OUTDOORS

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

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

NEW! Basic Map and Compass Use
Feel more confident in finding your way on trails or over open terrain. Everyone who visits the great outdoors needs to first gain competency with a map and compass. Learn to read topo maps, plot where you want to go, and how to read topo maps, figure out where you are and where you are going. Instructor: Judson Lang.

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

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

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

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

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

CENTRALIA COLLEGE IS NOW OPEN

HOW TO REGISTER:
- Mail your registration to Centralia College Office of Enrollment Services, 600 Centralia College Blvd., Centralia, WA 98531.
- Register by phone using a credit card at 360-623-8949.
- Fax your registration with credit card information to 360-330-7106.
- Bring your registration to the Office of Enrollment Services in the TransAlta Commons, or to CCEast in Morton (701 Airport Way)

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

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

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

Centralia College is moving to a new online registration system for Continuing & Community Education classes. CampusCE will allow students to register and pay online starting Nov. 29! The Continuing Education office will continue to accept student registrations by U.S. mail, fax, and by phone. Please take a look at our current course offerings by visiting www.campusece.net/centralia/category/category.aspx.
Flagger Training & Certification
Learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Instructor: Rich Bunker. Cost is $85.

Sa 8:00am – 5:00pm FTC 108

Oct 2 Code 30422 Course CE 200A
Oct 13 Code 30433 Course CE 200B
Dec 4 Code 30424 Course CE 200C
Jan 8 Code 12183 Course CE 200D

First Aid & CPR Certifications
The First Aid/CPR/AED class covers bleeding control, seizures, epi-pen use, allergic reactions, broken bones, choking, poisoning, CPR for adults, children and infants, and other life-threatening emergencies. Learn how to use AED (automated external defibrillator). Upon completion, you will receive a First Aid/CPR/AED certification card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Instructor: Chris Layton. Cost is $75.

Sa 8:30am – 4:00pm FTC 110

Sep 11 Code 31141 Course CE 207A
Sep 9 Code 31142 Course CE 207B
Nov 20 Code 31143 Course CE 207C

Computer Basics for Beginners
This class is for the new computer user who wants to learn about computers in an easy to understand hands-on course. You will learn to use the desktop, taskbar, scroll bars, and other controls in Windows, and how to use the basic programs to write letters and save into organized folders you create. Learn to use flash drives to make information portable. This class uses Windows 10. Instructor: Amanda Warner.

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

Intermediate Computer
This course is for students who have completed Computer Basics or have an understanding of creating and saving documents. You will continue to build file management skills by creating, copying, moving, and deleting files and folders. You will expand your knowledge to include common tasks, such as printing and moving information from one application or folder to another. Use “search” to find anything on your computer! You will also learn to maintain your computer, work with the Control Panel, navigate the Internet, and find and save information. This class uses Windows 10. Instructor: Amanda Warner. No class 11/8.

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

Microsoft Excel
Introductory class! You will learn to create new worksheets and edit existing worksheets. Learn to input data and use auto-hills to save time and improve accuracy. Format data using color, font size, sort and select data effectively. We will discuss formulas and creating charts to present data. Instructor: Amanda Warner.

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

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

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

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

Class time and date are arranged upon registration
Code 30501 Course CE 236A2 $49

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

Swing Dance
Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn to lead and follow various partners with emphasis on timing and styling. Find out when to use sing-time versus triple-time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin a full turn (leather or smooth soles) – preferably not tennis shoes. Instructor: Marie Kiser.

Sep 21 – Nov 9 T 7:00pm – 8:00pm CGB
Code 30429 Course CS 157A $55
Lifelong Learners 50+
Code 30438 Course SNRC 93A $25

Beginning Ballroom Dancing
Learn to glide your partner around the dance floor with style and grace. You will learn the salsa, waltz, foxtrot, swing, rumba, cha cha, tango, and nightclub two-step. Leading and following techniques and timing are stressed. Instructor: Marie Kiser.

