TANZANIA BOUND

Do you dream of going on a safari and seeing the great migration? Learn about the mammals and birds of East Africa. P.9
Welcome to College of Marin Community Education, Lifelong Learning and International Education. **Our dedicated team is here to serve you.**

We’ve redesigned our online registration with you in mind.

Register online 24/7! It’s fast, easy and convenient.

No more waiting in lines. Now you can register online with just a few clicks. Visit our website at MarinCommunityEd.com to:

- Search, browse, and register for classes anytime in the comfort of your own home or office
- Pay securely online with a credit card, and review your transaction history
- Update your learner profile
- Request to drop a class
- Order memberships, gift cards, and more!
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**About**

The College of Marin Community Education Department offers a wide variety of short-term courses designed to meet the lifelong learning needs of the community. This fee-based program is developed for individuals who wish to explore their personal interests or enhance their careers. College credit is not given and there are no grades or tests.

Emeritus College offers low-fee classes for older adults who wish to discover new interests, reconnect with lifetime passions, and find engaging interaction with like-minded individuals in a multitude of classes and activities.

The department is self-supporting; your fees pay for all costs associated with our courses. For more information, please visit our website at marincommunityed.com or call the Community Education office at (415) 485-9305.

**College Campuses**

1. Kentfield Campus  
   835 College Ave  
   Kentfield, CA 94904

2. Indian Valley Campus  
   1800 Ignacio Blvd  
   Novato, CA 94949

**Parking Information**

Parking Permits are required all day Monday through Saturday. You may purchase a permit for the day for $4 (subject to change) through Parking Permit dispensers located near the entrance to each lot. The semester parking sticker may be purchased for $50 (subject to change) online at www.MarinCommunityEd.com. Proof of enrollment and valid identification required (only one permit per person).
Classes

How to read our class listings.

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

Class title
Emeritus College course
Featured class
Class description
Class ID, instructor, campus location, BLDG. room number
Days, times, dates
ESCOM/Gold Card member discounted fee, materials fee

NEW | EC The Flow of Watercolor: The Figure
Julie will give you the essentials for how to easily draw and paint nude figures. No knowledge of figure drawing or portraiture is required. As you view three live models, and refer to Julie’s photos of nude models, learn how to make your drawings and paintings proportionally pleasing. See online schedule for details.

0051 | Cohn | KTD | FA 301
6 Wednesdays, 2:40–5:30pm | Sept 3–Oct 8
$105 (MF $24) | EC/GC Members $85 (MF$24)

What our symbols mean

KTD = Kentfield Campus
IVC = Indian Valley Campus
OFF = Off Campus
EC = Emeritus College
GC = Gold Card
MF = Materials Fee
SF = Special Fee
Art

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

0259 | Bencich | KTD | FA 301
5 Saturdays 9:10am–1pm | Jan 31-Mar 7
1 Saturday 9:10am-5:30pm | Mar 14
(No class Feb 14)
$243 (MF $66)

NEW | Acrylic Paintings from Composition to Finish
Paint along with Marin artist Bernard Healey and get expert guidance for the completion of your painting projects from composition to completed paintings that could be Gallery ready. Techniques learned from Alla Prima Impasto and how to apply large washes with this versatile medium.

0273 | Healey | KTD | FA 301
5 Tuesdays 2:40-5:30pm | Jan 27- Feb 24
$93 (MF $1)

Get Ready to Paint: Beginners Really Welcome!
Get the scoop about brushes, supports, additives, how to prep a canvas and mix paints, and you’ll be ready to jump into your first landscape or still life class with confidence. Through presentation and hands-on activities you will ‘get ready to paint’ in a supportive and relaxed setting.

0382 | Valente | KTD | FA 312
Saturday 10:10am-3pm | Feb 28
$55 (MF $1)

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

0269 | Lawrence | KTD | FA 215
6 Fridays 1:10-4pm | Jan 30-Mar 13
(No class Feb 13)
$101

EC | The Fundamentals of Good Composition in Art
Are you new to art? Or, have you been creating your art for a time but know there is something missing? This course is a good starting point for people interested in going to the next level. Any medium is accepted but we will all be working in black and white. We will KEEP IT SIMPLE, in order to truly grasp the principles.

0255 | Lawrence | KTD | FA 215
7 Tuesdays 2:40-5:30pm | Jan 27-Mar 10
$113 | EC/GC Members $81

EC | Watercolor Basics and Beyond
A Beginning Watercolor class introducing you to the basics. How to ‘control’ the paint or let it ‘flow’, color mixing and composition will be covered in this class. You will work from still life, and photographs. Advanced students are encouraged to work on their own projects. If desired the instructor will provide a specific assignment. Come and paint in a supportive atmosphere.

0256 | Meade | OFF | San Geronimo*
6 Fridays, 10:10am-1pm | Jan 30- Mar 13
(No class Feb 13)
$108 (MF $16) | EC/GC Members $98 (MF $16)
* 6350 Sir Francis Drake Blvd San Geronimo

0258 | Johnson | KTD | FA 215
6 Saturdays, 10:10am-1pm | Jan 31- Mar 14
(No class Feb 14)
$101 | EC/GC Members $81
**NEW | EC** The Flow of Watercolor: Intuitive Abstracts

How would it be if you let go of any predetermined ideas of what you were about to paint and if you learned to let your intuition guide each paint stroke you made on the paper? What if you could trust that the outcome would teach you something amazing about yourself? Learn how to paint with one or two new watercolor techniques each time we meet and use a variety of compositional ideas to structure your paintings. As you learn to enjoy your conversation with watercolor you will be able to build your own preferred techniques and develop a unique style that conveys your own story.

All Levels welcome. Continuing students may develop their own projects and work independently. Individual attention will be given to all students.

0278 | Cohn | KTD | FA 301
6 Wednesdays 2:40–5:30pm | Jan 28-Mar 4
$119 (MF $18) | EC/GC Members $99 (MF $18)

**NEW | Water Media for Self-Expression Intensive**

Discover the nature of watercolor and fluid acrylic paints, and learn how to handle them. A full range of wet-into-wet techniques will be presented, from pre-moistened area painting to painting on pre-soaked paper and/or canvas. All levels welcome.

0252 | Duchamp | KTD | FA 301
3 Saturdays 1:30-5pm | Feb 21-Mar 7
$80

**NEW | A New Approach to Acrylic Paint**

In this course you will learn the versatility of painting with acrylics, acrylic mediums and adding additives into your paint. Each individual will produce three separate paintings using three different painting methods. The purpose of this course is to learn the flexibility and diversity of acrylics. You will learn to paint in impasto, paint with glazes, and paint in more opaque manner.

