

Community Education

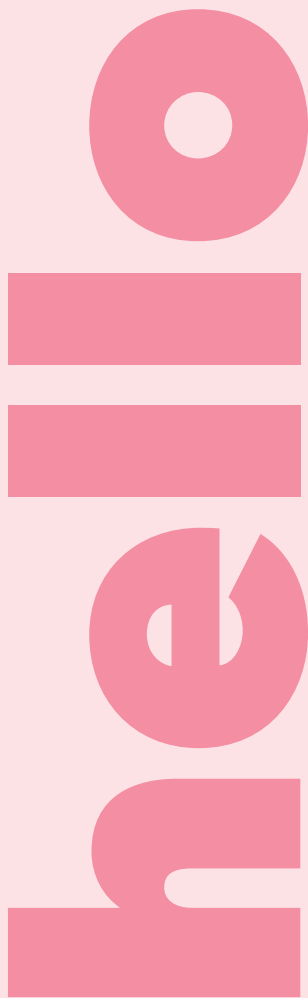


LEARN A LANGUAGE

Classes in conversational Mandarin, Spanish, Italian, and more! P.15
Intensive English Program for international students, au pairs, and residents. P.31



CREATING YOUR OWN PODCAST P.9
BEER AND CIDER TASTING FUNDAMENTALS P.12



DEAR COMMUNITY MEMBERS,

We are pleased to share with you our Fall 2016 offerings for Community Education. We hope you'll find a course (or two!) that meets your interests and join us at one or both of our campuses: Kentfield and Indian Valley, in Novato.

Community Education prides itself in offering a wide variety of courses taught by esteemed faculty members. With over 100 courses offered this fall, we celebrate the diverse experience and expertise of our instructors who include published authors, celebrated local artists, fitness experts, and a Knight Commander of the Order of Merit of the Republic of Italy!

We are grateful for our continued partnership with ESCOM (Emeritus Students College of Marin), serving our older adult population. ESCOM members have access to a wide range of benefits, including dozens of reduced fee classes each term. Our Haddie Scholarships are also available for older adults with financial need. We hope you'll consider becoming an ESCOM member and joining this vibrant community.

Please keep an eye out for our more responsive website. This enhanced site enables students to seek out and register for courses from their smartphone or other mobile device. Check us out at MarinCommunityEd.com.

As always, we strive to offer high quality courses and events that meet community needs. If you have an idea for a course or are interested in teaching a course, please feel free to be in touch. We'd love to hear from you at info@marincommunityed.com.

Carol P Hildebrand, Ed.M.

Director, Community Education, Lifelong Learning and International Education
College of Marin



Contents | Fall 2016

College of Marin Community Education

ONLINE REGISTRATION
MarinCommunityEd.com

**HOURS AND
CONTACT INFORMATION**
Mon-Thurs 9am-noon, 1-4pm
Fri 9am-Noon (Subject to change)
Phone: (415) 485-9305
Fax: 1 (415) 456-5065
Email: info@MarinCommunityEd.com
Facebook: facebook.com/
MarinCommunityEd

OFFICE LOCATIONS
Kentfield Campus
Student Services Building, Room 145
Kentfield, CA 94904

Indian Valley Campus
Building 7, Room 194
Novato, CA 94949

MAILING ADDRESS
835 College Avenue
Kentfield, CA 94904

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About

College of Marin Community Education offers a variety of short-term courses designed to meet the lifelong learning needs of the community. This fee-based program is developed for individuals who wish to explore their personal interests or enhance their careers. College credit is not given and there are no grades or tests. We are self-supporting; your fees pay for costs associated with our courses.

ESCOM Courses offer low-fee classes for older adults who wish to discover new interests, reconnect with lifetime passions, and find engaging interaction with like-minded individuals.

Refund Policy

We will gladly process your refund request if it is received in our office by 4pm, three (3) business days prior to the starting date of the class. Membership fees are not refundable. Submit your request and view details at MarinCommunityEd.com.



FOUR EASY WAYS TO REGISTER

1. Online: MarinCommunityEd.com

2. Phone: (415) 485-9305

3. Mail (Registration form p. 28)
Community Education
835 College Avenue
Kentfield, CA 94904

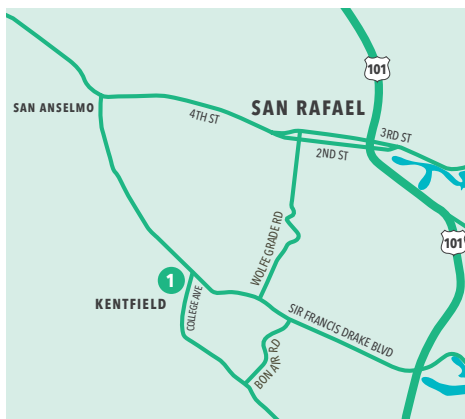
4. In Person
Kentfield Campus
Student Services Building, Room 145
Kentfield, CA 94904

Indian Valley Campus
Building 7, Room 194
Novato, CA 94949

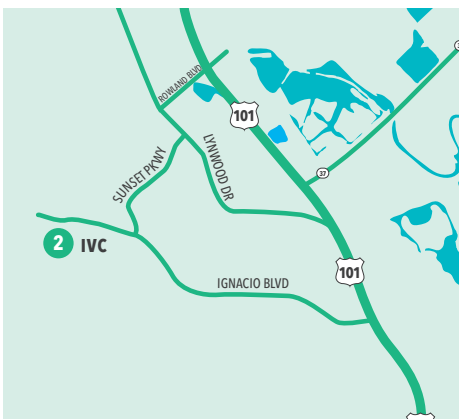
HOURS
Mon-Thurs 9am-Noon, 1pm-4pm
Fri 9am-Noon (Subject to change)

College Campuses

1 Kentfield Campus
835 College Ave
Kentfield, CA 94904



2 Indian Valley Campus
1800 Ignacio Blvd
Novato, CA 94949



Parking Information

Parking Permits are required all day Monday through Saturday. You may purchase a permit for the day for \$4 (subject to change) through Parking Permit dispensers located near the entrance to each lot. The semester parking sticker may be purchased for \$41 (subject to change) online at www.MarinCommunityEd.com. Proof of enrollment and valid identification required (only one permit per person).

Classes

How to read our class listings.

Knowing how to read our class schedule—and understanding the key terms you will find on it—will help you easily register online. Here are the key things you need to know.

Visit MarinCommunityEd.com to view the full class description.

Class title
ESCOM Courses
Featured class

Class description

Class ID, instructor, campus location, BLDG. room number

Days, times, dates

ESCOM member discounted fee, materials fee

NEW | EC The Flow of Watercolor: The Figure
Julie will give you the essentials for how to easily draw and paint nude figures. No knowledge of figure drawing or portraiture is required. As you view three live models, and refer to Julie's photos of nude models, learn how to make your drawings and paintings proportionally pleasing. See online schedule for details.
0051 | Cohn | **KTD** | FA 301
6 Wednesdays, 2:40-5:30pm | Sept 3-Oct 8
\$105 (MF \$24) | **ESCOM \$85 (MF\$24)**
*Course cost includes materials fee.

What our symbols mean

KTD = Kentfield Campus
IVC = Indian Valley Campus
OFF = Off Campus
AC = Academic Center
EC = Emeritus College

FA = Fine Arts Center
LRC = Learning Resources Center
MF = Materials Fee
PA = Performing Arts
PE = Physical Education Center

RM = Room
SF = Special Fee
SMN = Science Math Nursing
SS = Student Services Center
VS = Village Square

Art

Figure Painting

This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student's choice, while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos.

1194 | Bencich | **KTD** | FA 301
5 Saturdays 9:10am-1pm | Sept 10-Oct 8
1 Saturday 9:10am-5:30pm | Oct 15
\$243 (includes MF \$66)

1195 | Bencich | **KTD** | FA 301
5 Saturdays 9:10am-1pm | Nov 5 -Dec 10
1 Saturday 9:10am-5:30pm | Dec 17
(No class Nov 26)
\$243 (includes MF \$66)

Paint Classic Acrylic Landscapes With Bernard Healey

This acrylic course will focus on producing credible landscapes. Both beginners and advanced students are welcome. You will be shown by demonstration and in detail: How to paint clouds, water, skies, sunsets, trees, and hills by using your personal creativity to produce finished works on canvas. We will discuss composition, basic color theory, perspective, and values to paint compelling finished work with these "paint - along" demonstrations including a new and different subject at each session. Supportive critique will be provided by the instructor. Bring any acrylic art supplies that you have and a supply list for additional material will be furnished at the first session.

2376 | Healey | **KTD** | FA 301
5 Wednesdays 2:40-5:30pm | Sept 14-Oct 12
\$93 (includes MF \$1)

Drawing with Chalk Pastels

From sketches and dark and light studies to fully developed drawings/ paintings, explore the full range of chalk pastels. First time students will have a full introduction to the chalks, surfaces, and techniques. Continuing students will continue with expanded projects

emphasizing the expressive use of the medium. Bring pencil and paper and any pastels you have, and a good photo to work from. Materials cost, about \$90 to \$150. Materials will be discussed during the first class.

1196 | Lawrence | **KTD** | FA 215
6 Fridays 1:10-4pm | Sept 9-Oct 21
(No class Sept 16)
\$101

1197 | Lawrence | **KTD** | FA 215
5 Fridays 1:10-4pm | Nov 4-Dec 16
(No class Nov 11 & 25)
\$92

EC | Watercolor Basics and Beyond

An all levels class, however, beginners will receive the very basics. More advanced students are encouraged to work on their own projects, or, if desired, the instructor will provide specific assignments. How to 'control' the paint or let it 'flow,' color mixing, and composition will be covered. We will work from still lifes and landscapes. Come and paint in a very supportive atmosphere.

2195 | Meade | **OFF** | San Geronimo*
6 Fridays, 10:10am-1pm | Sept 9-Oct 14
\$117 (Includes FF \$16) | **ESCOM/ \$97 (MF \$16)**

*Course cost includes facility rental fee.
* 6350 Sir Francis Drake Blvd San Geronimo

2196 | Johnson | **KTD** | FA 215
7 Saturdays, 10:10am-1pm | Sept 10-Oct 22
\$113 | **ESCOM/ \$94**

2197 | Meade | **OFF** | San Geronimo*
5 Fridays, 10:10am-1pm | Nov 4-Dec 16
(No class Nov 11 & 25)
\$108 (Includes FF \$16) | **ESCOM/ \$88 (MF \$16)**

*Course cost includes facility rental fee.
* 6350 Sir Francis Drake Blvd San Geronimo

2198 | Johnson | **KTD** | FA 215
5 Saturdays, 10:10am-1pm | Nov 5-Dec 17
(No class Nov 26 & Dec 3)
\$92 | **ESCOM/ \$72**

NEW | EC The Flow of Watercolor: Beginning Portraiture

Learn step- by-step how to paint watercolor portraits, from capturing the ambience in the background to the flesh tones to the features and hair. Paint three or four portraits, starting with how to attain a likeness in your initial drawings. No watercolor experience is required,

though some is recommended. You will be working mostly from your own photos, and we will have a model for one of the six classes.

All levels and all styles are welcome.

