

**FALL 2018**  
**COMMUNITY EDUCATION COURSE**  
**DESCRIPTIONS**

**\* Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.**

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**Adventures in Watercolor \***

Bring out your hidden artist with this beginning watercolor class. Begin with a survey of materials and supplies, including various papers, brushes, and paints available. Demonstrations of technique will be followed by an opportunity to paint with the guidance of an experienced instructor. You'll be encouraged to enjoy the medium while gaining mastery and spontaneity. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

**Amigos Hablando Español: Friends Speaking Spanish**

Use it or lose it! The best way to improve your Spanish is to practice, and this class will give you that opportunity. Join other students to practice your Spanish, no matter your current level of ability. In an informal gathering of people, you will be guided through practice conversations. Don't be shy; we're all "friends speaking Spanish."

**An Amazing Walk Through the Skies**

This is not your father's Astronomy 101 class. Enjoy an engaging astronomical overview, presented by Steve Kates, a.k.a. "Dr. Sky." Lessons include: The origins, history, and scientific knowledge of our solar system, planets, moons and other objects, other solar systems, use tools and resources to navigate our night skies, and understanding a vast history in the role and the future of interplanetary space exploration and science. Lots of hands-on experiences and multimedia!

**Artistic Travel Journaling \***

Create a unique expression of your life by easily and fearlessly 'quick drawing' your life's adventures. Lessons include: Use of multimedia, contour drawing, watercolor, colored pencil techniques, and creating a travel journal kit. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

**Basic Landscape Irrigation Guidelines**

Welcome homeowners, landscaping employees, material supplier employees, and others interested in learning the basics of landscape irrigation systems. Lessons include: PowerPoint presentations, relevant lectures, real-world product examples, regular system monitoring, water conservation, and maintaining a healthy desert landscaping. Several working model controllers (timers in layman's terms) are used to give students some "hands-on" experience.

**Basic Self-Defense \***

Build confidence and learn rapid response techniques of self-defense. Lessons include: Techniques to avoid confrontation and/or attack, scare off a potential attacker, fight back, explore techniques to protect yourself in different situations, and how to modify techniques based on physical abilities. Note: Please wear comfortable clothing to allow easy movement.

## **Basics of Microsoft Windows 10**

Discover how to navigate Microsoft Windows 10 interface and how to use its features and apps. Lessons include: Creating accounts, using the apps and programs on the taskbar, working with tiles, customizing settings and much more.

## **Beginning Adobe Photoshop**

Picture Perfect your photos! Lessons include: How to use the tools, layers, palettes and attributes in Adobe Photoshop. With these tools, there is no limit to what you can do or create with your favorite photos or artwork. The only limitations are in what your mind can create. If you can dream it, you can do it!

## **Beginning Bridge**

Bridge as an interactive table sport. Lessons include: Historical references to bridge, introduction to the wonderful nuances of the game of Bridge, fundamentals of bidding, play of hand and defense. Learn this great game, meet new people, and have fun at the same time!

## **Beginning Computer Skills**

Develop basic computer knowledge and learn how to navigate Microsoft Windows. Lessons include: Desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows.

## **Beginning Drawing Skills \***

Everyone can draw! This two-dimensional drawing course is for artists at all levels. Lessons include: Basic drawing skills, shading, perspective, and composition. Great for the beginner learning how to draw and for experienced artists looking to sharpen their skills using pencil and pen and ink applications. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

## **Beginning Landscape Irrigation Design**

Get out your "old-school" T-Square, drawing board, compass and scale because this course assumes the student has landscape industry experience and preferably some irrigation installation experience (No CAD design program is used in this class). Lessons include: Preparation, design basics, and "tools and rules" as a solid foundation. Upon completion of this class, the student should be able to design either an overhead sprinkler or drip system for a residential project. Note: Students will need some basic drafting tools and a small drawing board.

