



Fall
2024


NAPA VALLEY COLLEGE
COMMUNITY
EDUCATION



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DIRECTOR'S MESSAGE

Our Community Education programs at the Upper Valley Campus and throughout Napa County support the lifelong learning goals of students of all ages and backgrounds.

As we strive to stay on top of the trends in technology, fitness, recreation and personal development, we continue to present a well-rounded core of classes in the arts, foreign languages, personal finance and much more. Our staff seeks out opportunities to provide a variety of educational and personal enrichment opportunities, and our Spring schedule does just that. If we can be of any help, please do not hesitate to contact us. It is an honor and a privilege to serve the Napa County community.

Shawntel Ridgle
Director Continuing Education and Community
Partnerships



PRESIDENT'S MESSAGE

Napa Valley College's Community Education program offers a broad range of topics to meet any professional or personal interest, at every stage of life. This spring, you will find a selection of not-for-credit courses taught by industry experts and designed to quickly deliver specific skills and knowledge to help advance personal or professional development.

Learn the art of storytelling, improve your writing, and find out how to get published. Or learn how to prepare your winter vegetable garden, paint with mixed media, dance the hula or play the harmonica. Food and wine enthusiasts can learn to make seasonal soups and pies, holiday sides, sugar cookies and even Thai street food.

We are committed to offering high-quality academic and community education programs that will make it easier for you to complete your personal, educational, and career goals.

Lifelong learning is part of our core mission, providing access to learning for everyone, and it's one of the many ways we help improve the quality of life for those who live in our community. Join us at Napa Valley College!

Torence Powell, Ed.D
Superintendent/President
Napa Valley College



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UPPER VALLEY CAMPUS

The Upper Valley Campus (UVC) is a small intimate designated center of Napa Valley College, which is part of the California Community College system. UVC is situated on a beautiful 6.9-acre campus that serves the community of St. Helena and the greater Napa Valley by offering fee-based and non-credit classes. UVC is also home to the Napa Valley Cooking School and the Napa Valley Adult School’s Small Scale Farming Program, preparing a new generation of Small Scale Farmers to help re-establish crop diversity in the Valley and create good-paying jobs. The teaching kitchen is the premier destination for both a Food & Wine Enthusiast program and a separate Professional Culinary certificate program, designed to provide students with hands-on, technique-driven culinary and pastry skills required for a career as a professional chef.

NAPA VALLEY COLLEGE COMMUNITY EDUCATION PROGRAM LEARNING STATEMENT

After attending a Napa Valley College Community Education class, students will be able to use the information received from the class for personal and/or professional development, including a better understanding and/or mastery of specific stated subjects and/or skills.

NAPA VALLEY COLLEGE MISSION

Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Approved by the Board of Trustees November 15, 2012

Values

Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:



- | | | |
|-----------------|--------------------|-----------------------|
| Student Success | Responsibility | Inclusive |
| Creativity | Respect for Others | Openness to New Ideas |
| Adaptability | Honesty | Health and Wellness |
| | Integrity | |



Institutional Learning Outcomes

Students who receive a degree from Napa Valley College will demonstrate the following:

- | | |
|--|---|
| Communication & Collaboration | Global Awareness & Civic Responsibility |
| Critical Thinking & Information Competency | Personal Responsibility |

Follow us on Social Media!

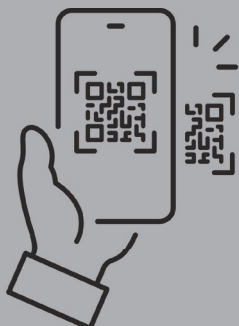
 [napavalleycollege](https://www.instagram.com/napavalleycollege)
 [@nvccollege](https://www.facebook.com/nvccollege)

 [thenapavalleycookingschool](https://www.instagram.com/thenapavalleycookingschool)
 [@napavalleycookingschool](https://www.facebook.com/napavalleycookingschool)

HOW TO REGISTER

COMMUNITY EDUCATION COURSES

To register for most Community education courses, please visit our **EVENTBRITE PAGE** to select and purchase a course to enroll.
Scan the code with your smart phone to register with a mobile device.



Open your phone's camera
and click the link that
appears on the scanner

eventbrite



You can also access Eventbrite on your computer by typing
the link below into your web browser:

tinyurl.com/NVCeventbrite

#Phone: (707) 681-5598

ESL & NON-CREDIT COURSES

Scan the code to access the Non-Credit
webpage or type the link into your browser:
tinyurl.com/NVCnon-credit



OTHER COURSES AND OFFERINGS

To Register for other offerings such as Trips and Tours, Napa CPR, and Commercial Driver Training, please visit the program webpage or call the phone number located at the bottom of each page to register.

Refunds and Cancellations

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. Please email NVCcommunityED@napavalley.edu to request a refund.

ESL COMMUNICATION 1

This course is the listening/speaking component of Level 1 of the ESL Program. Students will engage in low-intermediate level comprehension skills from a range of essential points & details in spoken English. Students will build on communication skills with short conversations about familiar and unfamiliar topics & contexts, listening comprehension, vocabulary skills, pronunciation & overall fluency.

78710	Online Scheduled Meetings	8/26/24	12/14/24	Mon/Wed 3:55-6:00pm	Yildiz
CLASS #	LOCATION	START DATE	END DATE	DAY/TIME	INSTRUCTOR

ESL COMMUNICATION 2

This course is the listening/speaking component of Level 2 of the ESL Program. Students will engage in a high-intermediate comprehension of a range of essential points and details in spoken English. Students will build on communication skills with extended conversations, classroom discussions and oral presentation skills on a variety of subjects.

78711	Online	8/26/24	12/14/24	Tue/Thu 3:55-6:00pm	Yildiz Garcia
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ESL READ, WRITE, & GRAMMAR 2

This course is the reading, writing and grammar component of level 2 of the ESL program. Students will build on basic reading, writing, and grammar skills of Level 1, learning to write simple narrative, descriptive, and expository paragraphs and short compositions, using present, past, and future tenses, and simple, compound, and complex sentences. They will learn to revise and edit their writing as well as improve reading skills such as reading comprehension and speed, vocabulary development (including vocabulary in context), summarizing written material, and overall language fluency.

77952	Hybrid-Napa Valley Adult Education, Rm6, Lecture/Online	8/26/24	12/14/24	Tue/Thu 7:05-9:05pm	Gardiner
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ESL READ, WRITE, & GRAMMAR 4

This course is Level 4 of the college ESL program focusing on the integration of the major language learning components, including reading, writing, and grammar. Students will build on the major components of ESL Reading, Writing, and Grammar 3, reading full-length works of fiction and/or nonfiction & continuing to improve & expand reading comprehension, vocabulary skills, over all written fluency. They will write, revise, and edit paragraphs and short essays, summarize and respond to selected readings, and improve their ability to identify and correct common errors of in grammar and syntax.

77954	Hybrid-Main Campus, TBD, Lecture/ Online	8/26/24	12/14/24	Mon/Wed 7:05-9:05pm	Toister
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Scan the code to access The Not-For-Credit webpage and log into OpenCCC single sign-in account. tinyurl.com/NVCnon-credit



BASIC LIFE
SUPPORT

HEARTSAVER
FIRST AID CPR



**NAPA
CPR**

**SERVING THE
COMMUNITY IS
OUR PRIORITY**

CALL US (707) 481-5646



[HTTP://WWW.NAPACPR.COM/](http://www.napacpr.com/)

Napa Valley College's Workforce Training Institute is the heartbeat of our community's resilience. Our programs cultivate skilled healthcare and first responder professionals who provide essential care in our local hospitals, clinics, schools, and more ensuring the well-being of Napa's residents and visitors.

