

# Continuing & Community Education

## REGISTRATION BEGINS DECEMBER 5

### How to register:

- Mail your registration to Centralia College Office of Enrollment Services, 600 Centralia College Blvd., Centralia, WA 98531.
- Register by phone using a credit card at 360-623-8940.
- Fax your registration with credit card information to 360-330-7106.
- Bring your registration to the Office of Enrollment Services in the TransAlta Commons.

Please register no later than 24 hours prior to the first day of class. For more information, call 360-623-8940 or visit [www.centralia.edu/academics/cont-ed](http://www.centralia.edu/academics/cont-ed).

### HEALTH AND FITNESS

#### Senior Adult Fitness

This class is similar to a health club for seniors. You will learn to use weights and exercise machines that are safe for seniors. Students are taught how to do a warm-up on aerobic machines, and a cool-down at the end of class. Blood pressure and oximeter readings are offered and available. Instructor: April Beaugard. No class 1/21 & 2/18.

Jan 2 – Mar 22	MWF	7:00am – 7:50am	MSG 125
Lifelong Learners 50+			
Code 6630	Course SNRC 096A		\$42

Jan 2 – Mar 22	MWF	8:00am – 8:50am	MSG 125
Lifelong Learners 50+			
Code 6631	Course SNRC 096B		\$42

#### Stretching & Flexibility

Learn safe stretches to increase flexibility and range of motion. Understand how stretching can help you decrease injury, recover after other workouts and calm your mind and body. Instructor: Carrie Johnson.

Jan 3 – Mar 14	TTh	12:00pm – 12:50pm	MSG 200
Code 6632	Course CS 129A		\$54

Lifelong Learners 50+			
Code 6633	Course SNRC 090A		\$25

#### Senior-Friendly Tai Chi

Tai Chi is an ancient Chinese practice that is taught most often as an individual discipline that promotes good health by developing the mind body connection. The practice, due to the use of slow, controlled, but graceful and continuous movements, also has benefits on one's muscle control and balance. Instructor: Lauren Jessup. No class 1/21, 2/13 & 2/18.

Level 1			
Jan 2 – Mar 13	MW	2:00pm – 2:50pm	MSG 200
Lifelong Learners 50+			
Code 6634	Course SNRC 090B		\$35

Level 2			
Jan 2 – Mar 13	MW	1:00pm – 1:50pm	MSG 200
Lifelong Learners 50+			
Code 6635	Course SNRC 090C		\$35

#### RESTART: A sugar detox program

This 5-week RESTART program is a simple, powerful way to give your body a vacation processing toxins like sugar. With a 3-week sugar detox built in, the program focuses on how to use real food to boost your energy and cut sugar and carb cravings. You will also learn about digestion and blood sugar regulation. Discover how good you can feel! Instructor: Kate Moore.

Jan 9 – Feb 6	W	6:00pm – 7:45pm	WAH 115
Code 6636	Course CS 207B		\$90

Jan 10 – Feb 7	Th	6:00pm – 7:45pm	WAH 115
Code 6637	Course CS 207C		\$90

#### Tai Chi Daytime

Tai Chi is a centuries-old Chinese form of exercise characterized by slow, graceful movements of a gentle, non-impact nature. Instructor: Russell Barr. No class 1/21, 2/13 & 2/18.

Jan 2 – Mar 13	MW	8:00am – 8:50am	MSG 200
Code 6638	Course CS 129B		\$54
Lifelong Learners 50+			
Code 6639	Course SNRC 090D		\$35

#### Reiki Level 1

Access a simple and safe technique to give healing energy to yourself and others. No prior experience or ability is necessary. This one-day seminar is full of information, techniques, meditations, and hands-on experience. You will be able to effectively transfer healing Reiki energy to yourself or another person, restoring health and wellness. Instruction, attunement, complete manual, and certification are provided. Break for 1-hour lunch. Instructor: Ardeth Ellis.

Feb 23	Sa	9:00am – 5:00pm	WAH 113
Code 8600	Course CS 207A		\$100



#### Pilates/Core

An exercise class designed to teach breathing with movement, body mechanics, balance, coordination, spatial awareness, strength and flexibility. Bring a Pilates mat. Instructor: Beth May. No class 1/21, 2/13 & 2/18.

Jan 2 – Mar 13	MW	4:00pm – 4:50pm	MSG 200
Code 6640	Course CS 129C		\$54

#### Yoga

This exercise class combines flexibility, muscular strength, endurance, and relaxation. You will be encouraged to work at your own level of fitness. Bring a yoga mat. Instructor: Tina Goss.

Jan 3 – Mar 14	TTh	6:00pm – 6:50pm	MSG 200
Code 6641	Course CS 129D		\$54

#### Beginning – Advanced Tae Kwon Do

Multilevel classes for men, women, and young adults (ages 16 and up) to develop balance, agility, spatial awareness, strength and flexibility. You will further develop techniques, forms, and self-defense aspects required to advance to blue and orange belt in the Korean martial art of Tae Kwon Do. Instructor: Larry Grove. No class 1/21, 2/13 & 2/18.

