

Arts and Crafts

Summertime Painting

with JOYCE CARDON

It's time to create—in a 4½ week, twice-a-week environment where you can jump into your projects with supported studio time and artistic camaraderie. Whatever your level of experience, work in a medium of your own choice, with knowledgeable explanations and versatile guidance on the side. **Bring your own supplies. Appropriate for ages 15 and up.** 20 hrs (20 max)

CARCR 084 B1 | \$65

SJC Room 1905

5:30-8 pm MON & WED 7/2-7/30 (no class 7/4)

Intermediate Painting – Choose Your Medium

with JOYCE CARDON

Have you painted lately? Is it time to give yourself the gift of time and a place to renew your creativity? At the first class discover a diversified collection of folk art, oil and watercolor landscapes, still lifes and portraits and decide on the supplies you will need for your projects. Review the use of the color wheel and the five principles of art, use various mediums and improve your painting skills in a class designed for students who have experience with their preferred medium. **All supplies are an extra expense. Appropriate for ages 15 and up.** 17.5 hrs (20 max)

CARCR 005 B1 | \$59

SJC Room 1905

5:30-8 pm WED 9/5-10/17

CARCR 005 B2 | \$59

SJC Room 1905

5:30-8 pm WED 10/24-12/12 (no class 11/21)

Wheel Thrown and Hand Built Pottery: All Levels

with MATT BAHE

Interested in trying your hand at pottery or gaining additional experience at a wheel? Create usable and ornamental objects from clay and develop your own personal style. Students will be responsible for their own clay and tools, which can be purchased at the San Juan College Bookstore. Come to the first day of class with clay and tools ready to go. Contact the instructor at 505-566-3496 for a list of supplies. Students can enroll either in this non-credit class (**appropriate for ages 16 and up**) or the Encore version of the same class, ARTS 104 E30. **Cost includes firing and glazing fee.** 25 hrs (16 max)

CARCR 002 B1 | \$69

Henderson Fine Arts Room 9036

3–5:30 pm SAT 9/8-11/10

Beginning Painting – Choose Your Medium

with JOYCE CARDON

Never painted? Painted a little? Is your favorite medium tole (Norwegian stroke work), oil or watercolor? Choose your medium and identify the supplies you will need at the first class. Whether you're a beginner or already have some skills, enjoy learning the application of your medium, the use of the color wheel, history of art and the five principles of art while creating your special projects. **Student is responsible for all supplies. Appropriate for ages 15 and up.** 17.5 hrs (20 max)

CARCR 004 B1 | \$59

SJC Room 1905

5:30-8 pm MON 9/10-10/22

CARCR 004 B2 | \$59

SJC Room 1905

5:30-8 pm MON 10/29-12/10

Business and Career

Board Basics

Do you serve on or work for a board for a non-profit or governmental organization, whether large or small? Know your legal and financial responsibilities and gain the skills and knowledge to be part of an effective, efficient board. Four sessions include the following topics:

- Board recruitment, strategic planning, retention of board members and best practices
- Mission statement, running effective meetings, agendas, by-laws, Robert's Rules of Order
- Legal issues and insurance needs
- Fiscal oversight and financial accountability

Certificates issued for attendance at all four sessions. Call 505-566-3690 for more information. 8 hrs (38 max)

Co-sponsored by Leadership San Juan and the San Juan College Volunteer Center.

CBUCA 067 B1 | no fee

SJC Room 1908

4-6 pm MON 9/24-10/15

Drama and Music

West African Drumming Ensemble

with TEUN FETZ

This fun, energetic and collaborative group (MUSI 299) plays West African and Cuban dance music and performs hand drumming in a drum circle approach, using

djembes and dununs. No music reading skills or drumming experience required. Develop life skills such as group discussion, teamwork, listening skills, cultural exposure and physical strength while also developing musical concepts such as tempo management, patterns, movement in relation to African dance, creative thinking and ideas about “the beat.” (13 max)

CDRMU 023 B1 | \$49

Henderson Fine Arts Center Room 9210

4-5 pm MON & WED 8/20-12/12 (no class 9/3 & 11/21)

Performance: TBA

San Juan College Orchestra

with TEUN FETZ

The San Juan College Orchestra (MUSI 184) provides students and community members the opportunity to prepare orchestral music in an educational environment and to perform regularly-scheduled concerts each semester. Enrollment is open to all players with a minimum of high school playing ability, regardless of age. Before registering call Teun Fetz at 505-566-3386. (30 max)

CDRMU 003 B1 | \$49

Henderson Fine Arts Center Room 9210

6:30-9 pm MON 8/20-12/10 (no class 9/3)

Final Performance: TBA

San Juan College Concert Choir

with LINDA EDWARDS

The SJC Concert Choir (MUSI 172) is open to people who love to sing—including students and community members, young and older. Explore a wide variety of choral music which includes music from other countries, classical as well as pop tunes, folk music and much more. **May be appropriate for students under 18.** For more information, call Linda Edwards at 505-566-3273. (30 max)

CDRMU 018 B1 | \$49

Henderson Fine Arts Center Room 9204

1-2:20 pm TUE & THU 8/21-12/11 (no class 11/22)

Performances: TBA

Jazz Big Band

with DELBERT ANDERSON

This 18-member performance ensemble (MUSI 182) plays music from the 1930s through the latest fusion. Enrollment is open to all players with a minimum of high school playing ability, regardless of age. Before registering, call Teun Fetz at 505-566-3386. (18 max)

Delbert Anderson found his love for the trumpet in elementary school, his love for jazz in middle school, and his true passion, improvisation, in high school. He attended Eastern New Mexico University and now performs with the Delbert Anderson Trio.

CDRMU 005 B1 | \$49

Henderson Fine Arts Center Room 9210

7–9 pm TUE 8/21-12/11

Performances TBA

Concert Band

with TEUN FETZ

Both college and community musicians are invited to play. From classical to jazz, from opera overtures to blazing marches, this band does it all! Make fine music with the Four Corner's oldest continuous community concert band (MUSI 180). Make friends with other musicians who love what they do. The Concert Band is featured in performances through the year, open to the public. **Enrollment is open to all players with a minimum of high school playing ability, regardless of age.** Before registering call Teun Fetz at 505-566-3386. (30 max)

CDRMU 004 B1 | \$49

Henderson Fine Arts Center Room 9210

6:30–9 pm THU 8/23-12/6 (no class 11/22)

Performances: TBA

Masterworks Choir

with LINDA EDWARDS

Each October, the San Juan College Choir, a community choir and the San Juan College Orchestra join together over a short time period in intensive rehearsal to present a substantive, major choral work. Rehearsals are primarily on Sunday afternoons and Monday nights. **May be appropriate for students under 18.** For more information, call Linda Edwards at 505-566-3273. (30 max)

CDRMU 019 B1 | \$49

Henderson Fine Arts Center Room 9204

Regular credit class meets 1-2:20 pm TUE & THU 8/28-10/23; community members can expect to rehearse on Sunday afternoons and Monday nights. Contact Linda Edwards above for schedule.

Performance: 10/19

Christmas Choir

with LINDA EDWARDS

Join the Tuesday/Thursday San Juan College Choir for a variety of festive Christmas music leading to a few community performances and a college concert in December. **May be appropriate for students under 18.** For more information, call Linda Edwards at 505-566-3273. (30 max)

CDRMU 020 B1 | \$49

Henderson Fine Arts Center Room 9204

1-2:20 pm TUE & THU 10/30-12/11

(no class 11/22)

Performance: 12/13

For Encore enrollment options for music ensembles, see page 33-35.

Fitness & Health

HHPC Zumba

Latin and international music drive these interval training sessions. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students. **Appropriate for ages 14 and up.** (8 CLC students max)

CFIHE 207 B1 | \$39

HHPC Room 55209/55208

12-12:55 pm M & TH 9/10-12/13 (no class 11/22)

HHPC Rev

Join a spin class for all fitness levels. This class uses stationary bikes at varying speeds and resistance levels to achieve a high level of aerobic fitness. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students. **Appropriate for ages 14 and up.** 14 or 27 hrs (8 CLC students max)

CFIHE 198 B1 | \$25

HHPC Room 55209

6-6:55 am THU 9/6-12/13 (no class 11/22)

CFIHE 198 B2 | \$45

HHPC Room 55209

noon-12:55 pm TUE & FRI 9/11-12/14

HHPC Tabata

Exercise at timed high intensity levels with a short recovery time using weights, barbells, steps and the floor. You'll always work at your own pace, as this is geared toward all fitness levels. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students. **Appropriate for ages 14 and up.**

(8 CLC students max)

CFIHE 210 B1 | \$25

HHPC Room 55209

9-9:55 am THU 9/6-12/13 (no class 11/22)

HHPC Yoga

Engage in an intense workout that moves with the breath through poses for strength and flexibility. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students. **Appropriate for ages 14 and up.** (8 CLC students max)

CFIHE 199 B1 | \$25

HHPC Room 55208

noon-12:55 pm THU 9/6-12/13 (no class 11/22)

Mountain Biking Skills

with SCOTT KING

When you feel confident and in control on your mountain bike, you'll open up new possibilities for fun! Together we'll identify your mountain biking goals, then in field sessions you'll increase your skill level through targeted progressive individual and small group instruction. This course is presented in an accepting, non-competitive environment, with plenty of laughter and camaraderie. **This class is appropriate for riders who have familiarity and confidence with mountain bike controls, have experience riding single track bike trails, and have a fitness level that allows for moderate exertion on a mountain bike for two hours.** Contact Scott King with any questions: 505-330-1660 or srkingfire@aol.com. 20 hrs (12 max)

A retired firefighter, Scott King has taught at San Juan College since 1996 and received the San Juan College President's Mission Award for his teaching. He has 35 years of mountain bike riding experience and is a Certified Mountain Bike Instructor.

CFIHE 171 B1 | \$149

HHPC Room 55349, 9/6 (first night only)

5:30-8 pm THU & TUE 9/6, 9/11, 9/13 & 9/18

9 am-2 pm SAT 9/8 & 9/15

All class sessions take place on local trails (except on the first night), with possibilities including: Glade Recreation Area (Farmington Road Apple East), Alien Run (Hart Canyon, north of Aztec), Horse Gulch Complex, Twin Buttes, Dry Fork, Colorado Trail, Junction Creek, Overend Park (Durango), Phil's World Trail Complex (Cortez).

Tap I: Introduction to Tap

with MARILEE HERMAN

Have you always wanted to tap dance but were nervous to try? Here's your chance! In this non-performance class we will learn basic steps and rhythms, progressing to simple combinations. Although designed for beginners, Tap I is also a great way for more experienced dancers to review and practice basic technique. Students interested in performing in the end-of-semester Dance Revue should also register for Tap II. **Shoe requirement: tap shoes*. Appropriate for ages 16 and up.** 11 hrs (15 max)

Marilee Herman has been dancing for fun, exercise and performance for 25 years.

CFIHE 024 B1 | \$45

SJC Room 1905

5:30-6:25pm THU 9/6-11/15

Tap II: Intermediate Tap

with MARILEE HERMAN

Have you caught the tap "bug" and find yourself flapping and ball-changing while you're in the grocery store or brushing your teeth? Then come join us for a fun way to teach that "bug" some new tricks! Tap II is a beginner/intermediate tap class focusing on combinations and choreography. Students will have the opportunity to perform in an end-of-semester dance revue with other San Juan College dance classes. **Appropriate for beginners as long as they are also enrolled in Tap I. Shoe requirement: tap shoes*. Appropriate for ages 16 and up.** 11 hrs (15 max)

CFIHE 043 B1 | \$45

SJC Room 1905

6:30-7:25 pm THU 9/6-11/15

Tap III: Advanced Tap

with MARILEE HERMAN

If you're ready to go faster, turn more, and completely mix it up, then enroll in Tap III! This intermediate/advanced tap class for experienced dancers will focus on more complicated steps and fast-paced combinations and performance numbers. Students will have the opportunity to perform in an end-of-semester Dance Revue with other San Juan College dance classes. If unsure about whether or not you're ready for Tap III, sign up for Tap II and we'll discuss it on the first day of class. **Shoe requirement: tap shoes*. Appropriate for ages 16 and up.** 11 hrs (15 max)

CFIHE 065 B1 | \$45

SJC Room 1905

7:30–8:30 pm THU 9/6-11/15

*If you are in need of tap shoes, the instructor will place a bulk order after the first day of class.

HHPC Boot Camp

Discover drills and exercises developed to train athletes to be the best you can be. Each exercise can be tailored to people of all fitness levels so you can achieve a total body workout as well as good cardiovascular exercise. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students.

Appropriate for ages 14 and up. (8 CLC students max)

CFIHE 197 B1 | \$49

HHPC Gymnasium (55112M)

9–9:55 am 9/10-12/14 M/W/F (no class 10/12)

Beginning Western Dance

with MARCHA MONETTE

Tap your feet, get out of your seat—and on to the dance floor. The 2-Step, Waltz and Swing are tried-and-true dance steps that work with a wide variety of music. Grab a partner and learn the basic steps of these three dances as well as patterns in each dance. Learn tricks and tips to dance as partners and gain the confidence to dance the night away. **Sign up with a partner. Wear non-marking athletic shoes (no boots in class). Appropriate for ages 16 and up.** 12 hrs (32 max)

Marcha Monette began teaching western dance at San Juan College in the 1990s and also taught for Mojave Community College in Kingman, Arizona. Her husband Peter will assist her in class.

