

## Schedule of Classes

### Noncredit Classes - Summer Session 2019

\*\*Contact the Continuing Education Office by email: [ContinuingEducation@siskiyous.edu](mailto:ContinuingEducation@siskiyous.edu) for additional information or call (530) 841-5834.

#### **Conflict & Anger Management (ADS 502 / CRN 5054)**

This course is designed to prepare students to effectively handle conflict and anger within personal and profession relationships, as well as inside and outside the workplace. The course will focus of anger management, communication skills, consensus building.

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019
- Time: 3 to 6:15 pm
- Location: Room 4, Yreka Campus
- Instructor: Fernando Fernandez

#### **Life Story Writing (ENG 0599 / CRN 5056)**

This class is designed to help older adults find, capture, and write the stories of their lives. Class will include activities to help writers get started, activate vivid memories, and engage cognitive processes to sharpen writing skills helping to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included. (NDA)

- Day(s): Tuesday
- Date(s): June 4 – August 6, 2019
- Time: 10 am to 1:20 pm
- Location: Room 4, Yreka Campus
- Instructor: Jackie McNamara-Janke

#### **Mind-Body Health (OLAD 0502 / CRN 5059)**

This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 12 to 1:30 pm
- Location: Weed Community Center, Weed
- Instructor: Sarah Kirby

#### **Mind-Body Health (OLAD 0502 / CRN 5107)**

This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 1:40 pm to 3:10 pm
- Location: Room 7, Yreka Campus
- Instructor: Sarah Kirby

### **Mind-Body Health (OLAD 0502 / CRN 5108)**

This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 3:45 to 5:15 pm
- Location: Room 7, Yreka Campus
- Instructor: Sarah Kirby

### **Brain Fitness – Horse Interaction (OLAD 0503 / CRN 5060)**

This class is for the older adult to assist them to learn, discover and practice memory and mental fitness techniques. The older adult will learn how memory works and what factors affect how well our brain functions. The older adult student will devise strategies to maintain or improve brain health and the ability to retain and retrieve.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – July 9, 2019
- Time: 10 am to 11:20 pm
- Location: Ananda Ranch, Grenada
- Instructor: Tricia Weldon

### **Principles of Balance (OLAD 0504 / CRN 5066)**

The risk of injury and death due to fall increases as one ages. In this beginning class students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, and strength and core conditioning.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 6, 2019
- Time: 11:20 am -1 pm
- Location: Room 7, Yreka Campus
- Instructor: Tammy Stoltenburg

### **Principles of Balance (OLAD 0504 / CRN 5105)**

The risk of injury and death due to fall increases as one ages. In this beginning class students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion,

demonstration, and practice based on principles such as yoga, Tai Chi, and strength and core conditioning.

- Days): Monday, Wednesday, and Friday
- Date(s): June 3 – July 1, 2019
- Time: M 10:30 am to 1 pm; W 4 to 5:30 pm; F 10:30 am to 1 pm
- Location: Room 7, Yreka Campus (Friday class held at Karuk Wellness Center, Yreka)
- Instructor: Jan Ward

#### **Art for Older Adults (OLAD 0508 / CRN 5062)**

This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019
- Time: 1 to 4:15 pm
- Location: Siskiyou County Jail, Yreka
- Instructor: Mark Oliver

#### **Art for Older Adults (OLAD 0508 / CRN 5063)**

This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Thursday
- Date(s): June 6 – August 8, 2019
- Time: 1 pm - 4:20 pm
- Location: McCloud Hall 4-114, Weed Campus
- Instructor: Mark Oliver

#### **Art for Older Adults (OLAD 0508 / CRN 5064)**

This class is designed to introduce older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019

- Time: 9 to 12:15 pm
- Location: Room 3, Yreka Campus
- Instructor: Mark Oliver

**Small Business, Marketing, Sales, & Graphic Design (WORK 0512 / CRN 5016)**

This class is designed for anyone with an interest in Marketing, Graphic Design, and Makerspaces. Makerspaces are a community/college operated co-creating workspaces where people with common interests can meet, make, socialize and collaborate. Class will include marketing design, design strategies, printmaking and creating a final product with the use of the maker equipment (i.e., laser, printmaking, t-shirts, decals, banners, 3D printers).

- Day(s): Monday
- Date(s): June 3 – August 5, 2019
- Time: 3 pm to 6:15 pm
- Location: Room 1 and TC 1, Yreka Campus
- Instructor: Jerry Whealen

**Workforce Readiness & Basic Job Skills: Hands-on Construction (BA 0503/CRN 5126, 5127, 5128, 5129)**

This class is designed to assist students in developing career/construction job hands-on readiness skills. These may include preparing for one's career, workplace skills, and career/job readiness skills, and personal skills including workplace communication, workplace effectiveness, and teamwork. This class will be taught concurrently in the classroom and at the job site. This class will involve hands-on experience, and building a house.

- Day(s): Monday, Tuesday, Wednesday, and Thursday
- Date(s): June 17 – August 8, 2019
- Time: M, W - 9 to 11 am and 3 to 5 pm; T, Th - 11 am to 1:05 pm and 1 to 3:05 pm
- Location: TBA, Weed
- Instructor: Steve Drager