Napa Valley College is a certified American Heart Association (AHA) Training Center serving Northern California providing Basic life support courses and more to medical professionals, care givers, first responders, and many more that require certification in their feild.

Basic Life Support (BLS)

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Classes are offered to the public on Tuesday afternoons and evenings

Napa Valley College, room 803

Class Price: \$85.00

Heartsaver® First Aid CPR AED Training

The AHA's Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Classes are offered to the public on Saturday from 8:30 AM to 3:30 PM

Napa Valley College, room 1011

Class Price: \$95.00

SCAN THE CODE TO REGISTER!

or visit, <http://www.napacpr.com/>



WWW.NAPAVALLEY.EDU

NONCREDIT (NO FEE)**Register for Non - Credit Courses at: tinyurl.com/NVCnon-credit****Communication in the Workplace**

This course is designed to introduce the student to key elements in communication within business organizations. Topics will include verbal and nonverbal communication, listening skills and specific workplace communication skills.

Oct 14-Nov 2**no scheduled meetings****Online****Shatto, Claudette M****No Fee****Leadership Essentials**

This course is designed to acquaint students with the essential characteristics of new and emerging leaders. The roles, functions, and responsibilities of a leader will be examined, as well as professionalism, coaching and mentoring.

Nov 4-Nov 23**no scheduled meetings****Online****Shatto, Claudette M****No Fee****Mindful Singing for Older Adults**

This class will provide an opportunity to experience and participate in a music setting through singing and playing rhythm instruments. No previous musical experience necessary. Class will also meet online.

Aug 26-Dec 14**Tue, 6:00-9:10pm****Main Campus, Rm 142****Howell****(\$35 materials fee due at time of registration)****Vocal Expression for Older Adults**

This non-credit course provides older adults with the opportunity to expand their knowledge of solo singing through the study of various musical genres, vocal techniques, and singing repertoire. Class will also meet online.

Aug 26-Dec 14**Wed, 3:55-6:00pm****Main Campus, Rm 147****Bailey****Musical Theater Performance**

This course is for the study, rehearsal, and public performance of literature appropriate to musical theater, with an emphasis on the development of skills needed to perform within a large musical theater ensemble. Different literature will be studied each semester.

Aug 26-Dec 14**Thu, 6:00-9:20pm****Main Campus, Rm 142****Howell**

Visual Expression

This noncredit course provides older adults with the opportunity to expand their knowledge of the visual arts through the study of various artistic techniques, tools and materials. In addition to hands-on projects, students will also explore the role of art in current and past cultures.

Aug 26-Dec 14
Wed, 9:30am-12:30pm
UVC, St Helena
Wright, Rm 8
No Fee

Aug 26-Dec 14
Fri, 1:30-4:30pm
Main Campus, Napa
Keig, Rm 3716
No Fee

Fiction Workshop for Older Adults

This non-credit course provides older adults the opportunity to learn and practice the craft of fiction, including the study of various fictional forms such as short stories, short-short stories (or sudden fiction), and novels, as well as a variety of genres and narrative purposes.

Aug 26-Dec 14
Tue, 6:00-7:30pm
Main & Online, Napa
Bewick, TBA
No Fee

LIFELONG LEARNING

Top 10 Tips to Get the Most out of Your Apple/ Android Device

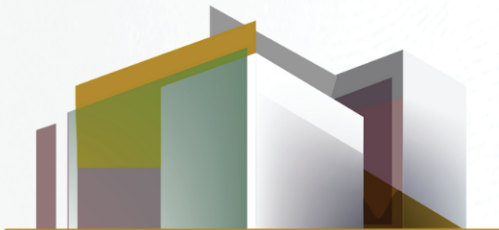
Have you recently upgraded to an iPhone/ Android Smartphone? Or have you had your iPhone/ Android Smartphone for a while and only use it for phone calls? Let me teach you how to take advantage of its many organizational tools and more during this workshop! In this 2 hour workshop, you will learn: • How to use Siri/ google to do just about everything on your smartphone • Dictation • The importance of having complete and updated contacts • How to use the calendar for important dates and reminders • How to manage your apps so you can find them better and some good ones you might want to get to know • How to find your Phone if it's lost • And so much more! This class is great for seniors! All you need is an email address and you will receive a Zoom link to take the class online. **Pre-registration is required.**

iPhone Oct 18	Oct 25
Fri, 10:00am-12:00pm	Fri, 10:00am-12:00pm
Online	Online
Dancu	Dancu
\$35	\$35

Exploring Chat GPT - A Beginners Guide to Generative AI

Unlock the potential of generative AI in your daily life with our beginner-friendly course on ChatGPT. Designed for individuals without a technical background, this three-session program at Napa Valley Community Education will equip you with essential AI skills. Learn how to use ChatGPT to streamline your routines, improve work efficiency, and bring innovative solutions to your personal and professional life. In today's rapidly evolving workplace, companies are increasingly seeking employees with AI skills to automate routine tasks, improve customer service, and drive innovation. This course is designed to prepare you for these changes, making you more adaptable and competitive in the job market. Take this opportunity to stay ahead of the curve and harness the power of AI in your work and everyday life. **Pre-registration is required.**

Oct 1-3
Tue/Wed/Thu, 6:00-8:00pm
Main Campus, Napa
Encarnacion, Rm 1637/1638
\$90



THE CAMPAIGN FOR NAPA VALLEY WINE EDUCATION COMPLEX

**Join Us in Creating the Future of
Wine and Hospitality**

PHASE II

Phase II Has Begun: The Wine and Hospitality Training Center. We're raising \$4 million to complete the Wine and Hospitality Training Center to offer comprehensive training in wine marketing, sales, hospitality, and more to students in the wine & Food Pathway at Napa Valley College.

WHY THIS MATTERS

This facility will meet The Napa Valley's growing need for skilled staff in the wine and tourism sectors by offering classes and hands-on experience in wine, food, and customer service.

BENEFITS

- Classroom and training space for food and wine programs.
- A demonstration kitchen to provide hands-on training.
- A tasting bar and movable sit-down seating to emulate a variety of hospitality and tasting room scenarios.
- Event space to host industry trainings, educational events, guest lecturers and wine industry professionals.



