Master new tricks this fall as an avid lifelong learner.

Art, Cooking, Fitness, Tech, Business + MORE!

nmc.edu/ees  231.995.1700
Enroll online at NMC.EDU/EES or use the form on page 70.
NOTE: For last-minute date and location changes, visit NMC.EDU/EES to see each course’s current listing.

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Personal + Professional EDUCATION

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Register online at nmc.edu/ees

NOTE: LIFE Discounts do not apply to online registrations due to software limitations. If you qualify for the LIFE Discount, you will need to register by phone, mail, fax, or in person to receive the discount.

Welcome
Make lasting memories and add richness to your life with new experiences. You’ll find plenty of professional and personal learning opportunities here.

Classes begin continuously August through December. Register early for best selection. Registration instructions begin on page 68.

Thank you
We appreciate your continued support of NMC as we work to meet the needs of our community. Thank you for taking classes, attending events, and giving us feedback.

Introducing a NEW ONLINE registration system
NOTE: Life discounts cannot be applied if you use online registration, due to software limitations.

NMC Extended Education has a new software system for registering online. Happily, one of its many enhancements is the email confirmations you will receive: a receipt when you are charged for a course, and a confirmation that includes course title, date, time, and location. 45% of registrations are now completed online!

• Call-in, Mail-in, or Walk-in Registration: See pages 68-70 for registration forms and enrollment details.

• Online Registration: Everyone needs to create a new account the first time you register using the new system. See instructions for registering online on page 68. NOTE: If you qualify for the LIFE Discount, you will need to register by phone, mail, fax, or in person to receive the discount.

Register online at nmc.edu/ees

For the love of animals...

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Digital Marketing

Website Writing Essentials

“Your web copy—the way you write your content—might be losing you revenue” says Neil Patel of Forbes Magazine. Don’t let your website drive customers away. Learn how to hook your readers and pull them in with Website Writing Essentials. We’ll look at your home page, “about” page, and blog. Then figure out the best way for you to draw in the most quality visitors, since quality visitors are more likely to turn into paying customers!

Option 1: Tues., Oct. 3
6:30-8 p.m.
University Center Rm. 209

Option 2: Mon., Nov. 13
6:30-8 p.m.
University Center Rm. 209
Instructor: Karin Beery $29 each

Short Video Making: Brand Your Business or Invoke Change

Could you use a short video to promote your business and connect to your community? Help brand who you are as a company? Or, are you working to promote the need for change in this world? Whether for commercial or personal purpose, you’ll explore how to develop a documentary concept into a final product in this theoretical and hands-on class. We will study the ways in which by using film techniques you can empower your voice, raise questions about various issues in our society, and eventually bring about change. You must own a video-capable device (iPhone or android will work) and have home access to a computer for this project-based class. No prior film experience necessary.

7 Tues., Oct. 3-Nov. 21
7-9 p.m. (no class Oct. 31)
University Center Rm. 11
Instructor: Bogdan Heretoiu $159

Email Campaigns: List Management and Personalization

Discover how to fine-tune lists, optimize groups and personalize campaigns, using MailChimp (free for up to 2,000 names.) In a natural follow-up to Boost Your Email Campaigns – Best Practices, Rachel North, MyNorth media’s email guru, shares strategies for targeting your emails to list segments such as prospects, clients, and previous clients. Learn how to design sign up forms and how to use fields of data for maximized ROI. Basic computer skills required.

Thurs., Oct. 26, 6-8 p.m.
University Center Rm. 215
Instructor: Rachel North $39

Facebook and Google for Business: Social Media Tactics

Have you been dabbling in social media, but have yet to fully utilize its potential? Take it up a notch with a deeper dive into Facebook and Google. Explore ways these platforms can help grow your business and your brand awareness. Not sure what to post on social media? Learn how to create quality content and leverage advertising to get your message in front of your best audience. Want to increase your Google star rating? Discover a robust strategy to engage your customers and get those ever-important 5-star reviews! Leave with actionable takeaways to help your business thrive both online and off.

Wed., Nov. 15, 6-9 p.m.
University Center Rm. 212
Instructor: John Petrovich $49

See the expanded selection of Online Courses on pgs. 11-13.
Small Business/Entrepreneur

Area business experts bring you the expertise you need to finance, market, and manage your business endeavor with short, information-packed courses.

Starting a Business Workshop

Are you in the beginning stages of starting a business, in need of capital, or simply considering self-employment? This fast-paced introductory session helps you assess your ability to lead and manage a company and evaluate market and sales potential for your product/service. Start-up costs, financing options, and business planning are introduced, along with necessary steps to get started. The $59 cost of this class is underwritten by Small Business Development Center (SBDC). Registration is required.

Option 1: Wed., Aug. 30 8:30-11 a.m.
University Center Rm. 204

Option 2: Wed., Nov. 29 8:30-11 a.m.
University Center Rm. 209
Instructor: Annie Olds
Free; but pre-registration is required

Introduction to QuickBooks/QuickBooks Pro

Learn how to set up your company on QuickBooks for your small business accounting. You’ll learn to create invoices, receipts, and statements, track your payables, inventory, and receivables, create estimates, and generate reports. Bring your questions about QuickBooks. Prerequisite: working knowledge of Windows and basic keyboarding skills. Includes text.

4 Fri., Oct. 20-Nov. 10
9 a.m.-noon
Beckett Bldg. Rm. 217
Instructor: Holly Rudolph $199

Your 30-day Passion Project

Do you have a creative idea longing to see the light of day...perhaps a business, book, blog, web copy or a money-making idea that’s been calling for your attention...but, somehow you don’t get to it? In this nine-session class, you’ll find an idea you love and commit to 30 days of action to see where it leads you. Shift scattered energy into focused energy and discover whether your Passion Project idea deserves more attention or a different direction. First class Thursday, Sept. 28 meets face to face with additional four self-paced online sessions and four teleclasses where you’ll call a private conference phone number provided at the first class.

Mon. & Thurs., Sept. 28-Oct. 26 4-5 p.m. (first class Thurs., Sept. 28 meets on campus)
University Center Rm. 209
Instructor: Leslie Hamp $99

Crash Course for (New) Managers

Now that you’re a manager, you have a lot more on your plate including getting all of your tasks completed, answering employee questions, and leading the team. You CAN do it all! Learn some tips, tricks, and communication skills to successfully navigate the management waters. Effectively coach your employees to elevate performance, handle customer complaints like a pro, and improve your own performance by asking for feedback from your supervisor and the entire team. Learn to lead by example in this crash course for new managers and seasoned managers alike.

Tues., Oct. 10 6-9 p.m.
University Center Rm. 215
Instructor: Michele Lurvey $59

Payroll Taxes, Record Keeping, and Reporting

Calling all small business owners and bookkeepers who need assistance with preparing payroll tax returns. Learn to prepare all the required federal and state quarterly and annual payroll tax forms, payroll tax registrations, deposit requirements, and record keeping systems. Bring a calculator.

Thurs., Oct. 26 1-5 p.m.
University Center Rm. 209
Instructor: Donald Herrmann $59

Bookkeeping for Small Business

Learn basic accounting principles for record keeping, terminology, and how to prepare financial statements. Discover how to summarize the activities of a business through journal entries and understand how these activities lead to the preparation of income statements and balance sheets. This class is helpful prior to learning accounting software like QuickBooks or Quicken. The required text, Bar- ron’s E-Z Bookkeeping by Fitzpatrick/Kravitz, is available at NMC Bookstore (995-1285).

2 Tues. & Thurs., Oct. 10-19, 6:30-8:30 p.m.
Parsons-Stulen Bldg. Rm. 218
Instructor: Jim Bertoldi $95

Want updates about upcoming classes and events?
Sign up for our e-news
Go to: nmc.edu/ees
Call: 231.995.1700

Fall 2017
Register online at nmc.edu/ees or call 231.995.1700 | 5
How to Get the BEST Out of Your Employees

Discover how to get the best out of your employees by setting clear expectations from the start and creating attainable goals and action plans. Develop communication techniques that help elevate employee engagement and work performance. See examples of successful goal setting and how to follow up to ensure goals are met. Learn how to hold employees accountable. Immediately apply the skills you learn and help your employees grow professionally.

Wed., Oct. 25
6-8:30 p.m.
University Center Rm. 217
Instructor: Michele Lurvey
$49

Practical (Low-Cost/No-Cost) Marketing Strategies

Calling all entrepreneurs, retail or non-profit service providers that are looking to develop a marketing plan but are overwhelmed by the choices. Join Rachel North, Marketing Director for Traverse Magazine as she provides free or low-cost marketing options including ads, press releases and emails. Learn about free and easy blog options and how to photograph your key products or services. Find out how to efficiently collect email addresses and discover inexpensive ways to promote and sell online. Spend this time getting through the research step and move right into taking action.

Sat., Nov. 4
9:30 a.m.-1 p.m.
University Center Rm. 204
Instructor: Rachel North
$59
Trade and Craft Show Selling
Discover time-tested strategies to get your money’s worth out of Festivals and Trade or Craft Shows. Learn how to successfully set up a booth, the best prospecting methods, and how to avoid traps that commonly waste time and energy at an event. Pick up tips on how to leverage your involvement before and after the event. This is a perfect prep for the upcoming season of shows.

Thurs., Oct. 19 6-8 p.m.
University Center Rm. 212
Instructor: Rachel North $39

How to Properly Operate Your Condominium/Community Association
Need-to-know information for condominium/community associations—designed for board members, managers, developers, and association members. Guided by Robert Meisner, prominent condominium attorney, explore the many legal issues involved in the successful operation of an association. Get up-to-date information including: liability issues and how to avoid problems, successful enforcement of bylaws, handling violations, fiduciary duties, delinquent accounts, reserve accounts management, and dealing with the developer. You’ll also get tips on running successful board and membership meetings, plus time for your questions and concerns. Register together and save $10 on each (must enroll by phone: 231-995-1700.)

Thurs., Oct. 12 6-9 p.m.
University Center Rm. 204
Instructor: Robert Meisner $89

Careers and Certifications

Your First Job—Take the Stress Out of Your Search
Are you looking for that first job in high school, college, after college? Need help highlighting your skills, work, volunteer experiences and education? Join us to create or update a first-class resume, find out the importance of an application, and where to look for and find a satisfying job. Get the latest strategies to secure and keep a job. Laugh together as we look at what to do in an interview and more importantly what NOT to do. Leave with confidence that “you can do this” and have a leg up on your competition. Please bring a thumb drive to class.

4 Tues., Oct. 3-24 6-8 p.m.
University Center Rm. 217
Instructor: Lin Benfield $69

Your Next Job—Advanced Career Search
Are you looking to change careers? Looking for a better or different job? Do you think school or additional education or training might be required to find your dream job? Join us to create a new stellar resume and shop for a satisfying job using the latest strategies including social media, networking and current connections. Let’s have some fun learning the do’s and don’ts of interviewing and finally putting it all together to help you secure an edge over your competition! Please bring a thumb drive to class.

4 Thurs., Oct. 5-26 6-8:30 p.m.
University Center Rm. 217
Instructor: Lin Benfield $79

FAA Remote Pilot Test Preparation
The FAA has recently established standards for Drone Pilots, creating the Remote Pilot Certificate. Drone operators will have to pass an Unmanned Aircraft Systems (UAS) aeronautical knowledge test to legally fly drones commercially. Drones or UAS, are an exciting new technology making their way into a large number of industries; playing roles in movie production, agriculture, emergency response, photography, real estate, and countless other arenas, and are now one of the fastest growing tech markets in the U.S. NMC’s self-paced online course prepares candidates to take the Unmanned Aircraft General FAA knowledge exam. Get valuable instruction on topics ranging from airspace to weather, regulations, and more. The cost of this course is $299 and is not inclusive of the fee to take the FAA exam which is approximately $150 (call NMC Testing Center, 231-995-2257 to schedule the exam). For those looking to take it a bit further, NMC is bundling 10 hours of structured drone flight instruction for a total cost of $599. For more information about the course, call NMC Aviation at 231-995-2900. To register, call 231-995-1700. After registering, students must email Rob Dreer at rdreer@nmc.edu to begin the course.

Begin anytime
$299 for Online Test Prep course
Or $599 for Online Test Prep course, plus 10 hours of flight instruction
Instructor: Rob Dreer
Become a Certified Personal Trainer—ACE

Gain essential knowledge and practical skills to become an entry-level fitness trainer. Through classroom and fitness center time, learn guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting fitness assessments, and designing and implementing appropriate exercise programming. Course materials are from the American Council on Exercise (ACE). Upon successful completion, you will receive an NMC Certificate of Completion, 3.6 Continuing Education Units (CEUs), CPR certification, and be prepared to take the ACE national exam. The 36-hour training meets evenings and weekends. Price does not include the text, “ACE Personal Trainer Manual” (available at the NMC bookstore) or the certification exam. For details, phone or email Zack Light (231-946-4957 or jlight@nmc.edu). Testing information at www.nmc.edu/ees. Cost does not include text or exam.

Meets 8 consecutive days, Nov. 30-Dec. 7
Weekday classes: 5-9 p.m.
Weekend classes: 9 a.m.-3 p.m.
Phys. Ed. Rm. 202
Instructor: Zack Light $399

Online Career Training

Dozens of courses are available in the following in-demand occupations at www.nmc.edu/ees-online
• Health Care and Medical Coding
• Teacher Re-certification
• Business and Professional
• Information Technology
• Software Development
• Management
• Media and Design
• Skilled Trades

Michigan Teachers:
Earn your State Continuing Education Clock Hours (SCECH).

In the past two years, Michigan teachers have earned 2064 SCECH hours by taking 86 courses through NMC-EES.

“And these courses are convenient for my busy schedule and enhance my teaching with new ideas and techniques to better my instruction.”

—Jackie Stremlow, TCAPS Teacher

nmc.edu/ees-online
NMC Construction Programs
NMC construction programs in HVAC, Electrical, Carpentry, Facilities Maintenance, and Renewable Energy are offered for academic credit. Find details at nmc.edu/technical or call (231) 995-2777.

An Introduction to Voiceovers (Online)
Do people tell you that you have a great voice? Enjoy a fun and empowering 90-minute introductory workshop taught by a professional voice actor. Learn about different types of voiceovers and what tools you need to find success in this industry. You’ll be coached in this one-on-one video chat as you read from real scripts so that you can receive a professional voiceover evaluation later. Check out the video at http://www.voicesforall.com/ooo to get a better sense of how the class works. Must be 18 or over. Actual date is arranged with instructor. Call 231-995-1700 to enroll.

Day and time arranged
Instructor: Ashley Huyge $49

Grant Writing and Fundraising
Grant Basics
Foundations, state, and federal entities offer funding opportunities for a variety of purposes. Learn to identify your needs, clarify your purpose, and articulate it in a written format. Look at the grant development process, its components, and terminology. Discover what grant writing is all about in this overview session and leave knowing where to start in developing a grant proposal.

Tues., Sept. 26 6-8:30 p.m.
University Center Rm. 209
Instructor: Mary Bevans Gillett $49

Grant Writing: Next Steps
This continuation of the basic grant writing class is for those who have an idea of how to write a grant, but want more in-depth information and hands-on experience. It covers all aspects of developing a proposal for funding: creating goals, objectives, evaluation plans, and budgets. Learn about writing style and application presentation. You are encouraged to bring an idea and a funding agency application form or a completed proposal.

2 Tues., Oct. 17 & 24 6-8:30 p.m.
University Center Rm. 209
Instructor: Mary Bevans Gillett $79

Write Fundraising Letters That Work!
Think direct mail is a dying fundraising strategy? Think again! Learn how to create fundraising letters that draw your reader in, make them feel vital to your mission, and move them to action. Bring a sample of your most recent fundraising letter to dissect (a sample letter will be available). Leave with an understanding of how people actually read fundraising letters, the key elements of an effective letter, and how you can use stylistic elements to improve your response rates. This course is perfect for non-profit board/committee members, fundraising professionals or those seeking a career in philanthropy.

Mon., Nov. 6 6-8:30 p.m.
Biederman Bldg. Rm. 105
Instructor: Katharine Zurek $49

Contact us:
info@northskynonprofitnetwork.org
231.929.3934
View upcoming workshops:
www.northskynonprofitnetwork.org
Leadership + Team Skills

Lean Business

Communication Skills

Management + Strategy Deployment

Lean Value Stream Mapping Overview

See the flow of value as you follow a product or service's production path from “dock to dock” or “order to invoice.” Learn how to identify and collect accurate data to draft a Current State Map, how to use Lean concepts to identify areas for improvement, and how to create a Future State Map.

Thurs., Oct. 5
8:30 a.m.-12:30 p.m.  $95
To enroll call 995-2218

Get More Done

Would you like to reduce stress about everything going on in your life? Want to be able to make good decisions about the best thing to work on at this moment? Come learn about David Allen’s model of productivity and efficiency outlined in his best-selling book, “Getting Things Done.” We’ll review the core principles in his book, strategies for implementing them, and how to use technology to complement his model. Get ready to start on a new path to effectiveness! Text included in price.

Fri., Oct. 20
8:30 a.m.-12:30 p.m.  $95
To enroll call 995-2218

Lean 5S/Workplace Organization Overview

5S is a foundational Lean tool focused on workplace organization. This simulation will create an awareness of how a clean and organized work area impacts productivity, quality, attitudes, and safety in the workplace. Participants will be introduced to and practice lean workplace organization 5S principles: sort, set in order, shine, standardize, and sustain through a simulation.

Thurs., Oct. 26
8:30 a.m.-12:30 p.m.  $95
To enroll call 995-2218

Contact NMC Training Services to enroll in the trainings above
231-995-2218

NMC Training Services

Continuous Improvement – How can we help you?

- Gain new skills or sharpen those you currently have with NMC Training Services.
- Training is offered, using our proven Active Learning Model, in a variety of ways from on-going scheduled classes to customized company training and individual coaching.
- Every learning opportunity is presented in an engaging way with measurable results.
- Proven and effective courses.

Learn more about NMC Training Services at nmc.edu/training or contact Betsy Williams at ewilliams@nmc.edu or (231) 995-2018
Online Courses

Last year over 140 students discovered the convenience and ease of taking our online courses. These instructor-led courses are project oriented and include lessons, quizzes, hands-on assignments, and a discussion area to compare thoughts and ideas. Browse through the course catalog on our website, choose a topic, and enroll. Start dates vary with some starting on specific dates and others starting anytime you wish. To search hundreds of topics and register, go to www.nmc.edu/ees-online. LIFE Discount does not apply to online classes.

Computer Skills for the Workplace
(Online)
Most jobs today require a working knowledge of certain computer skills. This online course is a great introduction to Windows 10 and Microsoft Office 2016 software and provides the fundamental computer competencies you need to survive and prosper in today’s fast-changing workplace. For more information or to register go to www.nmc.edu/ees-online and click on Ed2Go Selections.

This 6-week course is offered monthly
$109

Mastering Computer Skills for the Workplace
(Online)
Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email and calendars in MS Outlook, and spreadsheets in MS Excel. You will leave this online course with a set of Microsoft Office Suite skills that are a workplace requirement in today’s ever-changing environment and will enable your future career success.

4 weeks, Sept. 5-30
Registration deadline: Sept. 9
$195

Introduction to Microsoft Word
(Online)
Knowing how to write reports and letters using Microsoft Word is a basic skill needed in nearly any job. Master all the basics of Microsoft Word as you learn to edit text; move words from one part of your document to another; work on two or more documents simultaneously; change the size or appearance of text; change margins and tab settings; use the grammar checker, spell checker, and thesaurus; and save, retrieve, copy, organize, and print your documents. For more information or to register go to www.nmc.edu/ees-online and click on Ed2Go Selections.

This 6-week course is offered monthly
$109

Introduction to Microsoft Excel
(Online)
Do you work with numbers? Then you need to master Microsoft Excel. Even non-techie beginners will find it easy to learn Excel in this fun, step-by-step online course. Learn dozens of shortcuts and tricks for setting up worksheets quickly and efficiently. Get tips on sorting and analyzing data, designing custom charts and graphs, automating frequently-repeated tasks, and more. For more information or to register go to www.nmc.edu/ees-online and click on Ed2Go Selections.

This 6-week course is offered monthly
$109

Introduction to Microsoft PowerPoint
(Online)
Take your PowerPoint presentations from so-so to sensational! Learn how to use Microsoft PowerPoint create professional-quality slide presentations that grab and hold your audience’s attention from start to finish. Discover powerful tools to save time and effort building your presentation. Embellish your slides with text, objects, SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks. For more information or to register go to www.nmc.edu/ees-online and click on Ed2Go Selections.

This 6-week course is offered monthly
$109

NMC Testing Center Professional and Workplace Certifications
Visit www.nmc.edu/testing or contact David Crawford at (231) 995-2257 or dcrawford@nmc.edu

Fall 2017
Register online at nmc.edu/ees or call 231.995.1700 | 11
Introduction to Microsoft Project  
(Online)
Discover how to effectively plan, implement, and control projects using Microsoft Project. Learn how to use Microsoft Project to think through and organize your project's details, plan a schedule, sequence tasks, produce a baseline, assign resources and costs, track your progress, analyze variances, and revise your project plan. Learn how to share your plan with clients and co-workers. For more information or to register go to www.nmc.edu/ees-online and click on Ed2Go Selections.

This 6-week course is offered monthly  $109

QuickBooks for Contractors  
(Online)
Designed specifically for the unique bookkeeping needs of the construction industry, this course shows you how to create custom estimates, methods for billing clients, and job cost reports. Prerequisite is Introduction to QuickBooks. This 6-week course is offered monthly. For more information or to register, go to www.nmc.edu/ees-online.

This 6-week course is offered monthly  $109

Michigan Real Estate Salesperson License Prep  
(Online)
Learn the fundamentals of real estate on your own time and at your own pace with this comprehensive online course. Successful completion satisfies the education requirement and qualifies you to take State of Michigan Real Estate Salesperson's License exam. Topics include contracts, liens, title and title transfer, leasing, land use and taxation, Michigan law, Civil Rights and fair housing, the Americans with Disabilities Act, finance, and more. Registration is completed online only. Begin the class anytime at nmc.edu/ees/online.

Deluxe Package (includes text)  $299
Basic Package (course only)  $199

Builder’s License Preparation  
(Online)
Get prepared to take the State of Michigan Builders and Contractors license exam by completing the required 60 hours of state-approved pre-license education. Study topics that include: building your construction business; contracts, liabilities, and insurance; asbestos abatement; project management; residential code review; construction safety standards; green building; marketing; and an overview of building trades. Students are required to purchase the 2015 Michigan Residential Code Book, published by the Bureau of Construction Codes. A 2nd book, Carpentry and Building Construction, 2016 edition, is recommended. Start this online course anytime; call (231) 995-1700 to register.

Option 1: Course and both books  $535
Option 2: Course and code book  $465
Option 3: Course only  $349

Home Inspection Training  
(Online)
Prepare for a career as a home inspector with this comprehensive 10-course training program. Endorsed by the American Society of Home Inspectors, the series provides the technical skills and expertise needed to succeed in the Home Inspection field. Courses include: Air Conditioning, Heating, Plumbing, Exterior, Electrical, Structure, Insulation and Interior, Roofing, and more. Begin the class anytime, call 231-995-1700 to enroll.

Start anytime  $425 each course
Wow, What a Great Event! (Online)
Are you planning a special event and could use some helpful advice? Considering event planning as a future career? Learn to make all the pieces in the event planning process fit together to make any size or type of event successful, whether it’s for your family, your employer, or your favorite charity. Learn about themes, venues, menus, entertainment, and décor; and how to avoid costly mistakes. For complete description and to register, go to www.nmc.edu/ees-online.

This 6-week course is offered monthly $109

Start a Pet Sitting Business (Online)
Translate your passion for animals into a profitable career and master the essentials of running a cat and dog sitting business. You’ll begin with pet care, including nutrition, exercise, first aid, and more. Next, you’ll discover how to handle home visits and impress your potential clients. Delve into finances and explore start-up costs, accounting, fee-setting, business plans, obtaining required insurance, and low-cost marketing. For complete description and to register, go to www.nmc.edu/ees-online.