## **Charcoal Drawing for Everyone \***

All levels of artistic explorers welcome! Lessons include: A focus on a bold and uninhibited form of drawing using vine and compressed charcoal. The versatility of charcoal helps you to create line variety, background tones and lifted-out highlights. Students will focus on realism and depth in produced artwork. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

## **Colored Pencil Drawing \***

Designed to guide absolute beginners and intermediate artists to a high level of producing colored pencil drawings. Four drawings will be completed: still-life, floral, landscape, and portraiture. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

## **Creative Acrylic I \***

Discover how to use acrylic paint to create dramatic artwork. Lessons include: Color theory, brush control, preparing your canvas, the importance of composition, and mixing colors. Students will create three finished works-of-art (desert flower and landscape scenes). Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

## **Desert Safety & Survival**

Could you survive a night in the desert? How about a few days? Hiking or camping in the Sonoran Desert is an amazing experience, but it can turn deadly if you do not have a plan and are not prepared. Learn important tips on how to survive in almost any situation.

### **Email & Internet for Beginners**

Learn how to access the Internet to search for information and to send and receive email electronically. Lessons include: Use of Internet browsers and/or search engines plus establishing an email account.

### **Experiencing Watercolor \***

Discover how to paint with a palette of beautiful transparent watercolors while learning the coloring book of basic skills. Lessons include: The history of watercolor, brush control, preparing your paper, creating a composition, mixing colors, landscape features and more. Students will leave with a finished painting. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **Expressive Portrait Drawing \***

Develop your own distinct drawing style through portraiture using pencil, charcoal, and other media. Lessons include: Basic techniques of expressive emotion portraits, and incorporating big shapes of dark and light. If you are an individual with an expressive nature, then this class for you! Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **From Real to Reel: "When the Legend Becomes Fact, Print the Legend"**

Explore the real stories behind the historical figures of the West and their celluloid counterparts. Discover the difference between what the silver screen shows us about Wyatt Earp, Doc Holliday, Jesse James, Billy the Kid, Calamity Jane and the real people behind the names. Learn what really caused the gunfight at the O.K. Corral, Pat Garrett to go after Billy the Kid and other tales of the Old West.

### **Gentle Yoga \***

Ahhhh...Yoga...the ancient system known to unite body and mind. Relieve stress and bring flexibility, strength, coordination and balance to the body. Designed for beginners of all fitness levels, and students desiring to revisit the foundations of yoga or deepen their current practice. Lessons include: Focus on breath, body awareness, mindfulness, and basic yoga poses easily modified to meet the needs of all body types. Note: Bring a yoga blocks and blanket.

### **Getting Social, Learning The Basics About Social Media**

This course will help novice level individuals learn more about the in-and-outs of various social media platforms (Facebook, Twitter, Instagram, and LinkedIn). Lessons include: The basics of managing a personal social media account, the pros and cons of social media, and general safety. Individuals will become more comfortable using their personal social media accounts and learn basic tips and knowledge to becoming an informed user of the social platforms.

### **Honoring the Veteran-The Significance of Veterans in Native American Indian Cultures**

Veterans have always been amongst the most highly respected individuals in Native American communities. Starting with a traditional Ponca Veteran's Honoring Song. Lessons include: The importance of meanings behind male and female Veteran Societies, dances, songs, and artwork. Learn through participation in meaningful discussions pertaining to the roles of veterans in Native American cultures and conclude with an inspiring Ponca Veteran's Quitting Song.

**How to Play Blackjack** Learn how to play the fun and exciting game of blackjack! It's truly one of the most popular casino table games. Lessons include: Introduction to basic strategy, building confidence, explore different types of blackjack games, and casino etiquette. Note: This is an informational class with social playing only. Actual gambling is prohibited and no money will be permitted to exchange hands.

### **Improve Your Bridge Game While Having Fun**

Play your hand at improving your bridge game! Lessons include: Hand/card evaluation, bidding, play of the hand, defense strategies, and the language of bridge. Each session includes time for game play and is open to all levels of players. Join in this interactive activity and turn fun into winning,

### **Instant Guitar for Hopelessly Busy People \***

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Lessons include: Basic chords and how to play along with your favorite songs. Bring your acoustic guitar. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **Instant Piano for Hopelessly Busy People \***

Learn to play the piano in just a few hours! How do we do it? You can learn all the chords you will need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **Intro to Interior Design: Part I**

This is a creative journey into the field of interior design for both the career-minded student and lifelong learners. Lessons include: An overview of multiple areas of design, the major principles and elements of design, the use of color, and the development of pleasing color schemes, how to use various types of flooring, textiles and lighting, and making wise selections from the numerous products available for either your own use or for a commercial or residential client.