**LEARN MORE ABOUT
OUR CULINARY &
HOSPITALITY
PROGRAM AT NVC**



**FOR MORE ON THE CAMPAIGN FOR NAPA VALLEY
VISIT: WWW.NAPAVALLEYCOLLEGEFOUNDATION.ORG**



NAPA VALLEY COLLEGE
TEACHING WINERY & VINEYARD



JOIN OUR MAILING LIST

STAY UPDATED ON WINERY EVENTS
AND TASTING OPPORTUNITIES



SCAN THE CODE

INTERESTED IN THE WINE CLUB?
EMAIL WINERY@NAPAVALLEY.EDU

NAPA VALLEY COLLEGE ESTATE WINERY

ARTS AND CRAFTS**Mixed Media Painting**

In this four-week class, students will explore a variety of media to discover new ways to approach their art making. Working with collage, stencils, paint and transfer processes, the class is designed to be fun and experimental. Each week, we will experiment through a series of in-class projects and take-home assignments. Students will also design their own stencils as we examine the role of SHAPE in a work of art and integrate that into the composition. Weekly assignments are done on paper working towards a mixed media painting on a cradled panel. Format of the class includes group critiques, lectures & demos to introduce the week's project. The work of contemporary and historical artists will be presented in class lectures. \$30 materials fee is due to the instructor at first class meeting, includes most support materials but not paint and brushes. For more info or to contact the instructor visit www.nancywillis.com. **Pre-Registration required.**

Oct 1-29 (No Class Oct 8)**Tuesday, 9:30am-1:00pm****UVC, St. Helena****Willis, Rm 8****\$350****Classical Approach to Portrait Drawing Beginning/Intermediate**

In this course, we will explore the basic foundations of drawing, which will include: how to see as an artist, how to note form with line or mass, and ultimately, how to create a 3-D form on a 2-dimensional format. We will explore the proven guidelines that help us approach drawing the portrait through standard principles of proportion and measuring techniques. Plus, ALL MATERIALS are included! This includes: charcoal pencils, black charcoal, chalk, white charcoal, kneaded erasers, and a variety of drawing paper, as well as some table easels. You can't go wrong with the supplies or with this opportunity! Sign up online now! Visit the instructor's website for images and/or additional information: deirdreshibano.com/workshops. Or contact: deirdres665@gmail.com with any questions. **Pre-Registration required.** Note: Please arrive 15 min early to collect supplies.

Oct 11- Nov 15**Fri, 10:00am-12:30pm****UVC, St. Helena****Shibano, Rm 8****\$360****Creative Photography**

Take your photographic skills to a higher level of creativity! Photographer Patti Garcia will present a new theme challenge each week and guide you through an exploration of creative photography. You'll learn lighting and other techniques to improve your photographic skills. Any type of camera is allowed, and participants should know some basics of how to use their camera. Students will explore the outdoors for subject matter and creativity, come join us. Patti Garcia has a master's in Photography from the Academy of Art University in San Francisco and has been a photographer for 25 years. She practices and experiments with alternative techniques in her own work and has been teaching adults and young students for the past 20 years; her passion is helping others find their creative voice. Material fee is included in class fee. **Pre-registration is required.**

Sep 3-24**Tue, 6:00-8:00pm****Main Campus, Napa****Garcia, 1635****\$90****Oct 4-25****Fri, 6:00-8:00pm****UVC, St. Helena****Garcia, Rm 8****\$90**

One Day Printmaking: Experimental Monotype

Recharge your creativity before the winter in these monthly fall sessions at the upper valley campus. In the accessible process of monotype, ink is applied to a plexiglass plate and transferred to paper using our Takach printing press. At each class meeting you have options: explore a painterly additive process, an abstract subtractive approach, or use organic material for botanical printing. Once you get a taste of monotype you will see the banquet of possibilities that lies before you. For beginners and experienced printmakers, you will find a supportive community for art making. Priced to enjoy a single or three-session printmaking class. Limited to six students. For more info or to contact the instructor visit www.nancywillis.com *\$30 materials fee payable to instructor at each class meeting. Includes all inks, most paper and supplies for class. **Pre-Registration required.**

Sep 14

Sat, 9:30am-2:00pm

UVC, St. Helena

Willis, Rm 8

\$145

Oct 19

Sat, 9:30am-2:00pm

UVC St. Helena

Willis, Rm 8

\$145

Nov 30

Sat, 9:30am-2:00pm

UVC, St. Helena

Willis, Rm 8

\$145

All 3 classes -Sep 14, Oct 19, & Nov 30

Sat, 9:30am-2:00pm

UVC, St. Helena

Willis, Rm 8

\$395

The Fundamentals of Realistic Drawing

Have you always wanted to learn to draw? Are you wanting to take up a new skill? Has realistic drawing been just out of your grasp or a talent you might want to improve or even perfect? Then this class is for you! This course will review all of the fundamental techniques of realistic drawing, which includes noting form, creating value (dark and light), size relationships, composition, details, and a variety of techniques used to express emotion in the subject: you will explore volume drawing, cross hatching, stippling, as well as a variety of methods of material application. Plus, ALL MATERIALS are included! Charcoal pencils, woodless pencils, chalk, white charcoal, kneaded erasers, and a variety of drawing papers. You can't go wrong on the supplies! What a great introductory or course for reviewing and enhancing your drawing skills! Sign up now online! Visit the instructor's website for images and/or additional information: deirdreshibano.com/workshops. Or contact: deirdres665@gmail.com with any questions.

Pre-Registration required.

Sep 3-24

Tue, 10:00am-12:15pm

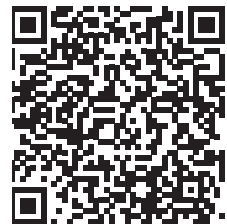
UVC, St. Helena

Shibano, Rm 8

\$340



eventbrite



**Open your phone's camera
and click the link that appears
on the scanner**

Portraits: Understanding Color (Intermediate/Advanced)

During this course, we will explore the color scheme that is used in portraiture, regardless of the skin color or tone. We will learn that color has to be representative of “value” (dark & light), and therefore one can use various colors to represent and create form. We have seen through the ages different representations of portraiture, which can express emotion as well as represent and identify the subject. It is a very exciting journey that you will really enjoy as you find your own voice and expression in portraits! We will note various genres of portraiture and how color affects the expression of the subject, as well as your own interpretation. We will start with a traditional approach and move on from there. Visit the instructor’s website for images and/or additional information: deirdreshibano.com/workshops. Or contact: deirdres665@gmail.com with any questions. All Material fee is included in the class fee, EXCEPT: MISULOVE Colour Pencils and Strathmore 400 Series Grey drawing Paper (approx. \$23 total on Amazon). **Pre-Registration required.**

Nov 19-Dec 17

Tue, 10:00am-12:30pm

UVC, St. Helena

Shibano, Rm 8

\$360

FABRIC & SEWING

The Art of Pattern making

The purpose of this course is to teach the student to properly take personal body measurements and using the measurements to draft the basic blocks (patterns): Front and Back Torso, Skirt, Sleeves, and Pants. You will learn the principles of “haute couture,” how to interpret a specific design or your own idea by following the five steps of pattern and design transformation. You will also learn how to transform the basic blocks, how to properly build (sew) any inspiration or creation while obtaining the proper garment balance, accurate fit, and fine craftsmanship. You will participate in several projects as the classes are hands-on with discussion, drafting, cutting, sewing, and practicing. Sewing machines are provided in the classroom but are limited; students are welcomed to bring portable sewing machines. A \$175 materials fee will be needed to purchase patternmaking rulers, basic tools, and any other necessary materials. This course is a 16-class course (2.5 hrs. per session, 2 times per week (T/Th) for 8-weeks). Work will be taken home and continued. For more information or questions, please email RaoulBlanc@gmail.com or visit: www.RaoulBlancCouture.com. **Pre-Registration required.**