Sep 21 – Nov 9 T 6:00pm – 7:00pm CGB
Code 30432 Course CS 157B $55
Lifelong Learners 50+
Code 30464 Course SNRC 93B $25

Intermediate Ballroom Dancing
If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. No class 11/11. Instructor: Marie Kiser.

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

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

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

PERSONAL INTEREST
NEW! Radical Trust (A Personal Development Course)
Living from the mind creates an unfulfilling and complicated life full of compromise. Join the global movement of living from your heart, and experience a new reality filled joy, empowerment, freedom, clarity, and simplicity. Instructor: Linda Layton.

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

Radical Trust (A Personal Development Course)
A powerful, journey into discovering your personal freedom, clarity, and simplicity. Instructor: Linda Layton.

Sep 21 – Nov 9 Code 30694 Course CS 157A $55
Lifelong Learners 50+
Code 30704 Course CS 157B $55

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

Class time and date are arranged upon registration
Code 30501 Course CS 236A2 $49

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

Sep 23 – Nov 18 Th 6:00pm – 7:00pm CGB
Code 30435 Course CS 157D $55
Lifelong Learners 50+
Code 30470 Course SNRC 93D $25
**HEALTH AND FITNESS**

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

<table>
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<tr>
<th>Course Code</th>
<th>Class Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
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<td>6:00pm – 7:30pm</td>
<td>Online/Zoom</td>
<td>$30</td>
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**Yoga**
This exercise class combines flexibility, muscular strength, endurance, and relaxation. You will be encouraged at your own level of fitness.
Instructor: Tina Goss.

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<tr>
<th>Course Code</th>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
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<th>Fee</th>
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<td>30215</td>
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<td>Self-Paced</td>
<td></td>
<td>Online</td>
<td>$54</td>
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</table>

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

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<tr>
<th>Course Code</th>
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<th>Fee</th>
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<td>10:00am – 10:50am</td>
<td>MSG 125</td>
<td>$54</td>
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</table>

**Cardio Conditioning**
Explore a combination of cardio experiences to improve cardiovascular endurance, body composition, muscle fitness and flexibility. A variety of movements will be explored, including step aerobics, kickboxing, Drums Alive, Zumba, and circuits and weights.
Instructor: Melissa Fox.

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<tr>
<th>Course Code</th>
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<th>Days</th>
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<th>End Time</th>
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<td>11:00am – 11:50am</td>
<td>MSG 200</td>
<td>$54</td>
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</table>

**Beginning – Advanced Tae Kwon Do**
Multi-level classes for men, women, and young adults (ages 16 and up) to develop balance, agility, spatial awareness, strength and flexibility. You will further develop techniques, forms, and self-defense aspects required to advance to blue and orange belt in the Korean martial art of Tae Kwon Do.
Instructor: Newkirk.

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<tr>
<th>Course Code</th>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Format</th>
<th>Fee</th>
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<tr>
<td>30710</td>
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<td>6:00pm – 8:00pm</td>
<td>MSG 200</td>
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**Senior Friendly T’ai Chi**
Tai Chi is an ancient Chinese practice that is taught most often as an individual discipline that promotes good health by developing the mind body connection. The practice, due to the use of slow, controlled, but graceful and continuous movements, also has benefits on one’s muscle control and balance. Introduction and continuing practice in the Yang Style of Tai Chi.
Instructor: Lauren Jessup.

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<tr>
<th>Course Code</th>
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<th>Days</th>
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<th>End Time</th>
<th>Format</th>
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**Senior Adult Strength Fitness**
Strength exercise for seniors using Nautilus Weight Machines. Individual instruction as introduction to machines is provided and a means to chart individual progress. Warm-up is done first on aerobic machines and a cool-down is done at end of class.
Instructor: April Beauregard.

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<tr>
<th>Course Code</th>
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<th>Days</th>
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<th>End Time</th>
<th>Format</th>
<th>Fee</th>
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<td>30711</td>
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<tr>
<td>30707</td>
<td>SNRC 90C</td>
<td>M W</td>
<td>8:00am – 8:50am</td>
<td>MSG 125</td>
<td>$42</td>
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</table>

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

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<tr>
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<th>End Time</th>
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<th>Fee</th>
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**Stretching & Flexibility**
Learn to perform safe stretches to increase flexibility and range of motion. Understand how stretching can help decrease injury, recover after other workouts, and calm the mind and body.
Instructor: Carrie Johnson.

