

# CONTINUING & COMMUNITY EDUCATION

## REGISTRATION IS NOW OPEN

### 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, or to CCEast in Morton (701 Airport Way)

### OUTDOORS

#### NEW! Ultralight Hiking

Too many hikers carry too much weight in their pack. This often creates physical discomfort and pain, limits the distance they can travel, and makes their hike a death march...greatly limiting what should be an enjoyable, refreshing experience. This class will teach backpackers and day hikers how to lighten their pack weight and enjoy backpacking again. Instructor: Judson Lang.

Oct 11 – Oct 25 M 6:00pm – 9:00pm WAH 115  
Code 30004 Course CS 117A \$30

#### NEW! Surviving an Unexpected Night in the Woods

People go into the woods for many reasons: hiking, birdwatching, picnicking, photography, fishing, mountain biking, trail running, etc. What do you do if your planned day goes wrong? What if you have to spend a night in the forest? Too often, in the mountains, a cell phone does not get reception and help is not just a phone call away. This class will teach the average person simple strategies for surviving the unexpected night in the forest. Instructor: Judson Lang.

Oct 13 – Oct 27 W 6:00pm – 9:00pm WAH 115  
Code 30006 Course CS 117B \$30

#### NEW! Basic Map and Compass Use

Feel more confident in finding your way on trails or over open terrain. Everyone who visits the great outdoors needs to first gain competency with a map and compass. Learn to read topo maps, figure out where you are on a map, plot where you want to go, and follow a compass bearing. Learn not to rely on GPS. Instructor: Judson Lang.

Nov 10 – Nov 17 W 6:00pm – 9:00pm WAH 115  
Code 30008 Course CS 116A \$30

#### NEW! Avalanche Awareness

Too many skiers, snowboarders, and snowshoers go into the backcountry and are unaware of the dangers they encounter. They make unsafe decisions based on their lack of knowledge or training. This class will teach winter backcountry users how to recognize when they may be in danger, and how to make the decisions necessary to improve their safety and enjoy the winter backcountry.

Instructor: Judson Lang.

Nov 15 M 6:00pm – 9:00pm WAH 115  
Code 30009 Course CS 116B \$30

#### NEW! How to Hike with your Kids and Still have Fun

Learn what to take, where to go, and how to let kids discover the world around them. You'll learn an easy way to get your kids motivated and engaged in what they are doing. Your children will enjoy the experience and want to hike more. You'll learn how to let your young children develop into seasoned hikers who enjoy and respect the great outdoors. Instructor: Judson Lang.

Nov 16 T 6:00pm – 9:00pm WAH 115  
Code 30012 Course CS 116C \$30

#### NEW! Put Your Garden to Bed

Learn what to do to prepare your garden for fall and winter months. You'll learn how to take care of your landscape and garden plants, irrigation, and water features as well as what you can plant, mulch, and fertilize during this time. Includes a year-round garden schedule, cool-warm season veggie guide, handout, and eBook. Instructor: Kerri Bailey.

Sep 21 T 6:00pm – 7:30pm Online/Zoom  
Code 30016 Course CS 116D \$30

#### NEW! Edible Year-Round Garden

Combine function with form by using edible plants in your landscape. Flowers, fruits, herbs and veggies can be both attractive and useful for cooking, baking, fresh eating, and for beverages. Learn which plants you can grow and when, and which can be used for crafts, cooking, and canning. Discuss warm season vs. cool season veggies as well as growing techniques and planning by the moon cycle. Includes handout and eBook.

Instructor: Kerri Bailey.

Oct 5 T 6:00pm – 7:30pm Online/Zoom  
Code 30020 Course CS 116E \$30

### BUSINESS AND CERTIFICATIONS

#### NEW! WA State Bail Enforcement Agency Pre-license Course

Upon completion of this course, you will have fulfilled most requirements to apply for a Washington State Bail Enforcement Agent license. You will need to apply for a Conceal Pistol License and complete fingerprinting with the state. A state exam and application filing fee is also required. This course covers all required training, including civil and criminal law, procedures for field operations, certification in ASP Handcuffing, ASP Baton, ASP Tactical Flashlight and Tactical Techniques, SABRE Law Enforcement Aerosol Projectors and Oleoresin Capsicum Spray certification, and Taser/Axon M26, X26, X26p, X2, Taser 7. Includes basic firearm safety. Criminal Justice Training Center firearm certification is NOT covered. (CJTC firearm certification is required if student chooses to carry.) Instructor: Jennifer Hedge.

