Stained Glass for Beginners, page 3
with Irene Semeniuk
Focus for this exciting two-part class is on the copper foil (Tiffany) technique of stained glass art construction. In session one, Irene will teach you how to score, break, grind, foil, solder, clean, patina and polish stained glass pieces. You will also practice cutting and soldering techniques that are key to producing eye-catching, quality results. You will leave session one with a small hanging abstract panel that you created in class. In session two, you will craft a striking custom night light using a design of your choice.

Peaches, Peaches, Peaches!, page 5
with Winnie Struse
Imagine juicy peaches all year round. Winnie will show you how to preserve fresh, ripe peaches by canning, freezing or making delicious jam. You can also learn tips and other ideas for using your canned peaches.

Bees, Wasps and Ants, page 6
with Jeff Babson
Bees, wasps, and ants are universally familiar insects, well known for their social behavior, pollination services and their ability to defend themselves. Get introduced to the classification, identification, and biology of these truly remarkable insects.

Journey to the Arts, page 11
with CLL Staff
Energize your wanderlust! Catch a ride with CLL for a cultural adventure to the Musical Instrument Museum (MIM) and Western Spirit: Scottsdale’s Museum of the West. Your adventure starts on Saturday with a guided tour of the MIM where they will have a limited engagement exhibit of Mediterranean music and artists. Enjoy hands-on activities and live performances. On Sunday, visit the Western Spirit: Scottsdale’s Museum of the West and take part in a guided tour of historical and artistic exhibits. See a more detailed description in the Trips and Tours section.
Welcome to Lifelong Learning

Lifelong Learning classes are designed to ignite a spark of imagination at any age, any skill level. We are proud to bring you the Summer 2018 Schedule. Get out your calendar, call your friends and take advantage of the surprising opportunities in lifelong learning.

What Clients Are Saying About CLL . . .

“Jeff’s keen eye and great ability to readily identify so many different types of birds’s was the best. It was a glorious day to see, behold and witness the interactions that occur in nature. Memorable trip with a knowledgeable guide.
— Rosemary Alvino-Ditmor, A Birder’s Dream, January 2018

Top notch instructor…Informative and fun! Got me back into art. Please add more courses on nature journaling and water color pencils from Linda Feltner.
— Linda Hanson, Nature Sketching and Journaling, February 2018

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**Personalized Coptic Bound Journals with Celeste Blackwell**

Coptic binding is a hand-stitched 4th century A.D. bookbinding technique that is considered the first real book binding method. It was used by artisans of old and is still used by modern day artists to create books and journals without the need for expensive machinery. These journals lay flat, are highly customizable, fun to create and can be used to create albums and sketchbooks of many sizes. Your kit will include the tools you need to get started and continue creating Coptic bound books. *Class kit is $50. Exact cash amount or check only for in-class purchases or kit fees. Additional materials will be available in class from $0.50*

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<th>Date</th>
<th>Time</th>
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<tr>
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<td>DTC</td>
<td>A111</td>
<td>$39*</td>
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**Instant Piano for Hopelessly Busy People with Craig Coffman**

You don’t need years of weekly lessons to learn piano! In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. In this one session, you can learn all the chords you’ll need to play any song—any style, any key! For ages 13+. *There is a required $29 fee, for workbook and online video instruction, to be paid to the instructor at the beginning of class. Attend both Instant Piano for Hopelessly Busy People and How to Play Piano by Ear for $69 plus workbook fees OR $39 per class. Exact cash amount or check only for in-class purchases or kit fees. Keyboard not required.*

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<td>DTC</td>
<td>G106</td>
<td>$39*</td>
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**How to Play Piano by Ear with Craig Coffman**

Change your musical horizon, free yourself from sheet music dependence and be the life of the party! You can learn one of music’s deepest mysteries: how to play songs without relying on music. This class is about practical presentation of music theory that includes predicting chord progressions, learning from recordings and transposing. This is an ideal follow-up to Instant Piano for Hopelessly Busy People and is open to anyone who has a basic understanding of chords on any instrument. *There is a required $29 fee, for workbook and online audio instruction, to be paid to the instructor at the beginning of class. Attend both Instant Piano for Hopelessly Busy People and How to Play Piano by Ear for $69 plus workbook fees OR $39 per class. Exact cash amount or check only for in-class purchases or kit fees. Keyboard not required.*

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<td>1 – 3:30 p.m.</td>
<td>DTC</td>
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**Netted Swarovski ® Beading Series with Celeste Blackwell**

Get on board with the queen of crystals for a serial beading journey that teaches you a number of techniques and provides the chance to complete a stunning jewelry set with bracelet, earrings and necklace. You can take the sessions as a series, or take the first two (bracelet and earrings) classes individually.