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<tr>
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<th>Fee</th>
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<td>30225</td>
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<td>30550</td>
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<td>1:00pm – 1:50pm</td>
<td>Online/Zoom</td>
<td>$25</td>
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**RESTART: A sugar detox program**
This 5-week RESTART program is a simple, powerful way to give your body a vacation from having to process toxins like sugar. With a 3-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut sugar craving. You will also learn about digestion and blood sugar regulation. Discover how good you can feel!
Instructor: Kate Moore.

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<th>End Time</th>
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<tr>
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<td>10:00am – 11:45am</td>
<td>FTC 108</td>
<td>$90</td>
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**CREATIVE ARTS**

**Intro to Artistic Welding & Metalworking**
Beginning students only. You will be introduced to beginning welding techniques and metalworking. You will learn a variety of processes, including oxy/acetylene welding, MIG welding (GMAW), torch cutting, plasma cutting, and the use of metal shears, benders, grinders, punches, saws, and drill presses. If you are interested in learning other processes, such as TIG welding (GTAW) or stick welding (SMAW), you will be given special instruction and opportunity to practice on your own. You will be given an opportunity to complete an artistic project of your choice. This is not an Industrial Welding class.
Supply list will be handed out and discussed at the first class.
Instructor: Marycolleen Foley.

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<td>30425</td>
<td>Course CS 138A</td>
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<td>5:30pm – 8:30pm</td>
<td>TEC 103</td>
<td>$95</td>
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</table>

**Intermediate/Advanced Metalworking & Welding**
This course is designed for students that have taken Intro to Artistic Welding and Metalworking class and/or students who want further instruction in technical areas of metal forming and welding. Shop space and grinding room, as well as welders and various metal forming, shaping and cutting equipment provided. The instructor will be available to answer questions, provide feedback and technical support assistance, and offer refresher instruction. A $25 lab fee to cover welding gases and wire is included in tuition cost.
This is not an Industrial Welding class.
Instructor: Marycolleen Foley.

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<tr>
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<th>Days</th>
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<th>End Time</th>
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<td>30239</td>
<td>Course CS 138C</td>
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<td>5:30pm – 8:30pm</td>
<td>TEC 103</td>
<td>$95</td>
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**Blacksmitting & Forging Basics**
This is an introduction to blacksmithing class. Students will learn a brief history of blacksmithing to encourage the use of forge to make decorative leaves and handrails, reshaping of horseshoes, tools, and BBQ skewers. Students are introduced to tools and basic techniques. Supply list will be handed out and discussed at the first class.

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<th>Class Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Format</th>
<th>Fee</th>
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<tbody>
<tr>
<td>30453</td>
<td>Course CS 138F</td>
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<td>1:00pm – 4:00pm</td>
<td>TEC 103</td>
<td>$195</td>
<td></td>
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</table>

**PREVIEW FALL 2021 | 9**
NEW! Let's Dot Mandalas!
Have you seen those really pretty Mandalas created with dots in gorgeous colors? You can create them too! In these three-session classes, learn the basic techniques and more. Class covers how to top, top dot, walk the dot, swooshes, and combine them to create beautiful designs. You'll learn how to use different tools to create your dots, what paints and consistency works best for dotting, what to paint on, and what you might use to finish your projects. Class is held at 17831 Applegat St SW, Rochester. Call for directions, 360-480-4854. Tools and supplies are provided for class use, may be purchased from instructor for $18. Instructor: Joan Hitchcock.

