# SANTA ANA COLLEGE COMMUNITY SERVICES PROGRAM

# Spring 2014

call (714) 564-6594 or visit: www.sac.edu/cms



Take action · Aim for success · Enroll now

# **HOW TO REGISTER**



On-line Registration @ www.sac.edu/cms with your MasterCard, VISA, or Discover.



FAX Registration with your MasterCard, VISA, or Discover. Complete the registration form on the inside back cover and FAX to (714) 564-0240.



Phone Registration with your MasterCard, VISA, or Discover. Call (714) 564-6594.



Mail-In Registration: Complete the registration form located on the inside back cover, include payment, and mail to:



Santa Ana College Community Services Program 1530 W. 17th Street, S-201 Santa Ana, CA 92706

In-Person Registration @ Community Services Program office located in the Administration Building, room S-201. See map on page 28.

#### **Confirmation:**

Registration received by mail will be confirmed if you send a self-addressed stamped envelope. Registration received by phone and online will automatically receive a confirmation. If you do not receive a confirmation in 5 business days, call our office at (714) 564-6594. Non-receipt of confirmation does not warrant a refund.

#### **Refund & Transfer Policy:**

Refund and transfer requests must be made three (3) business days prior to the Event and are charged a \$10 processing fee per person. TRAVEL TOURS may be cancelled up to ten (10) business days prior to departure less a \$15 processing fee. A travel tour refund will only be issued if your space can be re-sold. Non-receipt of confirmation does not warrant a refund. A refund will not be issued after class is held.

#### Returned Checks & Refunds by Check, Cash or Money Order:

A \$25 fee will charged for any returned check. In addition, an administration hold placed against your student records and a class stop will be issued. Refunds issued for cash, check or money order transactions may take 4-5 weeks to process with a completed W-9 form.

#### **Parking Policy:**

Daily parking permits are required & available for \$2.00 (coin or dollar) in Lots 6, 7, 9, 11, & 12.

#### **Nondiscrimination Policy:**

The Rancho Santiago Community College District is committed to equal opportunity in educational programs, employment, and all access to institutional programs and activities. The District, and each individual who represents the District, shall provide access to its services, classes, and programs without regard to national origin, religion, age, gender, gender identity, gender expression, race, color, medical condition, genetic information, ancestry, sexual orientation, marital status, physical or mental disability, or because he or she is perceived to have one or more of the foregoing characteristics, or based on association with a person or group with one or more of these actual or perceived characteristics. Inquiries regarding compliance and/or grievance procedures may be directed to District's Title IX Officer and/or Section 504/ADA Coordinator. RSCCD Title IX Officer and Section 504/ADA Coordinator: John Didion, 2323 N. Broadway, Santa Ana, CA 92706, 714-480-7489.

# **SPRING 2014**

# **Community Services Program**

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# **Community Services Staff**

Terri Hawn Lithia Williams

# **Office Hours**

Monday-Friday 9:00am-4:30pm

**Call:** 714-564-6594 **Fax:** 714-564-0240 **Web:** www.sac.edu/cms

#### **ACTIVE ADULTS**

#### CREATIVE EXPRESSIONS

Join us for a unique and creative art experience. Students will have fun crafting an array of projects each week, including self portrait drawing, painting with acrylics, collage, and sculpting with clay. A \$15 material fee payable at the door to the instructor.

Semora McCampbell, M.A. has over 10 years experience teaching art.

Event 83379 10:00a-12:30p Saturday SAC C-210 2/22-3/15 Fee: \$64/person 4 sessions McCampbell S

#### AMAZING GRAYS BALANCE & MOBILITY

Stand up, be strong and reduce your risk of falling! Why should we be concerned about preventing falls? Active adults over 65, more than half return to their previous level of activity. Come join us in this fun class to improve your balance and mobility.

Sue Burchfiel is a certified fitness instructor.

Event 83384 11:00a-12:00p Saturday SAC I-101 2/8 Fee: \$20/person 1 session Burchfiel S

#### **GERI-FIT WORKOUT**

Improve strength, stamina, balance and arthritic conditions in this 45-minute strength training exercise class for older adults age 60 and over. No aerobics or floorwork! Most of the exercises are done seated in chairs. **Bring a set of 2-pound dumbbells (each)**, a stretch band and water to drink during the workout. A \$5 material fee is payable at the door.

Event 84065 2:45p-3:30p Tues., Thurs. SAC W-106 2/11-3/6

Fee: \$64/person	8 sessions	Geri Fit, LLC
Event 84067 2:45p-3:30p	Tues., Thurs. SAC W-106	3/11-4/3
Fee: \$64/person	8 sessions	Geri Fit, LLC
Event 84068 2:45p-3:30p	Tues., Thurs. SAC W-106	4/15-5/8
Fee: \$64/person	8 sessions	Geri Fit, LLC



#### OSTEOPOROSIS WORKSHOP

Learn how to ward off and help prevent osteoporosis! During this presentation, a certified strength trainer will demonstrate 15 primary strength training exercises that will strengthen the spine, hips, wrists, and improve posture at the same time. Sit, watch and learn; no participation needed! All fitness levels welcome.

Francesca Fisher is a certified senior strength training specialist and has been teaching older adults for 25 years.

Event 83387 2:45p-3:30p Tuesday SAC I-101 2/4
Fee: \$20/person 1 session Geri Fit, LLC

#### **ELDER CARE - GOV'T GRANTS & SUBSIDIES**

This workshop is designed to educate, clarify, and empower you with options and directions. Learn special laws that can eliminate spend down, forfeiture, penalties, and liens. Educate yourself and take that first step towards protecting your family, your home and your savings from the devastating cost of long term care. Millions of dollars in government funds go unclaimed and unused every year, only because people don't know they exist or how the application process works. This program is available for everybody who needs nursing home eldercare. Learn how the long term healthcare system works, and how to legally make it work for you.

Tuesday	SAC 1-102	2/4
	1 session	Leiter C
Tuesday	SAC I-106	4/22
	1 session	Leiter C
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	1 session Tuesday SAC I-106

# **Hey ACTIVE ADULTS 55+**



check out our...

Candlemaking, page 5

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#### VA BENEFITS FOR ELDERCARE

There are pension benefits available to veterans who have NOT sustained a disability during their military service. Unfortunately these provisions are not widely known and thousands of eligible veterans and their spouses fail to apply. Come learn about these VA Benefits, how to qualify, how to apply, how much you can receive and how these benefits can pay for home care, assisted living facilities, and long term nursing home care.

Event 83741 2:00p-4:00p	Thursday	SAC I-103	3/13
Fee: \$25/person	•	1 session	Leiter C
Event 83744 6:00p-8:00p	Thursday	SAC D-102	5/22
Fee: \$25/person	•	1 session	Leiter C

#### COMPUTER BASICS

Used a computer for years but never learned the basics? Never used a computer? Learn current computer terminology, identify computer components, proper use of USB/jump drives, file size measurement, and helpful tips to make using the computer easier and faster.

Event 83656 1:00p-5:00p	Saturday	SAC A-222	3/1
Fee: \$44/person	•	1 session	Dumon D

#### **HOW TO SELL ON EBAY**

Do you have rooms, closets, drawers and garages full of items you re holding on to? Are you paying storage on items that no longer fit in your home? Why not make money and help others at the same time? Learn business savvy approaches on how to organize, categorize, write posts, and sell your items on eBay.

Frances Greenspan teaches at various colleges and various cities in Orange County.

Event 83483 6	5:30p-8:30p	Thursday	SAC D-102	2/20 & 2/27
Fee: \$59/perso	n		2 sessions	Greenspan F

#### IPHONES, IPADS, AND I'M LOST

Today's iPhone® and iPad® do so much more than simply make phone calls or send text messages. With either of these new devices you now have a computer, Web browser, eBook reader, personal organizer, and more - all in your hand! In this entertaining class, you will learn how to set up your iPhone® and/or iPad® for email, texting, WiFi networks, and Bluetooth and how to best sync with your computer using iTunes®. You also will discover how to take terrific photos and send them to friends, install apps, and figure out the best apps to make your iPhone® and/or iPad® smarter. A \$30 material fee is payable in class.

Event 84186 6:30p-9:30	p Tuesday	SAC I-106	2/18
Fee: \$39/person		1 session	Cohen R

#### THE HEALTHY PANTRY

You've probably heard about the benefits of eating a plant-based, whole grain diet. Studies have shown this diet to be helpful in weight loss, diabetes management, lowering cholesterol levels and high blood pressure, as well as reducing your risk for cancer. This class will show you how to easily and inexpensively incorporate this healthy diet into your busy lifestyle. Using nutritious recipes that are satisfying and taste great, you will be inspired and motivated with yummy breakfasts, lunches, dinners and snacks. Join us for an interesting discussion, demonstration and preparation of meals with samples for you to taste or take home. A \$15 material fee is payable at each class to the instructor.

Event 84109 2:00p-5:00p	Saturday	SAC T-212	5/17
Fee: \$29/person	•	1 session	Sobel B

#### JUICING FOR LIFE

This class will teach the basics of juicing and blending both fruits and vegetables with tasty combinations to sample. Learn about juice flushing for health, weight loss, detoxification and vitality. Come to this class if: you have a juicer or vitamix hidden in your kitchen; you would rather DRINK your vegetables than eat them; you would like to buy a juicer, but want more information before making this major purchase; would like new and fresh recipes; quick and easy breakfast or lunch solutions. A \$20 material fee is payable in class.

Event 84108 2:00p-5:00p	Saturday	SAC T-212	3/1
Fee: \$29/person	•	1 session	Sobel B

# REGISTER ONLINE Day or Night at www.sac.edu/cms

#### ANIMAL CARE

#### DOG OBEDIENCE

Give your dog a new leash on life! This beginner-level course is open to all breeds of dogs over 5 months (larger breeds accepted at 4 months) Exercises will include the proper heel command, automatic sit, sit-stay and down-stay, stand for inspection, and come commands. Behavior problems such as destructive chewing, hole digging, and over-exuberance will also be addressed. Trophies and certificates will be awarded at graduation. The first meeting will be an orientation, WITHOUT DOGS. Please bring vaccination records and \$10 insurance fee due to your instructor at first meeting.



Khara Knight is a member of the Association of Pet Dog Trainers and has been a trainer with Dog Services Unlimited for more than 12 years.

Event 83470 9:00a-10:00a	Saturday	H Louis Senior Center	1/25–3/8
Fee: \$88/person		7 sessions	Knight K
Event 83471 9:00a-10:00a	Saturday	H Louis Senior Center	4/5-5/17
Fee: \$88/person		7 sessions	Knight K

H Louis Senior Center, 11300 Stanford, Garden Grove

#### FRISBEE DOGS! CATCH THE FUN!



In this one-day workshop, your dog can start learning the fun sport of Toss-N-Fetch from an avid Dog-Disc competitor, David Procida. Includes instruction on proper Frisbee throwing techniques, getting your dog motivated to catch a disc AND bring it back to you, and an introduction to some stunts, including spins and weaving through your legs. Please pre-register, and bring vaccination records, your dog, and \$5 material fee (includes a Frisbee).

David Procida has 9 years experience as a trainer with Dog Services Unlimited.

Event 83472 2:00p-3:30p Sunday Bolsa Chica Park 2/9 Fee: \$34/person 1 session Procida D

> Location: Bolsa Chica Park, 13660 University, Westminster north of Westminster Blvd & east of Bolsa Chica Road

Event 83473 2:00p-3:30p Sunday Fountain Valley Recreation Center 4/13 Fee: \$34/person 1 session Procida D

Location: Fountain Valley Recreation Center, 16400 Brookhurst Ave. (at Heil), Fountain Valley

# **AROUND THE HOME & GARDEN**

#### FENG SHUI FUNDAMENTALS

Do you desire success in business, relationships, romance, and attaining your goals and dreams? Let the 4,000 year old ancient Chinese art of Feng Shui help you reach your goals. Find out how the physical environment of your home and work can impact your health, relationships, and income. Be prepared to have fun while learning to apply the basic principles and wisdom of this ancient art to your home and office. You will learn why some homes are more comfortable than others, your best sleeping directions, and much more. Bring your floor plan to use as a reference. A \$3 material fee is payable at the door.

Kathy Zimmerman is a certified instructor at the American Feng Shui Institute.