Sep 23 – Sep 26 M – Th 9:00am – 5:00pm FTC 108  
Code 30316 Course CS 249A \$670

Dec 2 – Dec 5 M – Th 9:00am – 5:00pm FTC 108  
Code 30317 Course CS 249B \$670

### Centralia College is excited to announce the launch of CampusCE for Winter Quarter 2021!

Centralia College is moving to a new online registration system for Continuing & Community Education classes. CampusCE will allow students to register and pay for classes online starting Nov. 29! The Continuing Education office will continue to accept student registrations by U.S. mail, fax, and by phone. Please take a look at our current course offerings by visiting [www.campusce.net/centralia/category/category.aspx](http://www.campusce.net/centralia/category/category.aspx).

For more information about CampusCE, please call the Continuing Education office at 360-623-8940 or send us an email at [CTE@centralia.edu](mailto:CTE@centralia.edu).

\*Note: The online registration/payment system has not changed for senior classes - SNRC (Lifelong Learners 50+) classes. SNRC students who wish to register and pay online will continue to use ctLink at the following web address: <https://myaccount.ctclink.us/>.

## 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. Instructor: Rich Bunker. Cost is \$85.

Sa	8:00am – 5:00pm	FTC 108
Oct 2	Code 30422	Course CE 200A
Nov 13	Code 30433	Course CE 200B
Dec 4	Code 30424	Course CE 200C
Jan 8	Code 12183	Course CE 200D

## First Aid & CPR Certifications

The First Aid/CPR/AED 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 AED (automated external defibrillator). Upon completion, you will receive a First Aid/CPR/AED certification card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Instructor: Chris Layton. Cost is \$75.

Sa	8:30am – 4:00pm	FTC 110
Sep 11	Code 31141	Course CE 207A
Oct 9	Code 31142	Course CE 207B
Nov 20	Code 31143	Course CE 207C

## 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 other controls in Windows, and how to use the basic programs to write letters and save into organized folders you create. Learn to use flash drives to make information portable. This class uses Windows 10. Instructor: Amanda Warner.

Sep 20 – Oct 11	M 5:30pm – 8:00pm	WAH 212
Code 30672	Course CS 152A	\$50
<b>Lifelong Learners 50+</b>		
Code 30673	Course SNRC 043A	\$30

## Microsoft Word

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

Sep 22 – Oct 13	W 5:30pm – 8:00pm	WAH 212
Code 30694	Course CS 152B	\$50
<b>Lifelong Learners 50+</b>		
Code 30700	Course SNRC 043B	\$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 11/8.

Oct 25 – Nov 22	M 5:30pm – 8:00pm	WAH 212
Code 30703	Course CS 152C	\$50
<b>Lifelong Learners 50+</b>		
Code 30701	Course SNRC 043C	\$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.

Oct 27 – Nov 17	W 5:30pm – 8:00pm	WAH 212
Code 30704	Course CS 152D	\$50
<b>Lifelong Learners 50+</b>		
Code 30702	Course SNRC 043D	\$30

## PERSONAL INTEREST

### NEW! Radical Trust (A Personal Development Course)

Living from the mind creates an unfulfilling and complicated life full of compromise. Join the global movement of living from your heart, and experience a new reality filled joy, empowerment, freedom, clarity, and simplicity. Instructor: Linda Lee.

Sep 22 – Dec 8	W 6:30pm – 7:30pm	TBD
Code 30318	Course CS 124A	\$40



## Introduction to Voiceovers

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo>. Requirements: Students must have internet access and chatting capabilities using a method such as Zoom, Skype or iChat/FaceTime.

Class time and date are arranged upon registration

Code 30501	Course CS 236A2	\$49
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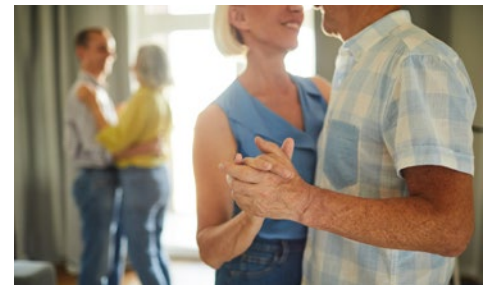
## DANCE

Please sign up with your own partner. All dance classes will be held at The Centralia Grand Ballroom: 202 Centralia College Blvd, Centralia, WA 98531.