0286 | George | OFF | Artist’s Studio*
6 Saturdays 9am-12noon | Jan 31-Mar 14
(No class Feb 14)
$116
*122 Paul Drive, Unit B1, San Rafael

**NEW | Furniture Painting-Give a New Life to Your Furniture Finds!**

Do you have a piece of furniture that you have always imagined painting in a special way, style or finish, but didn’t know the steps how to get there? In this hands-on class, you will have the opportunity to choose your own piece of furniture to transform from start to finish in the most “green” way possible!

0261 | George | OFF | Artist’s Studio*
3 Saturdays 1:30–5pm | Feb 21-Mar 7
$80
*122 Paul Drive, Unit B1, San Rafael

**MIND AND BODY**
Larry Berkelhammer, Ph.D.

Dr. Berkelhammer is a retired mind-body medicine psychologist. He writes about mindfulness-based practices with a unique emphasis on optimization of wellbeing and health. Dr. Berkelhammer also lectures at San Francisco State University and UC San Francisco, and he has his own column at Psych Central (3.7 million readers). He is the author of the book *In Your Own Hands; New Hope for People with Chronic Medical Conditions.* See his extensive website: LarryBerkelhammer.com. See his class on page 21.
NEW | EC Cuban Contemporary Art
The art scene in Cuba is one of the most
interesting and thriving in the world. Well
represented in the international circuit
of major museums, art fairs and galleries
around the world – the US lags sorely
behind. Although many of Cuba’s other
contributions (music, dance, film, etc.),
have become part of the global cultural
heritage, the visual arts remain poorly
represented here in the states. This class
will examine some of the roots of this
culturally rich country with emphasis
being placed on revolutionary to present-
day Cuban visual arts.

0285 | Napoles | KTD | SMN 226
7 Tuesdays 2:10-3:30pm | Jan 27-Mar 10
$62 | EC/GC Members $44

From Collage to Painting
Discover the exciting possibilities of
collage, a technique where different
materials are assembled together to
create a new work of art. This class guides
beginning or experienced artists through
the technical and creative aspects of using
mixed media.

0260 | Jucker | KTD | FA 312
7 Tuesdays 7:10-9:30pm | Jan 27-Mar 10
$101

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

BEGINNERS/BEGINNERS PLUS
0274 | Castillo | KTD | FA 123
7 Tuesdays 7:10-10pm | Jan 27-Mar 10
$138 (MF $25)

INTERMEDIATE/ADVANCED
0272 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10-4pm | Jan 28-Mar 11
$248 (MF $25)

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

Business/Career Development

Find the Right Fit: Career Choices for Who You Are Today
Don’t wait any longer to find a career
that is more rewarding for you. Whether
you are considering changing careers
or returning to the job market after an
absence, this course is designed to help
you find the right career fit for the person
you are now. You will start by identifying
the skills you prefer to use and matching
them to new resume descriptions and
potential career paths. Using the Myers
Briggs Type Indicator, you will also clarify
work styles and environments that are
well suited to you.

0376 | Tenison-Scott | KTD | SS A&B
4 Wednesdays 6:10-8:30pm | Feb 4-25
$79
Contemporary Sciences

NEW | Armchair Safari: Preparing for a Trip to Tanzania
Do you dream of going on a safari and seeing the Great Migration? Whether you have already started planning to make this dream come true, or you would like to join an “armchair safari” and learn about the mammals and birds of East Africa, this class is for you. From antelopes to zebras, learn about animals' habitats, evolution, life histories, special adaptations, social structure, migratory patterns, and current conservation status and risks. Class will focus on animals and birds that people would be likely to see on a safari in Tanzania.

0287 | Dreskin | KTD | SMN 225
6 Wednesdays 7:10-8:30pm | Jan 28-Mar 11
(No class Feb 18)
$76
Core Class III: Overview of California Indian Culture and History

Renowned COM anthropologist Betty Goerke offers an overview of the variety and complexity of Native populations in California and their marked differences in five major regions. She presents visual evidence that illustrates the wide diversity in geography and environment for specific tribes, which in turn influenced their cultural response through art, ceremonies, storytelling, architecture, status, and spirituality. Up-to-date information on the “First Americans,” the paleo Indians, in California will also be discussed. In the last hour, John Littleton provides a hands-on presentation of traditional artifacts including games, hunting tools, baskets, crafts, plants, tool-making and food-producing techniques.

0288 | Goerke & Littleton | KTD | SMN 106
Saturday 9am-1pm | Jan 31
$90

Traditional Storytelling, Tule Crafts, and Cultural Wisdom

Wila! Come! Explore the Coast Miwok culture with Sky Road Webb (Coast Miwok) and Alicia M. Retes (Mayo, Yaqui and Cherokee). These engaging storytellers and artisans introduce Miwok cultural arts with hands-on instruction. You’ll be learning about language, abalone necklaces and tule crafts, as well as building a mini tule boat.

You’ll learn Coast Miwok games, creation stories and a “Happy” song using clapper sticks. The class begins with a tour of Kule Loklo, the Miwok Village, and includes some time in the Round House to connect with the Spirit of the land. The class is open to both adults and chaperoned children from eight to twelve years of age.

0289 | Webb & Retes | OFF | Point Reyes*
Saturday 9am-4pm | Feb 21
$142 (MF $40)
*Kule Loklo, Pt. Reyes National Seashore

Marin Chinese Cultural Association

Educational Programs

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

Traditional Chinese Brush Painting

Students will learn how to use a Chinese brush and ink to paint different animals, flowers, leaves, and bamboo. Students create their own painting after the first class, and improve their painting skills and creativity throughout the session.

0284 | Cheng | KTD | FA 215
7 Mondays 9:10-10:30am | Jan 26-Mar 16
(No class Feb 16)
$120 (MF $25)

NEW | Conversational Mandarin for Beginners

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

0374 | Peng | KTD | LC 36
7 Wednesdays 6:40-8:30pm | Jan 28-Mar 11
$91

FREE | MCCA Advanced Mandarin

Prerequisite: Successful completion of Conversational Mandarin for Beginners offered by College of Marin.

Fee: Free for all MCCA members (A $30 one-time registration fee required. All new students receive a one year free MCCA membership)

To register or for more information, call Emily Peng at 415.342.5224 or email misspeng.emily@gmail.com.

Meeting time: Every Monday, 5-7pm
Location: 30 N. San Pedro Road, San Rafael

NOTE: This free class is sponsored and offered by the Marin Chinese Cultural Association.
Dance

Traditional Hawaiian Dance
This course offers an exploration of classic choreography in 2 styles of Hawaiian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will introduce basic elements of dance protocols, learn some history and culture of pre-missionary era Hawai‘i and discover its impact on the Hula.

0290 | Saunders | KTD | PE 22
7 Thursdays 7:30-9pm | Jan 29-Mar 12
$80

Argentine Tango: Beginning Class and Practica
Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance!