Jan 2 – Mar 13	MW	6:00pm – 8:00pm	MSG 200
Beginning	Code 6642	Course CS 129E	\$69
Intermediate	Code 6643	Course CS 129F	\$69
Advanced	Code 6644	Course CS 129G	\$69

### NEW Cardio Conditioning

A combination of cardio experiences to improve cardiovascular endurance, body composition, muscle fitness and flexibility. A variety of movements will be explored, including step aerobics, kickboxing, Drums Alive, Zumba, and circuits and weights. Instructor: Tina Goss.

Jan 3 – Mar 14 TTh 10:00am – 10:50am MSG 200  
Code 6645 Course CS 129H \$54

### NEW Weight Training

Designed to condition the musculature of the body using machine and free weights. Instructor: Tina Goss. No class 1/21, 2/13 & 2/18.

Jan 2 – Mar 13 MW 10:00am – 10:50am MSG 125  
Code 6646 Course CS 129J \$54

### NEW Free Weights

Designed to develop muscle fitness through lifting free weights, Olympic lifts, plyometrics and power lifting. Students need prior weight training experience. Instructor: Carrie Johnson.

Jan 3 – Mar 14 TTh 11:00am – 11:50am MSG 130  
Code 6647 Course CS 129K \$54

### Volleyball

Learn fundamental skills and techniques of beginning volleyball. Includes basic rules, scoring and strategy. Instructor: Ewings.

Jan 3 – Mar 14 TTh 12:00pm – 12:50pm MSG 103  
Code 6648 Course CS 129L \$54

### Intro to Spiritual Journeys

Spiritual Journeys is a very effective program that uses self-hypnosis techniques to safely and significantly accelerate spiritual development and awareness in just a few days, not years and years of meditation. Learn about easy techniques to take yourself into deep relaxation, to develop a strong connection to your own Inner Wisdom, to receive trusted information and guidance from Source, and to consciously explore the spiritual realms and obtain answers to your innermost questions. No prior experience necessary. Note: You will not be hypnotized in this class, which is for introductory information only. Class held at Evergreen Healing Arts Center, 57 W. Main St., Chehalis. See www.howardbatie.com for further information and driving directions, or call 360-219-8512. Instructor: Howard Batie.

Jan 19 Sa 2:00pm – 4:00pm Chehalis  
Code 6649 Course CS 236A \$20

### Intro to Trans-Scalar Healing

Trans-Scalar Healing is a holistic form of energy-based healing that uses only focused breath work and visualization to combine the healing properties of Scalar Energy, the natural components of the human aura, and angelic assistance into a powerful healing technique. The proficient practitioner will be able to provide effective healing energies for both local sessions (client in their presence) and remote sessions (client can be anywhere in the world). Prior healing experience is helpful, but not necessary. Class held at Evergreen Healing Arts Center, 57 W. Main St., Chehalis. See www.howardbatie.com for further information and driving directions, or call 360-219-8512. Instructor: Howard Batie.

Jan 26 Sa 2:00pm – 4:00pm Chehalis  
Code 6650 Course CS 236B \$20

### Combattitude

Combattitude® is a fitness program designed to improve cardiovascular and muscular endurance, build muscle tone and strength, and promote weight loss, flexibility, mental focus, confidence, and offensive and defensive pugilistic skills. The curriculum is based on a unique blend of fighting arts (Western boxing, Kung Fu, Karate, Savate, Thai boxing, Jun Fan kickboxing, Filipino) and fight choreography arranged in a 32-segment sequence of offensive and defensive moves taught in three distinctive levels (Amateur/Bronze, Intermediate/Silver, Advanced/Gold). Wraps and 12oz gloves are needed. Instructor: Charles Farrall.

Jan 3 – Mar 14 TTh 7:15pm – 8:15pm MSG 200  
Bronze Level Code 6651 Course CS 129M \$60  
Silver Level Code 6652 Course CS 129N \$60  
Gold Level Code 6653 Course CS 129O \$60

### DANCE

#### Swing Dance

This class is geared toward teens, young adults, and the young at heart! Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn to lead and follow various partners with emphasis on timing and styling, use single time and triple time swing, and move between the two, and do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin a full turn (leather or smooth soles) - preferably not tennis shoes. Classes held at Flying Tiger Exercise Arts Center, 219 S. Tower Ave., Centralia. Instructor: Marie Kiser.

