility, walking and strength training with light hand weights. Anyone with physical limitations given special attention.

42689 M/W/F No class	<b>Sylvania</b> 9/23-12/4 11/11, 11/29.	HT GYM Davies	8am-8:50am \$159
42690	Sylvania	HT GYM	7am-7:50am
M/W/F	9/23-12/4	Davies	\$159
No class	11/11, 11/29,		

### **《NEW CLASS》 《NEW INSTRUCTOR》**

### 9WO 6250 Racquet Sport Agility

Agility is the key to any racquet sport, and also a major component that if not refined can lead to major injury. In this course, you'll learn how to start, stop, change direction, and other game like footwork to help support the dynamic nature of racquet sports.

47991 **SW Portland** TWH STUDIO 1pm-1:50pm Wed 9/25-11/20 Peterson \$119

### **♦NEW CLASS**

### 9WO 625N Get Golf Ready for Seniors

Learn the basics of how to play golf and have fun while doing it. Your skills will be honed on the driving range, around the green and on the green. Work on full swing, putting and chipping. The last session will be on the course playing the game.

47862 **NE Portland** COLWD RANGE 10am-10:50am Tue 9/24-10/22 Bader \$99



### Instructor Spotlight: Jake Bader

Jake is the Professional Golf Instructor at Colwood Golf Center certifified by the Professional Golf Association (PGA). Throughout the years and over 18,000 lessons taught Jake has had more than 45 juniors go on to play collegiately, 13 club champions and over 100 tournament wins. Jake believes in coaching to each students own individual goals and utilize the teaching method in which will work best per individual. Jake takes a comprehensive approach with his 5 star instructional program.

### 9WO 624W Gentle Toning and Stretching

Bring a mat and focus on both light, resistancebased toning exercises and recuperative stretching.

43139 **SE Campus** TABOR 102 1pm-1:50pm Fri 9/27-12/13 Moore \$119 No class 11/29

### 9MBF 618D Senior Yoga Basics

For beginners who want a slower paced class or those new to a regular exercise program. Basic yoga postures with modifications to suit student's needs. Bring yoga mat, block, strap to class.

44257 **Tigard** TIGSRC MAD 3pm-4:20pm Thu 9/26-12/12 Adami \$129 + \$5 fee No class 11/28.

### **《NEW LOCATION》**

### 9WO 624K Zumba Gold

Burn calories while having tons of fun! This class is a lower-intensity, easy to follow Zumba class for active older adults. This workout will include light weights and steps.

47695 Fri No class	<b>Rock Creek</b> 9/27-12/6 11/29.	BLDG5 111 Sherwood	4pm-4:50pm \$125
43077 Mon No class	<b>SE Campus</b> 9/23-12/2 11/11.	TABOR 102 Nishikido	9am-9:50am \$125
43078 Wed/Fri No class	<b>SE Campus</b> 9/25-12/4 11/29.	TABOR 102 Nishikido	9am-9:50am \$149

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# 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.

42747	Cascade	CAGYM 201	9am-9:50am
Tue/Thu	9/24-12/5	Kaplan	\$155
No class 1	1/26, 11/28.		
44113	Cascade	CAGYM 201	10am-10:50am
Tue/Thu	9/24-12/5	Kaplan	\$155
No class 1	1/26, 11/28.		
44175	SE Campus	TABOR 102	11:30am-12:20pm
Mon/Wed	9/23-12/11	Kaplan	\$149
No class 9	/30, 10/9, 11/	11, 11/25, 11/27.	
46002	SE Campus	TABOR 102	8am-8:50am
Fri	9/27-12/6	Kaplan	\$85
No class 1	1/29.		
47858	Sylvania	HT 08	9am-10:20am
Fri	9/27-12/6	Manning	\$115
No class 1	1/29.	-	
47859	Sylvania	HT 08	12pm-12:50pm
Mon/Wed	9/23-12/2	Manning	\$155
No class 1	1/11.	_	

# Health

### 90L 614D Handling Medical Emergencies

This course will teach you how to identify common medical emergencies, recognize signs and symptoms, and how to render appropriate emergency care.

46570 Online ED2G0 9/11-10/18 Must register and pay via www.ed2go.com/portlandcc

45268 FD2G0 10/16-11/22 Online \$109 fee Must register and pay via www.ed2go.com/portlandcc

47791 Online ED2G0 11/13-12/20 \$109 fee Must register and pay via www.ed2go.com/portlandcc

Online ED2G0 12/11-1/17 Must register and pay via www.ed2go.com/portlandcc

# Naturopathic Medicine Series

### 9HW 611A Naturopathic Medicine

### **Series**

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

7pm-8:50pm 46135 SvIvania HT 317 10/8-10/15 Halverson

### 9HW 613M Optimal Wellness for the **Central Nervous System**

Learn the top 10 things to achieve optimal wellness, and critical labs to have run-that often get missed. Learn the role of emunctories (organs of elimination) and how specific diets, herbs and vitamins can keep you healthy.

46134 Sylvania 7pm-8:50pm Tue 10/8 Halverson \$39



### Naturopathic Medicine Series, continued

### 9HW 611E Naturopathic Prevention and First Aid

Explore the role of your Immune System and how you can support it for each of the four seasons. Build a naturopathic first aid kit for headaches. stomach aches, cuts and abrasions, burns, strains and sprains. Great for traveling too!

46133 Sylvania HT 317 7pm-8:50pm Tue Halverson \$39

# Mind-Body Wellness

### 9MBF 619A Core Balance = Yoga + Pilates + Ballet Stretch

This class combines elements of yoga and pilates and stretch components using the ballet barre. Develop core strength, ease and openness in joints and a flexible, well-balanced body. No experience necessary.

NE Portland NWDPS STUDIO 2:30pm-3:30pm 44982 Sun 9/29-12/8 Moore \$140

You may also like Ballet classes on page 12

### **《NEW CLASS》《NEW INSTRUCTOR**

### 9MBF 617T Learn to Juggle!

Have you always thought juggling looked cool, but you could never do it? Well, it IS cool and you CAN do it! We'll start by learning the basic three-ball pattern, the cascade. Students who master that will go on to learn other patterns. Balls provided.

47821 Cascade TH 122 7pm-7:50pm 9/23-12/2 Ohta \$119 + \$5 fee Mon No class 11/11 47822 Sylvania HT 08 7pm-7:50pm \$119 + \$5 fee 9/24-11/26 0hta

You may also like Trapeze, Acrobatics, and Physical Theater on page 14

### **Class Spotlight:**

Juggling is lots of fun and good exercise for life, but it also has many other benefits, including stress relief and even brain growth! While juggling is primarily a non-competitive activity available to people of all body types and levels of fitness, it can also be social when jugglers get together to share new moves, partner juggle, and pass clubs. It's a great combination of physical activity, brain stimulation, and joy!

### 9MBF 618J Calm Your Nervous System

Develop self-care tools to ground and center in the midst of life's challenges. Techniques will include gentle yoga poses, breath practices, simple meditations, and an innovative approach called TRE(c) (Tension and Trauma Releasing Exercises).

46157 NW Portland FRNHSE KELO 6:30pm-7:20pm 9/26-12/5 Diffely \$125 + \$10 fee Thu No class 11/28



# **Recreation and Wellness**

### 9MBF 619S Essentrics

Strengthen and lengthen all muscle groups of the body. Drawing from Zumba, tai chi, yoga, dance and calisthenics. Essentrics is a joyful way to improve range of motion, strength and stamina.

47835 **Cascade** CAGYM 201 12pm-12:50pm Tue 9/24-11/26 George \$119

### Meditation

# 9HW 610P **Meditation: Happiness from a Different Source**

Happiness is a state of mind, therefore the real source of happiness lies in the mind, not in external circumstances. Classes include meditations and lectures

44174 **SW Portland** MKBC CLSRM 7pm-8:20pm Tue 11/5-11/19 Rocklin \$39

# 9HW 610D **Meditation: Introduction to Buddhist Meditation**

Learn the simple secret that the source of our happiness is within our own mind.

46054 **SW Portland** MKBC CLSRM 7pm-8:20pm Tue 10/8-10/29 Rocklin \$39

# Qigong and Tai Chi

### 9MBF 616A **Qigong**

Qigong a Chinese healing art, utilizes gentle body movements, posture, breath and visualization to help the practitioner cultivate good health and physical/energetic awareness. Helpful for stress reduction, relaxation and improved balance.

43070 **SE Campus** TABOR 124 10am-10:50am Sat 9/28-12/7 Bernunzio \$129 No class 11/30.

### 9MBF 616E Qigong Tai Chi for Health

Qigong predates Tai Chi and is a mindful movement exercise which emphasizes posture, breathing and balance. It is intended to help balance all the body systems and to promote health and well being. All are welcome.

47480 **Downtown** DC 113 12pm-12:50pm Thu 10/3-12/12 Holder \$119 No class 11/28.



### Instructor Spotlight: Catherine Holder

Catherine is a former Principal Dancer, a retire Physical Therapist and a self decribed movement geek. She has been teaching Tai Chi in the Portland area for the last 6 years and enjoys working with students of all ages and abilities. She believes Tai Chiis one of the most accessible movement or exercise forms while combining mindfulness and focused movement that anyone can approach

regardless of ability. She is a supporter of Portland's diverse and vibrant music and dance communities and enjoys gardening, reading, cycling and fabric crafts in her spare time.

### 9MBF 616D Qigong for Healing

Access your qi/energy through slow moving forms. Referred to as a moving meditation and acupuncture without needles, this healing practice cultivates vital life essence as you create more efficient functioning of the body. Suitable for all.

48023 **CLIMB Ctr** CLIMB 306 12:30pm-1:20pm Thu 9/26-11/14 Allen \$99

### **Class Spotlight:**

Qigong (chee gong) is a powerful form of moving meditation. The balance and homeostasis gained through this ancient practice results in health and vitality. It serves to compliment Western medicine and is beneficial in countless ways. The gentle forms are coordinated with mind intention and relaxed breathing to uncover the layers of tension in our bodies. Easy to learn, simple forms are repeated each week and supplemented with written descriptions.

### 9MBF 600C Qigong for Balance and Fall

Qigong is an ancient Chinese health care system integrating physical postures, breathing techniques, and focused intentions. Qigong can reduce the risk for falling, and help to increase mobility, flexibility, strength, and balance.

47930 **SW Portland** TWH STUDIO 10am-10:50am Sat 9/28-11/16 Peterson \$109 No class 11/11

### 9MBF 617A Cheng Tai Chi: Beginning

A gentle approach to exercise emphasizing mind/ body harmony, relaxation, centering and coordination. Traditional style helps develop effortless vitality and awareness through meditative movement.

42749 Mon	<b>Cascade</b> 9/23-12/2	CAGYM 203 Bernunzio	7pm-7:50pm \$129
No class	11/11.		
43071	SE Campus	TABOR 102	8am-8:50am
Sat	9/28-12/7	Bernunzio	\$129
No class	11/30		

### 9MBF 617B Cheng Tai Chi: Continuing

New postures with further integration of mind and body harmony, balance, relaxation and coordination. Increased emphasis on circular movement, softness and smoothness to develop meditative awareness.

43072 **SE Campus** TABOR 102 9am-9:50am Sat 9/28-12/7 Bernunzio \$129 No class 11/30.

### 9MBF 600A **Tai Chi Fan Form**

Learn this 52 moves Fan form to improve your balance and harmony.

47820 **Sylvania** HT 101 10:30am-11:50am Sat 9/28-12/14 Holder \$129 No class 10/19, 11/30.

### 9MBF 617J Tai Chi: Life in Balance

This introductory class will focus on how tai chi can contribute to physical and mental balance. Tai chi is a practice in body awareness and relaxation, and the principles can be applied to "everyday" movement.

46053 **NW Portland** FRNHSE KEL0 10am-10:50am Wed 9/25-11/20 Harris \$109 + \$10 fee No class 10/30.

### 9MBF 6170 Tai Chi: Yang Style

We will use the Yang style, 24-form to explore the depth and principles of tai chi, particularly relaxation, focus, coordination and flowing movement. Tai chi engages the mind as well as the body--come see how.

44958 Wed No class 1	9/25-11/20	FRNHSE KELO Harris ng students only.	9am-9:50am \$109 + \$10 fee
47863 Sat No class 1	<b>Sylvania</b> 9/28-12/14 0/19, 11/30.	HT 101 Holder	9am-10:20am \$129

# Yoga

### 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.

48029 Tue	<b>CLIMB Ctr</b> 9/24-11/26	CLIMB 301 Stemler	12:30pm-1:20pm \$149
47824 Wed No class 1	<b>CLIMB Ctr</b> 9/25-12/4 1/27.	CLIMB 301 Winalski	6pm-6:50pm \$125
47825 Wed	<b>Cascade</b> 10/2-12/4	CAGYM 201 Leadingham	12pm-12:50pm \$125
42761 Mon No class 1	<b>Downtown</b> 9/23-12/2 1/11.	DC 113 Stemler	12pm-12:50pm \$125
47827 Wed No class 1	<b>N Portland</b> 9/25-12/4 1/27.	FLOOR STUDIO Smith	6pm-6:50pm \$125
47829 Sat No class 1	N Portland 9/28-12/7 1/30.	FLOOR STUDIO Smith	8am-8:50am \$125
43073 Fri	<b>SE Campus</b> 9/27-11/29	TABOR 102 Adami	12pm-12:50pm \$125
43079 Sat No class 1	<b>SE Campus</b> 9/28-12/7 1/30.	TABOR 102 Peterson	10am-11:20am \$129
46268 Thu No class 1	<b>SE Campus</b> 9/26-12/5 1/28.	TABOR 102 Dodson	5:30pm-6:20pm \$125
42752 Sat No class 1	<b>Sylvania</b> 9/28-12/7 1/30.	HT 08 Adami	10am-11:20am \$129
43578 Mon No class 1	<b>Tigard</b> 9/23-12/2 1/11.	TIGSRC MAD Borlant	7pm-8:15pm \$129 + \$5 fee
47818 Thu No class 1	<b>Tigard</b> 9/26-12/5 1/28.	TIGSRC MAD Adami	5:15pm-6:20pm \$129 + \$5 fee
47951 Thu No class 1	<b>Willow Creek</b> 9/26-12/5 1/28.	WCC 201 Borlant	12pm-1:15pm \$129

### 9MBF 6180 Duo Yoga

A fun, effective and interactive yoga class. Register a partner-spouse-friend-girlfriend-boyfriend-sister-brother-mother-daughter! Partner yoga improves and advances the yoga practice. Partners help to lever and apply pressure to increase range of motion beyond what you could only do by yourself. You'll learn to communicate and help each other with balance and increase flexibility.

47833	Sylvania	HT 08	2:30pm-3:20pm
Mon/Wed	9/23-10/28	Truesdell	\$99

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9MBF 618N Yoga for First Responders

Find balance and flexibility through mindful breathing and a gentle, yet challenging yoga flow. Classes are built with 1st responders in mind, to help find a moment of peace and calm during your week. All levels of yoga experience are welcome.

CAGYM 201 47831 Cascade 7:30pm-8:20pm Mon 9/30-12/9 Leadingham \$125 No class 11/11

9MBF 618P Vinyasa Flow Yoga: Level 1 225 Pose Vinyasa Flow and Ah Meditation establishes the basics of yogic philosophy, connecting breath with movement, proper alignment and range of motion with an emphasis on breathing, fluid transitions and mindfulness meditation for selfcare and self-management.

47698 Rock Creek BLDG5 211 9am-10:20am Sat 9/28-12/7 Goldfeld \$129 No class 11/30.

# **Sports**

### **NEW CLASS NEW INSTRUCTOR**

9SPR 620G Badminton

Learn the rules, techniques and strategies of the 2nd most popular sport in the world. Students will develop their skills through a series of drills and game play. Bring your Badminton Racket and one unopened tube of shuttles to first class.

47839 Sylvania HT GYM 8pm-8:50pm Tue/Thu 9/24-12/3 \$135 + \$5 fee Cervantes No class 11/28.

### 9SPR 620A Bouldering and Climbing Strength: Introduction

Bouldering is climbing's fastest growing sport. Learn the history, techniques, gear, safety and ethics. It is a fun, social and challenging way to build core strength and get in shape. First class includes shoe rental, then bring your own.

42748 Tue	<b>NE Portland</b> 9/24-10/29	CBGYM2 STUDIO Marsaglia	7pm-8:50pm \$105
42739	SW Portland	CBGYM STUDIO	7pm-8:50pm
Mon	9/23-10/28	Marsaglia	\$105

### 9SPR 623A Chi Runnina

Learn to run with greater ease and less risk of injury by improving postural alignment and patterns of movement to reduce impact. Develop skills to focus your mind, move from your center, and run in a manner that is both strong and relaxed.

42730	Sylvania	HT GYM	12pm-3:50pm
Sat	9/28	Diffely	\$105

### 9SPR 623B **Chi Walking**

Learn to walk with greater ease and less risk of injury by improving postural alignment and patterns of movement to reduce impact. Develop skills to focus your mind, move from your center, and walk in a manner that is both strong and relaxed.

42731	Sylvania	HT GYM	12pm-3:50pm
Sat	10/5	Diffely	\$105



### **《NEW CLASS》 《NEW INSTRUCTOR》**

### 9SPR 610F FootGolf

FootGolf is a combination of the popular sports soccer and golf. The game is played with a regulation #5 soccer ball on an 18 hole golf course with shortened holes and 21-inch diameter cups. You will learn the basics to FootGolf and play 18 holes every class.

47836 NE Portland COLWD RANGE 10am-11:20am Wed 9/25-10/23 Bader

### 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

42759 Rock Creek BLDG5 GYM A/B 10:30am-11:50am Sat 9/28-12/7 Slack \$110 + \$2 fee No class 11/30. Class held indoors.

42760 Rock Creek BLDG5 GYM A/B 9am-10:20am 9/28-12/7 Slack \$110 + \$2 fee No class 11/30. Class held indoors

### Aquatics

### 9SPR 622G Swim Conditioning

Develop technical knowledge and skills for effective and efficient swimming for competition, open water, triathlon or peak fitness. Students will learn all competitive strokes, turns, starts, open water strategy and training methodology.

43084	Sylvania	HT POOL	6pm-6:50pm
Tue/Thu	9/24-12/3	Wornath	\$159 + \$10 fee
No class	11/28.		

### 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.

45016	<b>NE Portland</b>	COLWD RANGE	5pm-5:50pm
Wed	9/25-10/23	Bader	\$99
Equipment	supplied if nee	eded.	
47837	<b>NE Portland</b>	COLWD RANGE	10am-10:50am
47837 Sat	<b>NE Portland</b> 9/28-10/26	COLWD RANGE Bader	10am-10:50am \$99

### 9SPR 621A Golf Lake Oswego

Taught by a local pro! First three classes meet on the range. Bucket of balls is \$9 and last class on course is \$16. Bring your own clubs, or rent.

45926	<b>Lk Oswego</b> 9/29-10/20	LOGOLF RANGE	12pm-1:20pm
Sun		Huffmaster	\$59
45927	<b>Lk Oswego</b> 9/29-10/20	LOGOLF RANGE	2pm-3:20pm
Sun		Huffmaster	\$59

### 9SPR 621B Golf: McKay Creek

A five-week class covering all fundamental aspects of the game of golf: full swing, short game, etiquette, biomechanics and course strategy. Equipment supplied, if needed.