**Netted Swarovski ® Bracelet**

Swarovski is the queen of crystals. Using a variation on a simple beading technique called single-needle tubular netting, you can design a bracelet with the utmost bling! You can also learn how to measure, finish, attach findings and form dangling embellishments. *Class kit is $35. Exact cash amount or check only for in-class purchases or kit fees. Additional enhancement materials will be available in class from $0.50.*

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<tr>
<td>Sat, Jun 9</td>
<td>12 – 5 p.m.</td>
<td>DTC</td>
<td>A111</td>
<td>$39*</td>
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Swarovski® Crystal Earrings with Tassels
This session you can learn a double-needle beading technique to fashion matching earrings for your jewelry set. You can also create tassels to adorn your earrings. A conversation about color will help you plan projects in the future and discuss ways to use this technique for other projects. Depending on time, you can purchase an additional kit and complete a second pair or prepare elements for the last session in the series. Swarovski Necklace with Accents. *Class kit is $20. Exact cash amount or check only for in-class purchases or kit fees. Additional enhancement materials will be available in class from $0.50.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Jun 16 | 12 – 5 p.m. | DTC | A111 | $39*

Swarovski® Necklace with Accents
Combine the learning from your first two sessions and craft the elements for a stunning necklace that harmonizes with your bracelet and earrings. You can hone both the single needle netting and the double needle techniques to generate an exclusive necklace to complete your jewelry set. *Class kit is $45. Exact cash amount or check only for in-class purchases or kit fees. Additional enhancement materials will be available in class from $0.50. Prerequisite: Netted Swarovski Bracelet and/or Swarovski Crystal Earrings with Tassels.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Jun 23 | 12 – 5 p.m. | DTC | A111 | $39*

Stained Glass for Beginners
**NEW**
Focus for this exciting two-part class is on the copper foil (Tiffany) technique of stained glass art construction. In session one, Irene will teach you how to score, break, grind, foil, solder, clean, patina and polish stained glass pieces. You will also practice cutting and soldering techniques that are key to producing salient, quality results. You will leave session one with a small hanging abstract panel that you created in class.

In session two, you will craft an eye-catching custom night light using a design of your choice. At the instructor’s discretion, additional class time will be available for students who want to practice or need more time to complete their class project. **You are required to purchase a class materials kit online for approximately $117 plus shipping. Class kit information provided at the time of registration. Class size is small, early registration is recommended. Enrollment deadline is Thursday, June 14 to allow you to purchase and receive the class kit before session one.**

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Jun 30 & Jul 7 | 9 a.m. – 1 p.m. | DTC | A111 | $99*

Trendy Beads Workshop
**NEW**
Intermediate or advanced beaders – does new, trendy beads with multiple holes and unique shapes make you think twice about starting a project? Be part of a one-day workshop and tackle these select beads to fashion your design and work from a pattern to construct two earrings and a bracelet. A class kit can be purchased from the instructor at the beginning of class for $25. Cash only.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Jul 14 | 8 a.m. – 5 p.m. | DTC | A111 | $55*

Swarovski® Crystal Earrings with Tassels
with Shawn Campbell – Professional Soap Maker
Check out the basics of cold process soap making via a demonstration presented by Shawn Campbell, a professional soap maker. Shawn will teach you about soap making history, chemistry and safety requirements. She will show you how to make your own artisanal handcrafted soaps, and you will go home with recipes, soap making instructions and a luscious bar of soap made by your instructor. This class is demonstration only; no hands-on experience. Wear old clothing, long sleeves, long pants and closed toe shoes to class.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Jul 21 | 1 – 3 p.m. | DTC | A111 | $39

Kumihimo Series
**NEW**
with Celeste Blackwell
This three-part series introduces you to Kumihimo, an ancient Japanese braiding art that provides a captivating way to design necklaces, bracelets and belts to name a few. This quick, easy craft can easily become an addiction as you foster ways to create gifts for your family and friends. During each four-hour session, you can increase your skill level while producing original works of art. Save $18 by enrolling in all three classes of the series for $90 OR pay $36 per class to enroll in each class separately. All-inclusive class kits are available for purchase from the instructor at the beginning of class. Exact cash amount or check only for in-class purchases or kit fees.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Aug 4 | 1 – 5 p.m. | DTC | A111 | $36*

Intermediate Kumihimo
Advance your Kumihimo skills with the intermediate tools for building beaded Kumihimo cords using two different bead types—magatama and seed beads. In this class, you will form a deluxe beaded Kumihimo bracelet. *Class kit is $20 for new students; $15 for returning students. Exact cash amount or check only for in-class purchases or kit fees.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Aug 11 | 1 – 5 p.m. | DTC | A111 | $36*

Advanced Kumihimo
Take a final look at other historical aspects of Kumihimo and move up to ten-warp Kumihimo flat braids using a square plate. The closing class project is a deluxe beaded flat ten-warp Kumihimo necklace. *Class kit is $25 for new and returning students. Exact cash amount or check only for in-class purchases or kit fees.