### Swing Dance

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. Find out when to use sing-time versus triple-time swing and move easily between the two. Learn to 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. Instructor: Marie Kiser.

Sep 21 – Nov 9	T 7:00pm – 8:00pm	CGB
Code 30429	Course CS 157A	\$55
<b>Lifelong Learners 50+</b>		
Code 30438	Course SNRC 93A	\$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. Instructor: Marie Kiser.

Sep 21 – Nov 9	T 6:00pm – 7:00pm	CGB
Code 30432	Course CS 157B	\$55
<b>Lifelong Learners 50+</b>		
Code 30464	Course SNRC 93B	\$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. No class 11/11. Instructor: Marie Kiser.

Sep 23 – Nov 18	Th 7:00pm – 8:00pm	CGB
Code 30433	Course CS 157C	\$55
<b>Lifelong Learners 50+</b>		
Code 30467	Course SNRC 93C	\$25

### Advanced Ballroom Dancing

This class is for students who are comfortable with the Beginning and Intermediate levels of dancing, and would like to advance to more intricate patterns and timings in all the dances (this includes “continuity style” in the Waltz and Fox Trot). This level will add Bolero, Viennese Waltz, and Quick Step to the group dances already offered. No class 11/11. Instructor: Marie Kiser.

Sep 23 – Nov 18	Th 6:00pm – 7:00pm	CGB
Code 30435	Course CS 157D	\$55
<b>Lifelong Learners 50+</b>		
Code 30470	Course SNRC 93D	\$25

## HEALTH AND FITNESS

### NEW! Nature's Immunity Boosters

Learn how to increase your immunity using certain foods, teas, essential oils, and herbal supplements as well as other natural techniques. We will cover how to prevent colds, flu, allergies, and general immune system enhancement. Class includes a handout and EBook. Instructor: Kerri Bailey.

<b>Oct 26</b>	<b>T</b>	<b>6:00pm – 7:30pm</b>	<b>Online/Zoom</b>
Code 30023	Course	CS 116F	\$30

### Yoga

This exercise class combines flexibility, muscular strength, endurance, and relaxation. You will be encouraged at your own level of fitness.

Instructor: Tina Goss.

<b>Sep 20 – Dec 9</b>	<b>Self-Paced</b>		<b>Online</b>
Code 30215	Course	CS 129A1	\$54

Instructor: Melissa Fox

<b>Sep 20 – Dec 9</b>	<b>MW</b>	<b>9:00am – 9:50am</b>	<b>MSG 200</b>
Code 30707	Course	CS 129D	\$54

### Basic Weights

This class is designed to condition the musculature of the body using machine and free weights. Instructor: Melissa Fox.

<b>Sep 20 – Dec 9</b>	<b>MW</b>	<b>10:00am – 10:50am</b>	<b>MSG 125</b>
Code 30708	Course	CS 129E	\$54

### Cardio Conditioning

Explore 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.

<b>Sep 20 – Dec 9</b>	<b>MW</b>	<b>11:00am – 11:50am</b>	<b>MSG 200</b>
Code 30709	Course	CS 129F	\$54

### Beginning – Advanced Tae Kwon Do

Multi-level 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: Newkirk.

<b>Sep 20 – Dec 9</b>	<b>MW</b>	<b>6:00pm – 8:00pm</b>	<b>MSG 200</b>
Code 30710	Course	CS 129G	\$69

### Senior Friendly T'ai 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. Introduction and continuing practice in the Yang Style of Tai Chi. Instructor: Lauren Jessup.

<b>Sep 22 – Dec 10</b>	<b>TTh</b>	<b>1:00pm – 2:00pm</b>	<b>TBD</b>
Code 30227	Course	CS 129C	\$35



### Senior Adult Strength Fitness

Strength exercise for seniors using Nautilus Weight Machines. Individual instruction as introduction to machines is provided and a means to chart individual progress. Warm-up is done first on aerobic machines and a cool-down is done at end of class. Contact instructor with questions: aprilbeau@yahoo.com. Instructor: April Beaugard.

<b>Sep 20 – Dec 11</b>	<b>MWF</b>	<b>7:00am – 7:50am</b>	<b>MSG 125</b>
Code 30711	Course	SNRC 90B	\$42

<b>Sep 20 – Dec 11</b>	<b>MWF</b>	<b>8:00am – 8:50am</b>	<b>MSG 125</b>
Code 30712	Course	SNRC 90C	\$42

### Senior Adult Flexibility

Generate more freedom of movement for your everyday activities and prevent injuries with a warm-up, a stretch portion, and a cool-down. Instructor: April Beaugard.