46057	Hillsboro	MCKAYC RANGE	7pm-7:50pm
Thu	9/26-10/24	Gonzalez	\$99
Golf attire	required.		
47931	Hillsboro	MCKAYC RANGE	2:30pm-3:20pm
47931 Sat	<b>Hillsboro</b> 9/28-10/26	MCKAYC RANGE Gonzalez	2:30pm-3:20pm \$99

# **Recreation and Wellness**

#### Kayaking

Advanced registration is necessary to ensure equipment availability. All equipment costs and instruction are included in class prices. Kayaking classes meet rain or shine, dress for the weather.

#### 9SPR 622A Essential Kayaking: Coed

Learn basic strokes, boat control and the fundamental elements of kayaking. This class will help you feel comfortable paddling a kayak and give you a sound foundation as you continue to develop paddling skills.

42728 **SW Portland** PDXKYK SHOP 9am-12:50pm Sat 10/5 Brown \$69 Must reg/drop by 9/28.

#### 9SPR 622B Essential Kayaking:

#### **Women Only**

Learn basic strokes, boat control and the fundamental elements of kayaking. This class will help you feel comfortable paddling a kayak and give you a sound foundation as you continue to develop paddling skills.

43590 **SW Portland** PDXKYK SHOP 9am-12:50pm Sat 9/28 Brown \$69 Must reg/drop by 9/21.

#### 9SPR 622U Kayak Fall Color Tour:

#### Scappoose Bay

Enjoy colors and the turning of leaves inside Scappoose Bay, and take a mid-paddle break to enjoy the scenery. Includes an upgraded touring kayak, PFD, paddle, binoculars, snacks, sunscreen and bug spray. Great for all skill levels.

43087 **Scappose** SCABMP SHOP 2pm-3:50pm Sat 11/23 Bennett \$59 Must reg/drop by 11/16.

#### 9SPR 6221 Kayak: Cunningham Slough

We will paddle away from the marina, crossing the channel and then sneaking into the Cunningham Slough. This unique paddling location is only open to the public for 5 months of the year! Guide, kayaks, dry bags, snacks and drinks provided.

47933 **Scappoose** SCABMP SHOP 11am-2:50pm Sun 10/13 Bennett \$65 Must reg/drop by 10/6.

# 9SPR 622W Kayak: Migratory Birds of Scappoose Bay

Paddle in the beautiful wetlands of Scappoose Bay, as we see flocks of Canada Geese, Tundra and Trumpeter Swans and Sandhill Cranes as they migrate for the winter. Guide, kayaks, dry bags, snacks and drinks provided.

47992 **Scappoose** SCABMP SHOP 10am-12:50pm Sat 10/12 Bennett \$59 Must reg/drop by 10/5.

#### 9SPR 622X Kavak: Shutterbug Tour

Catered to photographers, we paddle to ideal locations in our bay for unique photo opportunities. We use our most stable kayaks to create ideal shooting conditions with extra room for equipment. Guide, upgraded kayaks, dry bags, snacks and hot beverages provided.

46075 **Scappoose** SCABMP SHOP 2pm-4:50pm Mon 9/23 Bennett \$59 Must reg/drop by 9/16.

#### 9SPR 622J Wetlands of Scappoose Bay

#### Kayak

This paddle is a great way to discover scenic Scappoose Bay and experience all of its natural charm and wonder. Join us in our calm and easy-to-paddle wetlands and learn from our knowledgeable guides about the local history and habitats.

47934 **Scappoose** SCABMP SHOP 11am-1:50pm Sat 11/16 Bennett \$59 Must reg/drop by 11/9.

47935 **Scappoose** SCABMP SHOP 11am-1:50pm Sat 12/14 Bennett \$59 Must reg/drop by 12/7.

## Stand Up Paddle Board

#### 9SPR 622L Stand Up Paddle Board: Scappoose Bay

Learn balance, paddling techniques on Stand Up Paddleboards (SUP) and tour beautiful Scappoose Bay, enjoying a different perspective of the great blue herons, eagles, osprey and other wildlife while having fun.

47936 **Scappoose** SCABMP SHOP 10am-12:50pm Sat 9/28 Bennett \$59 Must reg/drop by 9/21.

# Work Out

#### 9WO 6000 Barre Fusion

This low impact, high energy, music-driven movement experience blends the best of Dance, Pilates and Yoga. Get ready to strengthen and stretch the whole body in a fun and flowing way with standing exercises at the Ballet barre, core activating Pilates mat work and upper body moves with the resistance band. No dance experience necessary!

47852 **SE Campus** TABOR 102 2pm-2:50pm Fri 9/27-12/6 Moore \$119 No class 11/29.



#### **Instructor Spotlight: Morgan Moore**

Morgan brings over 25 years of experience in dance and body work to her teaching. She holds a BA and a MA from PSU and was PE faculty at PSU for 10 years. She has been an instructor with PCC over the years as well and is very excited to be teaching on campus again. Morgan respects the diversity of classrooms and believes in the emotional healing that comes through physicality and community. All levels are welcome and she enjoys the challenge of finding ways for all bodies to participate in the group activity environment.

#### 9WO 600N Cardio Dance Fusion

Dance is the ultimate exercise in disguise! Cardio Dance Fusion is a fun and energetic class that mixes a variety of dance and music styles with easy-to-follow traditional fitness movements. This class is sure to get your body moving and your heart pumping.

47697 **Rock Creek** BLDG5 111 5pm-5:50pm Thu 9/26-12/5 Sherwood \$125 No class 11/28.

#### **<b>♦UPDATED CLASS▶**

#### 9WO 600A Pilates: Matwork

Focus on building core strength and stability while increasing flexibility. Matwork will emphasize proper alignment, breathing and posture. Beginners and those with prior experience welcome.

48024 **SE Campus** TABOR 102 11am-11:50am Fri 9/27-12/6 Moore \$119 No class 11/29.

#### 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!

47575 **Cascade** CAGYM 203 7pm-8:20pm Wed 9/25-12/11 Haney \$125 No class 10/9, 11/27.

#### 9WO 600L Powerlifting Introduction

3-Hour foundations course, covering the basics of the sport of Powerlifting. Course will cover the three primary lifts: Squat, Bench, and Deadlift, including lecture and hands-on learning. Athletic attire required.

47851 **Sylvania** HT 118 11am-12:20pm Sat 9/28-10/19 Lyon \$75

#### 9WO 624L **Zumba!**

Ditch the workout and join the party! Burn calories while doing aerobics to Latin and international music. We'll move to the beats of salsa, merengue, cumbia, reggaeton, belly dance, flamenco and more.

42740	Rock Creek	BLDG5 111	5pm-5:50pm
Fri	9/27-12/6	Sherwood	\$125
No class	11/29.		
43074	SE Campus	TABOR 102	8am-8:50am
Wed	9/25-11/27	Nishikido	\$119
47551	SE Campus	TABOR 102	10am-10:50am
Fri	9/27-12/6	Nishikido	\$119
No class	11/29.		

#### Cardio

#### 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!

43075 **SE Campus** TABOR 101 8am-8:50am M/W/F 9/25-12/4 Macedo Gallegos \$169 No class 11/29.

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#### 9WO 624Q Aqua Fitness

Improve cardio health without impact. Whether you're recovering from other impact-related injuries and/or want to improve flexibility and core strength, this class offers you the chance to move in new ways without further wear and tear on your joints.

47990 SW Portland TWH POOL 12nm-12:50nm Tue/Thu 9/24-11/12 Becker \$225

#### **Class Spotlight:**

Being suspended in water already feels good! Enjoy relieving pain and pressure off of joints while strengthening your muscles. Expect to feel relieved and refreshed after a fun cardiovascular, workout improving flexibility, reducing inflammation, all choreographed to music. Only skill needed is standing on pool floor in 4ft-5ft depth of water. Join us for a fun filled 50 minute workout.

#### **Pilates**

#### 9WO 600P IMX Pilates Reformer

Pilates eight basic sequences are taught on the reformer while emphasizing the fundamentals, appropriate form and flow. Tones and stretches every muscle group. Recommended for new members and existing members who want to focus on improving execution!

47985 Mon No class	<b>Beaverton</b> 9/23-12/2 11/11.	IMXPIL STUDIO Nguyen	11am-11:50am \$239
47986 Tue	<b>Beaverton</b> 9/24-11/26	IMXPIL STUDIO Nguyen	9:30am-10:20am \$239
47987 Wed	<b>Beaverton</b> 9/25-11/27	IMXPIL STUDIO Nguyen	10am-10:50am \$239
47988 Thu No class	<b>Beaverton</b> 9/26-12/5 11/28.	IMXPIL STUDIO Nguyen	10:30am-11:20am \$239
47989 Fri No class	<b>Beaverton</b> 9/27-12/6 11/29	IMXPIL STUDIO Nguyen	10am-10:50am \$239

#### 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.

44961 Mon No class 1	<b>SW Portland</b> 9/30-12/9 1/11, 11/25.	EFM STUDIO Binnendyk	10:30am-11:20am \$255
44962 Wed No class 1	<b>SW Portland</b> 10/2-12/11 1/27.	EFM STUDIO Binnendyk	10:30am-11:20am \$279
44963 Fri No class 1	<b>SW Portland</b> 10/4-12/13 1/29.	EFM STUDIO Binnendyk	11:30am-12:20pm \$279
46065 Thu No class 1	<b>SW Portland</b> 10/3-12/12 1/28.	EFM STUDIO Binnendyk	5:30pm-6:20pm \$279
46067 Tue No class 1	<b>SW Portland</b> 10/1-12/10 1/26.	EFM STUDIO Binnendyk	11:30am-12:20pm \$279

#### 9WO 6001 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.

44965 Mon	<b>SW Portland</b> 9/30-12/9	EFM STUDIO Binnendyk	11:30am-12:20pm \$255
No class	11/11, 11/25.	,	
44966	SW Portland	EFM STUDIO	11:30am-12:20pm
Thu	10/3-12/12	Binnendyk	\$279
No class	11/28.		
44967	SW Portland	EFM STUDIO	9:15am-10:05am
Tue	10/1-12/10	Binnendyk	\$279
No class	11/26.		
44968	SW Portland	EFM STUDIO	11:30am-12:20pm
Wed	10/2-12/11	Binnendyk	\$279
No class	11/27.		
44969	SW Portland	EFM STUDIO	4:30pm-5:20pm
Tue	10/1-12/10	Binnendyk	\$279
No class	11/26.		
45154	SW Portland	EFM STUDIO	9:15am-10:05am
Thu	10/3-12/12	Binnendyk	\$279
No class	11/28.		
46061	SW Portland	EFM STUDIO	10:30am-11:20am
Fri	10/4-12/13	Binnendyk	\$279
No class	11/29.		
46066	SW Portland	EFM STUDIO	4:30pm-5:20pm
Thu	10/3-12/12	Binnendyk	\$279
No class	11/28.		

#### 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, so	quishy ball ar	nd more.		
44970	<b>SW Portland</b>	EFM STUDIO	4:30pm-5:20pm	
Wed	10/2-12/11	Binnendyk	\$279	
No class 1	1/27.			
44971	SW Portland	EFM STUDIO	10:30am-11:20am	
Tue	10/1-12/10	Binnendyk	\$279	
No class 1	1/26.			
44972	SW Portland	EFM STUDIO	5:30pm-6:20pm	
Tue	10/1-12/10	Binnendyk	\$279	
No class 1	1/26.			
44973	SW Portland	EFM STUDIO	4:30pm-5:20pm	
Mon	9/30-12/9	Binnendyk	\$255	
No class 1	1/11, 11/25.			
44974	SW Portland	EFM STUDIO	5:30pm-6:20pm	
Mon	9/30-12/9	Binnendyk	\$255	
No class 1	1/11, 11/25.			
44975	SW Portland	EFM STUDIO	10:30am-11:20am	
Thu	10/3-12/12	Binnendyk	\$279	
No class 1	1/28.			
44976	<b>SW Portland</b>	EFM STUDIO	9:15am-10:05am	
Fri	10/4-12/13	Binnendyk	\$279	
No class 1	1/29.			
44977	SW Portland	EFM STUDIO	5:30pm-6:20pm	
Wed	10/2-12/11	Binnendyk	\$279	
No class 11/27.				
46064	SW Portland	EFM STUDIO	9:15am-10:05am	
Mon	9/30-12/9	Binnendyk	\$255	
No class 1	1/11, 11/25.			
46071	SW Portland	EFM STUDIO	9:15am-10:05am	
Wed	10/2-12/11	Binnendyk	\$279	
No class 11/27.				

#### 9WO 600Q reForm Pilates Reformer Level 1

This class will introduce beginning and some intermediate Pilates Reformer exercises. In addition to strengthening and lengthening muscles, the Pilates method conditions the core which supports the health of the spine. The class will cover Reformer repertoire, Pilates fundamentals and concepts. No experience required.

48025 Mon	<b>SE Portland</b> 9/23-12/2	REFORM STUDIO Lee	10am-10:50am \$315
No class 1	1/11.		
48026 Mon No class 1	<b>SE Portland</b> 9/23-12/2 1/11.	REFORM STUDIO Lee	5:30pm-6:20pm \$315
48027 Fri No class 1	<b>SE Portland</b> 9/27-12/6 1/29.	REFORM STUDIO Lee	10am-10:50am \$315
48028 Sat No class 1	<b>SE Portland</b> 9/28-12/7 1/30.	REFORM STUDIO Lee	10am-10:50am \$315

# 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.

SE Campus TABOR 101 6pm-6:50pm Tue/Thu 9/24-12/3 Macedo Gallegos \$169 No class 11/28



# **Recreation and Wellness**

# Personal Training with PCC

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.

#### **Program Details:**

- The Personal Training program is designed for low to moderate risk individuals who have clearance from their health care provider to exercise. Participants may be asked to provide clearance from their physician prior to beginning the training sessions
- First one-hour session: initial consultation, health risk appraisal and fitness testing. Following onehour sessions: individual exercise program based on results from your assessment and your current fitness and goals.
- Mandatory \$12 towel/locker/open gym fee one time per term, to either the Cascade, Rock Creek or Sylvania Campus Student Accounts Office. Bring proof of payment to your first training.
- Sessions must be used in the term purchased; no refunds for unused sessions.
- Individual sessions must be cancelled 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.
- Additional sessions may not be added to any package. In the event that more training sessions are desired, it is necessary to register for a new package (CRN).
- · You can not register for the same CRN twice.
- Packages are available on a first come first served basis.
- Students must be registered in a package before participating in any training sessions.

#### Registration/Scheduling Process:

- 1 Review the personal trainer profiles and availability and choose a trainer.
- 2 Select a training package and register for your selected trainer's corresponding CRN.
- 3 Your trainer will contact you via PCC email or cell phone by the first week of the term to schedule your training sessions. First time students will be sent a Personal Training information packet by the trainer
- 4 Complete the information packet and return it to your trainer at your first session.

#### Refund/Drop Policy:

If you want to drop, you must do so online via MyPCC or 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 8.



# Personal Trainer Profiles and Availability

#### Heidi Baum (Sylvania)

Availability: Mon/Wed, 9am-5pm; Tue/Thu, 4pm-8pm; Fri, 9am-11am

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.

#### **John Cunningham** (Sylvania) Availability: Mon-Thu, 12pm-5pm

John believes we need to stay active, consistently challenging our mind and bodies. No Matter who you are or what your level of fitness might be, if you are interested in new challenges, John would love to meet and work with you!

#### Tiffini Gibbs (Sylvania)

Availability: Mon, 12pm-5pm; Tue, 1pm-6pm; Wed, 11am-5pm; Thu, 1pm-7pm; Fri, 12pm-4pm

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

#### Katie Jajko (Sylvania)

Availability: Mon/Thu, 6am-3pm; Tue/Wed/Fri. 6am-4:30pm

Katie is an ACSM Certified Personal Trainer, and has a passion for building a mind-body connection through exercise. She believes that everyone has the capability to live their healthiest lives, it's just about finding that motivation to do so. That's what she's here for! She is committed to making an exercise program that can be fun, rewarding, and will improve your overall health and wellness.

#### Marc Leonard (Sylvania)

Availability: Mon-Fri, 7am-3pm

Marc is an ACSM certified trainer with his first aid and CPR certifications, and is very passionate about helping people reach and achieve their goals. He focuses on movement, strength, and learning to be pain free. He truly loves the changes a person can make through exercise, movement and hard work. He specializes in strength training and as a movement specialist. He looks forward to working with you and accomplishing your goals as well as his own, which is to help save the world one person at a time through exercise and fitness.

#### Micheale Lyon (Sylvania)

Availability: Mon/Thu/Thu, 2pm-8pm; Sat, 7:30am-12:30pm

Micheale is a fitness professional that specializes in people finding joy in movement and finding their true strength. He does this by guiding them through improving their strength, endurance, balance, and flexibility. He helps build a roadmap to complete goals and to be able to carry on good habits for movement and health into the future. He currently competes in powerlifting, obstacle course races, and is training to compete in Oregon's strongest man. Micheale graduated from Portland Community College's Exercise Science program in 2018, and is an ACSM Certified Personal Trainer.

Personal Trainer Profiles and Availability continues on next page





#### Susan Milln (Cascade)

Availability: Tue/Thu, 9am-12pm

Susan believes that fitness should be fun, not a chore. She keeps routines fresh and comes from a base that exercise, nutrition, and wellness are equally important. She works with students that are at many different levels of fitness to helps them create a personalized fitness program.

#### Niko Poti (Sylvania)

Availability: Mon-Fri, 11am-7pm

Niko, a Portland local and graduate of the PCC Exercise Science program, has a passion for educating others about the importance of health and fitness. He enjoys helping people make improvements to their quality of life through exercise.

#### Haley Wilde (Cascade and Southeast)

Cascade Availability: Mon/Wed, 7am-10am; Tue/Thu, 10am-5:30pm Southeast Availability: Mon/Wed, 4pm-8pm; Fri. 9am-4pm:

For Haley, fitness is just as much about emotional and mental health as it is about physical health. Connecting with our bodies through physical activity can build self-confidence. Haley focuses on developing a mind-body connection through fitness, which can help with both effective training progression and prevention/recovery from injuries.

#### Richard Willhite (Rock Creek)

Availability: Mon/Wed/Fri, 11am-7pm

Richard is a very passionate fitness professional who specializes in improving muscular strength, endurance, cardiorespiratory fitness and losing fat. His main focus is to tailor fitness programs to the likes and needs of his clients to help them reach their goals so they can become a healthier and better version of themselves. He is a firm believer that we all have what it takes to become a version of ourselves that we envision, and the key is to figure out what causes us to turn on that motor and get moving in the right direction one step at a time. Richard incorporates many different tools to keep individuals interested and understands that "the struggle is real!" He is an ACSM certified trainer, American Red Cross Lifeguard certified, and is a Graduate of the Exercise Science program.