2199 | Cohn | **KTD** | FA 301
6 Wednesdays 2:40-5:30pm | Sept 14- Oct 19
\$116 (MF \$15) | **ESCOM/GC \$96 (MF \$15)**
*Course cost includes materials fee.

NEW | **EC** The Flow of Watercolor: Intermediate Portraiture

You have experience painting people in watercolor though you want to paint with a looser style and bring more 'life' into your portraits. This class will help you to still attain a likeness while also creating the feeling of mystery and complex emotions. We will include hands in at least one of the portraits and paint dark and light shapes in backgrounds with an abstract or representational approach. All levels and all styles are welcome. You will be working mostly from your own photos, and we will have a model for two of the six classes.

2206 | Cohn | **KTD** | FA 301
6 Wednesdays 2:40-5:30pm | Nov 9-Dec 14
\$116 (MF \$15) | **ESCOM/ \$96 (MF \$15)**
*Course cost includes materials fee.

NEW | Mixed Media Art Books

This class will introduce you to the inspiring and creative world of handmade art books. Using mixed media such as altered papers, photos, collage, metal, and fabric, you will discover how to create unique art books and journals. We will cover how to combine monoprinting, stitching, photo-transfer, free-form calligraphy, and a variety of binding techniques to create a different type of book each week. A materials fee will cover supplies for the first class. Students will purchase additional materials as needed.

2200 | Jucker | **KTD** | FA 215
6 Tuesdays 7:10-9:30pm | Sept 13-Oct 18
\$122 (Includes MF \$30)

2201 | Jucker | **KTD** | FA 215
6 Tuesdays 7:10-9:30pm | Nov 1-Dec 6
\$122 (Includes MF \$30)

NEW | Draw Your Dog-Paint Your Pooch

Draw or paint your canine best friend. Express your love while learning valuable drawing and painting skills. You will learn how to capture expression and character, how to check and measure proportions, and how to get accurate shapes. Lectures and demos will include topics such as the creation of form through light and shadow and basic color theory as well as mixture and application of paint. We will also discuss pencil and charcoal techniques.

2207 | Belenky | IVC| Bldg 13 Rm 120
7 Thursdays 1-4pm| Sept 8-Oct 20
\$113

Basics of Graphite Drawing

Learn the basics of drawing objects and form, and create a sense of depth through the use of pencils. Students will learn how to simplify forms in order to create complex shapes, how to draw in one point and two point perspective. Basic drawing skills will help develop every aspect of your creative artistry, whether it is pastels, painting, or just playing. Art materials may cost about \$75.

2372| George | OFF | Artist's Studio*
6 Tuesdays 6-9pm | Sept 13-Oct 4
\$116
*122 Paul Drive, Unit B1, San Rafael

2373 | George | OFF | Artist's Studio*
6Thursdays 6-9pm | Nov 10-Dec 8
(No class Nov 24)
\$116
*122 Paul Drive, Unit B1, San Rafael

A New Approach to Acrylic Paint

In this course you will learn the versatility of painting with acrylics, acrylic mediums and adding additives into your paint. Each individual will produce three paintings using three painting methods. The purpose of this course is to learn the flexibility and diversity of acrylics. You will learn to paint in impasto, paint with glazes, and paint in a more opaque manner. Art materials may cost about \$130.

2374 | George | OFF | Artist's Studio*
6 Thursdays 6-9pm | Sept 15-Oct 20
\$116
*122 Paul Drive, Unit B1, San Rafael

2375 | George | OFF | Artist's Studio*
6 Tuesdays 6-9pm | Nov 8-Dec 13
\$116
*122 Paul Drive, Unit B1, San Rafael

Jewelry and Metalsmithing

The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student's personal design ideas.

BEGINNERS/BEGINNERS PLUS

2208 | Castillo | **KTD** | FA 123
7 Tuesdays 7:10-10pm | Sept 6-Oct 18
\$138 (includes MF \$25)

INTERMEDIATE/ADVANCED

2210 | D'Agostino | **KTD** | FA 123
7 Wednesdays 9:10am-4pm | Sept 7-Oct 19
\$248 (includes MF \$25)

BEGINNERS/BEGINNERS PLUS

2209 | Castillo | **KTD** | FA 123
7 Tuesdays 7:10-10pm | Nov 1-Dec 13
\$138 (includes MF \$25)

INTERMEDIATE/ADVANCED

2211 | D'Agostino | **KTD** | FA 123
7 Wednesdays 9:10am-4pm | Nov 2-Dec 14
\$248 (includes MF \$25)

Get Ready to Paint: Beginners Really Welcome!

landscape or still life class with confidence. Wear comfortable painting clothes and bring your lunch and art supplies. Contact the instructor at m@maryvalente.com for the supply list or visit www.maryvalente.com.

2212 | Valente | **KTD** | FA 312
Saturday | 10:10am-3pm | Sept 10
\$54

Artistically Yours

When you think of Picasso, Diebenkorn or Brown, it's not their traditional work that comes to mind but rather those paintings created once they found their unique style. While there are many skills and techniques to learn when you begin to paint (composition, value, line etc.) it is also important (and fun!) to look for inner inspiration, to tap into your creativity and find your own voice.

You will complete an original work without the aid of set up subject or photographs.
All levels welcome.

2213 | Valente | **KTD** | FA 312
Saturday | 10:10am-3pm | Oct 1
\$54

Spontaneous Painting: Watercolor & Fluid Acrylic Wet-into-Wet

Discover the nature of these poetic and spontaneous mediums, and learn how to handle them. Enhance your current painting techniques or start from the get-go with beautiful atmospheric and textural effects. Color mixing and saturation, rhythmic composition, and intuitive resolution will be emphasized. Freedom of expression is encouraged. Abstract, representational, or combined approaches and all levels of skill are welcome. Bring a playful spirit and watercolor supplies to first class. Suggested materials list will be emailed to you by the instructor.

2214 | Duchamp | **KTD** | FA 312
6 Fridays 1:10-4pm | Sept 16-Oct 21
\$101

2215 | Duchamp | **KTD** | FA 312
6 Fridays 1:10-4pm | Oct 28-Dec 16
(No class Nov 11 & 25)
\$101

NOTE: Please visit www.MarinCommunityEd.com to view full course description and art supplies information.

Business/Career Development

Find the Right Fit: Career Choices For Who You Are Today

Don't wait any longer to find a career that is more rewarding. Whether you are considering changing careers or returning to the job market after an absence, this course is designed to help you find the right fit. You will identify the skills you prefer to use and match them to resume descriptions and potential career paths. Using the Myers Briggs Type Indicator,

you will clarify ideal work styles and environments.

2225 | Tenison-Scott | **KTD** | SMN 217
4 Wednesdays 6:10-9pm | Sept 28-Oct 19
\$94 (Includes SF \$15)

Computer

NEW | Creating Your Own Podcast: Part 1

Become acquainted with the technical aspects of posting a podcast on the internet. Technical aspects will include audio and video theory and editing, hardware (microphones and digital interfaces), software (audio and digital editing software, and xml writers), and internet tools (internet hosts and websites). While part one of the course focuses on technical aspects, there will be a short introduction and some discussion about creation of podcast audio and video content. Part 2 of the course will focus primarily on content production, with a short refresher on technical aspects.

Each student will provide their own computer. A list of suggested software and hardware will be provided. An additional cost (minimum \$50) for the course will depend on the following: internet server account, equipment, and software chosen by the student.

2233 | Wright | **KTD** | SMN 225
6 Wednesdays 7-9pm | Sept 7-Oct 12
\$83

NEW | Creating Your Own Podcast, Part 2: Content Creation

Completion of Creating Your Own Podcast: Part 1 is required to participate in this course. In Part 2, students will learn about podcast concept, audiences, podcast types, interview skills, storytelling, and narrative arc development. A review of technical information from part one will include audio and video theory and editing, hardware, software and internet tools.

Each student will provide their own computer. A list of suggested software and hardware will be provided. An additional

cost (minimum \$50) for the course will depend on the following: internet server account, equipment, and software chosen by the student.

2234 | Wright | **KTD** | SMN 225
6 Wednesdays 7-9pm | Nov 2-Dec 7
\$83

Cultural and Ethnic Studies

California Indian Studies Certificate Program

The California Indian Studies Certificate Program was developed by College of Marin in collaboration with the Miwok Archeological Preserve of Marin (MAPOM) and the Point Reyes National Seashore.

Our goal is to promote understanding of the culture of California Native peoples, their skills and their environmental wisdom. All classes listed below are open to the public. You are welcome to enroll in just one or any number of the classes scheduled below. **If you wish to obtain a Certificate of Completion, it is necessary to take two core classes and four of the elective classes.** To find out more information about the certificate program, please call (415) 485-9305.

Basketweaving with Julia and Lucy Parker

In this class, with nationally renowned basket weavers Julia Parker (Coast Miwok/ Pomo) and Lucy Parker (Coast Miwok/ Pomo/Paiute), participants create their own traditional California basket from materials gathered with reverence and thanksgiving. Lucy and Julia offer instruction in the art and craft of creating a basket, but on a more informal level, they'll share understanding of the wisdom and practices gathered from generations of California Indian cultural experience. Materials for the class will be provided.

2222 | Parker | **OFF** | Point Reyes*
Saturday 10am-4pm | Sept 17
Sunday 10am-2pm | Sept 18
\$249 (includes MF \$66)

*Kule Loklo, Pt. Reyes National Seashore

Marin Chinese Cultural Association

Educational Programs

College of Marin's Department of Community Education, Lifelong Learning, and International Education is pleased to join with the Marin Chinese Cultural Association (MCCA) in presenting courses that promote awareness and understanding of Chinese American culture and history.

Beginning Conversational Mandarin Chinese

This course is designed to teach the basic skills of listening comprehension, speaking, reading, and writing in Mandarin Chinese to students with no prior background in the Chinese language.

2235 | Peng | **KTD** | PE 91
7 Tuesdays 6:40-8:30pm | Sept 6-Oct 18
\$91

2236 | Peng | **KTD** | PE 91
7 Tuesdays 6:40-8:30pm | Nov 1-Dec 13
\$91

NEW | Intermediate: Conversational Mandarin Chinese

This course is designed to teach an intermediate level of listening and speaking in Mandarin Chinese. Students will expand their vocabulary and develop the ability to engage in conversations that focus on basic personal information, some daily activities, personal preferences, and shopping. Students will continue to practice basic sentences and develop oral fluency in conversation.

2237 | Peng | **KTD** | PE 91
7 Wednesdays 6:40-8:30pm | Sept 7-Oct 19
\$91

2238 | Peng | **KTD** | PE 91
7 Wednesdays 6:40-8:30pm | Nov 2-Dec 14
\$91

FREE | MCCA Advanced Mandarin Chinese

Prerequisite: Successful completion of Beginning and Intermediate Conversational Mandarin, offered by College of Marin Community Education.

To register or for more information, call Emily Peng at 415.342.5224 or email misspeng.emily@gmail.com. Meeting time: Every Monday, 5:15-7:15pm Location: Indian Valley Campus 1800 Ignacio lvd. Novato, CA 94949

NOTE: This free class is sponsored and offered by the MARIN CHINESE CULTURAL ASSOCIATION.

