

# Community Education



Fall 1 Aug 28-Oct 14

Fall 2 Oct 23-Dec 9



**A Lived  
Political History  
of the 60's**

**PAGE 20**

**Turn! Turn! Turn!  
The 1960's Folk-Rock  
Revolution**

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# Updated and improved website

We have updated our website to make [MarinCommunityEd.com](http://MarinCommunityEd.com) a better student experience and easier to navigate. Our updated site allows us to better serve you and share more exciting programs! Browse and register for classes, learn about college event spaces, pools and more! Join us and take a look around.

Lori Friedman  
Director of  
Community Programs



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## **New scholarships for lifelong learners!**

We have created new ways to support our growing community learners and make classes more accessible. Please check out our new scholarships page. Visit [MarinCommunityEd.com](http://MarinCommunityEd.com), click Community Education, and select the Scholarships page for more information!

# About

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## CONTACT INFORMATION

(415) 485-9305

info@MarinCommunityEd.com

MarinCommunityEd.com

facebook.com/MarinCommunityEd

Instagram: @Marincommunityed

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## KENTFIELD MAILING ADDRESS

835 College Ave

Kentfield, CA 94904

## IVC MAILING ADDRESS

1800 Ignacio Blvd

Novato, CA 94949

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## REFUND POLICY

If you would like to drop a class and request a refund, make sure to review the refund policy at [MarinCommunityEd.com](http://MarinCommunityEd.com) and submit your request by 4pm at least three (3) business days before the class begins.

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## LIMITED IN PERSON SUPPORT AVAILABLE

Kentfield Campus: Welcome Center  
830 College Ave., Kentfield, CA

Indian Valley Campus: Bldg. 27  
1st Floor, 1800 Ignacio Blvd.,  
Novato, CA

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College of Marin Community Education offers short-term class designed to meet the community's learning needs, from personal enrichment to career enhancement. College credit is not given and there are no tests or grades. EC-designated courses are open to all ages and are especially designed to meet the needs of older adults.

### Register online at [MarinCommunityEd.com](http://MarinCommunityEd.com). It's easy!

- Access step by step instructions on how to set up a student profile.
- Register for upcoming classes.
- Learn about requirements and guidelines for participating in online classes using Zoom. For registration support please email [info@marincommunityed.com](mailto:info@marincommunityed.com) or call (415) 485-9305.

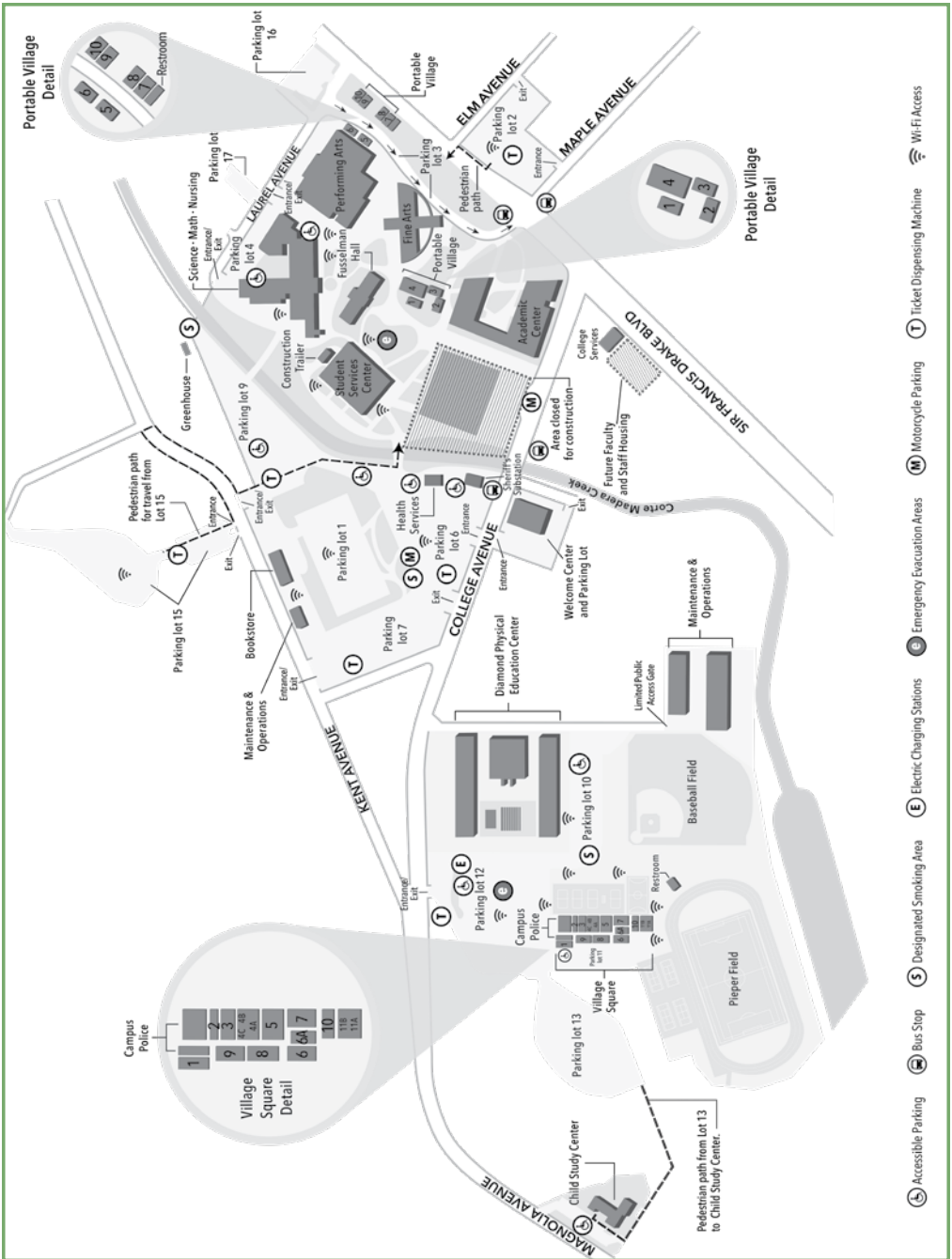
## Class formats

**Remote:** Courses are offered online on Zoom. Participants are responsible for having the required software and device to participate in Zoom meetings.

**In-person:** Courses are scheduled in-person. Students are responsible for following all current safety protocols for participation. In the event of campus closure or emergency, class sessions may be cancelled; in these instances, make-up classes will be provided as conditions allow.

# Kentfield campus (KTD)

835 College Ave., Kentfield CA 94904



## Parking information

Students wishing to park in student parking lots must have a valid parking permit. Student semester parking permits are now virtual and associated with your vehicle license plate. Permits can be purchased at [marin.edu/permits](https://marin.edu/permits). For Parking information and instructions on ordering a Community Education student parking permit visit <https://police.marin.edu/virtual-parkingpermits>.

## Annual Security Report

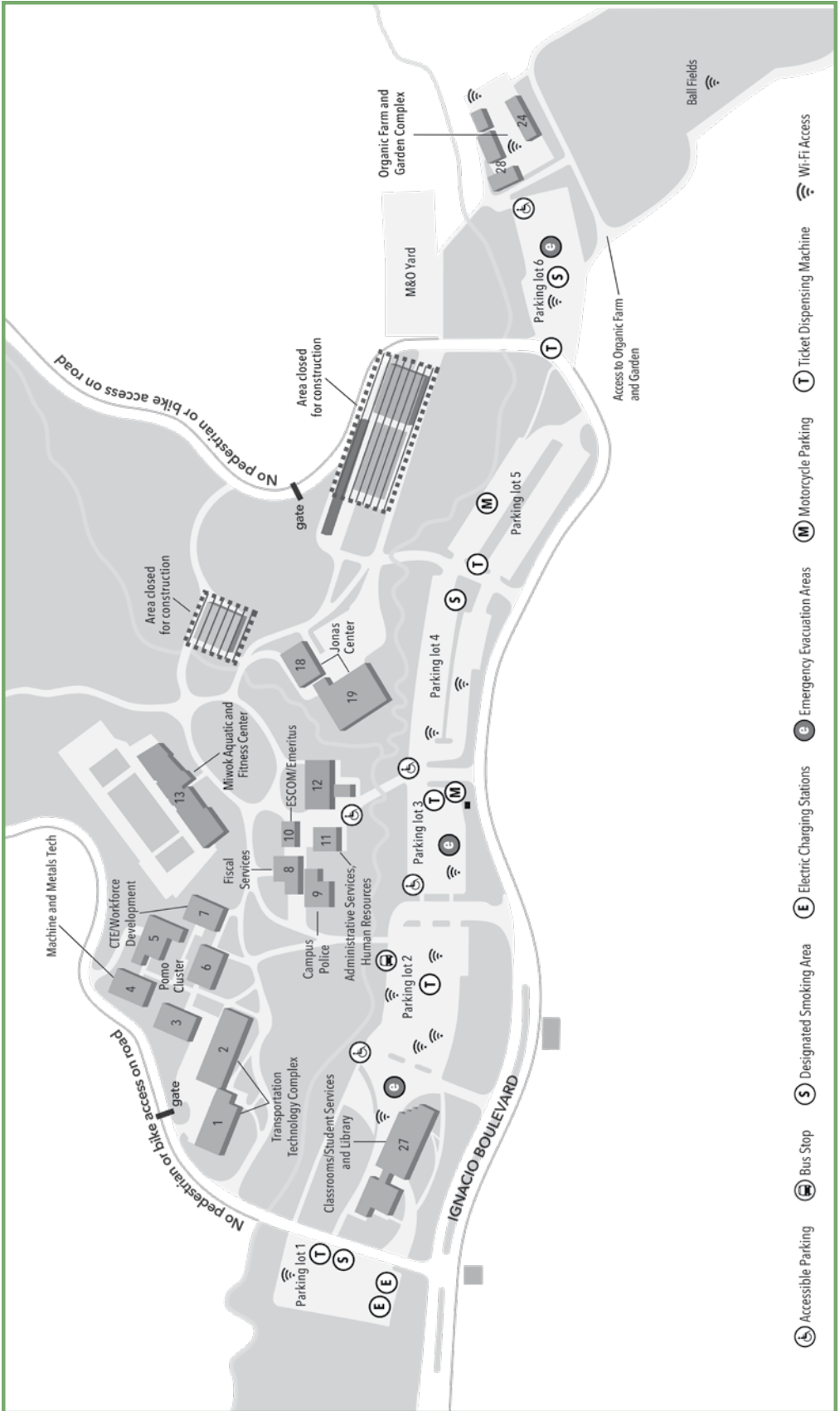
To access College of Marin's Annual Security Report with crime statistics visit [https://police.marin.edu/sites/police/files/2022\\_COM\\_ASR\\_FINAL.pdf](https://police.marin.edu/sites/police/files/2022_COM_ASR_FINAL.pdf) You may also request a paper copy from the College of Marin Police Department by calling (415) 485-9455.

## COVID-19

Please refer to [www1.marin.edu/strong](http://www1.marin.edu/strong) for current information about COVID-19 and check [MarinCommunityEd.com](http://MarinCommunityEd.com) for any updates about Community Education classes and student services.