Event 83474 6:30p-9:30p Thursday SAC D-103 3/20 Fee: \$38/person 1 session Zimmerman K

#### INTRO TO FURNITURE UPHOLSTERY

Students will learn the basic steps, terminology, and procedures required for beginning upholstery projects. This session will discuss procedures for projects that include dining room chairs, footstools, ottomans, or small bedroom chairs. The first class meeting is an ORIENTATION. A supply list will be provided in class.

Paul Dominguez has 15 years experience as a skilled upholsterer.

 Event 83475
 6:00p-7:30p
 Wednesday
 SAC C-106 orientation
 2/5

 6:00p-9:00p
 Wednesday
 SAC C-106
 2/12-3/19

 Fee: \$89/person
 7 sessions
 Dominguez P

#### INTERMEDIATE UPHOLSTERY

In this workshop, full size chairs (no recliners) will be upholstered with instructor approval. Topics will include springing-up, types of springs and arms, cushion making & stuffing. Projects involving antiques or frames in need of repair will be at the discretion of the instructor. **Prerequisite: Intro to Furniture Upholstery.** 

 Event 83476
 6:00p-9:00p
 Wednesday
 SAC C-106
 4/2-5/7

 Fee: \$129/person
 6 sessions
 Dominguez P

#### PLUMBING REPAIRS

Learn how to safely troubleshoot and install faucets, sinks, toilets, garbage disposers, water heaters, bathtubs, showers, and major appliances such as dishwashers and clothes washing machines. Avoid expensive plumbers and repair plumbing problems yourself! Take the mystery out of a clogged drain and discover how to best clear it! New plumbing will be covered, including water supply pipes, valves, drain and waist pipes, natural gas piping and new materials such as PEX plumbing. Limited hands-on experience will be available.



4/17-5/22 Famolaro P

Event 83479 6:00p-9:00p Thursday SAC B-17 Fee: \$99/person 6 sessions

#### ELECTRICAL REPAIRS

Upgrade all your old outlets and switches. Repair your own home electrical problems and avoid expensive electricians! Learn how to safely troubleshoot and install electrical outlets, switches, dimmers, light fixtures, and ceiling fans. Discover the magic of a GFCI, AFCi, split-outlet circuit, and three-way and four-way switch circuits. Limited hands-on experience will be available. **A supply list will be provided in class.** 

 Event 83478
 6:00p-9:00p
 Thursday
 SAC B-18
 2/20-3/27

 Fee: \$99/person
 6 sessions
 Famolaro P

#### **CLUTTEROLOGY®**

Are you tired of searching for items lost in piles of chaos? Do you stumble over stuff strewn throughout your house? Clutterology® will change your life by making your environment work for you. Don't let your clutter dictate your life. Discover innovative ideas to get your clutter in order. Topics covered: how to put a stop to junk mail, distinguishing between organized and neat, the true and destructive cost of stuff, how to determine keep items from toss items, removing clutter to improve your life, creating an efficient environment so you can get more done. Stop stressing over mess and finally put an end to the havoc by taking this practical class. A \$30 material fee payable to the instructor for the book Clutterology®.

Event 83481 6:30p-9:30p Wednesday SAC F-103 2/26 Fee: \$39/person 1 session Rounds, Miller & Assoc.

#### SUCCULENT CONTAINER GARDENING

Come create a beautiful focal point for your table or garden using succulents. Learn the technique of this container design using soil, rocks, and various succulents. Grown as ornamental plants due to their striking appearance, succulents are hardy, easy to care for and are perfect plants year round. Material fees are payable in class and will vary from \$5 and up based on personal preference.



Event 84625 1:30p-2:30p
Fee: \$10/person

Saturday

Dragonfly Shops & Gardens
1 session

Anne, The Barefoot Gardener

Dragonfly Shops & Gardens
1 session

Dragonfly Shops & Gardens
1 session

Anne, The Barefoot Gardener

1 session

Anne, The Barefoot Gardener

Location: The Dragonfly Shops & Gardens, 260 N. Glassell Street, Orange

#### **ARTS & CRAFTS**

#### **CANDLEMAKING**

Decorating with candles makes a beautiful addition to any home. Fragrant, multi-colored candles also make great gifts! Join us to create unique gifts for any occasion, maybe even start your own candle business! Topics include: getting started, different types of candles, using molds, how to add fragrance and natural color additives, resources for materials and supplies. Students will make 3–5 candles in this hands-on workshop. Please dress accordingly. A \$15 material fee is payable at the door to the instructor.



 Event 83388 9:00a-12:00p
 Saturday
 SAC C-208
 3/8

 Fee: \$29/person
 1 session
 Abdul Q

 Event 83389 9:00a-12:00p
 Saturday
 SAC C-208
 5/10

 Fee: \$29/person
 1 session
 Abdul Q

#### DO YOU HAVE A GREAT IDEA FOR A NEW CLASS?

We're always looking for teachers who have developed classes in:

Arts & Crafts • Real Estate • Business & Careers • Dance, Health & Beauty • College for Kids

Mail a proposal to:

Santa Ana College-Community Services Program, Attn: Lithia Williams, Program Coordinator 1530 W. 17th St. Santa Ana, CA 92706 • Email: williams\_lithia@sac.edu

#### SOAPMAKING

Do you love the sensual pleasure of beautiful aromatic soaps? Why not learn to make your own? It's easier than you think. Custom-made soaps are perfect for gifts, bathroom decor and people with sensitive skin. You will create 4 - 6 different soaps, layer colors, use molds, add fragrances, herbs or toys. Express your creativity in this hands-on class. Please dress accordingly. A \$15 material fee is payable at the door to the instructor.

Quayum Abdul has been teaching arts and crafts for 20 years throughout Los Angeles and Orange Counties.

Event 83390 2:00p-5:0	00p Saturday	SAC C-208	3/8
Fee: \$29/person		1 session	Abdul Q
Event 83391 2:00p-5:0	00p Saturday	SAC C-208	5/10
Fee: \$29/person	-	1 session	Abdul Q

#### BEADS, CRYSTALS & SEMI-PRECIOUS STONES

This beginning jewelry design class will introduce students to basic jewelry construction. Learn designing techniques using bead wire, toggles, clasps, eye/head pins and hooks. Students will have a choice to create a necklace and earring set or necklace and bracelet set using beads, crystals or semi-precious stones. Students should bring a pair of the following tools to class: round nose pliers, chain nose pliers, wire cutters and crimping pliers (optional). These tools can be purchased at hardware or craft stores. A \$20 material fee is payable in class.



Brigitte Burns is a jewelry designer who enjoys teaching in Orange and Los Angeles Counties.

Event 83392 6:00p-9:00	p Thursday	SAC B-11	2/20
Fee: \$29/person		1 session	Burns B

#### **BASIC WIRE-WRAPPING**

This hand-wiring class will teach you techniques to design and create beautiful jewelry at a fraction of the cost of retail. With simple wire-wrapping techniques learned in class you'll create a bracelet and earring set using sterling silver or gold filled wires to link semi-precious stones, beads or crystals. Students should bring a pair of the following tools to class: round nose pliers, chain nose pliers, wire cutters and crimping pliers (optional). These tools can be purchased at hardware or craft stores. A \$20 material fee is payable in class.

Event 83396 6:00p-9:00p	Thursday	SAC B-11	3/20
Fee: \$29/person	-	1 session	Burns B

#### JEWELRY DESIGN-PEARL KNOTTING

Students will enjoy silk-knotting a necklace or bracelet into a one of a kind piece of jewelry. Several styles and techniques will be taught using glass pearls, silk cord and your choice of silver or gold tone clasps. Students should bring a pair of round nose pliers, wire cutters and chain nose pliers to class. These tools can be purchased at hardware or craft stores. A \$20 material fee is payable at the door.

Event 83397 6:00p-9:0	0p Thursday	SAC B-11	4/17
Fee: \$29/person		1 session	Burns B

#### CREATIVE JEWELRY DESIGNING

Creating jewelry in this class requires some previous experience. At this level participants will learn how to coordinate and design a multi-strand or multi-drop design necklace using wire linking techniques. Develop your own style of jewelry with eye-pins, semi-precious stones, glass beads and crystals. Students will take home a necklace and earring set or a necklace and bracelet set. Students should bring a pair of the following tools to class: round nose pliers, chain nose pliers, wire cutters and crimping pliers (optional). These tools can be purchased at hardware or craft stores. A \$20 material fee is payable in class.

Event 83398 6:00p-9:00p	Thursday	SAC B-11	5/22
Fee: \$29/person		1 session	Burns B

#### WATERCOLOR

This workshop will demonstrate techniques to create luminous wet-into-wet backgrounds, use of dry brush, salt, alcohol, sandpaper for special effects, and use of gouache to add sunlit sparkle, spattering, and scraping, sponging and dry masking. Learn to render through smooth blending, gradual tonal changes, and layering color. A supply list will be provided in class.

Lorna Manapat, BFA has 30 years professional experience demonstrating art, design, and illustrations

Event 83832 6:00p-7:30p	Friday	SAC C-210	2/21-4/4
Fee: \$72/person	6 sessions	(no class 3/28)	Manapat L
Event 83833 6:00p-7:30p	Friday	SAC C-210	4/18-5/23
Fee: \$72/person	6 sessions		Manapat L

#### WEDDING FLORAL DESIGNS

Students will learn the fundamentals of planning a wedding day. Topics include a consultation with the bride and groom, developing timelines, budget, contracts and more. Floral designs will include boutonnieres, corsages, bridal bouquets, flower girl and ring bearer flowers. Traditional and cultural decoration concepts for the church, reception hall, centerpieces, and table set-ups will be discussed. A \$65 material fee is payable in class to the instructor.

Event 83639 9:00a-12:00p Saturday Mina Flowers, Inc. 3/8-3/29 Fee: \$65/person 4 sessions Mina Flowers, Inc.

Location: Mina Wholesale Flowers: 1918 E. Edinger Ave., Santa Ana

#### WIRE WRAPPED RINGS

Create fun, easy beaded wire wrapped rings! Using a ring mandrel, copper wire, and glass pearls, you'll learn to wrap varieties of ring styles. This class will empower you to make rings to give as gifts, or to match all of your outfits! Tools provided for use in class. This class is designed for beginner and intermediate students. A \$25 material fee is payable In class.

Event 83466 1:00p-4:00p Saturday **SAC B-11** 5/3Fee: \$39/person 1 session Souder L

#### SCISSOR HAND DESIGNS

Calling all teachers, aides, and Edward Scissor hands! This workshop will demonstrate award winning designs using step by step technique and templates to create decorations for bulletin boards, ceilings, walls, and beyond using every day colored construction paper, newspaper, brown paper bags, tissue paper and paper towels. Think outside the box and expand your creativity for unique ideas that will make your classroom or work space most fun and

exciting! A supply list will be provided. Event 84058 6:00p-8:00p **SAC C-208** 1/24-2/7Fee: \$49/person 3 sessions Manapat L

#### FACE PAINTING

Come learn new seasonal face painting designs to demonstrate at your next event. Practice handson applications by learning different brush strokes, to lay a base and color blend. Safe hygienic face painting will be discussed. A \$5 material fee is payable in class to the instructor.

Nina Greville is a working Hollywood make-up artist with over 20 years experience.

Event 83400 6:00p-9:00p 4/14 Fee: \$35/person 1 session Greville N

#### CHAN LUU LEATHER WRAPPED BRACELET

Learn to make the hot new fashion trend, the Chan Luu style bracelet, using leather cord, beads, silk thread, and button closure. Make it single or double wrap, elegant or rustic, according to your taste. Soon you'll be making them for yourself and all your friends! A \$25 material fee is payable to the instructor.

Laura Souder has 35 Years Professional Experience as a Jewelry Designer and Ceramic Artist.

Event 83465 9:00a-12:00p **SAC B-11** 5/3Saturday Fee: \$39/person 1 session Souder L

#### FLOWER MAKING

Handmade crepe paper flowers are elegant, delicate and easy to make. Come learn the basics of flower making from start to finish. You will create 5 different flower styles to create a bouquet. Please bring scissors. A \$5 material fee is payable at the door.