**Date** | **Time** | **Location** | **Room** | **Cost**
---|---|---|---|---
Sat, Aug 18 | 1 – 5 p.m. | DTC | A111 | $36*
Excel 2016® Day Series
with Sean Trachtmann
Improve your skills in Excel 2016 with this three-part series. Part 1 is a basic introduction to Excel. Topics include using toolbars and worksheets, selecting cells and entering data, creating spreadsheets and formulas, formatting cells, handling and saving files. Part 2 builds on your skills from Part 1. It covers worksheet tables, selecting and formatting objects, text boxes, shapes and charts, conditional formatting and printing tips. Part 3 moves on to advanced Excel skills. You can learn to create macros, develop multi-sheet and multi-file formulas and discover pivot tables. Previous versions of Excel will be briefly discussed. Recommend taking courses in consecutive order.

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<td>Tue, Jul 10</td>
<td>8 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G104</td>
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<td>Part 2:</td>
<td>Tue, Jul 17</td>
<td>8 a.m. – 4:30 p.m.</td>
<td>DTC</td>
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<td>Part 3:</td>
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<td>8 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G104</td>
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QuickBooks® Basics
with Vicky Johnston
Gain knowledge and new skills so you can design QuickBooks specifically for your small business accounting needs. This class will cover setting up a company, chart of accounts, entering and paying bills, creating customer invoices, recording payments and making deposits. You can also learn to generate a profit and loss statement along with other useful reports for any small business.

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<td>9 a.m. – 3 p.m.</td>
<td>DTC</td>
<td>G104</td>
<td>$79</td>
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Home Computer Security Basics
with Stephen Gallo
This course introduces you to the fundamentals of basic computer security for non-technical users, focusing on email scams, viruses, malware/spyware, do’s and don’ts of websites, recognizing malicious links and emails. Stephen will provide general information on data security, what to do if you get hit with a virus and on the safe disposal of your old computers. Discussion and questions from students are welcome.

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<td>1 – 3:30 p.m.</td>
<td>DTC</td>
<td>G104</td>
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QuickBooks® Advanced
with Vicky Johnston
Develop knowledge gained from the QuickBooks Basics class and ascertain how to set up and use the payroll features, run paychecks and payroll reports, set up sales tax and reports and record credit card expenses. Class will end by showing you how to use the reconcile feature in QuickBooks to reconcile to the bank statements.

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<td>9 a.m. – 3 p.m.</td>
<td>DTC</td>
<td>G104</td>
<td>$79</td>
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The Cochise College Studio Kitchen at the Downtown Center offers you culinary and nutritional classes. As the community’s learning kitchen, you can expect a broad range of classes taught by novice as well as experienced chefs. We invite you to become an active participant and learn about ways to master your home kitchen. Cooking class material fees are included in the price of the course, so no need to bring cash or other supplies to class. Please note, registration may close one week in advance, so sign up early for these popular classes!

The Studio Kitchen is located on the lower level of the Downtown Center. See your course receipt for a map and detailed directions.

Peaches, Peaches, Peaches! with Winnie Struse
Imagine juicy peaches all year round. Winnie will show you how to preserve fresh, ripe peaches by canning, freezing or making delicious jam. You can also learn tips and other ideas for using your canned peaches.

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<tr>
<td>Mon, Jul 23</td>
<td>1 – 4 p.m.</td>
<td>DTC</td>
<td>J115</td>
<td>$49</td>
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Oaxacan Cuisine with Karla Gomez
Oaxacan cuisine has a wide variety of dishes, ranging from the simplest to the most elaborate; they are as rich as its folklore, traditions and customs. Oaxacan fare is the combination of ingredients and various historical experiences of the Oaxacan identity and culture. It is seasoned and enriched by time.

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<td>DTC</td>
<td>J115</td>
<td>$55</td>
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Beyond the Field Guide: Flycatchers with Jeff Babson
The New World, or Tyrant, Flycatchers are a family of contradictions. Some are stunningly beautiful, others a little drab. Some are very easy to identify; others are very difficult. Jeff will focus on the size, shape, behavior and habitat of this family. As a result, the identification of these birds can be less intimidating.

Date | Time  | Location | Room | Cost
--- | --- | --- | --- | ---
Thu, Jun 21 | 6 – 8 p.m. | DTC | G106 | $19

Beyond the Field Guide: Sparrows with Jeff Babson
Sparrows make many birders apoplectic. Many are brown, streaky things – the quintessential ‘little brown jobs’ that can be difficult to get a good look at. Jeff will give you an in-depth look at these birds and try to make sparrow identification easier. He will focus on structure, habitat and behavior. If you have trouble with sparrows, there is a light at the end of the tunnel! You can practice what you learn on the field trip Birding in the Las Cienegas the following Saturday (see Trips and Tours section, page 9 for details and separate course fee).

Date | Time  | Location | Room | Cost
--- | --- | --- | --- | ---
Thu, Jul 19 | 6 – 8 p.m. | DTC | G106 | $19

Sensational Serpents with Jeff Babson
Snakes suffer from a severe public relations problem. They are feared and reviled by many people around the world. Did you know we have a boa that lives in our state? In this class, you will meet some of these wonderful creatures in person and hear about many of the 47 species of serpent that can be found in Arizona. There will be discussion about the changes in snake classification made in recent years, and you will look at rattlesnakes and how to avoid being bitten by one.