# Indian Valley campus (IVC)

1800 Ignacio Blvd., Novato CA 94949





# ESCOM

Emeritus Students  
College of Marin

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## ESCOM CENTERS

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### INDIAN VALLEY CAMPUS

1800 Ignacio Blvd.  
Bldg 10, Rm. 40  
Novato, CA 94949  
(415) 457-8811 x8322

### KENTFIELD CAMPUS

835 College Avenue, SS 111  
Kentfield, CA 94904  
(415) 485-9652

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Escom.Marin.edu  
escom@marin.edu

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Photo: Paul Milholland



I invite you to join ESCOM to benefit from our clubs, talks and events. It's free to join and you will be included in all our programs. Our members stay involved and active with new horizons, activities and friends.

**GARY GONSER**  
ESCOM President

## What is ESCOM

ESCOM (Emeritus Students College of Marin) is a pioneer provider of lifelong learning in Marin County. We are a part of the College of Marin and have been cited as a national model. If you'd like to belong to an inspiring group of people who enjoy learning, social engagement and staying at the forefront of life, come join us at [escom.marin.org](http://escom.marin.org). Our clubs, events, programs, and other activities, held on both COM campuses and online, will stimulate your knowledge, add to your experience and tickle your fancy.

## We offer these services to our members (free to all):

- ESCOM CLUBS that discuss philosophy, books, plays, history, opera, great courses, travel, chess and more.
- Comfortable centers on both college campuses with libraries, meeting space and computer access.
- A beautiful bimonthly ESCOM Journal featuring creative writing, photography and poetry from our members.
- Our monthly Spotlight presents series of talks, coffees, author presentations and special events.
- A new Computer topics series that teaches free in-person lectures on computers with the Marin Commission on Aging.

Community Education has an exceptional partner in ESCOM, whose commitment to providing dynamic and high-quality clubs and events that engage lifelong learners is a testament to their exemplary leadership and dedication.

**LORI FRIEDMAN**

*Director of Community Programs, College of Marin*



Photo: Laura Milholland

## What are we doing?

Recent Spotlight presents:

- Avoiding Scams, Fraud and Financial Abuse
- The Science of Healthy Aging
- Beyond Google and Facebook
- Alzheimer’s Association Effective Communication Strategies

**Recent computer topics lectures:**

- What is the Computer Cloud?
- Affordable Home Internet
- Protecting Personal Information online

## Get involved

We strive to stay active and current with the programs that we provide to our members. Find a club you like or lead one that brings people together on topics you like. We are starting new clubs all the time and provide hybrid ZOOM and meeting spaces at our centers. Volunteer on programs you want to get involved with. Meet new friends and get involved with programs that have meaning in your life.



Photo: Laura Milholland

## 50th Anniversary Celebration

October 14, 2023  
Jonas Center, College of Marin  
Indian Valley Campus

# How to use our class listings

There will be no classes held on the following days:

- Sep 4, Labor Day
- Nov 10, Veteran's Day
- Nov 23-25, Thanksgiving Holiday

Class title

ESCOM courses

Featured class

Class description

Class ID, instructor, location

Days, times, dates

Course cost; Course fees do not include additional materials required for some classes unless otherwise noted. Please see online class listings for required materials.

## NEW | EC | Book Making

This class will introduce you to the inspiring world of art. Using mixed media such as collage, photos, found objects, metal, and fabric, you will discover how to create unique artists' books and journals. We will cover how to combine mono-printing, stitching, photo-transfer, and a variety of binding techniques to create a different type of book each week.

**0099 | Jones | Zoom Virtual Classroom**  
**6 Wednesdays, 2:40-5:30pm | Sept 3-Oct 8**  
**\$100**

NOTE: Class details, including dates, times, and location are subject to change. Please refer to the online class registration page for the most current information about class details.

## What our symbols mean

**AC** = Academic Center  
**EC** = ESCOM Designated Course  
**FA** = Fine Arts Center  
**IVC** = Indian Valley Campus  
**IVOFG** = Indian Valley Organic Farm and Garden

**KTD** = Kentfield Campus  
**MAFC** = Miwok Aquatic and Fitness Center  
**OFF** = Off Campus  
**PA** = Performing Arts  
**PE** = Physical Education Center

**SMN** = Science Math Nursing  
**SS** = Student Services Center  
**VS** = Village Square



# Classes

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Registration starts August 1 at 9 AM  
Register at [MarinCommunityEd.com](http://MarinCommunityEd.com)

# Aquatics

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Please check with your physician before you register for any Aquatics classes. If you have any questions about the level of difficulty of the class, please email [info@marincommunityed.com](mailto:info@marincommunityed.com) to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at [MarinCommunityEd.com](http://MarinCommunityEd.com).

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## Fitness Swim

This class will help you discover the best specific movements for you in the water. We will be focusing on the techniques, tricks and subtleties that can markedly improve your swimming ability. The class will combine both group and individualized workouts, focusing on what you need to do to improve your performance given your skill and experience level. Please note that participants may be required to share lanes.

**5993 | Rossi | KTD | KTD Pool**  
**6 Tues & 7 Thurs 2-3pm | Aug 29-Oct 10**  
**\$139**

**6055 | Oliver | IVC | MAFC Pool**  
**7 Tues & 7 Thurs 6-7pm | Aug 29-Oct 12**  
**\$146**

**6057 | Oliver | IVC | MAFC Pool**  
**7 Tues & 7 Thurs 7-8pm | Aug 29-Oct 12**  
**\$146**

**5994 | Rossi | KTD | KTD Pool**  
**6 Tues & 6 Thurs 2-3pm | Oct 24-Dec 5 (no class Nov 23)**  
**\$132**

**6056 | Oliver | IVC | MAFC Pool**  
**7 Tues & 6 Thurs 6-7pm | Oct 24-Dec 7 (No class Nov 23)**  
**\$139**

**6058 | Oliver | IVC | MAFC Pool**  
**7 Tues & 6 Thurs 7-8pm | Oct 24-Dec 7 (no class Nov 23)**  
**\$139**

## EC | Deep Water Aqua Exercise

Submerge yourself in the deep end of a pool for a full body water fitness workout. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. Students will wear a flotation belt for support in the deep water to perform aerobics routines. An aqua exercise belt may be required at a cost of \$25-\$35; belt recommendations will be provided by the instructor.

**5995 | Murphy | KTD | PE Pool**  
**6 Mon, 7 Wed & 7 Fri 7:20-8:20am | Aug 28-Oct 13 (no class Sept 4)**  
**\$188**

**5996 | Murphy | KTD | PE Pool**  
**7 Mon, 7 Wed & 5 Fri 7:20-8:20am | Oct 23-Dec 8 (no class Nov 10 & 24)**  
**\$181**

**5997 | Murphy | KTD | PE Pool**  
**6 Mon, 7 Wed & 7 Fri 8:30-9:30am | Aug 28-Oct 13 (no class Sep 4)**  
**\$188**

**5998 | Murphy | KTD | PE Pool**  
**7 Mon, 7 Wed & 5 Fri 8:30-9:30am | Oct 23-Dec 8 (no class Nov 10 & 24)**  
**\$181**

**5999 | Murphy | IVC | MAFC Pool**  
**6 Mon, 7 Tues & 7 Thurs 1-2pm | Aug 28-Oct 12**  
**\$188**

**6000 | Murphy | IVC | MAFC Pool**  
**6 Mon, 7 Tues & 7 Thurs 1-2pm | Oct 23-Dec 7 (no class Nov 23)**  
**\$188**

## EC | Aqua Exercise for Older Adults

The purpose of this class is to experience health-providing exercises in a relaxing medium: the water. This active class strengthens, creates greater flexibility, and promotes a peaceful state of mind. Students should be in good cardiovascular health, with the ability to walk in the water.

**6001 | Murphy | KTD | PE Pool**  
**6 Mon, 7 Wed & 7 Fri 9:40-11am | Aug 28-Oct 13 (no class Sep 4)**  
**\$206**

**6002 | Murphy | KTD | PE Pool**  
**7 Mon, 6 Wed & 6 Fri 9:40-11am | Oct 23-Dec 8 (no class Nov 10 & 24)**  
**\$199**

**6003 | Murphy | IVC | MAFC Pool**  
**6 Mon, 7 Tues & 7 Thurs 2:10-3:30pm | Aug 28-Oct 12**  
**\$206**

**6004 | Murphy | IVC | MAFC Pool**  
**7 Mon, 6 Tues & 5 Thurs 2:10-3:30pm | Oct 23-Dec 7 (no class Nov 23)**  
**\$199**

# Art

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For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

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## Drawing Workshop

Learn to draw in this fun and informative six-week workshop in which you will be introduced to a variety of materials and learn and practice core drawing skills. This workshop will help you feel comfortable with the materials and give you tools to use

for any two-dimensional work you choose. Students are encouraged to keep an ongoing notebook. Additional materials cost approximately \$150. A list will be provided by the instructor prior to the first session.

**5942 | Yokell | KTD | FA 214**  
**6 Thursdays 9:40am-12:30pm | Aug 31-Oct 5**  
**\$174**

**5943 | Yokell | KTD | FA 214**  
**6 Thursdays 9:40am-12:30pm | Oct 26-Dec 7**  
**(no class Nov 23)**  
**\$174**

## Keys to Drawing Perspective

This class is designed for anyone interested in learning simple techniques for creating a sense of depth in their drawings. The focus of this class is to have fun learning about the fundamentals of perspective and how to see by using simple concepts without using T-squares, complicated equations or mechanical terms. Students will receive hands-on exercises for achieving the illusion of depth in their drawings, developing their understanding of different concepts and techniques, and using perspective to track down problems when something just doesn't look right.

**5946 | Wolfson | KTD | FA 214**  
**6 Wednesdays 9:40am-12:30pm | Aug 30-Oct 4**  
**\$174**

## 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.

**5932 | Meade | Zoom Virtual Classroom**  
**6 Fridays 10am-1pm | Sep 1-Oct 6**  
**\$174**

**5933 | Johnson | KTD | FA 312**  
**6 Saturdays 10:10am-1pm | Sep 9-Oct 14**  
**\$174**

**5934 | Meade | Zoom Virtual Classroom**  
**5 Fridays 10am-1pm | Oct 27-Dec 8**  
**(no class Nov 10 & Nov 24)**  
**\$153**

**5935 | Johnson | KTD | FA 312**  
**5 Saturdays 10:10am-1pm | Oct 28-Dec 2**  
**(no class Nov 25)**  
**\$153**

## EC | The Flow of Watercolor: Flower Portraits

Flowers have expressive faces. As you paint flowers, make every stroke a meditation. Learn how to paint with thin and thick paint all in one brush stroke, and enjoy the surprises when colors blend and move on their own. In these portraits we will capture the essence of each flower, emphasizing creating exquisite shapes and flowing colors. We will focus on compositions that look great on white backgrounds. All levels are welcome, though some watercolor experienced is recommended.

**5936 | Cohn | KTD | FA 312**  
**6 Mondays 1:10-4pm | Sep 11-Oct 16**  
**\$191**

## EC | The Flow of Watercolor: Loose and Bold Landscapes

Watercolor is a medium that likes to flow. When we let it move on its own, marvelous things happen. Learn how to watch the paint flow from transparent to opaque passages and simplify the landscape so that it conjures up the atmospheric feeling you choose. Get ready to use rich passages of paint that contrast with transparent washes. Natural or imaginative colors work well with this approach to the landscape. All levels are welcome, though some watercolor experienced is recommended.

**5937 | Cohn | Zoom Virtual Classroom**  
**6 Thursdays 2:40-5:30pm | Oct 26-Dec 7 (no class Nov 23)**  
**\$182**

## 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 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. Please bring your own supplies you wish to work with.