0291 | Goodwin | OFF | Alma del Tango*
4 Wednesdays 6–7pm | Feb 4-25
$55
* 167 Tunstead Ave, San Anselmo

EC | International Folk Dance
Come learn dances from all over the world including Serbia, Turkey, Rumania, Armenia, Bulgaria, Russia, Greece, and Israel.

0292 | Friedman | KTD | PE 22
6 Wednesdays 2:10–3:30pm | Jan 28-Mar 11
(No class Feb 25)
$74 | EC/GC Members $54

Drama/Stage and Screen

Creative Voice Acting for Video Games
The video game market is the most lucrative consumer entertainment market on the globe. And, contrary to what many think, it is not the exclusive province of male actors. Women's voices are also in demand! If you would like to turn those voices you do for friends and family into moneymaking reality.

0294 | McGovern | KTD | SMN 226
2 Saturdays 10am-5pm | Jan 31 & Feb 7
$99 (MF$2)

Introduction to Voice Acting
This is a chance to have time on the mic with a critique from Terry McGovern, as well as learn everything you've ever wanted to know about the business and marketing side of being a successful voice over actor.

0293 | McGovern | KTD | SMN 226
2 Saturdays 10am-5pm | Feb 21 & 28
$99 (MF$2)

Film Appreciation

EC | Film Appreciation: Landmarks
Landmarks, famous destinations. We dream of visiting them. We feel a certain sense of pride and accomplishment for having seen them. They are frequently used in films as visual metaphors for the film’s themes. What is the pull of these places? Historical significance? Beauty? Mystique? A sense of the exotic? Or is it some combination of those factors, akin to the cult of celebrity?. Three films that look at our fascination with landmarks are: Vertigo (1958), Lincoln (2012), Around the World in Eighty Days (1956).

0295 | Dundes | KTD | LC 53
7 Thursdays 2:10–5pm | Jan 29-Mar 12
$116 (MF $1) | EC/GC Members $97 (MF $1)
NEW | Cinema and Psyche: Memory, Movie, Dream

Memories, movies, and dreams are surprisingly kindred mediums. Each is a unique blend of image and metaphor. All are forms of myth which intersect onscreen in fascinating ways. Study, watch, and discuss six masters of world cinema artfully explore memory through the dreamscape of film. Consider cross-cultural concepts connecting memory, dreaming, filmmaking, identity, mystery, and human nature. Playfully investigate symbolic imagery. Delve into memory through artist, technique, and story. Serious fun for movie lovers! Rashomon, Wild Strawberries, The Long Day Closes, After Life, Memento, My Winnipeg.

0296 | Ebinger | KTD | LC 53
6 Mondays 2:10–5:30pm | Jan 26–Mar 9
(No class Feb 16)
$115

EC | Film Music History and the Art of the Film Score

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

0297 | Bauman | KTD | AU 101
7 Tuesdays 2:10–4pm | Jan 27–Mar 10
$91 | EC/GC Members $71

NEW | Life and Retirement Planning Today

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

0380 | Hall & Malot | KTD | PE 92
2 Saturdays 9am–12noon | Mar 7 & 14
$52 (MF $25)

NEW | Reverse Mortgage 101

You’ve heard about them, now come and learn exactly how reverse mortgages work. Are you a homeowner who would like to utilize the equity in your home without having a required monthly repayment? Then this HECM FHA-government insured loan may be the answer. We will discuss pros and cons, eligible properties and candidates, options for receiving your money and everything else you need to know about reverse mortgages. This class will be of importance if you are a senior homeowner, have elderly parents, or are a Financial Planner/CPA preparing a retirement plan in motion for a client. Course is informational and education only. No sales products will be presented in class.

0298 | Schwartz | IVC | Bldg 27 Rm 118
Saturday 10:30am–2:30pm | Feb 21
$53

Financial Planning

Wi$e Up: Financial Education for Women

This financial education program helps women gain the knowledge, skills, and confidence they need to move their financial lives forward.

0323 | Abe | KTD | LC 53
5 Wednesdays 6:15–8:15pm | Feb 11–Mar 11
$85 (MF $8)
Food and Wine

Wine Tasting Fundamentals
This class will cover: the basics of the process of winemaking, wine tasting, explore different types of wines, talk about “wine talk” and what it all really means, and some basics of food and wine pairings. Students should bring 2-3 glasses to each class and must be at least 21 years old.

0280 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Jan 28 & Feb 4
$88 (MF $13)

0281 | Sandri | KTD | SS 111
Saturday 9am–3pm | Feb 28
$88 (MF $13)

NEW | Red Wines of the World
Exploring Red Wines with their varying hues and bodies, red wine brings hundreds of subtle flavors and nuances. Discover the different red wine varieties, their characteristics and tastes. Students should bring 2-3 glasses to each class and must be at least 21 years old.

0279 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Mar 4 & 11
$71 (MF $15)

NEW | White Wines of the World
Exploring White Wines From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes. Students should bring 2-3 glasses to each class and must be at least 21 years old.

0282 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Feb 11 & 18
$71 (MF $15)

NEW | Wine Tasting Fundamentals
Exploring White Wines From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes. Students should bring 2-3 glasses to each class and must be at least 21 years old.

0280 | Sandri | IVC | Bldg 3 Rm 154
2 Wednesdays 6:30–9pm | Jan 28 & Feb 4
$88 (MF $13)

0281 | Sandri | KTD | SS 111
Saturday 9am–3pm | Feb 28
$88 (MF $13)
Health Education

NEW | EC Do-It-Yourself Fitness
No matter what your fitness level, you can feel stronger, healthier and more balanced with the right combination of exercise, healthy food choices and active recovery. This class will show you how to create a sustainable and well-rounded fitness plan that includes cardio, weight training and structured relaxation. You will receive instruction on how to build a home routine that works on your schedule, as well as information about healthy food choices to support your wellness. Homework will be given to help you set goals and create a home fitness plan that is appropriate for your current level of fitness. Whether you’re a long-time fitness enthusiast looking for new information, or you’re just beginning an exercise program, you will find this class fun and engaging. No experience is necessary.

0299 | Cunningham | KTD | PE 22
4 Saturdays 10:10am-noon | Feb 7-Mar 7
(No class Feb 14)
$65 | EC/GC Members $47

Exercise for Adults with Special Needs Instructor Certification Course
Designed to train students, certified personal fitness instructors, activity coordinators, recreational therapists, and occupational therapists interested in becoming certified fitness/wellness leaders specializing in exercise with the frail elderly and adults with special needs. Special needs include disorders ranging from Parkinson’s disease, Arthritis, Cardiac Issues, COPD AND MORE. Upon successful completion of this training, students will become certified trainers for Exercise Leader for Adults with Special Needs with the American Senior Fitness Association. See online schedule for other requirements.