CFIHE 009 B1 | \$59 per person

HHPC Room 55208

6:30-8 pm MON 9/10-10/29

HHPC High Fitness

Get addicted to fitness with a new fitness craze—aerobic interval training with intense cardio peaks and toning tracks set to music. Have body sculpting fun in a fitness class that is easy to follow and a total blast. This is a Health & Human Performance Center (HHPC) group exercise class open to non-credit students. **Appropriate for ages 14 and up.** (8 CLC students max)

CFIHE 209 B1 | \$25

HHPC Room 55209

5:30-6:25 pm TUE 9/11-12/11

Yang Style Tai Chi Ch'uan Short Form

with JANE HEMINGWAY

The Yang Style 37 Posture Short Form can be learned in a relatively short time—with the same emphasis on correct body mechanics, tranquil mind and generation of Chi (life energy) as the 108 Movement Long Form. Study includes the four most important postures in Tai Chi Ch'uan (collectively known as Grasp the Birds Tail), the 37 postures and the energetic method of “Peng” or elastic energy—one of the eight internal powers foundational to Tai Chi Ch'uan's effortless techniques. All levels of fitness welcome. HHPC members can join this class without registering; it will be on the HHPC Group Exercise schedule by class dates. **Appropriate for ages 12 and up.** 15 hrs (20 max)

CFIHE 183 B1 | \$55

HHPC Room 55208

6-7:30 pm TUE 9/11-11/13

Intro to Social Dance

with DAIJA HEATON

It's Friday night fun for three weeks. Step onto the dance floor with confidence gained from a supportive structure and experienced instruction. Learn basics of partner dancing from the graceful waltz to the energetic swing with basics steps and a few variations. **Appropriate for ages 14 and up. Registering with a partner is highly recommended.** 3.75 hrs (32 max)

Daija Heaton has more than 15 years of ballroom dance experience. She was a featured performer in the opening/closing ceremonies of the Olympics and has won numerous individual and team ballroom dance awards.

CFIHE 094 B1 | \$25 per person

HHPC Room 55208

6:30-7:45 pm FRI 9/14-9/28

NEW! Mountain Bike Maintenance and Repair

with SCOTT KING

When you're out on the trail, you want to avoid walking home. Learn preventative maintenance for home and trail side skills for repair, with hands-on practice so that you'll feel confident to care for your bike. Experience a safety inspection, how to properly clean your bike, tubeless tire set-up, chain repair and replacement and numerous other specific repairs. Learn to diagnose creaks and squeaks, prepare for emergency trail side repairs, identify necessary tools and find problems early before they become costly fixes. **Bring your own bike.** Contact Scott King with any questions: 505-330-1660 or srkingfire@aol.com. 6 hrs (10 max)

Scott King is a Certified Mountain Bike Instructor with 35 years of riding experience. When he's not out on the trail you'll find Scott building, tuning and repairing bikes in his home shop.

CFIHE 212 B1 | \$29

HHPC Rental Center (55103)

5:30-8:30 pm THU & TUE 9/20 & 9/25

History & Language

Biblical Hebrew—Level 1

with DAN HARRISON

Reading the Hebrew Bible in English is like listening to Beethoven on the harmonica--you get the general tune, but miss the grandeur. Learn the basics of Biblical Hebrew pronunciation and grammar in order to appreciate the incredible subtleties, the hidden treasures and the extraordinary beauty of the Hebrew language. **\$8 supply fee payable to the instructor at the first class for the Biblical Hebrew Study Guide by Zondervan. Please bring a ruled paper or spiral note book and pen/pencil to class. Appropriate for ages 15 and up.** 14 hrs (20 max)

Dan Harrison has completed 5 years of Hebrew and 1 year of Aramaic from the renowned Hebrew University of Jerusalem via E-teacher on-line studies.

CHILA 125 B1 | \$69

SJC Room 1803

6-8 pm THU 9/6-10/18

NEW! Mesa Mountains Archaeology

with LINDA WHEELBARGER

Mesa Mountains encompass the high elevation area between the Animas and Piedra Rivers, west of Navajo Reservoir. In addition to being a Navajo sacred place, the archaeology of this area also links the Chacoan Outliers of Chimney Rock and Aztec Ruins. A brief lecture will introduce Archaic, Ancestral Puebloan, Navajo, and Anglo-Hispanic American culture history prior to the field trip to the vicinity of Tank Mountain. Plan for numerous short hikes during the field trip and trip essentials will be discussed in class. **Be prepared to carpool in appropriate vehicles and contribute gas money to drivers.** If you have any questions, contact Linda Wheelbarger at 505-320-1834 (cell). 8 hrs (16 max)

CHILA 134 B1 | \$35

SJC Room 1908

6-7 pm WED 9/26

Field trip: 10 am-5 pm SAT 9/29

The Keys to Effective Editing

Ask any published writer and you will hear that a good editor is not just helpful, but essential. Learn the fundamentals of top-notch editing for both fiction and nonfiction. \$115

Online; visit ed2go.com/sjc for details and to register.

NEW! Rock Art of Largo Canyon

with LINDA WHEELBARGER

Largo Canyon, immediately southeast of Blanco, is rich in Puebloan, Navajo, and Hispanic archaeological sites including spectacular rock art. Gain an overview of environmental, cultural and settlement data in a classroom lecture and then take your learning outdoors in an experiential field trip through the canyon and tributaries. The field trip totals approximately 100 miles round trip and consists of a considerable amount of driving on dirt roads with several short to medium hikes totaling 1-2 miles on

uneven terrain. Trip details will be discussed in class. **Plan to carpool in appropriate vehicles and pay gas money to drivers.** If you have any questions, contact Linda Wheelbarger at 505-320-1834 (cell). 10 hrs (16 max)

CHILA 135 B1 | \$39

SJC Room 1908

6 - 8 pm WED 10/17

Field trip: 9 am-5 pm SAT 10/20

NEW! Biblical Hebrew—Level 2

with DAN HARRISON

The course continues: learn how to translate the present and future aspects of Hebrew; plunge into the depths of the language; and examine the importance of accurate translation due to subtleties of meaning which are easily overlooked. Learn how to parse and to accurately handle the Hebrew scriptures with the tools of grammar. 14 hrs (20 max)

CHILA 125 B2 | \$69

SJC Room 1803

6-8 pm THU 10/25-12/13 (no class 11/22)

Hobbies & Home

Learn to Fly Fish

with TJ JIMERSON

Fly fishing is a distinct and ancient angling technique that can provide hours of enjoyment. Learn the basic knowledge you need to step into the water, such as wading safety and reading water. Understand aquatic entomology so you can differentiate between various types of flies. Before buying fly fishing equipment, learn what you really need and how to buy it. The class includes three field trips on the San Juan River: two days with three hours of casting and a day to use what you have learned. You can rent equipment for class use. If the class has a large enrollment, class will be divided into two separate field trip days. **Students will need valid fishing licenses before the last field trip. Appropriate for ages 14 and up.** 26 hrs (15 max)

CHOHO 021 B1 | \$89

SJC East, Aztec, Room 200

6–9 pm WED 7/11-8/1

Field trips (San Juan River):

9 am–noon SAT 7/14 (3 hrs)

9 am–noon SAT 7/21 (3 hrs)

9 am–5 pm SAT 7/28 (8 hrs)

Second day, 8/4, will be added to accommodate half of the class if the class has a large enrollment.

CHOHO 021 B2 | \$89

SJC East, Aztec, Room 200

6–9 pm WED 9/12-10/3

Field trips (San Juan River):

9 am–noon SAT 9/15 (3 hrs)

9 am–noon SAT 9/22 (3 hrs)

9 am–5 pm SAT 9/29 (8 hrs)

Second day, 10/6, will be added to accommodate half of the class if the class has a large enrollment.

Homebrewing 101

with GREG LENBERG

Do you enjoy beer? Are you interested in the vast variety of beer? What if you could make a beer to suit your taste? Jump start your brewing experience by walking through brewing step by step, from the equipment and supplies needed to the final bottling. You'll see the complete process as the class helps brew a five gallon batch of beer. Note: There will be no alcohol in the class, as the beer will not have fermented. 4 hrs (16 max)

CHOHO 259 B1 | \$39

HHPC Room 55336

12:30-4:30 pm SAT 7/21

CHOHO 259 B2 | \$39

HHPC Room 55336

12:30-4:30 pm SAT 9/22

Basic Dog Obedience

with MELISSA SALYERS

Positive training makes your dog want to learn and strengthens the bond between you and your best furry friend. Learn the basics of dog obedience, including commands such as sit, stay, down, roll over and shake and how to shape unwanted behaviors such as jumping, nipping, digging, barking and leash pulling into welcome behaviors and good manners. This class uses only positive, reward-based training with treats and praise. Bring leashes, flat collars, soft treats, comfortable clothes and shoes and dog's current vaccine records; dogs must be current on vaccines. Go home with shaker cans, "bring it" toys, treats, handouts, informational booklets and a few fun prizes.

Appropriate for dogs 8 months and up. If your dog has displayed any aggressive behavior with other dogs or people call Canine Castle at 505-564-3647 before signing up. \$10 supply fee payable to instructor at the first class. Appropriate for ages 13 and up. Children under 18 must attend every class with a parent or legal guardian. Additional family members with the same dog can register for \$15 per person (no additional supply fee). All persons who attend the class must be registered through San Juan College. 6 hrs (10 max)

Melissa Salyers has been training and working with dogs since 2005 and is the owner of a daycare for dogs in Farmington.

CHOHO 007 B1 | \$59

Classes held at 1909 Mojave, Farmington (for directions, call Canine Castle, 505-564-3647)

6-7 pm WED 9/5-10/10

CHOHO 007 B2 | \$15

Additional family members

CHOHO 007 B3 | \$59

Classes held at 1909 Mojave, Farmington (for directions, call Canine Castle, 505-564-3647)

6-7 pm WED 10/17-12/5 (no class 11/21 & 11/28)

CHOHO 007 B4 | \$15

Additional family members

Start Your Own Edible Garden

Grow delicious, nutritious fruit and vegetables in your own backyard. Whether you want to provide your family with nutritious food, save money, get some exercise or just be more self-sufficient, you'll get the skills and knowledge you need to be on your way to a successful harvest.

\$115

Online; visit ed2go.com/sjc for details and to register.

Can It!

with TERESITA HEINEN

Can you can? Whether you have an abundance of your own produce or want to stock up from the farmer's market, fall is an opportune time to can. Gain the confidence you need to safely can in your own home using proven methods for safe food preservation. Instructor will bring water bath canners; plan to bring two new, wide-mouth pint size canning jars with two-piece lids to each class and go home with canned fruits and vegetables. **\$20 supply fee payable to instructor at the first class.** 10 hrs (10 max)

CHOHO 156 B1 | \$39

HHPC Room 55336

6-8 pm TUE 9/11-10/9

Crocheting Made Easy

with MICHELE TRUBY TILLEN

Crocheting today is a far cry from the slippers that your grandmother used to make. Discover the beginning steps of a contemporary craft you can do almost anywhere—with just a hook and yarn. Learn the chain stitch, the single crochet and the double crochet—the basic building blocks for endless pattern options. Leave class with fingerless gloves (wrists) or the beginning of an afghan, and the skills to begin a new craft. Bring to class a size H crochet hook with a soft handle cover and size 4 light color crochet yarn (not variegated or multicolor). **Appropriate for ages 15 and up (10-14 year olds welcome with a parent registered in the class).** 12 hrs (16 max)

CHOHO 175 B1 | \$49

SJC Room 1803

6-8 pm TUE 9/11-10/16

It's Sew Easy: Beginning Sewing

with VERONICA HARVEY

Face your fears of sewing—it's much easier than you think. Learn the basics of using, reading and fitting commercial patterns and match fabrics with styles of clothing,

threads and needles for your machine. Get the know-how on taking accurate measurements to make your garments fit. Discover how sewing can be both fun and economical. Bring your sewing machine; machines may be rented from instructor for \$30 for the five-week class and must be arranged with instructor before the first class (505-592-9568) and paid for at the first class. Sewing machines are not needed at first class meeting, but will be needed in remaining classes. Students will need basic sewing supplies. Plan to purchase fabric and thread for project selected in the first class. **Request supply list when registering; estimated supply cost \$20 to \$40.**

Appropriate for ages 10 and up. 12.5 hrs (10 max)

CHOHO 074 B1 | \$49

SJC Room 1905

6-8:30 pm TUE 9/11-10/9

Herbal Basics

with DARLENE HACK

What exactly is an herb? Can I really make my own medicine? How do I use herbs to make my own bathroom cleaner? Herbs in beauty products—is that really safe? What's the difference between a poultice and a fomentation? Have your questions answered clearly and simply, and gain a solid foundation of herbal knowledge. From teas to baths and vinegars to ointment, explore a wide variety of herbal applications for your daily life. **Appropriate for ages 14 and up.** (20 max) 6 hrs

Darlene Hack is a board certified Naturopath and owner of Homestead Herbs and Nutrition Center.

CHOHO 258 B2 | \$35

HHPC Room 55336

6-8 pm THU 9/13-9/27

NEW! Beauty Time

with TARA LEE SWENK

Clothes, face, hair, our physical bodies—every day we have these same factors when we look in the mirror. Take the time to pamper yourself, and learn how to look your best with what you have and how to use your time and money effectively for future purchases for fashion, make-up and hair. Whether you want to jazz up your existing routines or totally change your style, you'll radiate confidence when you're making choices that reflect your personality and show off your best physical traits. 12 hrs (16 max)

Tara Lee Swenk works as an Image Consultant with her company, Color Connection, and believes that it doesn't take a lot of money to look your best—just some knowledge and comfort within your own body and style. She has over 30 years of experience in beauty—as a cosmetologist, makeup artist and in retail.