Aug 27-Oct 17

Tue/Thu, 5:30-8:00pm

UVC, St. Helena

Blanco, Rm 8

\$600

Quilters’ Workshop

Interested in joining a community of quilters this spring? Want to start a quilting project as a beginner but unsure of how to go about it? Need some extra help in realizing or finishing a current quilting project? Bring your own materials, tools, patterns, and interest to this low key weekly gathering of local quilters in our beautiful light-filled Art Room in St. Helena and work together under the guidance of experienced quilter and St Helena native Julie Bolander. **Pre-registration is required.**

Aug 26-Dec 9

Mon, 12:30-5:00pm

UVC, St. Helena

Bolander, Rm 8

\$51

Beginning Upholstery and Beyond

In this class you will discover a craft that will enable you to bring some of your favorite pieces of furniture into this century and to move beyond the basics and take on more challenging projects. Learn fabric layout for cutting, how to use power sewing equipment and hand tools for basic furniture and automobile upholstery. In addition to learning a new skill, students receive first-hand knowledge on possibly taking these skills and earning some extra cash. Experienced Instructor, Robert Peck, will discuss projects at the first class and work with you to realize your project goals. (Bring pictures of proposed projects to the first class for instructor review.) A \$30 materials fee due to instructor first class. **Pre-Registration required.**

Oct 16-Nov 20

Wed, 6:00-9:00pm

UVC, St. Helena

Peck, Rm 8

\$130

OUTDOORS

Birding in Napa County

The county is blessed with a variety of easily accessible terrestrial and aquatic habitats where songbirds, waterfowl, raptors and shorebirds congregate during migration. We typically find 100-plus species, and in order to see the greatest diversity visit distinctly different habitats during each field trip: Lake Hennessey, Skyline Park, the American Canyon Wetlands, Skaggs Island—or wherever the dynamics of the season dictate. The field trips will involve a walk of 0.5-2.0 miles round trip. Terrain is level over gravel roads or well-worn footpaths; an exception is Milliken, where there is a brief uphill stretch and some rocky footing. Bring binoculars and your favorite field guide. (Check weather forecast for appropriate dress.) Instructor Murray Berner is the co-author of the “Breeding Birds of Napa County.” Students are to email the instructor before the first day of class for more information at vireocity@hotmail.com. **Pre-Registration required.**

Sep 23-Oct 14

Mon, 8:30am-12:00pm

UVC, St. Helena and Various Locations

Berner

\$100

Wine Hospitality Training Course

Have you ever wanted a backstage look at the world of wine? This course gives you the complete tour: from viticulture and enology to local history and the personalities that make wine so fascinating. You’ll learn about proper table service, and how to taste wine (and sell wine) like a true professional. Instructor Paul Wagner is a McPherson Distinguished Teacher at Napa Valley College, and he will be your guide and mentor as you learn the ins and outs of Napa’s most famous product. By the time you are done, you will know enough to entertain a lifetime of dinner parties, or work at any winery in the valley— or anywhere else in the world. **Pre-Registration required.**

Oct 22-Dec 5

Tue/Thu, 7:00-9:30pm

Main Campus, Napa

Wagner, Rm 1434/1435

\$120

Golden Ball Qigong Level 1

Come enjoy the outdoor fall setting (as weather and conditions permit) practicing Golden Ball Qigong, one of many Chinese health practices. It is truly a moving meditation that incorporates all eight actions of energy movement within the body; ascending & descending, expanding & contracting, moving in & moving out, gathering & dispersing in either a lovely outdoor or indoor setting, you will learn and practice the principles of Qigong and how to incorporate them into the Golden Ball routine. You will have a greater understanding of what the “qi” (chee) in Qigong is and be empowered to use that qi to find balance in your life. No experience necessary. This routine can be done sitting or standing. Visit TurtleMoonQigong.com for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. **Pre-registration is required.**

Oct 12

Sat, 10:00am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$90

Golden Ball Qigong Level II

Taking the skills learned in Golden Ball Qigong Level 1, this class goes even deeper into the exploration of moving energy. We will continue outdoors (weather and conditions permitting) to learn about the three main energy centers of the body, what it is to be the bridge between the heavens and the earth, the important role of our fascia within our movements, and how Golden Ball Qigong can help you to solve everyday problems in a holistic way. This workshop requires you to have taken Golden Ball Qigong Level 1, either indoors in a classroom setting or outside. Visit TurtleMoonQigong.com for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. **Pre-registration is required.**

Oct 26

Sat, 10:00am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$90

Longevity Qigong

In this class you will practice various sets of qigong and explore meditations that relax and restore on a deep level. Learn proper structure, healthy breathing techniques, strengthen your balance and connect to your Qi! No experience necessary; all levels welcome. **Pre-registration is required.**

Aug29-Oct 3

Thu, 9:00-10:00am

UVC, St. Helena

Valerio, Rm 8

\$180

Sep 3-Nov 19

Tue, 6:30-7:30pm

First Presbyterian, St. Helena

Valerio, Dance Hall

\$180

Oct 10-Nov 14

Thu, 9:00-10:00am

UVC, St. Helena

Valerio, Rm 8

\$180

eventbrite



Open your phone's camera and click the link that appears on the scanner

WRITING, STORY TELLING & PUBLISHING

Moving Words

Moving Words is about attuning to our creative abilities and not only practicing literary skills and finding our unique voices, but building up our intuitive muscles so we can more easily access our creativity. We will do a little bit of qigong (Chee-gong) movement to help get our blood flowing and release chronic tension that comes with the writing process. Then we will do a short meditation that will focus our listening inward, to the intuitive voice within. Finally, we will use the Amherst Writers and Artists Method, doing prompted writing which we can then share and get supportive feedback on. Whether you're new to writing, want to work on a larger project, or just want to strengthen your techniques, this class will inspire your creativity! **Pre-registration is required.**

Aug 29-Oct 26

Thu, 10:30am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$240

Oct 10-Nov 14

Thu, 10:30am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$240

Explore the World as a Travel Writer (Online)

If you love to travel and love to write, this is for you! We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing clichés. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 11

Fri, 2:00-4:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Introduction to Screenwriting for Television or Movies (Online)

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. And, you'll get an inside look into the business of selling your script to agents and producers. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelenana@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 12

Sat, 11:00am-1:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

How to Write Your Life Story for Fun or Profit (Online)

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 12**Sat, 8:00-11:00am****Online****Krusemark****\$70 (Class fee includes materials fee)****Beginner's Guide to Getting Published (Online)**

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to:

Become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 10**Thu, 4:00-6:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****Be a Better Writer: 10 Easy Tips to Improve Your Writing NOW (Online)**

We write every day: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com.