#### Janie Zapata-Wilson (Sylvania, Rock Creek)

Sylvania Availability: Mon, 12pm-5pm; Tue/WedThu, 12:30pm-2:30pm; Rock Creek Availability: Wed, 4pm-6pm; Fri, 12pm-5pm

Janie Zapata-Wilson is the quintessential, "If I can do it, so can you!" example. She is a personal trainer, group exercise instructor, Zumba-teaching, water-aerobics instructor who graduated in June 2012, with highest honors from the Exercise Science Program at PCC.

#### Personal Training Packages

#### 9WO 624X Personal Training:

#### 5 Session Package

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.

#### Personal Training: 5 Session, continued

45068	Rock Creek	9/23-12/14	Zapata-Wilson	\$225 + \$5 fee
45055	Sylvania	9/23-12/14	Gibbs	\$225 + \$5 fee
45050	Sylvania	9/23-12/14	Leonard	\$225 + \$5 fee
47584	Sylvania	9/23-12/14	Zapata-Wilson	\$225 + \$5 fee

#### 9WO 624Y Personal Training:

#### 10 Session Package

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.

47860	Cascade	9/23-12/14	Milln	\$450 + \$5 fee
45199	Cascade	9/23-12/14	Wilde	\$450 + \$5 fee
46153	Rock Creek	9/23-12/14	Willhite	\$450 + \$5 fee
45067	Rock Creek	9/23-12/14	Zapata-Wilson	\$450 + \$5 fee
47583	SE Campus	9/23-12/14	Wilde	\$450 + \$5 fee
45058	Sylvania	9/23-12/14	Baum	\$450 + \$5 fee
45075	Sylvania	9/23-12/14	Cunningham	\$450 + \$5 fee
45054	Sylvania	9/23-12/14	Gibbs	\$450 + \$5 fee
45048	Sylvania	9/23-12/14	Leonard	\$450 + \$5 fee
45070	Sylvania	9/23-12/14	Lyon	\$450 + \$5 fee
45062	Sylvania	9/23-12/14	Jajko	\$450 + \$5 fee
45065	Sylvania	9/23-12/14	Zapata-Wilson	\$450 + \$5 fee

#### 9WO 624Z Personal Training:

#### 15 Session Package

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.

46151	Cascade	9/23-12/14	Wilde	\$675 + \$5 fee
45072	Rock Creek	9/23-12/14	Willhite	\$675 + \$5 fee
45056	Sylvania	9/23-12/14	Baum	\$675 + \$5 fee
45053	Sylvania	9/23-12/14	Gibbs	\$675 + \$5 fee
45060	Sylvania	9/23-12/14	Jajko	\$675 + \$5 fee
47579	Sylvania	9/23-12/14	Lyon	\$675 + \$5 fee
45069	Sylvania	9/23-12/14	Poti	\$675 + \$5 fee

#### 9WO 625H Personal Training:

#### 20 Session Package

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.

46152	Cascade	9/23-12/14	Wilde	\$899 + \$5 fee
46154	Rock Creek	9/23-12/14	Willhite	\$899 + \$5 fee
45073	<b>Rock Creek</b>	9/23-12/14	Zapata-Wilson	\$899 + \$5 fee
45057	Sylvania	9/23-12/14	Baum	\$899 + \$5 fee
45074	Sylvania	9/23-12/14	Cunningham	\$899 + \$5 fee
46156	Sylvania	9/23-12/14	Gibbs	\$899 + \$5 fee
45061	Sylvania	9/23-12/14	Jajko	\$899 + \$5 fee
47581	Sylvania	9/23-12/14	Lyon	\$899 + \$5 fee
45051	Sylvania	9/23-12/14	Leonard	\$899 + \$5 fee
45144	Sylvania	9/23-12/14	Poti	\$899 + \$5 fee
45064	Sylvania	9/23-12/14	Zapata-Wilson	\$899 + \$5 fee



# Swim

PCC's Swim with Community Ed program offers lessons for all ages, from babies to adults. Students learn swim strokes and water safety in a safe, clean environment and with a low student-to-teacher ratio. Our experienced instructors teach the American Red Cross swim curriculum and give personalized attention to each student.

For more information including prerequisites, guidelines and contact information:

#### pcc.edu/community/swim

#### **Swim Registration:**

You cannot register through the normal PCC registration system, and registration must be received prior to the first day of class. On-site registrations will not be accepted.

- 1 Visit pcc.edu/community/swim to download the appropriate registration packet.
- 2 Complete and submit the form using the instructions on the form.

#### 9SPR 624K Parent Child Aquatics:

#### 6 Months-3 Years

Parent and child learn together to increase comfort level in the water and to build a foundation of basic skills. Parents and child participate in guided sessions helping the child get ready to swim by emphasizing fun in the water.

44986 Sat All levels.	<b>Sylvania</b> 9/28-10/26	HT POOL Sparks	11:20am-12pm \$85 + \$10 fee	
45148	Sylvania	HT POOL	11:20am-12pm	
Sat	11/2-12/7	Sparks	\$85 + \$10 fee	
No class 11/30. All levels.				

#### 9SPR 624A Preschool Aquatics:

#### Ages 3-5 Years

Children learn water safety, survival skills and foundational swimming concepts. Skills taught are age-appropriate and allow the student to experience success on an ongoing basis.

42785 Sat All levels.	<b>Sylvania</b> 9/28-10/26	HT POOL Sparks	9am-9:40am \$85 + \$10 fee
43083 Sat No class	<b>Sylvania</b> 11/2-12/7 11/30. All levels	HT POOL Sparks s.	9am-9:40am \$85 + \$10 fee
43593 Sat All levels.	<b>Sylvania</b> 9/28-10/26	HT POOL Sparks	9:45am-10:25am \$85 + \$10 fee

#### Preschool Aquatics: Ages 3-5 Years, Continued

43594 Sat No class	<b>Sylvania</b> 11/2-12/7 11/30. All levels	HT POOL Sparks S.	9:45am-10:25am \$85 + \$10 fee
44193 Sat No class	<b>Sylvania</b> 11/2-12/7 11/30. All levels	HT POOL Sparks s.	10:30am-11:10am \$85 + \$10 fee
44194 Sat	<b>Sylvania</b> 9/28-10/26	HT POOL Sparks	10:30am-11:10am \$85 + \$10 fee

#### 9SPR 624E Learn to Swim:

#### Ages 6-15 Years

Classes are designed to progress students from beginner to advanced swimmer. Students learn basic water safety while focusing on stroke development. Students grouped with like level swimmers-4 to 1 teacher ratio.

43096	Sylvania	HT POOL	9am-9:40am
Sat	9/28-10/26	Wornath	\$85 + \$10 fee
All levels.			
43097	Sylvania	HT POOL	9am-9:40am
Sat	11/2-12/7	Wornath	\$85 + \$10 fee
No class 1	11/30. All levels	3.	
43098	Sylvania	HT POOL	9:45am-10:25am
Sat	9/28-10/26	Wornath	\$85 + \$10 fee
All levels.			
46195	Sylvania	HT POOL	9:45am-10:25am
Sat	11/2-12/7	Wornath	\$85 + \$10 fee
No class 1	11/30. All levels	3.	
46196	Sylvania	HT POOL	10:30am-11:10am
Sat	9/28-10/26	Wornath	\$85 + \$10 fee
All levels.			
46197	Sylvania	HT POOL	10:30am-11:10am
Sat	11/2-12/7	Wornath	\$85 + \$10 fee
No class 1	11/30. All levels	3.	

#### 9SPR 624H Learn to Swim Adults:

#### 16 Years or Older

Learn the fundamentals from our highly qualified swim instructors who will work with you to overcome anxiety and apprehension about swimming. Progress at your own pace and focus on the strokes that you want to learn!

43099	Sylvania	HT POOL	11:30am-12:20pm			
Sat	11/2-12/7	Wornath	\$125 + \$10 fee			
No class 11/30. All levels.						
46198	Sylvania	HT POOL	11:30am-12:20pm			
Sat	9/28-10/26	Wornath	\$125 + \$10 fee			

#### Register at pcc.edu/community/swim



# Traffic Safety

#### **Driver Education**

PCC's program provides teens and adults with classroom and behind-the-wheel instruction. The behind-the-wheel instruction and in-car observation are scheduled outside of the classroom times and may extend past the last day of class. Driver Ed classes are taught in English. Students must have reached intermediate proficiency in spoken English to register. For safety reasons, PCC reserves the right to drop any student if the instructor cannot safely communicate with them or if the student is unable to safely operate the vehicle.

Oregon DMV will waive the Drive Test for all 15-17 year old students who successfully complete this ODOT approved Driver Education course (license will still be obtained through the DMV).

#### **Course Requirements:**

- Teens must be 15-17 years old and unlicensed to qualify for the ODOT teen program and complete the course before their 18th birthday.
- · Attendance at ALL sessions is mandatory.
- Missed sessions must be made-up at an additional cost.
- Mandatory parent/teen orientation is held at the first class session.
- Must bring Oregon Instruction Permit AND a photocopy of your permit to the first class.
- Students must have a minimum of 10 hours of driving experience before beginning the class.

#### Registration:

View the individual class listings below the specific class for which you wish to register. You must provide your permit/license number, issue date and expiration date. Scholarships are available for teens on a reduced lunch program.

- Visit pcc.edu/drive to download the appropriate registration form.
- **2** Complete and submit the form using the instructions on the form.
- 3 An email will be sent by PCC within five business days of the receipt of the registration form and will include registration status confirmation and payment instructions.

# **Traffic Safety**

#### 9TS 611A **Driver Education: Teen**

ODOT approved course for teens 15-17 that are not licensed. The behind-the-wheel instruction and in-car observation are scheduled outside of the classroom times and MAY extend past the last day of class. Attendance is mandatory for all sessions.

48004	<b>CLIMB Ctr</b>	CLIMB 104	4pm-6:30pm
Mon/Wed	9/30-11/18	Collins	\$325 + \$5 fee
No class 1	1/11. Register	at pcc.edu/drive	
48005	CLIMB Ctr	CLIMB 104	4pm-6:30pm
Mon	9/30	Collins	
and	CLIMB Ctr	CLIMB TBA	4pm-6:30pm
Tue/Thu	10/3-11/14	Collins	\$325 + \$5 fee
Register a	t pcc.edu/drive		
48003	Metro Ctr	PMWTC2 112	5pm-8pm
Wed	9/25-12/11	Steele	\$325 + \$5 fee
No class 1	1/27. Register	at pcc.edu/drive	
42523	SE Campus	TABOR 143	9am-12pm
Sat	9/28-12/14	Leap	\$325 + \$5 fee
No class 1	1/30. Register	at pcc.edu/drive	
42522	Sylvania	ST 108	9am-12pm
Sat	9/28-12/14	Wittfoth	\$325 + \$5 fee
No class 1	1/30. Register	at pcc.edu/drive	
48075	Sylvania	ST 108	5pm-8pm
Wed	9/25-12/11	Fairbanks	\$325 + \$5 fee
No class 1	1/27. Register	at pcc.edu/drive	
42525	Willow Creek	WCC 103	1pm-4pm
Sat	9/28-12/14	Passemard	\$325 + \$5 fee
No class 1	1/30. Register	at pcc.edu/drive	
48072	Willow Creek	WCC 103	9am-12pm
Sat	9/28-12/14	Bayer-Smith	\$325 + \$5 fee
No class 1	1/30. Register	at pcc.edu/drive	

#### 9TS 611E Driver Education: Adult

For teens who do not qualify for the above program, licensed teens, licensed or unlicensed adults 18 years and older. The behind-the-wheel instruction and in-car observation are scheduled outside of the classroom times and MAY extend past the last day of class. Must have access to a vehicle and the ability to practice 1-2 hours outside of class each week. Attendance is mandatory at all sessions.

#### **Driver Education: Adult, Continued**

48007	CLIMB Ctr	CLIMB 104	4pm-6:30pm
Mon/Wed	9/30-11/18	Collins	\$510 + \$10 fee
No class 1	1/11. Register a	at pcc.edu/drive	
48010	CLIMB Ctr	CLIMB 104	4pm-6:30pm
Tue/Thu	9/25-11/12	Collins	\$510 + \$10 fee
Register at	t pcc.edu/drive		
48006	Metro Ctr	PMWTC2 112	5pm-8pm
Wed	9/25-12/11	Steele	\$510 + \$10 fee
No class 1	1/27. Register a	at pcc.edu/drive	
42524	SE Campus	TABOR 144	9am-12pm
Sat	9/28-12/14	Leap	\$510 + \$10 fee
No class 1	1/30. Register	at pcc.edu/drive	
44258	Sylvania	ST 108	9am-12pm
Sat	9/28-12/14	Wittfoth	\$510 + \$10 fee
No class 1	1/30. Register	at pcc.edu/drive	
48077	Sylvania	ST 108	5pm-8pm
Wed	9/25-12/11	Fairbanks	\$510 + \$10 fee
No class 1	1/27. Register a	at pcc.edu/drive	
42527	Willow Creek	WCC 103	1pm-4pm
Sat	9/28-12/14	Passemard	\$510 + \$10 fee
No class 1	1/30. Register	at pcc.edu/drive	
48074	Willow Creek	WCC 103	9am-12pm
Sat	9/28-12/14	Bayer-Smith	\$510 + \$10 fee
No class 1	1/30. Register	at pcc.edu/drive	

#### 9TS 612C Driver Education: Adults ONLY

For licensed or unlicensed adults 18 years and older. This course provides 18 hours of classroom instruction, six hours of in-car instruction and six or more hours of in-car observation. Most drives will occur during the day on weekdays and will extend beyond the last class date. Students must have an instructional permit or driver license. Must have access to a vehicle and the ability to practice 1-2 hours outside of class each week.

44259	SE Campus	ADM 102	9am-11:50am		
Mon	10/7-11/18	Gray	\$425 + \$10 fee		
No class 11/11. Register at pcc.edu/drive					
44260	Sylvania	TCB 208	9am-11:50am		
Fri	10/11-11/15	Wittfoth	\$425 + \$10 fee		

Register at pcc.edu/drive

# Motorcycle and Scooter Classes

PCC motorcycle courses 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 | \$199

- 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 | \$169

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

#### Advanced Courses | \$99

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

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

#### Get more info at pcc.edu/drive



# Travel

# GO GLOBAL WITH PCC!

Enjoy an amazing travel experience with opportunities to discover the beauty and history of the world in which we live. We offer educationally oriented travel that combines discovery, learning and adventure.

Informational Sessions: Each trip will either have a virtual info session or an in-person session. If you are interested in attending a virtual info session, please email CEDtravel@pcc.edu or call 971-722-5303 and we will send you the time and date once it is scheduled. Not all tours have in-person sessions, but for all that do the details will be found listed under the respective tour.

If there is a specific travel destination that you are interested in but is not listed, please reach out. We will happily assist with individual or group tour reservations and information for options available from the excellent providers that we work with.

For additional information please email us at **CEDtravel@pcc.edu** 

or visit pcc.edu/community/travel

#### 2020 Travel Fair

Join us for our annual travel fair. Explore all the 2020 tour offerings presented by our travel partners. Register for this class to attend the free travel fair and trip info sessions. A detailed schedule with times and title of each info session will be available at pcc.edu/community/travel on Monday, Setepember 2.

48122 **CLIMB Ctr** CLIMB Sat 9/21 Vösu

10am-2pm

#### 2020 Travel Tours

#### **Taste of Vietnam**

[February 21 - March 5, 2020] Delve into an ancient and mysterious world; a world rich in culture and fascinating history. A poetic, verdant paradise, where villages thrive in rural landscapes, and bustling cities keep one step firmly in the past and another pointed to the future. From Hoam Kiem Lake and the Hoa La prison, to a street food adventure through the city, Vietnam's balance of peace, modernism and prosperity engage your thoughts and senses around every turn. On a luxury junk boat, bask in the serenity of Halong Bay. Learn the secrets of Vietnamese cuisine during a cooking class. Bear witness to Vietnam's Imperial past at the Thien Mu Pagoda in Hue, and on the Mekong Delta, watch as history dances with nature on emerald waters. This is Vietnam, a fascinating mosaic of culture and history that unfolds with every new blink of the eye.

#### A Taste of Thailand

[March 1 - 10, 2020] A Taste of Thailand: This small-group tour explores the cultural and culinary diversity of Thailand, a country shaped by many influences. Visit temples, markets, and the Grand Palace in Bangkok; explore the ancient cities of Ayutthaya and Sukhothai; take a boat to the Golden Triangle and enjoy exclusive cooking demonstrations by renowned local instructors.

#### Holi Hai! The India Festival of Colors

[March 3 - 12, 2020] Holi Hai: Explore the highlights of North India, including vibrant markets, majestic forts, dazzling palaces, and the iconic Taj Mahal! Enjoy an exclusive safari to view the Bengal Tigers in Ranthambore National Park and celebrate the colorful Holi festival with a local family in the Pink City of Jaipur.

#### **Baja Ocean Wildlife Expedition**

[March 7 - 14, 2020] Sea turtles, friendly whales, whale sharks, and sea lions! Spend a week studying and observing the incredible ocean life of Baja with Portland-area non-profit SEE Turtles. We

will stay in La Paz and a tent camp in Magdalena Bay. Highlights include sea turtle research, a visit to Todos Santos and Espiritu Santo Island, and snorkeling with or observing whale sharks, sea lions, and gray whales.

#### **Experience Colombia**

[April 27 - May 6, 2020] Embark on an incredible journey through the Andean oasis of Colombia and begin a love affair with the vibrancy, spirit, and passion of this emerald of the Caribbean coast. . Visit Bogotá - Colombia's beating heart. Fly over mystic valleys and stand at the foot of the Andes in Colombia's verdant coffee region, where wax palms tower overhead and the secrets to perfect Colombian coffee are revealed. On a journey of discovery, tour the murals of Medellín's Comuna 13 with a neighborhood resident. Adventure to the Cocora Valley with 4x4 "Willys" to hike or explore on horseback. Line the aisles of a sensory buffet at Paloguemao market, and indulge in the romance and history of sultry Cartagena. When you experience Colombia, you discover earthly treasures swept across stunning Caribbean landscapes that enliven the spirit - and sense of adventure - around every turn.

#### **Costa Rica Nature and Culture Trip**

[May 23 - 30, 2020] Study giant leatherback sea turtles and hatchlings, explore the rainforest, see how chocolate is grown, visit an indigenous reserve, a butterfly farm, and much more in this action packed conservation trip. This action-packed trip will give back to conservation efforts and offers extraordinary learning opportunities.

#### **Exploring Greece and Its Islands**

[September 13 - 27, 2020] Discover the magnificent ruins of ancient Greece in their tranquil Mediterranean settings. This comprehensive journey explores Greece's most important ancient monuments, like the famed Temple of Zeus, archeological site of Olympia and ancient artifacts of Delphi. Explore Athens your way – choose a tour of the incredible Acropolis, or embark on a walking tour of some of the city's hidden gems. Visit a local farm in the countryside to see how olive oil and wine are produced. Learn how to

cook traditional Mediterranean cuisine during a cooking demonstration. Wander the winding streets, vineyards, marketplaces and beaches of Mykonos and Santorini. Explore the excavations of the ancient city at Akrotiri, the most important prehistoric settlement found anywhere in the Eastern Mediterranean. In Athens, enjoy traditional cuisine, wine and entertainment at a family-owned taverna in the lively Plaka district. Learn the history of this fascinating country from local experts on guided tours of Athens, Meteora, Delphi, and Olympia.