Dance

Traditional Hawai'ian Dance

This course offers an introduction to classic choreography in 2 styles of Hawai'ian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will explore the effect of pre-missionary era Hawai'ian history and culture on social protocols, and their relationships to the Hula.

2239 | Saunders | **KTD** | PE 22
7 Thursdays 7-8:30pm | Sept 8-Oct 20
\$89 (includes SF \$9)

2240 | Saunders | **KTD** | PE 22
6 Thursdays 7-8:30pm | Nov 3-Dec 15
(No class Nov 24)
\$83 (includes SF \$9)

EC | International Folk Dance

Come learn dances from all over the world including Serbia, Turkey, Romania, Armenia, Bulgaria, Russia, Greece, and Israel. You will be introduced to basic international dance movement vocabulary, dance formats, rhythms, and cultures. The dances are fun, danced to a wonderful assortment of world music, and are a great way to stay mentally and physically fit. The class is open to both novice dancers and those with more experience; no partner is required.

2223 | Friedman | **KTD** | PE 22
6 Wednesdays 2:10-3:30pm | Sept 7-Oct 19
(No class Oct 12)
\$74 | **ESCOM/ \$54**

2224 | Friedman | **KTD** | PE 22
6 Wednesdays 2:10-3:30pm | Nov 2-Dec 7
\$74 | **ESCOM/ \$54**

Drama/Stage and Screen

Introduction to Voice Acting

This is a chance to have time on the mic with a critique from Terry McGovern, as well as to learn everything you've ever wanted to know about the business and marketing of voice acting. This experiential and informational workshop includes a guest speaker from the industry. Scripts provided! There will be a one-hour lunch break..

2377 | McGovern | **KTD** | AC 237
2 Saturdays 10am-5pm | Sept 10 & 17
\$99 (includes MF \$2)

Film Music

EC | Film Music History: The Art of the Film Score

This course surveys the history of music in film, from its beginning up to the present day. Topics include Music for Silent Films; The Symphonic Film Score; the Golden Age of Hollywood Film Music; Functions of Film Music; the impact of technology and social issues on the film score; and much more!

2241 | Bauman | **KTD** | LC 53
7 Wednesdays 6:10-8:30pm | Sept 7-Oct 19
\$103 | **ESCOM/ \$83**

2242 | Bauman | **KTD** | LC 53
7 Wednesdays 6:10-8:30pm | Nov 2-Dec 14
\$103 | **ESCOM/ \$83**

Financial Planning

EC | Increase Your Home Value with a Junior Unit

Your home is your biggest investment, and it should be working for you. Come learn how the creation of a legal second unit can benefit you and your community. Topics will include types of units, zoning and legal requirements, financing, and a

new, simpler permitting process to turn a bedroom into a "junior" second unit.

2273 | Ginis | **KTD** | PE 91
2 Thursdays 2:10-4pm | Oct 13 & 20
\$53 | **ESCOM/ \$35**

Wi\$e Up: Financial Education for Women

This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence, and create a road map to reach your financial goals. Each week, students will review information to build a foundation in the following: money, credit, debt, savings, insurance, investments, and financial security.

2274 | Abe | **KTD** | AC 249
4 Thursdays 6:15-8:15pm | Sept 29-Oct 20
\$73 (includes MF \$8)

Reverse Mortgage 101

Are you a homeowner who would like to utilize the equity in your home without having a required monthly repayment? Then the HECM FHA-government insured loan may be the answer. We will discuss pros and cons, eligible properties and candidates, options for receiving your money and more about reverse mortgages. This class will be of importance if you are a senior homeowner, have elderly parents, or are a Financial Planner/CPA preparing a retirement plan for a client. This course is informational and educational only. No sales products will be presented.

2226 | Schwartz | **IVC** | Bldg 27 Rm 118
Saturday 12:30-4:30pm | Nov 12
\$53

Life and Retirement Planning Today

The course is designed to teach you how to build wealth and align your money with your values to accomplish your goals in life. Whether you plan to retire in 20 years or have just recently retired, the information you learn in this class can deliver rewards throughout your lifetime.

Spouses can attend at no additional cost. Please come to the first class 15 minutes early to register.

2227 | Hall & Hountis | **IVC** | Bldg 5 Rm 188
2 Wednesdays 6-9pm | Oct 12 & 19
2 Saturdays 9am-noon | Oct 15 & 22
\$52 (includes MF \$25)

2228 | Hall | **KT**D | VS 11
2 Tuesdays 6-9pm | Oct 25 & Nov 1
2 Saturdays 9am-noon | Oct 29- & Nov 5
\$52 (includes MF \$25)

Food and Wine

Wine Tasting Fundamentals

We live in wine country, and you may have tried wine, but have you ever wondered about the aromas and flavors in your wine glass? This class will cover the basics of the process of wine making and wine tasting. We will explore different types of wines, where they come from, "wine talk" and what it really means, and some basics of food and wine pairing. Students should bring 2-3 glasses to each class, and must be at least 21 years old.

2371 | Sandri | **IVC** | Bldg 13 Rm 226
2 Thursdays 6:30-9pm | Sept 15 & 22
\$86 (includes MF \$13)

2370 | Sandri | **KT**D | SS 111
1 Saturday 9am-3pm | Nov 5
\$86 (includes MF \$13)

Home Winemaking Basics

Making wine at home is a wonderful avocation, but many people do not know where to start or what they might need to be successful. This class will explore the basics of making wine at home, from chemistry to types of wines to common problems and sanitation issues for the home winemaker. Students should bring 2-3 glasses to each class. Students must be at least 21 years old.

2369 | Sandri | **KT**D | SS 111
1 Saturday 10am-12:30pm | Sept 10
\$53 (includes MF \$3)

White Wines of the World

From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes.

2366 | Sandri | **IVC** | Bldg 13 Rm 226
2 Tuesdays 6:30-9pm | Nov 1 & 8
\$88 (includes MF \$15)

Red Wines of the World

With their varying hues and bodies, red wine brings hundreds of subtle flavors and nuances. Discover the different red wine varieties, their characteristics and tastes.

2367 | Sandri | **IVC** | Bldg 13 Rm 226
2 Tuesdays 6:30-9pm | Nov 15 & 22
\$88 (includes MF \$15)

Beer and Cider Tasting Fundamentals

While beer and cider have been around for thousands of years, and have seen a resurgence in popularity recently, can you identify what you are tasting? This class will cover the history of these beverages, basics of production and how to taste them effectively. It will also cover different styles of beer and cider, as well as the basics of pairing with food. **Students should bring 2-3 glasses to each class, and must be at least 21 years old.**

2368 | Sandri | **KT**D | SS 111
1 Saturday 9am-3pm | Oct 8
\$90 (includes MF \$15)

Geography

EC | Regional Geography: North America

Our study integrates essential physical and cultural elements of the US, Canadian and Mexican subregions of North American Regional Geography. It is enhanced by a variety of basic maps, thematic maps and slides, and printed excerpts from the instructor's text, *World Regional Geography for the Travel Industry*. Students will achieve greater appreciation of the magnificent landscape we share. Recommended Text: The Nystrom World Atlas, under \$15 at the bookstore, Herff Jones Inc., ISBN 978-0-7825-1076-8.

2299 | Pometta | **KT**D | VS 11
7 Tuesdays 6:10-8:30pm | Sept 6-Oct 18
\$103 (MF \$2) | **ESCOM/ \$83 (MF \$2)**
*Course cost includes materials fee.

Health Sciences

Activity Coordinator State Approved Training

Have you ever thought about a career working with older adults and frail elders? This is your opportunity to get started. Become approved by California's Department of Public Health and Social Services to become a qualified Activity Coordinator.

Activity Coordinators work in assisted living, adult day health, convalescent, day programs, and retirement communities. You will assess individual client leisure needs and design person-centered meaningful activity programs. Some of the class topics covered are: theories on aging, resident rights, common medical disorders, leadership and group dynamics, diversity in programs, cognition and dementia, rehabilitation, behavioral interventions, safe exercise programs, documentation, regulations, and much more. The course is taught by a Certified Recreational Therapist, Social Service Consultant, and Licensed Occupational Therapist. This is one of the few training courses approved in Northern California.

No prerequisites. Call 415.265.4703 for more information or email betsybest@comcast.net. Required text: Long Term Care 6th edition, and syllabus (ISBN: 1882883896), by Elizabeth Best Martini, Mary Anne Weeks, and Priscilla Worth, are available in the Kentfield Campus Bookstore.

2243 | Best-Martini | **KTD** | VS 7 & SMN 229
14 Tue & 15 Thu 4:10-7pm | Sept 6-Dec 15
(No class Nov 24)
\$299

History

EC | History of France and the French People

Few modern countries possess such a multifaceted history as France. Its distinctive character has been a key feature of the successive stages of

European history during the past millenniums

The class will start with the Gauls – main ancestors of the French people – and will continue by discussing the Roman occupation during Antiquity; France in the Middle Ages, and all the way through Modern Age into present days France.

Bringing together political, religious, social, romantic and cultural developments, this course provides an insightful overview of the country's history as it moved from a dominant position within Europe – with an Empire stretching across the continents – to one in which it was invaded and occupied by its largest neighbor. Lectures and Power Point presentations will be included.

2244 | Harkins | **KTD** | AC 101
8 Mondays 2:10-4pm | Sept 12-Oct 31
\$98 (MF \$1) | **ESCOM/GC \$78 (MF \$1)**
*Course cost includes materials fee.

EC | The Golden Age of the Abbeys - A Medieval Utopia - Their Role in History and Evolution

The Golden Age of Abbeys was the outcome of Gregorian reform when the Church took control of society in the 11th century. Abbeys, exported from Egypt to Europe, became important intellectual, spiritual centers. Monks monopolized "writing". Without them Latin culture would have disappeared. During the Carolingian Dynasty between the 9th and 10th centuries a large number of monasteries appeared in France. The King became their founder, financing and protecting them. Monasteries became refuges for culture. In the 11th century history witnessed the founding of rival monasteries such as Clairvaux, Cluny and Citeaux....

During this course we shall discuss the historical development and role of the most important monasteries in politics and culture along with the lives of their disciples, founders and protectors.

2245 | Harkins | **KTD** | AC 101
7 Mondays 2:10-4pm | Nov 7-Dec 19
\$92 (MF \$1) | **ESCOM/ \$72 (MF \$1)**
*Course cost includes materials fee.

Home and Garden

The Daily Vase

Aside from special occasions, it's nice to have simple flowers for every day; small little compositions for many rooms. A simple composition is as rewarding and challenging as a complex one. Many household items make fun containers. We'll make a number of 3-5 stem arrangements in several small containers. Students must bring containers and sturdy pruners. Instructor will give ideas for containers and provide the flowers.

2275 | Nardo | **KTD** | FA 312
Saturday 10am-noon | Oct 22
\$89 (includes MF \$28)

Holiday Wreath

Join me to create some beautiful and welcoming decorations. We'll embellish store bought wreaths, I'll demonstrate how to make a garland and swag. Students bring: An evergreen wreath (or order one from me), pruners capable of cutting evergreens, a pair of garden gloves. I will bring: cones, berries, ribbon, wire and other great embellishments. Contact maryannardo@sbcglobal.net.