Rosa Armendariz enjoys sharing her cultural art and has 25 years experience crafting these delicate

Event 83458 6:00p-8:00p Wednesday SAC B-17 2/26-3/19

4 sessions Fee: \$25/person Armendariz R

#### MIGAJON ART

Migajon is a form of Mexican art created with dough made out of bread. Students will learn how to craft flowers, earrings and cultural accents that can be added to your home decor. A \$5 material fee is payable at the door.

Event 83463 6:00p-8:00p **SAC C-208** 3/26-4/16Wednesday Fee: \$25/person 4 sessions Armendariz R

#### MOSAIC STEPPING STONE WORKSHOP

Join us as we discover and explore the wonderful world of mosaics! In this class, you will create a mosaic stepping stone using broken tile, with your own design, inspiration and creativity that will last in your garden for years. Composition, design and color will be discussed. A \$25 material fee is payable to the instructor.

Event 84623 10:00a-12:00p Saturday **Dragonfly Shops & Gardens** 3/8 - 3/22Kahrilas K Fee: \$70/person 3 sessions

Location: The Dragonfly Shops & Gardens 260 N. Glassell Street, Orange

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#### **AUTOMOTIVE TECHNOLOGY**

#### DMV APPROVED AUTO WHOLESALE BUSINESS

Come learn to make extra money buying and selling wholesale car as a home-based business; or, simply buy cars for your friends, family and co-workers at great wholesales prices. You can earn \$3000 just selling 3-4 cars a month. In this DMV approved course, you learn how to get your auto dealer license and how to operate a profitable used car business. Find out the how and where of buying at wholesale prices and how to sell at retail for very good profits.



You'll get a FREE list of all the dealer-only auctions in the USA. You'll receive a DMV certificate of completion at the end of class. A \$20 material fee is payable at the door.

Ronald Wayne Williams has five years experience as an auto dealer owner and operator.

 Event 83482 10:00a-5:00p
 Saturday
 SAC I-208
 2/22

 Fee: \$85/person
 1 session
 Williams W

#### **BUSINESS & CAREERS**

#### HOW TO SELL ON EBAY

Do you have rooms, closets, drawers and garages full of items you re holding on to? Are you paying storage on items that no longer fit in your home? Why not make money and help others at the same time? Learn business savvy approaches on how to organize, categorize, write posts, and sell your items on eBay.

Frances Greenspan teaches at various colleges and various cities in Orange County.

 Event 83483 6:30p-8:30p
 Thursday
 SAC D-102 2/20 & 2/27

 Fee: \$59/person
 2 sessions
 Greenspan F

#### **QUICKBOOKS ACCOUNTING & TAXES**

Gain a marketable business skill or take control of your business finances by learning the basic concepts of Quickbooks. Topics include: customers, vendors, items, invoices; cash sales receipts; accounts receivable & payable; check and credit card transactions; receiving and depositing payments; reconciling financial reports. QuickBooks Pro is an accounting software application designed for the non-accountant in mind. Some accounting knowledge is recommended but not required.

Mike Figueroa is a graduate of Cal State Fullerton, accounting firm owner, certified tax preparer with over 15 years experience.

 Event 83484 6:00p-9:00p
 Thursday
 SAC A-222
 2/13-3/6

 Fee: \$89/person
 4 sessions
 Figueroa M

#### SMALL BUSINESS BOOKKEEPING & TAXES

Bookkeeping is a step-by-step approach to recording daily operational financial transactions in a small business organization. Students will learn how to set up accounting journals, analyze, interpret financials, and prepare financial statements. Topics include: accounting principles, budgeting, accounts receivables, expenditures, accounts payable, payroll, and preparation of Federal taxes for a small business. The course concludes with a Federal tax workshop presented by the Internal Revenue Service!

Felix Famolaro has an accounting degree and MBA studies from California State University, Fullerton.

Event 834856:00p-9:00pWednesdaySAC B-182/26-4/2Fee: \$99/person6 sessionsFamolaro P

#### CASH IN WITH A SUCCESSFUL HOME BASED BUSINESS

Are you tired of working for someone else? Do you need to increase your income? Turn your talents and hobbies into profit at home by learning how to start a part-time or full-time home-based business. During this comprehensive workshop, only offered once a year, you will discover many details including: 100 home business ideas, mandatory legal documentation, effective ways to market your product or service, taking tax deductions (including this workshop), and free future individual Q & A opportunities. If you want to succeed in a home business, this step-by-step workshop is a must! A \$20 material fee is payable at the door.

LeeAnne Krusemark is a journalist, author, a Chamber of Commerce past president, and owner of an award winning public relations business.

Event 84063 6:00p-8:00p Thursday SAC B-17 3/27 Fee: \$29/person 1 session Krusemark L

#### CONFIRMATION:

Mailed registration will receive a confirmation if a self-addressed stamped envelope is provided. Online or phoned in registration will receive a confirmation if an email address is provided. **Non-receipt of confirmation does not warrant a refund.** 

#### REGISTER EARLY!

Classes may fill quickly or cancel due to low enrollment.

#### MAKE MONEY TYPING/WORD PROCESSING BUSINESS

If you can type, then you can make money at home using your computer. Following a review of the steps necessary to start a profitable, legal business at home, you will then discover the secrets to success in the word processing business. Prerequisite: How to Cash In With A Successful Home-Based Business. A \$10 material fee is payable in class.

Event 84064 8:00p-9:00p Thursday SAC B-17 3/27 Fee: \$15/person 1 session Krusemark L

#### **GETTING PUBLISHED**

Did you know that Stephen King was rejected more than 75 times before he sold his first novel? If your goal is to become a published freelance writer, this comprehensive workshop will guide you to the editor's desk. Learn how to become a published writer, submit manuscripts the correct way, and write an irresistible query letter. Discover over 100 ways to make money as a freelance writer. A \$20 material fee is payable at the door.

Event 84061 3:00p-5:00p Thursday SAC B-17 3/27 Fee: \$29/person 1 session Krusemark L

#### MEET THE PUBLISHER

Have you ever wanted to talk to a real publisher? This class will explain the pros and cons of mainstream publishing, self-publishing options and the critiquing process. Following a short, fact-filled lecture and Q&A you have the option of having your poetry, articles, short story, novel, children's book, etc professionally critiqued. Students may leave a copy of their work with the instructor for a written assessment of their manuscript along with a list of publishers. An optional \$50 fee will be charged for these services. A \$10 material fee is payable at the door for a detailed workbook.

Event 84062 5:00p-6:00p Thursday SAC B-17 3/27 Fee: \$15/person 1 session Krusemark L

#### **BECOME A NOTARY PUBLIC**

Start your own business, become a more valuable employee, provide customer service for your business or organization, earn additional income and get recommissioned. This intensive one-day seminar is designed to equip you with everything you need to know to become an effective Notary. You will find out about new legislation as well as how to pass the official Notary exam (must be taken every 4 years), identify document signers, keep a journal, fill out certificates and avoid lawsuits. The class includes a practice Notary Public Exam. A \$30 manual fee is payable to the instructor. PLEASE NOTE: Arrive early. Due to State regulations, no one will be admitted to the classroom after 8:30 a.m. You must be on time when returning to the classroom from breaks.

Notary Public Seminars, Inc., has been a leading public course provider in California for 15 years.

Event 83487 8:00a-6:00p Saturday SAC A-130 2/8 Fee: \$85/person 1 session Notary Public Seminars, Inc.

	NEW/RENEWING - NOTARY EXAM INFORMATION					
Registration:	4:00 – 5:00pm	Requirements:	Legal resident of California (military excluded)			
Exam:	5:00 – 6:00pm	Photograph:	2x2 passport color photo			
Payment:	\$40 check payable to Secretary of State	Age:	18+			
Identification:	Valid Driver's License or state issued ID with photo	Materials:	#2 pencil			
	Live Scan Fingerprints requir	Live Scan Fingerprints required after you pass the exam.				

#### RENEWING NOTARIES-3 HOUR STATE REQUIRED

Renewing Notaries may take a three hour Approved Notary Refresher course. We will review all laws and regulations you are required to know to continue as a Notary. You must take the exam and be fingerprinted again. A 6 hour approved course must be taken first without a lapse in your commission." Commission is valid for 4 years. Serious conviction may disqualify applicant. A \$30 material fee is payable in class to the instructor.

Event 83488 12:45p-6:00p Saturday SAC A-130 2/8 Fee: \$49/person 1 session Notary Public Seminars, Inc.

#### Register day or night online @ www.sac.edu/cms









#### LET YOUR EMPLOYER SEND YOU TO CLASS!

...It may be as simple as asking

- Your employer will appreciate your desire to improve your skills.
- · Put your request in a memo.
- Attach the class description to your memo.
- Stress the benefits, emphasizing how it will help you perform better.
- Compare pricing and convenience your employer will be pleased to know they are making a small investment for a LARGE return.

#### BECOME A LOAN SIGNING AGENT

California's real estate industry is in need of notaries and others who are interested in becoming loan document specialists. Topics will include: how to contact the most lucrative and profitable businesses, primary contacts, getting signed with successful services and agencies, and how to develop and build your own business. Learn to properly notarize loan packages. We will discuss how to negotiate your fee and advertise yourself in your market. Receive a free listing of 50 loan-signing companies that are looking for notaries. Participants awaiting Notary commission and/or exam results may register. A \$40 material fee for a resource book is payable at the door. An optional certificate of completion is available for \$20.

Event 83489 9:00a-4:00p Saturday SAC I-103 3/8 Fee: \$89/person 1 session Notary Public Seminars, Inc.

#### BECOME A CHILD VISITATION MONITOR

Make a difference in the life of a child. Consider a career as a professional Child Visitation Monitor. The courts often require scheduled, monitored visits between a child and a non-custodial parent. Learn stages of child development, different forms of violence, reflective listening and neutrality. Topics covered: basic principles and practices of supervised visitation; defined and neutral role as a monitor; proper and effective parental visits; the child's best interest and safety; how to handle separation and termination of visits; and more. A \$60 material fee for workbooks and certificate of completion is payable in class to instructor. Must be 21 years of age or older and able to provide a clean Live Scan background check for employment in this industry.

Event 83578 9:00a-6:00p Saturday SAC I-201 3/1-3/15 Fee: \$295/person 3 sessions Notary Public Seminars, Inc.

#### **CONTRACTING LICENSE**

This course is designed for students interested in exploring career opportunities in General Contracting and/or sub-contracting for any trade. The main goal of the course is to help students who want to prepare for the California Contracting License Examination, by the Contactors State License Broad (CSLB). Also, current contractors will be interested, in order to enhance their law and business skills. Learn how to properly prepare a bid, and how to effectively manage a building construction project.

Event 83579 6:00p-9:00p Monday SAC B-17 4/14-5/19 Fee: \$99/person 6 sessions Famolaro P

#### HR CERTIFICATE PROGRAMS

Classes are \$125 each or \$198 for both. Take advantage of a 20% discount. Enroll Now for both classes! Participants should bring a sack lunch.

#### HR CERTIFICATE PROGRAM – MAKE THE RIGHT CALL

This comprehensive, practical Human Resource Certificate Program is designed to provide an in-depth look at three key human resource functions essential to the current or aspiring human resource practitioner. One of the biggest challenges California managers face today is the very real threat of employment litigation. A significant percentage of employment litigation occurs during hiring, managing performance and termination of employees. Learn practical ways of effectively handling these HR challenges. A \$5 material fee is payable in class for a certificate of completion.

 Event 83606
 9:00a-3:00p
 Saturday
 SAC I-108
 3/1

 Fee: \$125/person
 1 session
 Pratt A

#### HR CERTIFICATE PROGRAM – CULTIVATING EMPLOYEE RELATIONS

Behavioral interviewing is 55% effective at identifying future employees. Learn to conduct effective behavioral interviews, evaluate the most successful candidates and avoid legal pitfalls. Help new hires adjust to their jobs by implementing an onboarding process that works. The faster new hires feel welcome and ready to tackle their new jobs the faster they will integrate and become an effective part of your organization. Learn what employees really want. Reduce turnovers, engage employees and retain your key staff with ideas learned in this workshop. A \$5 material fee is payable in class for a certificate of completion.

 Event 83607
 9:00a-3:00p
 Saturday
 SAC I-108
 3/8

 Fee: \$125/person
 1 session
 Pratt A

#### GERI-FIT INSTRUCTOR CERTIFICATION

This workshop is suggested for fitness instructors who are already certified and want more comprehensive fitness training in working with older adults. Topics include working with elderly students that have arthritic conditions, stroke victims and those with Parkinson's disease.