<b>Sep 21 – Dec 10</b>	<b>TTh</b>	<b>8:00am – 8:50am</b>	<b>Online/Zoom</b>
Code 30746	Course	SNRC 90D1	\$42

### Stretching & Flexibility

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

<b>Sep 21 – Dec 10</b>	<b>TTh</b>	<b>12:00pm – 12:50pm</b>	<b>MSG 200</b>
Code 30225	Course	CS 129B	\$54

<b>Lifelong Learners 50+</b>			
Code 30550	Course	SNRC 90A	\$25

### RESTART: A sugar detox program

This 5-week RESTART program is a simple, powerful way to give your body a vacation from having to process toxins like sugar. With a 3-week sugar detox built right 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.

<b>Sep 29 – Oct 27</b>	<b>W</b>	<b>6:00pm – 7:45pm</b>	<b>FTC 108</b>
Code 30230	Course	CS 207A	\$90

<b>Sep 30 – Oct 28</b>	<b>Th</b>	<b>6:00pm – 7:45pm</b>	<b>FTC 108</b>
Code 30257	Course	CS 207B	\$90

<b>Oct 2 – Oct 30</b>	<b>S</b>	<b>10:00am – 11:45am</b>	<b>FTC 108</b>
Code 30258	Course	CS 207C	\$90

## CREATIVE ARTS

### 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.

<b>Sep 20 – Oct 25</b>	<b>M</b>	<b>5:30pm – 8:30pm</b>	<b>TEC 103</b>
Code 30045	Course	CS 138A	\$195

<b>Nov 1 – Dec 6</b>	<b>M</b>	<b>5:30pm – 8:30pm</b>	<b>TEC 103</b>
Code 30046	Course	CS 138B	\$195



### Intermediate/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 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 support assistance, 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.

<b>Sep 22 – Oct 27</b>	<b>W</b>	<b>5:30pm – 8:30pm</b>	<b>TEC 103</b>
Code 30049	Course	CS 138C	\$195

<b>Nov 3 – Dec 8</b>	<b>W</b>	<b>5:30pm – 8:30pm</b>	<b>TEC 103</b>
Code 30050	Course	CS 138D	\$195

### Blacksmithing & Forging Basics

This is an introduction to blacksmithing class. 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. No class 11/26.

<b>Sep 24 – Oct 29</b>	<b>F</b>	<b>1:00pm – 4:00pm</b>	<b>TEC 103</b>
Code 30053	Course	CS 138E	\$195

<b>Nov 5 – Dec 17</b>	<b>F</b>	<b>1:00pm – 4:00pm</b>	<b>TEC 103</b>
Code 30054	Course	CS 138F	\$195

### NEW! Let's Dot Mandalas!

Have you seen those really pretty Mandalas created with dots in gorgeous colors? You can create them too! In these three-session classes, learn the basic techniques and more. Class covers how to top, top dot, walk the dot, swooshes, and combine them to create beautiful designs. You'll learn how to use different tools to create your dots, what paints and consistency works best for dotting, what to paint on, and what you might use to finish your projects. Class is held at 17831 Applegate St SW, Rochester. Call for directions, 360-480-4854. Tools and supplies are provided for class use, may be purchased from instructor for \$18. Instructor: Joan Hitchcock.

#### Day Class:

<b>Oct 11, Nov 1, Nov 22</b>	<b>M</b>	<b>10:00am – 12:00pm</b>	
Code 30096	Course CS 136A		\$75
<b>Oct 25, Nov 15, Dec 6</b>	<b>M</b>	<b>10:00am – 12:00pm</b>	
Code 30171	Course CS 136B		\$75

#### Evening Class:

<b>Oct 11, Nov 1, Nov 22</b>	<b>M</b>	<b>6:00pm – 8:00pm</b>	
Code 30172	Course CS 136C		\$75
<b>Oct 25, Nov 15, Dec 6</b>	<b>M</b>	<b>6:00pm – 8:00pm</b>	
Code 30173	Course CS 136D		\$75

### Silk Dyeing with Wax Resists

Learn the techniques to make and complete designs on silk using soy wax and professional dyes from Jacquard. Class covers how to use the wax, tools for application of wax and dye, what dyes to use, and how to finish your product. It's a fun and simple process – learning how to handle the medium happens quickly and allows for lots of experimenting. Class is held at 17831 Applegate St SW, Rochester. Call for directions, 360-480-4854. \$15 per scarf. Instructor: Joan Hitchcock.