## Free Lunch and Learn Lecture Series

#### 9LL 610A Free Lunch and Learn **Lecture Series**

Bring your lunch and join us every Thursday from 12 -1pm, October 3 -24 in the US Bank Room of the Multnomah County Central Library downtown. The lectures are free. Register for this class to enroll in the series.

42766 Downtown MLTLIB BNKRM 12pm-12:50pm 10/3-10/24

#### 9LL 610L Brain Health

Discover how what you eat affects the brain. Learn natural strategies that support the health of the nervous system, enhance neurological performance and prevent the onset of Alzheimer's, MS and other conditions. Speaker: Dr. Andy Swanson

47874 MLTLIB BNKRM 12pm-12:50pm Downtown Thu 10/3 Swanson

#### 9LL 611J Lost in Transition? **Find Your Way Home!**

Are you going through major life transition (career change, divorce, new relationship, empty nester) and feeling lost? Gain awareness about the core path to follow to life's new destination and learn to face change with ease and confidence.

47875 Downtown MLTLIB BNKRM 12pm-12:50pm Thu 10/10 Kruijning

#### 9PDV 618N Tools for Taming Your **Inner Critic**

Change your relationship with your inner critic by learning tools for moving through the paralysis of fear and self judgment into action. Support the life you want in the arenas of work/vocation, family, creativity, wellness and more.

48012 Downtown MLTLIB BNKRM 12pm-12:50pm Thu Harmon

#### 9LL 6111 Building Emotional

#### Intelligence

Emotional intelligence (EQ) grows as we develop the ability and skills to recognize, understand and use emotions successfully when managing dayto-day interactions with others. The focus will be on the four basic core competencies of EQ.

47878 Downtown MLTLIB BNKRM 12pm-12:50pm Thu 10/24 Dimant

# Careers

#### **《NEW CLASS》**

#### 9CAR 600L Careers in Selling

Explore the wide range of opportunity afforded by a career in sales. We'll review types of sales, personal characteristics of top salespeople and share tips from a pro. Discover how to make serious money selling and if it's the career for you.

47487 Sylvania SCB 204 6:30pm-8:20pm Wed Davis

#### 9CAR 600F Careers in the Real Estate Industry

Join in an interactive, multimedia presentation to explore opportunities in this growing field. Information will be provided for multiple RE professions: Appraiser, Loan Broker, Property Manager, Developer and Licensed Salesperson.

47485 Sylvania SCB 204 6:30pm-8:20pm Wed 10/9 Davis \$25

#### 9CAR 600K The Business of Art

Launch your art business with confidence. In this one-day intensive workshop, learn business basics including strategy, business models, marketing, legalities, records, tracking and planning. Customized for artists and other creative people.

SE Campus TABOR 137 10am-4:50pm 10/18 Booton One-hour lunch break. Workbook included. Sylvania 47528 TCR 211 10am-4:50pm 11/16 Booton \$45 + \$15 fee One-hour lunch break. Workbook included.

#### 90L 601Y Explore Veterinary Assistant 1

Learn what a veterinary assistant does in the veterinary office or hospital setting.

46690 Must regi	<b>Online</b> ster and pa	ED2G0 y via ed2go.c	9/11-10/18 om/portlandcc	\$109 fee
47763	Online	ED2G0	10/16-11/22	\$109 fee
Must regi	ster and pa	y via ed2go.c	om/portlandcc	
47785	Online	ED2G0	11/13-12/20	\$109 fee
Must regi	ister and pa	y via ed2go.c	om/portlandcc	
47843	Online	ED2G0	12/11-1/17	\$109 fee
Must regi	ister and pa	y via ed2go.c	om/portlandcc	



#### 90L 612Z Explore a Career in **Administrative Medical Assistant**

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office, from appointment scheduling and chart creation to medical billing and coding.

45317	Online	ED2G0	9/11-10/18	\$109 fee			
Must regis	Must register and pay via ed2go.com/portlandcc						
45374	Online	ED2G0	10/16-11/22	\$109 fee			
Must regis	ster and pay	via ed2go.d	com/portlandcc				
47788	Online	ED2G0	11/13-12/20	\$109 fee			
Must register and pay via ed2go.com/portlandcc							
47846	Online	ED2G0	12/11-1/17	\$109 fee			
Must register and pay via ed2go.com/portlandcc							

#### 90L 624C How to Start Game

#### Development

Take steps toward a new career in game development by building a foundation to design games in a wide variety of genres for different audiences and platforms.

45327	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
47778	Online	ED2G0	10/16-11/22	\$109 fee			
Must reg	ister and pa	y via ed2go.d	om/portlandcc				
47823	Online	ED2G0	11/13-12/20	\$109 fee			
Must register and pay via ed2go.com/portlandcc							
47865	Online	ED2G0	12/11-1/17	\$109 fee			
Must register and pay via ed2go.com/portlandcc							

## Career Planning Series

This series of four workshops is geared for those who are currently job hunting or just interested in finding out what is out there!

#### 9CAR 611A Career Planning Series Register for this class to enroll in the series at a

discount.

42743	Sylvania	HT 324	6:30pm-8:20pm
Tue	10/8-10/29	Anderson	\$85

#### 9CAR 611E Who Do You Think You Are?

Looking for direction in your career? Begin to discover your ideal work by finding and exploring the patterns in your interests, skills, values and natural gifts.

42746	Sylvania	HT 324	6:30pm-8:20pm
Tue	10/8	Anderson	\$29

#### 9CAR 611B Finding a Job in Portland

Learn the research skills that will allow you to find your best employer. You will get an overview of area resources as well as Internet research tips and a look at the largest employers and most promising small companies in Portland.

42744	Sylvania	HT 324	6:30pm-8:20pm
Tue	10/15	Anderson	\$29

#### 9CAR 611D Throw Away Your Resume

Learn how to make yourself stand out from the rest. Develop a strategy for reaching the companies you want to work for and the person who can hire you.

45018	Sylvania	HT 324	6:30pm-8:20pm
Tue	10/22	Anderson	\$29

#### Career Planning Series, continued

#### 9CAR 611C Out Interview the Interviewer

Learn the skills you need to keep cool, calm and collected during even the toughest interview. Practice the hardball questions and prepare for any interview, including panels.

42745	Sylvania	HT 324	6:30pm-8:20pm
Tue	10/29	Anderson	\$29

# Career Skills

#### 9CAR 600J Networking for Fun and Profit

If you are a sales or service professional and abhor networking, this class is for you! Learn from our formerly-shy instructor/sales professional how to be genuine, approachable, and successful in your networking endeavors.

47964	CLIMB Ctr	CLIMB 102	6:30pm-8:20pm
Thu	9/26-10/3	Mandel	\$35

#### 9CAR 600A Tools for Good Meeting **Facilitation**

Learn and practice simple, powerful tools for cultivating engagement and productivity in meetings and decision-making processes. Taught by a professional facilitator.

48063	CLIMB Ctr	CLIMB 305	6:30pm-9:20pr
Tue	10/29	Harmon	\$29

#### Communication

#### 9CAR 613S Public Speaking for All: Introduction

Tackle nervousness, increase confidence and be a better public speaker. This intro level class gives students practical skills to create and deliver a wide variety of speeches in an interactive, fun, and supportive environment.

44715	Rock Creek	BLDG2 110	10am-11:50am
Sat	9/28-10/26	Wendel	\$79

You may also like Personal Storytelling Introduction on page 14

#### 9CAR 613T Public Speaking: Level 2

For those who have completed the Intro class or who want to build on their accumulated experience with public speaking, we will continue to polish speaking skills, expand confidence and manage nervousness. Let's keep the momentum going!

46049	<b>Rock Creek</b>	BLDG2 108	10am-11:50am
Sat	11/9-11/23	Wendel	\$59

#### 90L 612U Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to the end.

Must reg	ister and pa	y via ed2go.c	com/portlandcc	
47944	Online	ED2G0	9/11-10/18	\$109 fee

43426	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pay	y via ed2go.c	om/portlandcc	

#### Effective Business Writing, continued

43427 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.c	11/13-12/20 om/portlandcc	\$109 fee
43428	Online	ED2G0	12/11-1/17	\$109 fee
Must register and pay via ed2go.com/portlandcc				

#### 90L 613J Fundamentals of Technical Writing

Learn technical writing conventions, desktop publishing, formatting techniques, etc. Translate complex info into easily understood language; marry the art of publishing with the science of technology

the art of publishing with the science of technology.					
45321	Online	ED2G0	9/11-10/18	\$109 fee	
Must regis	ter and pay	via ed2go.cor	n/portlandcc		
45375	Online	ED2G0	10/16-11/22	\$100	
Must regis	ter and pay	via ed2go.cor	n/portlandcc		
46231	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
45261	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 6130 Get Assertive!

Find out how you can stop others from intimidating you or treating you poorly.

45324	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
45377	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
45433	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
45262	Online	ED2G0	12/11-1/17	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	

#### 90L 614T Interpersonal Communication

Become aware of the conscious and unconscious codes of meaning people send when communicating with others. 0.11 0/44 40/40

46720 <b>UNI</b>	ine EDZGO	9/11-10/18	₹109 tee
Must register a	nd pay via ed2go	.com/portlandcc	
45385 <b>Onl</b>	ine ED2G0	10/16-11/22	\$109 fee
Must register a	nd pay via ed2go	.com/portlandcc	
47793 <b>Onl</b>	ine ED2G0	11/13-12/20	\$109 fee
Must register a	nd pay via ed2go	.com/portlandcc	
47850 <b>Onl</b>	ine ED2G0	12/11-1/17	\$109 fee
Must register a	nd pay via ed2go	.com/portlandcc	

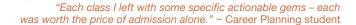


The PCC Small Business Development Center offers classes and courses designed to be applied right away to improve your business management, operations, marketing, social media, HR, cashflow, planning and accounting.

Working with expert SBDC and Global Trade advisers while in training helps to apply your learning into your business. We look forward to serving you as you grow your business.

For more information visit

## bit.ly/bizcenterPCC



# **Work and Life Balance**

#### 90L 615B **Keys Effective Communication**

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships.

44856 Must regi	Online	ED2G0	10/16-11/22 om/portlandcc	\$109 fee	
iviust regi	ster and pa	y via <del>c</del> uzyo.c	UIII/pui tianucc		
44857	Online	ED2G0	11/13-12/20	\$109 fee	
Must regi	ster and pa	y via ed2go.c	om/portlandcc		
45415	Online	ED2G0	9/11-10/18	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
45472	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### Entrepreneurship

#### 9CAR 610B eBay: The Basics of Selling!

Do you desire additional part-time income, a serious business or simply want to clear out the closet? Learn to set up a seller account, create successful listings, upload pictures and accept payments. Includes Tips, Tricks, and the Traps.

47484	Cascade	TH 101	9am-11:50ar
Sat	10/5	Royd	\$49

#### 9CAR 610L Sidelines for Retirees!

Retired doesn't mean you need to live on a fixed income! Discover a variety of part-time businesses and freelance gigs that are well suited to those over 50. They can be fun, started with little investment and fit easily into any lifestyle.

46274	SE Campus	LIBR 207	6pm-7:50pm
Tue	11/5	Veltkamp	\$29

# 9CAR 610M Market Your Goodies and Other Specialty Food

Discover how to turn your recipes into a thriving business. Get valuable information on how to develop your product image to increase your impact and market to restaurants, retail outlets, specialty food stores and through direct sales.

46275	SE Campus	<b>TABOR 144</b>	8pm-9:50pm
Tue	11/5	Veltkamp	\$29

#### 9CAR 610A 25 Hot Home-Based

#### **Businesses**

Want to be your own boss, but not sure what kind of business to start? Explore 25 profitable home-based businesses. Start up requirements, market niches, action plan provided.

45040	Willow Cr	eek WCC 202	6pm-7:50pm
Wed	11/6	Veltkamn	\$29

# 9CAR 610Z **Promote Your Business with Social Media**

New ways of communicating and networking also offer new ways to profit. For little or no money you can find new customers for your existing business, freelance opportunities and ways to start a new venture.

45041	Willow Cr	8pm-9:50pm	
Wed	11/6	Veltkamn	\$29



#### 9CAR 610F Sell Your Stuff on eBay

Discover how to open a seller account, do research and create listings, improve your listings with effective photography and descriptions, price your items, open and use a PayPal account, monitor your listings and complete transactions.

45038	Cascade	TH 201	6pm-7:50pm
Thu	11/7	Veltkamn	\$29

# 9CAR 610Y Sell Your Stuff on Facebook, Craigslist, Etsy, Amazon...

There is a world of alternatives to eBay for selling your items online. Learn the tips and tricks of selling your new or used items and getting the best out of each and making more money. All you need is a computer and something to sell.

45039	Cascade	TH 201	8pm-9:50pm
Thu	11/7	Veltkamp	\$29

# Start Your Own Business Series

#### 9CAR 610V Start Your Own Business Series

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

uiscoui	11.		
43085	Sylvania	HT 324	7pm-8:50pm
Thu	10/3-11/14	Blass	\$85

# Start Your Own Business Series, continued

# 9CAR 610C Getting Started and Business Planning

You have the idea, but how does that become a reality? Before you invest in a small business, learn from an experienced pro if your passion translates into a marketable opportunity, and if so, how to get started.

47486	Sylvania	HT 324	7pm-8:50pm
Thu	10/3-10/10	Blass	\$35

#### 9CAR 610W Marketing

Explore the basics of Sales and Marketing, the Elevator Speech and Sales 101. We will also review marketing collateral material such as business cards, brochures and website design, as well as Search Engine Optimization.

43086	Sylvania	HT 324	7pm-8:50pm
Thu	10/17-10/24	Blass	\$35

#### 9CAR 610X Finance and Money

Understand the basics of Profit and Loss and product pricing, including Costs of Goods and Fixed Costs. We will also cover sources for financing and financial record keeping as well as basic tax laws of the IRS for small companies.

47526	Sylvania	HT 324	7pm-8:50pm
Thu	11/7-11/14	Blass	\$35

No class 10/31



# Organizational Development

#### 90L 613H Fundamentals of Supervision/ Management I

Learn the people skills required to motivate and delegate, and learn tools for solving problems and

45322 Must roo	Online	ED2G0	9/11-10/18 om/portlandcc	\$109 fee
45432	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
46229	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
46230	Online	ED2G0	12/11-1/17	\$109 fee
Must red	ister and na	v via ed2go c	om/nortlandcc	

#### 90L 615D Leadership

resolving conflicts.

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

45272 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.c	11/13-12/20 com/portlandcc	\$109 fee	
45442 <b>Online</b> ED2GO 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc					
46722 <b>Online</b> ED2GO 9/11-10/18 \$1 Must register and pay via ed2go.com/portlandcc					
47856 Must rea	Online	ED2G0	12/11-1/17	\$109 fee	

#### Professional

#### 90L 601R Grant Writing A-Z Series

Register for this class to enroll in the series at a discount. Includes: A to Z Grant Writing and A to Z Grant Writing II - Beyond the Basics.

Online ED2G0 9/11-1/17 \$109 fee Must register and pay via ed2go.com/portlandcc

#### 90L 610B A to Z Grant Writing

Research and develop relationships with potential donors; organize a grant writing campaign and monitor all funding sources, requests and donations; prepare complete proposal packages, and dissolve crisis management.

ED2G0 43354 Online 9/11-10/18 \$109 fee Must register and pay via ed2go.com/portlandcc

#### A to Z Grant Writing, continued

43355	Online	ED2G0	10/16-11/22	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
43356	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43357	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 610G Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting and more.

43362	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43363	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43364	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43365	Online	ED2G0	12/11-1/17	\$109 fee	
Must rea	ister and pa	v via ed2go.c	om/portlandcc		

#### 90L 610H Accounting Fundamentals:

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

44183	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	com/portlandcc		
44184	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.d	com/portlandcc		
44185	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
44186	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 610L Administrative Assistant **Fundamentals**

Discover and master the essentials of managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning and office ergonomics.

43300	Unline	EDZGU	9/11-10/18	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43367	Online	ED2G0	10/16-11/22	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43368	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
43369	Online	ED2G0	12/11-1/17	\$109 fee		
Must red	Must register and pay via ed2go com/portlandcc					

# **Online Career Field Training**

PCC, in partnership with ed2go, offers online open enrollment programs designed to provide the skills necessary to acquire professional-level positions for many in-demand occupations.

Our programs are designed by professionals from each respective field to provide you with an effective web-based learning experience. Instructors/mentors are actively involved in your learning experience, responding to questions, encouraging and motivating you to succeed.

#### Courses offered for the following industries:

Business and Professional · Healthcare and Fitness · Hospitality and Service Industry · IT and Software Development · Management and Corporate · Media and Design · Skilled Trades and Industrial · Sustainable Energy

For more information visit

careertraining.ed2go.com/pcc

#### 90L 611M Computer Skills for the Workplace

Learn the fundamental computer competencies you need to survive and prosper in today's fastchanging workplace. You'll learn how to implement the powers of modern office software to work faster and more efficiently.

43389	Online	ED2G0	10/16-11/22	\$109 fee
Must regis	ter and pay	via ed2go.co	m/portlandcc	
43390	Online	ED2G0	11/13-12/20	\$109 fee
Must regis	ter and pay	via ed2go.co	m/portlandcc	
45420	Online	ED2G0	9/11-10/18	\$109 fee
Must register and pay via ed2go.com/portlandcc				
43391	Online	ED2G0	12/11-1/17	\$109 fee

#### 90L 615Q Marketing Your Nonprofit

Further the ideals and goals of your nonprofit by learning to compete more effectively for members, media attention, donors, clients and volunteers.

45389	Online	ED2G0	9/11-10/18	\$109 fee	
Must regi	ister and pa	y via ed2go.c	om/portlandcc		
45417	Online	ED2G0	10/16-11/22	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
45447	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
47857	Online	ED2G0	12/11-1/17	\$109 fee	
Must reai	Must register and pay via ed2go.com/portlandcc				



# **Work and Life Balance**

#### 90L 618M PMP Certification Prep 1

Begin a well-paying career as a project manager by preparing to take--and pass--the PMP(c) certification exam.

45458	Online	ED2G0	9/11-10/18	\$109 fee
Must regis	ter and pay	via ed2go.coi	m/portlandcc	
47946	Online	ED2G0	10/16-11/22	\$109 fee
Must regis	ter and pay	via ed2go.coi	m/portlandcc	
47947	Online	ED2G0	11/13-12/20	\$109 fee
Must regis	ter and pay	via ed2go.coi	m/portlandcc	
47949	Online	ED2G0	12/11-1/17	\$109 fee
Must regis	ter and pay	via ed2go.coi	m/portlandcc	

#### 90L 618T Project Management

#### **Fundamentals**

If you're organized, perceptive, detail-oriented, and an excellent communicator, you just might have what it takes to succeed in the fast-growing field of project management. For the novice or experienced.