This 6-week course is offered monthly $109

Self-Paced SAT Test Preparation (for High School Sophomores and Juniors) (Online)
NMC’s online SAT® prep program in partnership with Cambridge Education Services allows students to prep for this high-stakes exam over a 5-month period. Study at your own pace and when your schedule allows—all lessons, quizzes, tests, and strategies are online. The course focuses on ALL SAT subject areas (English, math, reading, and science). You’ll take practice tests and have an opportunity to go into all sections of the test to learn tips and hints, take quizzes for practice, and have a plan to successfully raise scores on the SAT. Start this online course anytime; you will have five months to complete it. Call 231-995-1700 to enroll.

Begin this course anytime $295

Writing News and Press Releases (Online)
The ability to write a good news story, press release or publicity notice is a skill that can set you apart in the workplace. Getting the word out is an essential activity for every organization. Acquire the skills good journalists have and learn how to craft a news story, press release or publicity notice that will get attention. Call 231-995-1700 to enroll.

4 Weeks, Nov. 6-Dec. 1 Registration Deadline: Nov. 10 $195

Project Management (Online)
Learn the critical concepts needed to plan, implement, control, and close any type of project. Become comfortable with project management, learn to develop a project plan, and discover powerful techniques to generate project ideas. For complete description or to register, go to www.nmc.edu/ees-online.

This 6-week course is offered monthly $109

Cyber Security for Managers (Online)
Cyber security issues affect nearly every part of our work, from online banking and education to Facebook and Wi-Fi. Get up to date on Cyber Security basics and fundamentals. Designed for non-technical managers, directors and others in the workplace, you’ll learn about threats and vulnerabilities, safeguards, common attacks, viruses, malware and spyware, disaster recovery planning, intrusion detection/prevention, basic security architecture, introductory forensics, and cyber terrorism. By the end, you will have the knowledge needed to safeguard your business and work information. Average time online is 16 hours.

4 weeks, Oct. 2-27 Registration deadline: Oct. 6 $195

YouTube for Business (Online)
Increase your business with YouTube, the online video site and now the second-largest search engine. Discover the power of video for your organization, and how to use video as a marketing tool to reach and serve more people. Find out what types of video work best on YouTube, how other business organizations are using it, how to create your own YouTube channel, and ways to add captions, annotations and other features. YouTube can enhance your current marketing and communication strategy. Take away proven techniques to make YouTube work successfully for your organization. Average time online is 16 hours.

4 weeks, Oct. 2-27 Registration deadline: Oct. 6 $245
Start Your Own Consulting Practice
(Online)
From start-up to taxes, learn the process of starting and operating a consulting practice, including licensing, legalities, record-keeping, and tax issues. For complete description and to register, go to www.nmc.edu/ees-online.
This 6-week course is offered monthly $109

Instant Italian
(Online)
You’ll learn how to ask directions, book a room, order a meal, and much more in Italian! Phonetic spellings of each word and phrase make mastering pronunciation a breeze. The course audio lets you hear and practice Italian. This 6-week online course is offered monthly. For more information or to register, go to ed2go.com/nmc.
This 6-week course is offered monthly $109

Helping Elderly Parents
(Online)
Gain insights, tools, and resources to help you help your parents deal with financial, legal, and health issues and much more. This compassionate, comprehensive course gives you the tools, techniques, and insights for this passage. For complete description or to register, go to www.nmc.edu/ees-online.
This 6-week course is offered monthly $109
Photoshop for Presentations (Online)
Acquire the skills to navigate an extensive list of Photoshop features. Gain foundational and advanced understanding of the popular software, and practice the most commonly used methods, such as managing text, working with layers, and image file properties. You will find out the purpose of each photo-editing tool and walk away with the skills to use them. You will even learn what the pros know. This one-month UGotClass course can be taken separately or as part of the Certificate in Presentation Media.
4 weeks, Oct. 2-27
Registration deadline: Oct. 6 $195

Graphic Design for Visual Presentations (Online)
Make your visual presentations look professional, and communicate effectively. Get the latest most advanced techniques on graphic design principles, including page layout, typography and basic design considerations. Take away more skills to create an effective and beautiful visual presentation on any presentation software program that you choose. This one-month UGotClass course can be taken separately or as part of the Certificate in Presentation Media.
4 weeks, Nov. 6-Dec. 1
Registration deadline: Nov. 10 $195

Legal Nurse Consultant Training (Online)
This exciting program prepares Registered Nurses and Physician’s Assistants for a career in the legal field as legal nurse consultants. Building on your medical education and clinical experience as an RN or PA, you’ll get fundamental skills necessary to advise law firms, health care providers, insurance companies, and governmental agencies regarding medically-related issues, and to appear in court as an expert witness. The curriculum complies with the educational guidelines specified by the American Association of Legal Nurse Consultants. You will get a comprehensive analysis of the principles and practices of legal nurse consulting (LNC), with an emphasis on law and expert witness testimony. There is also a systematic review for those preparing to take the Legal Nurse Consultant Certified (LNCC) examination. Required textbooks are not included in the cost of the course: Legal Nurse Consulting, Principles and Practices, 3rd edition 2 volume set, edited by Ann M. Peterson and Lynda Kopishke (2010), CRC Press ($175). This set may be purchased online at http://www.legalstudies.com/bookstore/. 42 hours online. Call 231-995-1700 to enroll.

Option 1: 7 Weeks, Aug. 21-Oct. 6
Option 2: 7 Weeks, Oct. 16-Dec. 1 $895 each

Legal Secretary Certificate Course (Online)
Whether you are preparing for work in a law office or have experience, you will gain essential skills to be efficient and effective. Topics include: legal terminology, legal process, jurisdiction, ethics, filing procedures, billing, accounting, records management, legal research, written communication, and much more. Offered in partnership with the Center for Legal Studies. NMC awards the certificate upon successful completion. Required textbooks are listed and available through CLS, $89, (www.legalstudies.com). Internet and word processing are the only tech requirements. Call 231-995-1700 to enroll.

Option 1: 7 Weeks, Aug. 21-Oct. 6
Option 2: 7 Weeks, Oct. 16-Dec. 1 $645 each

Paralegal Certificate Course (Online)
Gain comprehensive knowledge of the judicial system and practical skills in this 2-part course. Designed as preparation for work as a paralegal or as continuing education if you are an advanced legal worker. Learn how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation. Upon successful completion of both sections, you will be awarded a Paralegal Certificate from NMC. Offered in partnership with the Center for Legal Studies. Full details including text requirements and syllabus are available at www.legalstudies.com. Internet and word processing are the only tech requirements. Call 231-995-1700 to enroll.

14 weeks, Oct. 16-Feb. 23 (two 7-week sessions) $1289
Software Essentials for the Law Office
(Online)
As a legal professional, you know how essential it is to keep your knowledge of current technology up-to-date. Course topics include: operating systems and peripheral devices; time tracking and billing software; database, case management and docket control software; litigation support software; and electronic discovery, trial presentation and graphics software. Offered in partnership with the Center for Legal Studies. Textbook, Using Computers in the Law Office Bundle, is available through CLS, $209. Book details at www.legalstudies.com. Internet and word processing are the only tech requirements. Call 231-995-1700 to enroll.

Option 1: 7 weeks,
Aug. 21-Oct. 6
Option 2: 7 weeks,
Oct. 16-Dec. 1  $729 each

Legal Investigation Certificate Course
(Online)
This course qualifies you to assist attorneys, paralegals, insurance companies or private businesses, as well as state and federal government agencies, in the process of civil and criminal investigation. Areas covered include arson, products liability, personal injury and traffic accident forensics, employment accidents, professional malpractice and negligence, skip-tracing, and the role of a legal investigator. Offered in partnership with the Center for Legal Studies. NMC awards the certificate upon successful completion. The required textbooks are available through CLS, $20. Book details at www.legalstudies.com. Internet and word processing are the only tech requirements. Call 231-995-1700 to enroll.

Option 1: 7 weeks,
Aug. 21-Oct. 6
Option 2: 7 weeks,
Oct. 16-Dec. 1  $645 each

Getting the Most Out of Your iPhone
Learn how to use your iPhone as your calendar, your address book, your computer, and even your personal assistant. From identifying function buttons and settings, to using Safari to access the internet and everything in between, you’ll discover tips and techniques to get the most out of this powerful smart phone. Bring your fully charged iPhone to class for hands-on experience.

Option 1: Thurs., Sept. 21
6-9 p.m., University Center Rm. 216
Option 2: Tues., Nov. 14
9 a.m.-noon
University Center Rm. 209
Instructor: Steve Stanton  $49 each
($43 with LIFE Discount)

Getting the Most Out of Your iPad
The Apple iPad brings lightweight mobile computing that extends beyond the convenience of a laptop. See how iPads and iPhones can interact and increase your access to work, entertainment, information, and family. Discover what your iPad can do to replace your PC, how to access remote data, and download and use applications. Learn about connections like Bluetooth, WiFi and 3G, and how they improve your access to information, music, videos, and the world. Bring your fully charged iPad to class for hands-on experience.

Option 1: Tues., Oct. 3
9 a.m.-noon
University Center Rm. 209
Option 2: Wed., Nov. 15
1-4 p.m.
University Center Rm. 209
Instructor: Steve Stanton  $49 each
($43 with LIFE Discount)

Getting the Most From Your Android Tablet or Phone
Android is the powerful system behind all mobile devices other than iPads and iPhones. Learn to use your Android device efficiently. You’ll discover setting options, identify function buttons, enter and share contacts, download programs, upload pictures, and navigate through programs and apps. Discover tips and techniques to get the most out of these powerful mobile devices. Bring your fully charged device to class for hands-on experience.

Option 1: Wed., Sept. 27
1-4 p.m., University Center Rm. 209
Option 2: Thurs., Nov. 30
6-9 p.m., University Center Rm. 216
Instructor: Scott Johnson  $49 each
($43 with LIFE Discount)
More iPhone
Build on the skills you gained in the first iPhone course. Expand the functionality of your device as you learn its multi-tasking capabilities. Discover air drop, how to take screen shots, keyboard short cuts, dictation, printing, photo editing and more. Learn how you can adjust Siri settings and get the most from your voice commands. Bring your fully charged iPhone.

Wed., Oct. 11, 1-4 p.m.
University Center Rm. 209
Instructor: Steve Stanton
$49
($43 with LIFE Discount)

Cut The Cord:
TV/Media Access without Cable
What is “cord cutting?” And why are so many younger people doing it? Are you tired of paying high cable and satellite TV prices? Learn how to cut the cord and still have lots of viewing options. Learn about online streaming and the devices and methods that make it work. Save hours of researching the multitude of choices out there, and get the info you need here instead. Join the revolution, cut the cord, and save money.

Wed., Oct. 18, 1-3 p.m.
University Center Rm. 209
Instructor: Scott Johnson
$39
($34 with LIFE Discount)

Boost Your Computer’s Performance
Is your once robust and vibrant computer sluggish as a snail? Learn how to identify causes that slow your computer and get it humming at top speed again in this hands-on session. Explore several effective and free software programs for repairing and tuning your computer. Develop a strategy to prevent future problems and leave with the confidence to do this on your own at home. A working knowledge of computers is required.

Wed., Nov. 15, 10 a.m.-noon
University Center Rm. 209
Instructor: Scott Johnson
$39
($34 with LIFE Discount)

Sell Like an eBay Pro
Sell on eBay with confidence with this fun and practical workshop. Beginning with an overview of some eBay basics, you’ll walk through the process of selling safely and profitably. Discover important tips and tricks which will allow you to research your item’s potential value, write descriptions, post pictures, monitor bidding, and ship efficiently to maximize your success using eBay.

Tues., Nov. 7
5:30-8:30 p.m.
University Center Rm. 205
Instructor: Chris Doyal
$49

Get the Microsoft Office skills you need with convenient online courses—see pages 11-12.

Managing and Organizing Your Digital Photos
If you are shooting digital photos, you need to know how to store, retrieve, and work with them on your computer. Learn how to keep them organized and pick up tips for basic photo editing in this hands-on workshop. Work with file management, naming conventions, digital camera memory, transferring photos, and basic functions of photo editing.

Wed., Nov. 8
1-4 p.m.
University Center Rm. 205
Instructor: Steve Stanton
$49

Researching Your Roots
Explore your family’s history. Whether you are just getting started or your research is in progress, this workshop is for you. First, we will review and introduce the essential tools of genealogy that are now available online. Following lunch, we will do hands-on research and review some of the programs for recording the data we uncover. Throughout the workshop, learn different strategies needed for overcoming common difficulties inherent in researching family history. Bring any family history records you already have, along with the specific “brick walls” you have encountered. Bring a sack lunch and a flash drive for data storage.

Fri., Oct. 13, 10 a.m.-3 p.m.
University Center Rm. 205
Instructor: Tina Norris Fields
$69
($58 with LIFE Discount)
**InDesign for Beginners**
Learn the fundamentals of the world’s leading desktop publishing software—Adobe InDesign. Import and work with text and graphics, create custom color swatches, generate facing pages and master pages in multipage documents, and prepare and package documents for commercial printing. Whether you are a graphic designer, prepress professional, or a beginner, you’ll appreciate this intuitive page-layout application. A basic knowledge of computer applications is required. Includes text.

3 Mon., Oct. 23-Nov. 6
6-9 p.m.
Fine Arts Rm. 120
Instructor: Steve Kellman $135

**Digital Imaging – Adobe Photoshop**
Learn to use Adobe Photoshop, a photo manipulation tool, to create images for print and web. Learn how to use layers, effects, filters, masks and selection techniques for image editing. Incorporate type and vector objects into bitmap layouts. Explore color management, restore damaged images, automate tasks, and choose the proper color space for print and web applications. For this course, you will need your NMC ID and Password before the first class (available through NMC Helpdesk, 231-995-3020). Cost does not include text. May also be taken for academic credit.

**Option 1:** 15 Mon. & Wed.
Aug. 28-Dec. 13, 3:10-5:10 p.m.
Beckett Bldg. Rm. 204
Instructor: Alexandra Smith

**Option 2:** 15 Tues. & Thurs.
Aug. 29-Dec. 14
10:15 a.m.-12:15 p.m.
Fine Arts Rm. 120 $500 each
Instructor: Alexandra Smith

**QuickBooks**

**Introduction to QuickBooks/QuickBooks Pro**
Learn how to set up your company on QuickBooks for your small business accounting. You’ll learn to create invoices, receipts, and statements, track your payables, inventory, and receivables, create estimates, and generate reports. Bring your questions about QuickBooks. Prerequisite: working knowledge of Windows and basic keyboarding skills. Includes text.

4 Fri., Oct. 20-Nov. 10, 9 a.m.-noon
Beckett Bldg. Rm. 217
Instructor: Holly Rudolph $199

**Web Design**

**Beginning HTML**
Join the exciting world of web publishing. You will learn the essential skills of Hypertext Markup Language (HTML) and Cascading Style Sheets (CSS), designing and adding titles, paragraphs, images, links, lists, tables, and more to new web pages, and using CSS to style and lay out your pages. Peek behind the scenes of websites published on the internet, seeing how designers perform their web magic. Your new skills will be an important foundation if you plan to learn one of the graphic web page design programs such as Adobe Dreamweaver. Basic Windows skills required. Includes text.

3 Tues., Nov. 21-Dec. 5
6-8:30 p.m.
Beckett Bldg. Rm. 202
Instructor: Steve Kellman $139

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Find Quickbooks testing at nmc.edu/testing

Register online at nmc.edu/ees or call 231.995.1700

Fall 2017
Welcome to LIFE Academy where you will find unique learning experiences for those age 50+. You can stretch your mind, gain skills, and meet new people! Courses are listed with the regular price and the reduced price for residents of Grand Traverse County age 62+. Courses are listed on pages 19-29.

**Come Sail Away with the MHA**
Join experienced captain and crew members of the Maritime Heritage Alliance (MHA) and sail west Grand Traverse Bay! This unique small class will set sail on the 39-foot Champion, a custom-built cutter. Learn about sailing from the experts. Tie knots, take the helm, and hoist the sails while exploring Grand Traverse Bay. In the 1800s Michigan used sailing to drive its economy. Learn maritime history and traditions while sailing the beautiful waters of the bay and supporting Traverse City's Maritime Heritage Alliance.

Thurs., Sept. 7
4-7 p.m.
Discovery Pier (13268 S. W. Bay Shore Dr., TC)
Instructor: Captain Jay Ruzak  $169  ($138 with LIFE Discount)

**The Untold Story of Boot Lake**
Journey back to the summer of 1876 as you explore local Native American lore relating to the Old Indian Trail and the mystery of Boot Lake. Classroom session and a field trip also explore the local “pointer” trees and steles (inscribed concrete slabs) marking the Old Indian Trail between Traverse City and Cadillac. Gain understanding of Native American life in the 1880s and who used these trails. A short hike is part of each session. Oct. 2 meets in Scholars Hall on Main Campus; Oct. 9 meets in University Center (2200 Dendrinos Dr., TC).

2 Mon., Oct. 2 & 9
10:30 a.m.-noon
Oct. 2 in Scholars Hall, Rm. 32
Oct. 9 in University Center Rm. 209
Instructor: Jerry Sura  $39  ($34 with LIFE Discount)

**Ghost Towns of Sleeping Bear Dunes**
Ghost towns captivate our imaginations. Who were the people and what were their lives like? Sleeping Bear Dunes National Lakeshore is home to several ghost towns. Glen Haven is an example of what these logging villages were like in their heyday. Discover what happened to the towns and the people who lived there. We’ll travel to several ghost towns exploring areas of the park very few people find. The park adventure begins at the National Lakeshore Visitor Center. Van transportation is provided from the University Center to Empire and throughout the park then back to the University Center at 5 p.m. Includes lunch and transportation. Wear comfortable shoes and bring your camera. Transportation leaves at 8 a.m. from the University Center Parking Lot (if joining the group at SBDNL Visitor Center in Empire, arrive there at 9 a.m.)

Tues., Oct. 3
8 a.m.-4 p.m.
Transportation leaves at 8 a.m. from the University Center Parking Lot
Instructor: Kerry Kelly  $99  ($88 with LIFE Discount)

**Gift Certificates**
Make someone’s day!
Give a class of your choice or an amount to spend on any class they choose.

Order by phone: 231.995.1700
LIFE Lunch Fridays
Hungry to learn? Attend a LIFE Lunch and discover interesting people, places and ideas. You pack a sack lunch, we’ll provide riveting topics, and together we’ll enjoy the lunch-and-learns.

October LIFE Lunch—
Garbage Bag Suitcase:
A Foster Care Survivor’s Guide
Shenandoah Cheflo started life as a child with neglectful, drug and alcohol addicted parents. She mastered packing all of her belongings in minutes, changed multiple schools, faced hunger, cruelty, and loneliness. Finally at the age of 13, Shen had had enough and requested to be placed into foster care. Shen became part of the 3% of all foster care children who get into college, and the 1% who graduate. Despite her numerous achievements in life, she still suffers from the long-term effects of neglect. Award-winning author of her memoir, “Garbage Bag Suitcase,” Shen is relentless to find grass-root solutions on how to revamp the broken foster care system. Bring a sack lunch; beverages and dessert provided.
Fri., Oct. 20
Noon-1:30 p.m.
University Center Rm. 215/217
$10 (bring your own lunch)

Radiant Lotus Women’s Qigong
As women, we are natural nurturers and often take better care of our loved ones than ourselves. Rediscover yourself in a whole new way; relax your body, calm your mind, and let your spirit soar! See page 61 for details.

Chakradance™
Come balance your energy systems through the “musical sister of yoga.” Chakradance™ is a dynamic moving meditation to music, helping you feel more balanced, deeply connected to your whole self. See page 60 for details.

September LIFE Lunch—
Mind Full or Mindful?
Discover the Joy of Mindfulness Practice
In our busy world, forms of mindfulness are not used as a spiritual practice but as mind-training techniques to help us focus our attention/awareness to be happier, more productive and compassionate. Research confirms that these practices can help us slow down and flourish in a multitasking and multimedia culture. Kristy McDonald has been practicing meditation for over 15 years. She traveled to Thailand in 2015 on a sabbatical for three months to learn new mindfulness, meditation and body-mind connection techniques. Join her to learn about some of the research on mindfulness, how to incorporate mindfulness into your life and how to create a personal mindfulness practice. Bring a sack lunch; beverages and dessert provided.
Fri., Sept. 29
Noon-1:30 p.m.
University Center Rm. 215/217
$10 (bring your own lunch)

Forever Fit—
FREE Try Before You Buy
Get all your weekly exercise needs met in this flexible fitness option. Choose from many different types of fitness classes offered at various times. Best of all—you are invited to try as many classes as you want the first week (Sept. 11-15) for FREE! See page 58 for details.

Register online at nmc.edu/ees or call 231.995.1700 Fall 2017
Defeating Dizziness: Build Your Balance

From your foot to your inner ear, your ability to balance can be strengthened in three specific systems. Join FYZICAL Therapy and Balance Centers’ experts to learn about these systems and the common issues that affect balance, including vision, hearing, strength, medications, viruses, vestibular problems and more. Practice vestibular exercises to strengthen the messages the inner ear sends to the brain, somatosensory exercises to improve the nerve pathways from our muscles and joints to the brain, and discover how our visual system can over- or under-function in complex environments. Don’t wait for a fall to occur to start building your balance! Classes include 45 minutes of exercise and 15 of lecture, Q & A.

6 Tues., Sept. 26-Oct. 31
2-3 p.m.
Meet at Fit For You
(1226 S. Garfield Ave.)
Instructors: Beth Dole & Rex Holden
($58 with LIFE Discount) $69

Feldenkrais

Engage your brain’s plasticity to improve comfort and mobility! Join Alice Brydges to experience a revolutionary approach to improving human function through somatic movement (conscious focus on the internal experience of movement.) The Feldenkrais Method® employs a variety of user-friendly movement lessons and a gentle hands-on approach that engages your brain’s neuroplastic abilities to bring about improvements in flexibility and coordination, and increase ease and range of motion. Wear loose, comfortable clothing and bring your curiosity to explore from the inside out! Join us Thursday, Sept. 7, 11:15 a.m., for a FREE drop-in class!

Option 1: 6 Thurs.,
Sept. 14-Oct. 19
11:15 a.m.-12:15 p.m. $69
($58 with LIFE Discount)

Option 2: 7 Thurs.,
Oct. 26-Dec. 14 (no class Nov. 23)
11:15 a.m.-12:15 p.m. $79
($66 with LIFE Discount)
Meet at Yoga For Health Education
(1200 W. 11th St. Suite 211, 2nd floor Bldg. 50)
Instructor: Alice Brydges

Gentle Yoga

Find out why so many have found that yoga improves flexibility, strength, posture, and balance, as well as physical and spiritual wellness. Gentle Yoga is designed for people of any level of physical ability who prefer a more mindful, gentle practice. Wear comfortable clothing for movement.

14 Tues., Sept. 12-Dec. 12
10:15-11:30 a.m.
Phys. Ed. Rm. 120
Instructor: Margaret Bennett $159
($130 with LIFE Discount)

Chair Yoga

Be the best version of yourself—come explore your potential with yoga! Enjoy the benefits of the essential elements of yoga in seated position. Yoga improves flexibility, posture, balance, and spiritual and mental wellness. Practice a variety of yoga poses and discover the rewards of gentle stretches, postures, and relaxation through breathing and meditation. All levels and abilities are welcome. Meets in Dennos Museum Janis Room.

9 Fri., Oct. 13-Dec. 15
1-2 p.m., (no class Nov. 24)
Dennos Museum Janis Rm.
Instructor: Margaret Bennett $99
($82 with LIFE Discount)

Lifelong Learning— Campus Day for 50+

Create your own learning day! Select three sessions from over 40 unique options about the ever-changing world in which we live—from regional issues to area attractions, tech skills, wellness, travel, the arts, and more. Hear from community experts and NMC faculty. Order the convenient box lunch or bring your favorite brown bag for the get-acquainted lunch break. Beverages are provided. Session topics will be available at the end of October at www.nmc.edu/ees and by mail. This popular event has sold out the last four times it was held. Register now to receive first choice of sessions when the topics are published.

Fri., Nov. 17, 9:45 a.m.-2:30 p.m.
NMC University Center (Cass Road)
$39 – includes lunch
$29 – bring your lunch
(low-income registration is $15, lunch is $10 additional)
Is Africa on your bucket list? Travel to one of the continent’s greatest treasures: Morocco. Get ready for an educational exchange of a lifetime March 1-9, 2018. From colorful tiles and architecture, to one of the great cuisines of the world, your senses will be amazed by all Morocco has to offer. Experience iconic Casablanca, travel to Fes, Marrakech and other astounding cities. Experience royal palaces, mosques, belly dancing, famous gardens, camel rides and more. Attend the introductory meeting, September 6, for more information; if you are unable to attend, email Hillary Voight for more information: hvoight@nmc.edu. There is no charge to attend but registration is required. Price including airfare is currently being negotiated with an anticipated price of $3,500-$4,000.