Pre-registration is required.**Oct 07****Sat, 1:00pm-4:00pm****Online****Krusemark****\$70 (Class fee includes materials fee)**

Comedy Writing: How to Be Funny on Paper & Stage (Online)

Whether you need to make a dull work presentation livelier, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand-up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You will learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former stand-up comedian at places like The Laugh Factory in Hollywood, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 16

Wed, 2:00pm-4:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Write a Riveting Mystery, Suspense, or Crime Story (Online)

Become a mystery writer for fun or profit! You will discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers and create suspense until you're ready for the final reveal. Publishing options will also be discussed. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 18

Fri, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

How to Outline and Write an Irresistible Romance (Online)

Romance is the #1 selling fiction genre. Whether you're a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice. You will discover the different romance sub-genres and understand the proven romance formula. You will also learn to create a unique setting, introduce your protagonist (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options will also be discussed. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 18

Fri, 2:00-4:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Explore 50 Different Self-Publishing Options (Online)

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must also attend “Beginner’s Guide to Getting Published”) And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies for future use are included in class fee. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.** (Note: prerequisite requirement: Beginner’s Guide to Getting Published)

Oct 10**Thu, 6:00-7:00pm****Online****Krusemark****\$30 (Class fee includes materials fee)****Using Amazon’s Kindle Direct to Self-Publish your Book for FREE**

Whether you’re looking to publish a paperback novel or short eBook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 17**Thu, 2:00-3:00pm****Online****Krusemark****\$30 (Class fee includes materials fee)****Writing for Online Blogs, Magazines, and Websites (Online)**

You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- \$1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 10**Thu, 2:00-4:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)**

Meet the Agent/Publisher Q&A – Get Your Manuscript Critiqued

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: You can then send your manuscript for a professional critique (for a critique fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter, and a list of publishers/agents who are interested in your type of work.) Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 19

Sat, 2:00-3:30pm

Online

Krusemark

\$40 (Class fee includes materials fee)

LANGUAGES

Beginning Spanish Conversation

Have you been wanting to learn Spanish and never have? Are you at a beginning stage and ready to practice in a fun, friendly, local and low-key atmosphere? Now is your chance; this 18 week course provides the basics of Spanish conversation. The overall goal is for you to master real-life conversations in typical everyday situations. You will learn pronunciation, basic grammar, and other selected topics. This class is intended for those with little or no knowledge of the Spanish language. The text book to be used is: TBD. Get ready to have some real conversations with others using an invaluable and highly needed and useful second language. **Pre-registration is required.**

Aug 27-Dec 10

Tue, 4pm-5:30pm

UVC, St. Helena

Cierres

\$160



**Open your phone's camera
and click the link that appears
on the scanner**

MUSIC & DANCE

Advanced Beginning & Intermediate Tap Dance

Join and be part of America's own dance style: TAP DANCE! This class is designed for students with a minimum of 2 semesters of instruction or an equivalent. We will review single tap sounds, basic tap steps, and progress to multiple sound/step combinations, tap turns, and longer tap sequences. Tap techniques will be reviewed throughout the semester. For Intermediates, you will be working on speed and clarity of tap sounds, along with combinations using Riffe Walks, Buffalos, Time Steps, Multi-directional Cramp Rolls, and Tap Turns. By the conclusion of the class, you will have learned multiple tap combinations, improved your skills, and have started a full length tap dance, at either level! Complex tap combinations will be presented each week. Plus, tap dance is simply a great form of exercise, one where you have an opportunity to hear a variety of music from many decades every week! Be prepared to enjoy yourself! Please also bring a notepad and pen. Pre-registration is required. Important Notes: Tap shoes are required, Tap shoes and dance attire are provided by the student, Advanced Beginning Tap students must have a minimum of 2 semester2 of Tap instruction or equivalent (approximately 1 year), Intermediate Tap students must have a minimum of 4 semesters of Tap instruction or equivalent (approximately 2 years), EACH TAP LEVEL WILL RECEIVE 70 MINUTES MINIMUM OF INSTRUCTION PER WEEK

Aug 27-Dec 10

Tue, 6:00-7:50pm

Main Campus, Napa

Rogers, Rm 601A

\$185

Beginning Blues Harmonica

Got the "Blues?" Beginning Blues Harmonica will get you jammin' immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica "cry, laugh, wail, and scream!" No previous musical experience or harmonica training is required, only a love of the blues and desire to play the harmonica! Students will need a major diatonic harmonica in the key of "C," available in class for \$11 if you don't have one. There will be a \$15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. **Pre-registration is required.**

Oct 19

Sat, 12:00-1:30pm

Main Campus, Napa

Broida, Rm 142

\$35

Nov 2

Sat, 12:00-1:30pm

UVC, St. Helena

Broida, Rm 8

\$35

Healthy Harmonica

We will play the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Breathing is our foundation when playing harmonica and for a healthy, vibrant living! No previous musical ability is required—only a desire to have fun and feel more healthy and alive! Students will need a major diatonic harmonica in the key of "C," available in class for \$11 if you don't have one. There will be a \$15 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. **Pre-registration is required.**

Oct 19

Sat, 10:00-11:30am

Main Campus, Napa

Broida, Rm 142

\$35

Nov 2

Sat, 10:00-11:30am

UVC, St. Helena

Broida, Rm 8

\$35

Harmonica Combo—Healthy Harmonica & Beginning Blues Harmonica

Interested in Healthy and Beginning Blues classes? Sign up for both classes. Students will need a major diatonic harmonica in the key of “C,” available in class for \$11 if you don’t have one. There will be a \$30 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. **Pre-registration is required.**

Oct 19

Sat, 10:00am-1:30pm

Main Campus, Napa

Broida, Rm 142

\$50

Nov 2

Sat, 10:00am-1:30pm

UVC, St. Helena

Broida, Rm 8

\$50

WELLNESS

Fitting in Fitness

Join this invigorating two-hour fitness seminar led by fitness author and personal trainer Ashley Marriott. This dynamic session will cover innovative fitness techniques, personalized workout plans, and effective nutritional strategies to enhance your overall wellness. Gain valuable insights from Ashley’s extensive expertise, participate in live demonstrations, and engage in an interactive Q&A session. Whether you’re a fitness enthusiast or a beginner, this seminar promises to inspire and equip you with the tools to achieve your fitness goals and to feel younger next year. Don’t miss this opportunity to transform your health and fitness journey!

Pre-registration is required.

Sep 21

Sat, 10:00am-12:00pm

UVC, St. Helena

Marriott, Rm 8

\$55

Mindfulness for the Holidays

As the holiday season approaches, join us as we explore how to bring a more mindful attitude and manner to this festive but often stressful time of year. We will review the basic principles and practices of mindfulness: grounded-ness, openness, and compassion, through a series of guided meditations and then explore how to apply them during the holidays including: how to maintain stability and stamina in the face of all the holiday activities and preparations, how to stay in touch with what we most care about and value during the holidays, and how to set intentions for ourselves and our lives in the coming new year. **Pre-registration is required.**

Nov 21

Thu, 6:30-8:00pm

Main Campus, Napa

Specterman, Rm 838

\$45

HOW TO REGISTER



Open your phone’s camera
and click the link that appears
on the scanner

eventbrite



tinyurl.com/NVCeventbrite

Chakra Awakening: A Holistic Path to Wellness

In a Chakra Alignment and Energy Balancing Class, participants can expect to learn a wide range of valuable skills and knowledge related to chakras, energy healing, and holistic well-being. Here's an overview of what you will learn in such a class: **Understanding Chakras:** Explore the concept of chakras, their origins in Eastern philosophy, and their significance in holistic health. Learn about the seven main chakras, their locations along the body's energy system, and the specific attributes associated with each one. **Chakra Anatomy:** Dive into the anatomy of chakras, including their colors, symbols, elements, and associated physical and emotional aspects. Understand how chakras are interconnected and influence various aspects of your life, from physical health to emotional well-being. **Pre-registration is required.**

Oct 12

Sat, 10:00am-3:00pm

Main Campus, Napa

Thompson, Rm 1637

\$150

Golden Ball Qigong Level 1

Come enjoy the outdoor setting practicing Golden Ball Qigong, one of many Chinese health practices. It is truly a moving meditation that incorporates all eight actions of energy movement within the body; ascending & descending, expanding & contracting, moving in & moving out, gathering & dispersing. In a lovely outdoor setting you will learn and practice the principles of Qigong and how to incorporate them into the Golden Ball routine. You will have a greater understanding of what the "qi" (chee) in Qigong is and be empowered to use that qi to find balance in your life. No experience necessary. This routine can be done sitting or standing. Visit TurtleMoonQigong.com for information about the instructor and class.