0300 | Best-Martini | KTD | PE 91/PE 22
4 Saturdays 9am-5pm | See below
Jan 31, Feb 21, Mar 7 & 21
$117 (MF $2)

Intensive English Program (IEP)

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

FOR MORE INFORMATION OR TO APPLY:
Call: 415.883.2211, ext. 8579
Fax: 415.883.2632
Email: intensive.english@marin.edu
Website: www.marin.edu/IEP
History

**EC | Beauty and Culture at the Court of Versailles**

This class will follow step by step the 2009 Versailles Exhibition based on the legacy and enriching cultural accomplishment of King Louis XIV, presented for the 1st time since the death of the Sun King in 1715. In addition to the life of King Louis XIV, the highlights of this exhibition were the amazing architecture of Versailles and other famous palaces, their paintings, interior decorations, furniture, goblins, porcelain, music, dance, literature and theatre. We will discover the King’s important role in French, Baroque & Classical Literature, how he sponsored the writers Molière, Racine & Corneille as well as the musician and choreographer Jean Baptiste Lully.

0301 | Harkins | IVC | Bldg 27 Rm 116
7 Wednesdays 2:10–4pm | Jan 28-Mar 11
$92 (MF $1) | EC/GC Members $72 (MF $1)

**EC | Gates to Western Europe: Eastern Europe Part 1**

During “Part I” of this course we will discuss the origins, culture and evolution of different areas in Eastern Europe (Albania, Bulgaria, Romania, Czech Republic, Slovakia, Hungary), its importance and past destiny in protecting Western Europe from Turkish (Ottoman Empire) invasions. We will discuss the ancestors of the Eastern Europeans: The Celts, the Thracians, the Dacians, the Magyars; the tremendous Byzantine influence, the centuries of Ottoman & Austrian occupation, and the cultural impact of these diversified civilizations on each country.

“Learn about the psychology of a group of peoples who in spite of their tremendous individual cultural wealth, throughout the centuries, almost never enjoyed the benefits of complete freedom.”

0302 | Harkins | KTD | LC 38
7 Mondays 2:10–4pm | Jan 26-Mar 16
(No class Feb 16)
$92 (MF $1) | EC/GC Members $72 (MF $1)

Home and Garden

**NEW | Flower Carpet – Pave’s**

A flower carpet or pave’ is a flat textural arrangement of flower heads or succulents made in a low, shallow container. They are so close together that no space shows between them. This technique is used to display succulents in wall hangings and also used with low containers for flowers heads. This is a simple technique; a great one to have up your sleeve for any kind of low table arrangement or even a Valentine. Please see online description for more details.

0283 | Nardo | KYD | FA 312
Saturday 10:10am–noon | Feb 7
$79 (MF $26)

Passionate About Something?

**SHARE YOUR TALENT AND SKILLS IN A CLASSROOM SETTING.**

Community Education is now accepting new course proposals for the Summer/Fall 2015 quarters.

Current submission deadline: Friday, Feb 6, 2015.

Download application at MarinCommunityEd.com
Languages

Community Education modern languages teach conversation skills, emphasizing the ability to engage in everyday conversation and to handle typical situations. Each successive quarter continues to develop your ability to converse in the language.

If you are unsure of your placement, call the Community Ed office at 415.485.9305, press 4 to reach a staff person and ask to have the instructor call you. Visit www.MarinCommunityEd.com to view course descriptions and recommended textbooks.

Program Timeline

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A = BEGINNERS, B = INTERMEDIATE, A/B = BEGINNERS/INTERMEDIATE

Course Listings and Schedule

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

**EC | Sentimental Education, Novel by Gustave Flaubert**

Join us in reading excerpts, discussing and analyzing Gustave Flaubert’s celebrated narrative “Sentimental Education”. The novel was published in 1869. The renowned French realist writer Flaubert searched with care for evidence, documents, and testimonies, to authenticate the novel’s account of France’s social classes, political institutions and practices. His central concern was to present the contradictions, hopes, failures, successes fashioning the lives of the characters in the story during the July Monarchy (1830s), and the 1848 Revolution in France. Frédéric’s love pursuit of Madame Arnoux is the main search that drives the novel. Sentimental Education was in a way a fictionalized autobiography of Flaubert, documenting his one-sided love for a married woman as well as the social and political climate of the times.

0314 | Harkins | KTD | LC 38
7 Fridays 2:10–4pm | Jan 30-Mar 20
(No class Feb 13)
$92 (MF $1) | EC/GC Members $72 (MF $1)

**EC | A Wild Spirituality of Nature: On the Trail of John Muir and John Burroughs**

The two naturalists John Muir and John Burroughs emerged from deep traditional religious roots to propose a radically new “natural spirituality” where supernaturalism was no longer necessary. For these adventurous thinkers, Nature was scripture, sanctuary, classroom and maybe even God. We will respectfully explore their stories, writings and wisdom along sacred and secular paths.

All texts will be provided in class or on the website. New material will be presented for those who have taken this class before.

0315 | Highland | KTD | VS 5B
6 Thursdays 10:40am–noon | Jan 29-Mar 12
(No class Feb 19)
$76 | EC/GC Members $56

**DRAWING AND PAINTING**

Larry Bencich, MFA

Larry Bencich is a Northern California artist whose works are in various galleries and collections in California and Illinois. He works primarily with the human figure in his own drawings and paintings and his teaching style references composition and perspective in the Renaissance tradition. He has extensive teaching experience with students with a broad range of skills. Larry received a MFA from the San Francisco Art Institute. See his class on page 6.
NEW | EC Three Shakespearean Comedies: Much Ado About Nothing, Twelfth Night, and As You Like It
In this course the class will study, see and discuss the three great comedies of Shakespeare’s middle period: Much Ado About Nothing, Twelfth Night and As You Like It in films by Kenneth Branagh. These are plays that many consider Shakespeare’s comic masterpieces, plays in which we will meet and talk about many of Shakespeare’s most memorable characters including Beatrice and Benedick, Rosalind, Jaques, Olivia, Toby Belch and Malvolio.
0316 | Wallace | KTD | AU 104
7 Tuesdays 1:10–3pm | Jan 27–Mar 10
$94 (MF $3) | EC/GC Members $74 (MF $3)

Marin Adventures

Fly Fishing 101
Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to “read the waters” to find fish and select the appropriate flies and strategies.
0317 | Lack | KTD | VS 11
4 Thursdays 7:10–9pm | See below
Jan 29, Feb 19 & 26, Mar 5
1 Saturday 8:30–10:30am | Feb 14*
2 Saturdays 8am–noon | Feb 28 & Mar 7**
$194 (MF $6)
*Casting Practice **Field Trips

EC | Bird-Watching in Marin: A Field Exploration
Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County.
0318 | Hug | KTD | SMN 117
1 Tuesday 9:10am-1pm | Jan 27
4 Tuesdays 8:30am–12:30pm | Feb 3-24*
$112 | EC/GC Members $105
*Field Trips; See Itineraries