2276 | Nardo | **KTD** | FA 312
Saturday 10am-noon | Dec 10
\$89 (includes MF \$28)

Literature/ Humanities

EC | She Came to Stay by Simone de Beauvoir

The French writer and philosopher Simone de Beauvoir occupies, deservedly, a central place in the history of feminism. Her works, that include novels, essays on existential philosophy, a 4 volume autobiography and a study of old age, demonstrate her wide scope for intellectual capacity.

Join us in discussing and analyzing "She Came to Stay" Beauvoir's first novel that brought her much recognition. Published in 1943, "She Came to Stay",

set in Paris fictionalizes events on the eve of World War II and was written as an act of revenge against the woman who nearly destroyed Beauvoir's legendary relationship with Jean-Paul Sartre. The book is one of the most extraordinary and powerful pieces of fictional autobiography of the 20th century.

2262 | Harkins | **KTD** | AC 102
7 Wednesdays 2:10-4pm | Sept 7-Oct 19
\$92 (MF \$1) | **ESCOM/GC \$72 (MF \$1)**
*Course cost includes materials fee.

EC | The Plague by Albert Camus

Join us in discussing and analyzing *The Plague*, a novel by Noble Prize winner Albert Camus, released in 1947. It was immediately a great success.

- In the 1940s, the city of Oran, Algeria, suffered a plague that cut it from the rest of the world.
- Albert Camus created an experimental situation examining what happens to men in time of crisis.
- The narrative describes the city throughout the seasons, the weather, daily activities, various districts, the sea.

Similar to the Existentialists, Camus asserted that there is no rational meaning in human existence. However, he suggests that within every human being there is an innate capacity for good. The Plague is in part a historical allegory in which the plague signifies the German occupation of France from 1940 to 1944.

2263 | Harkins | **KTD** | AC 102
7 Wednesdays 2:10-4pm | Nov 2-Dec 14
\$92 (MF \$1) | **ESCOM/ \$72 (MF \$1)**
*Course cost includes materials fee.

EC | Writer's View of the World

Is it a novel? A collection of short stories? The lines separating the two genres have grown increasingly blurred in recent years as a new hybrid form seems to be emerging. This quarter we will consider four stunning samples of this mutation, the first a classic, in which celebrated Southern writer, Eudora Welty explored its possibilities in the 1949 *The Golden Apples*. Then, we will turn our gaze to three contemporaries: Pulitzer prize winners *Olive Kitteridge*, by Elizabeth Stroud; *A Visit from the Goon Squad*, by Jennifer Egan; and

Languages

Community Education languages courses teach conversation skills, emphasizing the ability to engage in everyday conversation and to handle typical situations. Each successive quarter continues to develop your ability to converse in the language. If you are unsure of your placement, call the Community Ed office at 415.485.9305, press 4 to reach a staff person and ask to have the instructor call you. Visit www.MarinCommunityEd.com to view course descriptions and recommended textbooks.

Program Timeline

FIRST YEAR LEVEL A	QTR 1	QTR 2	QTR 3	QTR 4
SECOND YEAR LEVEL B	QTR 5	QTR 6	QTR 7	QTR 8

A = BEGINNER, B = INTERMEDIATE, A/B = BEGINNER/INTERMEDIATE

Course Listings and Schedule

CLASS ID	COURSE TITLE	LEVEL	DATES	SESSIONS	TIME	DAY	ROOM	FEE	INSTRUCTOR
2246	CONVERSATIONAL FRENCH	A1	9/12-10/17	6	6:40-8:30PM	M	AC 247	\$85	LEBAS
2247	CONVERSATIONAL FRENCH	A2	10/31-12/12	7	6:40-8:30PM	M	AC 247	\$91	LEBAS
2248	CONVERSATIONAL FRENCH	B1	9/7-10/19	7	6:40-8:30PM	W	VS 7	\$91	LEBAS
2249	CONVERSATIONAL FRENCH	B2	11/2-12/14	7	6:40-8:30PM	W	VS 7	\$91	LEBAS
2250	CONVERSATIONAL ITALIAN	A1	9/7-10/19	7	7:10-9PM	W	AC 239	\$91	CANTARUTTI
2251	CONVERSATIONAL ITALIAN	A2	11/2-12/14	7	7:10-9PM	W	AC 239	\$91	CANTARUTTI
2252	CONVERSATIONAL ITALIAN	B	9/8-10/20	7	7:10-9PM	TH	AC 247	\$91	CANTARUTTI
2253	CONVERSATIONAL ITALIAN	B	11/3-12/15*	6	7:10-9PM	TH	AC 247	\$85	CANTARUTTI
2294	CONVERSATIONAL ITALIAN	B	9/6-10/18	7	2:10-4PM	T	VS 3	\$93*	SALOMONE-SMITH
2295	CONVERSATIONAL ITALIAN	B	11/1-12/13	7	2:10-4PM	T	VS 3	\$93*	SALOMONE-SMITH
2254	CONVERSATIONAL GERMAN	A1	9/8-10/20	7	6:40-8:30PM	TH	VS 11	\$92	EMAMI
2255	CONVERSATIONAL GERMAN	A2	11/3-12/15*	6	6:40-8:30PM	TH	VS 11	\$85	EMAMI
2256	CONVERSATIONAL SPANISH	A1	9/6-10/18	7	2:10-4PM	T	VS 7	\$91*	HAIN
2257	CONVERSATIONAL SPANISH	A2	11/1-12/13	7	2:10-4PM	T	VS 7	\$91*	HAIN
2231	CONVERSATIONAL SPANISH	A	9/8-10/20	7	7:10-9PM	TH	AC 236	\$91	MCINNES
2232	CONVERSATIONAL SPANISH	A	11/3-12/15*	6	7:10-9PM	TH	AC 236	\$85	MCINNES
2258	CONVERSATIONAL SPANISH	B1	9/9-10/21	7	2:10-4PM	F	AC 102	\$92*	DIBENEDETTO
2259	CONVERSATIONAL SPANISH	B2	10/28-12/16*	6	2:10-4PM	F	AC 102	\$86*	DIBENEDETTO
2235	CONVERSATIONAL MANDARIN	A	9/6-10/18	7	6:40-8:30PM	T	PE 91	\$91	PENG
2236	CONVERSATIONAL MANDARIN	A	11/1-12/13	7	6:40-8:30PM	T	PE 91	\$91	PENG
2237	CONVERSATIONAL MANDARIN	B	9/7-10/19	7	6:40-8:30PM	W	PE 91	\$91	PENG
2238	CONVERSATIONAL MANDARIN	B	11/2-12/14	7	6:40-8:30PM	W	PE 91	\$91	PENG
2260	BEGINNING LATIN	A	9/7-10/19	7	6-8 PM	W	PE 92	\$91	STOCKER
2261	BEGINNING LATIN-CONTINUED	A	11/2-12/14*	6	6-8 PM	W	PE 92	\$85	STOCKER

TEXTBOOKS: WHEN THE PURCHASE OF A TEXTBOOK IS RECOMMENDED, THAT TEXT WILL BE USED FOR THE ENTIRE SERIES. COSTS OF TEXTBOOKS VARY. *ESCOM MEMBERSHIP DISCOUNTS APPLY. SKIP DATES APPLY. VISIT WWW.MARINCOMMUNITYED.COM FOR MORE DETAILS.

the recently released *The Czar of Love and Techno* by Anthony Marra, hailed by one critic as a reminder of “the emotionally transformative power of fiction.” In each, we will pay special attention to the ways in which the choice of form serves to enhance the writer’s vision.

2267 | Kudler | **KTD** | AC 255
6 Thursdays 1:10-3pm | Nov 3-Dec 15
(No class Nov 24)
\$85 | **ESCOM/ \$65**

NEW | **EC** The Grapes of Wrath, The Great Gatsby and Babbitt

In this course we will study three outstanding American naturalistic sociological novels of the twenties and thirties, John Steinbeck’s *The Grapes of Wrath*, F. Scott Fitzgerald’s *The Great Gatsby* and Sinclair Lewis’ *Babbitt*. In these novels three classic American authors will describe from their own very different points of view problems they see in the America of their period.

2264 | Wallace | **KTD** | LC 53
7 Tuesdays 1:10-3pm | Sept 6-Oct 18
\$94 (MF\$3) | **ESCOM/ \$74 (MF\$3)**
*Course cost includes materials fee.

NEW | **EC** Buddhist Narratives: Telling the Story in Murals, Sculpture and Dance

Buddhism in Asia has a long and lively tradition of storytelling. Stories were used to convey Buddhist principles, morals, ethics and history. Stories were an important way of conveying religious principles to a population that, for the most part, did not read. In this class we will review some of Asia’s Buddhist art from the perspective of popular narratives and their role in imparting Buddhist philosophy. We will review some of the stories of the past lives of the person who became Buddha and the qualities he demonstrated in these lives. We will also look at the stories of enlightenment in everyday life far from the austere surroundings of monastic life. These are stories of the Mahasiddhas, masters of crazy wisdom traditions. **The class will include a visit to the SF Asian Art Museum on October 21, 2016 for a look at narrative expressed in art.**

2265 | Roe | **KTD** | PE 91
6 Tuesdays 12:10-2pm | Sept 6-Oct 11
1 Friday 12:10-2pm | Oct 21 museum visit
\$91 | **ESCOM/ \$71**

NEW | **EC** Buddhism in the Cinema

Buddhism, one of the fastest growing spiritual traditions, is well represented in main stream cinema. This course presents six feature length films which directly or indirectly showcase Buddhist values such as compassion and respect for the independent web of connectivity of our world. Many of the films have outstanding ratings but are rarely seen and not easily available. Each class will feature a film as well as time for group discussion.

2266 | Roe | **KTD** | PE 91
6 Tuesdays 12:10-2pm | Nov 8-Dec 13
\$85 | **ESCOM/ \$65**

Marin Adventures

Fly Fishing 101

Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to “read the waters” to find fish and select the appropriate flies and strategies.

2296 | Lack | **KTD** | VS 7
4 Thursdays 7:10-9pm | Sept 15-Oct 20
1 Saturday 8-10am | Sept 17*
2 Saturdays 8am-noon | Sept 24 & Oct 22**
(No class Sept 22 & Oct 6)
\$194 (includes MF \$6)
*Civic Center Lagoon **Field Trips

EC | Bird-Watching in Marin: A Field Exploration

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. Instructor will send itineraries on the first day of class.

2219 | Hug | **KTD** | LC 53
1 Tuesday 9:10am-1pm | Sept 13
4 Tuesdays 8:30am-12:30pm | Sept 20-Oct 11*
\$112 | **ESCOM/ \$105**
*Field Trips

2220 | Hug | **KTD** | SSS 111
1 Wednesday 9:10am-1pm | Sept 14
4 Wednesdays 8:30am-12:30pm | Sept 21-Oct 12*

\$112 | **ESCOM/ \$105**

*Field Trips

2221 | Hug | **KTD** | LC 53

1 Tuesday 9:10am-1pm | Nov 1

4 Tuesdays 8:30am-12:30pm | Nov 8-29*

\$112 | **ESCOM/ \$105**

*Field Trips

EC | Meandering in Marin

If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. The instructor will send field trip itineraries to enrolled students before the first class.

