

Adult Classes are held at **Winslow Ctr, 2590 Pleasant Hill Rd., Rms. 1 & 2, or as noted with class.** Register Early!! Classes with low enrollment are subject to cancellation.

## Acrylics **NEW**

(4 weeks) (All levels)

Beginning students will work with collage and mixed media while learning acrylic basics. Advanced students will apply advanced concepts. Technique, composition, design, and value will be taught while exploring your creative side; art history is included. Students can work from photo reference or paintings. All supplies provided.

Instructor: Pat Jackson

...B.F.A. in Illustration, Academy of Arts, SF; studied at the Calif. College of Arts and Crafts; freelance illustrator and designer; accomplished artist.

**4520.501** Jan. 11–Feb. 1

**4520.502** Feb. 8–Feb. 29

❖ Wed., 10 am–noon

**4524.501** Jan. 4–Jan. 25

**4524.502** Feb. 1–Feb. 22

❖ Wed., 6:30–8:30 pm

❖ \$68 / Dist. Res. \$58

(+\$30 lab fee payable to instructor)

❖ M.J. Studios:

670 Gregory Lane, Suite G

## Back at the Ranch ...

(4 separate workshops)

Great workshops held at peaceful, historic Rodgers Ranch. You'll love it!

**4748 First Aid, Naturally** – First Aid Kits are important to have on hand in your home. Learn about natural remedies and other items you can have ready in case of a minor emergency.

**4749 Herbs to Grow & Use** – Think spring garden! Find out which herbs to grow to benefit you and your garden. Container herb gardening to be discussed, also.

**4750 Spring Greens** – Find out which natural salad greens grow wild in this area and how to include them in your meals. Learn the basics of making your own salad dressings. Try some salads using different greens and homemade salad dressings.

**4751 Healthy House Cleaning** – Spring cleaning doesn't mean adding more toxins to your home. Learn safe, easy ways to keep your home clean without harmful chemicals.

Instructor: Denise Koroslev

...has studied and used herbs for 30+ years; member of the Northern California unit of the Herb Society of America; distributor for Natures Sunshine Herb Company.

### First Aid, Naturally

**4748.501** Jan. 24 (Tue.)

**4748.502** Jan. 28 (Sat.)

### Herbs to Grow & Use

**4749.501** Feb. 21 (Tue.)

**4749.502** Feb. 25 (Sat.)

## Spring Greens

**4750.501** Mar. 27 (Tue.)

**4750.502** Mar. 31 (Sat.)

## Healthy House Cleaning

**4751.501** Apr. 17 (Tue.)

**4751.502** Apr. 21 (Sat.)

❖ Tue., 7–9 pm

❖ Sat., 9:30–11:30 am

❖ \$35 / Dist. Res. \$29

(+\$5 lab fee payable to instructor)

❖ Rodgers Ranch: 315 Cortsen Rd.

## Birding Contra Costa

(4 weeks)

Winter is waning, so check out the increasing avian activity in four local locations.

Feb. 25, Canal Trail (meet at K Mart side

parking lot on Chilpancingo); Mar. 3,

McNabny Waterfront; Mar. 10, Lafayette

Reservoir (fee for parking); Mar. 17, Marti-

nez Marina. Bring binoculars, bird guide if

possible. If a rain make-up day is needed, it

will be Sunday.

Instructor: Jan Rae Cook

**4738.501** Feb. 25–Mar. 17

❖ Sat., 9–11 am

❖ \$37 / Dist. Res. \$30

## Bows Fantastic

(1 workshop)

Decorate your packages, your home, or your tree with eye-catching bows. You'll make Pom Pom, Starburst, classic floral bows, even bows for your wedding, with the professional and personal touch. Supplies provided; bring scissors.

Instructor: Trudi Edwards

**4538.401** Dec. 6

❖ Tue., 7–10 pm

❖ \$34 / Dist. Res. \$24

(+\$15 lab fee payable to instructor)

## Braided Rug & Basket Making Intro **NEW**

(2 separate workshops)

Attend one or both! An introduction to making useful and decorative objects such as rug, seat mat, pet bed, basket, meditation/dance mat or other. Interesting "tricks" demonstrated; all supplies provided.