EC | Meandering in Marin
If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers.
0319 | Dreskin | OFF (See location online)
6 Mondays 9:45am-1:45pm | Jan 26–Mar 9
(No class Feb 16)
$122 | EC/GC Members $103

Hiking Marin Trails
Explore some of the many open spaces in our county on these four- to six-mile hikes. Along the way, we discuss plants, birds, insects, and whatever else may catch our eyes. This is not a beginning course. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain.
0320 | Dreskin | OFF (See location online)
7 Tuesdays 9:45am-1:45pm | Jan 27–Mar 10
$142 | EC/GC Members $120

EC | Exploring Ship Operations in the Bay
This class will provide a general overview of commercial shipping operations in the Bay. The course will include a presentation on types of ships, ship construction and manning, commercial and operational requirements of these vessels. There will also be a review of the types, locations of terminals and International, U.S. and California Regulations. A typical voyage for a tanker and container ship into the bay, on to a terminal, including cargo operations, and the vessel heading back to sea will be provided. This class is open to adults of all ages. Come with a curious mind!
0322 | Thomas | KTD | SMN 227
Saturday 9:10–11:30am | Feb 21
$51 (MF $1) | EC/GC Members $33 (MF $1)

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

NEW | Women in Rock Music: The First 25 Years
The history of women’s contributions to rock music from the late 1950s to the early 1980s. Using both common and rare recordings and video clips, the course will cover women performers from rockabilly and girl groups through soul, the British Invasion, psychedelia, the singer-songwriter movement, and punk/new wave. It will also discuss women's behind-the-scenes roles in songwriting, production, and rock journalism, as well as how the changing roles of women in society were reflected in how they sang, wrote, and recorded.

0324 | Unterberger | KTD | LC 53
7 Tuesdays 7:10–9pm | Jan 27-Mar 10
$94 (MF $3)

Piano Classes for Beginners to Advanced
Four different levels of piano instruction in both classical and popular music (chords and melody) are offered in a relaxed, supportive and friendly environment. See online schedule for details about the different class levels. If you are unsure about your placement, e-mail the instructor at marciabau@aol.com. Early registration is strongly recommended.

0325 | Bauman | KTD | PA 188
7 Tue & Thu 6:10–9pm | Jan 27-Mar 12
$90

NEW | EC 20th Century American Music: From “Rag” to “Rap”
20th-century music is defined by the sudden emergence of advanced technology for recording and distributing music as well as dramatic innovations in musical forms and styles. Because music was no longer limited to concerts, opera-houses, clubs, and domestic making, it became possible for music artists to quickly gain global recognition and influence. This class, through the use of audio, video, and live performance, will discuss the many different genres i.e. Modernism and the music of Debussy, Ravel, and Gershwin; Nationalism with the music of Copland and Ives; Neo-Classicism; Minimalism; Electronic, as well as the more accessible styles of Blues, Jazz, Country, Folk, Rock & Roll, Disco, Hip-Hop and Rap, featuring successful artists from each style.

0326 | Frohmader | KTD | PA 178
6 Saturdays 10:10am-noon | Jan 31- Mar 14
(No class Feb 14)
$85 | EC/GC Members $65

EC | Chorus Emeritus
If you like to sing or think you would like to sing, come and join the Chorus Emeritus! The music is fun, encompassing diverse styles and eras.

0327 | Paul | KTD | PA 72
7 Thursdays 2:50–4:40pm | Jan 29-Mar 12
$91 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

Contemporary Vocal Technique for Jazz and Pop Singers
Learn how to use and maintain a healthy voice while singing with ease through the breaks in your range. The class includes vocal exercises, breath control, relaxation, control of vibrato, ear training, vowel production, group and individual singing with application of technique to songs. A fun and supportive class for all levels.

0328 | Daria | KTD | PA177
5 Saturdays 10am-noon | Jan 31-Mar 7
(No class Feb 14)
$107
NEW | EC Russian Music: Sergei Rachmaninov
This winter will be a continuation of the autumn session focusing on the music and life of Sergei Rachmaninov. Join us as we explore and enjoy more performances and participate in analysis of Rachmaninov major works: concertos, symphonies, chamber music, sacred compositions, art songs, choral works during the second part of his life. New materials will be provided for continuing students.

0330 | Vereshagin | KTD | PA 72
6 Fridays 12:10–1:30pm | Jan 30-Mar 13
No class Feb 13
$76 | EC/GC Members $64

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

Music for two pianos for two or more pianists will be studied in this nine week class with an optional performance on March 30. Repertoire suitable for the intermediate to advanced pianist will be studied and you need not have a partner to join the class. Please contact the instructor, Paul Smith — pianosmith@aol.com for repertoire suggestions or to arrange an interview.

0379 | Smith | KTD | PA 75
9 Mondays 12:10-2pm | Feb 2-Apr 6
No class Feb 16
$103

EC | Marin Men’s Chorus
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards.

0378 | Aluk | OFF | St. Stephen’s Church*
7 Tuesdays 7–9pm | Jan 27-Mar 10
$91 | EC/GC Members $48
*3 Bayview Ave., Belvedere

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

0331 | Broida | KTD | VS 11
Thursday 6:10–9pm | Mar 12
$60 (MF$30)

Parenting
Foster and Kinship Care Education Program
Patty Cala, Program Director
This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. Ongoing seminars and support groups are offered to help in the day-to-day caring for these children. Professionals, foster parents, and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board. Call Patty Cala at 415.457.8811, ext. 8239, for further information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.
Introduction to Foster and Adoptive Parenting
Especially for those new to foster and adoptive parenting, or those beginning the process. Couples and single parents will learn about the court process, behavioral issues, and emotional stresses for foster children and their new family; how to work with the agencies involved; the parent’s role in the child’s life; and the different ages and problems of the children. Offered in Spanish and English. For information, call Patty Cala at 415.457.8811, ext. 8239.

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

Each week, basic teaching with a specific theme will be provided in the class to support students with future steps of self-exploration.

0268 | Mikami | KTD | PE 60
6 Saturdays 2:40–4:30pm | Jan 31–Mar 14
(No class Feb 14)
$89 | EC/GC Members $69

NEW | EC Visual Journaling: Self-Discovery through Creative Play
This mixed media class is for those who wish to discover a window into your inner life and free your creative voice. Play with an assortment of art materials, and writing exercises in a supportive, non-judgmental environment to create a visual journal. No art/writing experience required! Please bring a blank journal and basic supplies to the first class. See anniedanberg.com/journal-supplies. E-mail connecting@anniedanberg.com for questions.