### **Intro to Interior Design: Part II**

Continue the creative journey by expanding on the principles and elements you learned in Intro to Interior Design Part I. Lessons include: Basic theories and practical applications, creating aesthetically pleasing, functional spaces. This course will help build confidence in making design decisions.

### **Introduction to QuickBooks Pro® \***

Discover how QuickBooks accounting can enhance your business! Lessons include: Introduction to the QuickBooks Pro® Accounting Program, basics of accounting for a small business, installation, creating files, accounts payable/receivable, reconciling, backup and restoration, single and multi-user modes. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **Intermediate Computer Skills**

Develop intermediate level computer skills. Lessons include: MS Office Word, PowerPoint, and Excel software applications, and further investigate web searches and Internet based applications.

### **iOS Basics: iPhone and iPad Essential Training**

Taught by an Apple Certified Technician, this course is designed to give new iPad and iPhone users an in-depth overview of the basics. From essential tasks to getting the most out of Siri, students will garner a solid foundation that will allow them to move forward in their use of the iOS operating system and all the features available to them.

### **Let the People Dance - Understanding American Indian Cultures Through Dance**

Since the beginning of time, Native peoples have expressed themselves through dance. Various Plains and Southwest Tribal dances are shown with heartfelt traditional stories being told about each. Lessons include: Traditional War Dance and Round Dance steps. Participants are invited to participate in a Plains Two Step Dance, accompanied by live traditional singing. Questions are fielded and the program ends with memorizing a traditional Southern Plains Closing Song.

### **Line Dancing: Fun and Exercise**

Heel-toe-do-si-do...grapevine...boot skootin boogie?! [insert your favorite line dance music - and hit the dance floor]. No experience or partner necessary to participate in and enjoy this energetic dance genre. Prepare for this fun interactive stress reducing activity...and along the way, exercise your body and brain by learning a variety of line dances. Warning: This course is known to put a silly smile on your face and is...well...super fun! See you at the heel-toe-boogie!

### **Mah-Jongg**

This Ancient Chinese game has captivated American enthusiasts! Mah-Jongg is a game of skill, strategy, calculation and a bit of chance. Lessons include: Basics for beginners, and building skills of returning players. Time to meld your suits...join the Mah-Jongg players for this fun and interactive game using flowers, winds, dragons, craks, bams, dots.

### **Meditation for Relaxation and Stress Relief**

Is your mind busy with activity and thought at the end of a busy day? Explore meditation techniques to quiet the mind, lower stress levels, assist with sleep, and heal the body, mind, and spirit. Lessons include: How to quiet your mind, breathing techniques for relaxation, centering and connecting.

### **Microsoft Excel Essentials**

Learn the fundamentals of MS Excel. Lessons include: Create a simple budget, entering text and numbers, column headings, saving the spreadsheet, equations, and how to enter pre-stored equations to make budget totals.

### **Midday Yoga Basics: Refresh and Renew \***

Take a break from your busy day with this quiet, healing class. We'll blend yoga therapy to increase range of motion, yin yoga stretches to melt tension, classic yoga poses to cultivate strength from within and breathing techniques and meditation to help calm the mind. Special Note: Please bring yoga mat and wear comfortable clothing that allows easy movement.

### **Mindful Practices for Weight Loss**

Emotional eating is a real phenomenon that can derail even the most dedicated. Lessons include: Food cravings during times of stress, eating habits when feeling down, and coping with life's triggers. Students will leave the course with mindful tools and techniques that support weight loss goals and reduce reactions to life's triggers and daily stress.

### **Numbers: Influencing Our Lives Part I \***

Explore ways to describe the nature of existence based on numbers. The use of numbers dates back centuries and can be used to enhance your everyday life. Lessons include: The strength, character and essential influence numbers have on our lives. Develop a better understanding of the universe and yourself based on the assertion by Pythagoras that all things can be reduced to numbers and expressed in numerical terms. Note: Bring water and snacks or lunch for a 30 minute break.

### **Numbers: Influencing Our Lives Part II \***

Continue exploring ways to describe the nature of existence based on numbers. Part II will be tailored to the outcomes determined by the participants in Part I. Note: Bring water and snacks or lunch for a 30 minute break.