Morocco Trip Introductory Meeting
Wed., Sept. 6, 1-2 p.m.
University Center Rm. 204
Free of charge, but pre-registration is required.

You are invited to join others on a trip of a lifetime to Morocco! See trip details above.
Aquatic Insects and Water Quality

There are some incredible insects and other invertebrates that spend much of their life in water before emerging to the land or air. Learn the natural history of these insects and how the quantity and quality of aquatic life equates to the health of a stream or body of water. In this hands-on course, join the staff of the Grass River Natural Area as you work with the tools and techniques used to measure water quality in our region by looking at our local fauna. Run chemical and physical field tests and evaluate your results to determine the levels of oxygen, turbidity, pH, temperature, and nutrients. The first class meets in the classroom, the next two meet at Grass River Natural Area near Alden/Bellaire (directions provided at the first class.) This course qualifies for credit toward the Northern Naturalist certificate.

3 Thurs., Sept. 21-Oct. 5, 1-4 p.m.
University Center Rm. 212
Instructor: James Dake
($74 with LIFE Discount)

$89

Become a Northern Naturalist

Qualifying courses on pages 22-24:
- Insects and Bugs for the Naturalist
- Dragonflies and Damselflies (new)
- Into the Wilderness
- Aquatic Insects and Water Quality (new)
- Sleeping Bear Dunes
- Guide to Tree Identification
- Native Trees and Shrubs
- Birds Up Close (new)
- Environmental Studies

Northern Naturalist Certificate

This continuing education certificate program focuses on the Northern Michigan natural environment. Designated courses taken over the last 2 years can be included.

Find certificate details at www.nmc.edu/naturalist (231) 995-1700

Sleeping Bear Dunes—The Big Story

Habitats, creatures, plant life, challenges—want to know more about the Lake Michigan shoreline and the 71,000+ acres of national parkland in our backyard? Explore the habitats from dunes, forests, and meadows to wetlands and rivers and the issues facing each, as well as the birds, mammals, amphibians, fish, and plants. The first two sessions are in the classroom. The last day is a longer guided field experience (1-5 p.m.) in the Sleeping Bear Dunes Park with carpools arranged at the 2nd class (cost does not include vehicle entrance fee.) This course qualifies toward the Naturalist Certificate.

3 Sessions with Field Trip
2 Thurs., Sept. 21 & 28, 10 a.m.-noon
AND
Thurs., Oct. 5, 1-5 p.m. (field trip)
University Center Rm. 209
Instructor: Kerry Kelly
($75 with LIFE Discount)

$89

Birds Up Close

When the robins head south and the chickadees huddle in the evergreens, explore the fascinating adaptations of Michigan’s birds in the comfort of the science lab. Using NMC’s incredible collection of over 100 specimens, you’ll examine a broad variety of birds up-close and in your hands. Compare different groups like ducks, hawks, songbirds, owls, and woodpeckers to see how they are well suited for their environments. This course qualifies toward the Naturalist Certificate.

Wed., Nov. 15, 6:30-9 p.m.
Health & Science Bldg. Rm. 115
Instructor: Kirk Waterstripe
($38 with LIFE Discount)

$45

Fall 2017

Register online at nmc.edu/ees or call 231.995.1700 | 23
Guide to Tree Identification
Enhance your hiking, landscaping, and outdoor adventures by learning to identify the beautiful trees and woody shrubs of northern Michigan and their invasive counterparts. Discover their roles in the eco-system and learn plant classification, tree identification, and nomenclature in the classroom. Then take to the woods at the 2nd class for a leisurely 3-hour guided field walk. Put your new knowledge to work learning unique physical characteristics, habitats, and growing conditions. Recommended book, “Trees of Michigan: Field Guide” by Stan Tekiela (or any Michigan/Midwest tree guide), can be found at most bookstores (approx. $13) or online.

2 Thurs., Oct. 12 & 19
1-4 p.m.
University Center Rm. 215
Instructor: Bo Burke
($58 with LIFE Discount) $69

Native Trees and Shrubs: A Guided Walk
Experience a leisurely 3-hour guided walk, on level ground, in the woods with ISA certified arborist, Bo Burke. Become familiar with the majestic and varied trees and shrubs of northern Michigan. Learn their unique physical characteristics, their habitat, and growing conditions. With your newfound knowledge, you’ll be ready to practice tree identification and skills on future nature walks. This course qualifies toward the Naturalist Certificate. Dress to walk outdoors.

2nd class meets at Cedar Run Creek Natural Area (4300 Cedar Lake Rd., TC). This course qualifies toward the Naturalist Certificate.

Option 1: 4 Mon., Sept. 18-Oct. 9, 1-4 p.m.
University Center Rm. 215
Instructor: Pam Shaberly
($58 with LIFE Discount) $69 each

Option 2: 4 Mon., Nov. 6-27, 1-4 p.m.
University Center Rm. 215
Instructor: Peggy Rod
($58 with LIFE Discount) $69 each

Environmental Studies—A Northern Michigan Overview
How is the environment in Northern Michigan changing? What are the most pressing ecological issues facing our region? Explore issues pertinent to our forests, wetlands, the Great Lakes, and the human population. Sessions cover natural history, regional ecology, environmental management and sustainability. Gain a stronger sense of place, new insights, and practical knowledge in this up-to-date overview. This course is open to all and is a core course towards the Naturalist Certificate.

Mon. & Wed., Dec. 11, 13 & 18
1-4 p.m.
University Center Rm. 209
Instructor: Liana May
($65 with LIFE Discount) $79

Mah Jongg Madness
Are you looking for a new mental challenge? Learn the ancient Chinese game of Mah Jongg—a game of skill coupled with wit and fortune. Examine a brief history of the game, the tiles and cards used, and rules set by the National Mah Jongg League. Experience actual playing time to apply what you learn. Mastery of the game takes practice and patience, and your effort will be repaid many times over by the enjoyment derived.

Option 1: 4 Mon., Sept. 18-Oct. 9, 1-4 p.m.
University Center Rm. 215
Instructor: Pam Shaberly
($58 with LIFE Discount) $69 each

Option 2: 4 Mon., Nov. 6-27, 1-4 p.m.
University Center Rm. 215
Instructor: Peggy Rod
($58 with LIFE Discount) $69 each

Leonard Bernstein’s World
Leonard Bernstein was one of the most colorful and multi-talented American musicians of the 20th century. His creative work as a conductor, concert pianist, writer and teacher has left an enduring mark of excellence on the concert stage, the world of musical theater, and arts education for all ages. Join Lyn Salathiel and Dave Parrish as they investigate the people, events and experiences leading to Bernstein’s amazing accomplishments.

2 Thurs., Sept. 28 & Oct. 5
1-3:30 p.m.
University Center Rm. 207
Instructors: Lyn Salathiel & Dave Parrish
($50 with LIFE Discount) $59
Learn to See as an Artist Sees, and You Can Draw as an Artist Draws

Drawing has very little to do with natural talent and everything to do with learning how to see the way an artist sees. Learn why you draw the way you do, and discover a step-by-step method that teaches accessing the right side of the brain. Yes, you can learn to draw! Bring an inexpensive 11 x 14 inch drawing pad, two pencils, and a kneaded eraser.

6 Tues., Oct. 3-Nov. 7
6-8 p.m.
University Center Rm. 07
Instructor: Elizabeth Abeel $129
($106 with LIFE Discount)

Learn to See as an Artist, Part II

Continue to enhance your ability to access the creative right side of your brain and improve your drawing skills by building on the concepts you’ve learned in Learn to See as an Artist Sees. This course explores the light and shadow or values in specific detail which ties the previously learned four basic perceptions together. A material fee (approximately $28) is payable to the instructor at the second class. Prerequisite: Learn to See as an Artist Sees.

6 Tues., Oct. 3-Nov. 7
3:30-5:30 p.m.
University Center Rm. 07
Instructor: Elizabeth Abeel $129
($106 with LIFE Discount)
(does not include $28 material fee)

Everyone Is an Artist

Art isn’t just for “artists!” Discover your inner artist and find magic in each day. Elizabeth Abeel, instructor of NMC’s popular Learn to See as an Artist Sees course, shares a tool she has created to help develop your inner artist and enhance your view of the world. Learn the philosophy behind the concept and get a hands-on start in class. The creativity tool kit is included in the cost ($25). This class is ideal for those who have taken Learn to See or as a great introduction for anyone—no previous art training or experience required. Open to adults and youth age 12+ (when accompanied by an enrolled adult.)

Tues., Nov. 14
6-8 p.m.
University Center Rm. 07
Instructor: Elizabeth Abeel $59
($55 with LIFE Discount)

Botanicals Paper Collage Workshop

Do you like to create your own artwork for your home or gifting? Using botanicals as the subject matter, you’ll design a captivating paper collage on a 2’ x 2’ Masonite board with gel medium, acrylics, reference photos, and torn paper. You will be provided with a basic underpainting and learn how to apply torn and painted collage through demonstration and hands-on guidance. We will use reference photos, art materials, and a 2’ x 2’ Masonite board. Leave with a beautiful, finished work of art that can be framed. All materials included.

2 Wed., Sept. 20-27
6:30-8:30 p.m.
Great Lakes Campus Rm. 103
Instructor: Jackie Freeman $79
Writing Your Life Stories

Have you had the urge to put your stories on paper? Whether for family and friends or as a gift to yourself, take time to capture pieces of your journey in writing. As a beginning or experienced writer, you will find content by working with memories, photographs, letters, and a variety of writing techniques to help you vividly portray the people, places and events that have influenced your life. Bring writing materials, a 3-ring binder, and your enthusiasm.

4 Mon., Oct. 2-23
2-4:30 p.m.
University Center Rm. 208
Instructor: Debra Jackson
$99
($83 with LIFE Discount)

Norma and Die Zauberflöte

Find out which Druid priestess wins the love of the Roman conqueror and how the loser gets revenge in this Bellini bel canto classic. Does Mozart’s masterpiece reveal Freemasonry secrets? Is the Queen of the Night the power behind the flute’s magic? Learn how Disney’s Lion King director Julie Taymor stages this Mozart favorite.

Fri., Oct. 6, 1-3 p.m.
University Center Rm. 214
Instructor: Margaret Schaal
$25
($22 with LIFE Discount)

Exterminating Angel and Tosca

A dinner party where the guests can’t leave? Unravel the surreal plot and music behind Thomas Ades’ modern opera. When Kristine Opolais’ Tosca visits Bryn Terfel’s Baron Scarpia, will they make a deal? What is new and improved about the MET’s 2017 Tosca?

Thurs., Nov. 16, 1-3 p.m.
University Center Rm. 215
Instructor: Margaret Schaal
$25
($22 with LIFE Discount)

The Life Story—A Sequel

You have enjoyed Life Story writing and you are ready for more. Now continue (or renew) your writing in this experience designed to motivate new writing and enhance your skills. Focusing on the craft of good story writing, we will work with the writer’s challenges in creating a sense of place, vivid characterizations, crossing the not-so-fine line between fact and fiction and more. The class is designed for those who have taken a previous life story writing class. Bring pen, 3-ring binder, and paper.

3 Mon., Oct. 30-Nov. 13
2:30-4 p.m.
University Center Rm. 208
Instructor: Debra Jackson
$59
($50 with LIFE Discount)

Retirement Secrets—Your Best Is Yet to Come

Nearing retirement? Already retired? Many things can threaten your ability to outlive your assets and retire well—the big three being healthcare, inflation, and income taxes. Learn to navigate the critical issues that a retiree must deal with. You’ll learn how to plan for a predictable and sustainable income, minimize taxes on your IRAs, maximize social security benefits, and avoid estate planning mistakes. We’ll also discuss long-term care concerns and what investments are appropriate in different situations. Materials provided. Your spouse or guest attends free.

2 Wed., Oct. 4 & 11, 6-9 p.m.
Great Lakes Campus Rm. 101
Instructor: Larry Flynn
$69
($58 with LIFE Discount)

Simplify Your Life

They say less is more! In this interactive class, we’ll define simplicity as a lifestyle choice. Find ways to identify challenges and time thieves. Explore how to simplify beyond the clutter and tackle busyness, health, finances, and more. Discover how less stress, less stuff, and fewer obligations leads to a happier and healthier life. Learn a systematic process, gain resources and walk out with an action plan to start simplifying your life.

Wed., Nov. 1, 6-9 p.m.
University Center Rm. 218
Instructor: Jessica Merwin
$49
($42 with LIFE Discount)
Christianity in America
From the earliest roots, jump a few centuries and investigate the spread of Christianity in the United States. How did those formative first years transition to what we have today? Explore the early settlement, the remarkable variety and vitality, the astounding growth of denominations like Methodists, Baptists, and Pentecostals. Look at ethnic divisions, the sociology of denominations, culture wars, and the present status.

2 Wed., Oct. 25 & Nov. 1
1-3 p.m.
University Center Rm. 215
Instructor: Allen Horstman  $55
($41 with LIFE Horstman Discount)

Finding Common Ground
“What unites us is far greater than what divides us,” spoke John F. Kennedy. We are living in divisive times. People are feeling politically polarized, individually isolated, and frightened by feelings of uncertainty. It is difficult to start a conversation with your neighbors and friends when you are not sure “what side they are on!” The truth is, we share more in common than that which we perceive divides us. Join acclaimed storyteller and narrative consultant, Jenifer Strauss, to engage in a series of gentle and exploratory prompts based on common experiences. Use storytelling and deep listening to find common ground. Come with curiosity and leave with stories that help you feel connected and heard.

Thurs., Oct. 26
6:30-8:30 p.m.
University Center Rm. 204
Instructor: Jenifer Strauss  $39
($34 with LIFE Discount)

Say “I Do” to Officiating Your Family or Friends’ Wedding
55% of today’s couples are asking loved ones to lead their wedding nuptials rather than selecting a professional. Have you been asked to officiate a wedding? Learn the 10 big Do’s and Don’ts of leading a ceremony. Review your legal responsibilities. Leave with a blueprint, interview questionnaire, and a rough draft of a personalized ceremony. See page 60 for details.

Global Issues

War Against North Korea?
Are we on a collision course with the world’s most isolated country? Can North Korea’s drive to obtain a nuclear strike capability against the US be stopped? What options exist to prevent a ruinous conflict on the Korean Peninsula and nuclear blackmail by Kim Jong Un?

Tues., Sept. 26, 1-4 p.m.
University Center Rm. 204
Instructor: Jack Segal  $49
($43 with LIFE Discount)

President Trump’s Middle East Strategy
With his speech in Riyadh in May 2017, the president shifted the US firmly into the Saudi camp and in opposition to Iran. That move has far-reaching implications for US policy in the Middle East, for Iranian internal politics, for Israel and other US allies, and for the Saudis themselves. How the US policy in the region is likely to evolve will be explored in a three-hour discussion/lecture.

Tues., Oct. 10, 1-4 p.m.
University Center Rm. 204
Instructor: Jack Segal  $49
($43 with LIFE Discount)

Russia Goes to the Polls
Russia will hold a Presidential election in 2018 that promises to be a referendum on President Putin’s policies. What issues are involved, whether the election will be “democratic”, and what we can expect from the process will be reviewed. This course coincides with the November 16, 2017, International Affairs Forum lecture with John R. Beyrle, U.S. Ambassador to Russia 2008-2012.

Tues., Nov. 7, 1-4 p.m.
University Center Rm. 204
Instructor: Jack Segal  $49
($43 with LIFE Discount)

History of the Anishinabek
The history of our region gets its roots from the Odawa Anishinabek who settled here many, many years before Traverse City, Suttons Bay, Northport, or other towns were established. But what do we know of these people and their influences on the region? Join JoAnne Cook, former Grand Traverse Band of Ottawa and Chippewa Tribal Council member, as she shares the history of the Anishinabek people from the Grand Traverse Region. The tribe is one of the three recognized tribes of Odawa peoples in Michigan. JoAnne believes tradition and culture is vital to the Anishinabek way of life and highlights her learning of the 3 Fires people. Learn about the native culture with teaching, philosophy and stories, and discover cultural changes that have evolved over time.

2 Wed., Sept. 27 & Oct. 4
1-4 p.m.
University Center Rm. 204
Instructor: JoAnne Cook  $69
($58 with LIFE Discount)
Traveling to a foreign land? Take a language class beforehand. See pages 49-50 or visit nmc.edu/ees-online

A Cultural Immersion: Captivating China
Experience China’s heritage and traditions by immersing yourself in one of the world’s oldest continuous cultures and fastest growing powers in the modern world. Explore the inner balance and peace gained through the simple, yet elegant, practice of calligraphy. Hear the sing-song flow of the Chinese language as you learn a few simple words and phrases. Then take a virtual photographic journey through several temples. Observe how they are a celebration of art, history and education. Lastly, understand the importance of food as you enjoy a traditional tea ceremony.

3 Thurs., Oct. 5-19
9:30 a.m.-noon
University Center Rm. 204
Instructor: Chiao St. Charles
$69
($58 with LIFE Discount)

International Affairs Forum
FALL LINE-UP 2017

September 21, 2017
US/Mexico: Wall or No Wall, A Border in Turmoil
Alfredo Corchado
Award-winning Mexican-American journalist,
Mexico City bureau chief of The Dallas Morning News

October 19, 2017
Meeting America’s Global Education Challenge - Why Our Kids Need Passports and Should Use Them!
Dr. Allan Goodman
President and CEO, Institute of International Education

November 16, 2017
Russia 2018: Putin’s Last Act?
John R. Beyrle
U.S. Ambassador to Russia, 2008-2012 and recipient of the Presidential Distinguished Service Award

Series continues in 2018: Feb. 15, March 15, April 19, May 17 & June 21

All lectures begin at 6 pm (pre-reception at 5:15 pm)
at NMC’s Milliken Auditorium
Tickets $15 at door (free for current students & educators)

The Mission of the International Affairs Forum of Traverse City is to advance understanding of the world and its critical issues through education and public dialogue.

For further information and membership: tciaf.com or 231.995.1700
Global Issues—2017
Prepare to discuss the world! Go beyond the headlines of today’s issues in this lively discussion group that explores eight significant global concerns. Great Decisions briefing books, published by the Foreign Policy Association, are the primary resource. Topics for 2017 include the future of Europe, trade and politics, conflict in the South China Sea, Saudi Arabia in transition, U.S. foreign policy and petroleum, Latin America’s political pendulum, Afghanistan and Pakistan, and Nuclear Security. The impartial materials provide thought-provoking analyses in a written guide complemented by updates and video segments. Register for the 8-week series or either 4-week segment. Briefing books (texts) are available in the EES office for $20. Please read the first topic prior to session one.

Both parts meet 4 Wed., 3-5 p.m.
Part 1: Sept. 27-Oct. 18
Part 2: Oct. 25-Nov. 15
University Center Rm. 214
Discussion Leader: Fred Curow
$59 each part
($50 with LIFE Discount)
$109 both parts
($90 with LIFE Discount)

End of The American Dream: From a Middle Class Nation to Haves and Have-Nots
Historically, the American promise was about opportunity for all. There were big differences in wealth, but Abe Lincoln’s Log Cabin myth held more than a little truth. What’s more, American society has been marked by dominance of a large, stable middle class which has set the tone for cultural and political values. However, over the past 40 years a set of changes in society and the economy and government policy have worked together to a) shrink the middle class b) weaken the lower-middle and lower class, and c) set the upper-middle and upper classes off into a separate realm. What’s worse is the divisions may be permanent. Join Phil Mikesell as he highlights how America may be moving away from a land of equal opportunity and toward a system of stratification based on “inherited meritocracy.”

Thurs., Nov. 2, 1-3:30 p.m.
University Center Rm. 204
Instructor: Phil Mikesell
$39
($34 with LIFE Discount)

LIFE Discounts
Residents and/or property owners in Grand Traverse County at least 62 years of age are eligible for a LIFE Discount entitling you to a 20% tuition discount (excluding fees) on NMC courses. Note: the LIFE Discount cannot be applied if registering online.

LIFE Scholarships
Partial scholarships are available for those age 55+, for most LIFE Academy courses. The Tompkins Computer Scholarship can apply toward any computer course. Call 231-995-1700 or stop by the University Center on Cass Road for a scholarship application.

S.O.A.R. Program:
Skills, Opportunity, Achievement, Reward

S.O.A.R. For students with cognitive disabilities
NMC is proud to announce a new pilot continuing education program for adults with cognitive challenges and disabilities. The program is called Skills, Opportunity, Achievement, Reward (S.O.A.R.) The goal with SOAR is to provide noncredit lifelong learning opportunities that are tailored to this audience, emphasizing hands-on, experiential learning with ample time and flexible pacing, and added support. Each course will have a classroom assistant and allow additional time to work on the tasks at hand. There are no grades. Simply put, this is an opportunity to explore interesting topics in a fun and supportive environment that will help each student strengthen the desire to become a lifelong learner.

To learn more, please attend the open house below or contact bqueen@nmc.edu.

S.O.A.R. Open House
You are invited to attend a free informational meeting below to learn more about the SOAR Program.

Tues., Aug. 29, 6:30-8 p.m.
NMC Main Campus, Health & Science Bldg. Rm. 101
Free of charge, no registration required
Qualifications for the SOAR Program

- You will need to be at least 18 years of age and have completed high school with a certificate of completion.
- You will need to fill out an application to enter the program. For an application, contact bqqueen@nmc.edu or call (231) 995-1700.
- You will need to have the desire to continue your education and agree to the NMC student conduct standards.
- You will need to work hard in class and complete the requirements of each course, including homework and project work as assigned.

Animal Care (SOAR Program)

Learn the basics of animal care from a professional dog trainer and former caretaker of animals at Traverse City’s Clinch Park Zoo. Gain an overview of the animal care industry and examine the variety of tasks involved. Research the care requirements for a domestic animal of your choice and put together a report to present to the class on what you have learned.

4 Thurs., Oct. 5-26
5:30-7:30 p.m.
NMC Main Campus, Health/Science Bldg. Rm. 116
Instructor: Jennifer Loup  $99

You and Your Laptop (SOAR Program)

Bring your laptop to this session and get a crash course in the use of special features like controls and settings to help you adjust your computer to different lighting, adjust sound, attach devices, and set up the internet when you are away from home. A question and answer session will provide you with some personalized information.

Thurs., Sept. 28
5:30-7:30 p.m.
NMC Main Campus, Scholars Hall Rm. 103
Instructor: Scott Johnson  $39

Improve Your Computer’s Performance (SOAR Program)

Is your once robust and vibrant computer sluggish as a snail? Learn how to identify causes that slow your computer and get it humming at top speed again in this hands-on session. Explore several effective and free software programs for repairing and tuning your computer. Develop a strategy to prevent future problems and leave with the confidence to do this on your own at home. A working knowledge of computers is required.

Wed., Oct. 11
5:30-7:30 p.m.
NMC Main Campus,
Biederman Bldg. Rm. 35/37
Instructor: Scott Johnson  $39
Organize Your Computer Files and Pictures (SOAR Program)

Here is a handy work and life skill. Learn to organize your computer files in ways that work for you! Learning to use your computer’s file cabinet will allow you to find your documents, pictures, videos and more. Practice finding files you need by learning to use the search tool. Learn to name, copy and move files to different folders. The skills you learn will save you valuable time every time you use your computer! Prerequisite: ability to work with a mouse, personal computer, and Windows operating system.

Thurs., Oct. 26
5:30-7:30 p.m.
NMC Main Campus, Beckett Bldg. Rm. 202
Instructor: Tina Norris Fields $39

Create a Video Game with Scratch (SOAR Program)

Produce your own video games, interactive stories, music, animation, and art with Scratch! Scratch is a programming language created at MIT that makes it easy to generate your own digital creations and even share them on the Web. Create and share Scratch projects and learn how computer code works. You’ll also learn to think creatively, reason systematically, and work collaboratively.

4 Thurs., Nov. 2-30
5:30-7:30 p.m. (no class Nov. 23)
NMC Main Campus, Beckett Bldg. Rm. 202
Instructor: Tina Norris Fields $89

Learn to Dance—Hip-Hop (SOAR Program)

This high-energy dance style is perfect for anyone with a passion to move! Learn to dance to upbeat music and the latest hits. Discover how to develop rhythm, flexibility, and precision in your muscle memory. Wear clean gym shoes. No dance experience required.