2268 | Dreskin | **OFF** | TBA

7 Mondays 9:45am-1:45pm | Sept 12-Oct 24

\$142 | **ESCOM/ \$120**

2269 | Dreskin | **OFF** | TBA

7 Tuesdays 9:45am-1:45pm | Sept 6-Oct 18

\$142 | **ESCOM/ \$ 120**

2270 | Dreskin | **OFF** | TBA

7 Mondays 9:45am-1:45pm | Oct 31-Dec 12

\$142 | **ESCOM/ \$120**

2271 | Dreskin | **OFF** | TBA

7 Tuesdays 9:45am-1:45pm | Nov 1-Dec 13

\$142 | **ESCOM/ \$120**

Hiking Marin Trails

Explore some of the many open spaces in our county on these four- to six-mile hikes. Along the way, we discuss plants, birds, insects, and whatever else may catch our eyes. This is not a beginning course. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain. The instructor will send field trip itineraries to enrolled students before the first class.

2272 | Barnett | **OFF** | TBA

5 Saturdays 10am-2pm | Sept 10-Oct 15

1 Saturday 10am-4pm | Oct 22

(No class Oct 8)

\$118

2293 | Barnett | **OFF** | TBA

5 Saturdays 10am-2pm | Nov 5-Dec 10

1 Saturday 10am-4pm | Dec 17

(No class Nov 26)

\$118

NOTE: Many Marin Adventures courses are conducted in the field; students provide their own transportation. There may be incidental entrance fees to parks. Wear comfortable shoes and dress for weather; bring drinking water and snacks—and your binoculars! Come prepared for fun!

Music

The Rolling Stones

An in-depth overview of the history of the Rolling Stones, one of the most popular and influential rock groups of all time. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s, emphasizing their peak achievements in the 1960s and 1970s. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively basic American blues interpretations of their first recordings through the blues-rock, hard rock, glam rock, and other styles they delved into during their prime.

2297 | Unterberger | **KTD** | LC 53

7 Tuesdays 7:10-9pm | Sept 6-Oct 18

\$94 (includes MF \$3)

The British Invasion: British Rock of the 1960's

An in-depth overview of British rock in the 1960's, particularly emphasizing the years (1962-1970) in which the Beatles were the most popular band in the world. Also featured will be the Rolling Stones, The Who, Pink Floyd, The Kinks, Van Morrison, Moody Blues, Dusty Springfield, and dozens of other British Invaders who changed rock forever.

2298 | Unterberger | **KTD** | LC 53

7 Tuesdays 7:10-9pm | Nov 1-Dec 13

\$94 (includes MF \$3)

Piano Classes for Beginners to Advanced

Four different levels of piano instruction in both classical and popular music (chords and melody) are offered in a relaxed, supportive and friendly environment. **See online schedule for details about the different class levels. Students will be required to buy music**

at an approximate cost of \$25. If you are unsure about your placement, visit MarinCommunityEd.com for the full course description. Early registration is strongly recommended.

2300 | Bauman | **KTD** | PA 188

Sept 6-Oct 20

Level A: 7 Tue 7:40-9pm

Level B: 7 Tue 6:10-7:30pm

Level C: 7 Thu 7:40-9pm

Level D: 7 Thu 6:10-7:30pm

\$90

2301 | Bauman | **KTD** | PA 188

Oct 25-Dec 13 (No class Nov 24)*

Level A: 7 Tue 7:40-9pm

Level B: 7 Tue 6:10-7:30pm

Level C: 7 Thu 7:40-9pm

Level D: 7 Thu 6:10-7:30pm

\$90

*Ends on Tuesday

Beginning Folk and Blues Harmonica

Breathing is our foundation as we take simple folk and pop melodies and rhythms and invigorate them with easy but powerful techniques to make any song deeply expressive! We then dive into the blues and learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail to get you jammin'. Both puckering and tongue blocking approaches are taught. No experience necessary! Students need a "C" major diatonic harmonica. Total fee already includes the materials fee. Call instructor at 916.996.5222 for more details.

2302 | Broida | **KTD** | FH 110

Thursday 6:10-8pm | Oct 20

\$44 (Includes MF \$20)

Snapshots: Wild Women of Song

"I'm in the Mood for Love," "You Oughta Be in Pictures," and "I'll Never Smile Again" are some of the best-loved standards from the 'American Songbook' tunes that people still hum and whistle every day. They shared the airwaves with Gershwin and Berlin yet many of the songwriter's names are virtually unknown. With an independent and impassioned determination, the "wild women of song" profiles the lyricist Dorothy Fields who wrote more than 400 songs ("The Way You Look Tonight") in a career that spanned six decades. The composer Kay Swift

also wrote the 1930 hit musical "Fine and Dandy" and the timeless standard, "Can't We Be Friends?" and Dana Suesse "The Girl Gershwin." Ida Cox & Alberta Hunter (Blues); Doris Fisher, Maria Grever and Peggy Lee, and Janis Joplin will be discussed.

2303 | Frohmader | **KTD** | PA 178

4 Saturdays 10:10am-noon | Sept 10-Oct 1

\$65 | **ESCOM/ \$47**

EC | Musical Snapshots: Comedic Musicians

We will discuss, see video, and hear music from six of many American comedic musicians. Included will be Jerry Lewis in scenes from "The Bellboy" and singing "Rock-a-bye-your-Baby" we will also discuss the works of Victor Borge, in his famous "Phonetic Punctuation" routine; Danny Kaye, doing his "Tchaikovsky and the other Russians" from "Lady in the Dark" and the famous "...in the vessel with the pestle" from "The Court Jester", Harpo Marx playing classical harp; Spike Jones, with his City Slickers, Smothers Brothers and others.

2304 | Frohmader | **KTD** | PA 178

4 Saturdays 10:10am-noon | Oct 15-Nov 5

\$65 | **ESCOM/ \$47**

EC | Chorus Emeritus

If you like to sing or think you would like to sing, come and join the Chorus Emeritus! The music is fun, encompassing diverse styles and eras. The instructor will collect \$25 materials fee to cover the cost of music.

2305 | Paul | **KTD** | PA 72

7 Thursdays 2:30-4:20pm | Sept 8-Oct 20

\$91 | **ESCOM/ \$71**

2306 | Paul | **KTD** | PA 72

6 Thursdays 2:30-4:20pm | Nov 3-Dec 15

(No class Nov 24)

\$85 | **ESCOM/ \$65**

Contemporary Vocal Technique for Jazz and Pop Singers

Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. The class includes vocal exercises, breath control, relaxation, control of vibrato, ear training, vowel production, group and individual singing with application of technique to songs

plus mic technique and performance. A fun and supportive class for all levels.

PART 1

2229 | Daria | **KTD** | PA177
6 Saturdays 10am-noon | Sept 10-Oct 15
\$128

PART 2

2230 | Daria | **KTD** | PA177
6 Saturdays 10am-noon | Nov 5-Dec 17
(No class Nov 26)
\$128

Piano Duet

Playing piano duets is a thrilling musical experience. Combining your intermediate (or higher) classical piano skills with another pianist on one or two pianos while exploring the music of the great masters brings an enormous sense of communication and accomplishment.

Music for two or more pianists will be studied in this eight week class with an optional performance. You do not need to have a partner to join the class.

Final concert at 12:30 p.m. on Monday, December 5th.

Please contact the instructor, Paul Smith — pianosmith@aol.com for repertoire suggestions or to arrange an interview.

2218 | Smith | **KTD** | PA 75
8 Mondays 12:10-2pm | Oct 17-Dec 5
\$97

EC | Marin Men's Chorus

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. The instructor will collect an additional \$75 at the first class meeting for materials/accompanist fees.

2307 | Allee | **OFF** | St. Stephen's Church*
7 Tuesdays 7-9pm | Sept 6-Oct 18
\$91 | **ESCOM/ \$48**
*3 Bayview Ave., Belvedere

2308 | Allee | **OFF** | St. Stephen's Church*
7 Tuesdays 7-9pm | Nov 1-Dec 13
\$91 | **ESCOM/ \$48**
*3 Bayview Ave., Belvedere

Parenting

Foster and Kinship Care Education Program

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. Call Patty Cala at 415.457.8811, ext. 8239, for more information.

Patty Cala, Program Director

NEW | Learning to Advocate for your Learning Disabled Child

Having a child with a learning disability can mean moving through a maze of evaluators, learning specialists, teachers, administrators, coaches-anyone who touches your child's academic life. This can be an anxiety-producing, frustrating, anger-inducing process, but, with the available tools, you will help your child succeed. This class will provide you with these tools as well as with an opportunity to share your experiences with experts and parents.

2309 | Douglas | **KTD** | SMN 225
7 Mondays 7:10-9pm | Oct 31-Dec 12
\$92 (includes MF\$1)

Personal Enrichment

EC | Mind Body Empowerment

Self-empowerment and self-compassion are powerful catalysts for health and wellbeing. When we believe we can meet life's challenges, and when we treat ourselves kindly, we feel more relaxed, grounded, resilient, and balanced. Taught by a physician and a psychologist, this course improves self-empowerment and self-compassion by helping participants feel more deeply connected with their bodies. With the aid of brief lectures, guided mindfulness exercises, and group discussion, you will learn how to gain distance from negative thinking, chronic

pain, and emotional distress. These skills can be especially helpful for people grappling with anxiety, aging, or illness. Prior students have reported increased stress tolerance and self-acceptance after taking this class. The course is based on the book *In Your Own Hands*, written by Dr. Berkelhammer, and the Mindful Biology method developed by Dr. Meecham.

2277 | Berkelhammer & Meecham | **KTD**
| PE 22

7 Thursdays 1:10-3pm | Sept 8-Oct 20
\$90 (MF \$1) | **ESCOM/ \$70 (MF \$1)**

*Course cost includes materials fee.

2278 | Berkelhammer & Meecham | **KTD**
| PE 22

6 Thursdays 1:10-3pm | Nov 3-Dec 15
\$84 (MF \$1) | **ESCOM/ \$64 (MF \$1)**

(No class Nov 24)

*Course cost includes materials fee.

EC | Mikkyo Zen: How to Live in the Present Moment

Through the practice of Mikkyo Zen, students will seek how best to live in the present moment with less stress and less manifestations of the “Three Poisons Cycle” (Anger, Craving and Whinging), which in turn cause all suffering. Lectures and discussions will focus on the basic tenets of Mikkyo Buddhism and will be taught through the guidance of an ordained monk.

2279 | Mikami | **KTD** | PE 22

6 Saturdays 2:40-4:30pm | Sept 10-Oct 15
\$83 | **ESCOM/ \$63**

EC | Visual Journaling: Self-Discovery through Creative Play

This mixed media class is for anyone who wishes to discover a window into your inner life and free your creative voice. Play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment to create a visual journal. No art/writing experience required! Please bring a blank sketchbook to class. See anniedanberg.com/journal-supplies. E-mail connecting@anniedanberg.com for questions.