 Event 83580 10:00a-6:00p
 Saturday
 SAC F-102
 5/3

 Fee: \$625/person
 1 session
 Geri-Fit LLC

#### BUILD YOUR OWN BUSINESS WEBSITE

You can have your own Web site for as little as \$5 a month. This workshop requires no prior Web site development experience and is suitable for: beginners, experts, managers & web designers. You will learn to: Improve your business web site, analyze your needs and select the best design criteria, Make the site user friendly, Get a FREE shopping cart that only costs if sales are made, Promote your site, and link with search engines to make you visible. When you complete this seminar, you'll have the confidence and tools to create your own web site. A \$30 manual fee is payable in class to the instructor.

Event 83621 6:30p-9:30p Fee: \$39/person Wednesday

SAC B-11 1 session

Rounds, Miller & Assoc.

#### BECOME A FLORAL DESIGNER

Students will learn principles of flower arranging including composition and color coordination. Course will cover topics such as proper usage of mechanical supplies, handling of flowers and foliages, flower and foliage identification, pricing of arrangements, and proper design techniques. Students will learn merchandising, marketing and pricing for their own home based business. Upon completion of all appropriate classes, students will be proficient enough to find employment in the floral industry or to start and maintain their own home based business. Students should bring a pair of pruning shears to class. A material fee of \$65 is payable to the instructor.



Mina Asadirad is an experienced floral designer and owner with 25 years teaching experience.

Saturday

Event 83640 9:00a-12:00p Fee: \$65/person Mina Wholesale Flowers 4 sessions

Mina Flowers, Inc.

4/5-4/26

Location Mina Wholesale Flowers: 1918 E. Edinger Ave., Santa Ana

#### SMALL BUSINESS MANAGEMENT BOOT CAMP

Key strategies in planning, financing, organizing, personnel and marketing will be discussed. Learn how to increase profits, motivate investors, raise net worth; reduce risks and liabilities. Each participant will receive a certificate of completion at the end of class. A \$25 material fee is payable at the door to the instructor.

Eugene Konstant owned and operated a small business. He brings 42 years of practical teaching experience into the classroom.

Event 84113 6:30p-9:30p Fee: \$159/person Monday

SAC D-109 5 sessions 3/3-3/31 Konstant E

#### MAKEUP 101

Makeup 101 is for people who want to learn the basic steps to be your own makeup artist. This class will educate you in makeup application and foundation selection, including a basic understanding of face shapes, bone structures, hues and what eye shadows to use. The class will cover day and evening looks, plus natural bold and trendy runway looks. You will learn how to correct and reshape brows, as well as how to apply eye lashes. You will learn blending techniques, shading and contouring to create the most glamorous looks. A step by step application will be supervised by the instructor. Each student will receive a certificate of completion. A \$30 makeup kit fee is payable at the door. (Cash only)

Michelle Jackson is one of Hollywood's leading celebrity makeup artists for Television, Vogue Magazine and Motion Picture.

Event 83581 2:00p-4:30p Fee: \$65/person Saturday

SAC I-202 1 session 5/17 Jackson M

#### ASSERTIVENESS SKILLS FOR SUCCESS

You can become a more effective communicator in your marriage, friendships and business relationships. Develop assertive communication skills, build your self-esteem and confidence, learn to say "No" without feeling guilty, and identify what you want and go after it. Learning to assert yourself will enhance your chances for happiness and success in everyday living. A \$30 material fee is payable to instructor at beginning of class, for book, CD and handout.

Dr. Nick Lazaris is a Psychologist and Adjunct University Professor. He has 30 years experience coaching, consulting, teaching and helping individuals achieve their best in life, business and relationships.

Event 83582 7:00p-9:00p Fee: \$29/person Monday

SAC I-108

3/10 Lazaris N

Website: http://www.sac.edu/cms

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#### THREADING FROM A TO Z

Attention Beauty Professionals, Students, and anyone with an interest in the latest beauty trends! Introducing a new opportunity that is too good to miss-Threading A to Z! Learn how to perform the most sought after form of hair removal and eyebrow shaping in this comprehensive, hands-on course! Students will receive a threading kit, containing necessary tools for threading, as well as a certificate upon course completion. This is a great way to broaden your skills and stay ahead of the curve! The demand for threading practitioners continues to grow, so sign up today! A \$15 material fee is payable to the instructor.

**SAC B-11** Event 84060 6:30p-8:30p 3/3 & 3/10 Monday Fee: \$75/person 9 sessions Mikhael S

#### GRANT WRITING FUNDAMENTALS

Take part in an informative hands-on workshop created for new and experienced grant writers. All individuals from executive directors to development officers will benefit by taking a detailed look at the grant writing process. You will learn how funding is announced, how applications are judged, and how to construct a winning proposal. A \$30 material fee is payable at the door.

Dr. John Drew is a graduate from Cornell University and has successfully written and received millions of dollars in grants.

Event 83600 6:00p-9:00p **SAC A-207** 2/27 & 3/06 Thursday Fee: \$69/person 2 sessions Drew J

#### PROFITABLY MANAGE RENTAL PROPERTIES

Looking to cash in on the sub-prime pricing? Planning on purchasing rental property? Thinking about property management as a new career? Buying low cost property and renting is a great way to create wealth and constant cash flow, but it can be tricky and non-productive. In this class you will learn how to: Keep the property profitably rented; Collect rents, enforce penalties and evictions; Decide whether to perform maintenance yourself or sub-contract it; Establish profitable rates for fees, rentals, and penalties; And much more. A \$35 material fee is payable to the instructor in class for a workbook and resource guide for managing and maintaining rental properties.

Pat Larkin, Irvine Property Mgmt has over 30 years in the real estate industry with special focus on property management, home building and land development.

Event 83643 6:30p-9:30p Thursday **SAC D-103** 3/6 Fee: \$49/person Larkin P & K 1 session

#### VOICE-OVERS: YOU'RE ON THE AIR

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as Morgan Freeman, Glenn Close and Alec Baldwin lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to work on your own terms and turn voice-overs into a thriving full or part-time business! Jon St. John, a successful broadcast and voice-over artist will introduce students to the voiceover business as a whole. He will talk about the numerous opportunities; discuss voice-over technique; the income potential; and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Jon St. John has over 30 years of broadcasting and voice-over experience. Event 83604 1:00p-3:00p Saturday **SAC A-130** 4/26 1 session

Such A Voice

# CONSTRUCTION FOR HOME IMPROVEMENT

Participants will learn how to construct an entire building in accordance with the Uniform Building Code (UBC). Instruction includes concrete slabs and above-ground foundations, wood framing, roofing, insulation, drywall, and stucco. Students will receive limited hands-on training. A certificate of completion will be given on the last day of class.

Event 83617 6:00p-9:00p **SAC B-17** Monday 9/94-3/31 Fee: \$99/person 6 sessions Famolaro P

#### HOME BASED FOOD BUSINESS

With a newly approved California Homemade Food Act (AB1616), entrepreneurs may use their home to launch a small food business. This step-by-step course provides information about all 'ingredients' necessary to launch and operate a fun and profitable home-made food business from your very own kitchen. Topics covered: Cottage Food Operation Act and food labeling, balancing family versus business, cost analysis, business plan, production prep, how to effectively launch, market and grow your business. A \$25 material fee is payable in class.

Caron Ory has 20 years experience as a trained dietitian.

**SAC F-102** Event 83618 9:00a-4:00p Saturday 3/22 Fee: \$99/person 1 session Ory C

Fee: \$29/person

#### **CASH IN ON IDEAS & INVENTIONS**

Want to learn the proven ways to cash in on your inventions? If your idea works, it's a GREAT idea but now you need to know-how to make money with it. People just like you are creating and selling their ideas and inventions for big money! If you want to secure the rights to your ideas and learn the proven way to CASH IN on your inventions, this program will show you how to: Make your invention intellectually safe and profitable; Protect your ideas with patents, trademarks, and copyrights; Evaluate your ideas for marketability; Find potential buyers for your invention and offer it for sale in the safest method possible. A \$30 material fee is payable in class.

Event 83619 6:30p-9:30p Wednesday SAC B-17 Fee: \$39/person 1 session Ro

2/19 Rounds, Miller & Assoc.

#### SELF-PUBLISHING, E-PUBLISHING AND MORE

Learn how to get your book on the market quickly and easily! Publishing is easier than you think. If you want to be published, but don t know where to start, this class will give you the know-how to fulfill your dream of creating your own books, booklets, audio CDs and e-books. You will learn to: Use quick and easy methods to get your work published; Convert your book to an e-book for the iPad, Kindle and PDF formats for FREE; Upload your finished books and e-books to Amazon and other major chains; Offer it as a pay-per-download product from your Web site; Create podcasts and other saleable products; Use copyrights and trademarks to protect your work. Don't get left out - publish your book NOW and start profiting from it immediately! A \$30 material fee is payable in class to the instructor.

Mike Rounds of Rounds, Miller and Associates, is a speaker, trainer and author with more than 200 published works.

Event 83620 6:30p-9:30p Fee: \$39/person Wednesday SAC B-18 1 session 2/19 Rounds, Miller and Assoc.

#### **EFFECTIVE JOB HUNTING STRATEGIES**

Are you seeking employment? Are you looking for promotional opportunities within your organization or elsewhere? When was the last time you updated your resume? Do you struggle with job interviews? This seminar will cover job searching, resume improvement with emphasis on business writing, and the do's and don'ts of the interview process.

Silvia Gonzalez, MS has 24 years experience in public administration.

Event 83635 9:00a-12:00p Fee: \$99/person Saturday

SAC A-208 6 sessions 4/19-5/24 Gonzalez S

#### MAKEUP ARTISTRY CERTIFICATION

This 6 week in depth course will cover color theory, skin analysis, contouring and highlighting, shaping/correcting brows, fake eyelash application and how to chose the correct products and tools for the required look. You'll learn classic beauty/bridal, glamour, Smokey eye, fantasy make-up and airbrush techniques. Course will cover areas of

employment opportunities, networking and how to market yourself as a make-up artist. Students will have a fundamental basic understanding of make-up artistry techniques in order to pursue a career as a make-up artist. Students that complete all six weeks will receive a certificate of completion. A \$50 material fee payable in class to instructor.

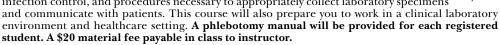
Event 84071 6:00p-10:00p Mon., Wed. Fee: \$295/person

Mon., Wed. SAC B-16 6 sessions

2/24-3/12 Greville N

#### **BECOME A PHLEBOTOMIST**

This course follows guidelines established by the Dept of Health Services in preparation for the state phlebotomy technician certification exam and employment as a certified phlebotomy technician. This course focuses on basic anatomy and medical terminology, infection control, and procedures necessary to appropriately collect laboratory specimens and communicate with patients. This course will also prepare you to work in a clinical laboratory



Event 84059 6:00p-10:00p Tues., Thurs. SAC D-107 Fee: \$1295/person 16 sessions

4/22–6/12 Manapat L

 $Lorna\ Manapat,\ certified\ licensed\ phle botomist\ has\ over\ 10\ years\ experience\ with\ a\ leading\ health\ care\ provider\ in\ Southern\ California.$ 

#### **IDENTIFY YOUR PERFECT CAREER**

Want to identify your perfect career? In this 3-hour workshop participants will discover how to bring their life's passion into focus. Learn how to unlock the dream within, identify new career possibilities, and create an action plan to guide you toward achieving your life goals. A \$20 material fee is payable at the door to the instructor.

Sue Montelone is a life and career coach with over 15 years educational and corporate experience.

Event 83644 9:00p-12:00p Saturday Fee: \$39/person SAC A-208 1 session 3/15 Montelone S

Website: http://www.sac.edu/cms

#### TRANSACTION COORDINATOR

Enhance your position as the Real Estate market is on the upswing! Busy agents often do not have time for the detail work involved in coordinating an escrow. Become the Transaction Coordinator for your real estate office or coordinate escrows right from your home. In this training you will learn: how to schedule, track and coordinate all events in a real estate transaction; understand your role as liaison between agent, buyer, seller and multiple vendors; learn how to fill out escrow paperwork; easy ways to keep track of tasks, appointments, and vendors; choosing software to use or options for creating your own; how to coordinate from your very own home office plus you will receive a list of recommended tools. A \$60 material fee for workbook and certificate of completion is payable at the door to the instructor.