#### Day Class:

<b>Sep 29</b>	<b>W</b>	<b>10:00am – 12:00pm</b>	<b>Rochester</b>
Code 29926	Course CS 101E		\$40
<b>Oct 27</b>	<b>W</b>	<b>10:00am – 12:00pm</b>	<b>Rochester</b>
Code 29928	Course CS 101F		\$40
<b>Dec 1</b>	<b>W</b>	<b>10:00am – 12:00pm</b>	<b>Rochester</b>
Code 29936	Course CS 101G		\$40

#### Evening Class:

<b>Sep 29</b>	<b>W</b>	<b>6:00pm – 8:00pm</b>	<b>Rochester</b>
Code 29938	Course CS 101H		\$40
<b>Oct 27</b>	<b>W</b>	<b>6:00pm – 8:00pm</b>	<b>Rochester</b>
Code 29949	Course CS 101J		\$40
<b>Dec 1</b>	<b>W</b>	<b>6:00pm – 8:00pm</b>	<b>Rochester</b>
Code 29950	Course CS 101K		\$40

### Pine Needle Basket Weaving

Pine needle art dates back some 9,000 years, even before pottery. The indigenous people were the first to make pine needle baskets. They used a sharp piece of sea shell or bone as a needle. Some of the baskets were used for carting water, also for winnowing seeds or as feed baskets. During the Civil War, women made hats of pine needles. Today, the art of pine needle basketry is still being done by a few creative people. There is no limit to what one can do with pine needles along with a little imagination and skills, which will come with patience and practice. Instructor: Theresa Shortman.

<b>Sep 23 – Dec 2</b>	<b>Th</b>	<b>6:30pm – 7:30pm</b>	<b>FTC 109</b>
Code 29952	Course CS 102A		\$100

### Intermediate/Advanced Silversmithing

This class is for returning Intermediate and Advanced Silversmithing students. More stone setting methods will be introduced, plus additional metalworking methods will be pursued. Students will work on individual projects. Supplies will range from \$20-75 and are payable to the instructor.

#### Instructor: Ann Rawls

<b>Sep 20 – Nov 29</b>	<b>M</b>	<b>12:00pm – 3:00pm</b>	<b>FTC 111</b>
Code 29953	Course CS 104A		\$106
<b>Lifelong Learners 50+</b>			
Code 30475	Course SNRC 81A		\$72

<b>Sep 20 – Nov 29</b>	<b>M</b>	<b>3:00pm – 6:00pm</b>	<b>FTC 111</b>
Code 29963	Course CS 104B		\$106
<b>Lifelong Learners 50+</b>			
Code 30571	Course SNRC 81B		\$72

<b>Sep 20 – Nov 29</b>	<b>M</b>	<b>6:00pm – 9:00pm</b>	<b>FTC 111</b>
Code 29964	Course CS 104C		\$106
<b>Lifelong Learners 50+</b>			
Code 30514	Course SNRC 81C		\$72

#### Instructor: Kevlyn Hoisington

<b>Sep 21 – Nov 30</b>	<b>T</b>	<b>12:00pm – 3:00pm</b>	<b>FTC 111</b>
Code 29965	Course CS 104D		\$106
<b>Lifelong Learners 50+</b>			
Code 30517	Course SNRC 81D		\$72

<b>Sep 21 – Nov 30</b>	<b>T</b>	<b>3:00pm – 6:00pm</b>	<b>FTC 111</b>
Code 29967	Course CS 104E		\$106
<b>Lifelong Learners 50+</b>			
Code 30519	Course SNRC 81E		\$72

### Weekly Jewelry Workshop

This class is for returning intermediate/advanced jewelry students. This is a project class; each student should come prepared with a project to complete at the workshop. The instructor will be on hand to teach students individual skills required to complete their project. All students must have taken Beginning and Intermediate Jewelry classes prior to registration for this workshop. Supplies will range from \$20-75 and are payable to the instructor. Instructor: David Furuli.