2280 | Danberg | **KTD** | FA 215

6 Saturdays 1:30-4pm | Sept 17-Oct 22
\$102 (MF \$10) | **ESCOM/ \$82 (MF \$10)**

*Course cost includes materials fee.

2281 | Danberg | **KTD** | FA 215

6 Saturdays 1:30-4pm | Nov 5-Dec 17
(No class Nov 26)

\$102 (MF \$10) | **ESCOM/ \$82 (MF \$10)**

*Course cost includes materials fee.

Photography

Up and Rolling with Adobe Photoshop Lightroom

Students will learn how to organize, edit, print, and publish photo web galleries using Adobe Photoshop Lightroom. Students will establish a workflow for downloading, backing up, rating, renaming, grouping, archiving, optimizing, maintaining, thinning, and exporting photographs. Using sophisticated color, tone, contrast, and brightness tools, students will improve and enhance their photos. Students will explore generating slide presentations, creating printing templates, and developing image galleries for exporting to websites. Proficiency with a computer is recommended.

2282 | Thaler | **KTD** | SMN 217

8 Tuesdays and 8 Thursdays 7:10-9:30pm |
Sept 6-Oct 27

\$183 (includes MF \$5)

Macro Photography

Come celebrate the natural world and learn how to photograph up close, where the inside of a flower becomes a world of its own. In the spirit of the late photographer Ernest Braun, we'll practice “wet elly” photography--the art of laying down prone, seeing and feeling the magic before you, and letting time drift away as you photograph and push yourself to explore visually in new ways.

Students will receive group and individual support, with time split between learning the tools and techniques of macro photography and shooting in the field.

You will need a camera that can focus to within a few inches of the lens, extension tube or close up lenses, a tripod (one that can be extended to lay close to the ground is best) and patience to explore, practice, and play.

2284 | Thaler | **KTD** | SMN 225
Saturday 10:10am-4:30pm | Oct 22
\$60 (includes MF \$3)

Using Your Smartphone to Capture the World Around You

Expand your photography skills with an array of special apps that enhance your images, capture panoramic vistas, and display the rich detail in the extreme lights and darks often lost in smartphone photos. You'll need a smart phone camera and patience to explore, practice, and play. Emphasis will be on the iPhone, although photography principles will apply to all smartphones.

2285 | Thaler | **KTD** | SMN 217
4 Wednesdays 7:10-9:30pm | Nov 2-23
\$82 (includes MF \$5)

Mindful Photography

The term mindfulness has received a lot of attention lately. But what exactly is mindfulness and how can it be incorporated into your photography? What are the benefits? Simply put, mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

We'll start out with some exercises to quiet our minds, relax our bodies, and gain a greater appreciation of the present moment. Then we'll learn not just to "take" photographs, but also to "give" as in giving back to the people or the places that have enhanced our photography.

2283 | Thaler | **KTD** | SMN 225
4 Wednesdays 7:10-9:30pm | Dec 10
\$60 (includes MF \$3)

Physical Fitness

EC | Restore and Improve Your Balance

Learn how balance works, why your balance may be deteriorating, and how you can safely implement very simple exercises to train your balance. Improve your stability and prevent falls; regain your confidence and independence. Please

bring water and any one or two pound weights you may already have to class.

2310 | Attardi | **KTD** | PE 22
7 Tue & Thu 12:10-1pm | Sept 6-Oct 20
\$90 (MF \$1) | **ESCOM/ \$70 (MF \$1)**
*Course cost includes materials fee.

2311 | Attardi | **KTD** | PE 22
6 Tue & 5 Thu 12:10-1pm | Nov 1-Dec 8
(No class Nov 24)
\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**
*Course cost includes materials fee.

Joy of Tennis

Joy of Tennis eliminates the biggest obstacle to learning this challenging sport—competition. Playing competitively before developing competence in the basic skills, which is how we all have learned, inhibits performance, limits potential, undermines self-esteem, and diminishes enjoyment. Begin undoing those past limitations ingrained from the competitive learning system. Joy of Tennis is a great workout—physically, mentally, and emotionally. You'll have more fun than you ever thought possible! The nurturing, supportive environment enables you to be your best, on and off the court.

For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor, Brent Zeller, before enrolling. Call 415.717.5446 or e-mail effortlesstennis@comcast.net.

BEGINNING
2363 | Zeller | **KTD** | Tennis Courts
14 Tuesdays 9:40-11am | Sept 6-Dec 6
\$211 (MF\$8)

INTERMEDIATE 1
2364 | Zeller | **KTD** | Tennis Courts
14 Tuesdays 11:10am-12:30pm | Sept 6-Dec 6
(No class Apr 14)
\$211 (MF\$8)

INTERMEDIATE 2
2365 | Zeller | **KTD** | Tennis Courts
14 Wednesdays 9:40-11:30 am | Sept 7-Dec 7
\$279 (MF\$8)

Underwater Hockey

Learn and practice the basic skills of Underwater Hockey (UWH) in a structured 7-session course! Underwater Hockey is a fast, action-packed (non-contact) sport played on the bottom of a pool by teams of 6 players with masks, snorkels, fins

and short sticks. Players move the puck by pushing it or passing it, trying to get the puck into the opposing team's goal. **Students must have the ability to swim.**

2217 | Staff | **KTD** | Pool
7 Wednesdays 7:30-9:30pm | Sept 7-Oct 19
\$113 (includes MF/SF \$23)

2380 | Staff | **KTD** | Pool
7 Wednesdays 7:30-9:30pm | Nov 2-Dec 14
\$113 (includes MF/SF \$23)

NEW | Weights, Core and More

Weights, Core and More is a fitness class combining a mix of interval cardio and gravity challenges. This class entails a warm up, full body, free weight exercises and proper weight techniques, stabilizer ball moves, intermittent cardio movement, some yoga, Pilates and cool down stretch. Change your body composition by using your own body weight to build strength, flexibility, and core. Open to adults-all ages and levels.

Bring Yoga mat, 2 lb. and 5lb. weights. Wear comfortable clothes, workout shoes, or barefoot is optional.

2312 | Quinn | **KTD** | PE 22
7 Wednesdays 6:40-8pm | Sept 7-Oct 19
\$80

World Dance

Travel while you sweat! This course is a one-way ticket from Bollywood to Flamenco to Celtic to Disco, then on to Cuba and Brazil! Whatever your goals, these energetic, vibrant moves will strengthen your core, improve flexibility and breath, help reduce stress and make you feel terrific. All are welcome to experience global rhythms and music.

2313 | Quinn | **KTD** | PE 22
7 Wednesdays 6:40-8pm | Nov 2-Dec 14
\$80

EC | The Feldenkrais Method for the Active Older Adult

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people to look and feel better, and to move with more confidence, coordination, and balance. To participate in this class it is necessary to be able to raise and lower yourself from the floor.

2314 | Binnings | **KTD** | PE 60
7 Wednesdays 12:40-2pm | Sept 7-Oct 19
\$80 | **ESCOM/ FREE**
(Sponsored by Haddie Emeritus College Fund)

2315 | Binnings | **KTD** | PE 60
7 Wednesdays 12:40-2pm | Nov 2-Dec 14
\$80 | **ESCOM/ FREE**
(Sponsored by Haddie Emeritus College Fund)

EC | Movement and Music for the Older Adult: A Universal Language

This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing, coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

2316 | Hain | **OFF** | Whistlestop*
6 Mondays 11am-noon | Sept 12-Oct 17
\$57 | **ESCOM/ FREE**
(Sponsored by Haddie Emeritus College Fund)
* 930 Tamalpais Ave., San Rafael

2317 | Hain | **OFF** | Whistlestop*
7 Mondays 11am-noon | Oct 31-Dec 12
\$60 | **ESCOM/ FREE**
(Sponsored by Haddie Emeritus College Fund)
* 930 Tamalpais Ave., San Rafael

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@gmail.com or 415.388.1549. **BEGINNER**

2318 | Stewart | **KTD** | PE 60
6 Saturdays 10-11:30am | Sept 10-Oct 22
(No class Sept 17)
\$74

2319 | Stewart | **KTD** | PE 60
6 Saturdays 10-11:30am | Nov 5-Dec 17
(No class Nov 26)
\$74

INTERMEDIATE
2320 | Stewart | **KTD** | PE 60
6 Saturdays 8-9:45am | Sept 10-Oct 22
(No class Sept 17)
\$80

2321 | Stewart | **KTD** | PE 60
6 Saturdays 8-9:45am | Nov 5-Dec 17
(No class Nov 26)
\$80

EC | Gentle Yoga

Gentle Yoga is adapted for all levels and will benefit beginner to advanced students. Starting with a review of foundations at an easy pace, you will learn basic poses, including principles of movement and posture, relaxation, breathing techniques, meditation, and proper alignment to better your overall health and well-being.

2378 | Elston | **IVC** | Bldg 15 Rm 170
5 Tuesdays 9:30-10:30am | Sept 6-Oct 4
\$54 | **ESCOM/ \$37**

2379 | Elston | **IVC** | Bldg 15 Rm 170
7 Tuesdays 9:30-10:30am | Nov 1-Dec 13
\$60 | **ESCOM/ \$43**

Introduction to Pilates

This popular mind/body exercise conditioning program was developed by Joseph Pilates. We focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury. Be sure to arrive on time for warm ups to prevent injury.

2322 | Laws | **KTD** | PE 22
7 Tuesdays 10:10-11am | Sept 6-Oct 18
\$60

2323 | Laws | **KTD** | PE 22
7 Tuesdays 10:10-11am | Nov 1-Dec 13
\$60

Cardio Pilates

A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using equipment and props such as stretch bands and stability balls. The second half of the class focuses on alignment, flexibility, and deep core strengthening with Pilates mat work.

Be sure to arrive on time for warm ups

to prevent injury and wear supportive shoes

2324 | Laws | **KTD** | PE 22
7 Tuesdays 11:10am-noon | Sept 6-Oct 18
\$60

2325 | Laws | **KTD** | PE 22
7 Tuesdays 11:10am-noon | Nov 1-Dec 13
\$60

EC | Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1700 years old. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

2326 | Govrin | **KTD** | PE 60
7 Fridays 10:40am-noon | Sept 9-Oct 21
\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**
*Course cost includes materials fee.

2327 | Govrin | **IVC** | Bldg 15 Rm 170
7 Tuesdays 2:10-3:30pm | Sept 6-Oct 18
\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**
*Course cost includes materials fee.

2328 | Govrin | **KTD** | PE 60
6 Fridays 10:40am-noon | Oct 28-Dec 16
(No class Nov 11 & 25)
\$75 (MF \$1) | **ESCOM/ \$55 (MF \$1)**
*Course cost includes materials fee.

2329 | Govrin | **IVC** | Bldg 15 Rm 170
7 Tuesdays 2:10-3:30pm | Nov 1-Dec 13
\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**
*Course cost includes materials fee.

EC | Advanced Wild Goose Qigong

In this Advanced class, we will learn the second Set of 64 movements of the Wild Goose series. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care. Knowledge and memory of the first Set of 64 movements is required.

2330 | Govrin | **KTD** | PE 22
7 Fridays 12:40-2pm | Sept 9-Oct 21
\$81 (MF \$1) | **ESCOM/GC \$61 (MF \$1)**
*Course cost includes materials fee.