Event 83645 10:00a-4:00p **SAC I-106** Saturday Fee: \$99/person 1 session Notary Public Seminars, Inc.

#### INTERNET MARKETING FOR WRITERS

Marketing your own books on the Internet is where it's all happening. In this class you'll learn 8 steps to market your writing on the Internet used by successful writers and entrepreneurs. Learn how search engines rank Web sites and the best ways of using Social Media to develop audience relationships that can lead to interest from a print publisher in your work. You'll receive a list of Web sites that are looking to hire writers now for freelance assignments and the best sites for earnings potential. A material fee of \$30 is payable in class to the instructor.



Event 84078 6:30p-9:30p Fee: \$39/person

Thursday

**SAC D-103** 1 session

2/27 Cohen R

#### OVERCOME FEAR OF PUBLIC SPEAKING

Is your public speaking anxiety limiting your personal, school or career goals? Join Performance Psychologist Dr. Nick Lazaris as you learn the essential skills necessary for controlling unpleasant physical and emotional reactions. Discover key techniques to reduce speech anxiety and gain confidence. You can turn your fear of public speaking into energized performances every time. A \$30 material fee for DVD, CD and workbook is payable in class.

Event 83734 7:00p-9:00p Monday **SAC D-109** 2/10 Fee: \$29/person 1 session Lazaris N

#### **CART VENDING**

Discover the lucrative business of cart vending. By selling food, souvenirs, and seasonal memorabilia you can earn \$60,000 a year working part-time. Discussions include: locating prime locations, bookkeeping and taxes, licenses and permits, health department regulations and commissary requirements, product sources and pricing. This is a great time to invest in a low cost, low risk, all cash business. A \$25 material fee is payable at the door.

Event 84199 6:30p-9:30p **Thursday** Fee: \$39/person

**SAC D-103** 1 session

Konstant E

# **COLLEGE FOR KIDS & TEENS**

#### **READING DEVELOPMENT & COMPREHENSION (AGES 8 - 10)**

Solid reading comprehension skills are the backbone of any student's academic success. This class will focus on fluency and comprehension. In addition to learning strong pre-reading skills, basic critical thinking, and how to use context clues, students will also have opportunities to engage in a variety of reading activities designed to address various learning styles. Students will increase their thinking skills as well as their ability to engage and interpret what they read. A \$10 material fee is payable in class to the instructor.

Event 84052 4:00p-5:00p Tues., Thurs. SAC I-101 4/15-5/8Fee: \$89/person 8 sessions Alpine Tutoring, Inc

#### BASIC MATH (AGES 8 - 10)

This class is for students who have completed or will be enrolling in grade 3 or 4. Focus will be on: Addition, subtraction, multiplication, division, and beginning fractions and decimals. Students will receive group instruction as well as participate in math games. Curriculum is based on California State Standards for Mathematics. A \$10 material fee is payable in class.

Tues., Thurs. SAC I-101 4/15-5/8Event 84053 5:00p-6:00p Fee: \$89/person 8 sessions Alpine Tutoring, Inc

## **PARENTS**

Please make sure you check your child in at his/her class and pick them up promptly after class.

# Registration for **ALL** College For Kids events must include a completed Medical/Waiver Release form, located on the inside back cover.

#### **ENGLISH COMPOSITION (AGES 9-12)**

Students will review grammar and language skills and learn techniques to write using systematic outlining and note taking. Topics include: sentence and paragraph construction, with an emphasis on spelling and using the right word or phrase. Listening exercises, brainstorming, and troubleshooting will involve students in the intuitive and creative process of writing. Students will dissect short stories to illustrate outlining benefits. Students should bring a notebook, pencil, and dictionary/thesaurus to class. A \$5 material fee is payable at the door.

Phyllis Neal was an instructor for 20 years in Orange County and is a private tutor.

Event 83650 10:00a-11:30a Saturday SAC F-103 3/1-3/22 Fee: \$59/person 4 sessions Neal P

#### **ONLINE DRIVER'S EDUCATION (AGES 15+)**

This course is an interactive, educational online course with the latest in animation, video and web technology. It sets the foundation for behind-the-wheel driver's training and is in accordance with the guidelines set by the California Department of Motor Vehicles. Course material includes: rules of the road, freeway driving, motorcycle & pedestrian safety, major causes of traffic collisions, alcohol & drugs, and much more. This course is a requirement for teens under 17 1/2 years old to obtain a learner's permit and driver's license. Upon successful completion, students will receive a DMV-approved certificate of completion and a FREE DMV study guide, courtesy of Safety Driver's Ed.

Event 83651 Online Instruction Fee: \$55/person Safety Driver's Ed

#### SAT PREPARATION WORKSHOP

In this comprehensive preparation course, you will review all subsections of the SAT. Critical Reading Section consists of reading comprehension and sentence completions. The Writing section covers sentence, paragraph, and essay structure. The Mathematical Section reviews basic Arithmetic, Algebra, Geometry, student produced response, and calculator use. Learn valuable test taking strategies that include confidence building, reducing test anxiety, guessing tactics, pacing, and process of elimination. Each student will receive The Official CollegeBoard SAT Study Guide. **Bring pen, pencil, calculator and sack lunch.** 



Anabel Arroyo is a UC Berkeley gradute and currently tutors high school and college students. Joel Sheldon is a math instructor at Santa Ana College and Irvine Valley College.

Math Applications9:00am-3:00pmReading Comprehension9:00am-3:00pmWriting Workshop9:00am-12:00pm

 Event 84054 9:00a-3:00p
 Saturday
 SAC I-107
 2/8-3/1

 Fee: \$115/person
 3 sessions (no class 2/15)
 Sheldon & Arroyo

 Event 84056 9:00a-3:00p
 Saturday
 SAC I-106
 5/3-5/17

 Fee: \$115/person
 3 sessions
 Sheldon & Arroyo

#### MINI CHEFS (AGES 8-13)

Nutrition, safety in the kitchen and healthy choices for everyday meals are important for children to learn. This fun-filled class will teach children to make healthier variations of foods they would normally eat. Menu ideas and recipes will be prepared at each meeting. Bring containers to take home leftovers, recipes and card holders will be given to each child. A \$10 material fee is payable to the instructor at each class meeting.

Sumati Ratanjee has been a registered nurse with over 20 years experience caring for the nutrition of patients.

 Event 83648 10:00a-1:00p
 Saturday
 SAC T-212
 3/1-3/22

 Fee: \$79/person
 4 sessions
 Ratanjee S

#### TIPS FOR PARENTS

- Students are expected to abide by the rules of conduct for SAC students.
- Supervision in not provided before or after class.
- Check your child into class and promptly pickup your child after class.
- Orient your child to the location of classrooms & restrooms.
- 30 minute Visitor Parking, Lot #3, is available to drop off & pick up students.

#### **EARLY READER (AGES 6-7)**

This class is for students who have or will attend 1st or 2nd grade. Solid reading skills are the backbone of any student's academic success. This class will focus on building phonics skills, sight word vocabulary, fluency and comprehension. Students will have opportunities to engage in a variety of reading activities designed to address various learning styles, and increase foundational reading skills. A \$10 material fee is payable in class to the instructor.

Tues., Thurs. SAC I-101 Event 84050 4:00p-5:00p 2/18-3/13 Fee: \$89/person Alpine Tutoring, Inc

#### BASIC MATH (AGES 6-8)

For students currently enrolled in 1st and 2nd grade. Join us as we review the basic Math skills that prepare students for future academic success. Class will focus on developing student's understanding of the Math fundamentals including addition, subtraction, multiplication, division, fractions and working with basic word problems. Students will receive group instruction as well as participate in math games. Curriculum is based on California State Standards for Mathematics. A \$5 material fee is payable to the instructor.

Tues., Thurs. SAC I-101 Event 84051 5:00p-6:00p 2/18-3/13 Fee: \$89/person 8 sessions Alpine Tutoring, Inc

#### **CREATIVE ARTIST WORKSHOP (AGES 9-12)**

Let your imagination run wild in this creative artist workshop. You will have fun getting your hands dirty creating your own original works of art. Students will have fun designing masks, collages and a self portrait through a range of mediums that also include a project with clay. A \$15 material fee is payable in class to the instructor.

Semora McCampbell, MA has over 10 years experience teaching art.

Event 83652 1:00p-3:30p **SAC C-210** 2/22-3/15Saturday Fee: \$64/person 4 sessions McCampbell S



#### COMPUTERS

#### MICROSOFT OFFICE APPLICATIONS

Word, Excel and PowerPoint are the most common applications used in business today. This class will help you to be a more productive user of these Microsoft Office applications. We will focus on creating professional looking PowerPoints and Word documents as well as making sure you can use Excel successfully. Software covered: The latest version of Microsoft Office suite - Word, Excel, & PowerPoint. To save files, students should bring a Jump/Flash Drive for USB port.

Event 83653 9:00a-3:00p Saturday **SAC A-226** 2/8 Fee: \$79/person Crowley D

#### **DIGITAL PHOTOGRAPHY**

Don't just take snapshots; create images! Learn how to operate and get the most out of your digital camera. Whether you have a point-and-shoot, or digital SLR, you'll learn how to move from automatic mode to creative mode. In this course you'll explore the various functions and settings available on your camera. Get tips on taking great portraits, sports shots, and landscapes. By the end of the day you will have a much better understanding of your camera and its settings. Bring your digital camera, and your manual.

Event 83654 6:00p-10:00p **Tuesday SAC I-101** 2/11 Fee: \$44/person 1 session Crowley D

#### PHOTOSHOP FUNDAMENTALS

Photoshop is the most advanced photo and artwork manipulation program on the market today. Learn how to sharpen and color correct your photographs, combine two or more photos into one, use filters and add text with a personal touch. Basic computer knowledge is recommended. Bring a jump/flash drive for USB port to class.

Event 83655 9:00a-3:00p **SAC A-215** 2/22 Saturday Fee: \$79/person 1 session Crowley D

# PARKING POLICY

Daily parking permits are required & available for \$2.00 (coin or dollar) in Lots 6, 7, 9, 11 and 12. Off site campus parking is free.



#### **Career Training Programs**

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

#### **Online Courses**

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Courses begin January 15, February 19, March 19, April 16, and May 21

#### Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace

#### Programs are available in the following areas:

- · Business and Professional
- · Healthcare and Fitness
- · Management and Corporate
- Media and Design
- · Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development
- · Courses are all open-enrollment and self paced
- All materials, workbooks, and software are included
- Payment plans available

#### **Pharmacy Technician**

This nationally recognized Pharmacy Technician training program teaches the skills needed to gain employment as a Pharmacy Tech in either the hospital or retail setting.

#### **Medical Coding and Billing**

Upon successful completion of the Medical Billing and Coding program, students will be prepared for an entry-level position doing medical billing or coding.

#### **Medical Transcription**

This nationally recognized medical transcription online course and training program prepares you to start a new career as a medical transcriptionist.

#### Six Sigma Black Belt

Course material provides an in-depth look at the Six Sigma Black Belt DMAIC problem-solving methodology, as well as deployment and project development approaches.

#### Features:

- Courses run for six weeks (with a 10-day grace period at the end).
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

#### How to Get Started:

1. Visit our Online Instruction Center:

#### www.ed2go.com/saccomserv

- Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
- When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

#### **Introduction to Microsoft Excel**

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

#### **Introduction to Microsoft Access**

Store, locate, print, and automate access to all types of information.

#### Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

#### Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

#### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

MORE PROGRAMS AND COURSES AVAILABLE AT THESE WEBSITES

www.gatlineducation.com/saccomserv www.ed2go.com/saccomserv

#### **COMPUTER BASICS**

Used a computer for years but never learned the basics? Never used a computer? Learn current computer terminology, identify computer components, proper use of USB/jump drives, file size measurement, and helpful tips to make using the computer easier and faster.