**5944 | Bencich | KTD | FA 301**  
**5 Saturdays 9:10am-1pm | Sep 2-30**  
**1 Saturday 9:10am-5:30pm | Oct 7**  
**\$319**

**5945 | Bencich | KTD | FA 301**  
**5 Saturdays 9:10am-1pm | Oct 28-Dec 2 (no class Nov 25)**  
**1 Saturday 9:10am-5:30pm | Dec 9**  
**\$319**

## Painting with the Masters

This course will help you appreciate some of your favorite "master" painters; study and copy paintings from different time periods; and match some original elements but learn to make them your own. Our studies will include classic and contemporary artists from different eras. We will follow in the well-established tradition of learning to appreciate and reproduce some of the things that make paintings great!

**5947 | Tsark | Zoom Virtual Classroom**  
**7 Thursdays 9am-12pm | Aug 31-Oct 12**  
**\$198**

## Loose & Lively Portraits

Learn the rules of features and proportion, so you can break them! This course will help you understand the basic construction of the face. Learn how "portraiture" can be so much more than rendering a face. Practice key elements and features in order to render expressive portraits. We will also examine portraits and features from famous and classic art "masters" and discuss key differentiators.

**5948 | Tsark | Zoom Virtual Classroom**  
**5 Thursdays 9am-12pm | Oct 26-Dec 7**  
**(no class Nov 2 and Nov 23)**  
**\$157**

## NEW | Mystic Art Circle

Artists learn by seeing the ways great artists of the past used line, form, color and composition, but more importantly we feel the artist through their expression. If you have an interest in art and spirituality, come inquire with us. We begin with a brief meditation, a poem and each week a beloved post-impressionist artist will be featured. After a short discussion we dive into an hour of unguided studio time where students work in their media of choice before returning to share insights or creations. A non-judgmental approach encourages experimentation and a safe harbor for sharing. Broaden your capacity to appreciate art while satisfying your mystic heart's desire for authentic expression. Students may work in the medium of their choice (suggested watercolor materials will be provided for beginners).

**6039 | Zieve | Zoom Virtual Classroom**  
**7 Wednesdays 10am-1pm | Aug 30-Oct 11**  
**\$195**

## Figure Drawing Through Art History

Have you always wanted to learn how to draw the figure? Or are you proficient and

looking for a way to practice your skills? This class offers a structure for you to hone your hand and eye by looking at breathtaking figurative paintings and sculpture. We will warm-up with quick gestures, train with short poses and settle into some longer (max 40 minutes) studies with no less than the greatest figurative works ever made as our models. The encouragement is to adopt an attitude of close seeing and interpreting, rather than literal copying. Prompts will be offered for what media to use, with instruction tailored to where you are in your study.

**5939 | Bala | KTD | FA 214**  
**7 Fridays 2:10-5pm | Sep 1-Oct 13**  
**\$195**

## NEW | Expressive Figure Drawing

The human figure is a repository of some of the most powerful ideas in the visual arts. A companion offering to "Figure Drawing Through Art History", this class combines training in figure drawing with a focus on a variety of drawing media. With master drawings from art history projected onto a big screen, we will study the figure in its varied interpretations through time. What are some of the drawing lessons from the great drafts(wo)men? How did close seeing and observation translate into choice of material and technique? And as the figure transformed in our collective consciousness as a point of departure for a work of art, how was this mirrored in its expression? For beginners and experienced students alike, come and draw from some of the most evocative figurative work through time!

**5941 | Bala | KTD | FA 214**  
**5 Fridays 2:10-5pm | Oct 27-Dec 8 (no class Nov 10 and Nov 24)**  
**\$153**

## Everyone Can Paint: Painting Studio

Join an experienced Community Education art instructor and supportive painting community! This class is open to all skill levels and students may work in any media. Students will work with instructor on independent projects. This lab style course will include weekly exercises, as well as individual support-and plenty of time to paint! Instructor will contact students to advise on recommended supplies prior to the start of class.

**5949 | Tsark | IVC | BLDG 3 205**  
**6 Wednesdays 9:30am-2:30pm | Aug 30-Oct 4**  
**\$266**

**5950 | Tsark | IVC | BLDG 3 205**  
**6 Wednesdays 9:30am-2:30pm | Oct 25-Dec 6**  
**(no class Nov 1)**  
**\$266**

## **EC | Visual Journaling Workshop: Self-Discovery Through Creative Play**

This mixed media workshop is for anyone who wishes to discover a window into their inner life and free their creativity. Come and learn the basics of visual journaling and play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment. No art or writing experience required! Please bring a blank sketchbook to class and visit <https://marinartherapy.com/com-journaling-supplies/>.

**6029 | Danberg | KTD | FA 312**  
**1 Saturday 1:30-4:30pm | Sep 2**  
**\$69**

## **An Artful Approach to Personal Style**

Rediscover the enjoyment of getting dressed, anticipating the day ahead while choosing an expressive and comfortable outfit. Learn how to create a wardrobe that works for you. Classes will focus on different aspects of appearance, including color, silhouette, personal style, and how to shop your closet. Demonstrations, hands-on activities and group discussion will engage your imagination and help you develop a creative focus for daily self expression. Practical tools include creating a "look book" with simple color exercises and collaging of beauty imagery. Let's get inspired together! The recommended text for this class is *Growing More Beautiful: An Artful Approach to Personal Style*.

**5951 | Robin | KTD | SMN 227**  
**2 Saturdays 10:10am-1pm | Oct 28-Nov 4**  
**\$90**

## **Makeup for Yourself**

Learn how to use red carpet-quality makeup at home while saving money (and the planet!). This relaxing evening class includes in-depth lectures, professional beauty products, fun "homework" and hands-on practice supervised by a professional makeup artist. Achieve your beauty goals in this inclusive, beginner-friendly class. Topics include: Makeup history, ingredients, hygiene, skin, sustainability, colors, techniques, science in beauty, and how to make yourself the most beautiful you.

You will practice sanitizing your makeup and tools, DIY lipcare, skincare routines, achieving unique looks, and enhancing your unique, natural beauty. Students will receive recommendations for products and supplies.

**6037 | Miller | KTD | SMN 207**  
**7 Thursdays 6:30-9:30pm | Aug 31-Oct 12**  
**\$195**

**6038 | Miller | KTD | SMN 207**  
**6 Thursdays 6:30-9:30pm | Oct 26-Dec 7 (no  
class Nov 23)**  
**\$174**

# Crafts

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For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

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## **Quiltmaking**

This course teaches the fundamentals of quiltmaking, including fabric and color selection, block techniques, finishing, borders, batting and binding. Students will create a sampler quilt from start to finish, using techniques such as strip piecing or appliqué. The theme for this session will be Japanese fabrics, design and Shibori stitching. Ongoing development of technique and creative design are supported for different skill levels.

**5931 | Bruvry | KTD | FA 312**  
**6 Fridays 9:10am-12pm | Sep 1-Oct 6**  
**\$174**

## **Jewelry and Metalsmithing: Intermediate/Advanced**

This course is for students who have soldering experience. Each session consists of one project that can be completed in the allotted time, with weekly attendance. Projects/techniques are chosen at the discretion of the instructor. Materials are supplied. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20, and early enrollment is advised. Please note that there is a 1-hour lunch break from 12-1pm.

**5929 | Moore | KTD | FA 123**  
**7 Wednesdays 9am-4pm | Aug 30-Oct 11**  
**\$377**

**5930 | Moore | KTD | FA 123**  
**7 Wednesdays 9am-4pm | Oct 25-Dec 6**  
**\$377**

## Ceramics: Beginning and Advanced Clay Work

Work with stoneware clays to develop personal expression with 3-dimensional results. This ceramics class welcomes beginning and more experienced participants, introducing and expanding your clay techniques and skills in hand building and wheel throwing, sculpturing and glazing. Materials are provided

**5923 | Rumsey | OFF | Tamalpais High School Ceramics Studio\*\***

**7 Tuesdays 6-9pm | Aug 29-Oct 10**  
**\$276**

**5924 | Rumsey | OFF | Tamalpais High School Ceramics Studio\*\***

**7 Wednesdays 6-9pm | Aug 30-Oct 11**  
**\$276**

**5925 | Rumsey | OFF | Tamalpais High School Ceramics Studio\*\***

**7 Tuesdays 6-9pm | Oct 24-Dec 12 (no class Nov 21)**  
**\$276**

**5926 | Rumsey | OFF | Tamalpais High School Ceramics Studio\*\***

**7 Wednesdays 6-9pm | Oct 25-Dec 13 (no class Nov 22)**  
**\$276**

**\*\*700 Miller Avenue, Mill Valley, Room 402**

## Woodworking Studio 1

Woodworking Studio 1 is a beginner-level woodworking class that focuses on the proper and safe operation of the common machines found in a typical woodshop. The class will address basic techniques for using the miter saw, table saw, jointer, planer, and router table. We will use these techniques to make a cutting board (materials provided). Students will also learn about different types of wood, methods for gluing, and machine safety, and discuss strategies for planning out a project. Class size is limited to 12; early enrollment is advised.

**5918 | Dell'Avo/Moore | OFF | Tamalpais High School Woodshop\*\***

**6 Wednesdays 6:30-9:30pm | Sep 6-Oct 11**  
**\$293**

**5919 | Dell'Avo/Moore | OFF | Tamalpais High School Woodshop\*\***

**6 Wednesdays 6:30-9:30pm | Oct 25-Dec 6 (no class Nov 22)**  
**\$293**

**\*\*700 Miller Avenue, Mill Valley, Room 416**

## Woodworking Studio 2

You design the project and provide your own materials. Instructors will go over machine safety and reinforce throughout the class. On the first evening, we will help you to design your project, advise

on which materials to get, and check you out on the equipment, if needed. After that, we will guide and assist you with your project. Participants should have experience attending a prior woodshop class (taking Woodworking Studio 1 prior to participating is recommended). Class size is limited to 12; early enrollment is advised.

**5921 | Dell'Avo/Monley | OFF | Tamalpais High School Woodshop\*\***

**6 Thursdays 6:30-9:30pm | Sep 7-Oct 19 (no class Sep 28)**  
**\$273**

**5922 | Dell'Avo/Monley | OFF | Tamalpais High School Woodshop\*\***

**6 Thursdays 6:30-9:30pm | Oct 26-Dec 7 (no class Nov 23)**  
**\$273**

**\*\*700 Miller Avenue, Mill Valley Room 416**

## Dance

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For full class descriptions, including level information, see online descriptions. If you have questions regarding difficulty of the class, please email [info@marincommunityed.com](mailto:info@marincommunityed.com) to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at [MarinCommunityEd.com](http://MarinCommunityEd.com).

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## Introduction to Traditional Hawaiian Dance

Now you too can learn Hula: the traditional dance of Hawaii. In the classic choreographies to be presented, we will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of our 50th state.

**6061 | Saunders | KTD**

**7 Tuesdays | Aug 29-Oct 10**  
**Lecture 5:45-6:30 | PE 22**  
**Practice 6:30-7:30 | PE 60**  
**\$160**

**6062 | Saunders | KTD**

**7 Tuesdays | Oct 24-Dec 5**  
**Lecture 5:45-6:30 | PE 22**  
**Practice 6:30-7:30 | PE 60**  
**\$160**

## Traditional Hawaiian Dance I

This course offers an introduction to classic choreography in two styles of Hawaiian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will explore the effect of pre-missionary protocols, and their relationships to the Hula. To enroll in level I students must complete

Introduction to Hawaiian dance or consult with instructor.