2331 | Govrin | **KTD** | PE 22
6 Fridays 12:40-2pm | Oct 28-Dec 16
(No class Nov 11 & 25)
\$75 (MF \$1) | **ESCOM/GC \$55 (MF \$1)**
*Course cost includes materials fee.

EC | Wisdom Healing Qigong

Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals disease, activates more life energy, enhances mental clarity and promotes emotional stability.

2332 | Govrin | **IVC** | Bldg 15 Rm 170
7 Thursdays 2:10-3:30pm | Sept 8-Oct 20
\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**

*Course cost includes materials fee.

2333 | Govrin | **IVC** | Bldg 15 Rm 170
7 Thursdays 2:10-3:30pm | Oct 27-Dec 15
(No class Nov 24)

\$81 (MF \$1) | **ESCOM/ \$61 (MF \$1)**

*Course cost includes materials fee.

EC | Energy Warm-Ups for the Active Older Adult

A gentle yet effective stretching and strengthening class for active adults which uses non-strenuous movement to increase flexibility, mobility, and range of motion with special attention paid to improving balance. Classes include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation techniques which aid in reducing stress and increasing positive feelings of well-being.

2334 | Riswold | **KTD** | PE 22
7 Tue & Fri 9:10-10am | Sept 6-Oct 21
\$89 | **ESCOM/ \$69**

2335 | Riswold | **KTD** | PE 22
7 Tue & 4 Fri 9:10-10am | Nov 1-Dec 13
(No class Nov 11&25)
\$80 | **ESCOM/ \$60**

EC | Joy of Tai Chi

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

BEGINNERS

2336 | Rolston | **KTD** | PE 22
6 Mondays 3:40-5pm | Sept 12-Oct 17
\$75 (MF\$1) | **ESCOM/ \$55(MF\$1)**

*Course cost includes materials fee.

2337 | Rolston | **KTD** | PE 22
7 Mondays 3:40-5pm | Oct 31-Dec 12
\$81 (MF\$1) | **ESCOM/ \$61(MF\$1)**
*Course cost includes materials fee.

INTERMEDIATE/ADVANCED

2338 | Rolston | **KTD** | PE 22
7 Wednesdays 10:45am-12:15pm | Sept 7-Oct 19

\$80 | **ESCOM/ FREE**

(Sponsored by Haddie Emeritus College Fund)

2339 | Rolston | **KTD** | PE 22
6 Wednesdays 10:45am-12:15pm | Nov 2-Dec 14

(No class Nov 23)

\$74 | **ESCOM/ FREE**

(Sponsored by Haddie Emeritus College Fund)

EC | Strength, Flexibility, Balance, and Agility Training for Adults and Older Adults

This beginner/intermediate class is designed for you to get stronger and more flexible along with improving your posture, balance, and response time.

2340 | Best-Martini | **KTD** | PE 22
7 Wed & Fri 7:30-9am | Sept 7-Oct 21
\$113 | **ESCOM/ \$94**

2341 | Best-Martini | **KTD** | PE 22
8 Wed & 6 Fri 7:30-9am | Oct 26-Dec 16
(No class Nov 11 & 25)
\$113 | **ESCOM/ \$94**

EC | Strength and Fitness Training

Improve your quality of life, prevent—or even reverse—typical trends of aging, and have fun along the way. For adults of all ages. This class provides sensible and safe exercises for improving your strength, cardio-respiratory endurance, flexibility, body composition, posture, and balance. The instructors help you with a personalized and independent fitness program to meet your individual needs and goals. Contact Hazel@StridebyStride.com or call Jim Owens at 415-827-3987 to learn more about the class.

2342 | Wood & Owens | **KTD** | PE 20/22
7 Tue & Thu 7-8:45am | Sept 6-Oct 20
\$125 | **ESCOM/ \$106**

2343 | Wood & Owens | **KTD** | PE 20/22
7 Tue & 6 Thu 7-8:45am | Nov 1-Dec 15
(No class Nov 24)
\$119 | **ESCOM/ \$100**

EC | Zumba® Gold I

Join the Party! Zumba®Gold is a fusion of Latin and other international music

and dance that creates a dynamic, exciting, and effective total body workout, specifically designed for active older adults, including those who have tried Zumba and would like a similar experience with lower impact and intensity, and/or those just beginning their journey to a fit and healthy lifestyle. Movements can be modified for individuals who use a chair. Zumba Gold I is a beginning class.

2344 | Scranton | **KTD** | PE 60
7 Tue & Thu 2:10-3pm | Sept 6-Oct 20
\$89 | **ESCOM/ \$69**

2345 | Scranton | **KTD** | PE 60
7 Tue & 6 Thu 2:10-3pm | Nov 1-Dec 15
(No class Nov 24)
\$86 | **ESCOM/ \$66**

EC | Zumba® Gold with Toning

Zumba®Gold with Toning offers easy-to-follow dance-fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults, for individuals beginning their journeys to a fit and healthy lifestyle, or anyone looking for a low impact dance-fitness program. Movements can be modified for individuals who use a chair. This class offers optional use of 1 - 2.5 pound Zumba® Toning sticks in the latter portion of the class for those students who want to focus on muscle conditioning. (Instruction on basic strength training safety will be discussed prior to toning.)

2346 | Scranton | **IVC** | Bldg 15 Rm170
6 Mon & 7 Wed 3:40-4:30pm | Sept 7-Oct 19*
\$86 | **ESCOM/ \$66**
*Starts on Wednesday

2347 | Scranton | **IVC** | Bldg 15 Rm170
7 Mon & Wed 3:40-4:30pm | Oct 31-Dec 14
\$89 | **ESCOM/ \$69**

EC | Zumba® Gold II with Toning

Zumba®Gold II is designed for students who have either attended at least two sessions of Zumba®Gold I, have dance experience and are comfortable moving at a more challenging pace, or have discussed their enrollment with the instructor. This class offers optional use of 1 - 2.5 pound Zumba® Toning sticks in the latter portion of the class for those students who want to focus on muscle

conditioning. (Instruction on basic strength training safety will be discussed prior to toning.)

2348 | Scranton | **KTD** | PE 60
7 Tue & Thu 3:10-4pm | Sept 6-Oct 20
\$89 | **ESCOM/ \$69**

2349 | Scranton | **KTD** | PE 60
7 Tue & 6 Thu 3:10-4pm | Nov 1-Dec 15
(No class Nov 24)
\$86 | **ESCOM/ \$66**

Boxing for Fitness

Train in the art of boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a workout that builds strength and endurance and helps you to lose weight. Using boxing skills and drills, you increase your muscular and cardio endurance and engage your core. Both the upper and lower body are toned and strengthened. Exercises are tailored to student's level of fitness. One-on-one training and style development as time allows. **This is a movement class and there is NO CONTACT involved.**

2361 | Green | **KTD** | PE 60
7 Tue & Thu 6:40-8pm | Sept 6-Oct 20
\$113

2362 | Green | **KTD** | PE 60
7 Tue & Thu 6:40-8pm | Nov 1-Dec 15
(No class Nov 24)
\$110

Wado Ki Kai Karate

The class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility, and a powerful sense of awareness are all attributes of this class.

2350 | Baker & Bell | **KTD** | PE 60
6 Mon & 7 Wed 6:40-8pm | Sept 7-Oct 19*
\$119
*Starts on Wednesday

2351 | Baker & Bell | **KTD** | PE 60
7 Mon & Wed 6:40-8pm | Oct 31-Dec 14
\$125

Self-Defense for Women

The class format is designed for women and will include the special obstacles women face in a hostile environment, including addressing societal conditioning to "be nice" rather than to trust their

instincts when sensing danger and then setting the necessary strong boundaries and moving quickly to get to safety. This class will cover awareness, body language, verbal and physical techniques and strategies needed to preserve safety in hostile or dangerous situations. See online schedule for more information.

2352 | Baker | **KTD** | PE 22
7 Wednesdays 5:10-6:30 | Sept 7-Oct 19
\$80

2353 | Baker | **KTD** | PE 22
7 Wednesdays 5:10-6:30 | Nov 2-Dec 14
\$80

EC | Aqua Exercise for Older Adults

The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. You must be able to get in and out of the pool on your own. No assistance is available.

2354 | Robles | **KTD** | Pool
6 Mon & 7 Wed 9:40-11am | Sept 7-Oct 21*
7 Fridays 10:40am-noon
\$148 | **ESCOM/ FREE**

(Sponsored by Hopper Trust Fund)
*Starts on Wednesday

2355 | Robles | **KTD** | Pool
7 Mon & Wed 9:40-11am | Oct 31-Dec 16
5 Fridays 10:40am-noon
(No class Nov 11 & 25)
\$145 | **ESCOM/ FREE**
(Sponsored by Hopper Trust Fund)

2356 | Robles | **IVC** | Bldg 21 Pool
7 Tue & Thu 9:10-10:30am | Sept 6-Oct 21
7 Fridays 2:10-3:30pm
\$154 | **ESCOM/ FREE**
(Sponsored by Hopper Trust Fund)

2357 | Robles | **IVC** | Bldg 21 Pool
7 Tue & 6 Thu 9:10-10:30am | Nov 1-Dec 16
5 Fridays 2:10-3:30pm
(No class Nov 11 & 25)
\$131 | **ESCOM/ FREE**
(Sponsored by Haddie Emeritus College Fund)

NOTE: Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please call 415.485.9305, press 4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com

Writing

EC | Elements of Creative Writing

“There are three rules for writing well. Unfortunately, no one knows what they are.”
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you’re just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres.

2286 | Centolella | **OFF** | Redwoods*
7 Mondays 5:30-8:30pm | Sept 12-Oct 24
\$120 | **ESCOM/ \$100**
*40 Camino Alto, Mill Valley

2287 | Centolella | **OFF** | Redwoods*
7 Mondays 5:30-8:30pm | Oct 31-Dec 12
\$120 | **ESCOM/ \$100**
*40 Camino Alto, Mill Valley

NEW | **EC** Poetry Writing Master Class

“Poetry is language at its most distilled and most potent.” ~Rita Dove
Poets attempt to say the unsayable—an ambition that should never be “all work, no play.” In this lively workshop, a master poet will play Virgil to your Dante, guiding the way to your unique vision and voice. Bring your works-in-progress, or the optional weekly assignment, for encouraging, in-depth feedback. To jumpstart inspiration, each meeting will begin with the discussion of a notable poem, occasionally followed by a fun in-class exercise—all supplemented by examinations into poetic forms (ancient to contemporary), the art of revision, and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

2288 | Centolella | **KTD** | AC 101
7 Wednesdays 2:10-5pm | Sept 7-Oct 19
\$120 | **ESCOM/ \$100**

2289 | Centolella | **KTD** | AC 101
7 Wednesdays 2:10-5pm | Nov 2-Dec 14
\$120 | **ESCOM/ \$100**

EC | The Poetic Pilgrimage: Poem Making As Spiritual Practice:

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. Fall 1's theme, The Alchemy of Metaphor, will take us beyond simple comparisons as we explore our personal intricate weavings of experience to create metaphoric writing that both reveals and guides. Fall 2's focus will be on the nuanced elements of texture and tone in our writing. We will listen in on good poems to discover the subtle undertones that create resonance and meaning. All experience-levels and styles welcome.