Event 83656 1:00p-5:00p Saturday SAC A-222 3/1 Fee: \$44/person 1 session Dumon D



#### INTRO TO MICROSOFT WORD

Learn the most efficient methods to creating, editing, formatting, and printing letters and other documents. Beginners as well as experienced Word users will benefit from learning shortcuts and tips to make word processing easier and faster to use for home and work. **Bring a USB/jump drive to class.** 

 Event 83657
 1:00p-5:00p
 Saturday
 SAC A-222
 3/15

 Fee: \$44/person
 1 session
 Dumon D

#### EMAIL, CALENDAR ESSENTIALS USING OUTLOOK

Learn more efficient methods to composing and sending your e-mails, attaching photos and documents, how to organize your saved e-mails by using folders, maintain a clean inbox, backup your email, manage your contacts, and create group distribution lists. Maintain your calendar and schedule appointments with reminders. This class is helpful to beginners and novice e-mail users.

 Event 83659 1:00p-5:00p
 Saturday
 SAC A-222
 3/22

 Fee: \$44/person
 1 session
 Dumon D

#### INTRO TO MICROSOFT EXCEL

This class will cover the proper techniques to create, format, and edit spreadsheets for both business and personal use. Learn to sort and calculate your data easily. Create a graphical view of your data such as pie, line, and bar charts with color and 3–D effects. Learn how to do all these features with easy shortcuts, menus, and wizards. Basic computer and word processing knowledge is recommended. **Bring a USB/jump drive to class.** 

Event 83660 1:00p-5:00p Saturday SAC A-222 4/5 Fee: \$44/person 1 session Dumon D

#### IPHONES, IPADS, AND I'M LOST

Today's iPhone® and iPad® do so much more than simply make phone calls or send text messages. With either of these new devices you now have a computer, Web browser, eBook reader, personal organizer, and more - all in your hand! In this entertaining class, you will learn how to set up your iPhone® and/or iPad® for email, texting, WiFi networks, and Bluetooth and how to best sync with your computer using iTunes®. You also will discover how to take terrific photos and send them to friends, install apps, and figure out the best apps to make your iPhone® and/or iPad® smarter. A \$30 material fee is payable in class.

Event 84186 6:30p-9:30p Tuesday SAC I-106 2/18 Fee: \$39/person 1 session Cohen R

#### FACEBOOK, TWITTER, AND SOCIAL NETWORK

Facebook, Twitter, LinkedIn and blogs have changed how people use the Internet. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business, this workshop is designed to give you an understanding of these exciting tools and how each one differs and can be used to its best advantage. Learn how the largest Social Networking sites work, how to set up your account, how to find friends, family members, groups and establish connections with the most popular Social Networking services. **A \$30 material fee is payable in class.** 

 Event 83673 6:30p-9:30p
 Tuesday
 SAC I-106
 4/29

 Fee: \$39/person
 1 session
 Cohen R

#### IMPROVING PC PERFORMANCE

Speed up your PC and keep it free of spyware, viruses, old files and applications that can slow it down. Students will learn valuable tips and techniques that can help solve common computer problems and save you from long tech support calls or an upgrade that you do not need. This course will also cover the top ten things to know to keep your PC "tuned". Includes information for Windows XP, Windows Vista and Windows 7 operating systems. A \$30 material fee is payable in class.

Event 83671 6:30p-9:30p Thursday SAC D-105 3/20 Fee: \$39/person 1 session Cohen R

#### **REFUND & TRANSFER POLICY**

- Refund & transfer requests are accepted 3 business days prior to class and are subject to a \$10 processing fee per person, per class.
- · Refunds are not issued after class is held.

#### **CULINARY ARTS**

#### SUSHI MADE EASY

Are you a sushi lover? Why pay big bucks for sushi when you can make it yourself? This class will teach the basics of how to make the perfect sushi rice, California rolls and other types of sushi. Join us for a cultural experience about ingredients and equipment needed to make sushi rolls. Spice up this dish with Wasabi and serve them as a great appetizer or main entree. Take your sushi rolls home or eat them in class. **A \$20 material fee is payable in class.** 



 Event 84110
 2:00p-5:00p
 Saturday
 SAC T-212
 4/5

 Fee: \$29/person
 1 session
 Sobel B

#### SPRING COOKING WITH TARLA

Come learn how to prepare a three course meal from Cordon Bleu chef Tarla Fallgatter. Students will sample mouth-watering recipes to take home and share with family and friends. A \$12 material fee is payable at the door.

Tarla Fallgatter, a Paris-trained chef, has been sharing her passion for fine cuisine with her students for over 10 years.

 Event 83675
 10:00a-12:00p
 Saturday
 SAC T-212
 5/10

 Fee: \$29/person
 1 session
 Fallgatter T

#### THE HEALTHY PANTRY

You've probably heard about the benefits of eating a plant-based, whole grain diet. Studies have shown this diet to be helpful in weight loss, diabetes management, lowering cholesterol levels and high blood pressure, as well as reducing your risk for cancer. This class will show you how to easily and inexpensively incorporate this healthy diet into your busy lifestyle. Using nutritious recipes that are satisfying and taste great, you will be inspired and motivated with yummy breakfasts, lunches, dinners and snacks. Join us for an interesting discussion, demonstration and preparation of meals with samples for you to taste or take home. A \$15 material fee is payable at each class to the instructor.

Event 84109 2:00p-5:00p Saturday SAC T-212 5/17 Fee: \$29/person 1 session Sobel,B

#### JUICING FOR LIFE

This class will teach the basics of juicing and blending both fruits and vegetables with tasty combinations to sample. Learn about juice flushing for health, weight loss, detoxification and vitality. Come to this class if: you have a juicer or vitamix hidden in your kitchen; you would rather DRINK your vegetables than eat them; you would like to buy a juicer, but want more information before making this major purchase; would like new and fresh recipes; quick and easy breakfast or lunch solutions. A \$20 material fee is payable in class.

 Event 84108 2:00p-5:00p
 Saturday
 SAC T-212
 3/1

 Fee: \$29/person
 1 session
 Sobel B

#### DANCE

#### SALSA BEGINNING I

In this class you will learn the fundamentals of salsa dancing, including timing, 9 different positions of basic step, weight change, body position, lead and follow, plus simple but fun dance patterns. No partner is necessary, as we will change partners frequently. Casual dress, tennis or soft soled shoes only; hard heels are not permitted.

Salomon Rivera has 20 years teaching experience and is an International, US, and World salsa champion.

Event 83676 10:00a-11:00a Saturday SAC W-107 2/22-4/5 Fee: \$59/person 6 sessions (no class 3/29) Rivera S

#### **BELLY DANCE (AGES 16+)**

Discover the exhilarating and very expressive art form of Belly dance while developing flexibility, grace and fitness. Students will be introduced to basic Arabic rhythms and movements that range from fast and dynamic shimmies to slow and sensual veil, cymbals and drum routines. Bring an exercise mat or towel to class. A \$20 material fee is payable in class for finger cymbals.

Miranda holds a degree in Dance from CSUF and has been a performer of Persian and Arabic styles of dance for most of her life.

Event 83680 7:00p-8:30p Wednesday SAC W-106 4/16-5/21 Fee: \$59/person 6 sessions Miranda

# **Check out Travel Tours on page 24**

#### COME OUT SWINGIN' EAST COAST STYLE

Derived from the all American dance Lindy Hop of the big band era, East Coast Swing is easy to learn and loads of fun. It is very versatile and can be danced to a wide variety of music from Country to Night Club. No partner needed as we will change dance partners frequently. Casual dress, tennis or soft soled shoes only; hard heels are not permitted.



John Potter is a Dancesport Competitor who has taught in local dance studios and community colleges for many years.

Event 83687 7:00p-8:15p Fee: \$59/person

Tuesday

Mendez Fundamental, Room 102 6 sessions (no class 4/8 & 4/15)

3/18-5/6Potter J

Mendez Fundamental, 2000 N Bristol, Room 102, Santa Ana

#### NIGHT CLUB DANCE

Step out with style and confidence after learning the sassy Cha-Cha and the slower, romantic Rumba. Originally developed for Latin Rhythms in Cuba, these dances are at the core of social dancing in the U.S. A partner is not required as we will change dance partners frequently. Casual dress, tennis or soft soled shoes only; hard heels are not permitted.

Event 83686 7:00p-8:15p Fee: \$59/person

Tuesday

Mendez Fundamental, Room 102 6 sessions

Potter I

Mendez Fundamental, 2000 N Bristol, Room 102, Santa Ana

#### CARIBBEAN & LATIN DANCE

Welcome to the beautiful world of Caribbean and Latin dances. In this workshop you will learn basic steps and moves of Salsa-L.A. style, Bachata and Cumbia. Partners are welcome but not required. Individual attention will be given to each participant.

Miguel Figueroa is an experienced dance instructor and has been teaching for over 10 years throughout Orange and L.A.

Event 83681 6:30p-8:00p

**Friday** 

**SAC W-107** 

2/21-5/9

Fee: \$59/person

10 sessions (no class 3/28 & 4/11)

Figueroa M

#### ADVANCE SALSA

Make the move to continue the fun! This class is for the participant who knows their basic, right/left turns and cross body lead of Salsa. You will learn performance routines, footwork, spins, wraps and turns. Partners are welcome but not required. Individual attention will be given to each participant. Casual dress, tennis or soft soled shoes only; hard heels are not permitted.

Event 83683 8:15p-9:45p

**SAC W-107** 

2/21-5/9

Fee: \$59/person

10 sessions (no class 3/28 & 4/11)

Figueroa M

#### SALSA BEGINNING II

This class combines basic steps with impressive eye-catching salsa patterns you will enjoy showing off at your favorite salsa club. Come learn this exciting and rhythmic dance while staying fit and having fun. No partner is necessary, as we will change partners frequently. Casual dress, tennis or soft soled shoes only; hard heels are not permitted.

Event 83678 10:00a-11:00a Saturday

**SAC W-107** 

4/19-5/24Rivera S

Fee: \$59/person

6 sessions

# **HEALTH. FITNESS & BEAUTY**

#### YOGA BODY & SPIRIT IN MOTION (AGES 16+)

Learn how to relax and get your body in tune with your mind. This beginning yoga class is designed to help both men and women learn postures that tone, firm and limber the body. Learn postures and exercises that help relieve tension, release stress and anxiety, give you more energy, help control weight, and improve blood circulation. Wear loose clothing and bring an exercise mat or towel to class.

Pamela Buonanotte has been teaching Hatha yoga since 1991 and has a private practice. Pamela trained at the Kushi Institute and at Ananda's Expanding Light Center.

Event 83688 6:00p-7:30p Fee: \$59/person

Monday

Mendez Fundamental, Room 102

6 sessions

Event 83689 6:00p-7:30p Monday Fee: \$59/person

6 sessions

Mendez Fundamental, Room 102

Mendez Fundamental, 2000 N Bristol, Room 102, Santa Ana



2/24-3/31 Buonanotte P 4/14-5/19 Buonanotte P

Register day or night online @ www.sac.edu/cms









#### ZUMBA FITNESS

Join this Latin-inspired dance fitness program that blends red-hot international music. It's an exhilarating, effective, easy-to-follow calorie-burning dance fitness party that's moving millions of people toward fitness.

Event 83677 11:15a-12:15p Satu	rday SAC W-107	2/22-4/5
Fee: \$69/person	6 sessions (no class 3/29)	Rivera S
Event 83679 11:15a-12:15p Satu	rday SAC W-107	4/19-5/24
Fee: \$69/person	6 sessions	Rivera S

#### **BODY SCULPTING WORKOUT (AGES 16+)**

A one-hour cardiovascular strength training exercise class that shapes and tones the entire body and helps prevent osteoporosis. No dancing, jumping or jazzing, just results! Receive one-on-one instruction in a group setting lead by a Certified instructor. **Depending on your age and fitness level**, bring a set of 3 to 5-pound dumbbells (each), a stretch band, a water bottle and an exercise mat. A \$5 material fee is payable at the door.

Event 84069 9:00a-10:00a	Saturday	SAC W-107	2/1-4/5
Fee: \$99/person		8 sessions (no class 2/15 & 3/29)	Geri Fit, LLC
Event 84070 9:00a-10:00a	Saturday	SAC W-107	4/19-6/7
Fee: \$99/person		8 sessions	Geri Fit, LLC

#### **BASIC FIRST AID**

The American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and much more. Participants will receive a First Aid card valid for two years. Participants should bring a self-addressed stamped envelope, pen and a \$13 material fee (workbook, certification card, supplies) to class.