CHOHO 265 B1 | \$45

SJC Room 1927

9 am–1 pm SAT 9/15-9/29

Make Your Own Artisan Soaps

with MARLENE CONNER

Clean and beautiful—for yourself and your friends—with the hands-on art of soap making. Learn about ingredients and use essential oils to make shea butter, hemp oil, and goat milk soaps. Understand the chemical process to achieve the results you want at home, and learn appropriate safety measures. Use the best natural ingredients and package your soaps in a variety of ways to keep or share with others. **\$15 supply fee payable to the instructor at class. Wear or bring old clothes to class as materials can damage clothing.** **Appropriate for ages 13 and up.** 4 hrs (16 max)

CHOHO 192 B1 | \$25

HHPC Room 55336

9 am-1 pm SAT 9/15

One Dish Wonders

with VERONICA HARVEY

Tired of using everything in the kitchen to cook a healthy and delicious meal? Instead learn to cook those meals in one pot, pan, or dish. Whether by microwave, stove, oven, or slow cooker, come away with at least one dozen ideas that will save you precious time in the kitchen and put a smile on the family's faces as they eat.

Bring storage containers to each class to take home leftovers. **Supply fee of \$20 payable to instructor at the first class (expect dinner type food in class).**

Register no later than 9/13 to ensure that instructor has the necessary supplies. Appropriate for ages 12 and up. 8 hrs (16 max)

CHOHO 262 B1 | \$35

HHPC Room 55336

6-8 pm MON 9/17-10/8

Master Your iPad or iPhone

with SCOTT DEANE

Do you feel like Apple is taking over the world? It's time to learn the basics of iOS—the Apple operating system—that is the foundation of iPhone and iPad. Discover iOS 11 and learn its useful features. Explore a variety of functions and applications on your iPhone or iPad and discover opportunities to use technology to enhance your life.

Bring your device and Apple ID to class. 10 hrs (16 max)

Scott Deane is a graphic designer in Aztec who is known for his patient help.

CLIFE 081 B1 | \$39

SJC West Room 115

6–8:30 pm TUE 9/18-10/9

Chili Ristras

with EVERETT BURKHOLDER

Can you tie a knot? Then you can create a ristra! Take home one completed ristra and enough material to make another. We will use green chiles that will turn red as they dry. Garden gloves recommended for handling jute when tying the bundles. **Materials fee of \$25 payable to instructor at class (please note: this is in addition to the**

registration fee of \$25). 3 hrs (10 max)

CHOHO 011 B1 | \$25

SJC Room 1905

9 am-noon SAT 9/29

Class date might change if chiles are not yet available.

Piece of Cake

with TOMI WILSON

Special occasions become even sweeter when you bake the cake—and eat it, too! Explore the sweet world of cake design, working with buttercream and fondant to make ruffles, piping, flowers, borders and more. Learn techniques to make cake decorating easy and unleash your inner pastry chef to create delicious works of art. \$25 supply fee payable to instructor at the first class. **Sign up by 10/1 to ensure that the instructor has the necessary supplies. Appropriate for ages 13 and up.** 7 hrs (16 max)

CHOHO 202 B1 | \$35

HHPC Room 55336

5:30–8:30 pm FRI 10/5

9 am–1 pm SAT 10/6

Beginning Essential Oils

with DARLENE HACK

Do you keep hearing the buzz about great things you can do with essential oils but not sure if they are for you? Get the essential (oil) explanation, as you explore basic uses for essential oils, safety, dilutions and how to decide which form to use. **Appropriate for ages 15 and up.** 3 hrs (20 max)

Darlene Hack is a board certified Naturopath at Homestead Herbs and Nutrition Center.

CHOHO 264 B1 | \$25

HHPC Room 55339

6-7:30 pm THU 10/11 & 10/18

T-Shirt Quilting

with VERONICA HARVEY

Everyone has t-shirts loved so much but no longer worn. Whether you got them from special events or as vacation souvenirs, they are perfect for a quilt that will provide a lasting keepsake and treasure of the past for yourself or loved ones. Bring at least nine t-shirts to class and turn those memories into a beautiful remembrance. Note: This is not a beginning class and students must have prior sewing skills and know how to operate their sewing machines. Sewing machine is not needed at first class, but will be needed for remainder of the class. **If possible, bring your own sewing machine; machines may be rented from instructor for \$30 for the class and must be arranged with instructor before the first class (505-592-9568) and paid for at the first class. \$15 supply fee for t-shirt quilt kit payable to instructor at the first class. Appropriate for ages 12 and up.** 12.5 hrs (10 max)

CHOHO 255 B1 | \$45

SJC Room 1905

10 am–12:30 pm SAT 10/13-11/10

NEW! Spice It Up

with VERONICA HARVEY

Your spice rack is not a dust collector. Parsley, sage, rosemary, thyme—and cumin, coriander, turmeric—discover creative and delicious combinations to add flavor and variety to familiar foods with spices and herbs. Bring storage containers to each class to take home leftovers. **Supply fee of \$12 payable to instructor at the first class.**

Register no later than 10/11 to ensure that instructor has the necessary supplies. Appropriate for ages 12 and up. 6 hrs (16 max)

CHOHO 266 B1 | \$29

HHPC Room 55336

6-8 pm MON 10/15-10/29

It's Sew Easy II

with VERONICA HARVEY

Do you have basic sewing skills and want to refine your finishing techniques? Or have you taken beginning sewing and want to learn more? Take time to finish those projects you need to complete and want to refine—or bring a project involving techniques you want to learn. Take the mystery out of seam varieties and treatments, sleeve insertions, zippers, button/buttonhole treatments, top stitching, multiple needle treatments and other topics. **Bring your own projects and sewing machines. Request**

supply list when registering. Appropriate for ages 10 and up. 12.5 hrs (10 max)

CHOHO 226 B1 | \$49

SJC Room 1905

6-8:30 pm TUE 10/16-11/13

Cooking Made Easy

with TERESITA HEINEN

Tired of figuring out what's for supper? Simplify your cooking by learning new meal planning strategies and time saving tips. Make multiple dinners using similar ingredients and learn to take food from a freezer to table, including using a crock pot. Whether you are cooking for one, two, or larger numbers, cooking can be fun and easier when you feel confident in the kitchen. Make dinnertime healthy, delicious—and something different. **\$15 supply fee payable to instructor at the first class. Sign up no later than 10/11 to ensure that instructor has the necessary supplies. Appropriate for ages 13 and up.** 10 hrs (16 max)

Teresita (Tita) Heinen grew up in a large family where food was always abundant to family and friends. In raising her seven children, Tita has learned many tricks to make mealtime prep much easier.

CHOHO 247 B1 | \$39

HHPC Room 55336

6-8 pm TUE 10/16-11/13

Needle Arts Lab

with MICHELE TRUBY TILLEN

Join group fun with a shared project as well as getting assistance with your crochet, tablet weaving, bobbin lace, embroidery or any other needle art project. Bring a project you just can't seem to finish and participate in an Afghan Crochet Along—or CAL. Any beginners will learn basic stitches and finish a scarf. **Bring size 4 light color crochet yarn (not variegated or multicolored), size G, H, or I crochet hook (with a wooden or rubber handle) and small scissors. Appropriate for ages 15 and up (10-14 year olds welcome with a parent registered in the class).** 12 hrs (16 max)

CHOHO 204 B1 | \$49

SJC Room 1803

6-8 pm TUE 10/30-12/11 (no class 11/20)

NEW! Holiday Artisan Soaps

with MARLENE CONNER

Make time for frankincense and myrrh as you make soaps for gifts in this holiday special. You'll learn about ingredients and use essential oils to make shea butter, hemp oil, and goat milk soaps. Understand the chemical process to achieve the results you want at home, and learn appropriate safety measures. Use the best natural ingredients and package your soaps in a variety of ways to share with others. **\$15 supply fee payable to the instructor at class. Wear or bring old clothes to class as materials can damage clothing. Appropriate for ages 13 and up.** 4 hrs (16 max)

CHOHO 267 B1 | \$25

HHPC Room 55336

9 am-1 pm SAT 11/3

NEW! Cooking Cajun

with VERONICA HARVEY

Jambalaya, gumbo, etouffee, dirty rice, yellow rice and rice and beans—travel south with your taste buds. Cajun food may rely heavily on rice but with unique seasoning blends using specific techniques and combinations for distinct flavors. **Supply fee of \$20 payable to instructor at the first class (expect dinner type food in class).**

Register no later than 11/8 to ensure that instructor has the necessary supplies. Appropriate for ages 12 and up. 8 hrs (16 max)

CHOHO 268 B1 | \$35

HHPC Room 55336

6-8 pm MON 11/12-12/10 (no class 11/19)

Life Skills

Master Your Meetings with

Robert's Rules of Order: The Basics

with VALOREE ALTHOFF

Efficient and effective meetings—who doesn't want that? Henry M. Robert wrote *Robert's Rules of Order for Deliberative Assemblies* for that very purpose—to provide structure and rules to avoid common meeting problems and tools to streamline meeting processes. Learn basic meeting procedures, practice with scripts, and utilize the agenda to make business more expedient. Whether you are involved in a volunteer, civic, or youth organization, spend a day that will save you hours and energy for years to come. High school organization leaders are welcome. **Appropriate for ages 15 and up.** \$20 for scripts and educational materials including Roberts Rules of Order in Brief payable to the instructor at class. If an attendee wishes to take the National Association of Parliamentarians (NAP) membership exam at the end of the course, an additional prorated dues fee will be sent to the NAP for a one-year membership. 4 hrs (30 max)

Valoree Althoff is a credentialed Professional Registered Parliamentarian (PRP) and has served on the New Mexico State Association of Parliamentarians (NMSAP) board since 2010. In 2013 she earned her Registered Parliamentarian status and 2015 she earned her PRP. She served as the National Association of Parliamentarians District 6 Director from 2016-2017 and is serving on many NAP committees. She is currently completing the position of NMSAP President 2015-2019. Valoree has served many different organizations across the nation since becoming credentialed.

CLIFE 082 B1 | \$29
SJC Room 1908
9 am-1 pm SAT 10/27

Master Your Meetings with Robert's Rules of Order: Intermediate Skills

with VALOREE ALTHOFF

You may think of Robert's Rules as rigid, but it actually provides flexibility for your organization once you are familiar with the structure provided—and you can streamline your meetings to best utilize everyone's time and talents. Building on the basics from the first course, learn intermediate parliamentary procedure. Whether you are involved in a volunteer, civic, or youth organization, spend a day that will save you hours and energy for years to come. High school organization leaders are welcome.

Appropriate for ages 15 and up. 3 hrs (30 max).

CLIFE 083 B1 | \$25
SJC Room 1908
2-5 pm SAT 10/27

Master Your Meetings with Robert's Rules of Order: The Basics and Intermediate Skills

with VALOREE ALTHOFF

Sign up for both Basics and Intermediate Skills in one day. **Appropriate for ages 15 and up.** \$20 for scripts and educational materials including Roberts Rules of Order in Brief payable to the instructor at class. If an attendee wishes to take the NAP membership exam at the end of the course, an additional prorated dues fee will be sent to the NAP for a one-year membership. One-hour lunch break. 7 hrs (30 max)

CLIFE 084 B1 | \$49
SJC Room 1908
9 am-5 pm SAT 10/27

NEW! Examining Your Life and Improving Your Writing Through Dream Journaling

with MICK SOUDER

Do you want to remember your dreams better? Do you want to look at patterns in your dreams and look at ways your waking life might affect your dreams? Dream journaling can help you do this and more. In session one, discover how to journal dreams considering common attributes of time of dream, dream narrative, symbols and characters as well as journaling methods and tools. We will record factors that may influence dreams and look at interpretation tools. In session two, reflect on your dream journals, examine recording methods, look at patterns in dreams and discuss what we can do with the material in the journals. **Bring a journal or notebook to class.**

Appropriate for ages 15 and up. 6 hrs (25 max)

Mick Souder is an information technology professional and technical writer living in Durango, Colorado.

CLIFE 086 B1 | \$29
SJC Room 1927
9 am-noon SAT 10/27 & 11/10

Safety

Defensive Driving from the National Safety Council—Online

with NATIONAL SAFETY COUNCIL

Statistically, each American is involved in an average of six accidents in his or her lifetime. Take responsibility for the safety of those you love and learn to drive defensively. This class may meet your employer's requirement for defensive driving training. Some judges waive ticketed traffic offenses after successful completion of the course and some insurance agencies reduce auto insurance premiums upon successful completion. Check with your agent or court before registering. After your registration is processed, you will receive your access code at the email address you provide. Please note: allow at least two weeks after course completion to receive your certificate in the mail. Please be aware of any court imposed deadline that you must meet. Online registration not available.

CSAFE 008 B1 | \$69

Online – anytime, anywhere

The Motorcycle Safety Foundation Basic RiderCourseSM

with THE NEW MEXICO MOTORCYCLE SAFETY PROGRAM (NMMSP)

This course covers the basic fundamentals for you to develop your capabilities to become a safe and responsible motorcyclist. It provides the opportunity for you to learn the physical and mental skills important for operating a motorcycle. You must be able to ride a bicycle in order to take this course. Students must wear helmets, full-finger gloves, long pants and sleeves, over-the-ankle footwear and eye protection. NMMSP will provide a helmet if you do not have one. Approximately 18 hrs; 3 Basic eCourse, 5 classroom and 10 riding.

SJC online registration NOT available.