43508	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43509	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43510	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
43511	Online	ED2G0	12/11-1/17	\$109 fee	
Must rea	Must register and pay via ed2go.com/portlandcc				



# Computer Skills and Technology

#### 9CAR 600B Drone Pilot Basics

Learn technology and techniques for aerial photography/videography, reconnaissance, mapping and other professional applications with small unmanned aerial vehicles (drones). The focus is on professional and commercial UAS applications.

44204	Willow Creek	WCC 225	6:30pm-8:20pm
Thu	11/7-12/5	Stephens	\$75
No class 1	1/28. No experi	ence required.	

#### 90L 610E A+ Cert Prep Level 1

Master the terms and concepts you need to pass the CompTIA(R) Security+ SY0-501 exam and earn your Security+ certificate.

43358	Online	ED2G0	9/11-10/18	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43359	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43360	Online	ED2G0	11/13-12/20	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43361	Online	ED2G0	12/11-1/17	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					

## Mac/Apple Fundamentals

#### 9COM 614N Mac Fundamentals

Learn to love your Mac! Discover basic computer skills such as exploring the dock, menus, the basic interface, file formats, saving files and creating folders, using internet browsers and email and customizing your computer preferences.

42742	Cascade	MAHB 219	10:30am-12:20pm
Sat	10/5-10/19	Wahlke	\$75

#### 9COM 6100 Photos for Mac

An in-depth exploration of the features in Mac's latest photo manager app, Photos. Learn how to view, import, export, tag, share, edit and start creating albums, books, cards and calendars.

43534	Cascade	MAHB 219	10:30am-12:20pi
Sat	11/2-11/9	Wahlke	\$55

# PC Computer Fundamentals Series

#### **♦NEW LOCATION ♦NEW INSTRUCTOR**

#### 9COM 616H PC Computer

#### **Fundamentals Series**

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

47473	<b>Cascade</b>	TEB 225	10am-11:50am
Tue/Thu	9/24-10/17	Stephney	\$159
44252	Willow Creek	WCC 217	3pm-4:50pm
Tue/Thu	10/1-10/24	Williams	\$159

# PC Computer Fundamentals Series, continued

#### **《NEW LOCATION》 《NEW INSTRUCTOR》**

#### 9COM 614A PC Computer

#### **Fundamentals for Windows: Level 1**

Begin learning the Start Screen and how it interacts with the Desktop as well as creating files and managing folders. Start learning the basics of computer security. Perfect for both beginners as well as those more advanced.

47496	Cascade	TEB 227	10am-11:50am
Tue/Thu	ı 9/24-10/3	Stephney	\$95
43111	Willow Creek	WCC 217	3pm-4:50pm

#### **♦NEW LOCATION ▶ ♦NEW INSTRUCTOR▶**

9COM 614B PC Computer

#### Fundamentals for Windows: Level 2

Learn about the Control Panel, Internet Browsers, Search Engines and how to copy and paste. Discover how to secure your email and why you need to. Learn about Internet shopping, digital certificates, the importance of https and why you should care.

47502 Tue/Thu	<b>Cascade</b> 10/8-10/17	TEB 227 Stephney	10am-11:50am \$95
46171	Willow Creek	WCC 217	3pm-4:50pm
Tue/Thu	10/15-10/24	Williams	\$95

# PC Computer Fundamentals

#### **《NEW LOCATION》 《NEW INSTRUCTOR》**

#### 9COM 614C Download Apps and

#### **Programs**

Learn how to safely download and install software from the internet and how to uninstall and reset your software if it doesn't work well. Discover how to update, copy, save and backup to drives and the cloud.

47475	<b>Cascade</b> 10/22-10/24	TEB 227	10am-11:50am
Tue/Thu		Stephney	\$55
43112	Willow Creek	WCC 217	3pm-4:50pm
Tue/Thu	10/29-10/31	Williams	\$55

#### 9COM 615U Safe Internet Practices

Discover info on how to strengthen your browser, anti-virus programs, anti-malware programs, cookies, wired vs. wireless networks and online tracking. Learn to protect yourself and your computer.

46174	Willow Creek	WCC 217	3pm-4:50pm
Tue/Thu	11/5-11/12	Williams	\$75

#### 90L 615A Keyboarding for PC

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

43463	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
43464 Must reg	43464 <b>Online</b> ED2GO 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc						
43465	Online	ED2G0	11/13-12/20	\$109 fee			
Must register and pay via ed2go.com/portlandcc							
43466	Online	ED2G0	12/11-1/17	\$109 fee			
Must req	Must register and pay via ed2go.com/portlandcc						



# Accounting and Spreadsheets

#### **◆NEW INSTRUCTOR▶**

#### 9COM 614D Fundamentals of Excel 2016:

Acquire the essential skills needed to create and edit simple spreadsheets. Walk away with the ability to enter values and formulas, format your work and use multiple tabs for creating more than one spreadsheet in a document. Bring 32GB flash drive.

SE Campus TABOR 112 6:30pm-8:20pm Mon/Wed 9/30-10/9 Williams \$95 Open Education Resource Text link provided in class

Willow Creek WCC 214 6:30pm-8:20pm Tue/Thu 10/1-10/10 Brown \$95 Open Education Resource Text link provided in class.



#### Instructor Spotlight: Noreen Brown

Noreen lives in North Portland. She has been teaching computer applications for decades - most recently as a full time instructor at PCC's Cascade campus. She is excited about teaching noncredit classes and is looking forward to helping students make use of Excel in "real life".

#### **◆NEW INSTRUCTOR▶**

#### 9COM 614E Fundamentals of Excel 2016:

#### Level 2

Learn to do more with Excel! Create formulas and use functions to manage and analyze financial or other info. Add charts, ClipArt and pictures to make your data more eye-catching and clear. Learn tricks to save time and be more productive. Bring 32GB flash drive.

43629 SE Campus TABOR 112 6:30pm-8:20pm Mon/Wed 10/14-10/23 Williams \$95 Open Education Resource Text link provided in class.

46165 Willow Creek WCC 214 6:30pm-8:20pm 10/15-10/24 Brown \$95 Open Education Resource Text link provided in class

#### **◆NEW INSTRUCTOR▶**

#### 9COM 615R Fundamentals of Excel 2016:

#### Level 3

Discover how to create and use pivot tables and charts, tables and lists, and named ranges. Learn to apply and customize conditional formatting, create and use data valuation rules, and explore advanced formula techniques to nest several formulas to work together in one operation. Bring 32GB flash drive.

48068 Mon/Wed	<b>SE Campus</b> 10/28-11/6	TABOR 112 Williams	6:30pm-8:20pm \$95
42799	Willow Creek	WCC 214	6:30pm-8:20pm
Thu	10/3-10/24	Brown	\$95

#### **◆NEW INSTRUCTOR**▶

#### 9COM 600S Mastering Excel 2016 Pivot

#### **Tables**

Expand your data analysis skills using the pivot table tool. Learn to organize and summarize your spreadsheet data to produce reports highlighting portions of the data to meet specific objectives. Includes layers, filtering, wildcards and more.

Willow Creek WCC 217 Tue/Thu 12/3-12/12 Brown \$95 Text: Mastering Excel: Pivot Tables Kindle Edition

#### 90L 600E MS Excel 2016: Level 1

Learn shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Discover the secrets behind writing formulas and using the Function Wizard to automatically calculate statistics, payments and more.

44222	Online	ED2G0	9/11-10/18	\$129 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
44223	Online	ED2G0	10/16-11/22	\$129 fee			
Must reg	ister and pa	y via ed2go.c	com/portlandcc				
44224	Online	ED2G0	11/13-12/20	\$129 fee			
Must register and pay via ed2go.com/portlandcc							
44225	Online	ED2G0	19/11-1/17	\$120 foo			

\$129 fee Must register and pay via ed2go.com/portlandcc

#### 90L 616E MS Excel 2016: Level 2

Take your Excel skills to the next level! Master charting, PivotTables, Slicers, Sparklines, and other advanced features of Microsoft Excel 2016, and discover how this powerful MS Office program can boost your productivity.

44481	Online	ED2G0	9/11-10/18	\$129 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
44494	Online	ED2G0	10/16-11/22	\$129 fee	
Must reg	ister and pa	y via ed2go.d	om/portlandcc		
44496	Online	ED2G0	11/13-12/20	\$129 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
44858	Online	ED2G0	12/11-1/17	\$129 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 600H MS Excel 2016 Level 3

Master advanced features and functions of Microsoft Excel 2016 including data analysis tools, data tables and databases, PivotTables, custom controls, importing external data and conditional formatting.

46686	Online	ED2G0	9/11-10/18	\$129 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
47759	Online	ED2G0	10/16-11/22	\$129 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
47783	Online	ED2G0	11/13-12/20	\$129 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
47840	Online	ED2G0	12/11-1/17	\$129 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		

#### 90L 619U QuickBooks 2018: Level 1

Learn how to use QuickBooks 2018 to set up a chart of accounts, reconcile your checking account, create and print invoices, receipts, and statements, track your payables, inventory, and receivables, create estimates and generate reports.

46235	Online	ED2G0	9/11-10/18	\$119 fee	
Must register and pay via ed2go.com/portlandcc					
46236	Online	ED2G0	10/16-11/22	\$119 fee	
Must register and pay via ed2go.com/portlandcc					

#### QuickBooks 2018: Level 1, continued

46237	Online	ED2G0	11/13-12/20	\$119 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
46238	Online	ED2G0	12/11-1/17	\$119 fee		
Must register and pay via ed2go.com/portlandcc						

#### 90L 626R QuickBooks Online: Level 1

Learn to manage the financial aspects of your small business quickly and efficiently using this powerful accounting program. With the online version your files will be available to you virtually anytime, anywhere.

43641	Online	ED2G0	11/13-12/20	\$109 fee
Must regis	ster and pay	via ed2go.co	m/portlandcc	
43677 <b>Online</b> ED2GO 9/11-10/18 \$109 f Must register and pay via ed2go.com/portlandcc				
43688	Online	ED2G0	10/16-11/22	\$109 fee
Must regis	ster and pay	via ed2go.co	m/portlandcc	
44235	Online	ED2G0	12/11-1/17	\$109 fee
Must regis	ster and pay	via ed2go.co	m/portlandcc	

#### Databases

#### **《NEW CLASS》**

#### 9COM 616K SQL: Introduction

Create Tables, Insert Data, Modify and Delete data. Write SQL statements to retrieve data from single and multiple tables using joins, group by, order by clauses, sub-queries, writing functions and procedures, understand cursors and triggers.

Rock Creek BLDG2 256 9am-11:50am 10/5-11/2 Dindukurthi \$179



#### Instructor Spotlight: Ramesh Dindukurthi

Ramesh is a professional database consultant, robotics coach and an educator. He likes to engage himself in STEM-related activities and has expert knowledge in many programming languages like C#, C++, Java, Python and databases like Oracle, SQL Server and Sybase. He is very passionate about teaching and explains complex programming in a simple way.

#### 90L 615Z MS Access 2016: Level 1

Learn to organize, store, edit, manage and report on any number of records. You'll develop strong MS Access skills and build a solid understanding of good database design concepts.

44261	Online	ED2G0	9/11-10/18	\$129 fee		
Must regi	ister and pa	y via ed2go.c	om/portlandcc			
44262	Online	ED2G0	10/16-11/22	\$129 fee		
Must regi	ister and pa	y via ed2go.c	om/portlandcc			
44263	Online	ED2G0	11/13-12/20	\$129 fee		
Must regi	Must register and pay via ed2go.com/portlandcc					
44264	Online	ED2G0	12/11-1/17	\$129 fee		
Must register and pay via ed2go.com/portlandcc						

# **Work and Life Balance**



# Desktop Publishing and Graphic Design

# 9COM 600Q Digital Illustration with Photoshop

Photoshop is a tool to augment as well as create. We'll build characters and scenes with digital pencil, ink and paint. Basic and intermediate techniques will be introduced so you can play and hone your skills in digital art and illustration.

47808 **Cascade** MAHB 215 12:30pm-3:20pm Sat 10/26-11/16 Skrzynski \$155

#### 90L 600A Photoshop CC: Level 1

Learn to edit and process photos and create original images. This hands-on, project-oriented course will guide you as you explore the Photoshop environment, create simple digital paintings and master image-editing techniques.

44265	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
44266	Online	ED2G0	10/16-11/22	\$109 fee			
Must reg	ister and pa	y via ed2go.c	om/portlandcc				
44267	Online	ED2G0	11/13-12/20	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
44268	Online	ED2G0	12/11-1/17	\$109 fee			
Must register and pay via ed2go.com/portlandcc							

#### 90L 625T InDesign CC: Level 1

You don't have to be a designer to produce professional quality documents! Discover how to design and create professional-quality letterhead, business cards, brochures, forms, interactive PDF files, an eBook and more.

43446	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.d	com/portlandcc	
43447	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	com/portlandcc	
43448	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.d	com/portlandcc	
43449	Online	ED2G0	12/11-1/17	\$109 fee
Must rea	ister and pa	v via ed2go.d	com/portlandcc	

#### 90L 6260 InDesign CC: Level 2

The course focuses on using InDesign CC but includes instruction and practice files for version CS4 or newer. You'll master important features as you prepare a range of print and online products for a fictional resort and conference center.

45270	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
45382	Online	ED2G0	10/16-11/22	\$109 fee			
Must reg	ister and pa	y via ed2go.c	com/portlandcc				
47830	Online	ED2G0	11/13-12/20	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
47869	Online	ED2G0	12/11-1/17	\$109 fee			
Must register and pay via ed2go.com/portlandcc							

## MS Office 2016 Value Suite

Classes will extend beyond the value suite end date.

#### 90L 615Y **MS Office 2016 Value Suite** Learn to use the basic features of the 2016

versions of MS Word, Excel and PowerPoint, three of the most fundamental software programs used in educational and professional settings. Register for this class to enroll in the three classes in this value suite at a discount.

45335 **Online** ED2GO 9/11-1/17 \$329 fee Must register and pay via ed2go.com/portlandcc

#### 90L 600E MS Excel 2016: Level 1

Learn shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Discover the secrets behind writing formulas and using the Function Wizard to automatically calculate statistics, payments and more.

44222 <b>Onli</b> Must register ar	ne ED2G0 nd pay via ed2go		\$129 fee
44223 <b>Onli</b> Must register a	ne ED2G0 nd pay via ed2go		
44224 <b>Onli</b> Must register ar	ne ED2G0 nd pay via ed2go	11/13-12/20 .com/portlandco	
44225 <b>Onli</b> Must register ar	ne ED2G0 nd pav via ed2go	,	\$129 fee

#### 90L 600G MS PowerPoint 2016:

#### Level 1

Create and share professional-quality slide presentations to grab and hold an audience's attention. Use a variety of slide and layout masters, and then learn how to embellish them with an assortment of graphic effects.

44226 Must reg	Online	ED2G0	9/11-10/18 com/portlandcc	\$129 fee
	•	, ,	•	*****
44227 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.	10/16-11/22 com/portlandcc	\$129 fee
44228 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.	11/13-12/20 com/portlandcc	\$129 fee
44229 Must reg	Online ister and pa	ED2G0 y via ed2go.	12/11-1/17 com/portlandcc	\$129 fee

#### 90L 600F MS Word 2016: Level 1

Learn to add and edit text; work on two or more documents simultaneously; format your text. You'll discover how to save, retrieve, copy, organize and print your documents, and learn dozens of ways to modify their appearance.

44230 Must rea	Online	ED2G0	9/11-10/18 com/portlandcc	\$129 fee		
widot rog	iotoi aiia pa	y via cazgo.	com/portiandec			
44231	Online	ED2G0	10/16-11/22	\$129 fee		
Must reg	ister and pa	y via ed2go.	com/portlandcc			
44232	Online	ED2G0	11/13-12/20	\$129 fee		
Must reg	ister and pa	y via ed2go.	com/portlandcc			
44233	Online	ED2G0	12/11-1/17	\$129 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					



## **Programming**

#### **《NEW CLASS》**

#### 9COM 616L Programming in Python

Write programs to declare variables, decision statements, loops, exceptions, functions. Declare advanced data structures like lists, tuples, dictionaries, writing to files. Use object-oriented techniques to declare and instantiate classes.

Rock Creek BLDG2 249 1:30pm-4:20pm Sat 10/5-11/2 Dindukurthi \$179

#### 90L 611H C# Programming Level 1

Learn the fundamentals of programming with a hot new language incorporating the best features of VB, C++, Java. Build impressive and professionallooking applications on your schedule and on your very own computer.

43376	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
43377	Online	ED2G0	10/16-11/22	\$109 fee			
Must reg	ister and pa	y via ed2go.d	om/portlandcc				
43378	Online	ED2G0	11/13-12/20	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
43379	Online	ED2G0	12/11-1/17	\$109 fee			
Must register and pay via ed2go.com/portlandcc							

#### 90L 611J C++ for the Absolute Beginner

Learn to program in C++, even if you have no programming experience! This project-oriented course is taught by a master programmer and author. Soon you'll be putting together programs with their own windows and controls.

43385	Online	ED2G0	9/11-10/18	\$109 fee			
Must reg	ister and pa	y via ed2go.c	com/portlandcc				
43386	Online	ED2G0	10/16-11/22	\$109 fee			
Must reg	ister and pa	y via ed2go.c	com/portlandcc				
43387	Online	ED2G0	11/13-12/20	\$109 fee			
Must reg	Must register and pay via ed2go.com/portlandcc						
43388	Online	ED2G0	12/11-1/17	\$109 fee			
Must rea	Must register and pay via ed2go com/portlandcc						

#### 90L 614X **Java Programming Level 1**

Start with the basics of program design and go on to write your own programs integrating input and output, calculations, decision making and loops. Learn with easy-to-understand examples and skillbuilding exercises.

43459 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.c	9/11-10/18 com/portlandcc	\$109 fee	
43460 <b>Online</b> ED2GO 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc					
47950 <b>Online</b> ED2GO 11/13-12/20 \$109 fee Must register and pay via ed2go.com/portlandcc					
43462 Must rea	Online ister and pa	ED2G0 v via ed2go.d	12/11-1/17 com/portlandcc	\$109 fee	

#### 90L 615L Mac, iPhone, iPad

#### **Programming**

Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler. 43467 Online ED2G0 9/11-10/18 \$109 fee Must register and pay via ed2go.com/portlandcc Online ED2G0 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc FD2G0 11/13-12/20 Online \$109 fee Must register and pay via ed2go.com/portlandcc

#### Mac, iPhone, iPad Programming, continued

Online ED2G0 12/11-1/17 Must register and pay via ed2go.com/portlandcc

#### 90L 619Q Python 3 Programming

Enhance your resume by adding Python to your programming skills.

43516	Online	ED2G0	9/11-10/18	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43517	Online	ED2G0	10/16-11/22	\$109 fee		
Must reg	ister and pa	y via ed2go.c	om/portlandcc			
43518	Online	ED2G0	11/13-12/20	\$109 fee		
Must reg	Must register and pay via ed2go.com/portlandcc					
43519	Online	ED2G0	12/11-1/17	\$109 fee		
Must red	ister and pa	v via ed2go.d	om/portlandcc			

#### 90L 620Z **SQL Level 1**

Learn to read and write Structured Query Language (SQL) statements to manipulate relational data.