Jan 7 – Mar 25 M 7:00pm – 8:00pm FTEAC  
Code 6654 Course CS 157A \$47  
Lifelong Learners 50+  
Code 6655 Course SNRC 093A \$25

### Beginning Ballroom Dancing

Learn to glide your partner around the dance floor with style and grace. You will learn the salsa, waltz, foxtrot, swing, rumba, cha cha, tango, and nightclub two-step. Leading and following techniques and timing are stressed. Classes held at Flying Tiger Exercise Arts Center, 219 S. Tower Ave., Centralia. Instructor: Marie Kiser. No class 1/21 & 2/18.

Jan 7 – Mar 25 M 6:00pm – 7:00pm FTEAC  
Code 6656 Course CS 157B \$55  
Lifelong Learners 50+  
Code 6657 Course SNRC 093B \$25  
Jan 10 – Mar 14 Th 7:00pm – 8:00pm FTEAC  
Code 6658 Course CS 157C \$55  
Lifelong Learners 50+  
Code 6659 Course SNRC 093C \$25

### Intermediate Ballroom Dancing

If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. Classes held at Flying Tiger Exercise Arts Center, 219 S. Tower, Centralia. Instructor: Marie Kiser.

Jan 10 – Mar 14 Th 6:00pm – 7:00pm FTEAC  
Code 6660 Course CS 157D \$47  
Lifelong Learners 50+  
Code 6661 Course SNRC 093D \$25

### Modern Western Square Dancing

Meet new FUN people in a family-friendly environment. Improve your health with an American Medical Association-recognized low impact aerobic dance form. Modern Western Square Dancing is "friendship set to music." The music is modern and lessons are taught by a nationally known caller/instructor. Singles or couples welcome. Club members will be on-hand to help you. No special outfits are needed, but wear comfortable shoes. Classes held at Oakview Grange, 2715 N. Pearl, Centralia. Contact Mike and Marion Freels at 360-273-4884 or Bob and Shirley at 360-748-1756.

Jan 8 – Apr 30 T 7:00pm – 9:00pm Centralia  
Code 6662 Course CS 159A \$40

# Underage Students

Students under the age of 16 must be accompanied to all scheduled classes by a parent or legal guardian. A completed and signed consent form and signed permission from the instructor must be received prior to registration.



## CREATIVE ARTS

### NEW Soft Pastels – Seascapes

The first class will be an introduction/review of the properties of soft pastels, supplies, application techniques, and the photo realism style. Follow along with the instructor step-by-step as we use tonal value and color to create beautiful pictures from photos. Supply cost \$10 for printing of photos used in class. A supply list will be mailed. This class is 9 sessions, which works out to only \$15 a session. Instructor: Gay Hoffman.

Jan 3 – Feb 28	Th	5:30pm – 7:30pm	WAH 116
Code 6663		Course CS 138A	\$134

### Silk Scarf Painting

Design and create beautiful 100 percent silk scarves using professional dyes. Jaquard's Red Label dyes have the reputation of having the richest, most elegant colors. Learn new techniques with each scarf created. Supply fee \$15 per scarf. You will have time to paint 2-3 scarves. Class held at 17831 Applegate St, SW, Rochester. Instructor: Joan Hitchcock.

Jan 14	M	6:30pm – 8:30pm	Rochester
Code 6664		Course CS 101D	\$30
Feb 4	M	6:30pm – 8:30pm	Rochester
Code 6665		Course CS 101E	\$30
Mar 18	M	6:30pm – 8:30pm	Rochester
Code 8601		Course CS 101A	\$30

### Beginning Artist Watercolor

Beginning artists or experienced artists who want to loosen up their techniques will enjoy success in this class. Each week, basic techniques will be demonstrated and applied through practice and projects. Youth are welcome! Students under 12 must be accompanied by an adult. No prerequisite for any of the sessions. Supply cost of \$20 is due the first night of class and will cover all supplies needed. Class held 2nd Monday of each month – 3 sessions total. Instructor: Sue Wachter.

Jan 14 - Mar 11	M	6:00pm – 8:00pm	WAH 116
Code 6667		Course CS 137A	\$60

### Freestyle Mosaics Studio

Susan's back with an 8-week, 3-hour class for mosaic artists of every skill level, with hands-on, individualized instruction for novices on up. Relax and nurture your creative side while you work on your own project, at your own pace, using your choice of gorgeous glass, tiles, pebbles, broken dishes, and more! Supply fee of \$24 includes everything and will be collected at the first class. This class is 8 sessions, which works out to only \$20 a session. Instructor: Susan Alexander.