Date | Time  | Location | Room | Cost
--- | --- | --- | --- | ---
Thu, Aug 16 | 6 – 8 p.m. | DTC | G106 | $19

Bees, Wasps, and Ants with Jeff Babson
Bees, wasps, and ants are universally familiar insects, well known for their social behavior, pollination services and their ability to defend themselves. Get introduced to the classification, identification, and biology of these truly remarkable insects.

Date | Time  | Location | Room | Cost
--- | --- | --- | --- | ---
Thu, Aug 23 | 6 – 8 p.m. | DTC | G106 | $19
Grant Writing Series
with Jay Lane
Students enrolling in this series must take all three classes. Jay Lane is an experienced, professional grant writer. This three-part series takes you from research to the completed, ready-to-mail grant.

Researching the Grant Opportunity
Lay your groundwork with research. Session one in our grant writing series will be dedicated to research on local, state, federal and private funding opportunities and possibilities. You will be shown how to obtain the necessary information to match your organization’s needs to potential funding agencies. At the end of the class, you will have selected a grant agency and conducted the necessary research to match your organization’s needs with that of the funder. In the next session, the grant application writing process will begin.

Developing the Grant Application
Focus on the basic concepts of every application process as you begin to develop your grant application in session two of the series. You will conduct research on demographic information as well as other critical resources that are required. During this class, you will begin preparing a grant application using the most appropriate narrative descriptions, need and problem statements and effective work plans.

Completing the Grant Application
Complete your individual application in the final session of the grant writing series. A peer review and discussion period, along with individual instruction, will occur. All aspects of budgeting and evaluation will be discussed. Finally, you will be given information about what occurs after a grant award is received, the proper way of dealing with staff as well as reporting and compliance issues. By the end of this class, you can have a completed application ready to send to a grant agency.
A Historical Look at the Gospels:
The Synoptic Problem and Some Solutions
with Randi Buros
The New Testament has held unparalleled influence over the progress of western civilization. Many revere the books within it as sacred, internally consistent and inerrant, yet despite its undeniable patterns of agreement there also remain significant differences that require explanation. This class will provide historical background to the Synoptic Gospels (Matthew, Mark, and Luke) while providing several explanations as to why these books are so similar – yet so different. Bring your preferred bible translation for both class sessions.

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History of Beer
with Matthew Brown – National Beer Judge
Obtain information about the history of beer and the various styles that have evolved. See firsthand the ingredients and processes in a state-of-the-art microbrewery. You will receive four samples of widely varying beer styles to try, and you will leave with a 32-ounce growler of your favorite. *This class will be at the Tombstone Brewing Company, 107 E. Toughnut Street, Tombstone AZ. All participants must be 21 years of age or older.

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<tr>
<td>Sun, Jun 10</td>
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<td>Tombstone Brewing*</td>
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American Samurai:
The Odyssey of Takeo Shikamura
with Mike Anderson
Despite discrimination at the time, a young mining engineer from Tokyo University and his wife became valued and highly respected members of the Warren Mining District during the mining camp’s most vibrant years. Bisbee historian Mike Anderson will tell the fascinating story of Takeo Shikamura. Though Takeo was mistreated by his adopted country, he served it faithfully and well in peace and war.

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<td>$19</td>
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Paid to Talk: Introduction to Voice Over
with Voice Coaches
Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice over. Become acquainted with what the pros look for, how to prepare and where to find work in your area! Discussion will cover industry pros and cons and play samples from working voice professionals. In addition, you will have an opportunity to record a short professional script under the direction of the instructor. This class is fun, realistic and a great first step for anyone interested in the voice over field. For more information, visit www.voicecoaches.com/gptt.

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Down to Your Roots: Introduction to Genealogy Research
with Jean Walker
Dig into your roots and secure information about your family history. Jean is an experienced genealogist. She will show you how to get started and survey six ways in which you can begin to collect data about your family history. She will also cover record keeping and a variety of source documents that you might find throughout your genealogical research.

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<td>5 – 8 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$39</td>
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Trips and Tours

Register at www.cochise.edu/cll

*Trips have individual registration deadlines and refund policies due to logistical issues and third party confirmation requirements. Please take note of this information in the course description. All return times are approximate.

Birding in the Las Cienagas – NEW
with Jeff Babson
Las Cienegas National Conservation Area near Sonoita preserves the rich grasslands of the old Empire Ranch. Study the diverse bird life of Las Cienegas, where you can expect to see sparrows, flycatchers, raptors and many other birds. There might also be a couple of nice surprises in store! This trip is nice practice for those who took the Beyond the Field Guide: Sparrows class, although this trip is open to all. *Registration and payment deadline for this trip is Thursday, July 12, no refunds after this date.