Pre-registration is required.

Oct 12

Sat, 10:00am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$90

Golden Ball Qigong Level II

Taking the skills learned in Golden Ball Qigong Level 1, this class goes even deeper into the exploration of moving energy. We will continue outdoors (weather permitting) to learn about the three main energy centers of the body, what it is to be the bridge between the heavens and the earth, the important role of our fascia within our movements, and how Golden Ball Qigong can help you to solve everyday problems in a holistic way. This workshop requires you to have taken Golden Ball Qigong Level 1. Visit TurtleMoonQigong.com for information about the instructor and class. **Pre-registration is required.**

Oct 26

Sat, 10:00am-12:00pm

UVC, St. Helena

Valerio, Rm 8

\$90

Longevity Qigong

In this class you will practice various sets of qigong and explore meditations that relax and restore on a deep level. Learn proper structure, healthy breathing techniques, strengthen your balance and connect to your Qi! No experience necessary; all levels welcome. **Pre-registration is required.**

Aug 29-Oct 26
Thu, 9:00-10:00am
UVC, St. Helena
Valerio, Rm 8
\$180

Sep 3-Nov 19
Tue, 6:30-7:30pm
First Presbyterian, St. Helena
Valerio, Dance Hall
\$180

Oct 10-Nov 14
Thu, 9:00-10:00am
UVC, St. Helena
Valerio, Rm 8
\$180

LIFE PLANNING

Retirement Planning Today

In this course, you will learn how to plan for retirement, organize finances, and develop a personalized plan that empowers you to reach your long-term goals. Topics include learning how to best calculate savings needed to retire, employer retirement plans and how to maximize their potential, understanding taxes and how to utilize them to save money, managing investment risks, and much more! This course will take place over 2 3-hour sessions, available in-person. Designed for pre-retirees, ages 50-65. **Pre-registration is required.**

Oct 02 & 09

Wed, 6-9:00pm
Main, Napa Rm 1630
Jacobson
\$49

Understanding Your Medicare

This class is offered to all individuals who are either turning 65 and want to understand their Medicare Options. We will discuss Medicare deadlines, understanding the different parts of Medicare, Medicare Supplement Options and how to delay your Medicare if you continue to work past the age of 65. This class will answer all your questions on the Medicare Enrollment Process. We will discuss long term care options. Whether you're planning for yourself or a loved one, this webinar will cover key aspects to consider: new Long term care insurance policies that offer a return of premium if you don't use the policy and no premium increases and other long term care topics covered such as: What is long-term care (LTC)? Is a Nursing Home the same as LTC? Who pays for long-term care? How can I plan ahead for LTC? What are my options? Why does long-term Care even matter? Don't miss this opportunity to gain valuable insights and ask your essential questions. Register now to secure your spot! **Pre-registration is required.**

Sep 1

Sun, 10:00am-12:00pm
Main Campus, Napa
Farina, Rm 830
\$20

Understanding Reverse Mortgages

Reverse mortgages are available for homeowners who are age 62 + who would like to utilize a portion of their home equity to increase their income and cash flow without having to make a required monthly repayment. They are modernized HUD/FHA government insured loans with numerous consumer safeguards in place. You will learn the best way to maximize their benefits, the pros and cons, eligibility, ...options for receiving your money. Come and learn how a reverse mortgage can boost and secure finances while you live on a fixed income. **Pre-registration is required.**

Nov 14

Thu, 12:30-3:30pm
Online
Schwartz
\$15

Four Pillars of a Successful Retirement

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and focuses on issues that are important to people at or near retirement. This course will cover 4 Main Topics of Retirement: How to potentially enhance retirement income, including Social Security, Which types of investments are appropriate to generate retirement income, How to make appropriate health-care decisions, including paying for potential long-term care, and How to help manage taxes in retirement. We will also explore some options that enable you to transfer assets to other generations of your family. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. The fee includes a hardcopy of the course workbook. To participate in this class, after registration PLEASE send an email to marta@Proxy-Freedom.com Your instructor will send you information on how to access the class. **Pre-registration is required.**

Sep 16-19

Mon-Thu, 6:00-7:15pm

Online

Amaton

\$60

Oct 21-24

Mon-Thu, 6:00-7:15pm

Online

Amaton

\$60

Nov 6-7

Wed/Thu, 6:00-8:00pm

Online

Amaton

\$60

Dec 9-12

Mon-Thu, 6:00-7:15pm

Online

Amaton

\$60

PROFESSIONAL DEVELOPMENT

Make Money with a Virtual Assistant/Word Processing Business (Online)

If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend “How to Start Any Home Business + 250 Home Business Ideas!” for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 17

Thu, 6-7:00pm

Online

Krusemark

\$30 (Class fee includes materials fee)

How to Start Any Home Business + Explore 250 Home Business Ideas (Online)

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service,

how to take tax deductions (this workshop included!) Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is**

Oct 17

Thu, 4:00-6:00pm

Online

Krusemark

\$50

Earn Extra Money Mystery Shopping (Online)

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend “How to Start Any Home Business + 250 Home Business Ideas!” for a clear understanding of this endeavor.) You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid pitfalls and scams, create a required mystery shopping resume and profile, and how to file your mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 17

Thu, 3:00-4:00pm

Online

Krusemark

\$30

\$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing (Online)

Earn a passive monthly income from selling other people’s products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won’t offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You’ll also learn SEO secrets to increase your site’s ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelen@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 16

Wed, 4:00-6:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)

Save \$Money\$ with Extreme Couponing!

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: Where to find all different types of coupons, even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class. To access this class, send an email to uvc_sthelena@napavalley.edu after registration. You will receive a link the day before class from leeanne@krusemarkgrinnell.com. **Pre-registration is required.**

Oct 9**Wed, 2:00-3:00pm****Online****Krusemark****\$30 (Class fee includes materials fee)****Notary and Renewal Information**

All students: Must be at least 18 years of age.

Must provide proper ID after seminar to receive Proof of Completion (required):

- State-issued Driver's license or ID card
- Canadian or Mexican Driver's license
- U.S. passport or a passport issued by a foreign government
- U.S. military ID card

The Notary State exam is taken separately, in person with CPSHR the state exam proctors.