0383 | Danberg | KTD | FA 214
6 Saturdays 1:30–4pm | Feb 21–Mar 28
(No class Feb 14)
$102 (MF$10) | EC/GC Members $82 (MF $10)

NEW | EC In Your Own Hands: Mindfulness-Based Practices to Optimize Wellbeing
This experiential skill-building class is an introduction to a mindfulness-based, values-directed approach to optimize wellbeing. In this course you will learn through instruction, practice, and group discussion to cultivate the ability to master life’s challenges with greater psychological flexibility. The emphasis will be on how to make courageous moment-to-moment choices that are aligned with your personal life values. There is an emphasis on cultivation of self-efficacy, living a life of mastery, radical self-acceptance, and meaning & purpose. The course is based on the book In Your Own Hands, written by the course instructor.

0334 | Berkelhammer | KTD | LC 38
7 Wednesdays 1:10–2:30pm | Jan 28–Mar 11
$66 (MF$5) | EC/GC Members $48 (MF $1)
Photography

Basic Photography
This course covers the basics: camera types, lenses, filters, depth of field, metering, exposure control, and tripods. We also discuss digital formats, the camera’s menus, and what all the various choices mean. Bring an adjustable camera to class each week. This class is beyond simple point and shoot cameras. Darkroom work will NOT be discussed.

0251 | Manwaring | IVC | Bldg 7 Rm 192
4 Wednesdays 7:10–10pm | Feb 18-Mar 11
Saturday 8am-4pm | Feb 28*
1 Saturday 1–9pm | Mar 7*
$124 (MF $2)
* Field trip and classroom sessions with two hour break between each

NEW | Up and Rolling with Adobe Photoshop Lightroom
Discover how Lightroom will increase your efficiency and precision allowing you to have more time shooting and less time at the computer! You’ll develop a solid foundation for downloading, organizing, and backing up your images, and then enhancing them with dramatic and subtle adjustments using the Develop module’s sophisticated tools.

0270 | Thaler | KTD | SMN 229
3 Tue & Thu 7:10–9:30pm | Jan 27 - Feb 12
$133 (MF$5)

NEW | Using Your Smartphone to Capture the World around You
Learn to improve your photography skills, regardless of what smartphone you use. Learn about the array of special apps available to enhance your images, capture panoramic vistas, and display the rich detail in the extreme lights and darks of your photos usually lost with most conventional smartphone camera apps. You’ll need a smart phone camera and patience to explore, practice, and play. Emphasis will be on the iPhone, although photography principles apply to all smartphones.

0271 | Thaler | KTD | AU 125
2 Wednesdays 7:10–9:30pm | Feb 25 & Mar 4
$61 (MF$5)

Physical Fitness

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

0335 | Attardi | KTD | PE 22
7 Tue & Thu 12:10-1pm | Jan 27-Mar 12
$90 (MF$1) | EC/GC Members $70 (MF $1)
0336 | Attardi | IVC | Bldg 5 Rm 188
6 Mon & 7 Wed 9:10-10am | Jan 26-Mar 11
(No class Feb 16)
$87 (MF$1) | EC/GC Members $67 (MF $1)

Underwater Hockey
Learn and practice the basic skills of Underwater Hockey (UWH) in a structured 7-session course! Underwater Hockey is a fast, action-packed (non-contact) sport played on the bottom of a pool by teams of 6 players with masks, snorkels, fins and short sticks. Players move the puck by pushing it or passing it, trying to get the puck into the opposing team’s goal.

0375 | Zvanut | KTD | VS 5A & Pool
7 Wednesdays 7:30–9:30pm | Jan 28-Mar 11
$113 (MF/SF $23)
**BOLLYWOOD!**
With music from the latest Bollywood hits, this class consists of easy to learn classical and folk Bhangra dance movements and routines. All ages and levels are welcome to experience this amazing culture of happy music and rhythms, combined with fitness...It’ll make you smile!

0338 | Quinn | **KTD** | PE 22
6 Mondays 6:40–8pm | Jan 26-Mar 9
(No class Feb 16)
$76 (MFS2)

**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. To participate in this class it is necessary to be able to raise and lower yourself from the floor.

0339 | Hanson & Binnings | **KTD** | PE 60
7 Wednesdays 12:40–2pm | Jan 28-Mar 11
$80 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

**EC** | Movement and Music for the Older Adult: A Universal Language
This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a portion of the class.

0340 | Hain | OFF | Whistlestop*
6 Mondays 11am-noon | Jan 26-Mar 9
(No class Feb 16)
$57 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)
* 930 Tamalpais Ave., San Rafael

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

**BEGINNERS**
0341 | Stewart | **KTD** | PE 60
6 Saturdays 10-11:30am | Jan 31-Mar 14
(No class Feb 14)
$74

**INTERMEDIATE**
0342 | Stewart | **KTD** | PE 60
6 Saturdays 8-9:45am | Jan 31-Mar 14
(No class Feb 14)
$80

**Yoga and Meditation**
In this hatha yoga class, the regular practice of asanas builds to encompass a rich transition of seated, supine, prone, standing, twisted, inverted, and balancing postures—moving through all the body’s planes of motion and eventuating with a practice that flows and grows. Along with our traditional work, this quarter will focus on five fluid flow series and affords the opportunity for a silent practice.

0343 | Elston | **IVC** | Bldg 5 Rm 188
7 Tue & Thu 5:40-7pm | Jan 27-Mar 12
$113

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

0344 | Elston | **IVC** | Bldg 5 Rm 188
7 Tuesdays 10:10–11am | Jan 27-Mar 10
$60 | EC/GC Members $43
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.

0345 | Laws | KTD | PE 22
7 Tuesdays 10:10–11am | Jan 27-Mar 10
$60

Cardio Pilates
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility.

0346 | Laws | KTD | PE 22
7 Tuesdays 11:10am–noon | Jan 27-Mar 10
$60

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

0347 | Govrin | KTD | PE 60
6 Fridays 10:40am-noon | Jan 30-Mar 13
(No class Feb 13)
$75 (MFS$1) | EC/GC Members $59 (MFS$1)

0348 | Govrin | IVC | Bldg 15 Rm 170
7 Tuesdays 2:10–3:30pm | Jan 27-Mar 10
$81 (MFS$1) | EC/GC Members $67 (MFS$1)

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

0349 | Govrin | KTD | PE 60
6 Fridays 12:40-2pm | Jan 30-Mar 13
(No class Feb 13)
$75 (MFS$1) | EC/GC Members $59 (MFS$1)

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

0350 | Govrin | IVC | Bldg 15 Rm 170
7 Thursdays 2:10–3:30pm | Jan 29-Mar 12
$81 (MFS$1) | EC/GC Members $67 (MFS$1)

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

0351 | Riswold | KTD | PE 22
7 Tue & 6 Fri 9:10–10am | Jan 27-Mar 13
(No class Feb 13)
$86 | EC/GC Members $66

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
0352 | Rolston | KTD | PE 60
6 Mondays 3:40-5pm | Jan 26-Mar 9
(No class Feb 16)
$75 (MFS$1) | EC/GC Members $55 (MF $1)

INTERMEDIATE/ADVANCED
0353 | Rolston | KTD | PE 22
7 Wednesdays 10:45am–12:15 | Jan 28-Mar 18
(No class Feb 18)
$80 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)
**NEW | T’ai Chi Sword - A Beautiful Way to Build Energy and Health!**

T’ai Chi Sword is a fun and entertaining way to exercise, build your health, boost your energy level, improve balance, increase strength, enhance coordination, and explore new ways of moving. The beautiful flowing movements are truly enjoyable to practice and encourage a pleasant state of meditation. We use dull practice swords, wooden swords, or even super light plastic swords, these can be purchased from the instructor or you can bring your own. Cost varies. Beginners welcome!!!