Event 83728 3:00p-5:00p	Saturday	SAC B-11	3/1
Fee: \$25/person	_	1 session	Bradley S
Event 83729 3:00p-5:00p	Saturday	SAC B-11	5/17
Fee: \$25/person		1 session	Bradley S

#### CPR/AED: ADULT, CHILD & INFANT

The ability to perform CPR properly is a lifesaving skill that everyone can benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved and covers CPR and the Heimlich Maneuver for adults, children and infants. Participants will also learn how to use an AED (Automatic External Defibrillator). In addition, each participant will have his/her own 2 manikins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope, pen and a \$13 material fee (workbook, certification card, supplies) to class. Please Note: This is not a Healthcare Provider level course.

Event 83725 12:30p-3:00p Saturda	ay SAC B-11	3/1
Fee: \$25/person	1 session	Bradley S
Event 83727 12:30p-3:00p Saturda	ay SAC B-11	5/17
Fee: \$25/person	1 session	Bradley S

#### HEAD, NECK, SHOULDER MASSAGE

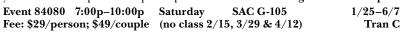
This hands-on stress relief workshop will focus on basic massage techniques used in a professional massage. Students will be taught a 30-minute massage routine to reduce tightness and minor aches and pains in high tension areas of the head, neck and shoulders. Students will practice massage techniques on each other. You will leave ready to practice on family, friends or clients. BRING a towel and wear comfortable clothing that will allow you to bare your neck. **A \$5 material fee is payable in class to the instructor.** 

Barbara Sobel is a certified massage therapist and certified aromatherapist.

Event 84111	9:00a-12:00p	Saturday	SAC B-11	3/22
Fee: \$39/per	son; \$59/couple	•	1 session	Sobel B

#### **OPEN COURT BADMINTON**

Welcome to the World of Badminton! This course is for men and women of all playing levels. Students will learn game technique, terminology, rules and regulations while having fun, meeting new people, and strengthening skills. Teams will be organized to play single, double and mixed matches. The best thing is you don't need a partner to participate. **Students must bring their own racquet.** 







# **Be Prepared!**

We offer Basic First Aid, Adult, Child & Infant CPR.



#### OVERCOME ANXIETY AND PANIC

If you experience intense fear, rapid heartbeat, difficulty breathing, fear of losing control, dizziness, feel like you are going crazy or going to die, then join us to learn more effective ways to overcome anxiety and panic. You will learn: How to identify the underlying causes of panic and anxiety; The keys to developing effective bodily responses to stress/anxiety and; The secrets of powerful thought responses to stress. A \$30 material fee is payable in class for DVD, CD, and handouts.

Event 83735 7:00p-9:00p Monday SAC I-201 4/14 Fee: \$29/person 1 session Larazis N

#### AN EVENING OF MASSAGE

Join us for a fun filled evening of good touch, great ideas and wonderful relaxation. Enjoy this class in a comfortable spa-like setting with dim lighting and relaxing music. Experience giving and receiving a head-to-toe massage. Couples attending together will practice together. Singles will be paired with another single at class. A light snack will be served between massages. Take home notes will ensure your continued success. Bring your partner, friend or just come yourself. Everybody who takes this class loves it! Participants should BRING 2 sheets and a pillow; wear comfortable clothing and bring a bathing suit. A \$5 material fee is payable to the instructor.

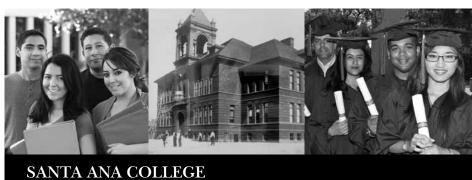
Lincoln Institute 202 W. Lincoln Ave., Suite A, Orange

#### MAKEUP AND SKIN CARE (AGES 12+)

In this hands-on workshop, you'll learn step by step makeup application techniques that will enhance your b to use for pesky fine lines and wrinkles. Whether you re a stay at home mom or a working professional, you will leave confident and ready to put your "best face forward"! A \$30 material fee is payable in class to the instructor. (CASH ONLY).

 Event 83730 10:00a-1:00p
 Saturday
 SAC I-202
 4/5

 Fee: \$39/person
 1 session
 Jackson M



A TRADITION of EXCELLENCE...

A Foundation For Success

In 2015, Santa Ana College is having a birthday and it's a big one. The college will turn 100 years old!

- Did you play sports at Santa Ana College?
- Did you fall in love at Santa Ana College?
- Did you graduate from Santa Ana College?
- Did Santa Ana College set you on the path to success in life?

If so, we invite you to connect with us so you can join in the fun of the Santa Ana College 100-year celebration. After all, it only comes around once!

Visit www.sac.edu/centennial to get on the

centennial interest list or call the Santa Ana College Foundation at 714.564.6091 today.



#### OSTEOPOROSIS WORKSHOP (AGES 16+)

Learn how to ward off and help prevent osteoporosis! During this presentation, a certified strength trainer will demonstrate 15 primary strength training exercises that will strengthen the spine, hips, wrists, and improve posture at the same time. Sit, watch and learn; no participation needed! All fitness levels welcome.

Francesca Fisher is a certified senior strength training specialist and has been teaching older adults for 25 years.

Event 83387 2:45p-3:30p Tuesday SAC I-101 2/4
Fee: \$20/person 1 session Geri Fit, LLC

#### I ANGUAGE

#### **CONVERSATIONAL SPANISH (AGES 16+)**

This class is designed for anyone who wants to improve their conversational Spanish skills. Learn practical language helpful for everyday conversation including phases and vocabulary needed for commonplace work situations, travel, icebreakers, ordering in restaurants, and more. Emphasis will also be placed on building confidence, proper pronunciation, and practical grammar. Students will have the opportunity to practice their conversational Spanish skills in a variety of group and solo activities. A \$10 material fee is payable in class.

 Event 84194 7:00p-9:00p
 Monday
 SAC I-201
 4/21-5/19

 Fee: \$69/person
 5 sessions
 Alpine Tutoring, Inc.

#### ITALIAN FOR TRAVELERS (AGES 16+)

Preparing to travel to Italy? This class will focus on practical conversational skills needed for travel to Italy. Learn practical sentences helpful for travel, ordering in restaurants, transportation, hotels, sightseeing and more. Emphasis will also be placed on proper pronunciation, practical grammar, and culture. Andiamo! A \$39 material fee for Italian textbook is payable in class.

Event 84057 6:30p-8:30p Wednesday SAC I-108 3/12-4/9 Fee: \$69/person 5 sessions Alpine Tutoring, Inc

#### MONEY MATTERS & INVESTMENTS

#### INVESTMENT BOOTCAMP

As you know, the key to successful investing is knowledge. This class is an excellent opportunity to obtain information you need to make wise decisions and protect your investment portfolio. You will learn the safety of your invested principal; manage risk effectively; reduce income taxes using tax-favored investments; protect your retirement accounts: IRA's, 401k's, pensions and more. Get insightful answers to practical questions regarding interest rates, oil and gas prices, the economy, real estate and the stock market.

Jalon O'Connell is a Registered Representative, General Securities Principal, and licensed Insurance Agent. Jalon teaches and lectures at numerous colleges throughout Southern California.

Event 83732 9:30a-12:30p Saturday SAC I-103 4/5 Fee: \$39/person; \$59/couple 1 session O'Connell J



#### MASTER YOUR INVESTMENT

Learn how to invest intelligently and profitably so that you can secure your financial future! Topics include how to: Construct an investment portfolio designed to help you achieve your personal financial goals; Gain an understanding of stocks, bonds, mutual funds, tax-deferred annuities, life insurance and long term care insurance, Evaluate which of these investments can maximize returns, minimize risk, and lower your taxes; Create diversifications through REIT's, gold and other commodities, Read the financial pages and understand the language of the stock market; Recognize the common characteristics shared by successful investors. This class is a must if you invest, or are thinking of investing, in an IRA, tax-deferred annuity, gold, stocks, bonds, or mutual funds!

Event 83733 6:30p-9:00p Thursday SAC D-105 2/27 & 3/6 Fee: \$44/person; \$66/couple 2 sessions O'Connell J

#### DO YOU HAVE A GREAT IDEA FOR A NEW CLASS?

We're always looking for teachers who have developed classes in:

Arts & Crafts • Real Estate • Business & Careers • Dance, Health & Beauty • College for Kids

Mail a proposal to:

Santa Ana College-Community Services Program, Attn: Lithia Williams, Program Coordinator 1530 W. 17th St. Santa Ana, CA 92706 • Email: williams\_lithia@sac.edu

#### CREDIT RESCORING

Stop every harassing collection call INSTANTLY, erase every legally defective entry in your credit files and save hundreds using step by step instructions in federal laws. Manual includes lawyer approved letters, negotiation phone scripts to settle debts, protect and recover identity and rebuild credit worthiness. A \$30 material fee is payable in class.

Event 83731 6:30p-10:30p Fee: \$49/person; \$66/couple

Thursday

SAC D-105 1 session 5/8 Konstant E

#### REAL ESTATE

#### PROFITING WITH FORECLOSURES

Discover how you can become part of that explosion by learning the best places to purchase bank-owned foreclosures. REO foreclosures are occurring at a record-setting pace in this unprecedented market. This seminar will show you how to find these properties before anyone else so you can gain a competitive edge. A \$25 material fee is payable at the door to the instructor.

Marshall Reddick has over 35 years experience in the real estate industry.

Event 83751 9:00a-4:00p Saturday Fee: \$49/person; \$79/couple SAC I-103 1 session

2/8 Reddick Staff



#### INFORMACIÓN SOBRE MODIFICACIÓN, REFINANCIACIÓN, REDUCCIÓN DEL PRINCIPAL Y PROGRAMAS DE AYUDA DEL GOBIERNO

¿Cómo protegerse de las estafas hipotecarias? ¿Cómo determinar evaluar, solicitar, preparar y negociar el proceso de ayuda en programas hipotecarias? Información sobre los cambios más recientes de los programas por el gobierno para aquellos propietarios que están o no están atrasados en sus hipotecas pero están enfrentando dificultades porque tienen pagos hipotecarios muy alto. Ayuda para los que están enfrentando o ya tiene fecha de ejecución hipotecaria registrada, aún si debe más de lo que su propiedad vale en el mercado de hoy. Las nuevas reglas de elegibilidad, y fechas de expiración de estos programas. ¿Cuáles son los requisitos? ¿Quiénes califican? ¿Qué opciones y alternativas hay disponibles si está enfrentando dificultades en hacer sus pagos hipotecarios?

 Event 83745
 10:30a-12:30p
 Saturday
 SAC D-101
 3/1

 Fee: \$10/person
 1 session
 Flores S

 Event 83746
 10:30a-12:30p
 Saturday
 SAC D-101
 4/26

 Fee: \$10/person
 1 session
 Flores S

# **TRAVEL & TOURISM**

#### PALM SPRINGS FOLLIES FINAL FAREWELL

After 23 years of worldwide fame, the Fabulous Follies is saying good bye and closing the curtain for good. Don't miss this opportunity to see the Follies' final season, The Last Hurrah! The closing production will be the "greatest hits" version of the show with the best dance numbers and variety acts of past years. Join us on this musical and dance-filled

extravaganza with Artist Maureen McGovern who will be headlining and performing her hit songs! Before the show enjoy an optional lunch at the Spa Casino buffet, or lunch on your own in downtown Palm Springs. Stage floor seating. We will make a stop at Hadley's, famous for their breads, nuts and date shakes.

Event 84073 9:00a-7:30p Friday RSCCD Parking Lot 2/21 Fee: \$109/person; \$129/with lunch 1 day tour Good Times Travel

#### GLAMOUR OF THE ACADEMY AWARDS

Celebrate Oscar season with a tour to discover the glamour and history of this American tradition. First Step beyond the velvet rope and experience the glamour and nostalgia of the Oscars, with a fascinating tour of the Dolby (formerly Kodak) Theatre at Hollywood & Highland, home of the Academy Awards Ceremonies! Enjoy lunch at leisure at the Hollywood & Highland, compley. The print the approach of Motion Picture Continue Design Exhibit

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& Highland complex. Then visit the annual Art of Motion Picture Costume Design Exhibition held at the L.A. Fashion Institute of Design, where the actual costumes from films of 2013 are displayed.