**6059 | Saunders | KTD**  
**7 Thursdays | Aug 31-Oct 12**  
**Lecture 5:45-6:30 | PE 22**  
**Practice 6:30-7:30 | PE 60**  
**\$160**

**6060 | Saunders | KTD**  
**6 Thursdays | Oct 26-Dec 7**  
**Lecture 5:45-6:30 | PE 22**  
**Practice 6:30-7:30 | PE 60**  
**\$148**

## Drama

### NEW | EC | Theatre's Greatest Moments

Ever wonder how theatre first became theatre? Or when the first dialogue was spoken in front of an audience? How the Greeks & Romans changed the way stories were told on stage? How Marlowe reconciled the medieval world of his youth with the developing English Renaissance in just one play? Or how the Restoration writers brought the middle class onto the stage? Or how Realism became the dominant form of theatre for an industrialized world? In this course we will explore the most pivotal moments that changed both the theatre and society over the last 2500 years. In short, we will look at the complex ways art and history merged on stage to enlighten us and ultimately define just how theatre became theatre.

**6075 | Davis | KTD | AC 245**  
**7 Tuesdays 1-2:30pm | Aug 29-Oct 10**  
**\$125**

## Farm and Garden

### Re-envisioning Beekeeping in a Time of Crisis

The accelerating loss of animal species and biodiversity reflects the urgency with which we need to move towards the preservation of honeybees. This course is an introduction into a system-based approach to beekeeping. We will combine contemporary entomological research, the study of natural

wild beehive environments and cutting-edge trends in life sciences to better understand the complexities of the life and needs of honeybees. We will study regenerative practices that create sustainable apian ecologies and explore ways that are conducive to their health and dignity. The instructor will share some insights from his work as the executive director of Apis Arborea ([www.apisarborea.org](http://www.apisarborea.org)).

**5955 | Thiele | Zoom Virtual Classroom**  
**4 Mondays 6-7:30pm | Oct 23-Nov 13**  
**\$90**

### The Watershed Approach to Landscaping Series

A series of classes based on the Watershed Approach to Landscaping philosophy with the purpose of engaging the public in current thinking on conservation practices and assisting home gardeners in the step-by-step process of creating their own beautiful, environmentally sensitive, water-wise landscapes. The Watershed Approach to Landscaping booklet, published by the Marin Municipal Water District, is provided to students at no additional cost. This series includes the six workshops listed below. Each workshop is \$69, or take all six classes for \$334 (and save \$80)!

### Design Inspiration: Gardening with a Sense of Place

Learn about the environmental qualities that make Marin such a special place—the watersheds in which we live and garden, our varied microclimates, our native plant communities and the wildlife they support. We will look at plant specimens and plant types, focusing on the special attributes that allow them to survive in our Mediterranean climate. With this knowledge, you will be able to create a garden that truly reflects a sense of place within your own watershed

**5956 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Sep 9**  
**\$69**

### Designing Your Home Landscape

Whether you envision your garden to be for entertaining, quiet relaxation or family fun, sustainable landscape design is a collaboration between the needs of the designer and the needs of the earth. Learn the basics of successful landscape design and how to create a site plan and planting plan for your home garden that both reflects your vision and supports our environment.

**5957 | Draheim | KTD | AC 245**  
**1 Saturday 10:10am-12:30pm | Sep 16**  
**\$69**

## Design Your Garden as a Mini Ecosystem

Take your garden design skills to the next level of competency! Identify and plan for the environmental factors in your garden that can affect the success of your design. Explore climate zones, hydrozones, microclimates and shade/sun patterns. Learn the basics of mapping your yard as a sustainable mini-watershed system, designed for rainwater capture and dispersement.

**5960 | Draheim | KTD | AC 245**  
**1 Saturday 10:10am-12:30pm | Sep 23**  
**\$69**

## Irrigating Efficiently: How Much Water Does Your Garden Need?

A plant's type, location in the landscape, and the local climate all play a major role in determining its irrigation needs. Learn to determine how much water your plants need and when they need it. Learn the basic components of an irrigation system, which types are best for your garden, and how to set an appropriate irrigation schedule.

**5962 | Draheim | KTD | AC 245**  
**1 Saturday 10:10am-12:30pm | Sep 30**  
**\$69**

## Building Healthy Soil in Your Garden

Healthy soil is a living ecosystem that supports all other life on earth. Learn about the basic soil types common in Marin and how they can be improved with easy methods mimicking natural processes. You'll also learn about different styles of home composting, the simple science behind decomposition and how to best maintain a healthy, vigorous garden using only organic, sustainable practices.

**5963 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Oct 7**  
**\$69**

## Planning for Marin Gardens

Choosing the right plant for the right place is key to a successful garden. In this class you will learn about pollinator and butterfly gardens, gardening with deer and wildlife, fire-resistant plants, plant communities appropriate for different garden types and tips on maintaining these gardens. You will learn what resources we have in our area

to purchase native and Mediterranean landscape plants and a bit on how to propagate them yourself to begin a home watershed garden.

**5965 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Oct 14**  
**\$69**

## Farm Programs

The Indian Valley Organic Farm and Garden (IVORG) supports and sustains local food systems and organic agriculture, to help educate and develop the local agricultural workforce and to provide fresh and healthy food for local residents.

### Olives and Olive Oil Workshop

Participate in the farm's annual olive harvest! We will harvest olives from our Tuscan Blend of six Italian varieties of organically grown olives, which will be milled into extra virgin oil! Participants will harvest olives and have the opportunity to taste our unique and delicious olive oil. Please note that participants will be on the steep slopes of the olive orchard during the harvest and there may be a diversity of wildlife throughout the farm area.

**6082 | Farm Staff | IVC | IVOFG**  
**1 Saturday 10am-12pm | Nov 4**  
**\$62**

## Financial Planning

### How to Ask for Money: Fundraising 101

Most people are afraid to ask for money even though these gifts are for a cause they deeply care about. "I'll do anything, but ask for money" is frequently heard among most non-profits and other organizations. This one-day workshop will remove the mystique and examine the fear of why we are afraid to ask for money. In addition, the class will help you identify, cultivate, solicit and steward potential contributors regardless of the organization.



**6080 | Benjamin | KTD | AC 248**  
**1 Saturday 10am-4pm | Oct 28**  
**\$90**

## Understanding Reverse Mortgages

Reverse mortgages are available for homeowners who are age 62 + who would like to utilize a portion of their home equity to increase their income and cash flow without having to make a required monthly repayment. They are modernized HUD/FHA government insured loans with numerous consumer safeguards in place. You will learn the best way to maximize their benefits, the pros and cons, eligibility, options for receiving the funds and how a reverse mortgage may help to boost and secure finances while living on a fixed income.

**5992 | Schwartz | Zoom Virtual Classroom**  
**1 Thursday 12:30-3:30pm | Oct 12**  
**\$69**

## Your Investment Portfolio: Crafting Your Strategy

To have a winning portfolio, you need a clear understanding of today's fundamental investment principles and concepts. In this course, you will learn how to understand asset classes and how to classify assets by type; evaluate asset allocations and diversification; establish time horizons; measure return and performance and whether, when and how to rebalance. Learn how seasoned investors are generating investment returns to grow their wealth over time. Gain a framework of understanding in order to craft an investment strategy for yourself.

**6043 | Campbell | Zoom Virtual Classroom**  
**4 Thursdays 6-7:30pm | Oct 26-Nov 16**  
**\$90**

## Create a Rental Unit and Let Your Home Work for You

Explore the creation of an accessory dwelling unit (ADU) or "junior" ADU on your property. The class will cover the steps involved in creating an ADU, configuration options, zoning and permitting, prefab vs. stick-built units, unpermitted ADUs, traditional and innovative financing methods, an introduction to some of the new ADU firms that are standing by to help, and more.

**5985 | Nicosia | IVC | BLDG 27, Room 116**  
**1 Saturday 10am-12:30pm | Sep 16**  
**\$69**

## WISE 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. By the end of the class; you will have in place a road map to achieve your most important personal financial goals. Each week, students will review basic information that will help to build a foundation in the following areas of: money, credit, debt, savings, insurance, investments, and financial security. This course came about as a result of a focus group held by the US Dept. of Labor with women across the United States. Your instructor, Helen Abe, has over 20 years' experience in wealth and retirement management.

**5953 | Abe | KTD | AC 105**  
**2 Saturdays 1:30-3:30pm | Oct 28-Nov 4**  
**\$76**

## Floral

### Flower Carpets—Pavés

A flower carpet or pavé is a flat textural arrangement of flower heads made in a very low, shallow container. In this type of arrangement, the flowers are so close together that no space shows between them. There is a rich history of the using flowers in the pavé style in Europe. The instructor will share some examples to get the creative juices going. And then after a demo, you will chance to explore the pavé technique to make a table top arrangement. Students will need to bring one shallow container. Instructor will supply flowers and grid tape.

**5967 | Nardo | KTD | FA 312**  
**1 Saturday 2:10-5:30pm | Oct 28**  
**\$155**

# Food and Wine

Food & Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs.

## World of Wine: From Grape to Glass

Wine goes back thousands of years in human culture, but have you ever wanted to learn more about it? This course will look at the history, regions and culture of wine. Topics include: Winemaking processes, history of wine, major types of wines (white, red, sparkling and dessert), vineyard principles and practices, food and wine pairings, and more! This class will take you on the worldwide journey of wine, be informative, and, most of all, fun.

**6030 | Sandri | IVC | BLDG 28A 101**  
**7 Tuesdays 6:30-9pm | Aug 29-Oct 10**  
**\$219**

## Beer and Cider Tasting Fundamentals

Beer and cider are growing in popularity, but how do you identify what you are tasting? This class will cover basics of production, how to taste and what to taste for, and basics of food pairing. Students should bring 2-3 drinking glasses for each class, and all participants must be at least 21 years old

**6031 | Sandri | IVC | BLDG 28A 101**  
**2 Tuesdays 6:30-9pm | Oct 24-31**  
**\$96**

## Wines of Luxury: Exploring Champagne and Port

When most people seek out wine for special occasions they find a fitting Champagne or Port. This practical tasting and lecture class will explore these sparkling and fortified wines of the world, highlighting their traditional homes as well as diverse global expressions. Students should bring 2-3 drinking glasses for each class, and all participants must be at least 21 years old.

**6032 | Sandri | IVC | BLDG 28A 101**  
**2 Tuesdays 6:30-9pm | Nov 7-14**  
**\$98**

## NEW | How Yeast Built Civilization: The Impact of a Single Cell on Food and Drink for the World

Civilization was built, in part, when humans stayed in one place to wait for food and drink to transform—and all of that was

caused by yeast. Come on a journey to see how a not-so-simple single cell brought about bread, wine, beer and so many other foods, and the impact on building human civilization on earth. And, taste samples to understand of how yeast made this all possible.