5 Tues., Nov. 14-Dec. 12
6-7:30 pm, NMC Main Campus, Phys. Ed. Dance Rm. 120
Instructor: Joedy Annis $89

Communication for the Workplace (SOAR Program)

Communication is a critical workplace and college-level skill. Learn how to use email and word processing software to craft effective emails and letters. This hands-on course taught in our computer labs includes topics focused on using templates and software tools to assist you in your communication efforts. You will learn to create an effective letter, improve your writing speed, and use shortcuts to help you with spelling, grammar, and sentence building. Computer filing techniques are included to help you store and retrieve your work. Leave the course with the tools to practice your new skills and improve your workplace and lifelong communication skills.

4 Tues., Sept. 26-Oct. 17
5:30-7:30 p.m.
NMC Main Campus, Beckett Bldg. Rm. 202
Instructor: Diane Kimmel $99

Awakening Qigong (SOAR Program)

Qigong is a system of self-care and self-healing that combines slow, gentle movement with breath and intention. Easy to learn, it excels at increasing energy and reducing stress. Combine stretches, flowing movements, standing postures, and healing sounds to create a calm, unhurried and focused mind. By the end, you’ll be able to easily access feelings of peace and clarity. Leave each session feeling deeply centered in your body, mind and spirit and ready to face life.

4 Wed., Oct. 18-Nov. 8
5:30-7 p.m.
NMC Main Campus, Phys. Ed. Bldg. Gym
Instructor: Joan D’Argo $75

Introduction to Video Editing (SOAR Program)

Learn about video editing in this fun hands-on workshop with retired professional, Donald Kuehlhorn. Gain experience using a FREE software suite as you explore the tools to change photos and video segments into a complete video ready for presentation. Tools include colorizing, trimming, adding transitions, adding music and more. You’ll also learn how to transform your edited material into a useful video file appropriate for personal viewing or to post on YouTube. Bring a USB drive with several photos and video snippets of your own, or use instructor-provided files.

2 Wed., Nov. 8 & 15
5:30-7:30 p.m.
NMC Main Campus, Biederman Bldg. Rm. 35/37
Instructor: Donald Kuehlhorn $55
Culinary

Cooking classes are for everyone! Gain new skills, and get valuable tips and delicious recipes from local chefs. You’ll come away energized about cooking! Bring a take-home container in case there are leftovers. Register for your favorite class today.

Endless Summer: Canning, Freezing, Preserving
Would you like to enjoy the fruits of your labor longer? Find out how to preserve vegetables and fruits from your garden or the local market in this basic canning and freezing class. Learn the safe method of canning in the step-by-step process of basic water bath canning. You’ll get hands on with a pickling project and prepare jams to take home. Discover how to blanch and make simple, yet delicious syrups while you pick up tips and other techniques to stretch out the bounty of summer. Includes a canning book to take home. Bring containers to take home any creations you don’t sample in class.

Wed., Aug. 23
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Nikki Lennox
$79

DIY Probiotics: Artisan Sauerkraut and Gingered Carrot
Create your own probiotics through a safe and simple fermentation process. Learn how to turn vegetables into flavorful superfoods that contain highly absorbable nutrients and beneficial bacteria that enhance your digestion and immunity. You will create your own sauerkraut blend by choosing from a variety of vegetables and seasonings suited to your own taste. You will also learn the vegetable brining technique and make a jar of Gingered Garlic Carrots.

Wed., Sept. 27
1-3:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Kristel Wiesner
$59

Chicken Cookery
Chicken is inexpensive, versatile, quick to prepare and high in protein—all good reasons why it winds up on the dinner table more often than any other meat. Whichever cut of chicken you prefer, get tips and tricks for buying, cutting and whipping up delicious chicken dishes from a simple warm Chicken and Couscous Salad to fancier cuisines including Cider Braised Chicken with Brussels Sprouts and Apples, Chicken and Shrimp Paella, Chicken Breast with Chili Rub and Mango Salsa, and more. Infuse new life into a weeknight staple! Bring take-home containers for anything you don’t sample in class.

Tues., Sept. 19
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz
$79

BBQ Bootcamp
Master your grill and learn how to cook BBQ like a pro. Manistee National Golf & Resort Executive Chef Brian Kissel invites you to a night of BBQ extravaganza. Find out how to select meats, fish, and vegetables for grilling, plus get tips on marinating, brines, and dry rubs. Learn how to cook meats to their ideal temperatures, how to get those fall-off-the-bone ribs, and how to make some delicious and easy sides to go with your BBQ. Bring containers to take home any creations you don’t sample in class.

Wed., Sept. 20
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel
$79

Gift Certificates are perfect for any occasion!
231.995.1700

Want updates about upcoming classes and events? Sign up for our e-news
Go to: nmc.edu/ees
Call: 231.995.1700
Eating Seasonally: A New Approach

Are you ready for a food change? Enjoy an evening with Chef Harlan “Pete” Peterson as he shares his favorite recipes and tips for cooking seasonally. Get creative as you prepare a delicious 4-course meal that highlights abundant, locally sourced ingredients. The emphasis is on using traditional ingredients in innovative ways by adjusting flavors, textures and food combinations. Challenge your palate with quick pickling, vegetable chips and more. In addition to meat and fish recipes, you’ll put a variety of fall produce to good, healthy use. Bring take home containers for anything you don’t sample in class.

Thurs., Sept. 21
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Harlan “Pete” Peterson $79

Artisan Bacon

Who doesn’t love bacon? Learn how to make your own artisan bacon using apple, cherry, or hickory wood at a fraction of the cost of purchasing it from the store. Participate in the entire process including what equipment you need to brine, how to smoke, and of course, the taste test! Be the talk of the neighborhood when your foodie friends and family sample your succulent bacon. Take home everything you need to smoke two lbs. of bacon on your own grill including brining bucket, brining ingredients, bacon, smoking pellets and confidence.

Thurs., Sept. 28
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Bill White $89

Fall Pies from Scratch

Spend an evening learning to create great tasting pies—from the season’s apple harvest to pumpkin cream pie. Begin by sampling a homemade savory pot pie as you learn several different crust recipes and techniques for working with dough. Explore filling options and thickening methods as well as baking and cooling essentials. Try a variety of creative ways to top your individual pies like lattice, leaves, and crumble top. Enjoy sampling and leave with a small take-home pie. Bring containers to take home any creations you don’t sample in class.

Tues., Sept. 26
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Nikki Lennox $79

Artisan Chocolate Workshop

Who doesn’t love chocolate? Join chocolatier Anne Boulley for a decadent encounter with the “aphrodisiac of the gods.” After a demonstration of tempering, you’ll jump right into the fun of chocolate design! Decorate your molds with colored cocoa butter and choose your fillings which include caramel, nuts, dried fruit and the best chocolate filling ever: handmade ganache. Leave with a box of your own custom-designed gourmet chocolate bon bons rivaling those from any chocolate shop you’ve been to—and you were the chocolatier!

Sat., Sept. 30
1-3:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Anne Boulley $69

Fall Into Michigan

Crisp cool nights and colorful trees—it must be fall in Michigan. Bring those senses to your kitchen with scrumptious recipes that scream fall. Begin with a crisp crostini with sharp cheddar and Michigan apple chutney followed by a super tender slow braised chicken, fresh thyme and autumn root veggies in a white wine sauce. Top off the evening with a rich buttery pastry crust filled with caramelized Michigan apples and a streusel crumble topping. The season may not last long enough but these recipes are certain to stick around. Bring containers for anything you don’t sample in class.

Tues., Oct. 3
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz $79

Butcher’s Choice

Roast? Shoulder? Loin? Flank? Do these terms confuse you? Join Chef Brian Kissel for an evening of Meat 101. Explore different cuts of meat and learn to creatively prepare them in recipes to include Braised Short ribs with caramelized onion gravy, marinated beef Chuck tender, citrus and cilantro Arizona broil (beef flank steak) and cardamom and coffee crusted pork tenderloin. Discover tips to grilling the perfect steak, what to look for in meats, how to buy the right cut and more. Bring containers to take home any creations you don’t sample in class.

Wed., Oct. 4
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel $79

Register online at nmc.edu/ees or call 231.995.1700 | 33
Whole Foods Workshop
Would you like to get quick, nutritious meals on the table each night? Join Chef Ali, health and cooking coach, to learn the basics of a whole foods lifestyle and a demonstration of some of her favorite recipes including kale salad and magical Dal! Learn how to reduce your dependence on processed foods, find out how to choose seasonal foods, and recognize nutrient-rich foods. Explore ways to navigate the market or produce aisle, stock a healthy pantry, and discover the secrets of batch cooking. Demonstration, discussion, tasting, and take-homes (bring containers!)
Tues., Oct. 10
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Ali Lopez $79

DIY Probiotics: Supporting Gut Health
Current research suggests that the health of our gut affects the health of our entire body. In this demonstration class, learn cutting edge information about how to support beneficial gut bacteria through your diet and lifestyle choices. Discover the benefits of fermented foods and learn easy techniques to make dairy and nondairy kefir, probiotic hummus, probiotic applesauce and more. Sample a variety of foods made with kefir including Coconut Chia Pudding, Kefir Cheese, and Orange Creamsicle Smoothie. Bring a jar with a lid to take home a culture to make kefir at home.
Wed., Oct. 11
1-3:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Kristel Wiesner $49

Fall Pastas
The flavors of fall pair beautifully with pasta—from hearty mushroom sauces to delicate butternut squash ravioli. Discover the start-to-finish process of creating great pasta with Chef Janene Silverman who recently moved back to Traverse City from Italy. This collection of fresh pasta dishes bring crunch, color, and a whole lot of flavor to your table. Recipes include butternut squash ravioli with sage brown butter, passatelli in brodo, buckwheat tagliolini with leeks and mushrooms, cavatelli with little meatball ragu and orecchietti pasta. Bring containers to take home any creations you don’t sample in class.
Thurs., Oct. 12
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Janene Silverman $79

DIY Probiotics: Kombucha Tea and Water Kefir
Are you curious about trendy probiotic drinks like kombucha tea and water kefir? Replace sugar-laden pop and drink mixes with delicious fizzy drinks that you’ll learn to make. Add favorite flavors to create a healthy drink you’ll love, then take home your signature beverage in a swing-top bottle. You’ll also receive a culture so you can continue fermenting drinks at home. Bring a jar with a lid.
Mon., Oct. 16
6-8:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Kristel Wiesner $49
Yeast Breads—
Fast and Easy
Can you really make artisan yeast bread in a few minutes? Yes, indeed! Learn and practice the techniques described in the popular book Artisan Bread in Five Minutes a Day. Mix up different kinds of bread dough, including a white artisan bread, wheat, and peasant multi-grain with some flavorful additions, like herbs and olives. Learn how to form the dough into a boule. Enjoy the aroma and taste of freshly baked bread in class, and take home a batch of dough along with your new-found skills to share with family and friends.

Tues., Oct. 17
6-8:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Nan Horstman
$69

Cooking Rookie
Not so comfortable in the kitchen? Looking for the basics? Join Chef Brian Kissel for an evening of FUNdamental skills in the kitchen. Gain knife skills, preparation techniques and adaptable go-to recipes. Learn to sauté, roast and pan-sear meats and vegetables. Recipes include a classic meatloaf, roasted chicken and vegetable lasagna. Get a few techniques and recipes under your belt and you’ll even impress yourself. Bring containers to take home any creations you don’t sample in class.

Wed., Oct. 18
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel
$79

Rustic Fall Tarts
Discover Tarts, luscious flaky shells filled with warm and sweet-smelling fillings appropriate for bakers at all skill levels. Prepare a variety of flaky shells with a mélange of fresh vegetables. A colorful squash and tomato tart fills a crispy puff pastry shell, while a savory onion filling complements a buttery dough. A sweet and savory butternut squash with sage pairs well with a walnut crust. Versatile tarts are great as the main event or an appetizer served at room temperature or straight from the oven. Bring containers to take home any creations you don’t sample in class.

Thurs., Oct. 19
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz
$79

Pad Thai and More
Continue the culinary tour of Thailand with Australian Chef Kylie Simpson. Kylie traveled to northern Thailand to study the regional and local cuisine for six weeks, and stayed six months. Explore the exotic tastes and flavors as you create recipes that include Tom Yum Soup and Pad Thai. Discover the basics of Thai Curry and creative ways to adapt it. Finish the evening with Thai banana and chocolate wontons. Savor the flavors of Thailand while she shares her delightful stories. Bring containers to take home any creations you don’t sample in class.

Mon., Oct. 23
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Kylie Simpson
$79

Duck 101
Gain confidence in preparing duck in your own kitchen and dispel adjectives including fatty, gamey and tough. Adam Raupp, Chef de Cuisine at Mission Table/Jolly Pumpkin, will demonstrate the basic butchery of poultry and how to make use of all components in a variety of ways. Then get hands-on preparing dishes from the same bird including seared duck breast, confit thigh, pâté and basic stock. Pick up new techniques and discover an appreciation for this menu item. Bring containers to take home any creations you don’t sample in class.

Tues., Oct. 24
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Adam Raupp
$79

Festival of Foods is
Saturday, Feb. 3, 2018
Come enjoy a day of demonstrations and food discovery at the Hagerty Center overlooking Grand Traverse Bay. Watch NMC’s culinary instructors, area chefs, and specialty food businesses strut their stuff. Each hour highlights 4 workshops, you select 4 of the 16 options to suit your tastes. There will be tastings throughout the day! Registration begins in early December. Sign up for our eNews at nmc.edu/ees to receive updates about upcoming culinary classes and events. You can also watch for event details at nmc.edu/festival-of-foods.

SAVE THE DATE
Cold Smoked Fish
What is cold smoking and how is it different from hot smoking? Learn the differences between curing and brining and when to apply each method. Find out how to change the texture of your cold smoked fish to suit your style. Understand the differences between traditional lox and cold smoked salmon. Discover what types of fish are best suited for smoking. Demonstration, new recipes and of course, sampling is included.

Wed., Oct. 25
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Chris Courtright $79

Oktoberfest Feast
Oktoberfest is taking place in Munich this fall. But if you’re not able to make the flight this year, join Chef Cheryl Janz for some serious German eats. Recipes include hot, soft pretzels with a Guinness mustard, apple and fennel salad, succulent pork schnitzel, spaetzle and spiced apple cake for dessert. Bring containers to take home any creations you don’t sample in class. Take home new recipes to enjoy with your favorite beer. Prost!

Thurs., Oct. 26
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz $79

Holiday Cookie Decorating with Kids (Adult and Child age 9+)
Celebrate the season with a decorating party! Learn how to create beautiful, professional looking cookies using royal icing. You and your favorite child will have fun making edible delights in whimsical, seasonal designs. October class: apple, pumpkin, turkey, and more. December class: snowflake, Santa hat, present and more. Discover piping and flooding techniques using tinted royal icing, colored sugars, and other decorative items. Cookies, take-home container and all other materials are provided. Register the adult; cost includes one adult and one child.

Option 1: Fri., Oct. 27
5:30-8 p.m.
Option 2: Sat., Dec. 2
1-3:30 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Michelle Smith-Ronk $59 each

Sushi Rolls
Learn to create great authentic sushi for your next eating event. Three kinds of sushi are featured: Japanese traditional, California style, and hand-rolled (Temaki-zushi). Chef Misaeng, a native of Japan, guides this hands-on class including tips on ingredient selection, preparation, and serving ideas. Leave with new skills, samples you prepared in class and your own sushi mat to make sushi at home. Bring containers to take home any creations you don’t sample in class.

Sat., Oct. 28
11 a.m.-2 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Misaeng Suh Liggett $79

Indian Curries
Does making an Indian curry from scratch intrigue you? Discover the anatomy of classic Indian curries and become more comfortable using spices and curry to create the complex, satisfying flavors of India. Learn to prepare dishes that are easy and big in flavor under the direction of Chefs Jen Blakeslee and Eric Patterson, The Cooks’ House. Chef Jen, in particular, has become known around the state for her curries. She will teach you everything you need to know to make you own curries at home. Bring containers to take home any creations you don’t sample in class.

Mon., Oct. 30
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructors: Eric Patterson & Jen Blakeslee $79

Cast-Iron Cookery
Cast-iron skillets are making their way into every kitchen. Discover how to season, care for and cook with this heavy duty and versatile kitchenware. Learn how to whip up a satisfying 30-minute supper, savory sides, or a crowd-pleasing dessert in a snap. Recipes include “crunchy-crust” pizza, pan seared beef shoulder tender, blackened chicken, skillet s’mores and more. Once you taste the amazing flavor that comes from cooking in a cast-iron skillet, you may never go back to non-stick again. Bring containers to take home anything you don’t sample in class.

Wed., Nov. 1
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel $79
Simple Puff Pastry
Does the thought of using puff pastry intimidate you? Worry no more! Discover how to make restaurant-looking appetizers, main dishes and desserts using pre-made puff pastry dough. Begin with making an asparagus, goat cheese and bacon tart. Impress your guests with a delicious Pork Wellington. Discover ways to make decorative finishing touches for any recipe. Top off an evening with simple apple roses. Gain confidence to try these new recipes and techniques with your own favorite ingredients. Bring containers to take home any creations you don’t sample in class.

Thurs., Nov. 2
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Maggi Steele $79

Pizza Party Around the World (Grades 5-8)
Thin crust, or deep dish, veggie or meat, any way you slice it—pizza is a crowd pleaser. You probably think of Italy when you hear the word, but pizza is actually quite the international star. Spend a Saturday mastering the art of rolling, kneading, mixing and forming your own dough from scratch in a professional culinary kitchen. Learn proper knife handling, slicing, and chopping skills. Using key ingredients from around the world, you’ll make a Greek pizza, Indian pizza with a Naan crust, and a Thai chicken pizza. It’s easy to make a variety of unique flavors for your own international pizza party! Bring containers to take home any creations you don’t sample in class.

Sat., Nov. 4
1-4 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Rebecca Walters $79

Moroccan Sampler
Unravel some of the mystery of this exotic cuisine with its combinations of spices, herbs, and fruits. Explore flavor elements of Moroccan meals as you prepare Chicken Tagine, a traditional Moroccan slow braised recipe with Olives and Lemon; a refreshing Carrot Salad with Oranges and Medjool Dates; an extremely simple Chickpea Flat Bread that you’ll want to make over and over again. Add a few vegetable sides and your taste buds will be in for a zesty treat. Discover that these dishes not only look beautiful but the aromas will carry you away. Bring containers to take home any creations you don’t sample in class.

Mon., Nov. 6
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz $79

Sausage Making Workshop
Get your hands dirty and see how sausage gets made with butcher Adam McMarlin. Know what cuts of meat are ideal for sausage making and learn the basic ratios and techniques used to make delicious and unique sausages at home. Become familiar with using a meat grinder properly and discover how to stuff sausages into natural casing using a hand crank stuffer. Acquaint yourself with proper handling, storage, and cooking methods. Rediscover this lost art and take home handmade sausage to enjoy with family and friends. Bring containers to take home any creations you don’t sample in class.

Tues., Nov. 7, 6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Adam McMarlin $79

Pumpkin: Beyond Pie
It’s the season for pumpkins and time to discover they are not just for carving or pie anymore. Pumpkin is low in calories and incredibly rich in vital antioxidants and vitamins. It is also finding its way into every course on the menu. Learn how to puree, bake and marinate pumpkins while you create a five-course meal. Recipes include curried pumpkin bisque, pumpkin quesadillas, a pumpkin and pasta gratin, and a cold black bean and pumpkin marinated salad. End the evening savoring pumpkin cake with sage glaze. Bring containers to take home any creations you don’t sample in class.

Wed., Nov. 8, 6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Nikki Lennox $79
Brazilian Churrasco—Barbeque
Get-togethers, rhythm and flavors make the perfect way to celebrate friendship any time of the year. Cook and taste authentic Brazilian Churrasco (made the ‘Carioca’ way) from Rio de Janeiro. Join Brazilian native, Chef Adriana Martin, to learn about and prepare dishes from this backyard classic including grilled meats, accompaniments and a delicious sweet dessert. Taste guarana, soda made with guarana seeds from the Amazon, and other fruit juices. Learn about local resources, so you can invite friends to your own BBQ. Bring containers to take home any creations you don’t sample in class.
Thurs., Nov. 9
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Adriana Martin $79

Knife Skills—Slice, Chop and Dice Like a Pro
Did you know that many chefs consider the knife to be the most important tool in the kitchen? Improve your speed and safety in the kitchen by learning knife skills in this demo and hands-on course. Discover how to choose the proper knife for the item you’re cutting and especially how to properly sharpen and maintain your knives. Learn to debone a whole turkey and then use it to prepare a tantalizing turkey Osso Bucco. Add a variety of julienne cut vegetables to create an easy and delicious stir-fry. Bring containers to take home any creations you don’t sample in class.
Wed., Nov. 15
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel $79

A Taste of Korea
Join Chef Misaeng as she shares recipes and traditions from her Korean grandparents on how to use simple ingredients to prepare a practical yet richly flavored and healthful cuisine. Begin your culinary adventure by assembling Korea’s signature dish, Bibimbap, a rice bowl combining many of the tastes of Korea. Learn how to prepare Kimchi, a traditional fermented side dish and Namul, a Korean seasoned vegetable dish along with Egg Drop soup. Bring containers to take home any creations you don’t sample in class.
Sat., Nov. 11
11 a.m.-2 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Misaeng Suh Liggett $79

Traditional Asian Recipes
The cuisine of Asia includes some of the most distinctive and alluring flavors, ingredients and cooking methods in the world. Experience them first hand as you learn techniques to fill and prepare Chicken and Herb pot stickers with Mint Chili Sauce; perfect the proper food preparations and timing for cooking a Sesame Ginger Beef and asparagus Stir-fry; understand the method to achieve a creamy smooth Mango Sorbet; as well as crispy Five-Spice Fortune Cookies. Bring take-home containers for anything you don’t sample in class.
Thurs., Nov. 16
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Cheryl Janz $79

Appetizers for the Holidays
Prepare and sample tasty appetizers that are great “do ahead” creations for those busy days when you are feeling stressed yet want to wow your guests! Chefs Jennifer Blakeslee and Eric Patterson of The Cooks’ House will guide your preparation of delicious dips, salads, appetizers, and other savory edibles. Leave with new ideas and a better understanding of the “what flavors work well together” theory for your upcoming holiday entertaining. Bring containers to take home any creations you don’t sample in class.
Mon., Dec. 4
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructors: Eric Patterson & Jennifer Blakeslee $79

Great Soups and Sauces
Explore the world of from-scratch soups and sauces. Using locally available products, learn to create versatile homemade stocks. Discover the five grand sauces of French cuisine and their derivatives. With what you learn about stocks and sauces, you’ll be ready to create wonderful soups with seasonal flair. Of course, the best part is the sampling finale. Bring containers to take home any creations you don’t sample in class.
Wed., Dec. 6
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Brian Kissel $79
Cookie Decorating with Royal Icing
Decorated cookies make a colorful accent to an ordinary cookie tray. Gain tips for working with the dough and learn how to decorate beautiful, professional looking cookies using royal icing. This smooth, hard-drying icing is perfect for making cookies you can stack, freeze, or mail without disturbing the decorations. Discover piping techniques and designs using colored royal icing, colored sugars, and other decorative items. Leave with new ideas and skills to use for the holidays. Bring a container to take home any creations you don’t sample in class.

Thurs., Dec. 7
6-8 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Michelle Smith-Ronk  $49

Holiday Desserts with Kids
(Adult and Child Age 8+)
Spend a Saturday with your favorite child and create a variety of holiday themed cupcakes and sweet treats without the mess or prep in your kitchen. Learn to festively frost and decorate your cupcakes using a pastry bag. You’ll also make chocolate bark that you customize with toppings of your choice. Enjoy these delectable treats yourself or give them to your favorite teacher, neighbor, or friend. Please bring a couple of boxes or large containers to take home your goodies. Register the adult; cost includes one adult and one child.

Sat., Dec. 9
1-4 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Rebecca Walters  $59

Photography
Understanding Your DSLR Camera
Digital Single Lens Reflex (DSLR) and the newer mirror-less cameras are far more complex than ordinary point and shoot cameras. Learn how to identify and adjust the most commonly used functions of your DSLR camera. Gain understanding of exposure basics and clarify many of your camera’s settings such as exposure and focus modes, how your camera “thinks,” adding lenses, the basic computer skills required to get the most out of your camera, and much more. Bring your DSLR camera with a fully charged battery, a memory card, your user manual, and your questions. Not suitable for point and shoot cameras.