Event 84074 9:00a-4:15p Friday RSCCD Parking Lot 3/21 Fee: \$69/person 1 day tour Good Times Travel

#### TRIBUTE TO HUELL HOWSER

24

As a special tribute to one of our favorite TV personalities and promoters of California sightseeing, we present this tour featuring destinations by Huell Howser's, California Gold. Our "mystery" tours are always a fun favorite with several amazing destinations. Let the guessing begin as the destinations will only be revealed prior to our arrival. Lunch will be included at a favorite local restaurant. Note: extensive walking over uneven surfaces.



Event 84075 9:00a-4:00p Friday RSCCD Parking Lot 4/18 Fee: \$89/person 1 day tour Good Times Travel

#### TRAVEL TOUR INFORMATION

Trips & tours presented by Good Times Travel. Good Times Travel is a family owned, licensed tour operator with 20 years of service. Unless otherwise noted, local travel is aboard deluxe motor coach with professional tour escort. Minimum travel age 18.

#### PAYMENT

Day Trips: Entire fee due at time of booking. Multi-Day Tours: Deposit per person due at time of booking. Traveler will be contacted by Good Times Travel to arrange for payment of balance.

#### TRAVEL CANCELLATION POLICY

Tours may be cancelled up to 10 days prior to departure date, less a \$15 processing fee. A refund will only be issued if your space can be re-sold. You may send a substitute in your place. Non-receipt of confirmation **DOES NOT** warrant a refund.

Due to unforeseen circumstances or weather conditions, day trips may be cancelled or services substituted. During the trip, if a participant does not abide to the scheduled departure and returning times, it is the participant's sole responsibility for return transportation.

All day trips will depart from RSCCD Parking Lot, 2323 N. Broadway, Santa Ana.

PLEASE ARRIVE 15 MINUTES PRIOR TO DEPARTURE TIME.

#### **BOLD & BEAUTIFUL**

Located in its charming historic village, the annual Carlsbad Village Faire is the largest single-day street faire in the nation and featuring over 850 unique vendors: arts & crafts, antiques, unique clothing, items from around the world and more. Enjoy the festival at your leisure. Following is included champagne brunch at the Ocean House Restaurant in



Carlsbad, a lovely restaurant set in a historic Victorian mansion. Then, discover one of the world's most diverse plant collections at the San Diego Botanic Garden on a self-guided visit. Enjoy restful vistas, flowering trees, tropical rainforest, majestic palms and the nation's largest bamboo collection. The 35 acres include California native plants, Mediterranean climate landscapes, succulent gardens, an herb garden, and a subtropical fruit garden. Take a stroll in the beautiful gardens on the bluff overlooking the ocean at the Self-Realization Fellowship Gardens.

Event 84076 8:45a-5:45p Sunday RSCCD Parking Lot 5/4 Fee: \$89/person 1 day tour Good Times Travel

#### TEA, GARDENS & ART

Descanso Gardens is one of the most beautiful locations in Southern California secluded in the San Rafael hills. During this time of year, this 150 acre garden will be in full bloom! Enjoy a narrated tram tour that provides a comfortable way to explore the magnificent grounds, Boddy Mansion and Art Gallery. Time to browse the gift shop. After, enjoy a delicious tea service at our favorite tea room in Pasadena, complete with sandwiches, scones, fresh fruit and dessert plentiful for lunch. Next immerse yourself in the world of the Norton Simon Museum, known as one of the most remarkable private art collections ever assembled. Twentieth century industrialist Norton Simon amassed an astonishing collection of European art from the Renaissance to the 20th century and a stellar collection of South and Southeast Asian art spanning 2,000 years. Many objects are on view in the galleries and lovely gardens.

Event 84077 8:45a-5:45p Saturday 6/7 Fee: \$89/person 1 day tour Good Times Travel

#### YELLOWSTONE & TETONS IN WINTER

The world's first national park inspires awe any time of year! On this adventure, visit Yellowstone during the winter when bison, elk and wolves wander across snow-covered valleys, and Yellowstone's amazing geologic features are even more spectacular. Exploring by "snow coach", enjoy sights and sounds of this incredible place including geysers, waterfalls and steaming but springs surrounded by frozen landscapes. Combined with Jackson and Gran



steaming hot springs surrounded by frozen landscapes. Combined with Jackson and Grand Teton National Park sightseeing in Park City and Salt Lake City, this is a unique tour and vast experience. Tour includes 5 nights of deluxe hotel accommodations, 9 meals; sightseeing and admission fees, roundtrip airport-hotel transfers (with purchase of group air), transportation on luxury motor coach, and luggage handling. Double occupancy \$1,299, single occupancy \$1,619. A deposit of \$250 per person is required to secure spot.

Event 84128 Saturday-Thursday 1/25-1/30 Fee: \$250/deposit 6 day tour Good Times Travel



#### **BLOSSOM TRAIL & WONDER VALLEY**

Join us as we celebrate spring in California's San Joaquin Valley. Nature is dressing trees in pink and white, the air washed by the winter rains, and the sun shining ever so delicately upon us. This tour is a wonderful combination of California's Blossom Trail as well as local sightseeing, entertainment and food. As we travel the Blossom Trail a picturesque



drive through the heart of Fresno County's orchard country, we'll enjoy a three-night leisure stay at the Wonder Valley Ranch Resort, nestled in the scenic Sierra foothills. Wonder Valley is a fun-filled resort that caters to active adults and seniors and our stay will be filled with activities that highlight the area and the spring season. Tour includes 3 nights of deluxe hotel accommodations, 8 meals, sightseeing and admission fees, transportation on a deluxe motor coach and luggage handling. **Double occupancy \$699**, single occupancy \$839. A deposit of \$150 per person is required to secure spot.

Event 84132 Sunday-Wednesday 3/2-3/5 Fee: \$150/deposit 4 day tour Good Times Travel

#### WASHINGTON D.C. BLOSSOMS



Embark on a journey to our nation's capital during the time of year when the weather is usually very pleasant and cherry blossoms are usually in full bloom. Our nation's history and its most iconic sites and



monuments are on full display as we enjoy a leisurely single-hotel stay touring our capital city with local guides. Tour includes 5 nights of deluxe hotel accommodations, 9 meals, sightseeing and admission fees, roundtrip airport-hotel transfers (with purchase of group air), transportation on a deluxe motor coach with luggage handling. Double occupancy \$1,449, single occupancy \$1,799. A deposit of \$250 per person is required to secure spot.

Thursday-Tuesday 4/3-4/8 6 day tour Good Times Travel

#### CATALINA ISLAND ESCAPE

Catalina Island, a small island less than 30 miles off the coast, is a place where the gentle



**Event 84136** 

Fee: \$250/deposit

rhythm of the waves make time slow down. It is a place of many secrets: the quiet beauty of its incredible outback, the wealth of geologic phenomena and amazing history. On this spectacular two-day journey we will uncover these secrets and allow

you to discover the real Catalina! Tour includes: 1 night deluxe hotel accommodations, 1 meal, sightseeing, transportation by motor coach and high speed catamaran with luggage handling. Double occupancy \$299, single occupancy \$379. A deposit of \$75 per person is required to secure spot.

Event 84147 Thursday & Friday 5/1 & 5/2 Fee: \$75/deposit 2 day tour Good Times Travel

#### CALIFORNIA VINES, RAILS & REDWOODS

Embark on a journey that covers three of the most beautiful and bountiful regions of California the Central Coast, Napa Valley and Sonoma Valley. We will not only travel through these incredibly beautiful regions on two memorable train journeys, but we'll take pleasure in the "fruit of the vine" and explore the spectacular sights featuring majestic old growth redwoods, the winding Russian River Valley, the Culinary Institute of America and San Francisco's iconic Golden Gate Bridge. Tour includes 5 nights of deluxe hotel accommodations, 8 meals, sight-seeing and admission fees, transportation on deluxe motor coach and Amtrak's deluxe Coast Starlight train with luggage handling. Double occupancy \$1,099, single occupancy \$1,459. A deposit of \$250 per person is required to secure spot.

Event 84143 Sunday–Friday 5/18–5/23 Fee: \$250/deposit 6 day tour Good Times Travel

#### APPLE FARM INN BY RAIL

Embark on a relaxing three-day getaway to explore California's Central Coast! During this delightful time of year enjoying your stay at the quaint Apple Farm Inn. We'll travel by train, explore back roads and sample the local fare as we keep a relaxed pace and get a first-hand look at what makes the California Coasts os special. Tour includes 2 nights of deluxe hotel accommodations, 3 meals, sightseeing and admission fees, transportation on a deluxe motor coach and aboard Amtrak's deluxe Coast Starlight train with luggage handling. Double occupancy \$499, single occupancy \$639. A deposit of \$100 per person is required to secure spot.

person is required to secure spot.

Saturday–Monday 9/14–9/16
3 day tour Good Times Travel

**Event 84145** 

Fee: \$100/deposit

#### TRAVEL CANCELLATION POLICY

Day tours may be cancelled up to 10 days prior to departure date, less a \$15 processing fee. A refund will only be issued if your space can be re-sold. You may send a substitute in your place. Non-receipt of confirmation DOES NOT warrant a refund. During the trip, if a participant does not abide to the scheduled departure and returning times, it is the participant's sole responsibility for return transportation.

#### THE ART OF DISCOUNT TRAVEL

Get the best deals on airfares, accommodations, car rentals, tours, cruises, resort vacation packages and more. Whether your travel dreams are domestic or international, The Art of Discount Travel can help lower the costs. Although considerable attention is given to Internet research and booking strategies, the instructor explains why the Internet is not always the route to the best deals. Other avenues will be explored. You will be guided also through the new world of Internet-driven dining, entertainment, travel and event bargains a fertile field of savings for the traveler. You will even be given tips on how to obtain FREE lodging! Yes, for real! Attend and travel more for less. A \$2 material fee is payable in class.



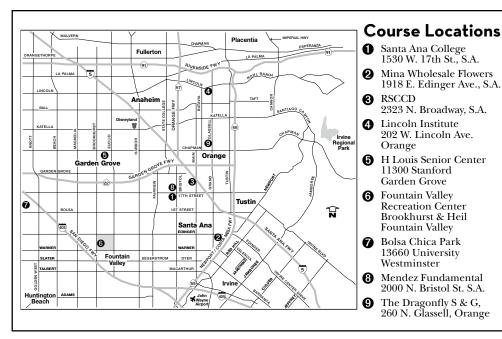
William Anthony, Jr. has over 20 years experience in domestic and international travel.

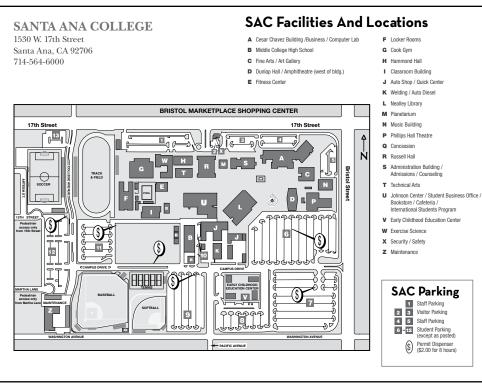
Event 84072 6:30p-9:30p Fee: \$39/person Tuesday

SAC I-106 1 session 3/11 Anthony W

#### FINE & PERFORMING ARTS PRESENTS







#### PARKING INFORMATION

RSCCD requires parking permits for students and the public at Santa Ana College.

Daily permits should be placed face-up on your car dashboard. See campus map for Parking Permit Dispenser lot locations.

Daily parking permits are available for \$2.00 (coin or dollar) at Santa Ana College, Lots 6, 7, 9, 11 and 12.

#### SANTA ANA COLLEGE COMMUNITY SERVICES PROGRAM

# **REGISTRATION FORM**

Mail to: 1530 W. 17th St., Santa Ana, CA 92706

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# For Adults:

Active Adults • Animal Care Arts & Crafts • Automotive **Business & Careers Computers & Online Workshops** Cooking • Dance • Health & Fitness Language • Money Management Real Estate • Travel Tours & More

# For Kids:

English • Math • Reading • Cooking SAT Prep • Online Driver's Ed.





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