**6042 | Sandri | IVC | BLDG 28A 101**  
**1 Tuesday 6:30-9pm | Nov 28**  
**\$75**

## NEW | Fun with Phyllo

Learn how to make and shape delicious savory and sweet pastries and enjoy them together as a class. Recipes will include:

- Phyllo Wrapped Pork Tenderloin with Mixed Herb Pesto
- Phyllo Cups filled with Curried Shrimp and Mango Salad
- Moroccan Chicken Bastilla (Large round pie filled with chicken egg, and almonds)
- Pear, Gorgonzola, and Toasted Walnut Strudel
- Phyllo Cannoli filled with Grand Marnier, Pastry Cream and Pistachios
- Venetian Napoleons with Mascarpone and Berries

**6033 | Lavagetto | IVC | BLDG 28A 101**  
**1 Saturday 10:10am-2pm | Sep 9**  
**\$188**

## NEW | A Night of Gnocchi and Malfatti

Chef Lisa will showcase the true art of fresh pasta making, demonstrating how to make and shape your favorite filled pastas. Recipes will include:

- Genoa Malfatti
- Pork and Wild Mushroom Ragù
- Potato Gnocchi with Peas, Lemon, and Guanciale
- Sweet Potato Gnocchi with Brown Butter and Fried Sage
- Ricotta Gnocchi
- Sweet Fried Gnocchi Dumplings with Cinnamon and Sugar

**6034 | Lavagetto | IVC | BLDG 28A 101**  
**1 Saturday 10:10am-2pm | Sep 30**  
**\$188**

## NEW | Hors d'oeuvres for Entertaining

Prepare for your next gathering and learn to make elegant and delicious hors d'oeuvres! Recipes will include:

- Italian Sausage Rolls

- Salmon Mousse Tartlets
- Spiced Pecans
- Whole Wheat Pita Chips with Hummus
- Moroccan Chicken Phyllo Rolls
- Cinnamon Churros
- Shrimp Cakes with Salsa Cruda

**6035 | Lavagetto | IVC | BLDG 28A 101**  
**1 Saturday 10:10am-2pm | Nov 4**  
**\$188**

### **NEW | Romantic Holiday Meal**

Chef Lisa will guide you in this hands-on experience for the holiday season. Recipes will include:

- Salmon Tartare with Crostini
- Parsnip and Apple Soup with Parmesan-Chive Foam
- Winter Greens with Smoked Salmon and Crabmeat Custards
- Duck Breast with Red Chili Glaze
- Potatoes Boulangère
- Chocolate Decadence Pie with Chantilly Cream

**6036 | Lavagetto | IVC | BLDG 28A 101**  
**1 Saturday 10:10am-2pm | Dec 2**  
**\$188**

## **Health and Wellness**

### **Teaching Exercise to Frail Elders & Adults with Special Needs Training Course**

Designed to train students, activity coordinators, recreational therapists, certified personal fitness instructors, occupational therapists and family members interested in learning more about exercising safely and successfully with the frail elderly and adults with special needs. Special needs include disorders ranging from Parkinson's disease, arthritis, cardiac issues, COPD, physical and sensory deficits, and dementia specific needs. Upon successful completion of this training, students will gain an expertise as specialized trainers creating, leading, and modifying both group exercise classes and one to one exercise with older adults. Class includes lecture and lab experiences, and one-hour lunch break. Required textbook: *Exercise for Frail*

*Elders*, (2014, 2nd Ed.), Best-Martini et. al (978-1-4504-16092)

**5968 | Best-Martini | KTD | PE 91/22**  
**2 Saturdays 9am-4pm | Sep 23-Oct 7**  
**(no class Sep 30)**  
**\$246**

### **EC | Pharmacology (Study of Drugs) for Everyone**

A reality of modern western life is that most citizens will, during the course of their lifetimes, be exposed to a multitude of pharmaceutical agents for maintaining health and/or treating disease. Unfortunately, the average person often has little foundation or understanding of the medicines that are offered to them. While not necessarily a bad thing, this places them in a position of trusting healthcare providers, without the background to ask reasonable, appropriate questions of those providers. The class provides fundamental knowledge and principles of drugs, drug actions and drug side effects, thus empowering the attendee to research their own specific situation and ask appropriate questions, to better participate in their health care and that of their loved ones. (This class is not a substitute for medical advice).

**6005 | Romson | KTD | AC 246**  
**7 Tuesdays 2:10-4pm | Aug 29-Oct 10**  
**\$146**

### **NEW | Healing Your Life: Ayurvedic Wellness Program**

Healing Your Life Ayurvedic Wellness Program is a six-week series of Ayurvedic education classes that support each participant to create a sustainable diet and lifestyle promoting disease prevention and longevity. This program will provide the opportunity to examine your life and transform it into one of harmony and optimal health. This forms the foundation for understanding yourself on all levels-- body, mind, and soul. Learn the nature of imbalances and to optimize your five senses. Gain the tools to expand your personal knowledge and make choices that lead to health and well-being.

**6078 | Meadows | KTD | SMN 215**  
**6 Tuesdays 6-8pm | Oct 24-Nov 28 (no class Nov 22)**  
**\$157**

# History

## **EC | Classical Greece: From the Trojan War to the Death of Alexander the Great**

We will admire the broad range of Classical Greek culture and history in seven sessions. Among the topics we will cover are the Classical Greek language; mythology and religion; the history and development of democracy; social history; literature and philosophy; and the world of Alexander the Great, among a host of other topics. Join us for a deep dive into a fascinating civilization. Students should be willing to read primary source material. We are offering a Rome class in the winter session, also.

**6070 | Shipman | KTD | PE 91**  
**7 Mondays 11:10-1pm | Oct 23-Dec 4**  
**\$146**

## **EC | History of Armenia, Part 2: 1400-Modern Times**

The Armenian diaspora established itself after continued participation in global trade networks. This began with the Armenian merchants of the later middle ages, who were trade partners with the Crusaders and Mongols. During the early modern period, Ottoman Armenians and others, who were forcibly relocated to Persia, placed themselves as tradesmen in Persia, India, and Europe. Thus, Armenian communities were established around the world, creating an earlier diaspora than the one which resulted after the Armenian Genocide of 1915. Later, after the Soviet collapse, the new Republic of Armenia was born, hundreds of years after the fall of the last Armenian kingdom.

**6006 | Hajinian | IVC | BLDG 28B 202**  
**4 Tuesdays 1:10-3pm | Aug 29-Sept 19**  
**\$104**

## **NEW | EC | Medieval Near East**

During the medieval centuries, medieval Europe often dominates our thoughts. Yet, a diverse world of cultures thrived and interacted during that time. East of Europe, kingdoms and principalities stood strong against invaders, forming military and trade alliances with neighboring realms and European Crusaders. These realms had their own courts, ethical codes, and chivalry. Christian kingdoms like Armenia and Georgia united against conflicts from nearby powers such as the Byzantines

and Arabs. Central Asian newcomers like the Seljuks and Mongols settled, formed powerful khanates, and expanded. By 1375, the last Armenian kingdom, Cilicia, fell, the Byzantines declined, Crusaders returned to Europe, and Turkish dynasties ascended.

**6007 | Hajinian | KTD | PV 9**  
**4 Tuesdays 1:10-3pm | Oct 24-Nov 14**  
**\$104**

## **NEW | A Lived Political History of the 60's**

Step back in time and embark on a captivating journey through the 1960s, where you'll uncover the stories and events that shaped an era of profound change. This course immerses you in the vibrant history of the time, whether you lived through it or not. Explore pivotal movements and iconic figures that defined the era: from the inspiring vision of JFK's New Frontier, to the transformative power of MLK Jr.'s nonviolent approach. Dive into the Weather Underground's radical shift, the Black Panther Party's call for empowerment, and the rise of the Chicano Movement with Cesar Chavez leading the way. With the guidance of a local scholar who experienced this remarkable period firsthand, gain a profound understanding of the 1960s' political landscape and discover its resonances in our world today.

**6044 | Wallace | KTD | PV 7**  
**7 Tuesdays 6:10-8pm | Oct 24-Dec 5**  
**\$146**

## **NEW | EC | History of Venice: The Jewel of the Mediterranean**

In our present day, Venice has the reputation of being a "romantic" city; and it is! Its history represents resourcefulness in the face of adversity—trade and exploration supported by naval skills, architectural and artistic brilliance. This legendary city grew, overtaking Rome and developing as a leading economic power in the Mediterranean Basin. It was also the "Gateway to the Orient"; home to peoples from around the world – Byzantines, Italians, Jews, Arabs, Slavs, and Turks—a multicultural city. They made possible all its cultural progress. Join us in exploring the history of "La Serenissima"/Most Serene—a honorary Byzantine title, conferred upon the Republic of Venice.

**5986 | Harkins | KTD | AC 102**  
**7 Mondays 2:10-4pm | Aug 28-Oct 16**  
**(no class Sep 4)**  
**\$146**

## NEW | EC | History of the Papacy and the Vatican City

The Papacy is the oldest living institution in the Western world. It originates with Saint Peter, Jesus' chief disciple, and continues through present days. The Popes have been part of most important events in the last two thousand years. Join us in analyzing the history of this fascinating foundation along with its city state in Rome, the Vatican City.

**5987 | Harkins | KTD | AC 102**  
**8 Mondays 2:10-4pm | Oct 30-Dec 18**  
**\$146**

## Languages/ Linguistics

### Program Timeline

FIRST YEAR LEV A	A1	A2	A3	A4
SECOND YEAR LEV B	B1	B2	B3	B4
THIRD YEAR LEV C	C1	C2	C3	C4

A = BEGINNER, B = INTERMEDIATE, C = INTERMEDIATE/ADVANCED

### CONVERSATIONAL GERMAN

**5988 | A1 | Emami | Zoom Virtual Classroom**  
**7 Thursdays 6:40-8:30pm | Aug 31-Oct 12**  
**\$146**

**5989 | A2 | Emami | Zoom Virtual Classroom**  
**6 Thursdays 6:40-8:30pm | Oct 26-Dec 7**  
**\$132**

### CONVERSATIONAL SPANISH

**6066 | A1 | Marshall | KTD | AC 246**  
**7 Thursdays 5:40-7:30pm | Aug 31-Oct 12**  
**\$146**

**6067 | A2 | Marshall | KTD | AC 246**  
**6 Thursdays 5:40-7:30pm | Oct 26-Dec 7**  
**(no class Nov 23)**  
**\$132**

**6068 | A5 | Marshall | KTD | AC 246**  
**7 Wednesdays 5:40-7:30pm | Aug 30-Oct 11**  
**\$146**

**6069 | A6 | Marshall | KTD | AC 246**  
**7 Wednesdays 5:40-7:30pm | Oct 25-Dec 6**  
**\$146**

### CONVERSATIONAL ITALIAN

**6085 | Level B | Beraldi | Zoom Virtual Classroom**  
**7 Wednesdays 12:10-2pm | Aug 30-Oct 11**  
**\$146**

**6086 | Level B | Beraldi | Zoom Virtual Classroom**  
**7 Wednesdays 12:10-2pm | Oct 25-Dec 6**  
**\$146**

**6071 | Level C | Padula | Zoom Virtual Classroom**  
**6 Mondays 5:10-7pm | Aug 28-Oct 9**  
**(no class Sep 4)**  
**\$132**

**6072 | Level C | Padula | Zoom Virtual Classroom**  
**7 Mondays 5:10-7pm | Oct 23-Dec 4**  
**\$146**

### Let's Talk About Words

What do we know when we know a word? Linguistics shows us that we frequently know a LOT MORE information than just the word's meaning. In a lighthearted manner, this course explores much of that additional, often 'hidden' information, as we look at words through the lens of morphology, semantics, phonology, and history. We'll look primarily at English words, but will also explore the multiple ways in which global languages use their words to convey that additional, 'hidden' information.