Wed., Sept. 20
5:30-8:30 p.m.
University Center Rm. 212
Instructor: Chris Doyal  $49

Essential Skills for Photographers
Do you want to take more professional looking photographs? Practice your skills by learning the essential relationship between shutter speed, f-stop (aperture), and ISO. Learn what the numbers mean and how to set your exposure in a variety of camera modes. Study the concept of exposure and learn how to use it on a digital camera. Begin to see like a photographer by using composition and visualization. If you are not completely familiar with your camera, please take Understanding Your Digital SLR Camera first. Bring your digital camera.

Wed., Sept. 27
5:30-8:30 p.m.
University Center Rm. 212
Instructor: Chris Doyal  $49

Photography—A Field Experience
Are you looking for a hands-on photography experience? Gain confidence and learn to take better photographs while working side-by-side with award-winning photographer, Chris Doyal. Begin in the classroom with a quick review of exposure basics, composition, and the various shooting modes on your camera. Then take your skills outside for practice, personal instruction, and instant feedback. End with an opportunity to review what worked and how to improve what didn’t work. Bring your digital camera with memory card, fully charged battery, and all your questions. This is not a beginning class. You should have a solid understanding of your camera and its setting modes.

Sat., Oct. 7, 9 a.m.-noon
Great Lakes Campus Rm. 112
Instructor: Chris Doyal  $59

Photography: Starting with the Image
Take your images to the next level by taking a different approach to improving your photography. Rather than start with the camera, dials, and settings, we’ll start with the image. Review some of the most common problems faced in creating the images you want, and then work backwards to figure out the steps needed to achieve each. We’ll also talk about how you can make your camera capture that image you have visualized in your head.

Option 1: Tues., Aug. 29
6-9 p.m.
University Center Rm. 219
Instructor: Dan Carlson  $49 each

Option 2: Thurs., Oct. 5
6-9 p.m.
University Center Rm. 212
Instructor: Dan Carlson  $49 each
Edit Photos Like a Pro
Learn how so many professional photographers take their photos from good to GREAT! Secrets are revealed as you work through an entire workflow with professional photographer, Dan Carlson. You’ll import photos, sort and rate, edit, then export images for use, in this hands-on class. The adaptable software, Adobe Lightroom, offers amazing features including extensive organization options, RAW editing, non-destructive adjustments and more. Give your images that highly sought after pop and punch. It’s recommended to download the free trial version of Adobe Lightroom before class and give it a brief overview.

2 Tues., Oct. 10 & 17, 6-9 p.m.
Fine Arts Bldg. Rm. 120
Instructor: Dan Carlson $89

Point and Shoot Photography for 50+
Confused by all the buttons on your digital camera or even the language in your owner’s manual? Take the mystery out of the most common problems encountered by beginning photographers. Get hands-on experience while you explore the basic settings of your camera, get tips on how to improve your photography, and learn how to upload photos from your camera to your computer. Bring a few of your problem photos on a memory card or thumb drive for on-the-spot troubleshooting. Also, bring your camera with a fully charged battery, your owner’s manual, and your questions to this relaxed, slower paced class.

Wed., Oct. 25
5:30-8:30 p.m.
University Center Rm. 216
Instructor: Chris Doyal $49

Short Video Making
Could you use a short video to promote your business and connect to your community? Explore how to develop a documentary concept into a final product. See page 4 for details.

Travel Photography—Creating a Story
Creating a story with your travel photos is the ultimate souvenir. With a little planning and thought, you can go from random photos of locations you may or may not remember, to photos that tell a story and bring back memories of everything you loved and enjoyed about your trip or vacation. Pick up tips on how to take better photos with either your smartphone or camera and how to visualize what photos to take. Get ideas for sharing with family and friends, and how to download and save the memories to enjoy for years to come.

Tues., Nov. 14
6-9 p.m.
Great Lakes Campus Rm. 103
Instructor: Cathy Fitzgerald $49

Phone Photography
What’s the best camera? The one that’s with you! Learn to take better photos with the device you have with you most of the time – your smartphone. Discover how to use light and composition for better photos. Discover a few simple tips that will turn your photos into more than simply snapshots. Find out how to download, organize and save those precious memories to share for years to come. Class will be primarily geared to iPhone users, but will adapt for those with Android phones.

Thurs., Oct. 19
6-9 p.m.
Great Lakes Campus Rm. 103
Instructor: Cathy Fitzgerald $49

Photoshop for Photographers
Are you a photographer interested in exploring how you can use Photoshop software to improve your images? Photoshop can be a daunting program to master, so we’ll focus (pun intended!) on the essentials every photographer should know without all of the other “artsy” stuff. Learn about color and exposure correction, sharpening, basic cloning, and much more. Bring a few of your images on a thumb drive to this hands-on class and be prepared to make the leap into the world of Photoshop.

Wed., Nov. 1
5:30-8:30 p.m.
Fine Arts Rm. 120
Instructor: Chris Doyal $49

Managing and Organizing Your Digital Photos
If you are shooting digital photos, you need to know how to store, retrieve, and work with them on your computer. Learn how to keep them organized and pick up tips for basic photo editing in this hands-on workshop. Work with file management, naming conventions, digital camera memory, transferring photos, and basic functions of photo editing.

Wed., Nov. 8
1-4 p.m.
University Center Rm. 205
Instructor: Steve Stanton $49
**Creative Arts**

**Watercolors: Try It Out!**

Do you want to try watercolor painting? It’s hard to paint without supplies. Let us provide the supplies AND your first lesson! Paint side-by-side with award-winning watercolor artist, Adam VanHouten, as he explores and demonstrates how paint, paper, and water work together. Walk away with two small paintings and a world of possibilities. Unleash the creative artist that lies within you. All materials are provided.

Thurs., Sept. 28
6-9 p.m.
Great Lakes Campus Rm. 112
Instructor: Adam VanHouten $59

**Exploring Watercolors**

Expand your artistic ability while exploring the watercolor painting. Through demonstration and hands-on practice, you’ll learn a variety of techniques like taking advantage of the white of the paper or the ability to lift paint to gain the desired color value. Adapt to the spontaneous nature of the medium while learning to control the movements of water paint on the paper. Bring a sketch or black and white photograph to use as a reference. Includes all other materials.

3 Thurs., Oct. 12-26
6-8:30 p.m.
Great Lakes Campus Rm. 112
Instructor: Adam VanHouten $109

**Exploring Watercolors: Creative Techniques**

Ramp up your watercolor painting with new creative techniques. Learn painting methods which allow you to paint the suggestion of trees, bark, rocks, grass, skies and much more. Whether you are a beginner or pro, you’ll benefit from this instruction and be able to incorporate these practices into your painting. Get ready to be adventurous and discover a variety of tools that will energize you and your watercolor painting. Bring some reference photographs with you. All other materials are supplied.

3 Thurs., Nov. 2-16
6-8:30 p.m.
Great Lakes Campus Rm. 112
Instructor: Adam Van Houten $109

**Capturing Nature with Pen and Watercolor**

Have you dabbled in sketching or watercolor painting? Are you an addicted doodler? Would you like to recreate the beauty in nature, capturing its essence in your own artistic way? Are you intrigued about adding an illustrative perspective to your work? Join Jan Oliver, watercolor artist, and look at nature, close up, and capture what you see using pencil, pen, and watercolor paint. Your vision may be realistic or abstract; it doesn’t matter. Explore major aspects of design and color as you bring your concept to paper. Includes all materials.

2 Tues., Nov. 7 & 14
5:30-8 p.m.
Scholars Hall Rm. 106
Instructor: Jan Oliver $69

**Figure Drawing**

Artist of all types from the beginning of recorded art history have always relied on working from the live nude model to help them better understand form, proportion and composition in general. Participate in this special opportunity to draw directly from live professional artist models. Discover proportions of the human form through observation. Learn different drawing techniques and gather ideas that will help you to see more to create remarkable and stunning figure drawings. Includes all materials. Must be 18 or older. Meets at Leelanau Studios (former Norris Elementary), 107821 E. Cherry Bend Rd., TC. Includes all materials.

4 Wed., Oct. 25-Nov. 15
6-8 p.m., at Leelanau Studios
Instructor: Royce Deans $149

**Figures of Venus**

Titan, Botticelli, Rubens, Corot and more have studied and painted Venus, the goddess of love and beauty. Now it is your turn. Discover proportions of the human form through observation of the live professional artist models recreating poses of Venus that artists have painted throughout history. We’ll deconstruct the compositions of these master painters to understand how the composition with its accompanying figurative elements helps to portray and enhance the narrative of each painting. Includes all materials. Must be 18 or older. Meets at Leelanau Studios (former Norris Elementary), 107821 E. Cherry Bend Rd., TC. Includes all materials.

2 Mon., Oct. 23 & 30
6-9 p.m.
at Leelanau Studios
Instructor: Royce Deans $129
Botanicals Paper Collage Workshop
Do you like to create your own artwork for your home or gifting? Using botanicals as the subject matter, you’ll design a captivating paper collage on a 2’ x 2’ Masonite board with gel medium, acrylics, reference photos, and torn paper. You will be provided with a basic underpainting and learn how to apply torn and painted collage through demonstration and hands-on guidance. We will use reference photos, art materials, and a 2’ x 2’ Masonite board. Leave with a beautiful, finished work of art that can be framed. All materials included.

2 Wed., Sept. 20-27
6:30-8:30 p.m.
Great Lakes Campus Rm. 103
Instructor: Jackie Freeman $79

Intro to Hand-Lettering
Acquire the foundation of traditional calligraphy using a brush calligraphy pen and then translate those concepts to modern hand-lettering. Learn the proper techniques for writing the traditional calligraphy forms, how to practice those basic shapes, and how to then apply those techniques to writing the alphabet. Use your new skills to create beautiful hand-lettered designs using any pen, pencil, or paintbrush. Go home with a hand-crafted item featuring your hand-lettered design and the confidence to develop your own hand-lettering style. All materials supplied.

Wed., Oct. 18
5:30-8 p.m.
Great Lakes Campus Rm. 103
Instructor: Kristin Hussey $49

Mixed Media Workshop
Do you enjoy the creativity of combining different types of materials? Create exciting works of art that explore composition, color, line, surface texture, mark making, and spatial illusion using watercolors or gouache, textiles, drawing media, sewing, torn paper and more. Practice making art as impassioned improvisation. Explore Trompe L’oeil and how to use its effects to create 3-dimensional false illusion. Open to all levels. Includes all materials.

3 Wed., Sept. 27-Oct. 11
6-9 p.m.
Scholars Hall Rm. 106
Instructor: Autumn Kirby $99

Learn to See as an Artist Sees, and You Can Draw as an Artist Draws
Drawing has very little to do with natural talent and everything to do with learning how to see the way an artist sees. See page 25 for details.

Zentangle Method for Mindfulness
Discover the meditative art form known as the Zentangle Method. Explore, create and play with pen and ink as you rekindle your creativity, develop greater hand-eye coordination, improve your capacity to perceive with an artist’s eye and quiet your mind. Practicing the Zentangle Method helps you access your innate creative wisdom for design inspiration or problem solving enabling you to immediately shift your focus. The Zentangle Method can quickly break the spell of whatever is holding you down, bringing a fresh excitement to life.

4 Thurs., Oct. 5-26
5:30-7:30 pm
University Center Rm. 216
Instructor: Paddy Brown $89
**So You Want to Be a Sculptor**

Local sculptor Bart Ingraham will help you to discover the joy of sculpture. Explore the variety of sculpting options and the possibilities they present. Learn how to get a project started and gain understanding of the tools and space you will need. This session has a heavy emphasis on wood, but other media such as clay, stone, and papier-mâché will also be covered. Observe the examples of a variety of works and discuss the process from start to finish and display. The course meets at Ingraham Studio near Suttons Bay.

Tues. & Wed., Oct. 17 & 18
9 a.m.-noon, at Ingraham Studio (10203 E. Shady Lane Rd., Suttons Bay)
Instructor: Bart Ingraham $89

**Crochet Basics**

Discover the art of crocheting! From learning how to hold the crochet hook and yarn correctly to how to read a pattern, you will make a “Sampler” dishcloth in the first class. Building on the basic chain stitch, single and double crochet, you will crochet in circles and squares for the second class and make an updated granny square. Leave with new skills and confidence to try a project on your own. All materials are provided.

2 Fri., Oct. 13 & 20
10 a.m.-12:30 p.m.
University Center Rm. 211
Instructor: Nikki Lennox $49

**Beginning Knitting**

Discover the essentials of knitting, and get on the path to great knitting adventures. Learn the basic knit and purl stitches, how to increase, and decrease, cast on and bind off, how to measure gauge, and how to read a pattern. You’ll be on your way to advanced stitches and a fun new hobby in no time. Supply list will be sent prior to class.

**Option 1:** 2 Sat., Oct. 28 & Nov. 4
1-5 p.m.
University Center Rm. 215
**Option 2:** 4 Thurs., Nov. 2-30
11 a.m.-1 p.m. (no class Nov. 23)
University Center Rm. 214
Instructor: Lindy Barnes $79 each

**Knitting in the Round: Mittens or Fingerless Mitts**

Ramp up your knitting skills and learn to knit in the round using one set of DPNs (double point needles) or two circular needles. You’ll also learn to knit a gusset required for the thumb. At the end of the class, you’ll have completed a warm pair of mittens or a pair of fingerless mitts - your choice! The pattern is included in the price and will be handed out at the first class. Supply list will be sent prior to class. Basic knitting skills of how to cast-on, knit, purl and decrease are required.

**Option 1:** 2 Tues., Oct. 31 & Nov. 7
2-4 p.m.
University Center Rm. 215
**Option 2:** 2 Sat., Nov. 11 & 18
1-3 p.m.
University Center Rm. 215
Instructor: Lindy Barnes $49 each

**Knitted Socks**

Socks are all the rage because they require relatively little yarn, are portable, comfortable to wear because you can custom fit them to your feet and are just plain fun to knit. Learn to knit in the round on your choice of double-pointed needles (DPNs) or 2 circular needles. Discover the anatomy and vocabulary of a sock and master the basic techniques of making any sock from the cuff (top) down by knitting a small (toddler) size sock. Prerequisite: basic knitting skills. Syllabus and supply list will be sent prior to class.

4 Thurs., Nov. 2-30
2-4 p.m. (no class Nov. 23)
University Center Rm. 213
Instructor: Lindy Barnes $69

**New**

Learn to knit in the round using one circular needle plus learn to knit simple cables on your hat using a cable needle. At the end of this class, you’ll have completed a warm winter hat using cables as the design. The pattern is included in the price and will be handed out at the first class. Supply list will be sent prior to class. Basic knitting skills of how to cast-on, knit, purl and decrease are required.

**Option 1:** 2 Sat., Oct. 28
9 a.m.-noon
AND Nov. 4, 9-11 a.m.
University Center Rm. 215
**Option 2:** 2 Tues., Oct. 31, 10 a.m.-1 p.m.
AND Nov. 7, 10 a.m.-noon
University Center Rm. 215
Instructor: Lindy Barnes $59 each

**Knitting in the Round: Cabled Hat**

Learn to knit in the round using one circular needle plus learn to knit simple cables on your hat using a cable needle. At the end of this class, you’ll have completed a warm winter hat using cables as the design. The pattern is included in the price and will be handed out at the first class. Supply list will be sent prior to class. Basic knitting skills of how to cast-on, knit, purl and decrease are required.

**Option 1:** 2 Sat., Oct. 28
9 a.m.-noon
AND Nov. 4, 9-11 a.m.
University Center Rm. 215
**Option 2:** 2 Tues., Oct. 31, 10 a.m.-1 p.m.
AND Nov. 7, 10 a.m.-noon
University Center Rm. 215
Instructor: Lindy Barnes $59 each

Register online at nmc.edu/ees or call 231.995.1700 | 43
Glass Fusion: Small Coasters and Bowl

Learn basic glass cutting techniques and use an array of glass materials to create your own unique kiln-formed set of four colorful art glass coasters and a small bowl for decoration or daily use! Easy to make, even if you’ve never worked with glass before! Sprinkle various colored frits (crushed glass), confetti (glass shards) and stringers (glass strings) to create exciting effects. Your glass pieces will be melted (fused) and formed into a shape. No prior experience is necessary. Use of tools and all materials are included. Details for pick-up the following week will be given in class. Meets at Glass Artz Studio (441 E Front St., TC).

Tues., Oct. 10, 6-9 p.m.
AND Thurs., Oct. 12, 6-8 p.m.
Meets at Glass Artz Studio
Instructor: Debra Coburn $79

Glass Fusion for Holiday Gift Giving

Explore this unique medium whether you are a first time fuser or have experience. Learn how to cut colored glass and use an array of glass materials that are then kiln-melted to create one-of-a-kind art pieces. Fashion a stunning glass pendant for a necklace, glass ornaments, and a festive soap dish. Create enough pieces to keep one for yourself! All materials are provided. Details for pick-up the following week will be given in class. Meets at Glass Artz Studio (441 E Front St., TC).

2 days,
Tues., Nov. 28, 6-9 p.m.
AND Thurs., Nov. 30, 6-8 p.m.
Meets at Glass Artz Studio
Instructor: Debra Coburn $79

Kids Glass Fusion for the Holidays (Grades 6-9)

Glass fusion is an exciting medium for kids to create one-of-a-kind pieces of art to keep or give as gifts. Make a holiday ornament, a focal bead to use for a necklace or keychain, a small festive dish, and a tic-tac-toe game board and playing pieces. See page 66 for details.

Beading Basics—Make Your Own Jewelry

Creating original, beautiful beaded jewelry is fun and easy. Learn the basic techniques through detailed instruction and hands-on practice. You’ll be introduced to everything from wire manipulation to bead stringing and all the lingo and tools to go with them. Put your new knowledge to use by creating a stunning necklace and earring set. Bring your reading glasses if needed for fine work. All supplies provided, but feel free to bring some of your own beads. Includes supplies.

Mon., Nov. 6, 5:30-8:30 p.m.
University Center Rm. 216
Instructor: Jennifer Helferich $49

DIY Bath and Body Products

Not familiar with the many ingredients in your store-bought bath and body products? Be assured of the ingredients you use on your body by making them yourself. Identify plants, flowers, essential oils, and herbs that you can use to create herbal bath teas, scented milk bath powders, solid perfume, moisturizing cream, and lip balms. Making these products at home will save you half the cost of store bought products and they’re twice as much fun to make. All ingredients and take-home containers are supplied.

Wed., Nov. 29
6-9 p.m.
Oleson Center Kitchen Rm. 129
Instructor: Nikki Lennox $59

Learn to Sew

Experience the enjoyment of creating with fabric while learning basic sewing skills. Learn to sew straight lines and curves, and understand pattern directions. You’ll complete a small project, then move to a project of your own choosing—many costing $20 or less—after receiving general guidelines. Bring your sewing machine, instruction manual, and all items that came with it. You’ll learn about machine maintenance, too. Need a machine? There are a few to rent for the duration of the class; reserve one when registering by calling 231-995-1700, and pay $5 at the first class. Minimum age is 16.

4 Wed., Sept. 20-Oct. 11 6-8 p.m.
Oleson Center Rm. A/B
Instructor: Kristi Wodek $79

Learn to Sew II

The best way to improve your skills is to keep sewing! Week one is a review of basic skills and terms with additional skills added. Bring a sewing project that interests you for approval or choose from a list of kits that can be purchased from the instructor. The remaining weeks have you working at your own pace while learning new skills and getting individual support on your project. Bring your sewing machine and basic sewing supplies each week. Need a machine? There are a limited number to rent; reserve one by calling 995-1700. Minimum age is 16. Prerequisite is Learn to Sew or approval of instructor.

4 Wed., Oct. 25-Nov. 15 6-8 p.m.
Oleson Center Rm. A/B
Instructor: Kristi Wodek $79
**Rigid Heddle Weaving**

Are you curious about hand weaving, but not ready to invest in a large loom? Rigid heddle looms are portable, less expensive, and easy to use. Learn the simplest method of warping your loom. Once set up, you’ll learn how to make plain weave, the most basic and versatile weave structure. Become familiar with weaving vocabulary, how to finish your project, and how to make design decisions for your next project. A supply list will be mailed prior to the first class. You need your own rigid heddle loom. A limited number of looms are available to rent for $15 from the instructor; contact her prior to class to reserve one (517) 282-8565 or nmcray@mac.com.

2 Tues., Sept. 19 & 26
5:30-8:30 p.m.
University Center Rm. 106
Instructor: Nancy McRay $95

**Rigid Heddle Weaving II: Textures and Patterns**

Add a pick up stick or two to the Rigid Heddle loom and explode the possibilities! Practice adding welt floats, warp floats, and combining the two for wonderful lace and textured effects. Create a sampler in class but leave knowing several patterns that can be combined for some lovely fabrics. You must have taken Beginning Rigid Heddle Weaving or have instructor permission. A supply list will be sent prior to first class. You need your own rigid heddle loom. A limited number of looms are available to rent for $15 from the instructor; contact her prior to class to reserve one (517) 282-8565 or nmcray@mac.com.

2 Wed., Oct. 4 & 11
5:30-8:30 p.m.
University Center Rm. 106
Instructor: Nancy McRay $95

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**Woodworking for Women: Build a Windsor Side Chair**

Windsor furniture represents woodworking at its best. Only basic skills and simple hand tools are required to create a Windsor side chair that will comfort for a lifetime. Learn to shape the seat and parts from simple squares of hardwood. Gain experience working with a variety of hand tools, wedging “through joints,” and leveling furniture with uneven legs. No prior woodworking experience required. All tools and materials to make your project are included. Leave with a completed chair that will become a family heirloom. Lunch on your own.

Sat. & Sun., Oct. 14 & 15
8 a.m.-4 p.m.
Aero Park Labs Bldg. Area C/D
Instructor: David Abeel $260

**Santa’s Woodworking Workshop: Build a Windsor Arm Chair**

Windsor furniture represents woodworking at its best. Only basic skills and simple hand tools are required to create a Windsor arm chair that will comfort for a lifetime. Learn to shape the seat and parts from simple squares of hardwood. Gain experience working with a variety of hand tools, wedging “through joints” and leveling furniture with uneven legs. No prior woodworking experience required. All tools and materials to make your project are included. Leave with a completed chair that will become a family heirloom. Lunch on your own.

Sat. & Sun., Nov. 18 & 19, 8 a.m.-4 p.m.
Aero Park Labs Bldg. Area C/D
Instructor: David Abeel $295

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Windsor stools made by students in David Abeel’s classes below.
Introduction to Welding Skill and Safety Lab Qualification

Qualify to use the NMC Welding Lab as you learn the essentials of welding for your hobby, art, or home-based projects. You’ll learn what you must know about safety, equipment use, and welding techniques. Review and discuss the tools and equipment for wire and stick welding, use of personal protective clothing and equipment, as well as proper set up and safe use of equipment in the welding lab. Then head into the lab to weld! Successful completion of this course is required to take Open Welding Lab. Safety glasses, gloves, and welding helmet will be provided for this session.

4 Sat., Sept. 23-Oct. 14
Noon-3 p.m.
Aero Park Labs Bldg. Rm. 118
Instructor: Devan DePauw $199

Open Welding Lab

Qualified students who have passed the Introduction to Welding course can sign up for extra lab time. Bring your project and work on it under the watchful eye of our instructor. You will need to purchase safety glasses, gloves, tools, and welding helmet prior to taking this course.

4 Sat., Sept. 23-Oct. 14
9 a.m.-noon
Aero Park Labs Bldg. Rm. 118
Instructor: Devan DePauw $199

Pottery Techniques

Beginners through advanced students—try all of the techniques and materials available in the NMC Ceramics Lab. You’ll work with wheel throwing, hand-building, and glazing. Open studio hours will be available on weekends for experimentation.

8 Wed.,
Sept. 27-Nov. 15, 5:30-8:30 p.m.
Fine Arts Pottery Studio Rm. 135
Instructor: Michael Torre $219

Art Appreciation

This course allows for a great deal of exploration into the world of art as we see it. The course provides an avenue for understanding this world by investigating technique, media, idea, personal expression and meaning. In examining personal expression, surrounding issues and their effect upon society are also analyzed. You will develop a foundation for understanding art through analytical observation, examination, interpretation and writing about art. For this course, you will need your NMC ID and Password before the first class (available through NMC Helpdesk, 231-995-3020). May also be taken for academic credit. Cost does not include text.