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<td></td>
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Journey to the Arts – NEW
with CLL Staff
Energize your wanderlust! Catch a ride with us for a cultural adventure to the Musical Instrument Museum (MIM) and Western Spirit: Scottsdale's Museum of the West. Your adventure starts on Saturday with a guided tour of the Musical Instrument Museum. On this date, the MIM will have a limited engagement exhibit of Mediterranean music and artists. Enjoy hands-on activities and live performances highlighting the region. On Sunday, visit the Western Spirit: Scottsdale's Museum of the West and take part in a guided tour of historical and artistic exhibits. The Confluence of Cultures in the American West: A Selection of Contemporary Artists features the stories of friendship, tension, and conflict that arose in the settling of the American West. You will also visit the Rennard Strickland Collection of Western Film History, an exhibition of western film posters and lobby cards curated from one of the world’s largest collections of western film graphic arts. Finally, enjoy a light lunch in a local eatery before bidding adieu to beautiful Scottsdale. Trip includes transportation, guided tours, and one-night lodging with breakfast at Holiday Inn Express and Suites Phoenix North-Scottsdale. Bring a lunch and snacks for Saturday or enjoy lunch at the Café Allegro in the MIM. Saturday night dinner is no host in the Scottsdale area. An itinerary will be provided before the trip. Space is limited; *Registration and payment deadline for this trip is Sunday, May 13, no refunds given after this date.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jun 9 &amp;</td>
<td>Depart 6 a.m.</td>
<td>SVC – Pkg Lot D</td>
<td>$249</td>
</tr>
<tr>
<td>Sun, Jun 10*</td>
<td>Return 6 p.m.</td>
<td>SVC – Pkg Lot D</td>
<td></td>
</tr>
</tbody>
</table>
Stretchercize
with Julia Jones
This is a cooperative exercise class focused on women age 55+ that emphasizes stretching, balancing and strengthening – lots of laughter and talk are added bonuses. Join this class and see if it is the right exercise group for you. Bring your mat, or modify your practice by using a chair instead. You can join this 18-week course at any time. No class on Monday, May 28 – Memorial Day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Tue/Thu, May 1 – Aug 30</td>
<td>7:30 – 8:30 a.m.</td>
<td>SVC Fit Ctr</td>
<td>$13</td>
</tr>
</tbody>
</table>

Yoga Foundations
with Macaela Cashman
This class is for the true yoga beginner so you can reap the benefits of balancing your mind, body and spirit. Despite preconceptions, you do not need to be flexible to do yoga. You can experience gentle yoga in a relaxing, supportive environment. Macaela will show you variations of poses so you can adjust your practice to meet your needs. A yoga mat is required to attend class. Bring your yoga mat, strap and two 4-inch yoga blocks to class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Tue, May 1 – 15</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$30</td>
</tr>
<tr>
<td>Tue, May 22 – Jul 3</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$70</td>
</tr>
<tr>
<td>Tue, Jul 10 – Aug 21</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$70</td>
</tr>
</tbody>
</table>

Yoga with Macaela
with Macaela Cashman
Reap benefits, reduce stress and experience yoga that is gentle and meditative while still toning and strengthening for those wanting a little extra challenge. You’ve heard “no pain, no gain?” Macaela’s mantra is “No pain – no pain is our aim!” You can learn to listen to your body for better health and overall awareness. A yoga mat is required to attend class. Bring your yoga mat, strap and two 4-inch yoga blocks to class. No class on July 4 – Independence Day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Wed, May 2 – 16</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$30</td>
</tr>
<tr>
<td>Wed, May 23 – Jul 11</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$70</td>
</tr>
<tr>
<td>Wed, Jul 18 – Aug 29</td>
<td>5 – 6 p.m.</td>
<td>SVC Fit Ctr</td>
<td>$70</td>
</tr>
</tbody>
</table>

Discovering Your Path to Inner Peace
with Macaela Cashman
Meditation shines light on the workings of the mind. Macaela will show you a variety of techniques for finding peace, acceptance, joy and the best meditation technique for you. You can learn to work with the breath, walk with attention, visualize for concentration and tune into your senses to amplify awareness of the present. Questions and discussion will make this a shared experience. Each presentation of this class offers something new to enhance your continuous growth and an opportunity to learn more about your path to inner peace. The body may cool down when meditating. There will be chairs available, but you can bring a yoga mat, blanket or cushion to sit on as well. Wear comfortable clothes. Class has three sessions.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jul 7 – 21</td>
<td>9 – 10:30 a.m.</td>
<td>SVC Fit Ctr</td>
<td>$30</td>
</tr>
</tbody>
</table>
American Heart Association — Heartsaver Basic Life Support for Healthcare Providers

with Neil Gago

Basic life support will cover CPR for adult, infant and child as well as the use of an Automated External Defibrillator (AED) in accordance with AHA guidelines. Core material covered will be: adult, child, and infant CPR, ventilations with a barrier device, 1 and 2 rescuer techniques, use of the bag-valve mask, automated external defibrillation (AED), and aid for choking victims. Students successfully completing this course will qualify for a two-year certification.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jun 16</td>
<td>9 a.m. – 1 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$49</td>
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</tbody>
</table>

American Heart Association — Heartsaver First Aid, CPR & Automated External Defibrillator (AED)

with Neil Gago

Learn to manage illness and injuries within the first few minutes until professional help arrives. This class is for anyone who wants to acquire important life-saving skills or has a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. Course content includes general principles of CPR/AED and first aid for medical and injury emergencies. Students successfully completing this course will qualify for a two-year certification.