0385 | Jensen | IVC | Bldg 15 Rm 170
6 Mon & Wed 6:10-7pm | Jan 26-Mar 11
(No class Feb 16 & 18)
$98

**NEW | Northern Shaolin Kung Fu**

Get in the best shape of your life! Northern Shaolin is the famous kicking style of Kung Fu. Northern Shaolin is famous for its high kicks, long stances, bold leaps, powerful strikes and practical defenses. Build the strength and flexibility of your upper body, core, and legs. Get ripped and ready to be the star of your own action movie! Beginners welcome!!!

0386 | Jensen | IVC | Bldg 15 Rm 170
6 Mon & Wed 7:10-8:30pm | Jan 26-Mar 11
(No class Feb 16 & 18)
$128

0387 | Jensen | OFF | San Anselmo*
6 Tue & Thu 6:30-8pm | Jan 27-Mar 12
(No class Feb 17 & 19)
$167 (SF$539)
* Duncan Hall, First Presbyterian Church
72 Kensington Rd, San Anselmo

**EC | Advanced Strength and Fitness Training**

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

0355 | Wood & Owens | KTD | PE 20/22
7 Tue & Thu 7-8:45am | Jan 27-Mar 12
$125 | EC/GC Members $99

**EC | Zumba® Gold I**

Join the Party! Zumba Gold is a fusion of Latin and other international music and dance that creates a dynamic, exciting, and effective total body workout, specifically designed for active older adults, including those who have tried Zumba and would like a similar experience with lower impact and intensity, and/or those just beginning their journey to a fit and healthy lifestyle. Zumba Gold I is a beginning class.

0356 | Scranton | KTD | PE 60
7 Tue & Thu 2:10–3pm | Jan 27-Mar 12
$89 | EC/GC Members $69

**EC | Zumba® Gold with Toning**

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

0384 | Scranton | IVC | Bldg 15 Rm170
6 Mon & 7 Wed 3:40-4:30pm | Jan 26-Mar 11
(No class Feb 16)
$86 | EC/GC Members $66
**EC | Zumba® Gold II**

Zumba Gold II is designed for students who have either attended at least two sessions of Zumba Gold I, have dance experience and are comfortable moving at a more challenging pace or have discussed their enrollment with the instructor.

0358 | Scranton | KTD | PE 60
7 Tue & Thu 3:10–4pm | Jan 27-Mar 12
$89 | EC/GC Members $69

**EC | Functional Fitness**

This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and over-all sense of well-being while participating in movement activities with music, while sitting or standing in a safe and friendly environment.

0359 | Scranton | KTD | PE 22
6 Mon & 7 Wed 9:40–10:30am | Jan 26-Mar 11
(No class Feb 16)
$86 | EC/GC Members $66

**NEW | Self-Defense for Women**

The class format is designed for women and will include the special obstacles they face in a hostile environment, including addressing societal conditioning to “be nice” rather than trust their instincts when sensing danger and then setting the necessary strong boundaries and moving quickly to get to safety. This class will cover awareness, body language, verbal and physical techniques and strategies needed to preserve safety in hostile or dangerous situations. The class format is based on self-defense techniques, stances, awareness and posture. It will draw on karate and Tai Chi fundamentals. No martial arts experience is required. Students should wear clothing suitable for a wide variety of movements.

0364 | Baker | KTD | PE 22
7 Wednesdays 4:10-5:30pm | Jan 28-Mar 11
$74

**Wado Ki Kai Karate**

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

0363 | Baker | KTD | PE 60
7 Mon & Wed 6:40-8pm | Jan 26-Mar 16*
(No class Feb 16)
$124
*Ends on a Monday

**Boxing for Fitness**

Train in the art of boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a workout that builds strength and endurance and helps you to lose weight. Using boxing skills and drills, you increase your muscular and cardio endurance and engage your core. Both the upper and lower body are toned and strengthened. Exercises are tailored to student’s level of fitness. One-on-one training and style development as time allows.

0365 | Green | KTD | PE 60
7 Tue & Thu 6:40-8pm | Jan 27-Mar 12
$113

**NOTE:** This is a movement class and there is NO CONTACT involved.
Joy of Tennis
This evolutionary approach to the game eliminates the biggest impediment to peak performance—competition. Playing competitively before mastering the basic skills, which is how we all have learned, lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. See online schedule for full description.

Skill levels must be appropriate for the class. For Intermediate 1 and 2 classes: Students not previously enrolled in a Joy of Tennis class must get permission from the instructor before enrolling. The instructor may be reached by phone at 415.717.5446 or by e-mail effortlesstennis@comcast.net.

BEGINNING
0366 | Zeller | KTD | Tennis Courts
8 Tuesdays 9:40–11am | Jan 27-Mar 17
$124 (MFS8)

INTERMEDIATE 1
0367 | Zeller | KTD | Tennis Courts
8 Thursdays 9:40–11am | Jan 29-Mar 19
$124 (MFS8)

INTERMEDIATE 2
0368 | Zeller | KTD | Tennis Courts
8 Wednesdays 10:10–noon | Jan 28-Mar 18
$163 (MFS8)

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

0370 | Robles | KTD | Pool
6 Mon & 7 Wed 9:40–11am | Jan 26-Mar 13
6 Fridays 10:40am–noon
(No class Feb 13 & 16)
$145 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

0371 | Robles | IVC | Bldg 21 Pool
7 Tue & Thu 9:10–10:30am | Jan 27-Mar 13
6 Fridays 2:10–3:30pm
(No class Feb 13)
$148 | EC/GC Members FREE
(Sponsored by Haddie Emeritus College Fund)

NOTE: Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please call 415.485.9935, press 4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com

MUSIC
Marcia Bauman, Ph.D.