15 Tues. & Thurs.,
Aug. 29-Dec. 14, 9:40-11:10 a.m.
Fine Arts Rm. 115
Instructor: Michael Torre $325

Ceramics I

This introductory course develops hand-building skills and basic ceramic design skills. Gain technical skills by completing hand-building projects that include sets, complex shapes (made from multiple shapes), relief, pouring vessels, and a detailed sketchbook that includes research and design focused on each project. Cost does not include text. May also be taken for academic credit.

Option 1: 15 Mon. & Wed.,
Aug. 28-Dec. 13, 1-3 p.m.
Option 2: 15 Tues. & Thurs.,
Aug. 29-Dec. 14, 5:30-7:30 p.m.
Both in Fine Arts Rm. 135
Instructor: Mike Torre $465 each

Painting I

Take a formalistic approach to drawing in line, form, space, and techniques with emphasis on color. Projects explore several media, especially oils and acrylics. All levels accommodated. For this course, you will need your NMC ID and Password before the first class (available through NMC Helpdesk, 231-995-3020). Cost does not include text. May also be taken for academic credit.

15 Tues. & Thurs.,
Aug. 29-Dec. 14, 5:30-7:30 p.m.
Fine Arts Rm. 130
Instructor: Rufus James $435

Watercolor Painting I

Learn to paint in watercolor and discover the use of washes, creative effects, elements of landscape, experimental painting, and color mixing. Some of the subjects covered are landscape, buildings, flowers, still-lifes, and portraits. We also discuss framing and learn to cut a mat for our artwork. All levels of painting (beginner to advanced) accommodated. For this course, you will need your NMC ID and Password before the first class (available through NMC Helpdesk, 231-995-3020). Can also be taken for academic credit.

15 Mon. & Wed.,
Aug. 28-Dec. 13, 5:30-7:30 p.m.
Fine Arts Rm. 130
Instructor: Glenn Wolff $435
Music

**Guitar 101**
You’ve always wanted to play the guitar or you thought it would be fun to try but never got around to it... now’s your chance to give it a go! Here you’ll get the basics in a fun, informative way. Learn basic chords (and what a chord is) and strum patterns, and play a few songs with a light amount of music reading and theory mixed in. Leave with resources for continued practice. Bring that old guitar that has been sitting in the closet. Meets at Traverse City Guitar Company (322 E. Front St., TC.)

2 Mon., Oct. 23 & 30, 7:30-8:30 p.m. Traverse City Guitar Company  
Instructor: Greg Seaman  
$39

**Beginning Ukulele**
Learn how to play the ukulele! In just two sessions, you will learn basic chords and strums and work on four simple songs. You’ll get hands-on instruction, learn how to tune and maintain your instrument, and get resources for further learning. You will need to bring your own ukulele and purchase the book “Ukulele Primer for Beginners with DVD” by Bert Casey. Both are available at Traverse City Guitar Company, where the class meets (322 E. Front St., TC.)

2 Mon., Oct. 23 & 30, 6-7 p.m. Traverse City Guitar Company  
Instructor: Greg Seaman  
$39

**NMC Children’s Choir welcomes new singers with open auditions Thursday, Sept. 7**
Auditions are only required for new students entering grades 3 to 9. To schedule a 5-minute audition, call 995-1700. See page 65-66 for details about NMC Children’s Choir.

**Continuing Ukulele**
Join the group for more ukulele fun. Refine your skills, learn new songs, and share your experiences learning more about this fun instrument. You will build on the fundamentals obtained in the Beginning Ukulele course. Bring your ukulele. Meets at Traverse City Guitar Company (322 E. Front St., TC.)

2 Mon., Nov. 6 & 13, 6-7 p.m. Traverse City Guitar Company  
Instructor: Greg Seaman  
$39

**Canticum Novum**
The NMC Canticum Novum (kahn’-tee-koom noh’-voom), meaning “new song,” is a new choral offering at NMC. Because of the challenging literature and the abbreviated rehearsal schedule, only singers with good reading skills should inquire. Canticum Novum has several performance cycles throughout the year, with an emphasis on performances in the fall and late spring. Canticum Novum is an auditioned-only ensemble—auditions will be held August 30 & 31, 2017. Please email jecobb@nmc.edu for audition information.

36 weeks,  
Sept. 9, 2017 to July 1, 2018  
3-5:30 p.m., (days arranged)  
Fine Arts Rm. 115  
Instructor: Jeffrey Cobb  
$150

**Leonard Bernstein’s World**
Leonard Bernstein was one of the most colorful and multi-talented American musicians of the 20th century. Investigate the people, events and experiences leading to Bernstein’s amazing accomplishments. See page 24 for details.

**Opera Notes**
Join the fall opera briefings and you’ll get even more out of the wonderful New York Metropolitan Opera HD simulcasts at the State Theatre. Through story, song, and video you will become familiar with the tales on and off stage enriching the opera experience. See page 26 for details.

**Music Appreciation**
We’ll survey Western European classical music from the medieval period to the present. Examine the important composers and musical compositions from each period of music while listening to these great works and discussing the elements that made them come alive and move people’s hearts through the ages. Together, we’ll experience the soothing Gregorian Chant of the Medieval period, the lively music of Renaissance, the motion and ornamentation of the Baroque style, the refinement and maturity of the Classical era, the stirring emotion of the Romantic period, and the many harmonic and rhythmic surprises of 20th century music. You do not need to have a music background to enjoy and succeed in this class. May also be taken for academic credit. Text is not included.

15 Tues. & Thurs.,  
Aug. 29-Dec. 14  
11:20 a.m.-12:50 p.m.  
Fine Arts Rm. 115  
Instructor: Michael Davis  
$360
Music Appreciation—Jazz
Jazz Appreciation is a survey of the stylistic and historical elements of jazz from its earliest beginnings and influences through the contemporary jazz scene. Emphasis is placed on listening to the significant jazz artists and styles of each period of jazz. You will also be introduced to the many musical characteristics, techniques, and terms found in the jazz tradition, as well as their historical significance. No musical background or training is assumed or required. May also be taken for academic credit. Text is not included.

15 Tues. & Thurs., Aug. 29-Dec. 14, 3:10-4:40 p.m.
Fine Arts Rm. 115
Instructor: Michael Davis $360

NMC Grand Traverse Chorale
This large, mixed (SATB) choral ensemble is open to all community members and college students with past choral experience. The Grand Traverse Chorale provides its members with an educational experience and personal enrichment made possible through singing quality choral literature selected from antiquity through the 21st century with an emphasis on large masterworks. Performance excellence is principal to the purpose of the ensemble. The Grand Traverse Chorale performs throughout the semester and frequently performs with the Traverse Symphony Orchestra. May also be taken for academic credit. To arrange an audition, email jecobb@nmc.edu.

15 Mon. & Wed., Aug. 28-Dec. 13, 5:30-7 p.m.
Fine Arts Rm. 115
Instructor: Jeffrey Cobb $99
($82 with LIFE Discount)

NMC Chamber Singers
This mixed (SATB) choral ensemble is open to community members and college students with past choral experience. The Chamber Singers provide an educational and personal enrichment experience made possible through singing quality choral literature with an emphasis on newer works and works for small choral ensembles. Performance excellence is principal to the purpose of the ensemble. The Chamber Singers perform throughout the semester and frequently perform with the Traverse Symphony Orchestra. May also be taken for academic credit. To arrange an audition, email jecobb@nmc.edu.

15 Mon. & Wed., Aug. 28-Dec. 13, 5:30-7 p.m.
Fine Arts Rm. 115
Instructor: Jeffrey Cobb $99
($82 with LIFE Discount)

NMC Concert Band
Join the band! This large ensemble is made up of community musicians and college students who play a traditional band instrument. In addition to becoming more proficient with your instrument, you’ll have an opportunity to perform significant concert and symphonic band repertoire through rehearsals and in two concerts per semester. To be eligible, you’ll need at least high school level competency on a wind or percussion instrument. May also be taken for academic credit. To arrange an audition, email jecobb@nmc.edu.

Both options 15 Mon., Aug. 28-Dec. 11
Option 1: 5:30-7:30 p.m.
Option 2: 7:30-9:30 p.m.
Milliken Auditorium
Instructor: Laurie Sears $90 each
($74 with LIFE Discount)

Vocal Jazz Ensemble
This small ensemble of men’s and women’s voices rehearses and performs vocal jazz works. Develop skills in vocal jazz styles, blending harmonies, microphone technique, and jazz theory. May also be taken for academic credit. New students should arrange an audition; email mtdavis@nmc.edu for information.

15 Mon., Aug. 28-Dec. 11
7-9 p.m., University Center Rm. 14
Instructor: Michael Davis $110
($92 with LIFE Discount)
Private Music Lessons
Guitar • Piano • Voice and more
Private lessons are available for most instruments and can be taken for personal interest or academic music credit. Dates and times arranged with instructor. Please call NMC-EES to register, 995-1700.
15 half-hour lessons: $395
15 one-hour lessons: $780

Language and Culture

Beginning French
Get started or brush up on those French language skills to enhance your travel experience, empower your business skills, and/or exercise and improve your brain function! You’ll learn vocabulary, phrases, and sentences; essential language structure; and gain insights into French culture guided by your native French instructor, Madame Parker. The required text, French in 10 Minutes a Day, may be purchased at the NMC Bookstore (995-1285).
6 Tues., Sept. 19-Nov. 7
6:30-8:30 p.m.
(no class Oct. 10 & 17)
Scholars Hall Rm. 103
Instructor: Madame Der-Boghossian Parker
$89

Conversational Spanish I
This beginning Spanish course focuses on pronunciation, basic speaking skills, and listening comprehension useful to the traveler, the businessperson, or those wishing to communicate on a social level with Spanish speakers. We will also look at written Spanish appropriate for the foreigner. The required text, Spanish Now! Level 1, may be purchased at the NMC Bookstore (995-1285), CD is optional.
10 Wed., Sept. 13-Nov. 15, 6-8 p.m.
University Center Rm. 209
Instructor: Matthew Soltysiak
$139

Conversational Spanish II
Gain confidence and have fun as you expand your Spanish vocabulary and improve your pronunciation, speaking, and listening skills. Emphasis will be on the most commonly used Spanish words and phrases in order to maximize your opportunity for fluency in everyday language. You’ll get practice in handling practical situations for your next business or vacation trip. Designed to follow Spanish I, it is also open to anyone with previous classroom Spanish experience or those wanting to maintain their Spanish II fluency. The required text, Spanish Now! Level 1, may be purchased at the NMC Bookstore (995-1285).
9 Tues., Sept. 19-Nov. 14, 6-8 p.m.
Beckett Bldg. Rm. 140
Instructor: Yvette Babin-Ringsmuth
$129

An Introduction to Mandarin Chinese
Learn to communicate in Chinese! Explore this intriguing and musical language for use in traveling, talking with Mandarin speakers in the U.S., or just expanding your mind. Understand the basics of pinyin (the Chinese phonetic system) and the four tones of Mandarin. Become familiar with basic vocabulary and phrases, and explore useful cultural information. You’ll also get started recognizing and writing Chinese characters.
2 Thurs., Sept. 28 & Oct. 5
6-8 p.m.
Beckett Bldg. Rm. 140
Instructor: Yvette Babin-Ringsmuth
$49

A Cultural Immersion: Captivating China
Experience China’s heritage and traditions by immersing yourself in one of the world’s oldest continuous cultures and fastest growing powers in the modern world. Explore the inner balance and peace gained through the simple, yet elegant, practice of calligraphy. Hear the sing-song flow of the Chinese language as you learn a few simple words and phrases. Then take a virtual photographic journey through several temples. Observe how they are a celebration of art, history and education. Lastly, understand the importance of food as you enjoy a traditional tea ceremony.
3 Thurs., Oct. 5-19
9:30 a.m.-noon
University Center Rm. 204
Instructor: Chiao St. Charles
$69
Beginning German
Learn important words and phrases, enhance your traveling experience, and gain an introduction to German culture. Get acquainted with the pronunciation of the German alphabet, vocabulary, and basic grammar skills. The required text, *German in 10 Minutes a Day*, may be purchased at the NMC Bookstore (995-1285).

10 Tues.,
Sept. 12-Nov. 14, 6-8 p.m.
Beckett Bldg. Rm. 146
Instructor: Chris Morehead $139

Beginning American Sign Language
American Sign Language (ASL) is the fourth most used language in the USA. Learn basic vocabulary and phrasing and be introduced to the manual alphabet and finger spelling. Develop the ability to carry on a conversation in ASL and become exposed to ASL grammar. You will also gain insight into the deaf culture.

8 Tues.,
Sept. 26-Nov. 14, 5:30-7:30 p.m.
Scholars Hall Rm. 209
Instructor: Wendy Williams $119

English as a Second Language (ESL) Intermediate Level
This course is designed for those with at least basic English skills. Build your vocabulary and improve your writing, reading, and conversation skills. Each week, we will study grammar and pronunciation through exercises, role play, and games. This class will help you if you wish to prepare for the citizenship exam, pursue further education, or improve your performance at work. There will be some individualizing to meet the needs and goals of class members.

9 Tues. & Thurs.,
Sept. 12-Nov. 9, 6-8 p.m.
Scholars Hall Rm. 205
Instructor: Laura Rozeboom $169

Writing

Poetry and Performance
The art of expressing yourself through writing and performing poetry out loud builds confidence. We will discuss all that a poem is and can be, and practice reading poems by Robert Hayden, Gwendolyn Brooks, and Frank O’Hara with gusto and intention. Exploring the significance of what we say and how we say it, we’ll create fresh works of art and share freely, performing our original poems for each other at the end of the class. Partner poems are also great, so invite your friends to sign up, too!

Thurs., Sept. 28
6:30-8:30 p.m.
University Center Rm. 216
Allison Peters $39

In Dark Places: Writing the Mystery Novel
Follow Elizabeth Buzzelli, local acclaimed writer, into the dark places where mysteries are born. Consider all parts of the mystery—murder, forensics, procedure, the amateur sleuth, dark story, police detective—and learn how to write each one. Limited to 12 students who are determined to see their work published and are willing to write, then read their work to the class. The only prerequisite is for the writer to love mysteries, read widely in the genre, and come with a determination to write a publishable novel!

4 Tues., Oct. 3-24
6-8 p.m.
University Center Rm. 106
Instructor: Elizabeth Kane Buzzelli $99

Life Story Writing classes help you vividly portray the people, places, and events that have influenced your life. Details on page 26.
Creative Writing
Learn the basic techniques of effective, imaginative writing of fiction and short stories. Includes analysis of model works and critique of manuscripts produced by class members. For this course you will need your NMC ID and Password before the first class (available through NMC Helpdesk, 231-995-3020). May also be taken for academic credit. Required text available at the NMC Bookstore (995-1285).
15 Tues. & Thurs., Aug. 29-Dec. 14, 9:40-11:10 a.m.
Scholars Hall Rm. 15 (lower level)
Instructor: Sarah Wangler $325

Your 30-day Passion Project
Do you have a creative idea longing to see the light of day...perhaps a business, book, blog, web copy or a money-making idea that’s been calling for your attention...but, somehow you don’t get to it? See page 5 for details.

Website Writing Essentials
“Your web copy—the way you write your content—might be losing you revenue” says Neil Patel of Forbes Magazine. Don’t let your website drive customers away. Learn how to hook your readers and pull them in. See page 4 for details.

Home Time
Simplify Your Life
They say less is more! In this interactive class, we’ll define simplicity as a lifestyle choice. Find ways to identify challenges and time thieves. Explore how to simplify beyond the clutter, and tackle busyness, health, finances, and more. Discover how less stress, less stuff, and fewer obligations leads to a happier and healthier life. Learn a systematic process, gain resources and walk out with an action plan to start simplifying your life.
Wed., Nov. 1, 6-9 p.m.
University Center Rm. 218
Instructor: Jessica Merwin $49

Puppy Training 101
Learn how to understand and communicate with your new puppy! Discover the basics of canine communication, as your puppy also learns about the world of humans. Participate in active, humane and science-based learning interspersed with supervised and narrated puppy playtime to build social skills. You will gain a basic and nuanced understanding of dog body language. We will problem-solve puppy topics such as house-training, leash walking, and politely greeting both other dogs and humans. We’ll introduce the commands SIT, DOWN, WAIT, SETTLE, COME, and GIVE. First class is for human students only: bring your puppy to all the following sessions. Puppies age 10 to 18 weeks are welcome.
6 Sat., Oct. 7-Nov. 11
9-10 a.m.
Parsons-Stulen Bldg. Rm. 101
Instructor: Jennifer Loup $125

Dog Training: Communication Fundamentals
You and your dog will learn to communicate effectively and understand each other in this highly interactive basic training course. Learn to teach your dog to greet people politely (no jumping), to walk cooperatively on a leash, and to pay attention to you despite distractions. Examine canine body language and interpret what your dog is trying to tell you. The dogs will learn basic commands such as SIT, DOWN, STAY, WAIT, COME, GIVE, HEEL, SIDE, LEAVE IT, and WATCH ME. First class is for human students only; bring your dog to all the following sessions. Dogs age five months and up are welcome.
6 Sat., Oct. 7-Nov. 11
10:30-11:30 a.m.
Parsons-Stulen Bldg. Rm. 101
Instructor: Jennifer Loup $99

Dog Training: Continuing
Expand on basic commands (SIT, DOWN, STAY, WAIT, COME, HEEL and WATCH ME) by working around increasingly difficult distractions. Recall (COME) will work up to 15 feet away from the dog, and STAY includes new positions and longer duration. We will add a quick down command called DROP. The training games increase distraction and difficulty for your dog. You will learn to interpret and understand basic canine body language and communicate effectively with your dog. Dogs will also refine household manners such as leash walking (disregarding other dogs) and greeting people politely. Prerequisite is Dog Training: Communication Fundamentals or instructor permission. First class is for human students only; bring your dog to all the following sessions.
6 Sat., Oct. 7-Nov. 11
Noon-1 p.m.
Parsons-Stulen Bldg. Rm. 101
Instructor: Jennifer Loup $99

Write Fundraising Letters That Work!
Think direct mail is a dying fundraising strategy? Think again! Learn how to create fundraising letters that draw your reader in, make them feel vital to your mission, and move them to action. See page 9 for details.

Register online at nmc.edu/ees or call 231.995.1700 | 51
**Feeding Your Pet for Optimal Health**

The field of nutrition is rapidly expanding for both humans and animals. Join holistic veterinarian Dr. Lynch as he explores the history of the processed pet food industry and examines the role processed foods may play in the health of your pet. Explore the field of Integrative Nutrition, the blending of conventional nutritional science with wholesome, unadulterated ingredients to further expand the role of nutrition in wellness. The discussion includes a look at the exciting new field of Nutrigenomics.

Tues., Oct. 10
6:30-8:30 p.m.
University Center Rm. 213
Instructor: Dr. Albert Lynch  $29

**Acupuncture and Herbs—Can They Really Help My Pet?**

Traditional Chinese Medicine has been utilized for centuries to maintain health and wellness, but remains a mystery to most individuals. What really is Qi (Chee)? Gain an understanding of the basic concepts of Chinese Medicine and how it relates to Western medicine. Explore the field of Integrative Medicine, combining the best of the East and West to produce results often unattainable with traditional medical therapies. Case examples of treatments with pets will be explored along with practical application of concepts. The class Feeding Your Pet for Optimal Health is recommended as a prerequisite, but not required.

Tues., Oct. 24
6:30-8:30 p.m.
University Center Rm. 213
Instructor: Dr. Albert Lynch  $29

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**Dance**

*When couples register for a dance course, please provide registration information for each partner.*

**Social Partner Dancing**

Maybe you’ve always wanted to dance, already love to dance, or have a wedding or event coming up where dancing is expected. Here’s a Friday night fun answer. Learn to connect with your partner and be able to dance to any kind of music—to listen, lead, follow, to trust, and to support your partner and become a much better dancer. Explore specific dance styles including swing, jitterbug, slow-dancing, and waltz which can be used anywhere from ballrooms to weddings to nightclubs to a romantic evening at home. For beginners and those wanting to develop the next stage of their dancing style. No partner necessary. Wear slippery-soled shoes.

**Option 1:** Sun., Sept. 24
5-8 p.m.
**Option 2:** Sun., Oct. 15
5-8 p.m.
**Option 3:** Sun., Nov. 12
5-8 p.m.
Phys. Ed. Dance Rm. 120
Instructor: Mykl Werth  $29 each

**Partner Dancing Made Easy**

Become a better dancer! Tired of trying to learn complicated dance steps? Enjoy parties and weddings with user-friendly approaches to moving on the dance floor. In a fun and relaxed atmosphere, you’ll learn basic moves for various kinds of music. Designed for beginners and dancers with any amount of experience. No partner necessary. Wear slippery-soled shoes.

**Option 1:** Sun., Sept. 24
5-8 p.m.
**Option 2:** Sun., Oct. 15
5-8 p.m.
**Option 3:** Sun., Nov. 12
5-8 p.m.
Phys. Ed. Dance Rm. 120
Instructor: Mykl Werth  $29 each

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**A Chance to Dance**

Enjoy a Friday night dance and practice all those great new moves you acquired in a dance class. Instructor Mykl Werth will be on hand to keep a variety of music styles going and to give a little guidance if you wish. Singles and couples welcome. Wear slippery-soled shoes. Attend as many of the classes as you like.

15 Fridays, Sept. 22-Dec. 15
(no class Nov. 24)
9 p.m.-Midnight, Phys. Ed. Rm. 120
Dance Master: Mykl Werth  $5 per person, per class (pay at the door)

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Find children’s dance classes on page 64.
Swing, Latin, and Slow Dancing
Experience a fun form of recreation/exercise/growth through many styles of partner dancing including swing/jitterbug, slow dancing, tango, waltz, salsa, mambo, blues and more. Learn to connect with a partner and dance to any kind of music in any situation: from dances and parties, to clubs and weddings. This course may also be taken for academic credit. Wear slippery-soled shoes. No partner necessary.

15 Wed., Aug. 30-Dec. 13
6:45-8:45 p.m., Phys. Ed. Rm. 120
Instructor: Mykl Werth
$230

Hip Hop Dance
Learn dance combinations used in the Hip-Hop dance style and develop strength, flexibility, rhythm, balance, and safe body mechanics. This course may also be taken for credit. Wear clean, dry gym shoes. No partner needed.

15 Mon., Aug. 28-Dec. 11
6:35-8:35 p.m., Phys. Ed. Rm. 120
Instructor: Joedy Annis
$230

Yoga

Beginning Yoga
Come experience yoga—a holistic practice benefiting the body, mind, and spirit. Learn basic concepts and techniques that you can incorporate to bring balance into your life. Yoga reminds us that life is a stretch on all levels, and regular practice builds both inner and outer strength. Wear loose, comfortable clothing and bring a blanket. Meets at Yoga for Health Education (1200 W. 11th Street).

Option 1: 7 Wed., Sept. 6-Oct. 18, 10-11:15 a.m.
Option 2: 7 Tues., Sept. 12-Oct. 24, 5:45-7 p.m.
Option 3: 7 Wed., Oct. 25-Dec. 13, 10-11:15 a.m. (no class Nov. 22)
Option 4: 7 Tues., Oct. 31-Dec. 12, 5:45-7 p.m.
at Yoga for Health Education
Instructor: Libby Robold & Staff
$95 each

Option 1: 14 Fri., Sept. 8-Dec. 15, 5:15-6:45 p.m. (no class Nov. 24)
Instructor: Libby Robold
$219

Option 2: 14 Sat., Sept. 9-Dec. 9, 9-10:30 a.m.
Instructor: Michael Robold & Staff
$219

Option 3: 14 Mon., Sept. 11-Dec. 11, 5:45-7 p.m.
Instructor: Michael Robold & Staff
$189

Sunrise Flow Yoga
An energetic “wake me, shake me” flow of yoga postures arranged in an intelligent sequence, transitioning from one to the next, steadily builds in intensity, creating strength and flexibility while quieting the mind. Learn to use the breath to maximize your potential on all levels. This class is for continuing yoga students and well-conditioned, athletic individuals. Meets at Yoga for Health Education (1200 W. 11th Street).