Jan 16 – Mar 6	W	6:00pm – 9:00pm	TEC 109
Code 6668		Course CS 101F	\$160

## Glass Workshops

Beginners welcome! Workshops are a great way to sample stained glass and create a project to keep or give as a gift. Material costs listed below. \*Must wear closed toe shoes to class.\* Classes held at 18245 Irwin St. SW, Rochester. Supplies: Bring fine or medium black and silver Sharpies. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

### Beveled Nugget Lead Hangers (\$10 – \$25)

Jan 9	W	6:00pm – 9:00pm	Rochester
Code 6669		Course CS 101G	\$35

### Fused Flowers (\$15-\$25)

Jan 16	W	6:00pm – 9:00pm	Rochester
Code 6674		Course CS 101M	\$35

### Fused Crystal Hanger (\$5 – \$20)

Jan 23	W	6:00pm – 9:00pm	Rochester
Code 6670		Course CS 101H	\$35

### Leaded Beveled Heart (\$12-\$16)

Jan 30	W	6:00pm – 9:00pm	Rochester
Code 6671		Course CS 101J	\$35

### Wind Chimes (\$15-\$25)

Feb 1 – Feb 8	F	6:00pm - 9:00pm	Rochester
Code 6672		Course CS 101K	\$35

### Standing Fused Cat (\$20 - \$30)

Feb 13 – Feb 20	W	6:00pm – 9:00pm	Rochester
Code 6673		Course CS 101L	\$35

### Fused Crystal Hanger (\$5 – \$20)

Feb 27	W	6:00pm – 9:00pm	Rochester
Code 8602		Course CS 101B	\$35

### Wind Chimes (\$15-\$25)

Mar 8 – Mar 15	F	6:00pm - 9:00pm	Rochester
Code 8603		Course CS 101C	\$35

### Beveled Nugget Lead Hangers (\$10 – \$25)

Mar 13	W	6:00pm – 9:00pm	Rochester
Code 8604		Course CS 101D	\$35

### Dragonfly (\$15 – \$25)

Mar 11 – Mar 18	M	6:00pm – 9:00pm	Rochester
Code 8605		Course CS 101E	35



### Intro to Artistic Welding & Metalworking

Beginning students only. You will be introduced to beginning welding techniques and metalworking. You will learn a variety of processes, including oxy/acetylene welding, MIG welding (GMAW), torch cutting, plasma cutting, and the use of metal shears, benders, grinders, punches, saws, and drill presses. If you are interested in learning other processes, such as TIG welding (GTAW) or stick welding (SMAW), you will be given special instruction and opportunity to practice on your own. You will be given an opportunity to complete an artistic project of your choice. This is not an Industrial Welding class. Supply list will be handed out and discussed at the first class. Instructor: Marycolleen Foley. No class 1/21, 2/18.

Jan 7 – Mar 18	M	6:00pm – 9:00pm	TEC 103
Code 6675	Course CS 139A		\$135

### Intermediate and Advanced Metalworking & Welding

This course is designed for students that have taken Intro to Artistic Welding and Metalworking class and/or students who want further instruction in technical areas of metal forming and welding. Shop space and a grinding room, as well as welders and various metal forming, shaping and cutting equipment provided. The instructor will be available to answer questions, provide feedback and technical and support assistance, discuss methods of fabrication, and offer refresher instruction. A \$25 lab fee to cover welding gasses and wire is included in tuition cost. This is not an Industrial Welding class. Instructor: Marycolleen Foley. No class 2/13.

Jan 9 – Mar 20	W	6:00pm – 9:00pm	TEC 103
Code 6676	Course CS 139B		\$150

### Blacksmithing and Forging Basics

Students will learn a brief history of blacksmithing to encourage the use of forge to make decorative leaves and handrails, reshaping of horseshoes, tools, and BBQ skewers. Students are introduced to tools and basic techniques. Supply list will be handed out and discussed at the first class. Instructor: Marycolleen Foley.

Jan 11 – Mar 15	F	6:00pm – 9:00pm	TEC 103
Code 6677	Course CS 139C		\$155

### Stained Glass – Lead & Foil

Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. \*Must wear closed toe shoes to class.\* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately \$100-200, payable to the instructor. Class is held at 18245 Irwin St. SW, Rochester. Call for directions, 360-273-6562. Supplies: Bring fine or medium black and silver Sharpies. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton. Day class:

Jan 9 – Feb 6	W	10:00am – 1:00pm	Rochester
Code 6678	Course CS 102C		\$107
Lifelong Learners 50+			
Code 6679	Course SNRC 081C		\$54

Feb 13 – Mar 13	W	10:00am – 1:00pm	Rochester
Code 6680	Course CS 102D		\$107
Lifelong Learners 50+			
Code 6681	Course SNRC 081D		\$54

Mar 20 – Apr 17	W	10:00am – 1:00pm	Rochester
Code 8606	Course CS 102A		\$107
Lifelong Learners 50+			
Code 8607	Course SNRC 081A		\$54

#### Evening class:

Jan 3 – Jan 31	Th	6:00pm – 9:00pm	Rochester
Code 6682	Course CS 102E		\$107
Lifelong Learners 50+			
Code 6683	Course SNRC 081E		\$54

Feb 7 – Mar 7	Th	6:00pm – 9:00pm	Rochester
Code 6685	Course CS 102F		\$107
Lifelong Learners 50+			
Code 6686	Course SNRC 081F		\$54