TO REGISTER: www.nm-msp.org or call 1-877-667-8880.

All classes meet Friday 6-10 pm and Saturday and Sunday 8 am-1 pm. Friday night class meets in Room 131, San Juan College, 3535 E. 30th Street, Farmington.

Pricing subject to change

\$200 ages 18 and older

\$100 ages 13-17

CSAFE 009 B1	JUL 13-15
CSAFE 009 B2	JULY 27-29
CSAFE 009 B3	AUG 10-12
CSAFE 009 B4	AUG 17-19
CSAFE 009 B5	SEP 7-9
CSAFE 009 B6	SEP 21-23
CSAFE 009 B7	OCT 5-7
CSAFE 009 B8	OCT 19-21
CSAFE 009 B9	NOV 9-11
CSAFE 009 B10	DEC 7-9

For Kids

Surprising Science

with MARK EVERSON

Science surprises many people in the reaction that can be seen AND the explanation behind it. It seems like it is magic, but really it is just science. This class continues to explore the wonder and science of our world through experiments, games and demonstrations. This round is Surprising Science 2 and includes the flight, electricity, botany, and the nature of science knowledge. Satisfy science-hungry students and take away exciting and original ideas for science fair too. This semester, the same class will be offered twice. 14 hrs (10 max)

CKMAS 126 B1 | \$49

Ages 6-10

SJC Room 1908

9-11 am MON 8/20-10/15 (no class 9/3 & 10/8)

CKMAS 126 B2 | \$49

Ages 6-10

SJC Room 1908

9-11 am MON 10/29-12/17 (no class 11/19)

Surprising Electricity

with MARK EVERSON

Science surprises many people both in the reaction that can be seen AND the explanation behind it. This class continues in the Surprising Science class theme, but raises the bar a bit for the older student. We will continue to explore the wonder and science of our world through experiments, games and demonstrations—all within the domain of electricity. Satisfy science-hungry students and take away exciting and original ideas for science fair too. Dig deeper into the mysteries of electricity and be sure to bring a journal to keep track of our experiments, new vocabulary, and data. This semester, the same class will be offered twice. Due to the project nature of this topic, students will be taking home several of their own creations. **A \$10 supply fee payable to instructor at the first class covers the supplies for these experiments and projects.** 10.5 hrs (12 max)

CKMAS 144 B1 | \$49

Ages 10-12

SJC Room 1905

noon -1:30 pm MON 8/20-10/15 (no class 9/3 & 10/8)

CKMAS 144 B2 | \$49

Ages 10-12

SJC Room 1905

noon-1:30 pm MON 10/29-12/17 (no class 11/19)

NEW! My Masterpiece

with JODY DOBBS

Art is a world of wonder, just waiting to be explored, enjoyed and created! Create your own unique masterpiece, while you learn principles of art. Incorporating techniques from historical master artists, personalize your own works as you discover the wide, wonderful world of art and your imagination takes flight. **Don't wear your new clothes, as we may get a little messy! \$12 supply fee payable to instructor at the first class.** 16 hrs (16 max)

Jody Dobbs is a homeschool mom of two, and she has taught children's art classes for the past two years. "Every detail of our world is filled with artistic flare which

inspires our imaginations to soar through worlds of creativity!"

CKARC 179 B1 | \$55

Ages 8-12

SJC Room 1905

1:30-3:30 pm WED 9/12-10/31

Encore Classes

Encore Pricing & Policies

Encore classes are one credit hour unless otherwise noted. Most classes are graded as Satisfactory (S) or Unsatisfactory (U). These classes don't count in any degree programs or toward financial aid but because they are credit classes the following rates apply:

- **Residents 65 and older** may take up to six credit hours at San Juan College per semester at the senior rate of \$5 tuition plus a student activity fee of \$1.50.
- **Residents under 65** pay \$46 per credit hour tuition (Summer 2018) or \$49 (Fall 2018) plus a student activity fee of \$1.50.
- **Non-residents** pay \$146 per credit hour tuition (Summer 2018) or \$155 (Fall 2018) plus a student activity fee of \$1.50.

When residents 65 and older take more than six credit hours in a semester, they will be charged the under-65 rate for the additional credit hours.

Please note that you may be in the system as a non-resident if you initially enrolled with San Juan College before you established residency. The system will automatically charge your account the applicable amount. If you are in the system as a non-resident, it cannot be changed for a class once you are enrolled. For residency questions, call 505-566-3441

To receive a refund on classes lasting less than one week, you must withdraw from the class 72 hours before that class begins. To receive a refund on classes lasting more than one week, you must withdraw from the class no later than one day prior to the second class meeting.

Financial need?

We have Encore scholarships available thanks to the generosity of an anonymous Encore donor and the Encore Ambassadors. These scholarships are available for San Juan County residents with a financial need.

Call 505-566-3803 for more information.

Business & Information Technology

Adobe Lightroom 6: Next Steps

At the moment you hear “click,” you have created a basic canvas inside the camera. Once your images are uploaded into Adobe Lightroom, the excitement begins as your creative juices flow from your mind on to that original capture. Take your next steps in Lightroom for artistic expression as you work on specific projects and expand your knowledge of the program. **Bring a camera and a flash drive to class; class time includes local field trips. Previous experience in Lightroom (preferably having taken classes) is necessary.** (16 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$47.50 residents under 65

\$147.50 non-residents

2018SU DMAD 104 E05

SJC Room 7128

10 am-noon TUE & THU 7/10-8/2

Instructor: DARBY DONAHO

Computer Basics in Kirtland:

Microsoft Office

Once you know the Windows environment, you can master programs on your computer. Learn to use Microsoft Word to create professional-looking documents including envelopes, labels, and letters. In Excel, discover how to create a net worth statement, household inventory, basic budget plans or other spreadsheets using templates. Explore creative presentations in PowerPoint. This expanded 2-credit hour class combines information in our previous Computer Basics III & IV. **A USB drive is required if you are not using your personal laptop. Windows knowledge is required and laptops are welcome.** (20 max)

2 credit hours

Cost: \$13 residents 65 and older (first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA COSC 104 E26

SJC West Kirtland, Room 120

1-3 pm TUE 8/28-12/11

Instructor: LOUISE MILLER

Computer Basics: Mac Attack

It sometimes seems like Apple is taking over the world, and with good reason—the tech giant has been responsible for some of the most intuitive, fun, useful devices of our time. Jump on board and learn how to seamlessly integrate your iPhone, iPad or MacBook into everyday life. Master the basics of operating an Apple product as well as tips and tricks to make you more proficient—with plenty of time for individual questions. Explore the fundamentals of iPhoto, iMovie, iTunes, and GarageBand to manage and create photos, videos and music. **Bring your Apple product to class.** (20 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA COSC 104 E31

SJC Room 1908
10-noon TUE 9/4-10/23
Instructor: FRED KOSAK

NEW! Marketing on a Shoestring

We market all the time—for volunteer opportunities, civic organizations, products you want to sell and personal skills. Time-proven marketing concepts and principles strengthen the impact of your message. Discover numerous low budget and free marketing techniques that you can apply to your products or opportunities. **Recommended text: Millionaire Marketing on a Shoestring Budget, Debra Jason, ISBN 978-1940984711, available online.** (20 max)

Gale Armstrong Moses has over 40 years of experience marketing everything from oatmeal to public transit. Additionally she was an adjunct faculty member for marketing at the University of San Francisco. She has an MBA from Chicago's DePaul University.

Cost: \$6.50 residents 65 and older (first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA BADM 104 E01

SJC Room 1908
10 am-12:40 pm SAT 9/8-10/20 (no class 10/6)
Instructor: GALE MOSES

Computer Basics: Getting Started

You can stop using your computer as an excuse to call your grandkids—and instead impress them with all that you know. Using a computer is more than just turning it on—it's learning good habits that give you confidence and save you time with troubleshooting hints. Get patient guidance so that you feel at ease with technology. **Students may bring laptops.** (20 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA COSC 104 E27

SJC Room 1200B
10 am-noon MON & WED 9/10-10/3
Instructor: LOUISE MILLER

Computer Basics in Bloomfield: Getting Started

You can stop using your computer as an excuse to call your grandkids—and instead impress them with all that you know. Using a computer is more than just turning it on—it's learning good habits that give you confidence and save you time with troubleshooting hints. Get patient guidance so that you feel at ease with technology. **Students may bring laptops.** (10 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA COSC 104 E35

Bloomfield Senior Center
9:30-11:30 THU 9/13-11/1
Instructor: ADAM MESSENGER

Adobe Lightroom CC

What is Lightroom? Like Photoshop, Lightroom is part of Adobe's creative suite or cloud, and it is designed for the artist in you to enhance your photographic image before you present it to the world.

Lightroom allows your creative juices to flow from your mind on to that original capture. Lightroom, through you, makes the ordinary become extraordinary. Learn how to manipulate, catalog and store your intellectual property. **Bring a camera and a flash drive to class, and class time includes local field trips.** (16 max)

Darby Donaho has 25 years of diverse teaching experience with a Master's degree in Educational Leadership. She obtained training in Lightroom through a camera club in Houston before moving to the Four Corners.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA DMAD 104 E05

SJC Room 7128

6-8 pm TUE 9/18-11/6

Instructor: DARBY DONAHO

NEW! Spreadsheets Skills

If you know just enough to be dangerous in Excel, it's time to cultivate skills and build confidence. Explore formulas and create documents based on your personal needs. A USB drive is required if you are not using your personal laptop. **Windows knowledge and some familiarity with Excel are required; laptops are welcome.** (15 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA COSC 104 E07

SJC Room 1200B

10 am-noon FRI 9/21-11/9

Instructor: LOUISE MILLER

Computer Basics: Getting Started and Using the Internet

You can stop using your computer as an excuse to call your grandkids—and instead impress them with all that you know. Using a computer is more than just turning it on—it's learning good habits that give you confidence and save you time with troubleshooting hints. From understanding basic terminology of the Windows environment to using the Internet, get patient guidance so that you feel at ease with technology. This expanded 2-credit hour class combines information in our previous Computer Basics I & II.

Students may bring laptops. (20 max)

2 credit hours

Cost: \$13 residents 65 and older

(first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA COSC 104 E28

SJC Room 1200B

10 am-noon MON & WED 10/8-12/3 (no class 11/21)

Instructor: LOUISE MILLER

Health Sciences

Sycamore Park Fitness

Discover Sycamore Park Community Center and enjoy low impact exercise. Exercises focus on range of motion, toning, flexibility and balance. All exercises can be performed either standing or seated in a chair and participants are encouraged to work at their own pace. (20 max)

2 credit hours

Cost: \$13 residents 65 and older

(first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA PHED 104 E38

Sycamore Park Community Center

9-10 am M/W/F 7/9-11/14

(no class 8/1-8/10 & 9/3)

Instructor: NATALIE SPRUELL

NEW! Yoga and Ayurveda: Sister Sciences of Mind-Body Health

In its origins, yoga is said to be a study of the mind in pursuit of clarity, peacefulness and balance. Ayurveda, its sister science, is the Indian system of preventative and practical medicine which aims to strengthen the body's resiliency and vitality. Ayurveda looks at health in a big picture way encompassing diet, work, rest, and play while taking into account the person's unique condition, individual characteristics, and personal needs. Gain the tools for your physical yoga practice by deepening your knowledge of yogic principles.

(20 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$47.50 residents under 65

\$147.50 non-residents

2018SU HLTH 104 E01

SJC Room 1801

5:30-7:30 pm MON & WED 7/16-8/8

Instructor: ERIN BENSON

Pilates Fundamentals for Graceful Aging

When practiced with mindfulness and precision the Pilates method supports balance, core strength, flexibility, and endurance. Learn the fundamental principles of this intelligently designed and fun movement system. Class is designed for aging bodies of all levels and abilities but students will need to get on to the floor to lay down.
(12 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E03

HHPC Room 55201B (Inside the Weight Room)

11:30 am-12:45 pm MON & WED

7/16-9/24 (no class 9/3)

2018FA PHED 104 E08

HHPC Room 55201B (Inside the Weight Room)

11:30 am-12:45 pm MON & WED

9/26-12/10 (no class 11/19 & 11/21)

Instructor: ERIN BENSON

Pilates at Bonnie Dallas

Pilates exercises are designed to improve health, strength, coordination and flexibility through breath and core development. Discover your own power with basic knowledge of Pilates form and terminology and regular practice of Pilates exercises. (20 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E09

Bonnie Dallas Senior Center

8:15-9:30 am TUE & THU 7/17-9/20

2018FA PHED 104 E11

Bonnie Dallas Senior Center

8:15-9:30 am TUE & THU 9/25-12/6

(no class 11/20 & 11/22)

Instructor: ERIN BENSON

Yoga

Do yoga your way! Experience the benefits of yoga—strength, flexibility, balance and a relaxed mind and body—without twisting like a pretzel. Perform poses on a mat and learn to use props and modify traditional poses for your body. Let go of any competition, any judgments and expectations, and learn to be present with your body and breath. (30 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E12

HHPC Room 55208

10:30-11:45 am TUE & THU 7/17-9/20

2018FA PHED 104 E65

HHPC Room 55208

10:30-11:45 am TUE & THU 9/25-12/6

(no class 11/20 & 11/22)

Instructor: ERIN BENSON

Yoga for Every Body

This yoga class is designed for the very beginner or those with specific body requirements that make general yoga classes challenging. Learn the basics of breath and movement coordination, build flexibility and strength in the spine, decompress joints and refine your balance. All moves can be done with a chair if necessary or standing/sitting/lying. (25 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E66