14 Tues., Sept. 12-Dec. 12
7:30-8:30 a.m.
at Yoga for Health Education
Instructor: Libby Robold
$159
Kundalini Yoga Fire Series
Through a series of dynamic movements, you will gradually raise your Kundalini energy and internal heat to release body tension, clear your mind, and provide an overall feeling of strength, flexibility, and resiliency. The series is powerful but not extreme and can be performed by anyone in good physical condition. Meets at Yoga for Health Education (1200 W. 11th Street).
14 Thurs., Sept. 7-Dec. 14
6:45-8:15 p.m. (no class Nov. 23)
at Yoga for Health Education
Instructor: Libby Robold $219

Gentle Yoga
Gentle Yoga is designed for people of any level of physical ability who prefer a more mindful, gentle practice. See page 21 for details.

Chair Yoga
Enjoy the benefits of the essential elements of yoga in seated position. Discover the rewards of gentle stretches, postures, and relaxation through breathing and meditation. All levels and abilities are welcome. See page 21 for details.

Yoga for Arthritis and Stiff Bodies
Come learn easy, helpful techniques of yoga for arthritis and general stiffness. Aside from being helpful for those suffering from arthritis, those who are very stiff from athletics, constant travel, repetitive motion on the job, and high stress can benefit from this special therapeutic class. Wear comfortable clothing. For beginning students and those who have taken yoga before. Meets at Yoga for Health Education (1200 W. 11th Street).
14 Fri., Sept. 8-Dec. 15
1-2:30 p.m. (no class Nov. 24)
at Yoga for Health Education
Instructor: Libby Robold $289
($234 with LIFE Discount)

Vinyasa Flow Yoga
We’re giving you a reason to wake up early! Celebrate the morning in this dynamic system of practicing asana which integrates breath and movement in a slightly heated room. Build heat, endurance, strength and flexibility, and increase circulation. Sun salutations, creative sequencing, breath flow, and a fun playlist will give you an invigorating start to your day. All are welcome, though a general knowledge of the postures is helpful. Meets at Yen Yoga and Fitness (332 E. Front St., TC). Students must register 7 days before class start date.
Both options 7 Tues. & Thurs., 6-7 a.m.
Option 1: Sept. 12-Oct. 26 $179
Option 2: Oct. 31-Dec. 14 $169
(no class Nov. 23)
at Yen Yoga and Fitness
Instructor: Yen Yoga Staff

Warm Yin Yoga
Come into relaxation and stillness by stimulating the connective “yin” tissues, such as the ligaments, bones, and even the joints of the body that are not typically explored in a more active style of practice. Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga, as well as to active exercise such as running and cycling. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. All levels welcome. Meets at Yen Yoga and Fitness (332 E. Front St., TC). Students must register 7 days before class start date.
Both options 7 Tues. & Thurs., 6:30-7:30 a.m.
Option 1: Sept. 12-Oct. 26 $179
Option 2: Oct. 31-Dec. 14 $179
(no class Nov. 23)
at Yen Yoga and Fitness
Instructor: Yen Yoga Staff

Yoga
Hatha Yoga means union and balance. Through the principles of breath awareness and deep muscle stretching, strengthening and relaxation, you’ll discover tools for greater physical, mental, and spiritual well-being. This course may also be taken for credit. Bring a blanket and mat, and wear loose clothing.
All options meet 15 weeks, Aug. 31-Dec. 15
Option 1: Thursdays, 10:10 a.m.-12:10 p.m.
Instructor: Diane Samarasinghe
Option 2: Thursdays, 3:10-5:10 p.m.
Instructor: Diane Samarasinghe
Option 3: Fridays, 10:10 a.m.-12:10 p.m.
Instructor: Diane Samarasinghe
All meet in Phys. Ed. Rm. 120 $230
Bikram Yoga

The original Hot Yoga: 105 degrees, 26 poses and two breathing exercises. Meets for 90 minutes, three times per week on a flexible schedule. There are 26 class meeting times throughout the week, all with supportive, passionate and professionally trained yoga teachers. Classes are offered during the daytime, evening, and weekends. Call (231) 392-4798 for details. Pre-requisite: good heart health; participants should not be pregnant. Mandatory orientations are required for new and returning Bikram Yoga students. Required orientation is Aug. 30 for the class that begins Aug. 30; orientation is Wed., Oct. 25 for the class that begins Oct. 25; both are 3 p.m. at Bikram Yoga Studio (845 S. Garfield Ave., next to Agave Restaurant). This course may also be taken for academic credit.

Class meets for 90 minutes three times per week on a flexible schedule

**Option 1:** Aug. 30-Oct. 21
**Option 2:** Oct. 25-Dec. 16
Bikram Yoga Studio (845 S. Garfield Ave.)
Instructor: Brandon Kietzman & Staff
$225 each

Fitness

Total Barre Foundation™

A new evening addition of the popular Total Barre™ course. Get fit and stay active with Total Barre™, a high-energy program that focuses on strength, flexibility, stamina, and dynamic stability. It combines elements from Pilates, dance, cardio, and strength training—and it’s fun! You’ll use the ballet barre and small equipment. Bring a mat to class. Total Barre Foundation™ is also part of our Forever Fit package, so if you miss an evening, you can attend another course in the Forever Fit package that week (see page 58 for the list of classes).

**Option 1:** 7 Mon. & Thurs., Sept. 11-Oct. 26
**Option 2:** 7 Mon. & Thurs., Oct. 30-Dec. 14
(no class Nov. 23)
5:30-6:20 p.m.
Phys. Ed. Dance Rm. 120
Instructors: Maggie Quinn & Staff
$95 each

Total Barre™ Modified for Pre- & Post-Natal

Expectant and new mothers alike will reap the myriad benefits of exercising with music in this unique Total Barre™ program. Not only will this workout keep new moms and moms-to-be moving, but the plus of moving to music will help improve self-image, reduce stress, combat postural and muscle imbalances, and increase social interaction. Every move is designed to increase flexibility, balance, joint stability and pelvic floor activation all while boosting moods and lifting spirits. You will use the ballet barre.

**Option 1:** 7 Mon., Sept. 11-Oct. 23
**Option 2:** 7 Mon., Oct. 30-Dec. 11
Noon-12:50 p.m.
Phys. Ed. Dance Rm. 120
Instructor: Maggie Quinn
$59 each

Want updates about upcoming classes and events?
Sign up for our e-news
Go to: nmc.edu/ees
Call: 231.995.1700
Halo® HIIT
New research is showing the value of High Intensity Interval Training (HIIT) as a way to shorten your aerobic training. Many are not able to tolerate a full 45 to 60 minute high intensity interval workout. Utilizing the innovative design of the Halo Trainer and Stability Ball, this is a multi-functional and three-dimensional exercise program that incorporates the science of core-integrated bodyweight training with the use of the Halo Trainer. The program teaches exercises that follow unique progressions or regressions designed to increase functional strength and stability at any level of condition from rehab through to athletic performance training. Halo HIIT is also part of our Forever Fit package, so if you miss an evening, you can attend another course in the Forever Fit package that week (see page 58 for the list of classes.)

Option 1: 7 Tues. & Thurs., Sept. 12-Oct. 26
Option 2: 7 Tues. & Thurs., Oct. 31-Dec. 14 (no class Nov. 23)
Tues. meets Noon-12:50 p.m.; Thurs. meets 12:30-1:20 p.m.
Phys. Ed. Dance Rm. 120
Instructors: Maribel LaLonde (Tues.) and Maggie Quinn (Thurs.) $95 each ($80 with LIFE Discount)

Functional Fitness
Ever wanted to try CrossFit but felt intimidated? TC Total CrossFit offers constantly varied, functional fitness at a learning pace suitable for any level. Utilizing cross-training methodology that is diverse and challenging, workouts are tailored to your fitness needs and limitations, and can be accelerated as your abilities expand. Control intensity using bodyweight skills and a myriad of equipment such as barbells, kettle bells, and dumbbells in a safe and encouraging environment. CrossFit is effective for building strength and aerobic endurance, improving body composition, flexibility, and metabolic health. Headed to work afterwards? No worries, showers are available. Join the camaraderie and have fun while working out! Adults and youth age 14+ are welcome. All options include Optional Open Gym Mondays-Fridays, 4:30-5:30 p.m., during the weeks of your class.

Option 1: 4 Tues. & Thurs., Sept. 19-Oct. 26, 6:30-7:30 a.m. $119
Option 2: 4 Tues. & Thurs., Nov. 7-30, 6:30-7:30 a.m. $109
(no class Nov. 23)
Instructor: Christine Watts at TC Total CrossFit (765 Duell Rd. TC)

Arms, Abs, and Assets
This mat-based strengthening and sculpting class targets, of course, your arms, abs, and most importantly—assets. Designed for all levels, the exercises are adaptable to your fitness abilities using modifications that are demonstrated. Utilizing weights, bands, magic circles and toning balls, focus on your core while sculpting and toning head to toe. Get ready to start achieving awesome abs, strong arms and other amazing assets! Students must register 7 days before class start date.

Option 1: 7 Fri., Sept. 15-Oct. 27 1:30-2:30 p.m.
Option 2: 7 Fri., Nov. 3-Dec. 15 1:30-2:30 p.m.
at Yen Yoga and Fitness in TC
Instructor: Yen Yoga Staff $99 each

TC Total: Power Weightlifting
Would you like to feel more confident in your weightlifting abilities and know-how? Join Scott Gadzinski, co-owner of TC Total CrossFit to learn the fundamental elements of sound weightlifting. Learn how to perform the snatch, clean, squat variations, and overhead lifting. Review training programs for beginner and intermediate athletes, and apply simple biomechanical, physiological, and psychological concepts that will create an efficient and safe experience. Understand how important weight training is, not only in sports performance, but also in everyday life! Adults and youth age 14+ are welcome.

Option 1: 6 Tues., & Thurs., Sept. 19-Oct. 26 5:30-6:30 p.m. $149
Option 2: 6 Tues., & Thurs., Nov. 7-Dec. 14 (no class Nov. 23) 5:30-6:30 p.m. $139
TC Total CrossFit (765 Duell Rd. TC)
Instructor: Scott Gadzinski
Cardio-Drumming
Drum your way to a stronger, leaner you—and have FUN while doing it! Connect to (or discover!) your sense of rhythm in this innovative exercise program, combining low impact aero-bics and drumming with sticks on a stability ball. The pulsating rhythms take you to a whole new level of well-being for the mind and body. Sit or stand, there is no wrong way to be involved. It’s definitely UPBEAT FUN!

Option 1:
6 Thurs., Sept. 21-Oct. 26
10-10:45 a.m.

Option 2:
6 Thurs., Nov. 2-Dec. 14
10-10:45 a.m. (no class Nov. 23)
Meet at Nourish in TC
(1545 S. Division #116) $49 each
Instructor: Breanna McGurn

Cycling (Spinning)
This indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. Cycling will enhance your speed, strength and stamina, improve your overall physical health, and increase your caloric burn. Cardiovascular training such as cycling can reduce symptoms of stress, depression, anxiety, and insomnia. We’ll cycle to energizing and inspiring music. Appropriate for beginners to advanced cyclists. Meets at Yen Yoga and Fitness (332 E. Front St., TC). Students must register 7 days before class start date.

5:30-6:30 p.m.

5:30-6:30 p.m.
at Yen Yoga and Fitness in TC
Instructor: Wes Sovis $99 each

Twelve O’Clock Toner
Join Kim Stevens, exercise guru, for a lunchtime workout to tone and strengthen. Designed for beginners and regular exercisers (work at your own level) who want to improve strength, boost that metabolism, increase bone density, and increase endurance. Exercises target all the major muscle groups. Feel better, look better, and get motivated to continue using the skills you develop. Bring light weights and a mat.

11 Fri., Sept. 22-Dec. 15
Noon-12:50 p.m.
(no class Nov. 17 & 24)
University Center Rm. 213
Instructor: Kimberly Stevens $95

NMC Fitness Center Membership
Come join the New NMC Fitness Center inside the new North Residence Hall (scheduled to open late August 2017, at time of publication). Do something today that your future self will thank you for! Get the personal attention you deserve. The benefits of a smaller fitness center are motivation, instruction and education—as we get to know you and your needs. There’s always a fitness specialist available to assist you in getting your fitness program on track and staying on track. Begin with a fitness analysis and instruction in proper use of all equipment which includes weight machine stations, cardio equipment, and dumbbells. The new facility has showers, changing room and a new atmosphere with windows to brighten up your fitness workout. Begin a membership anytime. NMC student rates and monthly rates are also available, call 995-1739 for details.

Located at NMC Fitness Center inside NMC North Residence Hall
Open year round—enjoy unlimited use during open hours.

August 28-May 5 hours:
Mon. through Thurs., 6:30 a.m.-8 p.m.
Fri., 6:30 a.m.-6:30 p.m.; Sat., 8 a.m.-noon

May 7-Aug. 24 hours:
Mon. through Thurs., 7 a.m.-7 p.m.
Fri., 7 a.m.-3 p.m.

Annual Membership: $200 ($172 with LIFE Discount)
4-Month Membership: $100 ($86 with LIFE Discount)

Personal Trainer option
Want personalized training sessions to reach your fitness goals? Call 995-1700 to register for 10 sessions for $350 or 6 sessions for $225. NMC Fitness Center membership required.
**Forever Fit (For all ages and fitness levels)**

Expanded hours and options this fall. Try before you buy! You’re invited to try as many classes as you want the first week (Sept. 11-15) for FREE!

There are 24 exercise options per week, see the various styles on the next page. You sign up for the number of hours per week you wish to participate in class, then attend the days and times you want. Pick and choose classes from the choices shown. Class days/times subject to change as enrollment fluctuates. NOTE: For Fall 2017, the Weight Strengthening class schedule is subject to timing of NMC Fitness Center moving into new facility. We hope the move is complete prior to the start of classes, but it is dependent on the construction timeline.

NOTE: You can attend the same class every week, for example, you can attend Halo HIIT on Tuesdays and Fridays, OR you can attend any classes in the week based on the number of times for which you signed up (1-2, 3-4, or 5-6 a week). Miss a class due to an appointment – no problem, just attend a different one to get your exercise on!

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**Fall Session 1:**
7 weeks, Sept. 11-Oct 27
1-2 hours a week: $89 ($75 with LIFE Discount)
3-4 hours a week: $129 ($108 with LIFE Discount)
5-6 hours a week: $170 ($148 with LIFE Discount)

**Fall Session 2:**
7 weeks, Sept. 11-Oct 27
(no class Nov. 23 & 24)
1-2 hours a week: $89 ($75 with LIFE Discount)
3-4 hours a week: $129 ($108 with LIFE Discount)
5-6 hours a week: $179 ($148 with LIFE Discount)

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**Weekly Schedule**

All classes except Weight Strengthening meet in NMC Phys. Ed. Building

**Monday:**
4:45-5:35 a.m.: Weight Strengthening (PE 206)
8-8:50 a.m.: Weight Strengthening (PE 206)
8-8:50 a.m.: Fitness Ball (Gym)
9-9:50 a.m.: Total Barre Amplified (PE 120)
9-9:50 a.m.: Yoga for 50+ (Gym)
12-12:50 p.m.: Total Barre Modified for Pre & Post Natal (PE 120)
5:30-6:20 p.m.: Total Barre Foundation (PE 120)

**Tuesday:**
8-8:50 a.m.: Total Barre Endurance 3 (PE 120)
9-9:50 a.m.: Gentle Pilates (Gym)
12-12:50 p.m.: Halo HIIT (PE 120)

**Wednesday:**
4:45-5:35 a.m.: Weight Strengthening (PE 206)
8-8:50 a.m.: Total Barre Amplified (PE 120)
9-9:50 a.m.: Jacki Sorensen Aerobics (PE 120)
10-10:50 a.m.: Total Barre Modified (PE 120)
12-12:50 p.m.: Yoga for 50+ (PE 120)

**Thursday:**
8-8:50 a.m.: Total Barre Endurance 3 (PE 120)
9-9:50 a.m.: Gentle Pilates (Gym)
12:30-1:20 p.m.: Halo HIIT (PE 120)
5:30-6:20 p.m.: Total Barre Foundation (PE 120)

**Friday:**
8-8:50 a.m.: Weight Strengthening (Fitness Center)
8-8:50 a.m.: Fitness Ball (Gym)
9-9:50 a.m.: Jacki Sorensen Aerobics (PE 120)
9-9:50 a.m.: Yoga 50+ (Gym)

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**Sign up now**
With Forever Fit, you sign up for:
1 to 2 hours per week, OR 3 to 4 hours per week, OR 5 to 6 hours per week,
and attend any of the classes below.

See days and times at left.

**Forever Fit class descriptions:**

**Yoga for 50+**
You’ll love these exercises that are designed specifically for those age 50+. Yoga improves flexibility, strength, posture and balance, and provides a sense of physical and spiritual well-being. Designed for people of any level of physical ability who prefer a more mindful and mild approach. Wear comfortable clothing for movement.

Instructor: Dorothy Eisenstein

**Jacki Sorensen Aerobics**
This low-impact, high energy, fitness class is fun and easy! Subtly choreographed routines for a head-to-toe workout include resistance and core training along with warm up and cool down. Exercise with or without a step while keeping your heart rate elevated. Bring a mat. Instructor: Jennifer Dykstra

**Fitness Ball**
Are you noticing that your balance is challenged? Integrate the principles of pilates while using a large fitness ball. It is a perfect way to increase your body’s awareness in space while working in three dimensions. Enhance your balance, strength, stabilization, and endurance. Bring a fitness mat. Instructor: Dorothy Eisenstein

**Total Barre Foundation™**
Get fit and stay active with Total Barre™, a high-energy program that focuses on strength, flexibility, stamina, and dynamic stability. It combines elements from Pilates, dance, cardio, and strength training—and it’s fun! You’ll use the ballet barre and small equipment. Bring a mat to class. Instructor: Maggie Quinn or Staff

**Total Barre Endurance 3™**
Taking Total Barre Foundation™ up a notch, this program works in a continuous flow to keep the heart rate elevated. Plus added neuromuscular challenges, and balance and strength exercises. Bring a mat to class.

Instructor: Maggie Quinn

**Total Barre™ Modified**
Perfect for those with limited mobility or restricted movement. All active adults can benefit from exercising with music as it helps improve learning and memory, builds self-esteem, reduces stress and increases social interaction. Every move is designed to increases flexibility, balance and postural stability. You will use the ballet barre and small equipment.

Instructor: Terry Tarnow

**Total Barre™ Amplified**
This high-energy, endurance-focused class amps up the intensity. Balance and strength exercises bump up the calorie-burning effects through flowing sequences aimed at keeping the heart rate elevated. Instructor: Maggie Quinn

**Total Barre™ Modified for Pre- & Post-Natal**
Expectant and new mothers alike will reap the myriad benefits of exercising with music in this unique Total Barre™ program. Moving to music helps improve self-image, reduce stress, combat postural and muscle imbalances, and increase social interaction. Every move is designed to increase flexibility, balance, joint stability and pelvic floor activation all while boosting moods and lifting spirits. You will use the ballet barre.

Instructor: Maggie Quinn

**Weight Strengthening**
Aerobic forms of exercise are not enough to keep the body well-conditioned; research shows the need for the addition of weight strengthening to our weekly exercise. By focusing on all major muscle groups, you can gain increased strength, better posture, greater mobility, improved metabolism, and slow the development of osteoporosis.

Instructor: Maggie Quinn & Staff

**Gentle Pilates**
Perform exercises designed to restore the natural curves of your spine and rebalance the muscles around your joints. This involves placing more emphasis on pelvic and scapular stabilization and integrating all the parts of the body into one. Results include improved flexibility, mobility, core strength, and overall well-being. Bring a mat.

Instructor: Maggie Quinn

**Halo® HIIT**
New research shows the value of High Intensity Interval Training (HIIT) as a way to shorten your aerobic training. Many are not able to tolerate a full 45 to 60 minute high intensity interval workout. Utilizing the innovative design of the Halo Trainer and Stability Ball, this is a three-dimensional exercise program that incorporates the science of core-integrated bodyweight training with the use of the Halo Trainer. Increase functional strength and stability at any level of condition from rehab through to athletic performance training.

Instructors: Maribel LaLonde (Tues) & Maggie Quinn (Thurs)
Wellness

Chakradance™
Come balance your energy systems through the “musical sister of yoga.” Chakradance™ is a dynamic moving meditation to music. Each of the 7 chakras are explored through specific music, guided imagery, and movement in a candle-lit space. This experience can evoke emotional and physical sensations, allowing you to release and re-tune—helping you feel more balanced, joyful, and deeply connected to your whole self.
Fri., Oct. 6, 4:30-6 p.m.
Phys. Ed. Dance Rm. 120
Instructor: Jessica Merwin
$29

Defeating Dizziness: Build Your Balance
From your foot to your inner ear, your ability to balance can be strengthened in three specific systems. See page 21 for details.

Feldenkrais
The Feldenkrais Method® engages your brain’s neuroplastic abilities to bring about improvements in flexibility and coordination, and increase ease and range of motion. Join us Thursday, Sept. 7, 11:15 am, for a FREE drop-in class! See page 21 for details.

Say “I Do” to Officiating Your Family or Friends’ Wedding
55% of today’s couples are asking loved ones to lead their wedding nuptials rather than selecting a professional. Have you been asked to officiate a wedding? Are you inviting someone you know to conduct your ceremony? Getting ordained online is fast, easy and affordable, but doesn’t provide personal coaching. Make the ceremony memorable by enrolling in this face-to-face class with Reverend Crystal Yarlott—who’s performed 500+ weddings—she’ll guide you in creating a meaningful and organized marriage ritual. Learn the 10 big Do’s and Don’ts of leading a ceremony. Review your legal responsibilities. Leave with a blueprint, interview questionnaire, and a rough draft of a personalized ceremony. This course does not ordain you, but will prove invaluable as you gain confidence to design and conduct a sincere ceremony.
Tues., Sept. 26
6-9 p.m.
University Center Rm. 215
Instructor: Rev. Crystal Yarlott
$79

Mid-day Meditation
Are you rushing from one thing to the next? Don’t have time for meditation? Then this 25-minute class is for YOU! The time is now. Join a very experienced instructor to learn this life changing practice. With a busy mind that doesn’t like sitting still and quiet, this class will gently bring you into the space with guided meditation and other strategies that make it easier. Find clarity and calm the effects of stress on the body. Come as you are; we will meditate seated in chairs.
9 Fri., Oct. 13-Dec. 15
12:15-12:45 p.m. (no class Nov. 24)
Dennos Museum Center, Janis Rm.
Instructor: Margaret Bennett
$89

Meditation: Beginning and Advancing
As a widely recommended part of a healthy lifestyle—even brief periods of meditation practice can reduce the effects of stress, boost immune function, improve overall health, and help balance emotions. Seated in a chair, you’ll learn meditation techniques and breath exercises. Includes discussion around the meditation experience, and the maturing of the mind. Meets at Crooked Tree Yoga Studio inside Epiphany Salon (M-72 in Acme).
14 Wed., Oct. 6, 4:30-6 p.m.
Phys. Ed. Dance Rm. 120
Instructor: Jessica Merwin
$29

Discover the benefits of fermented foods with DIY Probiotics classes—see pages 32 & 34
Reflexology for Life
Are your feet trying to tell you something? Learn how your feet can help you improve your overall health as you explore the basics of reflexology. Discover techniques that will improve blood flow, reduce stress and pain, and rejuvenate tired hands and feet. Try your hand at reflexology after you have an opportunity to observe the techniques. It has been accepted as an important adjunct for healthcare. Because practice is an integral part of this learning experience, you may want to register with a friend. Wear loose fitting clothes and bring a pillow, small towel, and talcum powder.
Thurs., Oct. 5
10 a.m.-noon
University Center Rm. 106
Instructor: Leslie Friend $39

Aromatherapy: Why Essential Oils Are So Essential
Aromatherapy is the practice of using essential oils from plants and flowers to stimulate brain function. Explore the properties of different oils, the process of making oils, how and why they work, and what they do. You’ll make bath salts and try oils as you learn ways to use them to enhance your life in your day-to-day world. You’ll leave refreshed, smelling very good, and with a spritzer or salts to take home.
Mon., Oct. 16
6-8 p.m.
University Center Rm. 106
Instructor: Leslie Friend $49

Change Your Story; Transform Your Life
Current brain science tells us that how we think, how we feel, and the stories we tell creates our personal reality. What if you could change a story from your past? What if you could create your future story? The human brain is hard-wired for STORY. See page 50 for details.