Mar 14 – Apr 11	Th	6:00pm – 9:00pm	Rochester
Code 8608	Course CS 102B		\$107
Lifelong Learners 50+			
Code 8609	Course SNRC 081B		\$54

# Winter Sports Schedule

## Women's Basketball Home Games

(all home games played in the Michael Smith Gymnasium at Centralia College)

6 p.m. Jan. 9 – vs. Grays Harbor College

6 p.m. Jan. 16 – vs. South Puget Sound Community College

5 p.m. Jan. 19 – vs. Tacoma Community College

6 p.m. Jan. 30 – vs. Highline College

5 p.m. Feb. 9 – vs. Lower Columbia College

6 p.m. Feb. 20 – vs. Green River College

5 p.m. Feb. 23 – vs. Pierce College

## Men's Basketball Home Games

(all home games played in the Michael Smith Gymnasium at Centralia College)

8 p.m. Jan. 9 – vs. Grays Harbor College

8 p.m. Jan. 16 – vs. South Puget Sound Community College

7 p.m. Jan. 19 – vs. Tacoma Community College

8 p.m. Jan. 30 – vs. Highline College

7 p.m. Feb. 9 – vs. Lower Columbia College

8 p.m. Feb. 20 – vs. Green River College

7 p.m. Feb. 23 – vs. Pierce College

### Intermediate/Advanced Jewelry: Silversmithing

This class is for returning students who have completed Beginning Jewelry Making. Some stone setting will be explored in the combination of rings, pendants and bracelets. Students will work on an individual project. Supplies range from \$20-60 and are payable to the instructor. No class 1/21 & 2/18.

Instructor: Ann Rawls

<b>Jewelry 103 – 104 Intermediate</b>			
Jan 7 – Mar 18	M	11:30am – 2:30pm	TEC 109
Code 6687	Course CS 104A		\$80
Lifelong Learners 50+			
Code 6688	Course SNRC 081G		\$54
Jan 7 – Mar 18	M	2:30pm – 5:30pm	TEC 109
Code 6689	Course CS 104B		\$80
Lifelong Learners 50+			
Code 6690	Course SNRC 081H		\$54
<b>Jewelry 105 – 106 Advanced</b>			
Jan 7 – Mar 18	M	5:30pm – 8:30pm	TEC 109
Code 6692	Course CS 104C		\$80
Lifelong Learners 50+			
Code 6693	Course SNRC 081J		\$54

Instructor: Shiron Eddy

<b>Jewelry 103 – 104 Intermediate</b>			
Jan 8 – Mar 12	T	11:30am – 2:30pm	TEC 109
Code 6694	Course CS 104D		\$80
Lifelong Learners 50+			
Code 6695	Course SNRC 081K		\$54
<b>Jewelry 105 – 106 Advanced</b>			
Jan 8 – Mar 12	T	2:30pm – 5:30pm	TEC 109
Code 6696	Course CS 104E		\$80
Lifelong Learners 50+			
Code 6697	Course SNRC 081L		\$54

Instructor: David Furuli

<b>Jewelry 105 – 106 Advanced</b>			
Jan 9 – Mar 13	W	11:30pm – 2:30pm	TEC 109
Code 6698	Course CS 104F		\$80
Lifelong Learners 50+			
Code 6699	Course SNRC 081M		\$54
Jan 9 – Mar 13	W	2:30pm – 5:30pm	TEC 109
Code 6700	Course CS 104G		\$80
Lifelong Learners 50+			
Code 6701	Course SNRC 081N		\$54

### BUSINESS AND CERTIFICATIONS

#### Computer Basics for Beginners

This class is for the new computer user who wants to learn about computers in an easy to understand hands-on course. You will learn to use the desktop, taskbar, scroll bars, and basic programs to write letters and save files into organized folders you create. Learn to use flash drives to make information portable. This class uses Windows 10. Instructor: Amanda Warner. No class 1/21.

Jan 7 – Feb 4	M	5:30pm – 8:00pm	WAH 212
Code 6702	Course CS 152B		\$50
Lifelong Learners 50+			
Code 6703	Course SNRC 043B		\$30

#### Microsoft Word

Learn the basics for creating, editing and saving documents. Topics include formatting, copying, selecting and editing. Instructor: Amanda Warner.

Jan 9 – Jan 30	W	5:30pm – 8:00pm	WAH 212
Code 6704	Course CS 152C		\$50
Lifelong Learners 50+			
Code 6705	Course SNRC 043C		\$30

#### Intermediate Computer

This course is for students who have completed Computer Basics or have an understanding of creating and saving documents. You will continue to build file management skills by creating, copying, moving, and deleting files and folders. You will expand your knowledge to include common tasks, such as printing and moving information from one application or folder to another. Use “search” to find anything on your computer! You will also learn to maintain your computer, work with the Control Panel, navigate the Internet, and find and save information. This class uses Windows 10. Instructor: Amanda Warner. No class 2/18.