2291 | Sereno | **KTD** | AC 103
7 Tuesdays 2:10-4:30pm | Sept 6-Oct 18
\$103 (MF\$2) | **ESCOM/ \$83 (MF \$2)**
*Course cost includes materials fee.

2292 | Sereno | **KTD** | AC 103
7 Tuesdays 2:10-4:30pm | Nov 1-Dec 13
\$103 (MF\$2) | **ESCOM/ \$83 (MF \$2)**
*Course cost includes materials fee.

EC | Tales Told From Memory

Memoir has become one of the hottest genres of the current literary scene. This writing workshop will help you retrieve your own remembered experience and shape it into story. Each session, we study and discuss the work of veteran memoir writers for insights into the crafting of personal narrative. The stories we then write draw upon lessons learned from literature, as well as weekly instructor and class feedback.

2290 | Kudler | **KTD** | VS 11
7 Mondays 1:10-3pm | Oct 31-Dec 12
\$91 | **ESCOM/ \$71**

NEW | **EC** Creating Legacy Letters

A Legacy Letter is a time-honored method for sharing our wisdom, blessings, values, love, and hopes and dreams for the future with those who matter to us.

Any time is a good time to write a Legacy Letter, especially times of transition such as graduations, births, special birthdays, and weddings. Whether you want to include a Legacy Letter to your loved ones with your Legal Will or celebrate your child's graduation from high school, a Legacy Letter is often considered to be the most cherished and meaningful gift you can give. Using a step-by-step workbook and guided writing exercises in a supportive atmosphere, you will learn to write Legacy Letters to those you love. Writing tips and creative exercises will help make the process informative, fun and meaningful. Materials fee covers the workbook and course handouts.

2358 | Vetter | **KTD** | SMN 226
4 Tuesdays 10:10-noon | Nov 1-29
(No class Nov 22)
\$73 (MF\$8) | **ESCOM/ \$55 (MF\$8)**
*Course cost includes materials fee.

NEW | **EC** Guided Autobiography: Writing Your Life Stories Two Pages at A Time

Write your life stories –two pages at a time–using tested themes such as family, career and work, and health. Priming questions will help evoke memories of events and people. Writing and sharing life stories with others is an enjoyable way to gain a growing appreciation of your life and the lives of others, as well as put the past into perspective.

Each class will include creative exercises, discussion of the week's theme, writing tips, writing, and sharing of stories. All levels of writing experience (from no experience to expert) are welcome and encouraged to join.

2359 | Vetter | **KTD** | LC 39
5 Tuesdays 2:10-4pm | Sept 20-Oct 18
\$81 (MF\$2) | **ESCOM/ \$61 (MF \$2)**
*Course cost includes materials fee.

NEW | EC Guided Autobiography Two: Writing Your Life Stories Two Pages at A Time Continued

This course is a continuation of the journey of life story writing for students who have taken a Guided Autobiography Course with the Instructor. In this class, you will continue to write your life stories-two-pages at a time-with completely new themes.

Each class will include creative exercises, discussion of the week's theme, writing tips, writing, and sharing of stories. In addition, more writing and editing skills will be incorporated into the class.

Pre-requisite: Guided Autobiography class with Melanie.

2360 | Vetter | **KTD** | LC 39
 5 Tuesdays 2:10-4pm | Nov 1-Dec 6
 (No class Nov 22)
 \$81 (MF\$2) | **ESCOM/ \$61 (MF \$2)**
 *Course cost includes materials fee.

NEW | EC SHIFT: Writing as a Process of Discovery

This class is for writers who want to make shifts in their craft, and for those who don't consider themselves writers, but are drawn to writing as a process of discovery. We'll use writing and coaching techniques to overcome blocks or genre restrictions; we'll use craft to inspire shifts in your life. Fiction, memoir, creative non-fiction, poetry, telling your story—we don't care what you call it. We do care that you write it.

2216 | Biederman & Ingram | **KTD** | AC 102
 7 Tuesdays 1:10-4pm | Sept 6-Oct 18
 \$113 | **ESCOM/ \$94**

COMMUNITY EDUCATION SERVICES REGISTRATION FORM

Mail-in information on page 4.



All mail-in registration must be paid by check. Please write a separate check for each course. Community Education can accept credit card payments in person, over the phone, or online. Visit MarinCommunityEd.com for more information.

YES NO

FIRST NAME _____ CURRENT ESCOM MEMBER _____

LAST NAME _____ BIRTH DATE (MONTH/DATE/YEAR) _____

ADDRESS _____ EMAIL (REQUIRED) _____

CITY _____ STATE _____ ZIP _____ HOME PHONE _____

DAY PHONE _____

CLASS ID	DAYS	CLASS TITLE	FEE

CHECKS PAYABLE TO COLLEGE OF MARIN. PLEASE PROVIDE A SEPARATE CHECK FOR EACH COURSE.

STUDENT SIGNATURE

I HAVE READ, UNDERSTAND AND AGREE TO THE CANCELLATION, DROP AND REFUND POLICES AS NOTED ON PAGE 4. I DECLARE THE FOLLOWING STATEMENTS OF FACT PROVIDED BY ME ON THIS FORM ARE TRUE AND CORRECT.

SIGNATURE _____ TODAY'S DATE _____

OFFICE USE ONLY

ENTERED BY _____ DATE _____

ESCOM

ESCOM is the student organization of Marin's mature adults affiliated with the Community Education Department College of Marin. Founded in 1974, ESCOM provides diverse opportunities for lifelong learning, lifelong doing, and lifelong friends.

JOIN US! ESCOM Annual Membership (\$15 membership fee), available to adults ages 55 and over, provides valuable benefits:

- Special discounted course fees—typically \$15-\$20 lower than regular price—for dozens of College of Marin Community Education ESCOM Courses. ESCOM Courses offer first-rate instructors and high-quality educational experiences and are designed with the needs and interests of older adults in mind.
- ESCOM Tuition Grants for Community Education ESCOM Courses for students with financial need.*
- Access to over 25 ESCOM Clubs focusing on a wide variety of activities, from bridge to books to philosophy.
- Access to ESCOM Centers that incorporate Humiston Reading Room Libraries, vibrant communal spaces for learning and social activity at both the Kentfield and Indian Valley College campuses.



- Free Subscription to the monthly ESCOM Journal, plus the opportunity to submit an article or short story for publication.
- Invitations to ESCOM Art Exhibits and Member Socials.
- Volunteer opportunities, including the ESCOM Council, various committees, or staffing the ESCOM Center desk.
- 10% discount at the College of Marin Kentfield campus cafeteria.
- Pride in supporting lifelong learning.

To become an ESCOM member visit MarinCommunityEd.com or connect with an ESCOM volunteer by visiting or calling an ESCOM Center.

*ESCOM Tuition Grants are awarded by the ESCOM Council. Only partial grants are awarded due to funding limitations. A student must register and pay course fees prior to submitting a grant application. Upon qualifying, he or she will be reimbursed. Visit or call an ESCOM Center for more information.

ESCOM Centers

Both centers offer a lounge for ESCOM members, a Humiston Reading Room Library, and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome members at both locations.

Kentfield Campus

ESCOM Center Kentfield
 Student Services Bldg, Rm 146-147
 College of Marin
 Kentfield, CA 94904
 (415) 485-9652
 Hours: Monday through Friday,
 9:30am-3:30pm.

Indian Valley Campus

ESCOM Center Indian Valley Campus
 Building 10, Rm 140
 1800 Ignacio Blvd.
 Novato, California 94949
 (415) 457-8811, ext. 8322

To schedule use of this center, please call (415) 883-7311.

ESCOM Clubs Fall 2016

Club meeting visits are open to all. Club membership is only available to ESCOM Members. Visit an ESCOM Center or contact Kevin Colgate at Escom@marin.edu for information about how to get involved!

ESCOM Clubs at ESCOM Center

Ignacio Valley Campus:

Astronomy Club (2nd Mon, 9–11am)
 Atelier Club (every Wed, 9am–Noon or 1–4pm)
 Book Banter Lit Lites (2nd Wed, 1–3pm)
 Book Forum (4th Mon, 2–4pm)
 British Foreign Film Club (1st Tues, 1–3pm)
 Computer Club (3rd Wed, 1–3pm)
 Digital Camera Club (1st Mon photo outing TBA; 3rd Mon 1–3pm)
 Film Noir DVD Club (2nd & 4th Sat, 1–3pm)
 Global Issues Club (3rd Fri, 2–4pm)
 Great Ideas in Philosophy Club (every Thurs, 1–3pm)
 Humanities Club (1st & 3rd Sat, 1–3pm)
 Travel Forum (2nd Fri, 2pm)

ESCOM Clubs at ESCOM Center Kentfield:

Bridge Club (every Mon, 1-4:30pm)
 Bridge (2nd Day) Club (every Fri 1pm)
 Chess Club (every Wed except last of month, 1pm)
 Current Events Club (2nd and 4th Thurs, 10am–Noon)
 Great Minds of Western Philosophy (1st and 3rd Mon, 10:15am–12:15pm)
 Health & Nutrition Club (every other Fri, 9:30am–Noon)
 Moral-Ethical & Legal Issues Round Table (1st & 3rd Tues, 10 am–Noon)
 Opera & Beyond (last Wed, 1–3pm)
 Scrabble Club (every Thurs, 2–4pm)
 Spanish Club (every Thurs, 1:30–3:30pm)
 Writer's Workshop (1st Tues, 11am–1pm)

Clubs at Other Locations:

Adventurer's Club (4th Mon, 1pm, various locations)
 Square Dancing Club (every Fri, 7-9pm, Lynwood School, Novato)

Intensive English Program (IEP)

College of Marin's IEP has more than 30 years of success educating English language learners. We welcome new and returning F-1 international students, F-1 transfer students from other schools, au pairs, and local residents who wish to improve English language skills. Students who complete the advanced level are guaranteed admission into College of Marin Credit Program, without the TOEFL requirement.

FOR MORE INFORMATION OR TO APPLY:

Call: 415.883.2211, ext. 8579

Fax: 415.883.2632

Email: intensive.english@marin.edu

Website: marin.edu/IEP



2016 FALL
SEMESTER
Aug 22-Dec 8



Course scholarships are available for students 55 and over!

Apply for financial assistance from the Haddie ESCOM Courses Scholarship Fund. **For more info and to apply visit MarinCommunityEd.com or call (415) 485-9318.**

THANK YOU

The Haddie ESCOM Courses Scholarship Fund has been made possible through the generosity of an anonymous donor. The fund provides financial support allowing a greater number of older adults to partake in Community Education ESCOM Courses.





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The Perfect Playlist

MUSIC HISTORY AND PRACTICE

Community Education offers diverse and dynamic courses in music history and music-making.

Steep yourself in the rock of British Invasion. Chum around with The Rolling Stones. Laugh while you listen in a course on Comedic Musicians, or appreciate the little-known Wild Women of Song.

Make the harmonica wail, learn to play piano solos or duets, or raise your voice in the Marin Men’s Chorus or Chorus Emeritus.

See all or our Music courses on page 17.