HHPC Room 55208

1-2:15 pm TUE & THU 7/17-9/20

2018FA PHED 104 E67

HHPC Room 55208

1-2:15 pm TUE & THU 9/25-12/6 (no class 11/20 & 11/22)

Instructor: ERIN BENSON

Taiji Applications

Advance your existing Taiji (T'ai Chi) practice through sensitivity drills, two person drills and push hands technique. As you refine your skills, apply them to your Taiji forms and practice. This is an advanced class; if you have questions on the necessary skills, leave a message for the instructor at 858-947-8374. (25 max)

2 credit hours

Cost: \$13 residents 65 and older (first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA PHED 104 E04

SJC Room 1908

5:30-8 pm THU 7/19-12/6 (no class 11/22)

Instructor: TY CROW

Improve Your Golf Game

Relaxing, recreational golf offers an opportunity to hone your skill and get outside—in a condensed three week period, meeting Monday through Thursday. Learn the basic techniques and etiquette of the game of golf with hands-on instruction. Appropriate for all skill levels from novice to experienced players. Two play dates will be scheduled during the class. Golf clubs required but will be provided if needed. **\$20 fee payable to Piñon Hills Golf Course at the first class for rule book and a limited number of range balls.** Bring to the first day of class a notebook and pencil, comfortable athletic shoes, layered clothing, sunscreen, water bottle, hat/visor and clubs if you have them. (12 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$47.50 residents under 65

\$147.50 non-residents

2018SU PHED 104 E45

Piñon Hills Golf Course

10 am–12:05 pm MON–THU 7/23-8/9

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E45

Piñon Hills Golf Course

10 am–12:05 pm MON–THU 9/10-9/27

Instructor: DANA HICKMAN

Chen Style Taiji Quan

Chen Style Taijiquan (T'ai Chi Ch'uan), originated by Chen Wang Ting (1580-1660), is the ancestor of Tai Chi's five traditional forms. It is a complete system for health preservation as well as an internal martial art, characterized by circular movement known as silk-reeling. Enjoy the benefits of stretching, twisting and relaxing. All levels of fitness welcome. (25 max)

2 credit hours

Cost: \$13 residents 65 and older (first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA PHED 104 E15

SJC Room 1908

5:30-8:20 pm MON 7/30-12/3

(no class 9/3)

Class will meet in 1801 9/24-10/15

Instructor: TY CROW

Strength and Stretch in Bloomfield

Enjoy the physical benefits of living life to the fullest, plus the camaraderie of other seniors who have similar interests! Join this class to maintain and/or increase your strength, cardiovascular health and flexibility in a safe, fun environment. Utilize a variety of equipment provided and engage in activities to stretch and tone your body.

Persons of all fitness levels are welcome. (40 max)

Rylee Jo Kiddoo has been a San Juan College adjunct instructor since 2003. She teaches classes related to the entire lifespan, from early childhood education to Encore fitness classes as well as credit fitness classes.

Alberta Chappell earned an M.S., University of North Texas; is a certified Senior Fitness Specialist, Cooper Institute, Dallas, TX and is a certified Group Fitness Instructor.

2 credit hours

Cost: \$13 residents 65 and older

(first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA PHED 104 E02

Bloomfield Cultural Center Gym

10-11:30 am TUE & THU 8/9-12/6

(no class 11/22)

Instructor: RYLEE JO KIDDOO

2018FA PHED 104 E13

Bloomfield Cultural Center Gym

10-11 am M/W/F 8/10-12/12

(no class 8/31, 9/3, 11/12 & 11/23)

Instructor: ALBERTA CHAPPELL

Senior Fitness

Increase your fitness with this low impact exercise class for seniors emphasizing range of motion activities, agility and flexibility training with balancing skills. All exercises can be performed either standing or seated in a chair. Physical participation is required and participants work at their own pace. (30 max)

2 credit hours

Cost: \$13 residents 65 and older

(first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA PHED 104 E01

HHPC Room 55209

9-10 am MW/F 8/13-12/12

(no class 9/3, 11/21 & 11/23)

2018FA PHED 104 E96

Bonnie Dallas Senior Center

10:30-11:30 am MW/F 8/13-12/12

(no class 9/3, 11/21 & 11/23)

2018FA PHED 104 E97

Bonnie Dallas Senior Center

1-2 pm MW/F 8/13-12/12

(no class 9/3, 11/21 & 11/23)

Instructor: JEAN-ELISE SMITH

***NEW!* Taoist
Circle Walking**

Circle Walking is a movement practiced within Bagua Zhang, a sister art to Tai Chi, used by Taoist sages for centuries as a system of health preservation. The key elements of this practice energize and strengthen the body while calming the mind through combining static upper body postures and continuous movement. Learn the linear and circular stepping patterns, the method of changing direction within the circle, and the eight specific postures to enhance both your mind and body. (25 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E05

HHPC Room 55209

1:30-3:20 pm WED 8/29-12/5

(no class 11/21)

Instructor: JANE HEMINGWAY

Intermediate/Advanced Yang Style Taijiquan

For those who already practice Taijiquan (Tai Chi Ch'uan), enhance your skills. This traditional Taijiquan class is an opportunity to deepen your work in Yang Cheng Fu's 108 Movement Long Form. (20 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E29

HHPC Room 55208

6:30-8:20 pm WED 8/29-12/5

(no class 11/21)

Instructor: JANE HEMINGWAY

Tap Dance

Feel the rhythm; create a smile. Tap dancing is a great way to exercise and have fun! It may bring back childhood memories or might be something that you always wanted to try but never did. Beginners are welcome, as well as more experienced tappers. Students will have an opportunity to participate in an end-of-semester Dance Revue, if they choose, with other SJC dance students. **Shoe requirement: tap shoes.** If you are in need of tap shoes, the instructor will place a bulk order after the first day of class. (15 max)

Marilee Herman studied ballet, tap, jazz, hip-hop and even hula in her childhood and incorporates elements from all kinds of dancing into her tap classes.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E35

SJC Room 1905

10-11 am MON & WED 9/5-11/28

(no class 11/21)

Dance Revue: TBA

Instructor: MARILEE HERMAN

NEW! Memory Matters

When the brain ceases to be used, challenged and stimulated, it atrophies. Exercise your mind-skills, slow memory loss and even improve your memory recall using fun and engaging strategies. Learn about brain health and how the mind works, and discover the connection between memories and emotions. Increase your awareness of names, events and information from your past through timelines, locational memory and other common recollection strategies. (30 max)

Rhonda Davis, CMS-CHT, FIBH, is a Certified Medical Support, Clinical Hypnotherapist in Farmington, New Mexico. She is a Fellow Member of the International Board of Hypnotherapy which has the highest certification standards in the Hypnotherapy industry, requiring on-going learning for recertification.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HLTH 104 E04

SJC Room 1908

1-3 pm MON 9/10-10/29

Instructor: RHONDA DAVIS

Beginning Pickleball

Try your hand—literally—at a new sport. Pickleball is a game with a paddle, whiffle ball and a tennis-high net played in the gym on a court smaller than a tennis court. Designed for a variety of skill levels, the intensity of exercise varies. Enroll with a friend or come meet new ones to join in the fun. **Wear non-marking shoes and comfortable clothing.** (15 max)

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA PHED 104 E06

HHPC Gymnasium (55112N)

12:30-1:45 pm MON & WED

9/10-11/14

Instructor: CYNTHIA DUNNAHOO

Intermediate Pickleball

Now that you've been enjoying the lively game of Pickleball, put a new spin on your game. Delve into playing tips and winning strategies that will transform your experience. Building on previous knowledge of the game, expand your understanding of the rules and terminology of Pickleball and practice skills to enhance your enjoyment of the game. **Court shoes are recommended, other equipment is provided, and you can bring your own paddle, if desired.** (15 max)

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA PHED 104 E41

Farmington Recreation Center,

1101 Fairgrounds Road

10-11:20 am MON & WED 9/10-11/14

2018FA PHED 104 E10

HHPC Gymnasium (55112N)

11 am-12:15 pm TUE & THU

9/11-11/15

Instructor: CYNTHIA DUNNAHOO

***NEW!* Moving with Mindfulness**

Scientific research indicates that mindfulness practice can positively affect a variety of stress-induced problems, such as high blood pressure, chronic pain, depression, anxiety and more. Experience the benefits from cultivating your awareness and acceptance of present experiences, as we combine gentle and creative movements with moments of meditative stillness. This light and playful activity will be supplemented by lecture detailing the research that supports the efficacy of practice. (16 max)

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA HLTH 104 E01

SJC Room 1908

1:30-3:30 pm TUE 9/11-10/30

Instructor: JUDITH MACDONALD

Resistance Training: Introduction to the Weight Room

Step into the weight room—with a knowledgeable guide. Take away the mystery of machines and learn weight room etiquette and safety in a supportive and welcoming environment. Discover machines and routines that work for you to take advantage of San Juan College's equipment and develop a personalized and effective weight training routine. (12 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E07

HHPC Weight Room (55201B)

10:15-11:30 am TUE & THU 9/11-11/15

Instructor: JEAN-ELISE SMITH

Classic Hatha Yoga

Yoga unites the body, mind, and spirit in a joyful, beautiful way. With practice, it will bring balance and flexibility to every area of your life to help you feel strong and confident, inside and out. This gentle yet challenging class is ideal for the 50+ beginning student as well as men and women of any age who would like a peaceful, meditative yoga practice. The first class will introduce/review the basic sitting, standing and reclining poses, and each subsequent class will build on the previous, focusing on proper body alignment, plus relaxation and guided imagery. Alternative poses will be demonstrated for any physical challenges. **Yoga mats are available or bring your own.** (16 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E22

SJC West Room 100

9-10:15 WED & FRI 9/12-11/16

(no class 11/21 & 11/23)

Instructor: ANN BENDAN

NEW! Chair Yoga

Experience all the benefits of Hatha Yoga in a chair! Chair Yoga is excellent for anyone with balance challenges and for those who must stay seated, plus everyone else who would like to experience a different approach to the union of body, mind, and spirit that yoga provides. Hatha Yoga offers a lovely basis for the unfolding of openness and expansion of body and mind through gentle yet challenging poses designed to enhance and improve both flexibility and balance in all areas of your life. This yoga practice will be in a chair for the duration of the course, with the possibility of some standing poses, using the chair for support, in the final two weeks of classes.

(12 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHED 104 E23

HHPC Room 55208

11:45 am-12:45 pm WED & FRI 9/12-12/12

(no class 11/21 & 11/23)

Instructor: ANN BENDAN

Humanities

NEW! Germany through Cinema

From 1913 to 2014, Germany was an aggressor in two world wars, conducted mass genocide, was divided into two separate countries in the communist and capitalist orders, reunified and today is a strong economic force. Discover how motion pictures made in Germany during these 100 years reflect events, values and issues in German culture. Films will be in German with English subtitles and discussion will all be in English. (25 max)

Adam Messenger has a B.A. in history from NMSU.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$47.50 residents under 65

\$147.50 non-residents

2018SU HIST 104 E02

SJC Room 1925

5-8:15 pm THU 7/12-8/9

Instructor: ADAM MESSENGER

NEW! Navajo Rugs, Weavers & Trading Posts

Explore the world of Navajo weaving with journeys to the Crownpoint Navajo Rug Auction and the Hubble Trading Post in Ganado. The Crownpoint Auction, established over 50 years ago, is a “genuine Navajo event featuring all-wool Navajo rugs and the weavers that make them.” In 1965, the U.S. Congress authorized the Hubbell Trading Post National Historic Site as a “living trading post.” From this isolated spot, Don Lorenzo Hubble had established a trading empire across Navajoland. Along our journey, examine Navajo rugs at Richardson Trading Post (Gallup), the Two Grey Hills Weaving Museum at Toadlena Trading Post and the Two Grey Hills Trading Post in Tohatchi. Overnight accommodations in Gallup. **Students are responsible for overnight accommodations, meals and entrance fees. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$28 payable at registration. Register no later than 7/2.** (15 max)

Cost (including course fee): \$34.50 residents 65 and older

(first 6 credit hours)

\$75.50 residents under 65

\$175.50 non-residents

2018SU HIST 104 E10

Two-night Field Trip: FRI/SAT/SUN 7/13-7/15

Instructor: MICHAEL J. LAWSON, PH.D.

NEW! Local History: Aztec and Beyond

With background material and a knowledgeable guide, take summertime field trips to explore the Four Corners. Start with short introductory presentations and videos on the sites to be visited at the Aztec Senior Center, then explore the Aztec Museum and Pioneer Village, including a walking tour of some of Aztec's historic commercial buildings and homes. Enjoy field trips to the Anasazi Cultural Center and Galloping Goose Museum in Dolores, Colorado; Mesa Verde National Park; the Aztec Ruins National Monument and Salmon Ruins Archaeological Center. Mornings times will avoid some summer heat; the longer field trips to Mesa Verde and Dolores will require more time and will eliminate two class meetings. **Trip essentials will be discussed in class; be prepared to carpool, contribute gas money to drivers, and pay site admissions. Students are encouraged to purchase a National Parks Senior Pass, if you don't already have one.** (20 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$47.50 residents under 65

\$147.50 non-residents

2018SU HIST 104 E07

Aztec Senior Center

9-11 am MON & WED 7/16-8/8

Instructor: JIMMY H. MILLER, PH.D.