Feb 11 – Mar 11	M	5:30pm – 8:00pm	WAH 212
Code 6706	Course CS 152D		\$50
Lifelong Learners 50+			
Code 6707	Course SNRC 043D		\$30

#### Microsoft Excel

Introductory class! You will learn to create new worksheets and edit existing worksheets. Learn to input data and use auto fills to save time and improve accuracy. Format data using color, font size, sort and select data effectively. We will discuss formulas and creating charts to present data. Instructor: Amanda Warner. No class 2/13.

Feb 20 – Mar 13	W	5:30pm – 8:00pm	WAH 212
Code 8610	Course CS 152A		\$50
Lifelong Learners 50+			
Code 8611	Course SNRC 043A		\$30

### First Aid & CPR Certification

The American Safety and Health Institute class covers bleeding control, seizures, epi-pen use, allergic reactions, broken bones, choking, poisoning, CPR for adults, children and infants, and other life threatening emergencies. Learn how to use an AED (automated external defibrillator). Upon completion, you will receive an American Safety and Health Institute card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Instructor: Chris Layton on 1/19, Carrie Johnson on 2/2. Cost is \$75.

Sa	8:30am – 4:00pm	MSG 106
Jan 19	Code 6614	Course CE 207C
Feb 2	Code 6708	Course CE 207D

### Flagger Training & Certification

Learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Cost for each class is \$65. Instructor: Rich Bunker.

Sa	8:00am – 5:00pm	WAH 115
Jan 5	Code 6603	Course CE 200B
Feb 2	Code 6709	Course CE 200C
Mar 2	Code 8612	Course CE 200A
Apr 6	Code 8613	Course CE 200B

### PERSONAL INTEREST

#### Craft Distilling 101

From grain to glass, this course will teach the art of craft distilling as you turn raw materials into smooth finished spirits and leave with the knowledge of distilling basics. The first class day is an introduction, then you will schedule a date to come back for an 8-9 hour hands-on session. Supplies: bring a lunch, notebook and pen. Location is Sandstone Distillery, 842 Wright Rd SE, Tenino. Instructor: Justin Bourdon.

Jan 8	T	9am – 12:00pm	Tenino
Code 6710	Course CS 148A		\$150
Feb 12	T	9am – 12:00pm	Tenino
Code 6711	Course CS 148B		\$150

### Spanish Conversation

Are you taking a Spanish class but need more practice? Have you been working on a Spanish app but need more motivation? In this class, we will focus on fluency and FUN! You will improve your Spanish pronunciation, listening comprehension, and speaking skills! No class 1/21 & 2/18.

Jan 7 – Mar 11	M	5:30pm – 7:30pm	WAH 115
Code 6712	Course CS 238A		\$45

### Introduction to ASL

This course is an introduction to American Sign Language (ASL), its history, and the visual and expressive skills needed for basic communication in ASL, including fingerspelling, vocabulary, and grammar. Students are strongly encouraged to begin learning the Manual Alphabet prior to class, but are not required to have it mastered. Students will be required to attend at least two off-campus Deaf events throughout the quarter. Bring to class: 1”-2” three ring binder, notebook paper, pen/pencil, textbook - A Basic Course in American Sign Language, 2nd Edition. This book is available on many sites online for about \$25. Instructor: Julie LoBaugh.

Jan 8 – Mar 12	T	5:30pm – 8:00pm	WAH 113
Code 6713	Course CS 237A		\$60

### Makerspace

Design and create projects using a variety of equipment and supplies, including electronic circuit components and test equipment, manufacturing with CNC machines and 3D printers with design software, and programmable robotics with microcontroller boards, servo motors and sensors. Instruction and tutorials for beginners, consultation for advanced projects or product development, and a friendly environment for the entire family to learn, experiment and ‘make’ nearly anything. Fee covers basic consumable material costs per week-some projects may require supplies, which can be purchased independently. All youth under the age of 18 MUST be supervised by a parent/guardian. This class does not satisfy any requirements of the Centralia College Electronics, Robotics and Automaton or Mechatronics degree paths. Students under age 16 will need a consent form completed by parent or guardian. Instructor: David Peterson. Cost is \$6 per class or \$24 for all 5 classes. (No refund after January 17.)

Thursdays	3:00pm – 6:00pm	TAC 332
Jan 17	Code 6714	Course CS 241C
Feb 7	Code 6715	Course CS 241D
Feb 21	Code 8614	Course CS 241A
Mar 7	Code 8615	Course CS 241B
Mar 21	Code 8616	Course CS 241C

All 5 sessions reduced price of \$24 - Code 6716 Course CS 241E

### OUTDOORS:

#### Beginning Beekeeping – Lewis County Beekeepers

Lewis County Beekeepers’ Association instructors with decades of practical beekeeping experience cover Bee Biology 101 - setting up your apiary, getting bees and equipment, managing your bees through the seasons, dealing with parasites and diseases, producing honey and more. Handbook for reference; power-points and display items help you see what’s involved. Students who join LCBA can request a personal mentor and attend hands-on workshops. Instructor: Susanne Weil, susanne.beekeeper@gmail.com, 360-880-8130.