<table>
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<th>Room</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jul 21</td>
<td>9 a.m. – 3 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$69</td>
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</tbody>
</table>

Pediatric Advanced Life Support (PALS) New Certification

with Neil Gago

The Pediatric Advanced Life Support Course presents the American Heart Association’s standards and guidelines for management of the pediatric patient in respiratory distress, shock and/or cardiopulmonary failure. Lecture and lab simulations are used to promote effective learning of essential skills. Students successfully completing the knowledge and skills evaluations in accordance with the curriculum of this AHA course are eligible to receive the PALS course completion card. This is a two-day class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Thu/Fri, May 3 &amp; 4</td>
<td>9 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$179</td>
</tr>
<tr>
<td>Thu/Fri, Jul 12 &amp; 13</td>
<td>9 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$179</td>
</tr>
</tbody>
</table>

Advanced Cardiac Life Support (ACLS) New Certification

with Neil Gago

Gain the knowledge and skills necessary to evaluate and manage the first 10 minutes of a witnessed adult ventricular fibrillation cardiac arrest. Essentials of the course and the skills and didactic information are contained in the 10 core ACLS cases: respiratory arrest, pulseless ventricular fibrillation/ventricular tachycardia (VF/VT) treated with an AED, VF/VT refractory to initial defibrillation, pulseless electrical activity, asystole, acute coronary syndromes, bradycardia, stable tachycardia, unstable tachycardia and acute ischemic stroke. Students successfully completing the knowledge and skills evaluations in accordance with the curriculum of this AHA course are eligible to receive the ACLS course completion card. This is a one-day class.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
<th>Room</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu/Fri, Jun 21 &amp; 22</td>
<td>9 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$179</td>
</tr>
<tr>
<td>Thu/Fri, Aug 23 &amp; 24</td>
<td>9 a.m. – 4:30 p.m.</td>
<td>DTC</td>
<td>G106</td>
<td>$179</td>
</tr>
</tbody>
</table>
Limited Space

All Four-Day Camps are $125 Per Week

Location, Dates, Times, Grades, Instructors
All camps are at the Sierra Vista Campus
Monday through Thursday
12:30 – 4:30 p.m. unless otherwise noted
Grade Levels: 4 — 12
Professional Instructors

Registration
Online: www.cochise.edu/cll
Call-in: 520-515-5492
Walk-in: Center for Lifelong Learning
Downtown Center
2600 East Wilcox Drive, G101
(registration only)

Program Questions:
Angela Moreno
CLL Youth Programs Coordinator
morenoa@cochise.edu or 520-515-3630

June 4 – 7
Robotics I
Grades 4 – 6
Science Room 1106
No programming experience required. Learn to build and program EV3 robots including sensors for LEGO competitions.

Forensics
Grades 6 – 8
Science Room 1109
Ever heard of the TV show, CSI? Students will be a detective for the week! They will explore and solve exciting crime scene mysteries, performing fun experiments.

June 11 – 14
Dance
Grades 4 – 6
Fitness Center Dance Room
Students will learn basic dance moves for flexibility, fitness, and FUN! Camp concludes with a short dance performance with simple costumes on the last day.

Art Alternatives
Grades 5 – 7
Art Room 401
Explore non-traditional approaches to art using different kinds of mediums, including: weaving, mosaics, wood burning and printmaking.

Robotics II
Grades 5 – 7
Science Room 1106
Prior experience in programming LEGO robots necessary. Students will perform more complicated tasks using the LEGO EV3 Robotics systems, including more advanced programming.

Quadcopter Drones
Grades 7 – 10
Science Room 1104
8 a.m. – 12 p.m.
Students will learn the basics of quadcopter design, construction and operation. Students will fly drones on the last day for parents/family/friends.

June 18 – 21
Youth Orchestra Summer Strings
Grades 4 – 12
Music Rooms 708 and 709
The Cochise County Youth Orchestra is offering this new camp to fine tune your chops with technique class, chamber music, and orchestra. REQUIRED: ONE year of experience on violin, viola, cello or bass. MUST bring instrument each day and practice music at home. Performance on last day.
Summer Camp Register at www.cochise.edu/cll

Engineering
Grades 4 – 6
Science Room 1106
Students will be introduced to a variety of physics concepts including vectors, gravity and torsion power, trajectory, simple machines, etc. Students will design and build catapults for competition.

June 25 – 28
Taiko Japanese Drumming
Grades 4 – 7
Student Union Community Room
Taiko is the artistic, powerful, and physically demanding discipline of Japanese ensemble drumming once performed by warriors. Odaiko Sonora Tucson will be teaching basic Taiko techniques and the art of performance for the last day.

Small Engine Mechanic
Grades 7 – 10
CTE Room 501 and Construction Lab 509
8 a.m. – 12 p.m.
Students will learn the basics of small engine operation, tear apart and re-build multiple types of engines and experience real-life applications as they turn a bicycle into a motorized bike (moped)! Demonstrations on the last day.