<b>Sep 22 – Dec 1</b>	<b>W</b>	<b>12:00pm – 3:30pm</b>	<b>FTC 111</b>
Code 29968	Course CS 104F		\$70
<b>Lifelong Learners 50+</b>			
Code 30523	Course SNRC 81F		\$50

### NEW! Intermediate Silversmithing

This class is for those students who have completed Beginning Silversmithing. Several cabochon stone setting methods plus prong stone setting will be taught in addition to hinges, split ring shanks, forging, and hollow beads. Supplies range from \$20-75 and are payable to the instructor. No class 11/11 & 11/25. Instructor: Ann Rawls.

<b>Sep 23 – Dec 16</b>	<b>Th</b>	<b>12:00pm – 3:00pm</b>	<b>FTC 111</b>
Code 29969	Course CS 104G		\$106
<b>Lifelong Learners 50+</b>			
Code 30526	Course SNRC 81G		\$72

### 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. Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

#### Day Class:

<b>Sep 22 – Oct 20</b>	<b>W</b>	<b>10:00am – 1:00pm</b>	<b>Rochester</b>
Code 29970	Course CS 103A		\$107

<b>Lifelong Learners 50+</b>			
Code 30528	Course SNRC 81H		\$54

<b>Oct 27 – Nov 24</b>	<b>W</b>	<b>10:00am – 1:00pm</b>	<b>Rochester</b>
Code 29971	Course CS 103B		\$107

<b>Lifelong Learners 50+</b>			
Code 30531	Course SNRC 81I		\$54

<b>Dec 1 – Jan 5</b>	<b>W</b>	<b>10:00am – 1:00pm</b>	<b>Rochester</b>
Code 29972	Course CS 103C		\$107

<b>Lifelong Learners 50+</b>			
Code 30532	Course SNRC 81J		\$54

#### Evening Class:

<b>Sep 9 – Oct 7</b>	<b>Th</b>	<b>6:00pm – 9:00pm</b>	<b>Rochester</b>
Code 29973	Course CS 103D		\$107

<b>Lifelong Learners 50+</b>			
Code 30534	Course SNRC 81K		\$54

<b>Oct 14 – Nov 11</b>	<b>Th</b>	<b>6:00pm – 9:00pm</b>	<b>Rochester</b>
Code 29974	Course CS 103E		\$107

<b>Lifelong Learners 50+</b>			
Code 30540	Course SNRC 081L		\$54

<b>Nov 18 – Dec 23</b>	<b>Th</b>	<b>6:00pm – 9:00pm</b>	<b>Rochester</b>
Code 29978	Course CS 103F		\$107

<b>Lifelong Learners 50+</b>			
Code 30547	Course SNRC 081M		\$54

### 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. Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

#### All Things Christmas (\$15 - \$25)

<b>Oct 16</b>	<b>Sa</b>	<b>10:00am – 3:00pm</b>	
Code 29980	Course CS 101A		\$35

<b>Dec 3</b>	<b>F</b>	<b>10:00am – 3:00pm</b>	
Code 29981	Course CS 101B		\$35

#### Fused Standing Christmas Tree (\$15 - \$25)

<b>Nov 6</b>	<b>Sa</b>	<b>10:00am – 2:00pm</b>	
Code 29986	Course CS 101C		\$35

<b>Dec 6</b>	<b>M</b>	<b>5:00pm – 9:00pm</b>	
Code 29988	Course CS 101D		\$35

## I Can't Even Draw Stick People – Art Exploration

Take the risk of finding your inner artist with a private small group of beginners. Sue Wachter once thought she was not artistic. She started learning who she was as an artist in her 50s. Sue's favorite class to teach is beginners. Sign up and plan to have fun experimenting with a variety of mediums and find your favorite with other beginners. (Please note this is not a drawing class). Supply Fee: \$30 payable to instructor. Instructor: Sue Wachter.

Oct 19, Nov 2, Nov 16 T 5:30pm – 8:00pm SWFT 108  
Code 30705 Course CS 102B \$60

## Art Exploration – Next Steps

This class is for students who have had introductory art instruction and have previously taken Sue Wachter's "I Can't Even Draw Stick People" class (not required) and would like to dive deeper into developing their skills and personal style. Each night will explore a different media. Watercolor, acrylics and silk dying. Supply Fee: \$30 payable to instructor. Instructor: Sue Wachter.

Oct 20, Nov 10, Nov 17 W 5:30pm – 8:00pm SWFT 108  
Code 30706 Course CS 102C \$60

## WEBINAR WORKSHOPS

- Business Block (10/18)
- Writer's Block (10/19)
- Internet Block (10/20)
- Money Block (10/21)

A detailed tutorial will be emailed to set up your free Zoom account, then the webinar login information and materials will be sent the day of class. Please provide an email address at time of registration.