Five sessions address:

- What additional information is found inside words
- How Morphology reveals pieces of words packed with information
- How words give us clues about the language's history
- The Semantic meanings hidden deep inside a word, and
- Fun Phonology studies and a better understanding of English spelling

**6017 | Verplaetse | AC 239**  
**5 Wednesdays 5:30-7pm | Sept 13-Oct 11**  
**\$104**

## Literature/ Humanities

### Inner Well-Being: Ancient Perspectives and Practical Insights

This class is part lecture and part guided explorations. You will discover the ways to grow inner resilience and clarity through

timeless tools such as mantra, breath techniques, and holistic awareness. You will also gather an understanding of the ancient rationale behind these practices to ease universal human tendencies of desire, anger, delusion, and fear. The basis for this understanding will be grounded in wisdom from texts such as Samkhya, Yoga Sutra, and Bhagavad Gita, but also from life experiences and stories. Overall, you will learn how to observe patterns in your own body and breath and have a set of practical tools for self-care. (Note: this course is not a substitute for medical advice and care.)

**6073 | Vogt | Zoom Virtual Classroom**  
**4 Tuesdays 3:10-4:30pm | Aug 29-Sept 19**  
**\$90**

## Path to Quietude: The Yoga Sutras of Patanjali

In the midst of sweeping global changes, many of us are looking for reliable insight into re-orienting our perspective and lifestyle to foster clarity and peacefulness. Traditional cultures have long understood the nature of existence and the relevance of every aspect of life toward the well-being of the whole. In this course, we will focus up on the 2,000 year old text, Yoga Sutras of Patanjali, to garner a glimpse of our individual capacity to further stir or still the waves of life, beginning with our sensory interactions, inner dialog, and life experiences. This course covers ancient yogic theory and its application to the everyday person. No yoga background needed.

**6074 | Vogt | Zoom Virtual Classroom**  
**4 Thursdays 3:10-4:30pm | Oct 26-Nov 16**  
**\$90**

## EC | Poetry: From Delight to Wisdom

*A poem begins in delight and ends in wisdom.* –Robert Frost

This quarter, we will be focusing on the work of four celebrated poets of our own times. Together, we will take a close look at the amazing poems of Nobel Prize laureate Wislawa Szymborska, whose voice raised against Soviet oppression resonates in the Ukraine today; and three Pulitzer winners: the ever-engaging Stephen Dunn; 2023 medalist, Carl Phillips; and Kay Ryan, our own Marin County U.S. Poet Laureate. All poems are distributed, read aloud, and discussed in class.

**5899 | Kudler | Zoom Virtual Classroom**  
**7 Thursdays 1-3pm | Oct 26-Dec 14 (no class Nov 23)**  
**\$146**

**22**

## Introduction to Jungian Dream Analysis: A Journey Into the Unconscious

When Sigmund Freud published his groundbreaking work, *The Interpretation of Dreams*, he famously declared that dreams were the "via regia" (royal road) to the unconscious. By this he meant that through consistent dream analysis, a hidden dimension of human psychic reality could be accessed and known, resulting in broader awareness and self-knowledge. The famous Swiss psychiatrist, C. G. Jung also offered practices for plumbing the depths of our dreams. In this course, students will learn about these methods set forth by the founding fathers of Depth Psychology and learn to engage with their dreams using these methods, which are aimed at uncovering the often befuddling symbolic meanings hidden in dream images. Please see online class description for book information.

**6011 | Khoie | Zoom Virtual Classroom**  
**7 Tuesdays 5:30-7:30pm | Aug 29-Oct 10**  
**\$146**

**6012 | Khoie | Zoom Virtual Classroom**  
**7 Tuesdays 5:30-7:30pm | Oct 24-Dec 5**  
**\$146**

## Literature of Death and Dying

*"Illness, suffering, and death are the human condition. As long as people have lived, they have fallen ill, suffered, and died, and they have tried to understand these events and give them meaning. Their attempts have often taken the form of literary works."*

–Anne Hudson Jones, from *The Body and the Text: Comparative Essays in Literature and Medicine*

Define "quality of life" as you read selected short stories, memoir, poetry, interviews, and essays that express the experience of death and dying at various stages of life: old age, midlife, adolescence, newborn. Consider your perspective on the medical, ethical, philosophical questions that may arise for caregivers as well as the one who is dying. Engage in creative, expressive, reflective writing and conversation in response to weekly readings.

**5909 | Rogoff | Zoom Virtual Classroom**  
**5 Tuesdays 5:30-7pm | Sep 12-Oct 10**  
**\$104**

# Marin Adventures

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## Bird-Watching in Northern California

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class meets in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes meet at field sites. Be sure to bring binoculars to the first day of class. An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation.

**6026 | Hug | IVC | BLDG 28B 201/OFF**  
**1 Tuesday 9:10am-1:10pm | Aug 29**  
**4 Tuesdays 8:30am-12:30pm | Sep 5-26**  
**\$188**

**6027 | Hug | IVC | BLDG 28B 201/OFF**  
**1 Tuesday 9:10am-1:10pm | Oct 24**  
**4 Tuesdays 8:30am-12:30pm | Oct 31- Nov 21**  
**\$188**

**6028 | Hug | IVC | BLDG 28B 201/OFF**  
**1 Wednesday 9:10am-1:10pm | Aug 30**  
**4 Wednesdays 8:30am-12:30pm | Sep 6-27**  
**\$188**

**6048 | Hug | IVC | BLDG 28B 201/OFF**  
**1 Wednesday 9:10am-1:10pm | Oct 25**  
**4 Wednesdays 8:30am-12:30pm | Nov 1-22**  
**\$188**

## Meandering in Marin: Natural History and Hiking

If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. Hikes are four to six miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine.

**5958 | Dreskin/Clark | OFF**  
**7 Thursdays 9:45am-1:45pm | Aug 31-Oct 12**  
**(no class Sep 4)**  
**\$244**

**5961 | Dreskin/Clark | OFF**  
**6 Thursdays 9:45am-1:45pm | Oct 26-Dec 7**  
**(no class Nov 23)**  
**\$216**

## Hiking Marin Trails

Explore some of the many, scenic open spaces in our county on these moderately strenuous, guided hikes. On the trail, we'll discuss natural history and get to know

the local flora and fauna. We'll learn a little history about our abundant public lands and touch on current conservation topics.

This is not a course for beginning hikers. Participants must be physically fit and capable of sustaining, without undue fatigue, a 30-minute per mile hiking pace. Hikes are typically 5-7 miles on uneven terrain with about 1,200 feet of total elevation gain. The instructor will email the field trip itinerary and a syllabus to enrolled students before the first class. The syllabus is chock full of important information, please read it before the first class.

**6008 | Barnett | OFF**  
**5 Saturdays 9:30am-1:30pm | Sept 9-Oct 7**  
**1 Saturday 9:30am-3:30pm | Oct 14**  
**\$230**

**6009 | Barnett | OFF**  
**5 Saturdays 9:30am-1:30pm | Oct 28-Dec 2**  
**1 Saturday 9:30am-3:30pm | Dec 9**  
**\$230**

## Meditation

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### Body Wilderness Meditation

Do natural landscapes energize you? Imagine feeling nature within your own body, everywhere you go! Join this class to tap into the vigor of your wild, earthly self. You'll view inspiring images of bodily landscapes, and meditate into your biological depths. Each term focuses on a different aspect of bodily life. We combine information with meditation to foster mindful intimacy with the body's functions and sensations. Twelve years in the making and taught by a physician, this class reveals the force of nature in your own amazing body!

**5912 | Meecham | KTD | PE 22**  
**4 Thursdays 11:10am-1pm | Aug 31-Sep 28**  
**(no class Sep 7)**  
**\$104**

**5913 | Meecham | KTD | PE 22**  
**4 Thursdays 11:10am-1pm | Nov 9-Dec 7**  
**(no class Nov 23)**  
**\$104**

### The Enchanted Now Retreat

The world can feel isolating, uncaring, and grim. But it can also feel connecting, loving, and beautiful. Welcome to the Enchanted Now! When it's highly energized, it can feel mystical. When it's more subtle, we call it contentment. Either way, it's connected to our biology and helps us thrive. It balances

suspicion, which protects us when we feel threatened. Enchantment and suspicion are partners, but society views the latter as more "realistic." So we miss the enchantment that thrilled us in childhood. Join this daylong retreat and use biology, reflection, mindfulness, and community to reclaim your Enchanted Now.

**5914 | Meecham | IVC | BLDG 6 100**  
**1 Saturday 9:30am-12pm, 1:10-3:30pm | Sep 23**  
**\$83**

**5915 | Meecham | IVC | BLDG 6 100**  
**1 Saturday 9:30am-12pm, 1:10-3:30pm | Dec 9**  
**\$83**

## Music

### Journey Through Jewish Music: A Multi-Media History of Judaism Through Its Music

This course covers the history of Jewish music from the earliest days to modern times. Includes Jewish music as evolved from Sephardic (Spanish, and Ladino), Ashkenazi (north and eastern Europe), and Middle East origins. Explores music from ancient to modern styles. Features examples of various songs sung in cantorial style, choral style, modern style, nightclub style and pop music style. Includes Jewish composers of classical and popular music. Traces how new immigrants to New York influenced the Yiddish theater, Broadway musicals, modern, pop and world musicians. Course includes music, videos, photos and interesting factoids to bring the stories to life. Students don't have to be Jewish to appreciate the content.

**6065 | Rachelson | KTD | VS 1**  
**4 Thursdays 1-2:30pm | Oct 26-Nov 16**  
**\$90**

### Introduction to DJ'ing

Whether you're a DJ or a beginner, this course is perfect for skill development. Learn to download and organize your music, playlist preparation, and mix harmonically. Understand different music formats and effectively manage your music library. Organize playlists and set cue points. Master harmonic mixing by analyzing track keys using Mixed in Key and planning harmonious mixes. Familiarize yourself with Pioneer DJ decks and mixers, learning

to load tracks and set up equipment. If you're considering purchasing your own equipment, we'll discuss setup options. The class takes place in a computer lab, or you can bring your laptop and USB drive to learn music sorting and setup. You'll even get a chance to play a track on a Pioneer DDJ mixer.

**6010 | Yu | KTD | PV 8**  
**2 Sundays 11am-1pm | Nov 5 & Nov 12**  
**\$76**

### Turn! Turn! Turn!: The 1960s Folk-Rock Revolution

In the 1960s, folk and rock music merged to create folk-rock, taking popular music and culture to a new and more poetic, socially conscious place that neither folk nor rock could have reached independently. This two-part course details this revolution, starting from its roots in the folk revival of the 1950s and early 1960s. We then investigate the explosive fusion of acoustic folk and electric rock pioneered by Bob Dylan and the Byrds in the mid-1960s; the innovations of Simon & Garfunkel, Donovan, and Jefferson Airplane; the folk-rock supergroup Crosby, Stills, Nash & Young; as well as singer-songwriters of the late 1960s and early 1970s like Joni Mitchell and James Taylor. Through audio recordings and video clips, the genesis and peak of folk-rock is brought to life and explored in depth. The course also details how folk-rock was sparked by cultural shifts in American society, and how folk-rock in turn changed popular music forever.

#### PART 1

**6045 | Unterberger | KTD | VS 3**  
**7 Tuesdays 7:10-9pm | Aug 29-Oct 10**  
**\$146**

#### PART 2

**6047 | Unterberger | KTD | VS 3**  
**7 Tuesdays 7:10-9pm | Oct 24-Dec 5**  
**\$146**

### Piano Classes for Beginner to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment. You will have your own upright piano in the classroom. Students will be required to buy music at an approximate cost of \$25. See online class listings for more information, including books.