Canyon de Chelly, Kit Carson, the Navajo Long Walk & the 1868 Treaty (150th Anniversary)

Canyon de Chelly (dǎ-shǎ') preserves a dynamic human history of spectacular cliff dwellings and the homelands of roughly 40 Navajo (Diné) families who farm the canyon floors today. Explore the canyon rim overlooks along with interpretive talks of the "Ancient Ones" and sites of conflicts between the Spaniards, Americans and the Diné. Navajo guides narrate a four-hour Jeep journey into the Canyon, highlighting both Diné reverence for this sacred landscape and the people's resilience during the Kit Carson campaign of 1863-64 and military incarceration at Fort Sumner following the Long Walk. The Treaty of 1868 established peace and this year marks the 150th anniversary of the return of the Navajo. Overnight accommodations at the historic Thunderbird Lodge. **Students are responsible for all education-discounted interpretive fees (Jeep tour), accommodations, and meals for this immersive introduction to Canyon de Chelly and Diné culture. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$32 payable at registration.** (12 max)

Register no later than 7/25.

Cost (including course fee): \$38.50 residents 65 and older
(first credit 6 hours)

\$79.50 residents under 65

\$179.50 non-residents

2018SU HIST 104 E11

Two-night Field Trip: FRI/SAT/SUN 8/3-8/5

Register no later than 10/3.

Cost (including course fee): \$38.50 residents 65 and older

(first credit 6 hours)

\$82.50 residents under 65

\$188.50 non-residents

2018FA HIST 104 E15

Two-night Field Trip: FRI/SAT/SUN 10/12-10/14

Instructor: MICHAEL J. LAWSON, PH.D.

***NEW!* History of Ancient Egypt**

The ancient Egyptians maintained a relatively stable society and worldview for thousands of years and expended immense amounts of energy documenting their successes and beliefs on the walls of temples and tombs. New discoveries continue to expand our understanding of this unique civilization. Explore key characteristics and events in the history of ancient Egypt including mummification, gods and goddesses, pharaohs, papyrus, pyramids, and hieroglyphics. (25 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HIST 104 E05

SJC Room 1908

2-4 pm THU 8/16-10/4

Instructor: CYNTHIA RAPP SANDHU

***NEW!* The Atomic West**

After World War II, atomic energy and securing fissile material became vital to national strategic goals and shaped the American West. From uranium mining in the Four Corners to the growth of communities throughout the west, discover how race, class and culture became part of this often overlooked transformation. (25 max)

Adam Messenger has a B.A. in history from NMSU.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HIST 104 E13

SJC Room 1908 8/20-9/17

SJC Room 1801 9/24-10/15

3:30-5:30 pm MON 8/20-10/15 (no class 9/3)

Instructor: ADAM MESSENGER

***NEW!* The Non-Canonical Gospels (Parts I & II)**

We all know about Matthew, Mark, Luke, and John, right? But what about the other Gospels, the ones that didn't make the cut? Survey the less controversial of these texts and take an in-depth look at some of the more controversial non-canonical Gospels. The class will include video presentations, and the opportunity to actually read the texts of documents such as The Gospel of Thomas. The class will meet in two parts; part one is not necessary for part two. **Materials fee of \$10 payable at time of registration.** (30 max)

Ursula Messano is both a Certified Teacher and an Ordained Minister, with a Master's of Divinity degree from Phillips Theological Seminary.

Cost (including materials fee): \$16.50 residents 65 and

older (first 6 credit hours)
\$60.50 residents under 65
\$166.50 non-residents

2018FA HIST 104 E19

SJC Room 1927
5:30-7:30 pm TUE 8/21-10/9

2018FA HIST 104 E20

SJC Room 1927
5:30-7:30 pm TUE 10/16-12/11 (no class 11/20)
Instructor: URSULA MESSANO

NEW! Conversational German

Expand your world—and your confidence—through language skills. Using situational based dialogues, learn basic “survival “ topics as ordering from a German menu, getting around on public transportation, dealing with hotel personnel and sightseeing. (20 max)
Caroline Creyke has a minor in German from Colorado College and a major in the UNM graduate program. She taught German to ages pre-school to adults and lived in Germany for 7 years.

2 credit hours

Cost: \$13 residents 65 and older
(first 6 credit hours)
\$101 residents under 65
\$313 non-residents

2018FA GERM 104 E01

SJC Room 1927
10 am-noon THU 8/23-12/13
(no class 11/22)
Instructor: CAROLINE CREYKE

Writers’ Workshop

In a supportive atmosphere with inspiring prompts, meaningful feedback on your work and discussions on technique, style and publication, we’ll write and learn about writing. Fiction writers, creative non-fiction writers, as well as poets are welcome. (15 max)

Traci HalesVass, a published writer, has both an M.A. and an M.F.A. in Creative Writing from Naropa University and has taught writing for over 20 years.

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA ENGL 104 E09

SJC Room 1908

1-4:15 pm FRI 8/24-9/21

2018FA ENGL 104 E10

SJC Room 1908

1-4:15 pm FRI 9/28-10/26

2018FA ENGL 104 E11

SJC Room 1908

1-4:15 pm FRI 11/2-12/7

(no class 11/23)

Instructor: TRACI HALESVASS

***NEW!* Acoma Pueblo San Estevan Feast Day and Harvest Dance**

Acoma Pueblo invites you to share in the festival of the Feast of San Estevan, patron saint of the pueblo. Feast Day begins in Acoma “Sky City” with Mass in the historic San Estevan de Rey Mission Church, a large adobe Spanish mission church established in 1629. Traditional dances expressing religious beliefs follow in the historic plaza. Descend “Sky City” on foot or shuttle to explore the cultural exhibits of Sky City Cultural Center and Haak’u Museum. Throughout your visit, experience the Acoma people; learn of their past and present from their own voices, art, and artifacts; walk among the pueblo village architecture; and sample their traditional foods. **Students are responsible for overnight accommodations at the nearby Sky City Casino Hotel and meals. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$14 payable at registration. Register no later than 8/27.** (12 max)

Cost (including course fee): \$20.50

residents 65 and older

(first 6 credit hours)

\$64.50 residents under 65

\$170.50 non-residents

2018FA HIST 104 E14

Overnight Field Trip: SAT/SUN 9/1-9/2

Instructor: MICHAEL J. LAWSON, PH.D.

***NEW!* Chinese Culture**

With over 5,000 years of history, hundreds of dialects, 56 ethnic minority groups, and a landscape that includes jungles, vast deserts, soaring peaks, and windswept steppes, China and its people have captivated the imagination of foreign visitors for millennia. Explore the history, geography, language, customs, and social trends of an emerging global superpower and one of the world’s oldest, most complex cultures. You’ll be taken on a journey of epic proportions through multimedia and hands-on activities, short films, games, and interactive quizzes in this fun and engaging class. (20 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HUMA 104 E15

SJC Room 1217

12:30-2:30 pm TUE 9/4-10/23

Instructor: FRED KOSAK

Chinese Conversation

What is Mandarin Chinese? Who speaks it? Are Chinese characters the same as words? Is it true that the pronunciation of a word can change its meaning? Explore these questions and master the fundamentals of this ancient language. Through a variety of multimedia and online tools, fun games and interactive activities, you'll learn to recognize and write commonly occurring characters, conduct a simple conversation with another person, recite poetry, sing pop songs, and navigate practical day-to-day situations like shopping, ordering food, and hailing a taxi. (20 max)

A graduate of McGill University's East Asian Studies program, Fred Kosak has taught Chinese to students and adults for 12 years, in classroom and one-on-one settings.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HUMA 104 E02

SJC Room 1217

3-5 pm TUE 9/4-10/23

Instructor: FRED KOSAK

Wisdom Teaching to Inform Our Lives

On our journey through life we experience moments of joy and contentment as well as times of sorrow and despair. We can find solace and inspiration from poetry, literature, art and sacred texts. Explore a variety of diverse wisdom teachings to deepen the meaning of life. Throughout class, you'll be encouraged to bring material to share for substantive and meaningful discussion. Prepare for a journey of discovery! (25 max)

Judith MacDonald has a BA degree in English Literature and two MA degrees, one in Counseling and the other in Dance with an emphasis in Dance Therapy. Throughout her career, she has held counseling positions in different settings working with a wide variety of populations.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHIL 104 E01

SJC Room 1803

1:30-3:30 pm WED 9/5-10/24

Instructor: JUDITH MACDONALD

NEW! Dark Skies Journeys

Within Canyon de Chelly

Experience Canyon de Chelly (dā-shā') in unique "Dark Skies" settings during the new moon rising of early September. Navajo (Diné) guide and photographer Daniel Draper leads the way scouting out locations for night photography, providing transportation and insights into the dynamic human history of spectacular cliff dwellings and the homelands of roughly 40 Navajo families who farm the canyon floors today. This non-photographic workshop, with no formal technical instruction, is open to anyone. Just bring along appropriate equipment whether you train the viewfinder upon the epic landscape, the stars overhead, or the morning sunrise. Overnight accommodations

available at the historic Thunderbird Lodge or tent camping within the canyon. **Students are responsible for all education-discounted interpretive fees (Jeep tour), accommodations, and meals for this immersive Dark Skies exploration of Canyon de Chelly and Diné culture. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$32 payable at registration. Register no later than 8/27.** (10 max)

Cost (including course fee): \$38.50 residents 65 and older

(first 6 credit hours)

\$82.50 residents under 65

\$188.50 non-residents

2018FA HIST 104 E06

Two-night Field Trip: FRI/SAT/SUN 9/7-9/9

Instructor: MICHAEL J. LAWSON, PH.D.

***NEW!* Japan in Cinema**

After World War II, Japanese filmmakers explored values and issues reflective of the country's role in World War II and the lingering effects of the atomic bomb on the Japanese social consciousness. By looking at films made in Japan between 1913 and 1988, explore a seventy-five year period shaping and responding to World War II and exploring Japanese culture. Films will be in Japanese with English subtitles, and discussion will all be in English.

(25 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HIST 104 E07

SJC Room 1925

5:30-8:45 pm TUE 9/11-10/9

Instructor: ADAM MESSENGER

***NEW!* Aging Well**

Growing older with health, wellness and vitality depends both on individual decisions and society's structure. Delve into the programs, policies and social institutions that form the aging network and that work together to ensure the health and personal enrichment of older adults as well as those who care for them. Explore the personal and social dynamics involved in America's aging process from an individual perspective. (20 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA SOCI 104 E01

SJC Room 1810

6-8 pm TUE 9/11-10/30

Instructor: JACK LOWERY

Japanese Culture, Cooking

and Conversation

Calligraphy, origami, Japanese food—discover the richness of Japanese culture and language. Prepare popular Japanese food such as miso soup, curry rice, onigiri (rice ball) and gyoza (a won ton dumpling). Understand the basics of Japanese language and carry out simple conversations such as greetings and cooking food, as well as exploring Japanese music and lifestyles through video. **Supply fee of \$10 for food payable at registration.** (20 max)

Cost (including supply fee): \$16.50 residents 65 and older

(first 6 credit hours)

\$60.50 residents under 65

\$166.50 non-residents

2018FA HUMA 104 E03

SJC Room 1925

6:30-8:30 pm THU 9/13-11/1

Class meets in HHPC Room 55336 10/11 & 10/25 for food

Instructor: HIROSHI IWANA

NEW! Writing Your Legacy: Creating a Book of Your History

From family photographs, personal stories, poetry and anything else you'd like to include, leave your legacy as a book. Discover a fun way to look at your personal history and decide what you would like family and friends to remember. Bring materials to include in your own book of life via CreateSpace, an Amazon.com self-publishing program. Combined with writing prompts and feedback, you'll work on either your own laptop or an SJC computer for an instructor-guided process of creating your book, to be printed (purchase price at CreateSpace usually under \$10). Class time will also include a field trip to explore local printing options. (15 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ENGL 104 E06

SJC Room 7220 (9/19-10/10 only)

SJC Room 7127 (10/17-11/7 only)

2-4 pm WED 9/19-11/7

Instructor: ANN BENDAN

How to Track Lions on Foot and Other Hair-Raising Lessons

From living with nomads in Mongolia to headhunters in Kalimantan, Al Davis's experiences in over 90 countries provide adventure and possibly inspiration. Discover how to sleep on Antarctica without a tent and not freeze, what happens when you discover Bengal tigers while on elephant back in Nepal, how to survive conflict-ridden Nigeria for 6 weeks, how to find indigenous tribes with little exposure to the West in Central Guyana and much more. Satisfy your travel interests as you learn about the local cultures and environment, brought to life by many photos. Then, brainstorm lessons learned from the experiences in a relaxed, friendly atmosphere with plenty of breaks. (35 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HUMA 104 E05

SJC Room 1908

9 am-1 pm WED & FRI 9/19, 9/21, 9/26, 9/28

Instructor: AL DAVIS

NEW! Carracas Archaeology and History

Carracas is a small town just inside the Colorado border, near Navajo Reservoir, which gives its name to a mesa and a canyon. Plans are to visit Chimney Rock Pueblo, a Chaco Outlier situated about 10 miles north of Carracas, a Navajo pueblito about 7 miles south of Carracas, and several large Pueblo I habitations, as well as viewing the old railroad bed of the San Juan Line section of the Denver and Rio Grande Western Railroad (D&RG). That now-abandoned narrow gauge line stretched from Alamosa to Durango. Prepare for your field trips with a classroom lecture; plan for hikes of two to three miles during each field trip, and trip essentials will be discussed in class. **Be prepared to carpool in appropriate vehicles and contribute gas money to drivers. If you have any questions, contact Linda Wheelbarger at 505-320-1834 (cell).** (16 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ANTH 104 E15

SJC Room 1908

1-3 pm WED 9/19

Field trips: 8 am-6 pm FRI 9/21 & 9/28

Instructor: LINDA WHEELBARGER

Valles Caldera Archaeology and Geology

The Valles Caldera is a 13.7 mile-wide volcanic caldera in the Jemez Mountains east of Cuba, New Mexico. Hot springs, streams, fumaroles, natural gas seeps and volcanic domes dot the caldera floor landscape. Several Native American tribes frequented the caldera, often seasonally for hunting and procuring obsidian. Eventually the Navajo, Spanish, and Mexican settlers came to the caldera seasonally for grazing, and it became the backdrop for the Indian wars with the U.S Army and subsequent use for ranching and logging. Learn about the geology, ecology, and cultural history of the preserve in two lectures followed by two field trips to the caldera. Plan for short hikes during each field trip, and trip essentials will be discussed in class. **Be prepared to carpool in appropriate vehicles and contribute gas money to drivers. If you have any questions, contact Linda Wheelbarger at 505-320-1834 (cell).** (16 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ANTH 104 E16

SJC Room 1908

1-3 pm WED 10/3

Field trips: 8 am-6 pm FRI 10/5 & 10/12

Instructor: LINDA WHEELBARGER

NEW! One Book/One Community: *March*

Almost sixty years ago, Martin Luther King, Jr. edited a 16-page comic book about the Montgomery Bus Boycott. Distributed by hand in churches, schools, and nonviolence workshops, it dramatized the fledgling movement and its tactics to a generation of future leaders— including a young John Lewis.