**Instructor: LeeAnne Krusemark.** *LeeAnne is an author, speaker, business owner, Chamber of Commerce past president, and guest instructor at more than 200 colleges, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard.*

## BUSINESS BLOCK

### Make Money with a Virtual Assistant/Word Processing Business

*\*Participants should also attend "Explore 250 Legitimate Home-Based Business Ideas" immediately following to learn necessary legal aspects\**

If you can type, then you can make money at home using your computer. Discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money.

Oct 18 M 6:00pm – 7:00pm VIRT  
Class 30261 Course CS 186A2 \$25

## Explore 250 Legitimate Home-Based Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce past president and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!). If you really want to succeed in a home business, this step-by-step session is a must!

Oct 18 M 7:00pm – 9:00pm VIRT  
Class 30263 Course CS 186B2 \$35

## Earn Extra Money Mystery Shopping

*\*Must also attend "Explore 250 Legitimate Home-Based Business Ideas"\**

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for.

Oct 18 M 9:00pm – 10:00pm VIRT  
Class 30265 Course CS 186C2 \$25

## WRITER'S BLOCK

### Introduction to Screenwriting for Television or Movies

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each.

Oct 19 T 6:00pm – 7:00pm VIRT  
Class 30266 Course CS 176A2 \$25

## Beginners Guide to Getting Published

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must!

Oct 19 T 7:00pm – 9:00pm VIRT  
Class 30311 Course CS 176B2 \$35

## Explore 50 Different Self Publishing Options

*\*Must have attended "Beginners Guide to Getting Published"\**

Self-Publishing is all the rage, but is it the best option for YOU? And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options. You will leave with a rated description of 50 self-publishing companies.

Oct 19 T 9:00pm – 10:00pm VIRT  
Class 30312 Course CS 176C2 \$25

## INTERNET BLOCK

### Writing for Online Blogs, Magazines & Websites

You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- \$1 a word and more. In this fast-paced session, you will how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel.

Oct 20 W 6:00pm – 7:00pm VIRT  
Class 30313 Course CS 176D2 \$25

### Beginner's Guide to Starting a FREE Blog

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to: start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share expertise, and connect your domain/website. You will also learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking.

Oct 20 W 7:00pm – 9:00pm VIRT  
Class 30314 Course CS 176E2 \$35

## MONEY BLOCK

### Save Money with Extreme Couponing!

Learn how to save \$\$\$ everyday with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: where to find all types of coupons - even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands.

Oct 21 Th 4:00pm – 5:00pm VIRT  
Class 30361 Course CS 186D2 \$25

## Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your sites ranking and visibility on search engines like google.

<b>Oct 21</b>	<b>Th</b>	<b>5:00pm – 6:00pm</b>	<b>VIRT</b>
Class 30362	Course	CS 186E2	\$25

## Meet the Publisher/Agent – Get Your Manuscript Critiqued

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online professor at Harvard.

<b>Oct 21</b>	<b>Th</b>	<b>6:00pm – 7:00pm</b>	<b>VIRT</b>
Class 30315	Course	CS 176F2	\$25

## Using Amazon's Kindle Direct to Self-Publish your Book for FREE

Whether you're looking to publish paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio.

<b>Oct 21</b>	<b>Th</b>	<b>7:00pm – 8:00pm</b>	<b>VIRT</b>
Class 30363	Course	CS 186F2	\$25

## MUSIC

### Concert Choir

The Centralia College Choir is a vocal ensemble made up of soprano, alto, tenor, and bass voices and is open to all students and community members regardless of musical knowledge or background. You must be able to match a pitch as we move very rapidly. Literature will include high-level standard repertoire as well as contemporary favorites. There is one formal concert. Instructor: Vicki Tobin.

<b>Sep 23 – Dec 9</b>	<b>Th</b>	<b>6:30pm – 9:00pm</b>	<b>WAH 103</b>
Code 30103	Course	CS 164A4	\$25

### 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.

<b>Sep 21 – Dec 7</b>	<b>T</b>	<b>7:00pm – 9:00pm</b>	<b>WAH 152</b>
Code 30104	Course	CS 164B	\$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. Directed by Louie Blaser.