**Section A is for the student with little or no knowledge of the piano.**

**Section B assumes the student has knowledge of note reading and basic piano skills.**



**Section C is for the student who can proficiently play and count, hands together, pieces of moderate difficulty.**

**Section D is for the advanced student. Emphasis is on musical interpretation, technique and expression.**

#### FALL 1

**A: 7 Tues 7:40-9pm | KTD | 6018 | \$125**

**B: 7 Tues 6:10-7:30pm | KTD | 6020 | \$125**

**C: 7 Thurs 7:40-9pm | KTD | 6022 | \$125**

**D: 7 Thurs 6:10-7:30pm | KTD | 6024 | \$125**

#### FALL 2

**A: 7 Tues 7:40-9pm | KTD | 6019 | \$125**

**B: 7 Tues 6:10-7:30pm | KTD | 6021 | \$125**

**C: 6 Thurs 7:40-9pm | KTD | 6023 | \$111**

**D: 6 Thurs 6:10-7:30pm | KTD | 6025 | \$111**

## Personal Enrichment

### SoulCollage®: Finding the Wisdom Within

Inside each of us exists a cast of characters: the sage, the fool, the critic, and the child, to name a few. SoulCollage® offers you a playful way to give them form and voice in order to gain inner harmony and guidance. In this engaging class, you will combine imagination and intuition to create a personal deck of SoulCollage® cards. Practice reflective inquiry through journaling and collage, and match your inner experience with outer expression. Students must purchase a SoulCollage® card pack, and bring a glue stick to class.

**5952 | Danberg | KTD | VS 1  
1 Saturday 11:10am-4pm | Oct 28  
\$83**

### Happier Hour: Life Hacks for Well-being

Happier Hour is a fun, interactive and practical course that takes the "woo-woo" out of well-being. The workshop—created by a cognitive behavioral psychologist and curated from the latest research—teaches easy and effective micro-habits that improve short-term mood and long-term life satisfaction. Each week, a new skill is introduced and practiced. By the end of the course, participants will have the tools to feel happier. To learn more about Happier Hour, visit: [www.Happierhour.com](http://www.Happierhour.com).

**5900 | Engelman | Zoom Virtual Classroom  
5 Thursdays 10-11:30am | Oct 26-Nov 30  
(no class Nov 23)  
\$104**

### NEW | EC | Exploring Our Hidden Brain: How Emotions and Behaviors Shape Our Decisions

How do our emotions influence our behavior and life choices? How does our "hidden brain" make important decisions in our lives without our awareness? In this course we'll explore topics ranging from roles of social conformity to snapshots of our prejudices. Data-driven research has shown that most human decisions are triggered unconsciously through over 135 emotions, from falling in love to following a career path to nations going to war. The book and NPR radio series "The Hidden Brain" by Shankar Vedantam draw intriguing arcs from social psychology to our embedded cultural norms. And while social cues influence interactions, they also can create hazards. A comprehensive study guide and suggested, weekly readings will be sent to students. (Note: Part 2 can be taken without part 1)

#### PART 1

**6083 | Weichel | Zoom Virtual Classroom  
4 Tuesdays 9:30-11am | Sep 12-Oct 3  
\$90**

#### PART 2

**6084 | Weichel | Zoom Virtual Classroom  
4 Tuesdays 9:30-11am | Oct 24-Nov 14  
\$90**

### EC | Griefwriting

Everyone experiences moments of pain, betrayal, or sorrow at any number of points in our lives. Then we suffer the kind of giant loss that leaves us feeling utterly shaken and unable to imagine we can go on after it. This course addresses the symptoms of grief, how grief can alter our thinking and behavior, and the natural need to tell the story as a way to understand and assimilate what has happened. We will research quotes that define our philosophy in order to situate our personal story in the context of the human condition, which includes suffering as part of the nature of life. Writing and sharing stories are well known helpful practices for expressing emotions in order to release their hold on us.

**5901 | Rogoff | Zoom Virtual Classroom  
5 Mondays 5:30-7pm | Sep 11-Oct 9  
\$104**

## EC | Joywriting

In Jack Gilbert's poem "A Brief for the Defense," he acknowledges that there is "sorrow everywhere" and yet "we must risk delight." In Joywriting, you will engage in writing that seeks for joy where it may be found, even in the midst of suffering. Learn to identify synonyms for joy and their subtle distinctions; interpret the range of joy's effects on body and behavior; research and analyze your philosophy or worldview and reframe the relationship between grief and joy in the context of your philosophy.

**5902 | Rogoff | Zoom Virtual Classroom**  
**5 Mondays 5:30-7pm | Oct 23-Nov 20**  
**\$104**

## Animal Communication

This experiential class will enhance your natural ability to telepathically connect and communicate with your domestic animal companions (pets). Animals are intuitive beings who respond to human emotions, thoughts, and feelings. In the first class, you will learn how to send information non-verbally and receive information that the animal is sending back to you. Session two is intended to deepen your connection and understanding with your own animal companions. We'll review your technique to connect and discuss any blocks or doubts that could be preventing you from sending and receiving information. You'll be coached on how to strengthen your intuitive connection. Bring a pen, notebook, and photos of your animal companions.

**5903 | Gallegos | Zoom Virtual Classroom**  
**2 Saturdays 10am-12pm | Sep 16-23**  
**\$76**

## Nature Communication

Ever wonder what creates the feeling of inner calm when immersed in Nature? Imagine communicating with a hummingbird or ancient oak. This class will teach you how to connect intuitively with nature and her elements. Experience how to receive earth wisdom and manifest a peaceable disposition. Through an intuitive journey, meet your personal spirit guide. Whether animal or human, you will realize their purpose and understand the rewards of having a powerful spiritual companion. Connecting with Nature is grounding, therapeutic and a beautiful meditation. We will also discuss the benefits of Earthing and Forest Bathing, and how you can do that remotely. Nourish yourself and support Nature to create a more loving world.

**5904 | Gallegos | Zoom Virtual Classroom**  
**1 Saturday 10am-1pm | Aug 26**  
**\$69**

# Photography

## Using Your Smartphone to Capture the World Around You

With excellent image quality, portability, and easy image-sharing, the smartphone has become the camera of choice for many. And, while you can get good images with the native camera app, to unlock the full potential of the camera, free or low-cost third-party apps excel at bringing out the most it can offer. You'll also learn the techniques and settings to get consistently sharp images, optimize them with tone and color adjustments, and back up your images to your computer for free. Participants should download the Adobe Lightroom app before the first class (requires iPhone 6s or newer with iOS13 or newer, or Android 6.0 or later).

**5905 | Thaler | KTD | SMN 217**  
**4 Tuesdays 7:10-9pm | Aug 29-Sep 19**  
**\$104**

**5906 | Thaler | KTD | SMN 217**  
**3 Tuesdays & 1 Thursday 7:10-9pm | Sep 26-  
Oct 10 & Oct 12**  
**\$104**

**5907 | Thaler | KTD | SMN 217**  
**2 Mondays & 2 Thursdays 7:10-9pm | Nov  
27-Dec 7**  
**\$104**

## Up and Rolling with Adobe Lightroom Classic

Learn the power and elegance of Adobe Lightroom Classic, a superb photo organizer and impressive image processing powerhouse. In this class, you will build a solid foundation for downloading and organizing images, optimizing them with a sophisticated toolset for creating visual drama, and sharing them through slideshows, books, prints, and uploading to social media. Bring out the best you and your photos can offer with this state-of-the-art program, the standard for photographers.

**5908 | Thaler | KTD | SMN 217**  
**5 Mondays & 4 Thursdays 7:10-9pm | Oct  
23-Nov 20**  
**\$177**

# Physical Fitness

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 email [info@marincommunityed.com](mailto:info@marincommunityed.com) to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at [www.MarinCommunityEd.com](http://www.MarinCommunityEd.com). Please refer to "Aquatics" section for classes in the water.

## EC | ChiWalking: Walk with Ease, Energy and Avoid Injury

The ChiWalking® Program emphasizes walking form—the proper and effective biomechanics of walking and draws from the principles of Tai Chi to make walking easier on the body by promoting energy efficiency and injury prevention. Through innovative walking drills and exercises you will learn and practice how to: develop and maintain good posture, use the power of your core for walking and balance, engage efficient arm swing for different walking speeds, loosen joints, breathe more freely and increase endurance. Bonus—includes detailed materials to support your walking practice.

**5990 | Wood | KTD | PE 22**  
**1 Saturday 9am-12pm | Nov 4**  
**\$69**

## EC | ChiRunning: Run with Ease, Energy and Avoid Injury

The ChiRunning technique emphasizes running form and draws from principles of Tai Chi to make running easier on the body by promoting energy efficiency and injury prevention. You will be guided through exercises and drills designed to leave you with a clear sense of what the Chi Running technique feels like in your body. You will learn and practice how to: develop, maintain, and body sense good posture and alignment; avoid over-using your legs by moving forward from your center; use upper and lower body focuses and visualizations to conserve energy and vary speed. You'll also learn unique tips and visualizations to help you run and walk with a relaxed, fluid and safe stride. For runners of all abilities.

**5991 | Wood | KTD | PE 22**  
**1 Saturday 9am-12pm | Nov 11**  
**\$96**

## Peaceful Warrior Woman: Protector of Your Body and Boundaries

This women's self-defense class can put you on a path toward becoming a force to be

reckoned with! Embark on a transformative journey towards self-confidence and assertiveness. Learn to recognize and avoid potentially dangerous people based on subtle body language and other subtle behavioral cues. Instruction is through fun role-plays. Connect with a supportive community and surround yourself with likeminded individuals interested in personal growth and self-empowerment. For more detail, visit the instructor's website: <https://larryberkelhammer.com/peaceful-warrior-woman>.

**5916 | Berkelhammer | KTD | PE 60**  
**7 Saturdays 2:10-3pm | Sep 2-Oct 14**  
**\$97**

**5917 | Berkelhammer | KTD | PE 60**  
**6 Saturdays 2:10-3pm | Oct 28-Dec 9 (no class Nov 25)**  
**\$90**

## 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/INTERMEDIATE

**6049 | Rolston | KTD | PE 60**  
**6 Mondays 3:40-5pm | Aug 28-Oct 9**  
**(No class Sep 4)**  
**\$111**

**6050 | Rolston | KTD | PE 60**  
**7 Mondays 3:40-5pm | Oct 23-Dec 4**  
**\$125**

### INTERMEDIATE/ADVANCED

Students should have familiarity with a 24 movement form of Tai Chi.

**6051 | Rolston | KTD | PE 22**  
**7 Wednesdays 10:45am-12:15pm | Aug 30-Oct 11**  
**\$125**

**6052 | Rolston | KTD | PE 22**  
**7 Wednesdays 10:45am-12:15pm | Oct 25-Dec 6**  
**\$125**

## Joy of Tennis--Beyond Competition

Joy of Tennis eliminates the biggest obstacle to playing your best—competition. Competing before learning the fundamentals makes learning more difficult, inhibits performance, limits potential, undermines self-esteem and confidence, diminishes enjoyment, and makes people way too tense. Come learn the FUNdamentals without competition impeding your progress. You'll love it!

For Intermediate classes: Students not previously enrolled in a Joy of Tennis class

should consult with the instructor, Brent Zeller, before enrolling, call (415) 717.5446 or email [effortlesstennis@comcast.net](mailto:effortlesstennis@comcast.net).