43539	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43540	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43541	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43542	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 621A **SQL Level 2**

Expand your knowledge of Structured Query Language (SQL), the industry standard database programming language.

43543 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.c	9/11-10/18 om/portlandcc	\$109 fee
43544 <b>Online</b> ED2GO 10/16-11/22 \$109 fe Must register and pay via ed2go.com/portlandcc				
43545 Must reg	<b>Online</b> ister and pa	ED2G0 y via ed2go.c	11/13-12/20 om/portlandcc	\$109 fee
43546 Must reg	Online ister and pa	ED2G0 y via ed2go.c	12/11-1/17 om/portlandcc	\$109 fee

#### 90L 624L **JavaScript**

Build on your knowledge of HTML and CSS by learning to add interactivity to your Web pages with JavaScript code and jQuery.

45387	Online	ED2G0	9/11-10/18	\$109 fee		
Must regis	Must register and pay via ed2go.com/portlandcc					
45441	Online	ED2G0	10/16-11/22	\$109 fee		
Must regis	ster and pa	y via ed2go.c	om/portlandcc			
45330	Online	ED2G0	11/13-12/20	\$109 fee		
Must register and pay via ed2go.com/portlandcc						
47866	Online	ED2G0	12/11-1/17	\$109 fee		
Must register and pay via ed2go.com/portlandcc						

## Web Design and Development

#### 9COM 614G HTML and CSS: Level 1

Learn to create simple web pages using HTML and CSS. This hands-on class will introduce basic HTML tags and CSS concepts. Using a text editor, you will create and edit HTML and CSS code. Applies to any computer platform (Mac, PC, Linux).

48066 **CLIMB Ctr** CLIMB 205 9am-11:50am 10/5-10/26 Podany \$155

#### 9CAR 6100 Create a Website for Fun, **Profit and Business!**

No programming required! Discover easy-touse, drag and drop design tools that can build your personal or business website in 60 minutes. Covers social media marketing, optimization for smartphones and tips and traps of website design.

47478	Cascade	TH 101	1pm-3:50pm
Sat	10/5	Boyd	\$49

#### **<b>《UPDATED CLASS》**

#### 9COM 600N Build a Simple Website in

#### 3 Days

Weebly makes it easy to add content, pictures, and even a simple blog to create a professional looking site. By the 3rd session, you should have most of your site ready to publish. So, bring your ideas, roll up your sleeves and come to class!

48065	CLIMB Ctr	CLIMB 206	6:30pm-8:50pn
Wed	10/9-10/23	Podany	\$95

#### 90L 611V Creating Web Pages

Develop web page content, structure and layout. Build links between pages and to cyberspace. Add color, graphics, tables, hot buttons, and animation. Secure top search engine listings and learn webmarketing tips.

43401	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	com/portlandcc		
43402 Must rea	Online	ED2G0 v via ed2go c	10/16-11/22 com/portlandcc	\$109 fee	
43403	Online	FD2G0	11/13-12/20	\$109 fee	
	Must register and pay via ed2go.com/portlandcc				
43404	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 611W Creating WordPress Websites

WordPress is one of the world's most popular web design tools because it's free, easy to use and produces professional results. Create your own combination blog and website without having to learn any special coding!

43679	Unline	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43394	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43395	Online	ED2G0	11/13-12/20	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43396	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 611X Creating WordPress Websites Level 2

0-1:--

WordPress is one of the world's most popular web design tools because it's free, easy to use and produces professional results. Create your own combination blog and website without having to learn any special coding!

43634	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
44218	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43681	Online	ED2G0	11/13-12/20	\$109 fee
Must register and pay via ed2go.com/portlandcc				
43682	Online	ED2G0	12/11-1/17	\$109 fee
Must register and pay via ed2go.com/portlandcc				

# **Work and Life Balance**

#### 90L 612B CSS and XHTML: Level 1

Learn how to create state-of-the-art websites using modern CSS3 and XHTML5 techniques. Take your existing HTML skills to the next level and start building sites like the pros.

43410	Online	ED2G0	9/11-10/18	\$109 fee	
Must regis	ster and pa	y via ed2go.c	om/portlandcc		
43411 <b>Online</b> ED2GO 10/16-11/22 \$109 fee Must register and pay via ed2go.com/portlandcc					
43412 Must regis	Online ster and pa	ED2G0 y via ed2go.c	11/13-12/20 om/portlandcc	\$109 fee	
43413 <b>Online</b> ED2GO 12/11-1/17 \$109 for Must register and pay via ed2go.com/portlandcc					

#### 90L 618H PHP and MySQL: Level 1

Build dynamic, data-driven websites using two of the most popular open source technologies available. Master essential programming concepts by designing and building a full-featured website powered by PHP and MySQL.

44490	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	com/portlandcc	
44497	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.d	com/portlandcc	
44872	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.d	com/portlandcc	
44873	Online	ED2G0	12/11-1/17	\$109 fee
Must rea	ister and pa	v via ed2go.d	com/portlandcc	

# Continuing Education and License Renewal

# PCC Institute of Fundraising and Grant Writing with WVDO

Build the skills to successfully write grants and raise funds for worthy projects and organizations. Courses are taught by professionals with real world experience, and will give you a comprehensive look at all aspects of the funding field. Geared for those working with nonprofits, those who aspire to do so, and volunteers who support nonprofits in raising support.

Each PCC class enrollment comes with a 3-month free Willamette Valley Development Officers (WVDO) membership. Email communityed@pcc.edu with PCC class questions.

**CEU 908V Grant Writing Introduction** 

[.80 TO 1.20 CEU credits] Learn the fundamentals of proposal development, funder research, and donor relations. Learn tools to write successful

applications, articulate a compelling need, develop a project plan, demonstrate readiness, and document success to raise money.

40919 **CLIMB Ctr** CLIMB 201 6:30pm-8:20pm Tue 10/22-11/26 Davis \$195 + 5 fee Recommended text: *Getting Funded* by Susan Howlett

# Educator Professional Development

#### Online Educator Professional Development

For K-12 teachers and education professionals: Complete your annual PDU requirement with one online course. The following 25-Professional Development Unit (PDU) online courses are completed within a 6-8 week timeframe. Work on them at your convenience: at home, at school, at any time of day. Classes will appear on your official transcript.

#### Schedule:

Classes begin monthly. Lessons are released on the following schedule for fall term:

9/11-10/18 · 10/16-11/22 · 11/13-12/20 · 12/11-1/17

#### Cost:

· \$139 fee

#### Register:

 To register, pay, and access your course on the start date visit: ed2qo.com/portlandcc

#### Classes Offered:

- · Childhood Language Development
- · Common Core Standards for English Language Arts K-5
- · Content Literacy: Grades 6-12
- · Creating a Classroom Website
- · Creating the Inclusive Classroom
- · The Creative Classroom
- · Differentiated Instruction in the Classroom
- · Differentiated Instruction, Response Intervention Connection
- · Differentiating K-12 Assessments
- · Enhancing Language Development in Childhood
- · Empowering Students with Disabilities
- · Guided Reading, Writing Strategies for Maximum Achievement
- · Guided Reading: Strategies for the Differentiated Classroom
- · Integrating Technology in the Classroom
- · Microsoft PowerPoint 2013 in the Classroom
- · Ready, Set, Read!
- · Response to Intervention: Reading Strategies That Work
- · Singapore Math Strategies: Model Drawing for Grades 1-6
- · Singapore Math Strategies: Advanced Model Drawing for Grades 6-9
- · Singapore Math: Number Sense and Computational Strategies
- · Solving Classroom Discipline Problems II
- · Spanish in the Classroom
- · Survival Kit for New Teachers
- $\cdot \ \text{Teaching High School Students} \\$
- · Teaching Math: Grades 4-6
- · Teaching Science: Grades 4-6

# Online Educator Professional Development, Continued

- · Teaching Smarter with Smart Boards
- · Teaching Students with ADHD
- · Teaching Students with Autism
- · Teaching Students with Learning Disabilities
- · Teaching Writing: Grades 4-6
- · Teaching Writing: Grades K-3
- · The Differentiated Instruction and Response to Intervention Connection
- · Understanding Adolescents
- · Using the Internet in the Classroom

## Electrical License Renewal

Updated for the 2017 Code Book. Let PCC help keep your electrical training current and advance your career! Our classes offer the latest training in the electrical profession. Each course meets the requirements of the State of Oregon Electrical Board for Continuing Education for license renewal. Most classes can also be used to meet the Washington State requirements through the WA/ OR reciprocity agreement. A course completion award for continuing education will be issued by the instructor at the end of each Saturday workshop to students who have proof of registration. Attendance rosters for all classes will be sent to the State for certification purposes. Please note that the electrician's license renewal fee is not included in the cost of the class. A 2017 National Electric Code Book is required.

#### CEU 921Z National Electrical Code

#### Changes

[.80 CEU credits] Designed to provide Oregon state licensed electricians the current National Electrical Code changes approved by the Oregon Building Codes Department of Commerce Electrical Division. (Code related)

47434 Sat 30-minut	<b>SE Campus</b> 9/28 e lunch break.	TABOR 142 Rosenberg	8am-4:20pm \$129	
47436	SE Campus	TABOR 142	8am-4:20pm	
Sat	10/26	Ullrich	\$129	
30-minute lunch break.				

#### CEU 3263 Electrical Safety/NFPA 70E

[.80 CEU credits] Provides an overview of electrical safety education for qualified electrical workers. Learn how current NFPA 70E standards apply to a facility, and why safe electrical work practices are important. Updated to meet the 2018 standard. (Code related).

47446	SE Campus	TABOR 142	8am-4:20pm
Sat	11/2	Rosenberg	\$129
30-minut	ta lunch hraak		

# CEU 3516 Oregon Rule and Law for Electricians

[.40 CEU credits] The Oregon Rule & Law course covers all pertinent statutes, rules, code changes and provisions, scope of license, permit procedures and requirements, and Oregon amendments to the particular specialty code (OAR 918-035-0070(1)(a)).

47439	SE Campus	<b>TABOR 142</b>	8am-11:50an
Sat	11/16	Illrich	\$65



#### Mediation

PCC's courses are taught by leading mediation professionals. A hallmark of the training is the individualized coaching provided by a team of professional mediator colleagues. The mediation experience comes to life through a comprehensive exploration of concepts, experiential learning and vivid examples from the instructors' wealth of practical experience. CLEs also provided.

#### CEU 911K Mediation Training

[3.20 TO 4 CEU credits] Provides a highly interactive training to become a mediator and to develop better communication skills in conflict situations. Learn to use mediation skills to help resolve conflicts in workplace, court, business or community-related disputes.

46206 Cascade 8:30am-4:50pm 10/11-10/19 Dimant **FSat** \$479 + \$20 fee Manual included. 30 minute lunch break.

# Professional Development

#### **CEU 904S Conflict Resolution**

[.40 CEU credits] This session examines types of conflict and how each can best be handled. Learn how conflict resolution methods lead to useful team building and achieve higher integrity, trust, productivity and satisfaction at work.

**CLIMB Ctr** CLIMB 306 47686 8:30am-12:20pm 11/14 Hernandez \$150 Thu

#### **CEU 3386 Effective Communication**

[.40 CEU credits] This condensed workshop provides managers with an overview of the impact communication skills have on other people. Managers will explore how improving these skills make it easier to get along at work, in life, and provides an orientation to the same tools front-line staff and supervisors use.

**CLIMB Ctr** CLIMB 306 45019 8:30am-12:20pm Waterfall \$150

#### **CEU 3436 Project Management**

#### **Fundamentals**

[.70 CEU credits] Although not intended to take someone from a supervisory or administrative position to that of a project manager, this workshop will familiarize participants with the most commonly used project terms and practices.

46142 **CLIMB Ctr CLIMB 301** 8:30am-4:20pm Thu 11/7 VanHeuvel \$195 + \$15 fee One hour lunch break.

#### CEU 3471 Project Management

#### Intermediate

[.70 CEU credits] This workshop is for those who already understand the conceptual phase of a project: setting goals, creating a vision statement and creating the Statement of Work. This will cover the remaining three stages of planning, execution and termination.

#### Project Management Intermediate, continued

47674 **CLIMB Ctr CLIMB 306** 8:30am-4:20pm 11/21 \$195 + \$15 fee Thu VanHeuvel One hour lunch break

#### CEU 3529 Role of the Supervisor

[.20 TO 4 CEU credits] This course guides participants toward a constructive philosophy and approach to supervision that is a foundation for supervisory effectiveness and development. Participants begin to build key skills and practices that ensure success.

8:30am-12:20pm 47683 CLIMB Ctr CLIMB 306 Brubaker

#### CEU 3578 Leadership Skills for Supervisors: The 3 C's

[.20 TO 4 CEU credits] You have the power to turn on or turn off the productivity of the people who report to you. This course will give you the skills in communication, coaching, and conflict that you need to be successful.

47685 **CLIMB Ctr** CLIMB 306 8:30am-12:20pm Waterfall

#### **CEU 3607 How to Lead Without Power**

[.20 TO 4 CEU credits] Change can be difficult. It can be more challenging when charged with implemeting a change without holding a formal position of power. This training was developed to support individual contributors who find themselves supporting colleagues and co-workers on critical work but hold no influence or power as perhaps a manager would. Concrete steps can be taken to make changes more palatable: build relationships, understand reasons for hesitation, and communicate a strong case. In this workshop, participants will identify strategies and techniques to be even more influential and effective in achieving collective goals.

47684 **CLIMB Ctr** CLIMB 306 8:30am-12:20pm Thu 10/10 Waterfall \$150

#### **CEU 3672 Property Manager Pre-License** Education

[6 CEU credits] Prepares students to qualify for the Oregon Real Estate Property Manager certification exam.

45206 Online 9/23-12/13 Amato \$525 + \$20 fee Text: Property Management, 10th Edition. Author R.C. Kyle. Not available through PCC Bookstore.

#### CEU 3673 Real Estate Broker License **Test Prep Course**

[15 CEU credits] Prepares students to qualify for the Oregon Real Estate Brokers License Exam by studying statutes, rules and antidiscrimination laws pertaining to the licensing and professional real estate activity required by all licensees of the State of Oregon.

45024	Online	D2L Calvert	9/23-12/13 \$525 + \$120 fee
45031	Online	D2L Lasselle	9/23-12/13 \$525 + \$120 fee

# Personal Development

#### 9HB 600Y The Mysterious Tarot

Uncover the history of tarot, a divination system of 78 cards steeped in mysterious imagery and ancient symbolism that started as a card game. Become familiar with the fundamentals of reading and interpreting the card.

45990 Cascade 11am-3:50pm Sat 11/2 Burgess



# **Work and Life Balance**

#### **<b>***<b>UPDATED CLASS*

# 9PDV 618D Tarot: The Art and Skill of Intuitive Reading

Tarot has been called a mirror for the soul. In this class, discover the system behind the cards and their meanings in our lives. Learn to read intuitively instead of through memorization. Some familiarity is helpful but not required.

45948 **Cascade** TH 100 6:30pm-8:20pm Thu 11/7-12/5 Burgess \$45 + \$2.50 fee No class 11/28.

#### **◆NEW CLASS**▶

# 9PDV 610Y **The Major Arcana: Tarot's** Fifth Suit

The Fool, the Lovers, Death. The Major Arcana is tarot is most mysterious and integral suit. In this class, dive deep into the archetypes through narrative, symbology, numerology, astrology, more. Prior experience or tarot class recommended.

47806 **Cascade** TH 100 1pm-5:20pm Sat 12/14 Burgess \$35 Bring a Tarot deck, Smith-Waite or Rider-Waite recommended.

#### **《NEW CLASS》 《NEW INSTRUCTOR》**

#### 9PDV 610T Caring for Aging Parents

Are you concerned about your parents taking care of themselves as they age? This class will clarify the most common pitfalls and ways you can be supportive. We'll cover issues such as housing, finances, health and end of life documents.

48064 **CLIMB Ctr** CLIMB TBA 6:30pm-8:20pm Tue/Thu 10/1-10/10 Kesten \$45 + \$35 fee Materials included

#### **Class Spotlight:**

If you are noticing that things aren't going as well as normal at your parents' house, there may be a need for you to step in and help. It may be as simple as dirty dishes in the sink or wearing clothes that aren't being washed. It may be as important as bills not being paid. This class will take you through the most important issues: housing needs, finances, health issues, final legal documents. We will also address ways to help without being overbearing.

#### **◆NEW LOCATION**▶

#### 9PDV 610W How to Manage Holiday

#### **Stress**

The Holidays provide a great time to get together with family and friends, but they can also be stressful. Learn stress-busting skills that will help you sail through the Holidays almost stress-free!

47841 Sat	Downtown 11/23	Mandel	9am-11:50am \$29 + \$5 fee
47965	Willow Creek		6:30pm-8:20pm
Thu	11/14	Mandel	\$25

#### **《NEW CLASS》**

#### 9PDV 610X Replenish Your Self with

#### SoulCollage<sup>©</sup>

Navigate life with resilience by tapping into creativity and self-insight. Make beautiful SoulCollage® cards in an easy-to-learn process that replenishes your spirit and highlights your inner wisdom. All materials provided. For all levels.

47810 **Sylvania** TCB 208 1pm-4:50pm Sat 10/5 Yeary \$35 + \$10 fee

#### **《NEW CLASS》**

# 9PDV 619Y NLP Basics: The How-To for Personal Mastery

Gain usable tools immediately! Topics include personal management, creating rapport, getting over feeling stuck and limited, defining goals so they work, motivating ourselves, being more present and understanding different perspectives.

48067 **CLIMB Ctr** CLIMB TBA 6:30pm-8:50pm Tue/Thu 10/1-11/12 Sugg \$105 No class 10/8.

#### **Class Spotlight:**

Since the early 1970s, the practical tools of Neuro-Linguistic Programming (NLP) have been changing lives for the better. From strengthening relationships to improving motivation, NLP helps people of all ages and backgrounds to succeed. No previous experience with NLP is required for this course. You will learn from two experienced practitioners who regularly use NLP skills to enhance communication, respectfully increase sales, and grow as professionals.

#### 9PDV 620X Fearless Speaking Using NLP

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

47809 **Sylvania** SCB 203 9am-12:50pm Sat 10/19 Sugg \$35

#### **<b>《UPDATED CLASS》**

#### 9PDV 619Z Creative Problem Solving

Creativity is never more important than when you're searching for an answer, but fear often gets in the way. See how you can tap into your most creative self when tackling any problem.

48062 **CLIMB Ctr** CLIMB 305 6:30pm-9:20pm Tue 10/15 Harmon \$29

#### **Class Spotlight:**

In this highly interactive workshop, we will use co-active coaching tools to explore how to get our of our own way and tap into our curiosity, creativity and wisdom when we are looking for ways to resolve a problem.

# 9PDV 619I Present with Confidence and Compassion

Find a strong voice to communicate honestly and listen with a more open heart. In a safe and playful atmosphere, through group processes, theater exercises and psycho-spiritual practices, gain tools to optimize your daily life.