**Day Class:**
- **Oct 11, Nov 1, Nov 22** M 10:00am – 12:00pm
  - Code 30906 Course CS 136A $75
- **Oct 25, Nov 15, Dec 6** M 10:00am – 12:00pm
  - Code 30171 Course CS 136B $75

**Evening Class:**
- **Oct 11, Nov 1, Nov 22** M 6:00pm – 8:00pm
  - Code 30172 Course CS 136C $75
- **Oct 25, Nov 15, Dec 6** M 6:00pm – 8:00pm
  - Code 30173 Course CS 136D $75

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

**Day Class:**
- **Sep 29** W 10:00am – 12:00pm Rochester
  - Code 29926 Course CS 101E $40
- **Oct 27** W 10:00am – 12:00pm Rochester
  - Code 29928 Course CS 101F $40
- **Dec 1** W 10:00am – 12:00pm Rochester
  - Code 29936 Course CS 101G $40

**Evening Class:**
- **Sep 29** W 6:00pm – 8:00pm Rochester
  - Code 29938 Course CS 101H $40
- **Oct 27** W 6:00pm – 8:00pm Rochester
  - Code 29949 Course CS 101J $40
- **Dec 1** W 6:00pm – 8:00pm Rochester
  - Code 29950 Course CS 101K $40

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

- **Sep 23 – Dec 2** Th 6:30pm – 7:30pm FTC 109
  - Code 29952 Course CS 102A $100

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

**Instructor:** Ann Rawls.
- **Sep 20 – Nov 29** M 12:00pm – 3:00pm FTC 111
  - Code 29953 Course CS 104A $106
  - Lifelong Learners 50+
  - Code 30475 Course SNRC 81A $72
- **Sep 20 – Nov 29** M 3:00pm – 6:00pm FTC 111
  - Code 29963 Course CS 104B $106
  - Lifelong Learners 50+
  - Code 30571 Course SNRC 81B $72
- **Sep 20 – Nov 29** M 6:00pm – 9:00pm FTC 111
  - Code 29964 Course CS 104C $106
  - Lifelong Learners 50+
  - Code 30514 Course SNRC 81C $72

**Instructor:** Kevlyn Hoisington.
- **Sep 21 – Nov 30** T 12:00pm – 3:00pm FTC 111
  - Code 29965 Course CS 104D $106
  - Lifelong Learners 50+
  - Code 30517 Course SNRC 81D $72
- **Sep 21 – Nov 30** T 3:00pm – 6:00pm FTC 111
  - Code 29967 Course CS 104E $106
  - Lifelong Learners 50+
  - Code 30519 Course SNRC 81E $72

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

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

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

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

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

**Day Class:**
- **Sep 22 – Oct 20** W 10:00am – 1:00pm Rochester
  - Code 29970 Course CS 103A $107
  - Lifelong Learners 50+
  - Code 30528 Course SNRC 81H $54
- **Oct 27 – Nov 24** W 10:00am – 1:00pm Rochester
  - Code 29971 Course CS 103B $107
  - Lifelong Learners 50+
  - Code 30531 Course SNRC 81I $54
- **Dec 1 – Jan 5** W 10:00am – 1:00pm Rochester
  - Code 29972 Course CS 103C $107
  - Lifelong Learners 50+
  - Code 30532 Course SNRC 81J $54

**Evening Class:**
- **Sep 9 – Oct 7** Th 6:00pm – 9:00pm Rochester
  - Code 29973 Course CS 103D $107
  - Lifelong Learners 50+
  - Code 30534 Course SNRC 81K $54
- **Oct 14 – Nov 11** Th 6:00pm – 9:00pm Rochester
  - Code 29974 Course CS 103E $107
  - Lifelong Learners 50+
  - Code 30540 Course SNRC 81L $54
- **Nov 18 – Dec 23** Th 6:00pm – 9:00pm Rochester
  - Code 29978 Course CS 103F $107
  - Lifelong Learners 50+
  - Code 30547 Course SNRC 81M $54

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

**All Things Christmas ($15 - $25)**
- **Oct 16** Sa 10:00am – 3:00pm
  - Code 29980 Course CS 101A $35
- **Dec 3** F 10:00am – 3:00pm
  - Code 29981 Course CS 101B $35