Instructor: Arlene Magarian

...artisan, colorist, re-use fiend; plus custom work and repair of elder braided rugs, teaches this traditional craft to all ages all over California.

**4578.501** Jan. 28

**4578.502** Feb. 25

❖ Sat., 1–4 pm

❖ \$35 / Dist. Res. \$29

(+\$10 lab fee payable to instructor)

❖ Rodgers Ranch: 315 Cortsen Rd.

## Conquering Clutter **NEW** The Basics of Organizing

(1 workshop)

Make this a New Year's commitment! Learn the secrets of how to create a comfortable layout in your home or office. How to organize to reduce clutter, discover hidden storage, and how to set priorities will be discussed. Bring in your questions or photos of areas of your house that bother you. Donate and disposal resources list will be provided.

Instructor: Maureen DeGarmo

...small business management experience, 20 yrs; expert in organizing and prioritizing.

**4704.501** Jan. 5

**4704.502** Mar. 1

❖ Th., 7:30–9 pm

❖ \$35 / Dist. Res. \$29

## Cookie & Cake Decorating **NEW** Just in Time for Valentines Day!

(1 workshop)

It's easier than you think! Learn how to write on cakes and cookies, plus create a decorative border and floral design. Take home a handout, practice sheet, a heart-shaped sugar cookie and a cupcake that YOU will have decorated. Great class for those who make specialty cookies and cakes for their friends and family!

Instructor: Suzanne Piphon

**4424.501** Feb. 9

❖ Th., 6:30–9:30 pm

❖ \$35 / Dist. Res. \$29

(+\$10 lab fee payable to instructor)

## CPR–American Heart

(1 workshop)

Required fee, \$15, payable to instructor, covers two-year certification card and book covering course content. Cards are available upon successful completion of class.

**4702 Adult & Pediatric Community CPR**

– adult, child, and infant CPR; rescue breathing, and aid for an obstructed airway.

**4703 BLS Healthcare Provider** – adult,

child, infant CPR, single and two-rescuer

CPR, choking, AED, pocket mask and

bag-valve mask. Bring lunch, beverage.

Instructor: Adrian Curry

...EMT, 19 yrs; CPR and First Aid instructor, 15 yrs.

## Adult & Pediatric Community CPR

**4702.501** Jan. 28

**4702.502** Feb. 25

❖ Sat., 1–5 pm

**4702.503** Mar. 29

❖ Th., 6–10 pm

❖ \$42 / Dist. Res. \$34

(+\$15 lab fee payable to instructor)

## BLS Healthcare Provider

**4703.401** Dec. 3

**4703.501** Apr. 21

❖ Sat., 9 am–3 pm

❖ \$49 / Dist. Res. \$40

(+\$15 lab fee payable to instructor)

## Creative Writing Start YOUR Novel or Short Story

(4 weeks) (All levels)

Dust off your novel or memoir manuscript and give it new life or start a new novel or writing project. You will explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers.

Instructor: Janice De Jesus, MFA  
...Mills College, 2008; freelance writer; CC Times reporter, eight yrs; has written two novels.

- 4710.501 Jan. 7–Jan. 28
- 4710.502 Feb. 11–Mar. 3
- ❖ Sat., 10 am–noon
- ❖ \$63 / Dist. Res. \$53  
(+\$5 lab fee payable to instructor)

## Dog Training **NEW**

(3 weeks)

Don't have time to attend a 7-week training class? These 3-week topic classes will teach you everything you need to know to tackle your dog's training challenge. For dogs five months and over with a current rabies vaccine. PRE-REGISTRATION REQUIRED. Proof of vaccinations is mandatory WHEN REGISTERING. For all classes, please bring your dog on a secure collar he can not get out of along with a bag of cut up hotdogs or cheese.

Instructor: Sara Scott  
...Certified professional dog trainer; behavioral counselor; has trained dogs and their people since 2000.