47552 **SE Campus** SCOM 314 1pm-4:50pm Sat 11/2 Schwell \$35

#### **《UPDATED CLASS》**

#### 9PDV 620R Learn to Draw Sacred

#### Geometry

Sacred Geometry is the study of the harmonic patterns that create the world around us. Every natural pattern in the universe is made up of one or more geometric shapes. Learning to draw these basic and beautiful shapes can be fun and exciting! Materials included.

47523 **Cascade** TH 124 6:30pm-8:20pm Mon 9/30-10/14 Gruber \$65 + \$5 fee The instructor goes by Nadi Hana.

#### **《NEW CLASS》**

#### 9PDV 619X Learn to Draw Sacred

#### **Geometry: Level 2**

Building on concepts in the level 1 class, level 2 dives more deeply into the esoteric intelligence of Sacred Geometry. The shapes are simultaneously simple, complex and accessible. Level 1 is recommended but not necessary.

 47807
 Cascade
 TH 124
 6:30 pm-8:20 pm

 Mon
 10/21-11/4
 Gruber
 \$65 + \$5 fee

 The instructor goes by Nadi Hana.

#### **《NEW CLASS》**

#### 9PDV 620Z Drawing Sacred Geometry

#### Workshop

Do you love drawing and want to know the secret patterns of the Universe? Sacred geometry is the study of the harmonic patterns that underlie and create the world around us. Drawing it is the key that unlocks unlimited sources of creativity.

47524 **Cascade** TH 124 12pm-4:50pm Sat 11/9 Gruber \$65 + \$5 fee Materials included. The instructor goes by Nadi Hana.

#### **<b>《UPDATED CLASS》**

#### 9PDV 619D Numerology 101

Uncover the hidden aspects of your personality with your name numerology and birth numerology. Every number in your chart brings gifts and challenges, learn how to understand the value of each number.

47529 **Sylvania** SCB 201 12pm-2:50pm Sat 11/16 Sitara \$29

#### **<b>《UPDATED CLASS》**

#### 9PDV 620W Guilt and Money

Ever wondered how guilt affects your relationship with money? Want to remove blocks towards money? With analysis, group discussion and exploration, we will uncover the resistance to abundance for a prosperous, fulfilling relationship with money.

47518 **Sylvania** SCB 201 12pm-2:50pm Sat 10/19 Sitara \$29



#### **Instructor Spotlight: Sunita Sitara**

Sunita grew up being fascinated by metaphysical studies. Her interest led her to learning more about Numerology. She has been teaching Numerology and Feng Shui for the past fifteen years. Sunita believes that numerology provides an insight into oneself helping us to better understand ourselves. She enjoys teaching and looks forward to expanding the knowledge of her students.





# Mindfulness: **Evolving Series**

#### **《NEW CLASS》**

#### 9PDV 610Z Mindfulness: Evolving Your Life Series with Joseph Britton

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

47805	Cascade	CH 205	6:30pm-8:20pm
Wed	10/2-11/13	Britton	
and	Cascade	CH 205	9:30am-12:20pm
Sat	10/12-10/19	Britton	\$125

#### **《NEW CLASS》**

#### 9PDV 610V Enjoy Giving Speeches and

#### Mindfulness

Feel the thrill of speaking to an audience! Be fearless! Be inspired! Be confident! Energize yourself and others. With mindfulness, give a compelling performance! If you want to succeed, you must intrigue! Enjoy presenting the best of you.

47803	Cascade	CH 205	9:30am-12:20pm
Sat	10/12-10/19	Britton	\$55

#### **《NEW CLASS》**

#### 9PDV 610U Real Talk about Living

#### and Dving

An enlightening exploration into dying, death, grief, religious views of the afterlife, near-death experiences, death-bed visions and stories of transformation; all encounters that nurture and fulfill our present life. Includes mindfulness.

47804	Cascade	CH 205	6:30pm-8:20pm
Wed	10/2-10/23	Britton	\$45

#### 9PDV 6200 Disruptors and Mindfulness

We'll dive into the disruptive changes in science, politics, climate, self-Identity, and religion; their dramatic effect on society and who we are becoming as "human beings" and how to consciously navigate these transformations.

45947	Cascade	CH 205	6:30pm-8:20pm
Wed	10/30-11/13	Britton	\$55

# Personal **Finance**

## Managing Your Money and Investments

#### **◆NEW INSTRUCTOR▶**

#### 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.

4/811 Thu	9/26-10/3	Closs	6:30pm-9:20pm \$45 + \$25 fee			
WORKDOO	Workbook included.					
47812	Sylvania	TCB 208	6:30pm-9:20pm			
Tue	10/1-10/8	Closs	\$45 + \$25 fee			
Workbook included.						

#### 9MNY 616Q Empowering the Female Investor

This class is specifically geared toward women. Each class will focus on a different investment instrument, which will help empower you to make informed financial decisions. Topics we will cover include stocks, bonds and mutual funds.

48094 Wed	<b>Sylvania</b> 10/2-10/23	TCB 217 Black	6pm-7:20pm \$45 + \$15 fee
46005	Willow Creek	WCC 211	6pm-7:20pm
Thu	9/26-10/17	Heesacker	\$45

#### 9MNY 616D Investing for Beginners with **BetterInvesting**

Analyze stocks like an expert using the BetterInvesting methodology. Learn to form sound judgments, compare the values and make wise strategic portfolio choices.

47995	Willow Creek	WCC 205	9am-3:50pm
Sat	10/19-10/26	Baldwin	\$79 + \$8 fee
One-hour	lunch break, Ma	aterials included.	

#### 90L 618C Personal Finance

Protect your assets and discover how best to achieve all your financial goals. Create and use a budget, borrow and invest wisely, make sound decisions about insurance, plan for your financial future and much more.

43500	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43501	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43502	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
Must reg 43503	ister and pa Online	y via ed2go.c ED2G0	12/11-1/17	\$109 fee

# **Work and Life Balance**

# 90L 621J **Stocks, Bonds, and Investing: Oh, My!**

Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

43547	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43548	Online	ED2G0	10/16-11/22	\$109 fee	
Must reg	ister and pa	y via ed2go.c	om/portlandcc		
43549	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
43550	Online	ED2G0	12/11-1/17	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				

#### Real Estate

#### **<b>《UPDATED CLASS》**

#### 9MNY 616C Home Buying 101

Have a home buying strategy! Learn about the current market, loans, getting pre-approved, your credit, finding a down payment, assessing investment value, making an offer, inspections, negotiating repairs, mistakes to avoid and more.

46121	CLIMB Ctr	CLIMB 306	6pm-8:20pm
Thu	10/24	Maver	\$29

#### **<b>***<b>UPDATED CLASS*

#### 9MNY 616U Real Estate Investing

#### **Fundamentals**

Learn about finding cash-flow properties, financing options, capitalization rates, expenses, the differences between single-family and multi-family investments. Features real-life examples and valuable resources for the new or advanced investor.

46269	CLIMB Ctr	CLIMB 306	6pm-8:20pm
Thu	11/7	Mayer	\$29

#### 90L 620A Real Estate Investing

Build and protect your wealth by investing in real estate. Includes specially designed worksheets and activities to take the guesswork out of your investing efforts.

46526	Online	ED2G0	9/11-10/18	\$109 fee	
Must regis	ter and pay	via ed2go.coi	m/portlandcc		
47952	Online	ED2G0	10/16-11/22	\$109 fee	
Must regis	ter and pay	via ed2go.coi	m/portlandcc		
47819	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
46729	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### Retirement

#### 9MNY 616A Complete Financial

#### Management

Comprehensive class designed to help you take control of your finances and make more informed decisions. Topics include investment choices, taxes, retirement planning, insurance, estate planning, college savings choices and life goals.

46175	Rock Creek	BLDG2 123	6:30pm-9:20pm
Thu	10/10-10/24	Holcombe	\$55 + \$35 fee
Workbool	k included.		
44680	Sylvania	HT 212	6:30pm-9:20pm
Tue	10/1-10/15	McCarthy	\$55 + \$35 fee
140	10/1-10/15	Wiccartify	400 + 400 lee

# 9MNY 616X How to Maximize Social Security Income

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

46122	Cascade	TH 122	6:30pm-8:20pm
Thu	10/3	Duell	\$25 + \$10 fee
Materials i	ncluded.		
46124	Cascade	TH 122	6:30pm-8:20pm
Tue	11/19	Duell	\$25 + \$10 fee
Materials i	ncluded.		
43350	SE Campus	SCOM 314	6:30pm-7:50pm
Tue	9/24	Duell	\$25 + \$10 fee
Materials i	ncluded.		
46271	SE Campus	SCOM 314	6:30pm-7:50pm
Tue	12/10	Duell	\$25 + \$10 fee
Materials i	ncluded.		
43405	Sylvania	TCB 215	6:30pm-8:20pm
Thu	11/21	Duell	\$25 + \$10 fee
Materials i	ncluded.		
46125	Sylvania	TCB 208	6:30pm-8:20pm
Tue	10/22	Duell	\$25 + \$10 fee
Materials i	ncluded.		

#### 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.

43092	Newberg	NEC 116	9:30am-12:20pm
Sat	10/12-10/19	Adler	\$45
Workbook	cincluded.		
43620	Newberg	NEC 116	6pm-8:50pm
Tue	10/1-10/8	Adler	\$45
Workbook	cincluded.		
43090	Rock Creek	BLDG2 108	9:30am-12:20pm
Sat	9/28-10/5	Adler	\$45
Workbook	cincluded.		
43091	Rock Creek	BLDG2 114	6:30pm-9:20pm
Thu	10/3-10/10	Adler	\$45
Workbook	cincluded.		
44998	Sylvania	TCB 213	6:30pm-9:20pm
Tue	10/15-10/22	Adler	\$45
Workbook	cincluded.		
44999	Sylvania	TCB 213	9:30am-12:20pm
Sat	10/26-11/2	Adler	\$45
	cincluded.		

# Test Preparation

#### 90L 620I SAT/ACT Preparation 1: Verbal

Prepare for the reading, English and science sections of the ACT and the critical reading and writing sections of the SAT. Learn tips and tricks, time-saving techniques and ways to lower anxiety.

43520	Online	ED2G0	9/11-10/18	\$109 fee	
Must reg	Must register and pay via ed2go.com/portlandcc				
43521	Online	ED2G0	10/16-11/22	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### SAT/ACT Preparation1: Verbal, continued

43522	Online	ED2G0	11/13-12/20	\$109 fee	
Must register and pay via ed2go.com/portlandcc					
43523	Online	ED2G0	12/11-1/17	\$109 fee	
Must register and pay via ed2go.com/portlandcc					

#### 90L 620J SAT/ACT Preparation 2: Math

Thoroughly review all the math topics covered on the SAT and ACT: arithmetic, algebra, functions, geometry, trigonometry and basic statistics. Learn tips and tricks, time-saving techniques and ways to lower anxiety.

44244	Online	ED2G0	9/11-10/18	\$109 fee
Must regis	ster and pay	via ed2go.com	m/portlandcc	
44245	Online	ED2G0	10/16-10/22	\$109 fee
Must regis	ster and pay	via ed2go.cor	n/portlandcc	
44246	Online	ED2G0	11/13-12/20	\$109 fee
Must regis	ster and pay	via ed2go.cor	m/portlandcc	
44247	Online	ED2G0	12/11-1/17	\$109 fee
Must regis	ster and pay	via ed2go.cor	n/portlandcc	

# 90L 613X GRE Preparation 1: Verbal and Analytical

Covers GRE verbal reasoning and analytical writing, including reading comprehension, text completion, sentence equivalence and essay tasks. Gain pointers on time management, anxiety relief, scoring and test-taking.

43434	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43435	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43436	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43437 Must reg	Online ister and pa	ED2G0 y via ed2go.c	12/11-1/17 om/portlandcc	\$109 fee

#### 9OL 613W **GRE Preparation 2:**

#### Quantitative

Features a math review and techniques for tackling the GRE quantitative comparison, data interpretation and standard math questions. Gain pointers on time management, anxiety relief, scoring and test-taking.

43438	Online	ED2G0	9/11-10/18	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43439	Online	ED2G0	10/16-11/22	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43440	Online	ED2G0	11/13-12/20	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	
43441	Online	ED2G0	12/11-1/17	\$109 fee
Must reg	ister and pa	y via ed2go.c	om/portlandcc	

# Student Information

#### **MyPCC**

MyPCC is PCC's online student portal. The secure site allows you to check your student email, register for courses, view and pay your bill, communicate with your instructor, and take care of all aspects of college business.

#### MyPCC Instructions:

If you have taken any type of PCC class, you have an existing MyPCC account. Never accessed the system before?

#### Login to MyPCC

- 1 Go to my.pcc.edu
- 2 At the secure login prompt, enter your user name and password.

Click on either the "Login Help" or "First Time User" link to obtain your user name or to retrieve your password.

#### Add or Drop a Class

- 1 Once logged into MyPCC, from the homepage click on the "Registration Services" link or "Register for classes" under "Steps to Register for Class".
- 2 Click on the "Add or Drop Classes" link.
- 3 Select the appropriate term and submit.
- 4 To add a class, enter the 5-digit CRNS into the boxes under the "Add Classes Worksheet" header and press "submit changes". You are now registered for the classes you selected.
- 5 To drop a class, locate the class under the "Current Schedule" header, click the drop down menu labeled "Action," and select "Drop Pending Approval." If you drop within the refund period, you are eligible for a full refund of tuition and fee charges.

#### Pay your Bill

- 1 After enrolling online, you will receive an electronic bill at your MyPCC email account.
- 2 Login to MyPCC.
- 3 Click the "PCC-Pay" link. This link may be found on your MyPCC homepage under the "My Account" box or in the "Pay for College" tab if you have one.

- 4 A new window will open in your browser called "Student Account Home."
- 5 In the "Current Account Status" box, click the green "Make a Payment" link.
- 6 Enter the payment amount and method of payment, and press the continue button to complete the transaction.
- 7 The senior option discount takes 24 hours to be reflected in your online bill.

#### MyPCC Login and Pasword Help

Assistance can be found online at my.pcc.edu. Click on appropriate link below the password. Have other problems accessing MyPCC? Call the Student Help Desk at 971-722-8222.

#### Student Email

PCC uses email to conduct academic-related business. For this reason, the college provides each student with a free email account. PCC sends important information (bills, waitlists, etc.) to students' PCC email accounts. All students at PCC have a MyPCC account that includes an "@pcc.edu" email address.

PCC email accounts are the officially recognized accounts for email communication between students and the College. All PCC students are responsible for checking their PCC email accounts for official communications.

Google is the official email provider of PCC and the interface is similar to Google Gmail.

Access your student email on the MvPCC homepage by clicking the "Email" icon in the top-right corner of the page. You can also access your PCC email account directly at google.pcc.edu

#### Registration

#### **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. If you register by mail, note that PCC does not bill daily, so you may or may not receive a bill before class begins. If you register online, an electronic billing notification will be sent to your MyPCC email account.

#### **Registration Dates**

You can register online through MyPCC or in person as late as the first day of class, unless otherwise noted in the course footnote. By waiting the class either may fill or be cancelled without notification. You can find registration dates online at pcc.edu/academic-calendar.

#### Waitlists

PCC has an automatic waitlist system for some classes. If the class is full and you put your name on the waitlist, you will receive a waitlist number. If a space opens in the class, you will be automatically registered for the class. You will receive electronic confirmation that you have been placed in the class via your MyPCC email. If moved into the class, you responsible for the tuition and fees.

#### Missing a Class

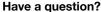
You will not be automatically dropped from a course if you miss a class or stop attending a class. You need to officially drop the class by the appropriate drop date to receive a refund of charges. (See Refund/Drop Policy)

#### **Underage Students**

Unless otherwise noted, Community Ed classes are geared toward an adult audience. However, younger students may be permitted following the guidelines for admitting students younger than age 16 below.

#### Students 13-15 Years Old:

- 1 Contact the Program Coordinator of the topic area in which the class falls. The coordinator will discuss with you whether the class is a good fit for minors and provide registration information. Contact us: pcc.edu/communityed.
- 2 Once granted initial approval, submit complete registration information to the Program Coordinator at least one week prior to the first class meeting.
- 3 The Program Coordinator will respond in writing to inform you if the student has been registered for the class or not.



Give our office a call at 971-722-6266, Monday through Friday from 9am to 4:30pm or visit pcc.edu/communityed.

Note: Some classes require a parent/guardian of students 15 and younger to be present. This requirement will be specified by the Program Coordinator. The parent/guardian will need to register and pay for such classes.

#### Students Younger than 13 Years Old:

 Students younger than age 13 will not be permitted in adult Community Ed classes.

#### **Youth Classes:**

 Community Education offers some classes 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-attendence; Community Ed does not follow the deletion for Non-payment process.

#### **Tuition Discounts**

If you are 62 years of age or over when classes begin, you are eligible to receive a 50% tuition discount on Community Ed classes. The tuition discount does not apply to lab and class fees and CEU tuition. Seniors can also receive a 50% discount on monthly and term parking passes.

After you register, stop by any campus Student Account Services office or call 971-722-8888 (option 3) to request your senior discount. Once it is set up, there is no need to request it again for non-credit courses. The discount will be applied to your account the day after you register and may be viewed online via MyPCC.

Visit pcc.edu/senior for more information.

#### Refund/Drop Policy

If you want to drop a class, you must do so online via MyPCC or at a PCC campus Registration Office. 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.

# 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
Driver Education	Before the second class
Motorcycle	Three calendar days before the first class
Online	Six calendar days after the start of class
Personal Training	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.

Non-attendance does not relieve you of your obligation to pay. 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**

If you were unable to complete a course due to circumstances beyond your control, you may file an online Tuition Appeal. If approved, a tuition voucher of 25% to 100% will be applied to your account. Appeals do not cover

non-refundable lab and other course fees, nor do they change the grade assigned by your instructor. Other restrictions apply. Notification of the outcome of your appeal will be sent to your MyPCC email address within 30 days of receipt. Before submitting your appeal, please review PCC's registration policies (pcc.edu/enroll/registration/policies.html) and the appeal requirements listed below.

#### **Appeal Requirements**

All requirements must be met before your appeal will be considered. Before submitting your appeal, carefully review the information below and verify your account balance by logging into the MyPCC "Paying for College" tab, clicking "Student account information," then clicking "Account Summary by Term."

- Payment: You must pay all past due charges on your account, including the amount under appeal. If you are unable to pay the full amount, please call 971-722-8888, option 3 to make payment arrangements.
- Documentation: Include independent documentation that supports the reason for your request, along with any information you believe would be helpful to the committee in making their decision.
- Submission Deadline: Your tuition appeal must be received by the college within 90 days from the end of the term.

#### To submit your appeal for consideration:

- 1 Go to the MyPCC "Paying for College" tab.
- 2 Click "Student account information" in the "My Account" channel.
- 3 Click "Tuition Appeals."

Appeals that do not meet all requirements will be returned without being reviewed.

#### Gift Cerfiticates

PCC Tuition Bucks gift certificates make a great gift and can be used for any credit or non-credit PCC class or other college expenses. Sold in \$10, \$25, and \$100 amounts in an attractive presentation folder. Order by calling 971-722-8888, option 3.