Information on how to sign up for the exam is provided in the seminar

Become a Notary Public Livestream-Secretary of State Approved (Online)

Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your job skills, this is the perfect opportunity. Successful Notaries are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. Many start their own business as Loan Signing Agents. This livestream seminar is designed specifically for virtual learning, with a teacher in real time. You will be ready to take the official notary exam and practice as a safe and effective notary. Must be at least 18 years of age. A serious conviction may disqualify an applicant. After registering, create an account here to access your learning portal: www.notarypublicseminars.com/signup Contact NPS: info@npsnotary.com with account related questions. To participate in this class, after registration send an email to uvc_sthelena@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. **Pre-registration is required.**

Oct 8-10**Tue/Wed/Thu, 6:00-8:00pm****Online****Staff****\$119 (Class fee includes materials fee)**

Renewing Notaries (Online)

(Your commission must be current for eligibility.) This Secretary of State approved class will prepare you to take the exam again by reviewing all relevant Notary law. This livestream seminar is designed specifically for virtual learning, with a teacher in real time. You will be ready to take the official notary exam and practice as a safe and effective notary. Only Notaries with a current commission are eligible for a three-hour class. Renewing Notaries must take the exam prior to their commission expiration date or they will need a six-hour seminar to qualify. Renewing notaries are welcome to join us for all 3 sessions but will only receive a Proof of Completion reflecting the class in which they are registered! After registering, create an account here to access your learning portal: www.notarypublicseminars.com/signup Contact NPS: info@npsnotary.com with account related questions. To access this class, after registration send an email to uvc_sthelen@napavalley.edu. You will receive a link to access the class from info@npsnotary.com. **Pre-registration is required.**

Oct 8 & 9

Tue/Wed 6:00-8:00pm & 6:00-7:00pm

Staff, Online

\$75 (Class fee includes materials fee)

Become a Loan Signing Agent (Online)

Turn your notary commission into a business, become a Loan Signing Agent! Learn how to notarize loan packages for buyers, sellers and refinancees. Confidently tackle any assignment by mastering core package documents while also gaining strategies to complete any unique documents. Agents set their own hours while working for agencies, escrow companies, real estate offices and lenders while building their own clientele through marketing and their good-practice reputation. We'll cover how to start your business with a basic marketing strategy and how to register with thriving Loan Signing Agencies. This class will include: How to notarize loan documents from any lender. An Agent's role and how to develop trust with clients. What the law allows you to discuss and topics to avoid. Best practices. Avoiding pitfalls & reducing liability. By learning from our experts, you'll gain the skills and confidence to start a prospering practice. A certificate is awarded upon completion of the course. After registering, create an account here to access your learning portal: www.notarypublicseminars.com/signup If you already have a Notary Student Account with NPS please email info@npsnotary.com to upgrade your account. Contact NPS: info@npsnotary.com with account related questions. Prerequisite: You must have completed the 'Become a Notary Public' seminar or hold a notary commission.

Oct 22-24

Tue/Wed/Thu, 6:00-8:00pm

Staff, Online

\$129 (Class fee includes materials fee)

HOW TO REGISTER



Open your phone's camera
and click the link that appears
on the scanner

eventbrite



tinyurl.com/NVEventbrite

Napa Valley College has provided thousands of participants with the opportunity to enjoy enriching and life-changing journeys for 40 years. The college does the planning and execution of details so participants can comfortably and safely be escorted to destinations of interest. There's no need to hesitate: Our trips offer an included unique cancellation waiver that allows you to cancel at ANY time, for ANY reason until the day before departure with a full refund.

Trip price includes: Round-trip airfare and airport transportation; air taxes and any fee surcharges; hotel transfers; first-class 4-star hotel accommodations; many meals; motor coach transportation throughout; admission to all attractions mentioned as "included"; portage of your suitcase; professional tour director; trip cancellation; and medical insurance. Reservations made after the specified due date are based upon availability.

Join us for our Trips & Tours Travel Shows!
Check Website for dates
NVC Main Campus, Community Room
No Parking Permit Needed



TRIPS AND TOURS

France Magnifique

April 03 — April 14, 2025

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Explore the former royal court and gardens in Versailles. Stroll past the magnificent, colorful flora in Monet's Garden in Giverny. Delight in a 2-night stay in a stunning, renovated chateau in the UNESCO World Heritage Loire Valley. Enjoy a visit of the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.

Mackinac Island

May 02 — May 10, 2025

This classic Midwestern tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island. Enjoy a horse and buggy tour of Mackinac Island. Explore the wonderful city of Chicago with a local guide. View extraordinary flowers in bloom at Holland's Tulip Time Festival. Visit the Bavarian-influenced town of Frankenmuth. In Dearborn, experience the inspirational Henry Ford Museum and view historic homes at Greenfield Village including the famous American workshops of Thomas Edison, Henry Ford and Robert Frost.

Spotlight on South Dakota

June 20 — June 26, 2025

Discover the spirit of the American West and come to know the legends of the past. Discover the stories of the Lakota and Sioux through a Native American chronicler and a visit to a Oglala Lakota Living History Village. See Crazy Horse Memorial, the world's largest mountain sculpture still in progress. Visit iconic Mt. Rushmore. Journey through the natural beauty of Badlands National Park and stop to browse at Wall Drug. Explore historic Deadwood, the former home of Wild Bill Hickok and Calamity Jane. Choose how you delve into the local history, with a tour of the Adams Museum in Deadwood or at the exhibit Tatanka: Story of the Bison. Travel the backcountry of Custer State Park on a Jeep safari. Marvel at Devils Tower, the country's first National Monument. Rapid City is your gateway into wild landscapes and historical landmarks.



Bluegrass Country & The Smoky Mountains

October 02 — October 10, 2025

Take a delightful trip through the heart of Appalachia, discovering the equestrian culture of Kentucky, the pioneer spirit of Tennessee, and the mountainous beauty of North Carolina. Get a taste of Bourbon, baseball, and Thoroughbreds in Louisville and Lexington, Kentucky. Travel through Daniel Boone National Forest as you make your way to Gatlinburg, Tennessee. From your home base of Gatlinburg, explore the natural wonders of Great Smoky Mountains National Park. Travel on to Asheville, North Carolina, and enjoy the city's historic architecture, engaging neighborhoods and robust arts districts. Tour the Biltmore Estate, George Vanderbilt's "little mountain escape" in the Blue Ridge Mountains. When you leave, you'll have the warmth and charm of southern Appalachia still in your heart.

Exploring New Zealand's Wonders

February 25 — March 15, 2026

Cross the International Dateline and begin the adventure of a lifetime! Auckland, Bay of Islands, Rotorua, Maori Cultural Experience, Wellington, Christchurch, Mt. Cook Region, Dunedin, Milford Sound, Queenstown, Lake Wakatipu Cruise & Sheepdog Demonstration, Choice on Tour: Kiwi Birdlife Park or Skyline Gondola.

Old World Sicily & Malta

March 18 — March 29, 2026

Explore Sicily and Malta – two island paradises nestled amongst the deep blue waves of the Mediterranean. Engage with Malta's dynamic past on a leisurely 4-night stay. Explore Siracusa's archeological heritage (UNESCO) with a guide. Spend three nights in Taormina, perched above the Ionian Sea. See Mount Etna from a different perspective on an off-road excursion. Discover how ancient traditions blend into modern society as you travel along timeless Italian and Maltese towns.