Pharmacy Camp
Grades 5 – 7
Science Room 1104
In collaboration with the UofA, we are offering a hands-on camp on how to be a pharmacist (includes pharmacy visit), compounding activities using pharmaceutical tools, CPR, medicinal knowledge/safety/common health issues.

Engineering II
Grades 5 – 7
Science Room 1106
Prerequisite for 5-6 graders - Engineering I. Students will learn physics concepts of PV/solar power, force and motion. Students will design and build scale-sized hovercraft and boats for races/presentations.

July 9 – 12
Rock Band
Grades 6 – 9
Music Rooms 708 and 709
Be a rock star for a week! No instrumental experience needed. Students will learn the basics of playing an instrument, reading music, performing and working together with their bandmates. Camp concludes with a short concert.

Robotics I
Grades 4 – 6
Science Room 1106
No programming experience required. Learn to build and program EV3 robots including sensors for LEGO competitions.

July 16 – 19
Graphic Design
Grades 5 – 8
Art Room 402
Love to use computers? Come explore the exciting world of graphic design! Using Macintosh computers and state of the art software, students will design dynamic, effective visual pieces. Could this be the start of a fantastic, rewarding career?

July 23 – 26
Ceramics
Grades 4 – 6
Ceramic Lab Room 509
Students will learn how to make/decorate pottery and sculptures out of clay. We will learn multiple basic forming techniques, use the potter’s wheel, play sculpting games, and have lots of messy fun! Some projects will be glazed during camp, others will be picked up later from the Summer Camp Office.

Facebook: Cochise College Summer Campus

COCHISE COLLEGE
www.cochise.edu/k12/summer-camps/
Mastering your Digital SLR Camera

Get control of your digital SLR camera! In this course, you'll break through the technology barrier and learn how to use your DSLR to take beautiful photos. You'll start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, we'll explore exposure controls. You'll learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You'll find out how to use these features to get the right exposure for every shot. By the end of this course, you'll truly be a DSLR master, and most of all, you'll be able to use your camera to take the photos you've always dreamed of.

Date Register Online at: Cost
Jun 13 or Jul 11 www.ed2go.com/cochise/ $110

Spanish in the Classroom

Whether you took a Spanish class 20 years ago and just want to brush up a bit, or you have never taken a Spanish class, you'll learn the essential Spanish for teachers and bridge the communication gap with your Spanish-speaking students and parents. Rest assured that this won't be anything like your typical high school Spanish course. We'll skip the frills and focus on "survival Spanish" you can put to work immediately. We've tossed out long vocabulary lists and complex grammar rules and replaced them with games and stories to make learning easy, painless and even fun. You'll learn new words in easy-to-digest bites, and each lesson will include Supplementary Material to help you keep expanding your vocabulary.

Date Register Online at: Cost
Jun 13 or Jul 11 www.ed2go.com/cochise/ $110

CLL also partners with UGotClass, a part of the Learning Resources Network (LERN), the world's largest association in continuing education and lifelong learning, serving more than 9,000 professionals every year.

UGotClass offers online certificates and courses that provide practical, how-to information on marketing, finances, management, sales and product development.

Instagram for Business

With over 100 million users, Instagram is a marketing gold mine. Discover ways to have your audience generate excellent content for you. Build your community while doing it. Learn how to make hashtags work for you, how to make and keep your followers happy and how a small input can cause exponential growth. We'll also explore Do's and Don'ts of Instagram to get you on the fast track to success. Make the most of Instagram and lead your business to unending exposure. An android or iOS device is needed to take full advantage of the exercises in this class.

Date Register Online at: Cost
Jun 4 – 29 www.cochise.edu/cll/online-classes/ then click UGotClass $195
HE VALUES A COCHISE COLLEGE EDUCATION.

SO HE GIVES.

Bisbee native George Bugen saved for a lifetime and found a way to help Cochise College students now and in the future.

Working with his attorney and the Cochise College Foundation, he set up a fund to help the college provide state-of-the-art education.

WHAT DO YOU VALUE?

We can help you leave a legacy that supports student success.

Contact: Denise Hoyos
520-417-4148 / 520-515-3690
hoyosd@cochise.edu
www.cochise.edu/give
MAKE OUR TEAM YOUR TEAM!
From A to Z, We Have What Your Business Needs To Succeed.

The Cochise College Small Business Development Center is staffed with professional business counselors, analysts and technology specialists who are dedicated to helping you succeed. Our partnerships with the SBA and the Association of Small Business Development Centers put nationwide resources within your reach.

Due to funding from the SBA and Cochise College together with their continued commitment to community outreach, we provide, without cost, one-on-one business counseling.

Our mission is to help small businesses in Cochise County achieve success. To accomplish this goal, we provide a variety of confidential services and referrals to small business owners and entrepreneurs in Cochise County.

Our office is located in the Downtown Center of Cochise College although we extend outreach to all of Cochise County. We’re here to help make your business a success, and through your success, help improve the economy of our communities.