Dr. Bauman earned her Ph.D. in music composition from the Eastman School of Music. She has taught film music history at College of Marin, the San Francisco Academy of Art University, and for OLLI at Dominican and Sonoma State Universities. The International Expressive Arts Therapy Association has published her writing which explores the nature of music and consciousness in the healing process. See her classes on page 12 and 19.
**Writing**

**NEW | EC** The Pleasures of the Poem: Creating and Enjoying Poetry

Poetry writing offers myriad pleasures: beauty, exploration, stimulation, validation, heightened self-expression, and more. In this class, we explore the pleasures of poetry from the poet’s perspective. Each week we will briefly examine one of the primary elements of poetic craft: meaning, form, voice, imagery, and sound, as exemplified in the writings of a contemporary poet. Then, in a supportive workshop format, we will present, listen to, read, and discuss each other’s poems and poetic vision.


0372 | Galiani | KTD | AU 102
7 Wednesdays 2:10-4pm | Jan 28–Mar 11
$92 (MF $1) | EC/GC Members $72 (MF $1)

**EC | Elements of Creative Writing**

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

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you’re just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres. Each class begins with a short piece by a notable author and a brief discussion. Helpful prompts are always available.

0253 | Centolella | OFF | Redwoods*
7 Mondays 5:30-8:30pm | Jan 26–Mar 16
(No class Feb 16)
$115 | EC/GC Members $96
*40 Camino Alto, Mill Valley

**Passionate About Something?**

**SHARE YOUR TALENT AND SKILLS IN A CLASSROOM SETTING.**

Community Education is now accepting new course proposals for the Summer/Fall 2015 quarters.

Current submission deadline:
Friday, Feb 6, 2015.

Download application at MarinCommunityEd.com
Emeritus Students College of Marin (ESCOM) is a student organization for Marin’s mature adults. Join ESCOM, established in 1974, and **discover a world of opportunity to support lifelong learning and network with like-minded individuals.** Members are from all social and educational backgrounds.

**PLEASE VISIT** the Emeritus Center on the Kentfield Campus or Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations. The Emeritus Center, Kentfield Campus, Student Services Building, Room 146, is open Monday through Friday, 9:30am-3:30pm, and is staffed by volunteers. Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, please call 415.883.7805.

**ESCOM Tuition Grants**

The ESCOM Council awards tuition grants to eligible students for any COM Community Education course. You must be a minimum of 55 years of age and submit a statement of financial need. Only partial grants are awarded due to limitations of funding.

To be eligible for a Tuition Grant, you must have registered and paid all registration fees. Please call 415.485.9652 to request to have the application procedures and an application mailed to you, or come to the Emeritus Center. Completed application forms must be received at the Emeritus Center on the Kentfield Campus no later than the end of the business day, **Friday, January 16, 2015.**
Lifelong learning

- Classes on physical fitness, art, music, writing, history, film appreciation and foreign languages. Phone 415.485.9305 for more information or to obtain the latest Community Ed. Schedule.
- $15 Membership comes with joining as many of the stimulating and sheer fun Clubs as you wish, or start your own club—see inside back cover for current listings.
- Receive your monthly Emeritus Newsletter full of the latest Emeritus buzz, where you can submit an article, a short story or see your paintings or photographs hang in the Emeritus Gallery.

Lifelong doing

- Serve on the ESCOM Council, or various Committees that suit your interests. Sharpen your writing skills by helping to shape and UPDATE our Active Lifelong Learners’ website. Emeritus is where you can Volunteer Your Skills, the ones you always wanted to see valued. Become a shaker and mover for your community when you join the Emeritus Program. Or just experience Emeritus for the joy of it.

Emeritus College is a unique program designed to meet the needs of Marin County’s lifelong learners who already may have earned their degrees and who may be transitioning—or have already transitioned—into retirement. Emeritus College classes offer a wide array of opportunities for students to discover new interests, to reconnect with lifetime passions, and to find engaging interaction with like-minded individuals in a multitude of classes and activities. The Emeritus College classes offer first-rate instructors and high-quality classes that actively support the principles of quality of life, lifelong learning, and creative retirement.

If you are seeking something new to capture your interest, take a moment to peruse the many fascinating and fun courses within in the Emeritus program, all offered to you at a discounted enrollment fee indicated by the EC after the five-digit Course Number in the description.

Perhaps you aspire to be more adventurous and want to get out and explore our phenomenal landscape in California Geology: The Once and Future Land, including field trips to Point Reyes and Ring Mountain on the Tiburon Peninsula; or it might be that you want to finally seriously pursue a new hobby, such as Bird-Watching in Marin: A Field Exploration where students learn to identify the local birds by sight or by their distinctive bird song, learning both in the classroom and in the field on bird-watching walks. It might be possible that this summer you want to get into the ‘swim’ of things by taking Aqua Exercise for Active Adults at the beautiful Kentfield Campus pool. Maybe you want to brush up on your Conversational Spanish through a series of classes before a big vacation to a Spanish-speaking country, to make the most of your travel experience, or if you choose to stay closer to home, you might enjoy several of the creative writing classes offered in the Emeritus College, such as How to Write Flash Fiction—and Why You Want To, Elements of Creative Writing, or Tales Told from Memory, where you can develop your own memoirs.

It’s time to follow your bliss and do what you love! Please join us—you will be in great company.

EMERITUS CENTERS
Kentfield Campus
415.485.9652
Indian Valley Campus
415.457.8811, ext. 8322
Start receiving all the great benefits of membership today.

Emeritus Students College of Marin (ESCOM) is an integral part of the Emeritus College program. ESCOM is designed to serve the unique needs of older adults who are dedicated to the principles of quality of life, lifelong learning, and personal growth and is organized so that its members may learn and develop through study, clubs, and auxiliary activities.

All members receive the following benefits:

- Pride in supporting lifelong learning
- Official ESCOM membership card and decal
- FREE or reduced fees on Emeritus College classes
- Eligible to join over 20+ ESCOM clubs
- Access to Emeritus Centers and Humiston Reading Room
- Free subscription to ESCOM monthly newsletters
- 10% discount on COM cafeteria purchases
- COM library card
- Invitations to ESCOM art exhibits and members-only socials, and more!

SIGN UP NOW

Memberships start as low as $15 a year. To find out how to become a member, visit marincommunityed.com.
The Mini-Medical School Sampler program has been developed in collaboration with the University of California, Davis, School of Medicine’s Mini-Medical School (MMS). This half-day program is designed for anyone who wants to explore the field of medicine. Top UC Davis School of Medicine faculty members will provide a general overview of the UC Davis MMS program and the latest information on medical research.

0329 | KTD | James Dunn Theatre  
Saturday, 8-11:30am | Jan 24

For more information or to register please visit MarinCommunityEd.com or call (415) 485-9305.

COST
Free with pre-registration for the following groups:
• College of Marin  
• Emeritus Students College of Marin (ESCOM)  
• Community Education Gold Card Program  
• UC Davis Alumni Association  
• Stanford Club of Marin  
• Marin Retired Teachers Association  
• American University Women Association in Marin

$15 Public / Day-of or Register as a paid ESCOM member today and get this event free, and future events free or at discount rates.