Croatia & Its Islands

May 01 — May 12, 2026

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia. Enjoy a memorable 7-night cruise on the Adriatic Sea along Croatia's coast aboard a privately chartered ship. Tour the Old City of Dubrovnik and walk along the picturesque cobblestone streets. Visit the island of Biševo, home to the mystical Blue Cave. On Brač Island, take in the "Golden Cape" of Bol. Discover the ancient palace of Emperor Diocletian in Split. Stand in awe before the cascading waterfalls of Krka National Park. Get to know Zagreb, the illustrious capital of Croatia. See the country's immaculate beauty as you cruise its vibrant waters and step into its rich history.

Check our website for info on upcoming travel shows!

Visit our webpage to view trip details and pricing, sign up for our Travel show, and to join our mailing list! Scan the code below! or type the link into your web browser. tinyurl.com/napatripsandtours

Questions?

Contact us at: (707) 387-1923

email: enterprise.services@napavalley.edu

tinyurl.com/napatripsandtours



GENERAL INFORMATION

Changes/Cancellations: The Community Education Office reserves the right to cancel, postpone or combine classes, and to change instructors should there be a need. When a class is canceled or changed, every reasonable effort will be made to notify enrollees by phone or e-mail.

Disabled Student Programs and Services (DSPS): To ensure that all students have an equal opportunity to develop their potential at NVC, the DSPS office provides assistance to students who have verified disabilities, including physical limitations or learning disabilities. Off-campus non-credit classes for personal enrichment are available, as are on-campus credit classes in basic English, math, and adaptive physical education. The college campus is physically accessible, and the technical and occupational labs are designed and equipped to accommodate students with special needs. For more information, please make an appointment with the DSPS Counselor, (707)-256-7345, located in the McCarthy Library Building 1700, 2nd floor, room 1766.

Drug-Free Campus: It is an objective of The Napa Valley Community College District to achieve a drug-free educational environment. Any student or employee will be expected to behave in accordance with this objective because the use of illegal drugs is inconsistent with the policies of the District and the law of the state. Smoking is allowed in designated smoking areas only.

Fee-Based Classes: Classes which are ineligible for State support must be self-supporting through registration fees. Self-supporting classes are subject to enrollment minimums but are not subject to the noncredit attendance policies. Please see Refund Policy.

Mission: Napa Valley College prepares students for evolving roles in a diverse, dynamic, and interdependent world. The college is an accredited open-access, degree- and certificate-granting institution that is committed to student achievement through high-quality programs and services that are continuously evaluated and improved. The college serves students and the community in the following areas: transfer courses, career-technical education and training, basic skills, and self-supporting contract education and community education classes.

Noncredit State-Funded Classes: Courses eligible for support from the state are free to California residents. Some state-funded non-credit courses have optional materials fees, which are noted in the individual course entries. These optional fees are payable in class to the instructor, in most cases. If you do not want supplies you do not need to pay the fee. Material fees are not refundable. Classes fewer than 15 persons enrolled and IN ATTENDANCE at the first class meeting may be canceled. Once begun, minimum attendance of 10 must be maintained for the class to continue.

Open Classes: It is the policy of the Napa Valley Community College District that, unless specifically exempted by statute, every course, course section or class, the average daily attendance of which is to be reported for state aid, whenever offered and maintained by the district, shall be fully open to enrollment and participation by any person who has been admitted to the college. (Title V, Sec. 51006)

Parking Fees: Parking permits are required on all vehicles which park on the Main Napa Campus of Napa Valley College during the following hours:

- Monday through Thursday, 6 a.m. to 10 p.m.
- Friday, 6 a.m. to 5 p.m.

No permit is required on Saturdays, Sundays and college-recognized holidays. Semester parking permits can only be purchased via the internet at www.nvcpd.org. Look for the parking permit link. To order your permit you will need to know your vehicle license number, make, model, color, and year of your vehicle. Daily parking permits can be purchased from the parking machines located throughout the college's parking lots. Cars without parking permits or daily passes will be ticketed.

No permit is required at the Upper Valley Campus in St. Helena.

Prohibition of Unlawful Discrimination: The College is committed to providing an educational environment free from discrimination and harassment. To that end, Board Policy D1130, Equal Employment and Educational Opportunities and Unlawful Discrimination, states that no person shall be unlawfully denied full and equal access to, the benefits of, or be unlawfully subjected to discrimination, in whole or in part, on the basis of ethnic group identification, national origin, religion, age, sex, gender, race, color, ancestry, sexual orientation, or physical or mental disability, or on the basis of these perceived characteristics or based on association with a person or group with one or more of these actual or perceived characteristics, in any program or activity offered by the Napa Valley Community College District.

Board Policy D1130 applies to application for and treatment in college employment, as well as admission, access, and treatment in college programs and activities, including but not limited to: academic admission, financial aid, educational services, and athletics.

To file a complaint of unlawful discrimination, individuals should contact Charo Albarran, Executive Director of Human Resources, Rm 1544B, phone 707-256-7105. Non-employment complaints must be filed within one year of the date of the alleged unlawful discrimination or within one year of the date on which the complainant knew or should have known the facts underlying the allegation of unlawful discrimination.

Publication Errors: Although we make every effort to avoid mistakes, this schedule of classes is not a contract. The college does not assume liability for errors, typographical or otherwise.

Refund Policy: Requests for a refund on a fee-based class not canceled by the college must be made at least five (5) working days prior to the beginning of the class. No refunds can be made on requests made after that date. A \$5 per person processing fee will be retained on all refunds unless the class is canceled or meeting times are changed by the college.

Registration Information: The best way to secure your place in our classes is to pre-register. Options include:

- **Napa Valley College Community Education online registration. Online registration can be done anytime, day or night, and is the best option for high-demand classes. You may pre-register at**

<https://tinyurl.com/napacomed>

- **US postal mail using the registration form on page 28**

Special Assistance: If you are interested in taking a Community Education course but have a disability that you feel might interfere with your classroom performance, contact Disabled Students Programs and Services (DSPS) at (707)-256-7345 to find out about reasonable accommodations available.

Values: Napa Valley College is a community of people excited about learning, where students are first and foremost in everything we do. We value, model, and encourage:

- adaptability
- creativity
- health and wellness
- honesty
- inclusivity
- integrity
- openness to new ideas
- respect for others
- responsibility and
- student success

Visitors, Auditors, Children and Pets: Visitors or auditors are not allowed in any class. Except for designated parent education classes targeted to parents and children or classes designed for kids, children under the age of 18 are not allowed to attend Community Education classes unless special approval has been granted by the Community Education Dean. No pets are allowed on the grounds or in classes except for certified dogs assisting the disabled.

Waiting Lists: If an enrollment is received for an activity which has been filled, the check will be returned and your name will be placed on a waiting list. If you are waitlisted, please do not go to the class unless contacted by our office. If space becomes available, you will be contacted.

To register for Community education courses, please visit our EVENTBRITE PAGE at tinyurl.com/NVCeventbrite



NVC



PROMISE

No college degree?

GET TWO YEARS FREE

Eligible students will receive the following benefits:

- Enrollment fees waived!
- Reduced cost parking permits
- Pay-to-Stay exemption

The NVC Promise Scholarship is a program available to eligible full-time NVC students who submit a FAFSA or CADAA application.

**Financial Aid Office
Building 100, Room 1132
(707) 256-7301
napavalley.edu/promise**



Please note: The NVC Promise Scholarship does not apply to the Community Education courses listed in this catalog. Please visit our website for details, eligibility requirements, and the application.

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Apply Now!



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page 13**

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