Jan 12 – Feb 16	Sa	9:00am – 12:00pm	WAH 103
Code 6600	Course CS 118A		\$50

#### NEW Amazing Sights in our Solar System

Come along on a tour of some of the most amazing sights within our solar system. The sights that you will see are images taken by space agencies from around the world. You will also get a brief explanation of what you are seeing with each image so you can have a better understanding of our solar system. Instructor: David Kaynor, member of the Planetary Society.

Jan 10	Th	6:30pm – 7:30pm	WSC 208
Code 6717	Course CS 226C		\$17

#### Winter Birds of Washington State

A perfect class for beginner and intermediate birders. Learn to identify over 205 winter bird species found in Washington. Includes identification of habitat and season, locations, and tools needed. Also presented are birding techniques and ethics. Instructor: David Kaynor, member of the Washington Ornithological Society. Required Materials: National Geographic Society Field Guide to North American Birds, 6th or 7th Edition. This class is 3 sessions.

Jan 17 – Jan 31	Th	6:30pm – 8:30pm	WSC 208
Code 6718	Course CS 116D		\$59

#### 10 Must See Places in Thurston County

It is time to get out and explore your own backyard. Come along on this slide tour of the most memorable sites in Thurston County. Handout includes directions. You don’t have to travel far to have some great memories. Instructor: David Kaynor.

Feb 7	Th	6:30pm – 7:30pm	WSC 208
Code 6719	Course CS 131A		\$17

#### Rock and Mineral Identification

Four hours of hands-on examinations will cover the basics of identifying most rocks in Washington. Class covers igneous, metamorphic, and sedimentary rocks and more common minerals as time allows. Tools and handouts are provided. Instructor: David Kaynor. This class is 2 sessions.

Feb 14 – Feb 21	Th	6:30pm – 8:30pm	WSC 208
Code 6720	Course CS 226D		\$49

#### Three Great Floods of Washington’s Past

A one-hour look at the three great floods in Washington State’s prehistory. Topics will include best places to view the formations left behind, how each feature was formed, and what you can expect to see. Visual aids and handouts provided. Instructor David Kaynor.

Feb 28	Th	6:30pm – 7:30pm	WSC 208
Code 8620	Course CS 216A		\$17

#### NEW Our Amazing Universe

See how galaxies interact with each other and look back in time billions and billions of years in a spectacular slide presentation. You will see how galaxies form new stars and the differences between ringed, dwarf, spiral and barred galaxies. Instructor: David Kaynor, member of the Planetary Society.

Mar 7	Th	6:30pm – 7:30pm	WSC 208
Code 8617	Course CS 226A		\$17

#### 10 Great Lighthouses in Washington State

Washington State has one of the longest saltwater coastlines of any state in the United States. This one-hour slide tour will take you to 10 of the more picturesque lights. These lights are beautiful pieces of architecture and worth visiting. Directions included in the handout. Instructor: David Kaynor.

Mar 14	Th	6:30pm – 7:30pm	WSC 208
Code 8618	Course CS 131A		\$17

#### NEW Olympics and Coastal Mountains - How They Got There

This class is for people who are interested in Washington’s geology, but can’t afford a 5-credit class. Topics include time frames, where the rocks came from, and what forces put them there. Visual aids and handouts provided. Instructor: David Kaynor, member of the Geologic Society of America.

Mar 21	Th	6:30pm – 7:30pm	WSC 208
Code 8619	Course CS 226B		\$17

### MUSIC

#### Concert Choir

The Centralia College Choir is a vocal ensemble made up of students and community members. It is open to all participants regardless of musical knowledge or background. You must be able to match a pitch as we move fairly rapidly. Rehearsals include a Music and Vocal Training session from 6:30-7pm and Full Rehearsal from 7-8:30pm on Thursday evenings in room WAH107. Literature will include high-level standard repertoire as well as contemporary favorites. There is one formal concert in Corbet Theater each term, any additional concerts to be agreed upon as offered. This class has a \$4 online fee included in the price. Instructor: Vicki Tobin. Concert will be held March 14.

Jan 3 – Mar 14	Th	6:30pm – 9:00pm	WAH 107
Code 6721	Course CS 164AA		\$25



## Interested in Teaching?

Bring your special skill, knowledge and expertise to the community by teaching a class for Continuing Education. We are looking for part-time/non-credit instructors. Classes offered days, evenings or weekends, are a great way to share your knowledge and talent while earning a paycheck.

### Qualifications:

- Experience with proposed subject matter.
- Enjoy sharing knowledge and skills with others.
- Completed course proposal.