### **Pottery on the Wheel \***

Transform clay to ART! Lessons include: Interactive use of the potter's wheel, throw various pieces, attach handles, trim pots, and apply glazes to finished artwork. Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for the materials list.

### **Ranger Tales-Accounts of a Lifelong Backcountry Ranger**

This verbal history of the Arizona Backcountry is sure to inspire and intrigue! Participants will be awed by the first-hand experiences of Gregory Hansen, life-long backcountry ranger. Lessons include: Tales of dangerous animal encounters, cantankerous human confrontations, perilous search-and-rescue mission, and field-based experiences that drive many of the local, regional, national and international decisions. The quality stewardship of our public lands is in your hands!

### **Self -Defense for Women \***

Designed especially for women, learn self-defense techniques so that you are aware, prepared, responsive to any situation. Build confidence and learn rapid response techniques of self-defense. Lessons include: Techniques to avoid confrontation and/or attack, scare off a potential attacker, fight back, explore techniques to protect yourself in different situations, and how to modify techniques based on physical abilities. Note: Wear comfortable clothing to allow easy movement.

### **Spanish for Beginners**

Improve your communication skills in the second most common language in Arizona. Lessons include: Basic language structure, cultural norms, vocabulary in a conversational style. Begin conversing in Spanish after the first class!

### **Spanish for Beginners Plus**

Continue improving your communication skills in the second most common language in Arizona. This class is geared toward students who have some experience with the Spanish language.

### **Spanish for Travelers: Beginning**

Learn the essentials of conversational Spanish through opportunities to develop Spanish speaking and listening skills by pattern practice, repetition, and practical application. Course will feature basic sentence structure, pronunciation, and vocabulary to be applied to real life conversations

### **Stretch Therapy \***

A healthy body is flexible and vibrant...join this gentle practice, open to all levels of mobility, and promotes wellbeing through stretching. Lessons include: Safe improvement of muscle function and flexibility, joint mobility. Benefits include developing a greater range of motion and pain reduction. Note: Please wear clothing to allow easy movement.

### **Tai Chi Basics**

Experience the health benefits of Tai Chi, an ancient exercise program (a noncompetitive, self-paced system of gentle physical exercise). Tai Chi benefits include reduced stress, improved muscle strength, and improved balance and coordination, along with increased energy, stamina and flexibility. Lessons include: basic gentle movements, historical reference of Tai Chi, and potential health benefits for arthritis, diabetes, high blood pressure, and back problems.

### **The Art of the Tohono O'odham Yucca Basket**

A Tohono O'odham basket weaver will share the process and history of the Tohono O'odham yucca baskets. You will learn the steps from gathering the materials, making and finishing a basket, and the various meanings of the design. A demonstration of weaving a yucca basket will be featured.

**"Trails of the Superstitions" - An Inside Look at the History and Stewardship** Preservation of the Superstitions as one of America's national treasures is integral to the wellbeing of Arizona residents. Learn about the facts and legends of the Superstitions from a 20-year U.S. Forest Service Wilderness Manager. Lesson includes: The video "Trails of the Superstitions" with interactive discussion, the legend of the "Lost Dutchman Gold Mine" is presented and discussed, and chilling real life stories of the instructor's firsthand experiences in the Superstitions.

### **Understanding Food Nutrition Labels**

If I cannot pronounce it should I be eating it? Are you interested in making healthier food choices?

Lessons include: De-mystifying the nutrition label through examination of its very complex anatomy, hidden ingredients, and how the label of 'natural' is misleading. In-class practice and discussion to help prepare you to hit the grocery aisles with a more discerning knowledge of what is being sold to you as food.

### **Writing the Story of Your Life Part II**

Continue preserving the generational gift to your family through written short stories. Participants will use this course to focus their writing on more in-depth stories and critique. Lessons include: Creating a personal library of short stories, organization, develop titles, explore ways of keeping the reader interested, publishing, and what to do with photographs.

### **Yoga Basics \***

Ahhhh...Yoga...the ancient system known to unite body and mind. Relieve stress and bring flexibility, strength, coordination and balance to the body. Designed for beginners of all fitness levels, and students desiring to revisit the foundations of yoga or deepen their current practice. Lessons include: Focus on breath, body awareness, mindfulness, and basic yoga poses easily modified to meet the needs of all body types. Note: Bring a yoga mat, blocks and blanket.