Today, Lewis is continuing that legacy and using comics to educate and inspire a new generation. Together with Andrew Aydin and Nate Powell, Congressman Lewis is creating a transformative work of literature in the graphic novel series *March*, a #1 New York Times bestseller that brings his memories of the civil rights movement to urgent new life.

As a graphic novel memoir, *March* engages readers with unforgettable imagery and first-person narration, combining the disciplines of art, literature, and history in a single document. Students will not only understand the history of the civil rights movement but also connect in a deeply personal way with the story of nonviolent activism in America.

Multiple lectures and activities are planned in conjunction with One Book/One Community. One Book/One Community is based on the philosophy that a community that opens a book together closes it in greater harmony. Danielle Sullivan, the instructor, is the director of One Book/One Community. This class will engage participants in discussion of the themes of the book and culminate with a visit with the graphic artist, Nate Powell, in October. (25 max)

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA ENGL 104 E08

SJC Room 1812

Noon-2 pm TUE & THU 9/25-10/11

Additional class time TBA mid-October with the author's visit 10/23

Instructor: DANIELLE SULLIVAN

NEW! Along the Rio Grande: Harvest Festival of El Rancho de las Golondrinas

Explore the rich and varied legacy of Spanish Colonial New Mexico at the “Southwest’s premier living history museum.” El Rancho de las Golondrinas (the ranch of the swallow) was strategically located on the Camino Real, the Royal Road that extended from Mexico City to Santa Fe. An official *paraje*—resting stop—on the Camino Real, the original rancho served as a home, trading post and center of small-scale farming and ranching. Opened to the public in 1972 featuring buildings dating to the early 1700s, las Golondrinas helps preserve the history, heritage and lifeways of Spanish Colonial New Mexico, while promoting a better understanding of the lasting influence of Hispanos. During Harvest Festival, engage in living history demonstrations, interpreters and hands-on activities that bring life to colonial times. **Students are responsible for overnight accommodations, meals and entrance fees. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$16 payable at registration. Register no later than 9/24.** (15 max)

Cost (Including course fee): \$22.50
residents 65 and older
(first 6 credit hours)
\$66.50 residents under 65
\$172.50 non-residents

2018FA HIST 104 E17

Overnight Field Trip: SAT & SUN

10/6-10/7

Instructor: MICHAEL J. LAWSON, PH.D.

NEW! America's Best Idea: The National Parks, Part I

Discover the nation's environmental history from the mid-nineteenth century to the present, using Ken Burns' and David Duncan's acclaimed 2009 video series, America's Best Idea: The National Parks and their accompanying book by the same name. This 2009, twelve-hour video series will be divided into two segments, one offered this fall and the second offered in the spring of 2019. Students may choose to enroll in one or both of the segments. The videos will be supplemented with the instructor's introductions, outlines and explanations of contemporary developments in other aspects of American history occurring simultaneously with the evolution of the National Park System. Each class meeting will feature an extended period to discuss issues and concepts introduced in the video and materials provided by the instructor, with a detailed list of questions for thought and discussion given to the class each week.

The National Parks: America's Best Idea by Ken Burns and David Duncan (New York: Alfred A. Knopf, 2009, ISBN 978-0-307-26896-9) is available at most bookstores, and used books are available on line for a very nominal cost. Purchase of this beautiful and detailed book, filled with many illustrations, is highly recommended for this class. (39 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HIST 104 E21

SJC Room 1908

1-3 pm THU 10/11-12/6

(no class 11/22)

Instructor: JIMMY H. MILLER, PH.D.

NEW! Global Matters

World migration. Arguments over climate change. Discussions about health. Civil wars. International trade. These global issues are shaped by how society is organized and how people and countries and the world compare to each other economically, politically, and socially. Explore how demographics and social structures impact the issues that the world is facing today. After examining basic principles and examples, you will help guide which societal and global issues we explore and discuss in a respectful and thought-provoking environment. (25 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA SOCI 104 E03

SJC Room 1908

10 am-noon FRI 10/12-12/7

(no class 11/23)

Instructor: TERRY SWAN, PH.D.

NEW! The Second Half of Life

“In every culture, in every age, the wise have observed that through the middle of our years and onward, we encounter a series of great ‘thresholds’ to cross...” Angeles Arrien.

Stages of life in the younger years—childhood, adolescence, young adulthood—are well established. Angeles Arrien’s book, *The Second Half of Life* makes the case that after 50 adults also experience distinct stages. Reframe your perspective on aging and retirement through questions, discussions, readings, and class activities designed to cultivate being what the book calls “an exceptional elder.” Required text: *The Second Half of Life*, ISBN-13: 978-1591795728; available online. (25 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA SOCI 104 E02

SJC Room 1908

10 am-12:20 pm WED 10/17-12/12

(no class 11/14 & 11/21)

Instructor: TERRY SWAN, PH.D.

NEW! Drinking in America: From American Revolution to Craft Beer

The history of alcohol is woven into American’s past—from the Whiskey Tax and rebellion in 1791 to prohibition in the early 20th century. Examine the social effect of alcohol on the American consciousness as we explore both the desire for intoxication and the movements against it. (25 max)

Adam Messenger has a B.A. in History from NMSU.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA HIST 104 E08

SJC Room 1908

3:30-5:30 pm MON 10/22-12/10

Instructor: ADAM MESSENGER

NEW! Chaco Outliers

Outside Chaco Canyon, in the remote areas on Chaco Canyon National Historical Park and surrounding BLM land, lie stunning structures connected to the well-known structures of Chaco Canyon. Gain an overview of early Puebloan culture with emphasis on the material and ethnographic evidence for the social and political structure of Chacoan hierarchical societies. The field trips consist of a considerable amount of driving on dirt roads with approximately a mile of hiking on uneven terrain, and each field trip is approximately 100-150 miles round trip. Trip essentials will be discussed in class. **Be prepared to carpool in appropriate vehicles and contribute gas money to drivers, as well as paying entrance/interpretive fees. If you have any questions, contact Linda Wheelbarger at 505-320-1834 (cell).** (16 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ANTH 104 E18

SJC Room 1908

1-3 pm WED 10/24

Field trips: 8 am-6 pm FRI 10/26 & 11/2

Instructor: LINDA WHEELBARGER

NEW! Journey to the Middle Place: Zuni Archaeology

Journey along ancient trade routes to Halona Idiwan'a—the Middle Place—Zuni Pueblo for an archaeological tour of the Zuni past. Explore Knife Hill (Basketmaker III-Pueblo II site), Barth Wells (Great House Site) and Badger Springs (Great House Site), guided by Zuni archaeologist-guide Kenny Bowekaty. Walk the ancient paths of the Middle Village alongside Bowekaty, gaining insight into the Zuni present and past gleaned from archaeology. For overnight accommodations, we've booked the historic Inn at Halona, a bed and breakfast located in the heart of Zuni offering a "genuine cultural discovery in a welcoming yet private, unique setting." **In partnership with the Zuni Tourism Department, the educational interpretive package includes photo permit, guided tours and a traditional Zuni lunch—\$100 per person. Other meals and overnight accommodations not included. Please contact the instructor for additional details at swjourneys@icloud.com. Course fee of \$28 payable at registration. Register no later than 10/15.** (12 max)

Cost (including course fee): \$34.50

residents 65 and older (first 6
credit hours)

\$78.50 residents under 65

\$184.50 non-residents

2018FA HIST 104 E18

Two-night Field Trip: FRI/SAT/SUN 10/26-10/28

Instructor: MICHAEL J. LAWSON, PH.D.

Writing Our Lives: Memoirs & More

Our memories are treasure chests of stories we need to share. Whatever your goal—full memoir, stories for your family, recreating the past—we will get you started by writing and reading together. Classes will consist of sharing memories, writing to prompts, and looking at samples. Every writing project begins with words on the page.

Bring your notebooks and your pens and we'll start on the path together. (12 max)

Dr. Vicki Holmsten taught English at San Juan College for over 25 years before she retired in 2014.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ENGL 104 E03

SJC Room 1908

10 am-noon TUE & THU 10/30-11/27 (no class 11/22)

Instructor: DR. VICKI HOLMSTEN

Humanities - Art

Wheel Thrown and Hand Built Pottery: All Levels

Interested in trying your hand at pottery or gaining additional experience at a wheel? Create usable and ornamental objects from clay and develop your own personal style. Students will be responsible for their own clay and tools, which can be purchased at the San Juan College Bookstore. Come to the first day of class with clay and tools ready to go. **Contact the instructor at 505-566-3496 for a list of supplies. Students can enroll either in this Encore class or a non-credit version of the same class (appropriate for ages 16 and up). \$15 supply fee payable at registration for firing and glazes.** (16 max)

Cost (including supply fee): \$21.50
residents 65 and older (first 6
credit hours)
\$62.50 residents under 65
\$162.50 non-residents

2018SU ARTS 104 E30

Henderson Fine Arts Ctr. Room 9036
9:30 am-12:45 pm SAT 6/2-7/21
Instructor: MATT BAHE

Cost (including supply fee): \$21.50
residents 65 and older (first 6
credit hours)
\$65.50 residents under 65
\$171.50 non-residents

2018FA ARTS 104 E30

Henderson Fine Arts Ctr. Room 9036
3-5:30 pm SAT 9/8-11/10
Instructor: MATT BAHE

Design and Basic Bench Skills in Art Jewelry Making

Have you ever admired a piece of jewelry and tried to figure out just how it was made? Begin a love affair with metal and jewelry making as you explore the design process and create several simple pieces of metal jewelry in a hands-on experience for beginning metalsmiths and hobbyists. Discuss using tools from home during the first session in order to keep down the cost. **Pick up a suggested supply list at the Community Learning Center before the first class. Recommended (but optional) text: *The Complete Metalsmith: An Illustrated Handbook*, Tim McCreight, ISBN 0-87192-240-1, available online.**

(16 max)

1 credit hour

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$47.50 residents under 65
\$147.50 non-residents

2018SU ARTS 104 E06

Bonnie Dallas Sr. Ctr. Activity Center
12:30-4:40 pm THU 7/5-8/9

2 credit hours

Cost: \$13 residents 65 and older
(first 6 credit hours)
\$101 residents under 65
\$313 non-residents

2018FA ARTS 104 E05

Bonnie Dallas Sr. Ctr. Activity Center
12:30-3:40 pm THU 8/16-12/6
(no class 11/22)

Instructor: CATHERINE THOMAS-KEMP

Stained Glass Workshop

It's a Tiffany themed stained glass experience for beginning students and a refresher class for those with some past experience. Repeat students are welcome to finely hone their new skills and continue their projects. Glass artist John Nichols will help you choose a design and fabricate a glass panel during the class, suitable to frame. Explore design and color choices, cutting and grinding techniques, foiling and soldering processes and finishing touches to create dazzling projects to be proud of. **Tools, workbooks, glass and costs will be discussed on the first day of class; all supplies will be the responsibility of the students.**

(10 max)

Cost: \$6.50 residents 65 and older
(first 6 credit hours)
\$50.50 residents under 65
\$156.50 non-residents

2018FA ARTS 104 E01

Trades & Technology Building Trades Shop Rm 2223*
5:30-8:40 pm THU 8/16-10/4

2018FA ARTS 104 E02

Trades & Technology Building Trades Shop Rm 2223*
9 am-12:35 pm SAT 8/18-10/6
(no class 9/1)

2018FA ARTS 104 E06

Trades & Technology Building Trades Shop Rm 2223*
5:30-8:40 pm THU 10/11-12/6
(no class 11/22)

2018FA ARTS 104 E07

Trades & Technology Building Trades Shop Rm 2223*

9 am-12:35 SAT 10/13-12/8

(no class 11/24 & 12/1)

Instructor: JOHN NICHOLS

*Use outside entrance labeled "Building Trades Program" rather than main entrance.