# Student Information

#### Additional Information

#### **Parking**

All vehicles parked on PCC campuses or centers between 7 a.m. and 10 p.m. Monday through Friday must display a current PCC parking permit on their rear view mirror or an hourly parking permit on their dashboard. Disabled spaces also require PCC parking permits. The only exceptions are the timed visitor and designated motorcycle parking areas. PCC parking permits are not required for off-campus facilities, PCC Willow Creek Center, PCC Portland Metropolitan Workforce Training Center, and PCC Hillsboro Education Center.

Parking in neighborhoods adjacent to PCC campuses and centers is not allowed. Tickets will be issued.

To obtain a term permit at any time other than when you register, you must show proof of enrollment. Permits are available at PCC Student Account Services and PCC Bookstores. Buy hourly and daily permits from vending machines at each campus/center. Call 971-722-4703 or go to pcc.edu/parking for more information.

#### **Understanding Class Listings**

Below is a sample class listing with descriptions of the information it includes:

#### Region/Campus

CRN		Building/Room Start/End Tim		Building/Room	Start/End Time
12345 <b>Sylvania</b> TCB 212 Wed 1/15-3/1 Smith			6:30pm-8:20pm \$75 + \$12 Fee		
Day		Instructor	Tuition/Fees*		
St	art/Fnd Da	ates			

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 for facility rental costs at off-campus locations or to cover in-class supplies and demonstrations. Combined payment for both tuition and fees listed in the course information is payable to PCC.

#### **Textbooks**

Textbooks for Community Education classes can be found at PCC Bookstores which are located at each PCC Campus and the PCC Southeast Center. To check the avialability of a specific text, call 971-722-4910 or visit pcc.edu/bookstore.

#### **Choosing a Language Class**

If you are unsure of the appropriate level, first register for the class you think best fits your skills level and attend the first class to assess your comfort level. If you need to change levels you can do so by following the add/drop procedure.

If you have specific questions for an instructor regarding course content, you can find their PCC email address in the PCC Staff Directory (pcc.edu/contact) or by clicking on their name in the online course listing.

#### **Disability Services**

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. Disability Services coordinates disability related accommodations. To make a request, contact DS in advance. Click "get started" online at pcc.edu/disability or call 971-722-4341 or email disability.services@pcc.edu

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

#### **Unscheduled Closures**

At times, inclement weather or infrastructure failures may necessitate delayed opening or closure of PCC locations and off-campus sites. All 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.

Closures specific to Community Ed classes will appear as an alert on pcc.edu/communityed.

#### Student ID Cards

Students in non-credit classes can get a PCC Student ID card by paying a one-time fee of \$10. ID cards and payment are available at each campus Student Account Services office. A valid form of photo identification will be required. Details about the process can be found at pcc.edu/enroll/registration/id-cards.html

#### Campus WiFi 🕏

Secure wireless network access is available for current students, employees and guests at all PCC locations. To connect to PCC's wireless network:

- 1 Make sure wireless is enable on your device.
- 2 Select the PCC-WiFi wireless network.
- 3 To sign in: Username: your MyPCC username Password: your PCC ID (G number) starting with a capital "G"

Visit pcc.edu/wireless for information or help.

#### **Enrollment Verification**

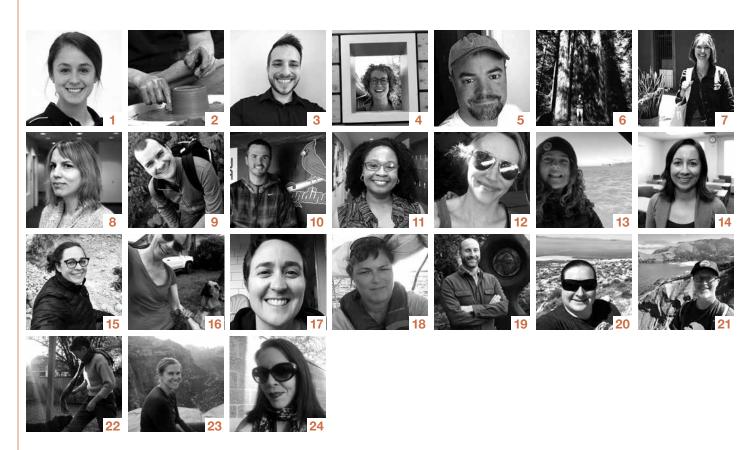
PCC does not provide completion certificates or attendance verification for those classes that are exclusively non-credit (as in a grade, or pass/no pass, is not assigned).

Students are able to pull up billing, payment, class schedule and registration status for their classes in MyPCC. As for a certificate of completion/proof of completion, if the course was a gradable or pass/no pass, a transcript can be requested as proof via MyPCC or through the registration office (they are free to request).

#### Get a Schedule

Students who have taken a class within the last year will automatically receive the Community Education schedule in the mail. To order a schedule visit pcc.edu/communityed and click on 'Get help' then 'Get a Print Schedule' or call us at 971-722-6266. It's free!

# Behind the Schedule



- 1 Natali Arteaga
  Instructional Administrative Assistant
- 2 Richard Brandt Southeast Campus Ceramics Lab Technician
- 3 Noah Bruner
  Instructional Administrative Assistant
- 4 Miriam Budner
- Program Coordinator
- 5 Brian Copper Instructional Administrative Assistant
- 6 Jarrett Damato
  Instructional Administrative Assistant
- 7 Dawn Davis
- Program Coordinator
- 8 Lorna DePaul Lead Instructional Administrative Assistant
- 9 Justin Eslinger Designer

- 10 David Glass
  Program Coordinator
- 11 Raphael Hopkins
  Instructional Administrative Assistant
- 12 Erika Huffman
  Instructional Administrative Assistant
- 13 Lindsay Johnson Program Coordinator
- 14 Isabel Jordan
- Instructional Administrative Assistant

  15 Pavlina Kovarik
- Instructional Administrative Assistant
- 16 Leslie Mestman
  Continuing Education Program Manager
- 17 Katie Miller
  Instructional Administrative Assistant
- 18 Teresa Parrish Administrative Assistant

- 19 Mike Phillips
  Continuing Education Marketing Manager
- 20 Jess Real Lead Instructional Administrative Assistant
- 21 Chad Swenson Admin Assistant
- 22 Tiffany Taylor Instructional Administrative Assistant
- 23 Bonny Vösu
  Continuing Education Operations Director
- 24 Windy Wahlke Program Coordinator



# Teach at PCC and share your knowledge and experiences.

# **Experienced Instructors Needed**

PCC Community Ed is hiring experienced instructors for several non-credit subjects. While we welcome teaching proposals for any class topic at any time, we are currently looking for engaging, organized, knowledgeable instructors who teach:

**Acting** 

American Sign Language

Aquaponics/Aquaculture

Bird Watching/

**Identifying Bird Songs** 

**Botanical Illustration** 

**Bowling** 

Cake/Cupcake Decorating

**Crash Course Astronomy** 

**Dance** 

DIY Bicycle Repair/Maintenance

**DIY Wedding Planning** 

Dog/Puppy Obedience/Training (Socializing Your Pup)

Driver's Education

Driver's Luucatio

Fly Fishing

**History of World Religions** 

Hot Sauce/Chili Water Making

**Photography** 

Running

Spanish

Vegan/Plant-based Cooking

Vietnamese

Writing

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

# Class Locations

#### **Beaverton**

**IMXPIL** IM=X Pilates and Fitness,

18335 NW West Union Rd, Suite A, 97229

#### Cascade

PCC Cascade Campus, 705 N Killingsworth St, 97217 pcc.edu/cascade

CAGYM	Cascade Gym	
СН	Cascade Hall	
JH	Jackson Hall	
LB	Cascade Library	
МАНВ	Moriarty Arts and Humanities Building	
PSEB	Public Service Education Building	
SU	Student Union	
SSB	Student Services Building	
TEB	Technology Education Building	
TH	Terrell Hall	

#### **Clackamas**

**GRNPNT** Greenpointe Floor Supply, 11802 SE Jennifer St, 97015

#### **CLIMB Ctr**

**CLIMB** PCC CLIMB Center,

1626 SE Water Ave, 97214 pcc.edu/about/locations/central

#### **Downtown**

ARTMSM Portland Art Museum, 1119 SW Park Ave, 97205 DC

PCC Downtown Center, 722 SW 2nd Ave. 97204 pcc.edu/about/locations/downtown MLTLIB Multnomah County Library, Central Branch 801 SW 10th Avenue, 97205

WHTMSH Whitmarsh Building, 803 SW Morrison St, 97205

#### Hillsboro

McKay Creek Golf Course, 1416 NW Jackson St. 97124

#### Lake Oswego

**LKWOOD** Lakewood Center, 368 S State St, 97034 LOGOLF Lake Oswego Municipal Golf Course, 17525 SW Stafford Rd. 97034

#### Metro Ctr

PCC Portland Metropolitan Workforce Training Center, 5600 NE 42nd Ave, 97218 pcc.edu/metro

PMWTC1 Building 1 PMWTC2 Building 2

#### Milwaukie

**PWMILL** Pendleton Woolen Mill Store, 8500 SE McLoughlin Blvd, 97222

#### **N** Portland

Bridgetown Forge, BRIFOR 1812 N Columbia Blvd. 97217 FLOOR Center for Dance, **FLOOR** 6635 N Baltimore Ave, Suite 271, 97203 (located inside Cathedral Park Place) **SJCLAY** St. John's Clay, Cathedral Park Place,

6635 N Baltimore St, Suite 110, 97203

#### **NE Portland**

CBGYM2 Circuit Bouldering Gym NE, 410 NE 17th Ave, 97232 COLWD Colwood Golf Center, 7313 NE Columbia Blvd, 97218

**HWSC** Hollywood Senior Center. 1820 NE 40th Ave. 97212

Metalwood Salvage METSAL 4311 NE Prescott St, 97218 **NWDPS** 

Northwest Dance Project Studio, 211 NE 10th Ave, 97232 PBC Portland Bridge Club,

2010 Lloyd Center, 97232 **PPWS** Pairings Portland Wine Shop, 455 NE 25th Ave, 97232

#### Newberg

PCC Newberg Education Center, 135 Werth Blvd 97132

#### **NW Portland**

FRNHSE Friendly House Inc, 1737 NW 26th Ave, 97209

The Wine Cellar, 525 NW Saltzman Rd, 97229

#### **Online**

D2I Student and registration information: pcc.edu/distance/students

ED2G0 Must register/pay via: ed2go.com/portlandcc

#### **Rock Creek**

PCC Rock Creek Campus, 17705 NW Springville Rd, 97229 pcc.edu/rockcreek



Visit pcc.edu/locations for directions and campus maps or give our office a call at 971-722-6266, Monday through Friday from 9am to 4:30pm.

BLDG3 Building 3 BLDG4 Building 4 BLDG5 Building 5 BLDG7 Building 7 BLDG9 Building 9  Scappoose	MMPS	Martin Model & Pattern Studio,
BLDG3 Building 3 BLDG4 Building 4 BLDG5 Building 5 BLDG7 Building 7	Scap	poose
BLDG3 Building 3 BLDG4 Building 4 BLDG5 Building 5	BLDG9	Building 9
BLDG3 Building 3 BLDG4 Building 4	BLDG7	Building 7
BLDG3 Building 3	BLDG5	Building 5
	BLDG4	Building 4
Danamy 2	BLDG3	Building 3
BLDG2 Building 2	BLDG2	Building 2

MMPS	Martin Model & Pattern Studio, 32000 Raymond Creek Rd, 97056	
SCABMP	Scappoose Bay Paddling Center, 57420 Old Portland Rd. 97053	

#### **SE Campus**

PCC Southeast Campus, 2305 SE 82nd Ave, 97216 pcc.edu/southeast

ADM	Administration Hall
COMX	Community Hall Annex
LIBR	Library
SCOM	Student Commons
SCOTT	Mt. Scott Hall
TABOR	Mt. Tabor Hall

#### **SE Portland**

ECHOTC	Echo Theater Company, 1515 SE 37th Ave, 97214
IPRC	Independent Publishing Resource Center, 318 SE Main St, Suite 155, 97214
JUFF	Jean's Urban Forest Farm, 3707 SE Johnson Creek Blvd, 97222
MOCSE	Market Of Choice, 1090 SE Belmont St, 97214

REFORM	reForm Pilates & Movement, 828 SE 34th Ave, Suite D, 97214
TOWNS	Townshead Distillery, 4211 SE Milwaukie Ave, 97202
VMAC	Vitalidad Movement Arts Center, 116 SE Yamhill St, 97217

#### **Sherwood**

TRNWR	Tualatin River Wildlife Refuge,
	19255 SW Pacific Hwy, 97140

#### **SW Portland**

СВСУМ	Circuit Bouldering Gym, 6050 SW Macadam Ave, 97239
ECLYSI	Ecdysiast Dance Studio, 316 SW 11th, Suite 300, 97205
EFM	Effortless Movement, 1730 SW Skyline Dr, 97221
MKBC	Mahasiddha Kadampa Buddhist, 8959 SW Barbur Blvd, Suite 101, 97219
NEIGHR	Neighborhood House, Multnomah Art Center Bldg, 7688 SW Capitol Hwy, 97219
PDXKYK	Portland Kayak Company, 6600 SW Macadam Ave, 97239
TWH	Touchmark West Hills, 840 SW Touchmark Way, 97225

#### **Swan Island**

WELDTC	Swan Island Welding Trng Center, Building 10,
	5555 N Channel Ave, 97217
	pcc.edu/about/locations/swan-island

#### **Sylvania**

PCC Sylvania Campus 12000 SW 49th Ave, 97219 pcc.edu/sylvania

AM	Automotive and Metals
BK	Bookstore
CC	Amo DeBernardis College Center
CSB	College Services Building
CT	Communication Technology
HT	Health Technology
LIB	Sylvania Library
PAC	Performing Arts Center
SCB	South Classroom Building
SS	Social Science
ST	Science Technology
TCB	Technology Classroom Building

#### **Tigard**

_		
ROSEGG	Rose's Art Glass School, 10105 SW Hall Blvd, 97223	
TIGSRC	Tigard Senior Center, 8815 SW O'Mara St, 97223	

#### **Tualatin**

TUALPL	Tualatin Public Library,
	18878 SW Martinazzi 97062

#### Willow Creek

wcc	PCC Willow Creek Center,	
	241 SW Edgeway Dr, 97006	
	ncc adu/willowerook	

#### Does your class location say TBA?

The class likely has a location now.

Visit pcc.edu/schedule and check to see if a location was listed after the catalog went to print.



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Have a question?
Give our office a call at 971-722-6266, Monday through Friday from 9am to 4:30pm or visit pcc.edu/communityed.

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# Register and Pay

#### How to Register

#### You have four options:

Have the five-digit CRN (course reference number) of the class(es) you would like to register

- MyPCC: visit pcc.edu/nc. If this is your first time registering click on "Create Your Account." If you are a returning student click on "Register in MyPCC."
- MAIL or FAX: complete the form to the right and fax it to 971-722-4988 or mail it to: Portland Community College PO Box 19000 Portland OR 97280
- PHONE: call 971-722-8888 and choose option 2 from the menu, three times.
- IN PERSON: walk into any PCC Registration office. Offices are located at the Cascade. Sylvania, Rock Creek, and Southeast Campuses. Registration office hours can be found at pcc.edu/registration

#### **Special Registration**

You cannot register for the following programs through the normal PCC registration system:

Driver Ed, Motorcycle, Summer Teen Program, or Swim with Community Ed.

Please see the specific program pages for registration instructions and information.

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

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

#### **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. If you register by mail, note that PCC does not bill daily, so you may or may not receive a bill before class begins. If you register online, an electronic billing notification will be sent to your MyPCC email account.

#### How to Pav

Payment is due when your registration is processed.

- MyPCC: log on to MyPCC at my.pcc.edu. Select the PCC-Pay link on your homepage or under "Pay for College."
- MAIL: submit payment by check with a completed registration form and mail it to: Portland Community College PO Box 19000 Portland OR 97280
- PHONE: call 971-722-8888 and choose option 3 from the menu.
- IN PERSON: walk into any PCC Student Account Services office. Offices are located at the Cascade, Sylvania, Rock Creek, and Southeast Campuses. Find hours at pcc.edu/resources/business

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

#### 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-attendence. Community Ed does not follow the deletion for Non-payment process.

#### Refund/Drop Policy

If you want to drop a class, you must do so online via MyPCC or at a PCC campus Registration Office. 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 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.

#### CHARGES WILL NOT BE REMOVED IF YOU FAIL TO DROP BEFORE THE 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
Driver Education	Before the second class
Motorcycle	Three calendar days
	before the first class
Online	•

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

#### Student Email

PCC uses email to conduct academic-related business. For this reason, the college provides each student with a free email account. All students at PCC have a MyPCC account that includes an "@pcc.edu" email address.

PCC email accounts are the officially recognized accounts for email communication between students and the College. All PCC students are responsible for checking their PCC email accounts for official communications (bills, waitlists, etc.).

Access your student email on the MyPCC homepage by clicking "Email" in the top-right corner of the page. You can also access your PCC email account directly at google.pcc.edu

# Registration Form Non-Credit/CEU Classes

Portland Community College

**Phone:** 971-722-8888, option 2 **Online:** pcc.edu/nc **Fax:** 971-722-4988 **Mail:** PO Box 19000, Portland OR 97280

CRN (5-digit number)	Course Title							
CRN (5-digit number)	Course Title							
CRN (5-digit number)	Course Title							
CRN (5-digit number)	Course Title							
t B: Student Info	rmation							
PCC ID Number ("G Number"	)	Student Status		CC Student ( ) Currer	ntly Enrolled at P	PCC 3 Da	te of Birth (MM/DD/YYYY)	
Last Name						Other Names Used		
First Name						Middle Initial	Gender  Male C Female	
Mailing Address					City		State ZIP	
Email Address							1 1	
Daytime Phone Number				10 Evening	g Phone Number			
n School/GED – Name of Scho	ol/Institution			City		State	e Year Graduated/Obtained	
committed to affirmative a	ction goals and v	vould appreciate y	our respon	se to the following:				
o you consider yourself to be Hispanic/Latino? Yes No Selec				elect one or more of the following racial categories to describe yourself				
izen Type U.S. Citizen Resident Alien/Refugee/Immigrant Other, Enter Type				<ul><li>○ American Indian or Alaska Native ○ Asian ○ Black or African American</li><li>○ Native Hawaiian or Pacific Islander ○ White</li></ul>				
e you an Oregon resident? Yes 🔾 No				Are you a veteran of the U.S. Military? Yes O No				
t is your main reason for atter ake classes for high school credit <sup>F</sup> arn credit towards a bachelor's (4- ake courses for personal interest <sup>R</sup>	<sup>H</sup> ○ Improve writing year) degree <sup>RT</sup> ○ Le	, reading, or math skills earn English <sup>RL</sup> () Take	e a ABE/GED o	elass RA O Complete a cer				
	ested in taking? (s	elect one)						

111	My enrollment with Portland Community College will signify my consent to and acceptance of all policies and procedures governing my enrollment, including financial liability of I fail to remit payment when due, I will promise to pay to PCC all reasonable costs for collection, including collection agency fees.						
	Signature	Date (MM/DD/YYYY)					