Call (520) 515-5478 or (800) 966-7943, ext. 5478 to find out more or to make an appointment.

FREE HEALTHY LIVING WORKSHOP

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

Supported by Arizona Department of Health Services, Cochise Health and Social Services and Wellness Depot – Canyon Vista Medical Center.

Contact Suzanne at 520-432-9493 for registration information.
Job Summary:

The Center for Lifelong Learning continuously seeks instructors to teach part-time in its program. If you are interested in teaching adults, have knowledge or experience you like to share and a passion for learning, we would like to know about you. Please apply online! We will contact you to discuss specific class proposals and ideas. Typical classes run 4 – 8 hours for one or two days. Longer classes can be scheduled if necessary based on the program.

Apply at: www.cochise.edu/hr
Sierra Vista Campus Map

Register at www.cochise.edu/cll

COCHISE COLLEGE
Sierra Vista Campus

- 300 Human Resources Building S-IRB
- Finance and Procurement Services
- District Governing Board Room
- 400 Art S-ART
- Dean, Liberal Arts
- 500 Administration S-ADM
- President’s Office
- College Foundation
- 600 Fitness Center S-FIT
- 700 Music Education S-MUS
- Business Education S-BUS
- Marketing & Creative Services
- 800 General Classroom Building S-GCB
- Print Shop
- 900 Andrea Cracchiolo Library S-JLB
- Horace Steele Conference Room
- 1000 Student Union Building S-SUB
- Admissions/Registration
- Advising/Counseling/Testing
- Bookstore
- Business Office
- Community Room
- Financial Aid/Veterans Services
- Union Café
- Security Office
- Event Services
- Dean, Student Services
- Disability Services
- 1100 Science Building S-SCI
- Dean, Math & Sciences
- 1200 Learning Commons S-CCC
- Open Computer Lab/Tutoring
- 1400 Adult Education S-AED
- Dean, Business & Technology
- Institutional Research
- 1500 Bugen Family Career and Technical Education S-CTE
- 2000 Annex Building S-ANX
- 2100 Maintenance/Warehouse S-MNT
- Mail Services
- Receiving

AED (Automated External Defibrillator) location
Designated smoking area. Tobacco use allowed here and in automobiles only.
Four Easy Ways to Register

1 • ONLINE
Register anytime, day or night, online. Go to www.cochise.edu/cll click on classes and follow the prompts.

2 • PHONE
Call (520) 515-5492 to register by phone using your credit card.

3 • WALK IN
Drop by our office and register in person with one of our friendly staff members. We are located at the Downtown Center, 2600 East Wilcox Drive, Room G101.

4 • MAIL
Fill out the registration form (right), make check or money order payable to Cochise College and mail with your registration to:

Cochise College
Attn: Center for Lifelong Learning
901 N. Colombo Avenue
Sierra Vista, AZ 85635

Disability Accommodations
Cochise College values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need an accommodation to improve access to learning and campus services, you may begin the Welcome Process and review the Disability Student Guide at www.cochise.edu/disability. Community members and Center for Lifelong Learning, and non-registered students may contact the Office of Disability Services to determine eligibility at (520) 515-5337.

Groups/Organizations
We will be glad to prepare a class tailored to your needs—held at your location or at Cochise College. For more information call (520) 515-5492, (800) 966-7943, ext. 5492 or email training@cochise.edu.

Registration Deadline:
Registration payments are required in full at least one day prior to class start or by noon on Friday for weekend classes. Trip fees have individual registration deadlines. See each class for that deadline requirement. Instructors will not accept registration payment at any time. Exact cash amount or check only for in-class purchases or kit fees.

Classes that do not meet the minimum student requirement will be cancelled before the actual class date. Register early to ensure the class you desire to take will be a go.

Cancellation and Refund Policy: The Cochise College Center for Lifelong Learning reserves the right to cancel course offerings with a full refund. Full refunds will be given to students who provide us with their cancellation notice five business days prior to the class start date. A $10 cancellation fee will be charged for late cancellations. See individual cancellation policies for Trips and Tours at the end of each course description.
Register online... Anytime, Anywhere!

Four Easy Steps:

1. Find Your Courses
   Browse through more than 100 courses to find the ones that are right for you.

2. Create Account
   Before you can register for a course, you must click on Your Account to create a profile.

3. Add to Cart
   You may add multiple items to your basket.

4. Proceed to Checkout
   Enter your payment information to complete your registration and guarantee your access to the courses you desire.

Once your registration is approved, we will send you a receipt for your records.

Online registration is fast, easy and convenient. Go to www.cochise.edu/cll and browse classes!
Be on the lookout for the Fall 2018 Schedule in August!
Fall classes begin September 4, 2018

Upcoming Trips and Tours

Journey to the Arts — June 9 and 10
Birding in the Las Cienagas — July 21
Camelo Hills Naturalist Saunter — August 18
Monsoon Madness — August 25

Cochise College
Center for Lifelong Learning
901 North Colombo Avenue
Sierra Vista, AZ 85635