World of Watercolor

Whether you are just beginning or want to advance existing skills, simplify watercolor with a combination of tricks, techniques and tools including sponges, spray bottles and washes. Learn the fundamentals of good composition with the use of shapes, contrast and color to help create more interesting and entertaining paintings. Supply list available at the Community Learning Center. (15 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA ARTS 104 E03

Henderson Fine Arts Ctr. Room 9032

6-9:10 pm MON 8/20-10/15

(no class 9/3)

2018FA ARTS 104 E04

Henderson Fine Arts Ctr. Room 9032

6-9:10 pm MON 10/22-12/10

Instructor: MICHAEL BULLOCH

Digital Photography

in Aztec

Landscapes, portraits, action, moon and stars. We want photos of all of these things and more. But getting that perfect shot can be hard to do. Discover ways to compose your photographs as well as how to use your digital camera and all the bells and whistles it has to offer. Learn about photo enhancement, how to use your camera and simple software programs to make those photos pop! (16 max)

Jessica Polatty graduated from Fort Lewis College with a BFA in 1992 and has been involved in the art world in multiple ways ever since.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA COSC 104 E32

SJC East, Room 111

6:30-8:50 pm WED 9/5-10/17

Field trips to be scheduled during class time, locations TBD by the class.

Instructor: JESSICA POLATTY

Pottery: Hand Building/Wheel Throwing

Whether you are a beginner, intermediate or advanced clay person, let your imagination run wild and let that clay artist inside you roam free. Learn hand building and wheel throwing with clay as well as how to fire the pots in the kiln and glazing techniques. Students will be responsible for their own tools (these may be purchased at the San Juan College Bookstore) and clay (may be purchased at the pottery studio). **Please come to the first day of class with clay and tools at the ready. We will be hands-on from day one! Contact Jessica at 505-632-8351-day or 505-419-7526-evening for a list of supplies. \$15 supply fee payable at registration for firing and glazes.**

(16 max)

Cost (including supply fee): \$21.50

residents 65 and older (first 6
credit hours)

\$65.50 residents under 65

\$171.50 non-residents

2018FA ARTS 104 E16

Henderson Fine Arts Ctr. Room 9036

8-10:30 am SAT 9/8-11/17

(no class 10/6)

Instructor: JESSICA POLATTY

Pottery: Hand Building

Cups, plates, platters, bowls and more. You don't need a pottery wheel to make fun and functional pottery pieces. Learn hand building clay techniques as well as how to fire the pots in the kiln and glazing techniques. Students will be responsible for their own clay and tools. **Come to the first day of class with clay and tools at the ready.**

Contact Jessica at 505-632-8351 (day) or 505-419-7526 (evening) for a list of supplies. (16 max)

2 credit hours

Cost: \$13 residents 65 and older

(first 6 credit hours)

\$101 residents under 65

\$313 non-residents

2018FA ARTS 104 E13

Bloomfield Senior Center

1-3:05 pm TUE & THU 9/11-12/6 (no class on 10/4 & 11/22)

Instructor: JESSICA POLATTY

Innovative iPhone Photography

Your iPhone has undiscovered creative and technical photographic possibilities. Discover how to use exposure editing menus for technical improvements and explore downloaded apps such as Leonardo, Hipstamatic, Snapseed, Stackables, Enlight and Mextures to foster your creativity. Explore current trends in iPhone photography and create a unique personal photographic style. Student must have iPhone 5 or later and data from their cell phone provider to be able to download apps. Download apps

above before class. (12 max)

Karen Willetto received her M.A. in Fine Art Photography from Eastern Michigan University and has taught film photography at Diné College since 1981 and digital photography since 2001. For the past three years she has worked with iPhone composites and has shown her work locally.

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA PHOT 104 E01

SJC Room 1925

8 am-noon SAT 9/29-10/27

(no class 10/13)

Field trips to Casa Blanca Inn in Farmington and Manning's Greenhouse in Kirtland 10/6 & 10/20 during class time

Instructor: KAREN WILLETO

Humanities - Music

Discover Opera: Doctor Atomic

Doctor Atomic, the 2005 opera by composer John Adams and librettist/producer Peter Sellars will finally be performed in Santa Fe this summer in the opera house that overlooks the mountains where the story took place in 1945. The central character, Dr. Atomic, is Robert Oppenheimer. The opera follows the lead up to the detonation of the first atomic bomb at Trinity Site in the southern New Mexico desert. According to the Santa Fe Opera description, "the text [of the opera] is a mosaic drawn from declassified government documents, participant letters and interviews, poetry by Baudelaire and Muriel Rukeyser, John Donne's Holy Sonnets, the Hindu Baghavad Gita, and Native American song." Adams says he was inspired by the music of science fiction movies when he was growing up in 1950s America.

We will meet before the trip to study the music, composer, text, and background story of the opera to enhance our enjoyment of the performance. In the afternoon before the performance, enjoy a backstage tour of the opera performance, and the final class meeting will be a breakfast in Santa Fe the next morning to discuss our operatic experiences and impressions. (13 max)

Register by May 31 as tickets will be confirmed June 1. Class cost includes ticket, backstage tour, and breakfast on Thursday. Plan to arrange lodging and transportation on your own. Please request the sheet with trip logistics at registration.

Dr. Vicki Holmsten and her husband Don Allen have an affinity for the Santa Fe Opera that extends the length of their marriage as they scheduled their wedding date around their Santa Fe Opera tickets 34 years ago. Dr. Holmsten taught English at San Juan College for over 25 years before she retired in 2014, and Don and Vicki have taught Encore's opera class numerous times.

Course fee of \$126 payable at registration.

Cost (including supply fee): \$132.50 residents 65 and older (first 6 credit hours)

\$173.50 residents under 65

\$273.50 non-residents

2018SU MUSI 104 E03

SJC Room 1908

10 am-noon TUE & THU 7/10 & 7/12

Field Trip: WED & THU 7/18-7/19 (experience begins in Santa Fe 1 pm WED)

Instructors: VICKI HOLMSTEN AND DON ALLEN

West African Drumming Ensemble

This fun, energetic and collaborative group (MUSI 299) plays West African and Cuban dance music and performs hand drumming in a drum circle approach, using djembes and dununs. No music reading skills or drumming experience required. Develop life skills such as group discussion, teamwork, listening skills, cultural exposure and physical strength while also developing musical concepts such as tempo management, patterns, movement in relation to African dance, creative thinking and ideas about “the beat.”(13 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E10

Henderson Fine Arts Center Room 9210

4-5 pm MON & WED 8/20-12/12 (no class 9/3 & 11/21)

Performance: TBA

Instructor: TEUN FETZ

San Juan College Orchestra

The San Juan College Orchestra (MUSI 184) provides students and community members the opportunity to prepare orchestral music in an educational environment and to perform regularly-scheduled concerts each semester. Enrollment is open to all players with a minimum of high school playing ability, regardless of age. Before registering call Teun Fetz at 505-566-3386. (30 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E11

Henderson Fine Arts Center Room 9210

6:30-9 pm MON 8/20-12/10 (no class 9/3)

Final Performance: TBA

Instructor: TEUN FETZ

San Juan College Concert Choir

The SJC Concert Choir (MUSI 172) is open to people who love to sing—including students and community members, young and older. Explore a wide variety of choral music which includes music from other countries, classical as well as pop tunes, folk music and much more. May be appropriate for students under 18. For more information, call Linda Edwards at 505-566-3273. (30 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E20

Henderson Fine Arts Center Room 9204

1-2:20 pm TUE & THU 8/21-12/11 (no class 11/22)

Performances: TBA

Instructor: LINDA EDWARDS

Jazz Big Band

This 18-member performance ensemble (MUSI 182) plays music from the 1930s through the latest fusion. Enrollment is open to all players with a minimum of high school playing ability, regardless of age. Before registering, call Teun Fetz at 505-566-3386. (18 max)

Delbert Anderson found his love for the trumpet in elementary school, his love for jazz in middle school, and his true passion, improvisation, in high school. He attended Eastern New Mexico University and now performs with the Delbert Anderson Trio.

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E12

Henderson Fine Arts Center Room 9210

7–9 pm TUE 8/21-12/11

Performances TBA

Instructor: DELBERT ANDERSON

Concert Band

Both college and community musicians are invited to play. From classical to jazz, from opera overtures to blazing marches, this band does it all! Make fine music with the Four Corner's oldest continuous community concert band (MUSI 180). Make friends with other musicians who love what they do. The Concert Band is featured in performances through the year, open to the public. Enrollment is open to all players with a minimum of high school playing ability, regardless of age. Before registering call Teun Fetz at 505-566-3386. (30 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E13

Henderson Fine Arts Center Room 9210

6:30–9 pm THU 8/23-12/6 (no class 11/22)

Performances: TBA

Instructor: TEUN FETZ

Masterworks Choir

Each October, the San Juan College Choir (MUSI 172), a community choir and the San Juan College Orchestra join together over a short time period in intensive rehearsal to present a substantive, major choral work. Rehearsals are primarily on Sunday afternoons and Monday nights. May be appropriate for students under 18. For more information, call Linda Edwards at 505-566-3273. (30 max)

Cost: \$6.50 residents 65 and older (first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E21

Henderson Fine Arts Center Room 9204

Regular credit class meets 1-2:20 pm TUE & THU 8/28-10/23; community members can expect to rehearse on Sunday afternoons and Monday nights. Contact Linda Edwards above for schedule.

Performance: 10/19

Instructor: LINDA EDWARDS

For non-credit enrollment options for music ensembles, see pages 4-5.

Listening Beyond the Music: Appreciating the San Juan Symphony

Music enriches our community, and under the leadership of Music Director Thomas Heuser, the San Juan Symphony's fall concert season is sure to delight. Discover the beauty of music where once you only heard sound and appreciate your symphony experience as never before, with two knowledgeable and enthusiastic guides. Rediscover old musical favorites and deepen your understanding with cultural information and pre-concert symphony talks. For information on the San Juan Symphony's 2018-2019 schedule and tickets, visit sanjuansymphony.org. **Students should purchase symphony tickets on their own.** (20 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E02

Class will meet on five Monday nights, tentatively planned for 9/24-10/22, room 1801. The full class schedule will be determined when the San Juan Symphony schedule is announced.

Instructors: CHRISTOPHER AND LAURA ARGOTSINGER

Christmas Choir

Join the Tuesday/Thursday San Juan College Choir for a variety of festive Christmas music leading to a few community performances and a college concert in December.

May be appropriate for students under 18. For more information, call Linda Edwards at 505-566-3273. (30 max)

Cost: \$6.50 residents 65 and older

(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA MUSI 104 E22

Henderson Fine Arts Ctr. Room 9204

1-2:20 pm TUE & THU 10/30-12/11

(no class 11/22)

Performance: 12/13

Instructor: LINDA EDWARDS

Gunsmithing

Problems with that old firearm? Do you want to customize, refurbish, repair or build that dream weapon? Learn trouble-shooting, small tool fabrication, filing, brazing, scope mounting, rebarreling, chambering, checkering, shaping trigger guards and more with San Juan College safety rules in place and pledges for firearm safety. Utilize the San Juan College machine shop to operate a lathe, mill and other shop equipment. **Supply fee of \$10 payable at registration.** (15 max)

Rick Brannan taught vocational shop in Bloomfield for 20 years, was a Navy Armorer, Avionics Tech and Military Police Officer, and has taught woodworking at San Juan College. Kevin Simmons has taught the gunsmithing class since 2007.

4 credit hours

Cost (including supply fee): \$36

residents 65 and older (first 6
credit hours)

\$212 residents under 65

\$636 non-residents

2018FA MASH 104 E01

Trades & Technology Room 2107

6-10 pm TUE 8/14-12/4

(no class 11/20)

Instructor: DAVID (RICK) BRANNAN

2018FA MASH 104 E03

Trades & Technology Room 2107

6-10 pm WED 8/15-12/5

(no class 11/21)

Instructor: KEVIN SIMMONS

Woodcarving Workshop

Join a growing community of carvers. Beginning students will learn sharpening, tool handling and other basics. Continuing and other experienced students will receive individual instruction as needed. All will be free to select their own projects and pursue their special interests in a workshop environment designed to accommodate every level of student. Instruction will be adapted to the needs of the students, and all students can learn from each other by sharing and observing. **Beginning students should obtain a list of recommended tools and supplies from the Community Learning Center office when registering the first time.** (15 max)

Wendel Petersen has been carving professionally for 25 years in Southern California and relocated to Farmington in 2013.

Cost: \$6.50 residents 65 and older
(first 6 credit hours)

\$50.50 residents under 65

\$156.50 non-residents

2018FA BLDT 104 E01

Trades and Technology Building Trades Shop Room 2223 (Use outside entrance labeled "Building Trades Program" rather than main entrance.)

3:30-6 pm WED 9/12-11/14

Instructor: WENDEL PETERSEN

Frame Your Artwork

Custom framing can transform the ordinary into a masterpiece. Whether framing artwork, a diploma, your grandchild's art, a photograph or a garage sale find, learn to frame like a professional—and be amazed by your finished product. Discover the basics of creating a frame, from color selection and measuring to mat cutting, molding selection and frame assembly. Expect to frame between three to six pieces during the class and leave with the knowledge to create well-designed projects in the future. **\$40 supply fee payable at registration covers one framed item; additional supplies for more framing will be the student's expense.** (10 max)

Gene Bennett taught art for 28 years and owned and operated a professional framing business for 19 years. He donated an extensive collection of framing equipment to San Juan College, which students will use in class.

Cost (including supply fee): \$46.50 residents 65 and older

(first 6 credit hours)

\$90.50 residents under 65

\$196.50 non-residents

2018FA BLDT 104 E02

Trades and Technology Building Trades Program Room 2221 (Use outside entrance labeled "Building Trades Program" rather than main entrance.)

3-5:30 pm THU 9/13-11/15

Instructor: GENE BENNETT