<b>Sep 22 – Dec 8</b>	<b>W</b>	<b>6:00pm – 8:30pm</b>	<b>WAH 152</b>
Code 30105	Course	CS 164C	\$60

# Underage Students

Students under the age of 16 must be accompanied to all scheduled Continuing & Community Education 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.



## 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](http://www.centralia.edu) for current class offerings or a course proposal form, or contact the Continuing Education office at (360) 623-8940 or [CTE@centralia.edu](mailto:CTE@centralia.edu).

# COMMUNITY EDUCATION AT CCEAST

Community Education and Adult Special Interest classes are designed for learning new skills and information in a non-credit, non-graded, relaxed setting.

REGISTRATION IS NOW OPEN

## Fitness & Health

### **Pilates/Core**

**16022 ASI 011 R 4:30-5:30pm Th MOR 10 Carrie Johnson**

An exercise class designed to teach breathing with movement, body mechanics, balance, coordination, spatial awareness, strength and flexibility. (Most exercises are done on mats on the floor.) Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 8 students. Class fee is \$25.

### **Better Bones & Balance**

**16025 ASI 015 R 9:30-10:30am TTh MOR 108 Gretchen Jones**

Oregon State University research has shown this exercise program can significantly slow the loss of bone density in adults of all ages as well as improve balance, flexibility, coordination, muscle tone, and overall body fitness. All fitness levels are welcome. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 8 students. Class fee is \$35.

### **Hatha Yoga**

**30753 CS 129R 4:30-5:30pm F MOR 108 Genny Greiter**

Explore Hatha Yoga fundamentals, including postures, breathing techniques, and mindfulness as we attempt to connect mind, body, and breath. No experience is necessary. Students should bring a yoga mat, yoga strap, 1 or 2 yoga blocks, and a beach towel or small blanket to this face-to-face class. The instructor, Genny Greiter, is a registered yoga instructor through Yoga Alliance. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 10 students. Class fee is \$75.

### **Mindfulness Practice**

**30749 CS 121R 5:30-6:15pm Th MOR 01 Carrie Johnson**

Mindfulness can be described as focusing on the present moment with acceptance and nonjudgement. Mindfulness practices are used to reduce stress and anxiety, improve sleep, reduce blood pressure, and improve focus. In this four-week workshop we will explore a variety of mindfulness techniques including body scans, breathing exercises, mindful eating, mindful walking, and more. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 10 students. Class fee is \$30.

## Computers & Technology

### **Computer Essentials for the Low-Tech User**

**30752 CS 151 R 1-2pm Th Christina Brischetto**

If you didn't grow up in the Digital Age using computers, learning tech skills can require time and patience. Spending one hour a week with an instructor who guides you through, step by step, can make all the difference. This introductory course will help students learn the basics of creating Word documents, online calendars, and organizing files. The course covers Google Docs, Drive, Calendar, and Gmail, using a combination of online resources and face-to-face instruction at Centralia College East. Students will be required to follow Centralia College's current COVID safety protocols. The class meets on Thursdays from 10/20 through 11/17. The class fee is \$75.

## Creative Arts



### **Zentangle: Shades of Gray & Blue**

**30754 CS 136 R2 10-11am T Virtual Penny Degener**

In this four-week class, Penny Degener, Certified Zentangle Teacher, will guide students as they learn and practice patterns that come together into unique and intricate mosaics. This class will teach basic Zentangle patterns using gray tiles and blue ink. Everyone is welcome, whether you are new to Zentangle or have been doing it for a while. The class will be taught virtually through the Zoom platform on the scheduled day and times. Lectures will be recorded and available for students who cannot attend all the classes. Zentangle kits may be purchased from the instructor and can be picked up at CCEast. Class meets Sept. 22, 29, Oct. 6, 13. Class fee is \$25.

### **Imaginative Play Workshop**

**R2 4-5pm Wednesdays Virtual Sara Moylan**

In this six-week workshop, parents or caregivers will learn best practices for guiding their young child or children (ages 4 to 8) into the world of the imagination through a process the instructor calls "Story Making." Encouraging imagination is the focus of this class, which will include learning how to create rituals for setting up imaginary play, guiding children through the process of creating characters and a plot, and acting out their story, often with creative movement and sound. The process culminates in a story that is the child's imaginative creation. The class is offered via Zoom on Wednesdays from 4-5pm. Class meets 9/22 through 10/27. Families can register as one student. Class fee is \$55.