**Fused Standing Christmas Tree ($15 - $25)**
- **Nov 6** Sa 10:00am – 2:00pm
  - Code 29986 Course CS 101C $35
- **Dec 6** M 5:00pm – 9:00pm
  - Code 29988 Course CS 101D $35
I Can't Even Draw Stick People – Art Exploration
Take the risk of finding your inner artist with a private small group of beginners. Sue Wachter once thought she was not artistic. She started learning who she was as an artist in her 50s. Sue’s favorite class to teach is beginners. Sign up and learn to have fun experimenting with a variety of mediums and find your favorite with other beginners. (Please note this is not a drawing class). Supply Fee: $30 payable to instructor.
Instructor: Sue Wachter.
Oct 19, Nov 2, Nov 16  T  5:30pm – 8:00pm SWFT 108
Code 30705 Course CS 102B  $60

Art Exploration – Next Steps
This class is for students who have had introductory art instruction and have previously taken Sue Wachter’s “I Can’t Even Draw Stick People” class (not required) and would like to dive deeper into developing their skills and personal style. Each night will explore a different medium. Watercolor, acrylics and silk dyeing. Supply Fee: $30 payable to instructor. Instructor: Sue Wachter.
Oct 20, Nov 10, Nov 17  W  5:30pm – 8:00pm SWFT 108
Code 30706 Course CS 102C  $60

WEBINAR WORKSHOPS
* Business Block (10/18)
* Writer’s Block (10/19)
* Internet Block (10/20)
* Money Block (10/21)
A detailed tutorial will be emailed to set up your free Zoom account, then the webinar login information and materials will be sent the day of class. Please provide an email address at time of registration.
Instructor: LeeAnne Krusemark. LeeAnne is an author, speaker, business owner, Chamber of Commerce past president, and guest instructor at more than 200 colleges, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard.

BUSINESS BLOCK
Make Money with a Virtual Assistant/Word Processing Business
"Participants should also attend “Explore 250 Legitimate Home-Based Business Ideas” immediately following to learn necessary legal aspects"* 
If you can type, then you can make money at home using your computer. Discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money.
Oct 18  M  6:00pm – 7:00pm VIRT
Class 30261 Course CS 186A2  $25

Explore 250 Legitimate Home-Based Business Ideas
Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce past president and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!). If you really want to succeed in a home business, this step-by-step session is a must!
Oct 18  M  7:00pm – 9:00pm VIRT
Class 30263 Course CS 186B2  $35

Earn Extra Money Mystery Shopping
"Must also attend "Explore 250 Legitimate Home-Based Business Ideas"**
Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for.
Oct 18  M  9:00pm – 10:00pm VIRT
Class 30265 Course CS 186C2  $25

WRITER’S BLOCK
Introduction to Screenwriting for Television or Movies
In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each.
Oct 19  T  6:00pm – 7:00pm VIRT
Class 30266 Course CS 176A2  $25

Beginners Guide to Getting Published
If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must!
Oct 19  T  7:00pm – 9:00pm VIRT
Class 30311 Course CS 176B2  $35

INTERNET BLOCK
Writing for Online Blogs, Magazines & Websites
You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- $1 a word and more. In this fast-paced session, you will how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel.
Oct 20  W  6:00pm – 7:00pm VIRT
Class 30313 Course CS 176C2  $25

Beginner’s Guide to Starting a FREE Blog
Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to: start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share expertise, and connect your domain/website. You will also learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking.
Oct 20  W  7:00pm – 9:00pm VIRT
Class 30314 Course CS 176D2  $35

MONEY BLOCK
Save Money with Extreme Couponing!
Learn how to save $$$ everyday with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: where to find all types of coupons - even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands.
Oct 21  Th  4:00pm – 5:00pm VIRT
Class 30361 Course CS 180D2  $25
Monetize Websites, Blogs, and Social Media with Affiliate Marketing
Earn a passive monthly income from selling other people’s products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won’t offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You’ll also learn SEO secrets to increase your sites ranking and visibility on search engines like google.