## BEGINNING

**5979 | Zeller | KTD | Tennis Courts**  
**7 Tues & 7 Thurs 9:10-10:30am | Aug 29-Oct 12**  
**\$324**

**5980 | Zeller | KTD | Tennis Courts**  
**7 Tues & 6 Thurs 9:10-10:30am | Oct 24-Dec 7**  
**(No class Nov 23)**  
**\$308**

## INTERMEDIATE 1

**5981 | Zeller | KTD | Tennis Courts**  
**7 Tues & 7 Thurs 11:10-12:30am | Aug 29-Oct 12**  
**\$324**

**5982 | Zeller | KTD | Tennis Courts**  
**7 Tues & 6 Thurs 9:10-10:30am | Oct 24-Dec 7**  
**(No class Nov 23)**  
**\$308**

## EC | The Feldenkrais Method for the Active Older Adult

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity. To participate in this class, it is necessary to be able to raise and lower yourself from the floor. Please have a mat and two bath towels for comfort.

**5983 | Binnings/Clifford | KTD | PE 60**  
**7 Wednesdays 12:40-2pm | Aug 30-Oct 11**  
**\$125**

**5984 | Binnings/Clifford | KTD | PE 60**  
**6 Wednesdays 12:40-2pm | Oct 25-Dec 6**  
**(no class Nov 22)**  
**\$111**

## Wado Ki Kai Karate

"At the end of a long day, it feels so good to move and stretch while learning something new!" –Christina

Wado Ki Kai means 'to learn from all things.' Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. This 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. Karate attire is optional.

**6053 | Baker | KTD | PE 22**  
**6 Mon & 7 Wed 6:30-8pm | Aug 28-Oct 11**  
**(no class Sept 4)**  
**\$190**

**6054 | Baker | KTD | PE 22**  
**7 Mon & 7 Wed 6:30-8pm | Oct 23-Dec 6**  
**\$199**

## Introduction to 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.

**6063 | Laws | KTD | PE 22**  
**7 Wednesdays 10-11am | Aug 29-Oct 10**  
**\$97**

**6064 | Laws | KTD | PE 22**  
**7 Wednesdays 10-11am | Oct 24-Dec 5**  
**\$97**

## EC | Zumba® Gold with Toning

Zumba® Gold with Toning offers dance-fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults; 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. Toning occurs in the latter portion of class with optional use of 1-2.5-pound Zumba® Toning Sticks (weighted maracas).

**5977 | Scranton | IVC | MAFC 105**  
**6 Mon & 6 Wed 3:40-4:30pm | Aug 28-Oct 9**  
**(No class Sep 4)**  
**\$132**

**5973 | Scranton | KTD | PE 60**  
**7 Tues & 6 Thurs 2:10-3pm | Aug 29-Oct 10**  
**\$139**

**5975 | Scranton | Zoom Virtual Classroom**  
**7 Tues & 6 Thurs 3:10-4pm | Aug 29-Oct 10**  
**\$139**

**5978 | Scranton | IVC | MAFC 105**  
**7 Mon & 6 Wed 3:40-4:30pm | Oct 23-Dec 4**  
**\$139**

**5974 | Scranton | KTD | PE 60**  
**7 Tues & 5 Thurs 2:10-3pm | Oct 24-Dec 5 (No class Nov 23)**  
**\$132**

**5976 | Scranton | Zoom Virtual Classroom**  
**7 Tues & 5 Thurs 3:10-4pm | Oct 24-Dec 5 (No class Nov 23)**  
**\$132**

## EC | Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year you 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, strengthening the immune system. Improves posture, balance, strength and flexibility.

**5971 | Govrin | KTD | PE 60**  
**6 Fridays 11am-12:30pm | Sep 1-Oct 6**  
**\$111**

**5972 | Govrin | KTD | PE 60**  
**5 Fridays 11am-12:30pm | Oct 27-Dec 8 (no class Nov 10 and Nov 24)**  
**\$104**

## 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 dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson's, arthritis, cancers, chronic fatigue, and other imbalances. Based on the teachings of Dr. Pang Ming, founder of the largest Medicineless Hospital in China, students will participate in a collective healing chi field and learn the basic Wisdom Healing Practices. This practice is for everyone, all ages and abilities.

**5969 | Govrin | Zoom Virtual Classroom**  
**6 Thursdays 11am-12:30pm | Aug 31-Oct 5**  
**\$111**

**5970 | Govrin | Zoom Virtual Classroom**  
**6 Thursdays 11am-12:30pm | Oct 26-Dec 7 (no class Nov 23)**  
**\$111**

## EC | Strength Training, Balance Training and Spinal Health for Adults and Older Adults

This comprehensive and dynamic fitness class meets all current fitness industry standards and more. The routine begins with warmups, and moves into strength training, balance, spinal health techniques and stretching. Throughout the class, students will learn strategic moves and biomechanics to assure spinal alignment and spinal health. These techniques will help decrease back

injuries. Fall prevention techniques are added into the routine also. This 1 ½ hour class is all about you, your health and fitness. At the end of class, you will be feeling strong, stretched out and ready for the day!

**5964 | Best-Martini | Zoom Virtual Classroom**  
**7 Wed & 7 Fri 8-9:30am | Aug 30-Oct 13**  
**\$195**

**5966 | Best-Martini | KTD | Zoom Virtual Classroom**  
**7 Wed & 5 Fri 8-9:30am | Oct 25-Dec 8 (no class Nov 10 & 24)**  
**\$174**

## Writing

### EC | Prose Writing Workshop: The Practice of Effective Revision

Good storytelling and compelling reading are a vibrant mix of summary, narration and scene. Yet, all too often a good story is obscured in a muddle of these important elements. As is often said, "Good writing is rewriting." This workshop is for writers at all stages who want to develop a solid approach to, and practice of, prose revision. In-class exercises, readings and revision of short fiction, personal essays and/or memoir will focus on the purpose and effective use of summary, narration and scene. The ultimate goal of this workshop is to achieve better results in the literary marketplace.

**5894 | Springer | Zoom Virtual Classroom**  
**6 Tuesdays 6-8:30pm | Aug 29-Oct 10 (no class Sep 5)**  
**\$153**

### EC | Tales Told from Memory

Each of us has a story wanting to be told and a rich store of memory waiting to be mined for it. Veteran writers seem to know exactly where to look, and how to shape the raw autobiographical material into art. We will draw on lessons from the masters for insights into crafting our own personal narratives.

**5898 | Kudler | Zoom Virtual Classroom**  
**7 Mondays 1-3pm | Oct 23-Dec 4**  
**\$146**

### How to Create and Publish Children's Picture Books and Chapter Books

Do you have a children's book in your heart that you want to create? Most of us remember books from childhood that truly

affected us. It's not just a matter of writing a story—children's books that find publication are fresh, innovative, and have a beginning, middle and end like good plays, movies, and novels. We will work on basic structure, on creating dynamic characters and scenes, pacing, voice, settings, and dialogue. Each class will contain revision and story development. Learn how to write stories that inspire and entertain children!

**5895 | Hockinson | IVC | BLDG 7 101**  
**7 Tuesdays 6:40-8:30pm | Aug 29-Oct 10**  
**\$173**

## **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 a while, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres.

**5890 | Centolella | Zoom Virtual Classroom**  
**6 Mondays 5:30-8:30pm | Aug 28-Oct 9**  
**(no class Sep 4)**  
**\$174**

**5891 | Centolella | Zoom Virtual Classroom**  
**7 Mondays 5:30-8:30pm | Oct 23-Dec 4**  
**\$195**

## **EC | Poetry Writing Master Class**

*"Poetry is language at its most distilled and most potent."* Rita Dove

You don't have to be a master poet yourself, but you can get in-depth, encouraging feedback from one, and from supportive classmates as well. Just bring your works-in-progress, or the optional weekly assignment. Each meeting will begin with the discussion of a notable poem—all supplemented by examinations into poetic forms, the art of revision, and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

**5892 | Centolella | Zoom Virtual Classroom**  
**7 Wednesdays 2-5pm | Aug 28-Oct 9**  
**\$174**

**5893 | Centolella | Zoom Virtual Classroom**  
**7 Wednesdays 2-5pm | Oct 23-Dec 4**  
**\$195**

## **Pen to Page: A Freewriting Workshop**

Pen to Page is a generative writing workshop intended for writers of any experience level. We will use each class to unearth new pieces from the hidden corners of your brain. Each session consists of two prompts, followed by 25 minutes of writing time. Writers will have the opportunity to share new writing and receive supportive feedback from other group members, focusing on the imaginative strengths of each piece. You are guaranteed to surprise yourself with the stories you find inside. Writers are encouraged to take both Fall 1 and 2 sessions, if possible.

**5896 | Scully | KTD | PE 91**  
**6 Wednesdays 11:10am-1pm | Sep 6-Oct 11**  
**\$148**

**5897 | Scully | KTD | PE 91**  
**5 Wednesdays 11:10am-1pm | Oct 25-Dec 6**  
**(No class Nov 1 and Nov 22)**  
**\$124**

## **Yoga**

### **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. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

#### **BEGINNER: SOME EXPERIENCE**

**6013 | Stewart | KTD | PE 60**  
**7 Saturdays 10-11:30am | Sep 2-Oct 14**  
**\$125**

**6014 | Stewart | KTD | PE 60**  
**6 Saturdays 10-11:30am | Oct 28-Dec 9**  
**(no class Nov 25)**  
**\$111**

#### **INTERMEDIATE/ADVANCED**

**6015 | Stewart | KTD | PE 60**  
**7 Saturdays 8-9:45am | Sep 2-Oct 14**  
**\$135**

**6016 | Stewart | KTD | PE 60**  
**6 Saturdays 8-9:45am | Oct 28-Dec 9 (No class Nov 25)**  
**\$125**

# Teach with us



Calling Hiking, Aquatics, and Yoga instructors! Share your talent and skills in with our lifelong learners. Classes cover a broad spectrum of interests and disciplines to provide learning opportunities to our community. We are accepting new course proposals for 2024!

**Visit [MarinCommunityEd.com](https://www.marincommunityed.com), click **Community Education**, and select the **Teaching** page for more information.**



# New fall classes

A Lived Political History of the 60's  
Exploring Our Hidden Brain: How Emotions  
and Behaviors Shape Our Decisions  
Expressive Figure Drawing  
Healing Your Life: Ayurvedic  
Wellness Program

History of the Papacy and the  
Vatican City  
History of Venice  
How Yeast Built Civilization  
Let's Talk About Words  
Mystic Art Circle  
Theatre's Greatest Moments

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Registration starts August 1 at 9 AM  
Register at [MarinCommunityEd.com](http://MarinCommunityEd.com)



## Discover Bill and Adele Jonas Center, an expansive multi-purpose event center

Ideal for your next weekday meeting, conference or corporate event ranging from 10 to 400 guests. Located at the Indian Valley Campus in Novato, the venue's Banquet Hall is equipped with a stage, built-in sound system for public addressing, LCD projector and AV screen. The Lounge with a smart TV accommodates a more intimate guest list from 10 to 40 people. The venue is tucked away in a very tranquil and park-like setting with parking nearby. **The perfect site to meet your business needs.**

FOR MORE INFORMATION  
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Visit [MarinCommunityEd.com](http://MarinCommunityEd.com) and select the Bill and Adele Jonas Center page for more information.