Visit [www.centralia.edu/academics/cont-ed/](http://www.centralia.edu/academics/cont-ed/) for current class offerings and a course proposal, or contact Karie Jorgensen at 360-623-8452 or [karie.jorgensen@centralia.edu](mailto:karie.jorgensen@centralia.edu).



### Community Band

Lewis County Community Band offers performance experience for band instrumentalists, college students, and community adults. Provides opportunity to improve technical and musical skills, as well as community service when possible. If you do not have an instrument, some are available through the college for a rental fee of \$40 per quarter. Directed by Louie Blaser. Concert will be held March 12.

Jan 8 – Mar 12 T 7:00pm – 9:00pm WAH 150  
Code 6722 Course CS 163A \$25

### Jazz Ensemble

Centralia College Jazz Ensemble will focus on the preparation of various jazz styles for public concerts, festivals, and other musical events. Jazz Ensemble members are required to participate in the scheduled concert and any other scheduled band performances. Members may be required to pass an audition to register for the course. You must provide your own instrument and be able to read music. Instructor: Louie Blaser. Concert will be held March 15.

Jan 3 – Mar 15 TTh 5:00pm – 6:30pm WAH 107  
Code 6723 Course CS 164B \$25

### Beginning Guitar

In this 10-week course, you will learn the basic skills for reading music and techniques needed to play the guitar. The class is for students with little or no background in guitar performance. You must supply your own acoustic guitar. This course will include a study of beginning guitar techniques and may incorporate repertoire from a variety of musical styles. Your knowledge of music theory and music reading will be developed. Instructor: Daven Tillinghast.

Jan 3 – Mar 15 TTh 1:30pm – 2:50pm WAH 107  
Code 6724 Course CS 163B \$215

### Guitar Ensemble I

Performing ensemble made up of students and community members. Intended for intermediate and advanced acoustic and electric guitarists. Basic guitar playing skills and music reading required. One evening performance required. Instructor: Daven Tillinghast.

Jan 3 – Mar 15 TTh 12:00pm – 1:30pm WAH 107  
Code 6725 Course CS 163C \$215

### Family Development

PRE-REGISTRATION IS REQUIRED. Classes may cancel if there are not enough students enrolled.

For information on classes contact Nancy Keaton, Director, Family Development, [nancy.keaton@centralia.edu](mailto:nancy.keaton@centralia.edu) or 360-623-8458.

### LeaP (Learning and Playing) - Morton

An interactive program where parents learn and play with their youngest children, ages birth-4 years. Class is held at Morton Methodist Church, 427 Main Ave. Instructor: Laurie Hanson. Free.

Jan 15 – March 19 T 9:30-11:30am Morton

### Strengthening Families - Randle

For families with kids ages 10-14. While parents are learning communication skills and guidance, the kids are learning how to deal with stress and peer pressure. Class is held at White Pass Junior/Senior High, 516 Silverbrook Rd. Instructor: Heather Scannell/Kathy Smith. Free.

Jan 31 – March 14 Th 5:30-8:00pm Randle

### LeaP (Learning and Playing) - Centralia

An interactive program where parents learn and play with their youngest children, ages birth-4 years. Class is held at the NW Sports Hub Complex, 701 Pioneer Way. Instructor: Britany Hastings. Free.

Jan 2 – March 20 W 10-11:50am OR 1-2:50pm Centralia

### Social Kids

An education and support class for families with children ages 3-12 on the Autism Spectrum. Child care is provided. Instructor: TBA. Free.

Jan 5 – March 16 Sa 10-11:50am HFL

### Love and Logic - Winlock

For parents of kids in kindergarten through sixth grade. Gain new tools for creating home environments that encourage family cooperation, while becoming more confident and having more fun parenting. Class is held at Winlock Miller Elementary School, 405 NW Benton Ave. Child care is provided. Instructors: Cathy Kinnaman/Denise Morlin. Free.

Jan 15 – March 12 T 4:00-6:00pm Winlock

### Dynamic Dads

For dads who would like to connect and learn with other dads. No child care provided. Instructor: Keoki Kauano. Free.

Jan 5 – March 16 Sa 9-11:00am LAX

### Level Up Parenting

Ready to up your good parenting skills? This class is for you! No child care provided. Instructor: Lissa Osborne. Free.

Jan 8 – March 12 T 12-2:00pm HFL

### Parenting in Recovery

For parents in substance abuse recovery who are on the journey to rebuild connections and bonds with their children. No child care provided. Instructor: Lissa Osborne. Free.

Jan 9 – March 13 W 9:30-11:30am HFL

### Parents as Teachers

For parents who are pregnant or have children up to 3 years old and would rather meet one-on-one with an instructor. (Limited slots are available for this program. Call soon!) Contact Kristi Jewell at [kristi.jewell@centralia.edu](mailto:kristi.jewell@centralia.edu) or 360-623-8449. Free.