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

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

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

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

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

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

Qualifications:
• Experience with proposed subject matter.
• Enjoy sharing knowledge and skills with others.
• Completed course proposal.

Visit www.centralia.edu for current class offerings or a course proposal form, or contact the Continuing Education office at (360) 623-8940 or CTE@centralia.edu.
COMMUNITY EDUCATION
AT CCEAST

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

REGISTRATION IS NOW OPEN

Fitness & Health

Pilates/Core
16022 ASI 011 R 4:30-5:30pm Th MOR 10 Carrie Johnson
An exercise class designed to teach breathing with movement, body mechanics, balance, coordination, spatial awareness, strength and flexibility. (Most exercises are done on mats on the floor.) Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 8 students. Class fee is $25.

Better Bones & Balance
16025 ASI 015 R 9:30-10:30am TTh MOR 108 Gretchen Jones
Oregon State University research has shown this exercise program can significantly slow the loss of bone density in adults of all ages as well as improve balance, flexibility, coordination, muscle tone, and overall body fitness. All fitness levels are welcome. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 8 students. Class fee is $35.

Hatha Yoga
30753 CS 129R 4:30-5:30pm F MOR 108 Genny Greiter
Explore Hatha Yoga fundamentals, including postures, breathing techniques, and mindfulness as we attempt to connect mind, body, and breath. No experience is necessary. Students should bring a yoga mat, yoga strap, 1 or 2 yoga blocks, and a beach towel or small blanket to this face-to-face class. The instructor, Genny Greiter, is a registered yoga instructor through Yoga Alliance. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 10 students. Class fee is $75.

Mindfulness Practice
30749 CS 121R 5:30-6:15pm Th MOR 01 Carrie Johnson
Mindfulness can be described as focusing on the present moment with acceptance and nonjudgement. Mindfulness practices are used to reduce stress and anxiety, improve sleep, reduce blood pressure, and improve focus. In this four-week workshop we will explore a variety of mindfulness techniques including body scans, breathing exercises, mindful eating, mindful walking, and more. Students will be required to follow Centralia College's current COVID safety protocols. The class is limited to 10 students. Class fee is $30.

Computers & Technology

Computer Essentials for the Low-Tech User
30752 CS 151 R 1-2pm Th Christina Brischetto
If you didn't grow up in the Digital Age using computers, learning tech skills can require time and patience. Spending one hour a week with an instructor who guides you through, step by step, can make all the difference. This introductory course will help students learn the basics of creating Word documents, online calendars, and organizing files. The course covers Google Docs, Drive, Calendar, and Gmail, using a combination of online resources and face-to-face instruction at Centralia College East. Students will be required to follow Centralia College's current COVID safety protocols. The class meets on Thursdays from 10/20 through 11/17. The class fee is $75.

Creative Arts

Zentangle: Shades of Gray & Blue
30754 CS 136 R2 10-11am T Virtual Penny Degener
In this four-week class, Penny Degener, Certified Zentangle Teacher, will guide students as they learn and practice patterns that come together into unique and intricate mosaics. This class will teach basic Zentangle patterns using gray tiles and blue ink. Everyone is welcome, whether you are new to Zentangle or have been doing it for a while. The class will be taught virtually through the Zoom platform on the scheduled day and times. Lectures will be recorded and available for students who cannot attend all the classes. Zentangle kits may be purchased from the instructor and can be picked up at CCEast. Class meets Sept. 22, 29, Oct. 6, 13. Class fee is $25.

Imaginative Play Workshop
R2 4-5pm Wednesdays Virtual Sara Moylan
In this six-week workshop, parents or caregivers will learn best practices for guiding their young child or children (ages 4 to 8) into the world of the imagination through a process the instructor calls "Story Making." Encouraging imagination is the focus of this class, which will include learning how to create rituals for setting up imaginary play, guiding children through the process of creating characters and a plot, and acting out their story, often with creative movement and sound. The process culminates in a story that is the child's imaginative creation. The class is offered via Zoom on Wednesdays from 4-5pm. Class meets 9/22 through 10/27. Families can register as one student. Class fee is $55.