### Loose Leash Walking

Teach your dog to walk on leash without pulling and to calmly pass by distractions.

- 4715.501 Jan. 28–Feb. 11
- ❖ Sat., 10–11 am

### Coming When Called

Train your dog to come to you every time you call no matter what the distraction.

- 4715.502 Jan. 28–Feb. 11
- ❖ Sat., 11 am–noon

### Accelerated Basic Manners

Just the basics including sit, down, stay, touch, and walking on leash without pulling.

- 4715.503 Mar. 3–Mar. 17
- ❖ Sat., 10–11 am

### Polite Pooch

Tackle inappropriate jumping up, food stealing, and lack of focus.

- 4715.504 Mar. 3–Mar. 17
- ❖ Sat., 11 am–noon
- ❖ \$75 / Dist. Res. \$65
- ❖ Rodgers-Smith Park: Basketball Courts

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## Drum Party Drum Circle

(All skill levels)

Come jam and feel the beat! A beginner or a pro, come and play Djembe, Congas or any drum in this drum workshop. You'll learn new rhythms and improvise in a drum circle environment. It's fun and relaxing. You will be amazed at how much you'll enjoy drumming in this family-friendly atmosphere. Bring your congas, djembes, bongos, or other percussion instruments.

Instructor: John Waller  
...plays Rock, Jazz, world music on drum set and hand drums; has easy, engaging teaching style.

- 4575 Dec. 15, Jan. 19, Feb. 16, Mar. 15, Apr. 19
- ❖ Th., 7–8:30 pm
- ❖ \$9 / Drop In only

## Drumming Intensive

(8 weeks)

**.501 Djembe Rhythms** – Intro to Djembe deep rhythms that work your mind and body. Other rhythms explored on various hand drums. Incredible fun for stress relief! Focus is on how to strike the drum and playing interlocking rhythms; new material each season. Some drums available; if possible, bring your own.

**.502 Drum Sticking & Drum Set** – Sticks on a drum pad first, while learning the drum rudiments, easy rhythms, and polyrhythms. Drum set requires four-part coordination and repetition to learn the basic beats for Rock, Funk, Blues, Jazz and you will see results in just a few weeks. Two drum sets will be in the classroom. Bring sticks and a practice pad and get ready to roll!

Instructor: John Waller

### Djembe Rhythms

- 4577.501 Jan. 10–Feb. 28
- 4577.502 Mar. 6–Apr. 24
- ❖ Tue., 7:30–8:25 pm

### Drum Sticking & Drum Set

- 4578.501 Jan. 10–Feb. 28
- 4578.502 Mar. 6–Apr. 24
- ❖ Tue., 8:30–9:25 pm
- ❖ \$87 / \$77 Dist. Res.



Oil Painting/watercolor...all levels welcome!

## First Aid

(1 workshop)

Topics: caring for broken bones, burns, bleeding, shock, poisoning, bites, and stings. Certification cards available upon successful completion of class. Required fee of additional \$15 covers certificate, valid for three years, and book covering course content.

Instructor: Adrian Curry

- 4712.501 Jan. 26
- ❖ Th., 6–10 pm
- 4712.502 Apr. 28
- ❖ Sat., 1–5 pm
- ❖ \$35 / Dist. Res. \$29  
(+\$15 required fee payable to instructor)

## Gluten-free Cooking for Your Health **NEW**

(1 workshop)

Try gluten-free cooking for a healthier lifestyle. Learn how to get started "going gluten-free" and see the different types of ingredients used. Lecture / demonstration of some healthy gluten-free dishes. You may be surprised how much better you will feel when you reduce and/or remove refined wheat flour from your diet.

Instructor: Suzanne Piphro

- 4406.501 Mar. 22
- ❖ Th., 6:30–9:30 pm
- ❖ \$35 / Dist. Res. \$29  
(+\$10 lab fee payable to instructor)



Dog Training...a trained dog is a happy dog!



Drum Circle...for beginners and pros.