Health Education Institute

Tai Chi for Arthritis 2—Continuing
Continue to study the gentle beginning 12-movement Sun Style with effective new movements to improve posture, balance, stability, circulation, and concentration. Reap the benefits from a program that has helped thousands of people with arthritis and other musculoskeletal conditions. Wear comfortable clothing. Pre-requisite: Tai Chi for Arthritis 1—Beginning.
8 Thurs., Sept. 14-Nov. 9
4:45-5:45 p.m. (no class Oct. 19)
Oleson Center Rm. A/B
Instructor: Nancy Deye $89 ($74 with LIFE Discount)

Tai Chi for Arthritis 3—Advanced
The nine advanced movements provide a final challenging sequel to this specifically designed program. Enhance skill and improve well-being through movement, mindfulness, and breath. Wear comfortable clothing. Prerequisite: Tai Chi for Arthritis 2—Continuing.
10 Tues., Sept. 14-Nov. 14
3:45-4:45 p.m.
Oleson Center Rm. A/B
Instructor: Nancy Deye $109 ($91 with LIFE Discount)

Tai Chi for Arthritis 4—Guided Practice
Continue Tai Chi study and practice of the 31 movements of Sun Style Tai Chi. Refine form, maximize the potential benefits and improve well-being. Wear comfortable clothing. Prerequisite: Tai Chi for Arthritis 3—Advanced.
10 Tues., Sept. 12-Nov. 14
2:30-3:30 p.m.
Oleson Center Rm. A/B
Instructor: Nancy Deye $109 ($91 with LIFE Discount)
Recreation

Basic Bike Maintenance
Whether you ride on the local trails, or are simply cruising town, gain important bicycle repair skills for “do-it-yourselfers”. Move beyond basic bicycle first aid as you learn how to properly inspect, clean and lubricate a bike and chain, adjust the drivetrain, and tune-up brakes. Cost includes the Big Blue Book of Bike Repair, a $25 value. No need to bring a bike to this demonstration class.
Thurs., Sept. 28
6-8 p.m.
Parsons-Stulen Bldg. Rm. 101
Instructor: Chris Remy
$59

Advanced Bicycle Maintenance
Attention experienced riders, racers, aspiring bike mechanics, and all around enthusiasts! Take your bicycle maintenance skills to the next level in this demonstration course. Session one focuses on essential steps, tools and equipment needed replace your derailleur cables and housing and then tuning the bike up after replacing them. Session two covers drivetrain maintenance. Learn how to remove/replace your cogs, crank and chain. Bike tinkering is more fun when you know how to do it right. Optional text, The Big Blue Book of Bicycle Repair, available at the NMC-EES office for $25.
2 Thurs., Oct. 5 & 12
6-8 p.m.
Parsons-Stulen Bldg. Rm. 101
Instructor: Chris Remy
$59

Power Squadron Advanced Piloting
A United States Power Squadron course. Learn to navigate your boat through unfamiliar waters in a variety of conditions on extended cruises. Build upon your current coastal and inland navigation skills and explore more challenging conditions. GPS is used as a primary navigation tool while adding radar, chart plotters, and other electronic navigation tools broaden your skills and capabilities. Gain hands-on experience using radar, depth sounding, auto-piloting and learn new computer software. Work with tides, wind, and currents as well as utilizing the “Seaman’s Eye” system for staying on course. Prerequisite: USPS Coastal Piloting course, or its equivalent content through ASA, US Sailing, or other navigation school, or permission of the instructor. Price includes text.
7 Mon., Oct. 2-Nov. 13
6-9 p.m.
Great Lakes Campus Rm. 111
Instructor: Bill Bailey
$159

Marine Electrical Systems
A United States Power Squadron course. Gain skills and understanding of marine electrical systems. Review electricity basics as well as AC and DC electrical systems, lightning protection, and troubleshooting electrical problems. Access detailed instructions and get extensive practice on how to use a multi-meter, how to solder and crimp electrical wiring circuits, and how to read electrical wiring diagrams. This course can be used as a reference guide for anyone interested in properly maintaining their boat electrical system. Text included.
7 Tues., Oct. 17-Dec. 5
6-9 p.m. (no class Nov. 21)
Great Lakes Campus Rm. 111
Instructor: Bill Smethells
$149

Fencing for Fun and Fitness
(For adults and kids age 9 and up)
If you are looking for a sport that involves speed, agility, and fitness, combined with chess-like strategic thinking, then fencing is for you. Learn the basics of the sport including an introduction to the weapons, equipment, rules and safety, body position, footwork, basic blade positioning, and parries. Skill building drills and an introduction to competition strategies are included. Fencers are separated into age and skill appropriate groups as necessary. All gear is provided. Wear athletic pants and gym shoes.
4 Sun., Oct. 1-22
11 a.m.-noon
Meet at Three Swords Fencing Club
(2819 Cass Rd., Suite E6)
Instructor: Three Swords Staff
$89

NMC Aviation
(231) 995-1220
nmcedu/aviation

62 | Register online at nmc.edu/ees or call 231.995.1700 Fall 2017
Martial Arts

Tae Kwon Do—Black Belt
This special advanced workout focuses on “point style” free sparring along with emphasizing the use of both hands and feet equally in free sparring. Prerequisite is black belt or equivalent training. Minimum age is 16.

15 Tues., Aug. 29-Dec. 12
5:30-7:30 p.m.
Instructor: Doug Mehl $199

Tae Kwon Do (Karate) I
In this joint offering, you’ll become acquainted with the philosophy of Tae Kwon Do (karate), and learn basic blocks, punches, kicks, stances, and self-defense techniques while developing self-awareness and confidence. All levels accommodated. Minimum age is 16 (youth course is available). May also be taken for academic credit.

15 Tues., Aug. 29-Dec. 12
5:30-7:30 p.m.
Instructor: Doug Mehl $229

Tae Kwon Do (Karate) II
In this joint offering, you’ll expand your knowledge and practice of Tae Kwon Do. Minimum age is 16 (youth course is available). May also be taken for academic credit.

15 Tues., Aug. 29-Dec. 12
5:30-7:30 p.m.
Instructor: Doug Mehl $229

Judo
This joint offering introduces the basics of the sport of judo as well as jujitsu-based self defense. Actual combat (randori) is a big part of judo, though safety is not compromised. Please wear loose, comfortable clothing and come to have fun. The minimum age is 16 (youth course is available). May also be taken for academic credit.

15 Tues., Aug. 29-Dec. 12
5:30-7:30 p.m.
Instructors: Stephanie Hawkins & Maggie Sperry $145

Youth Tae Kwon Do—Basics (Ages 7-16)
Kick off your shoes and socks and join us in the do-jang (gym, or workout space)! Tae Kwon Do, literally translated as “the art of the feet and the hands”, is the Korean art of weaponless self-defense. Learn basic stances, punches, kicks, and self-defense techniques while building fitness, mental discipline, and self-confidence. Rank earned in other clubs through prior training is honored. New students have the option of workout attire or purchasing a student uniform.

14 Thurs., Sept. 7-Dec. 14
6:30-7:30 p.m., (no class Nov. 23)
Instructor: Tania Arens $99
The Art of Tree Climbing
(Grades 3-7 with a Parent)
Climbing trees is not only fun, it’s a sport! Using arborist’s ropes and harnesses, you (and your parent) will learn to ascend into the canopies safely. You’ll even learn how to camp there. Equipment is provided; bring drinking water. An in-tree snack is provided. Dress for the weather and wear shoes and long pants. Register the child only; cost includes one adult and one child.
One day, Thurs., Aug. 24
10 a.m.-1 p.m.
Meet at Cedar Lake boat launch west of TC, out Cedar Run Rd.
Instructor: Bo Burke $99

Twirling Threes:
Pre-Ballet (Ages 3-4)
Is your child all about moving? Why not introduce her/him to plies, tendus and leaps? Now is the perfect time for your little one to explore the creative movements of ballet. Learning basic barre exercises and fun floor games, your tiny dancer will enjoy exploring rhythm and body movement. Take-home ribbon wand is included.
4 Wed., Oct. 11-Nov. 1
5:50-6:20 p.m.
NMC Main Campus,
Phys. Ed. Dance Rm. 120
Instructor: Hillary Voight $35

Pre-K
Pre-Ballet (Ages 4.5-6)
Do you have a little one who is constantly waltzing about the house? Open their eyes and hearts to the world of ballet. From learning proper ballet etiquette to terminology, to technique, to performance ready, your child will get a full introduction to ballet. Appropriate for children age four-and-a-half to six. Take-home ribbon wand is included.
4 Wed., Nov. 8-29
5:15-5:45 p.m.
NMC Main Campus,
Phys. Ed. Dance Rm. 120
Instructor: Hillary Voight $35

Holiday Cookie Decorating with Kids (Adult and Child age 9+)
Celebrate the season with a decorating party! You and your favorite child will have fun making edible delights in whimsical, seasonal designs. October class: apple, pumpkin, turkey, and more. December class: snowflake, Santa hat, present and more. Discover piping and flooding techniques using tinted royal icing, colored sugars, and other decorative items. See page 36 for details.

Kids in the Kitchen:
Pizza Party (Grades 1-4)
Spend a Saturday warming up in a real teaching kitchen and learn how to create your own pizza. Mix and knead your own dough and homemade sauce from scratch. Then try your hand at roasting vegetables and caramelizing onions to add to some of your favorite hearty toppings. Think pizza is just for lunch or dinner... guess again! You’ll also make a dessert pizza for a sweet treat. See page 37 for details.

Pizza Party Around the World (Grades 5-8)
Spend a Saturday mastering the art of rolling, kneading, mixing and forming your own dough from scratch in a professional culinary kitchen. Learn proper knife handling, slicing, and chopping skills. Using key ingredients from around the world, you’ll make a Greek pizza, Indian pizza with a Naan crust, and a Thai chicken pizza. See page 37 for details.

Holiday Desserts with Kids (Adult and Child Age 8+)
Spend a Saturday with your favorite child and create a variety of holiday-themed cupcakes and sweet treats. Learn to festively frost and decorate your cupcakes using a pastry bag. You’ll make chocolate bark that you customize with toppings of your choice. See page 39 for details.
NMC Children’s Choir
(Grades K-9)
The NMC Children’s Choir (NMCCC) is a program of exemplary choral music ensembles that develops high levels of artistic, expressive singing for students in Kindergarten through grade nine in the greater Grand Traverse Area. The Children’s Choir exists to artistically enrich the lives of the children, their families, and the community. Participation in the choir is open to all and is a full-school-year commitment, with choral performances presented throughout the academic year. The Choir organization consists of six ensembles. Students are placed in an ensemble based on age and experience level. A mandatory parent meeting is Tues., Sept. 12 (the last 20 minutes of your child’s first rehearsal). For more information or to register, go to nmcchildrenschoir.com/registration. Questions, call 995-1700.

NMC Children’s Choir welcomes new singers with open auditions Thursday, Sept. 7
Auditions for the 2017-18 school-year season are September 7, 6-8:30 p.m. in NMC Fine Arts Building Rm. 102. Auditions are only required for new students entering grades 3 to 9. To schedule a 5-minute audition, call 995-1700.

Prelude
(a musical term meaning “introduction music”) K-1 graders – no audition required. Prelude is NMCCC’s introductory program for Kindergarten and 1st grade students. This non-auditioned group meets Tuesday evenings for an eight-week session. Young singers learn about their voices and learn basic singing techniques in a friendly, nurturing environment.

Fall Session:
8 Tues., 5:30-6:15 p.m.
Sept. 12-Nov. 21, 2017
(Plus Thurs., Nov. 2)
(no rehearsals Sept. 26, Oct. 24 & 31)
Fine Arts Rm. 105
Director: Stephanie Schall-Brazee
$95

Dolce
(dohl’-chay – Italian for “sweet”) Primarily 2-3 graders – no audition required. Dolce is NMCCC’s introductory choir for young children with little or no prior musical experience. Singers rehearse Tuesday evenings as well as a few Saturday afternoon rehearsals. Singers build their foundational music skills in a fun, interactive learning environment, learning recognizable folk-based repertoire appropriate for beginning singers. Dolce performs in NMCCC’s Winter and Spring Concerts.

Tuesdays, 5:30-6:30 p.m.
Sept. 12, 2017 to May 1, 2018
Fine Arts Rm. 102
Directors: David & Mary Parrish
$125

Bel Canto
(bell kahn’-toh – Italian for “beautiful singing”) Primarily 3-4 graders – audition required. Bel Canto includes children with some prior musical experience – who audition directly into the ensemble – and singers who have been promoted from the Dolce Choir. Singers rehearse Tuesday evenings as well as some Saturday afternoon rehearsals. Bel Canto performs in NMCCC’s Holiday, Winter and Spring Concerts.

Tuesdays, 6-7 p.m.
Sept. 12, 2017 to May 1, 2018
Oleson Center Rm. A/B
Director: Joanna Aldridge
$265

Lyric
(a musical term meaning “having a pleasing or melodious sound”) Primarily 4-5 graders – audition required. Lyric is comprised of children who audition directly into the ensemble, along with singers who have been promoted from the Bel Canto Choir. Singers rehearse Tuesday evenings as well as monthly Saturday afternoon rehearsals. Lyric performs in NMCCC’s Holiday, Winter and Spring Concerts, and, as opportunities present, at community events.

Tuesdays, 6:30-7:30 p.m.
Sept. 12, 2017 to May 1, 2018
Fine Arts Rm. 105
Director: Stephanie Schall-Brazee
$285

Ragazzo and Cantus Choirs on next page.
Ragazzo  
(rah-gaht'-soh – Italian for “youth”)  
**Primarily 5-6 graders – audition required.** Ragazzo is comprised of children who audition directly into the ensemble with more advanced musical abilities, along with singers who have been promoted from the Lyric Choir. Singers rehearse Tuesday evenings as well as monthly Saturday afternoon rehearsals. Ragazzo performs in NMCCC’s Holiday, Winter and Spring Concerts, and, as opportunities present, at community events.  
Tuesdays, 5:30-6:30 p.m.  
Sept. 12, 2017 to May 1, 2018  
Fine Arts Rm. 115  
Director: Todd Vipond $305

Cantus  
(kahn’-toos – Latin for “choir”) **Primarily 7-9 graders – audition required.** Cantus is NMCCC’s largest and most advanced performing ensemble for young ladies and gentlemen. Singers rehearse Tuesday evenings as well as monthly Saturday afternoon rehearsals. Cantus performs in NMCCC’s Holiday, Winter and Spring Concerts, at community events throughout the season and, as opportunities present, with guest artists and organizations such as the Traverse Symphony Orchestra. Cantus tours each spring, offering singers unique performance and cultural opportunities.  
Tuesdays, 6:40-8 p.m.  
Sept. 12, 2017 to May 1, 2018  
Fine Arts Rm. 115  
Director: Russ Larimer $325

NMC Children’s Choir  
**TCAPS LEAP Program**  
Open to all 2nd and 3rd grade TCAPS students, the Northwestern Michigan College Children’s Choir LEAP Program will focus on basic singing skills with an emphasis on artistry. Weekly rehearsals will begin in late January and run through April. A list of schools offering this program will be available this fall.  

Dynamic Fiction:  
**Writing the Short Story**  
(Grades 6-8)  
Offered through a partnership with the National Writers Series. Are you, or do you know, a middle school student with a passion for reading and writing? If you are drawn to the written word, this class is for YOU! Join Duncan Moran, acclaimed teacher and writer to examine characterization, the interplay between setting, plot, and character, dramatic plotting, and the craft of writing. All writers will benefit from the “workshop” process; not only will you learn various exercises to help you discover and cultivate your own unique writing style, but you will also engage in sharing and editing each other’s work in a non-judgmental environment. Providing the inspiration, structure, and critical advice needed to write a dynamic piece of fiction, this course naturally lends itself to group support and camaraderie. Join us!  
10 Tues., Sept. 26-Dec. 5  
6:30-8 p.m. (no class Oct. 31)  
NMC Main Campus,  
Scholars Hall Rm. 104  
Instructor: Duncan Moran $249

Kids Glass Fusion for the Holidays  
(Grades 6-9)  
Glass fusion is an exciting medium to create one-of-a-kind pieces of art to keep for yourself or give as gifts. Learn basic glass cutting techniques and use an array of glass materials to create your own designs. You’ll make a whimsical 3-dimensional ornament and a stunning focal bead to use for a necklace or keychain. You’ll also create a small festive dish and a tic-tac-toe game board and playing pieces. All materials are provided. Pick up times will be arranged.  
Sat., Dec. 2  
1-4:30 p.m.  
University Center Rm. 213  
Instructor: Debra Coburn $49

Self-Paced SAT Test Preparation (for High School Sophomores and Juniors)  
(Online)  
NMC’s online SAT® prep program in partnership with Cambridge Education Services allows students to prep for this high-stakes exam over a 5-month period. Study at your own pace and when your schedule allows—all lessons, quizzes, tests, and strategies are online. The course focuses on ALL SAT subject areas (English, math, reading, and science). You’ll take practice tests and have an opportunity to go into all sections of the test to learn tips and hints, take quizzes for practice, and have a plan to successfully raise scores on the SAT. Start this online course anytime; you will have five months to complete it. Call 231-995-1700 to enroll.  
Begin the course anytime $295
NMC Campus Locations

Main Campus - 1701 E. Front Street
Aero Park Campus
Parsons-Stulen Bldg. - 2600 Aero Park Dr.
Aero Park Labs Bldg. - 2525 Aero Park Dr.
Automotive Tech Bldg. - 2510 Aero Park Dr.

University Center Campus - 2200 Dendrinos Dr.
Extended Education Office - North wing, main floor

Great Lakes Campus 715 E. Front St.

Extended Educational Services (EES) Staff
Director of NMC-Extended Education and University Center – Don Cunningham
Program Coordinators – Julie Doyal, Laura Matchett, Bill Queen
Director of Music Programs – Jeffrey Cobb
Publications – Maureen Carlson
Registration/Information – Jackie Schenk
Technology and Design – Hillary Voight
How to use our NEW ONLINE registration system

NOTE: Life discounts cannot be applied if you use online registration, due to software limitations.

NMC Extended Education has a new registration software system. Happily, one of its many enhancements is the email confirmations you will receive: a receipt when you are charged for a course, and a confirmation which includes course title, date, time, and location.

- **Call-in, Mail-in, or Walk-in Registration:** you should see very little difference.

- **Online Registration:** Everyone will need to create a new account the first time you register, even if you have registered online before. NOTE: LIFE Discounts cannot be processed if registering online. If you qualify for the LIFE Discount, you will need to register by phone, mail, fax, or in person to receive the discount.

  You will find detailed instructions about registering online at NMC.EDU/EES. The basic steps are described below. The new system has more of the shopping cart feel most are accustomed to using. One big difference is you will no longer need to know your (or your child’s) NMC ID—you will instead create a unique USERNAME for each family member the first time you register them.

**Using the NEW ONLINE system the FIRST TIME:**

1) Begin at the website NMC.EDU/EES. Use the Quick Links on the left to choose a category.

2) Add classes for one person at a time to the SHOPPING CART. When finished adding courses, click on the SHOPPING CART button, and select REGISTER & PAY. Note that you will need to complete the registration and payment for each person before you may register another person.

3) A new window opens. Scroll down the page and select NEW ACCOUNT. IMPORTANT: Create a unique USERNAME for each person. Do not use your email address as the USERNAME, even though it may appear in the USERNAME field. Clear it and type a new USERNAME.

3) Then follow the prompts to complete your registration and payment.

   - After your (or your child’s) account is created, store your USERNAME and PASSWORD for future use.

   - If you need assistance while registering online, you may call the NMC-EES office at 231-995-1700, Monday through Friday, 8:30 a.m.-4:30 p.m.

- **To add courses later,** go to NMC.EDU/EES, add courses to your SHOPPING CART, select the REGISTER & PAY button, sign into your (or your child’s) account with the USERNAME you created previously for that person, and follow the prompts.

- **To de-register (drop) a course,** simply call NMC-EES office at 231-995-1700. View our refund policies at nmc.edu/ees.

We appreciate your patience as we modernize our software. We would love to hear feedback from you! Feel free to send your comments to ees@nmc.edu

You may also register by phone, mail, fax, and walk-in.

See form on page 70.

Thanks for making NMC part of your fall adventures!
EASY SIGN-UP

1) ONLINE: nmc.edu/ees
2) PHONE: 231.995.1700
3) MAIL: forms + info pg. 69-70
4) FAX: 231.995.1708
5) IN PERSON: University Center, 2200 Dendrinos Drive (off Cass)

Office Hours: M-F 8 am-5 pm
Phone Hours: M-F 8:30 am-4:30 pm

Refund Policy
1. If NMC cancels a course, you'll receive a 100% refund.
2. If you must drop a course, call 995-1700. Refund amount is determined by the date of the request. For a full refund contact the EES office at least three business days prior to your class start date.
3. If you are unable to attend and have missed the refund deadline, you may request up to a 50% credit toward a future class by calling the office (995-1700) before the start of the course.
4. Academic courses taken as noncredit are subject to academic refund policies.

Student Policy and Nondiscrimination Policy
If you have a special need or require an accommodation to meet requirements of a course, contact Disability Support Services at (231) 995-1929. Enrollment in an Extended Education course does not confer upon the enrollee admitted student status in NMC’s degree or certificate programs. Noncredit students with specific concerns not resolved with an instructor or the EES staff may take issues directly to the Director of EES. Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color, national origin, religion, disability, genetic information, height, weight, marital status, or veteran status in employment, educational programs and activities and admissions. In addition, although not mandated by law, it is the policy of Northwestern Michigan College to prohibit discrimination in employment, educational programs and activities and admissions on the basis of sexual orientation, gender identity and gender expression. www.nmc.edu/nondiscrimination

See forms and 5 easy ways to enroll on page 70. Register now before the class you want fills. LIFE Discount prices are listed next to the regular price on classes in the LIFE Academy section, but the discount can be applied to almost any class. Call 231-995-1700 to learn and receive the discount price.

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**5 Easy Ways to Register:**

**Online:** [nmc.edu/ees](http://nmc.edu/ees)

(credit card or debit card)

need USERNAME and PASSWORD for each student

(LIFE Discount is not available if registering online)

**Phone:** 231-995-1700

(credit or debit card)

Mon-Fri, 8:30 am-4:30 pm

toll-free 800-748-0566

**Fax:** 231-995-1708

(credit card, debit card or purchase order)

anytime

**Mail:** NMC-EES, 1701 E. Front St., Traverse City, MI 49686-3061

include payment (credit or debit card, check, or purchase order)

**Walk In:** Mon.-Fri,

8 am-5 pm, at Extended Education in north wing of NMC University Center on Cass Road in Traverse City (between 14th Street and S. Airport Road)

Note: LIFE Discounts do not apply if you register online.

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**Register online at nmc.edu/ees or call 231.995.1700**

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**EASY WAYS TO REGISTER:**

By registering for a non-credit class, I am granting permission to NMC, its agents, and staff, to use video and photographs of myself for NMC promotional/advertising materials without charge. No consideration is involved for their use. If I do not want NMC to use video and photographs of me, I will inform the Director of Extended Educational Services.

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### Sign Up Now

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**TOTAL**

- LIFE Discount applies (age 62+ and resident of Grand Traverse County)
- Cash
- Check (Payable to NMC)
- VISA
- MasterCard
- Discover
- AmEx

Credit Card No. ____________________________ Exp. __________

Cardholder’s Name ____________________________________________________________________________________________ CCV# (3 digits) __________

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**Sign Up Now**

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**TOTAL**

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- VISA
- MasterCard
- Discover
- AmEx

Credit Card No. ____________________________ Exp. __________

Cardholder’s Name ____________________________________________________________________________________________ CCV# (3 digits) __________

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Register now for best selection!
Info and forms on pages 68-70
Enroll online at nmc.edu/ees

A CLASS IS A THOUGHTFUL GIFT

Perfect for any occasion
birthday
holiday
anniversary
or just because!

To order call 231.995.1700

UPCOMING EVENTS
AUG 29 - S.O.A.R. Open House.........................pg. 29
SEPT 6 - Morocco Trip Info Meeting .................pg. 22
SEPT 29 - LIFE Lunch: Mindfulness ..................pg. 20
OCT 20 - LIFE Lunch: Foster Care ....................pg. 20
NOV 17 - Fall Campus Day.............................pg. 21