

LAKE TAHOE COMMUNITY COLLEGE

CONNECT

COMMUNITY EDUCATION

FALL 2023



Register online:
ltccconnect.com



PLANT-BASED TAHOE COOKING CLUB

Join the cooking club community and discover many ways to make whole plant-based food taste delicious and appealing for the entire family. This interactive virtual cooking workshop includes demonstrations, knife skills, introduction to popular kitchen gadgetry, and handfults of seasonal, delicious recipes. Additionally, learn the latest research on a whole food plant based lifestyle from a Medical Doctor and Registered Dietician Nutritionist. Participants will enjoy the food that was prepared in their own kitchens for dinner!

Dates: Wednesdays, October 4th, November 1st, December 6th

Time: 5:00-6:30pm

Location: Zoom

Facilitator: Certified Plant-Based Instructors

Fee: \$65 per class or \$180 for all three

October Class: Tricks & Treats for Plant-Based Eats!

Register online:
ltccconnect.com



CREATIVE ARTS

MODERN DANCE

If you studied modern dance, ballet or jazz as a teen or in college this is the class for you! Each class will include a warmup, sequences across the floor, and choreography. Taught by Rebecca Walter, a dancer/choreographer/dance educator who is also a Physical Therapist. Dust off your dancing feet and get back into the studio! This is an advanced beginner through intermediate level class.

Dates: Wednesdays, October 18th - November 8th

Time: 7-8:30pm

Location: LTCC Dance Studio

Facilitator: Rebecca Walter BFA, MFA DPT

Fee: \$95

Register online:
ltccconnect.com

UKULELE

Learn to play ukulele! Whether you are brand new or are looking to improve your skills, this group is for you. In this workshop, participants will learn basic ukulele chords and songs and learn the instrument in a fun and supportive environment.

**Participants must bring their own ukulele*

Dates: Mondays, October 2-November 6

Time: 6:00-7:00pm

Location: LTCC - F120

Facilitator: Greg Byler

Fee: \$95

GUITAR - BEGINNER

Learn to play guitar! Whether you are brand new or are looking to improve your skills, this group is for you. In this workshop, participants will learn basic chords and songs and learn the instrument in a fun and supportive environment.

**Participants must bring their own guitar*

Dates: Wednesdays, October 4-November 8

Time: 6:00-7:00pm

Location: LTCC - F120

Facilitator: Greg Byler

Fee: \$95

GUITAR - INTERMEDIATE

In this workshop, intermediate and advanced guitar players will learn a higher knowledge of the fretboard, proper techniques, cool tricks, and great songs in a fun and supportive environment.

**Participants must bring their own guitar*

Dates: Thursdays, October 5-November 9

Time: 6:00-7:00pm

Location: LTCC - F125

Facilitator: Greg Byler

Fee: \$95

CRAFTING IS FOR EVERYONE!

Do you enjoy art but never seem to find the time to gather all the materials and sit down to create? Feel intimidated, but would love to try different art mediums? In this workshop, you will have the opportunity to create and explore your individual artistic talent. Classes will be seasonally themed and projects make great holiday gift ideas.

October = Pumpkin Batik Mixed Media & Yayoi Kusama Style Pumpkins Watercolor

November = Leaves and Acorns Printmaking & Cork Pumpkin Decor

December = Mini Snowman on Canvas Acrylic Painting

Dates: Tuesdays, October 10th & 24th,
November 7th & 14th, December 5th

Time: 4:00-5:30pm

Location: LTCC

Facilitator: Kathy Dewey

Fee: \$145

Ages: 12+





HEALTH/FITNESS/WELLNESS

CONNECT FIT

Join us for a 14-week virtual fitness session with workouts Monday-Saturday (excluding holidays). The zoom link and password will be emailed to students upon completion of registration. Please see enclosed schedule for class times and days.

**Please note the time change for Yoga and Barre to 1:30pm-2:30pm.*

**Schedule is posted on the next page.*

Dates: September 26th-December 23rd (excluding holidays)

Time: Varied

Location: Zoom

Facilitator: Certified Fitness Instructors

Fee: \$175

CONNECT Fit

Fall 2023



Monday	Tuesday	Wednesday	Thursday	Friday
6am TOTAL BODY CONDITIONING <i>Terre</i>	7am SPIN & STRENGTH <i>June</i>	6am BODY PUMP <i>Terre</i>	7am SPIN & NUTRITION <i>June</i>	6am 20/20/20 CARDIO- SCULPT-YOGA <i>Terre</i>
7:30am MOVEMENT & MODIFICATION <i>Dr. Mel</i>		7:30am MOVEMENT & MODIFICATION <i>Dr. Mel</i>		
1:30pm YOGA FLOW <i>Megan</i>		1:30pm BARRE <i>Megan</i>		Saturday 8am SPIN 30/30 <i>Terre/Wanda/Terri</i>

Register online
itcccconnect.com

CONNECT FIT PUNCH CARD

This card is good for 10 in-person CONNECT Fit classes at LTCC, plus one free class!

Yoga: Mondays, 1:30-2:30pm

SPIN: Tuesdays and Fridays, 9:15-10:30am

Barre: Wednesdays, 1:30-2:30pm

Dates: Starting September 6th, does not expire

Fee: \$150

SPIN & STRENGTH

This workshop utilizes indoor cycling equipment to improve participants' cardiovascular fitness and endurance level. Individuals will be precision fit to their bikes for comfort and injury prevention and taught proper cycling technique. Participants will also learn the most current nutrition information as it pertains to athletic performance, increasing longevity, achieving optimal health, ideal body weight, as well as disease prevention and reversal. Participants will receive balance, strength, and core training. In addition, each class will include stretching and flexibility.

**Included in this workshop, is one week FREE of the CONNECT Fit virtual program.*

Dates: Tuesdays & Fridays, October 3rd-December 16th

Time: 9:15-10:30am

Location: LTCC Campus, Physical Education Building, Dance Studio

Facilitator: June Denney & Terre Poland

Fee: \$165

BREATH & STRETCHING

Train your breath and stretch to reach your full potential!

Would you like to have more vitality, a strong immune system, get rid of stress and anxiety, have a good night sleep, and gain better control of your mind?

Month 1: Study and practice the science and power of your breath

Month 2: Learn the 4 basic types of breath: vitalizing, tranquilizing, balancing, cleansing

Dates: Wednesdays, October 11th-December 6

No class on November 22nd

Time: 5:30-6:45pm

Location: LTCC Campus, Dance Studio

Facilitator: Malgorzata Hogan

Fee: \$145

Register online:
ltccconnect.com

A photograph of various dried herbs and flowers hanging from a wooden rack. The herbs include lavender, orange-toned flowers, and other dried botanicals. The text "LIFE ENHANCEMENT" is overlaid in white capital letters on the right side of the image.

LIFE ENHANCEMENT

DIY HERBAL MEDICINE MAKING

Keep yourself and your family healthy by boosting immune systems, enhancing sleep patterns, uplifting mood, and reducing pain naturally! Learn how to create teas, tinctures, decoctions, infusions, and essential oil products with the use of herbs and oils. These natural remedies are great for everyday life, and they make great gifts for the upcoming holidays!

Week 1: Tincture Making

Week 2: Essential Oils

Week 3: Herbal Tea Formulation

Week 4: Natural Pain Management

Date: Thursdays, October 26th-November 16th

Time: 6:00-7:00pm

Location: LTCC Campus - B103

Facilitator: Jody Pesapane of Mindful Mixtures

Fee: \$110

TAHOE HISTORY

This workshop surveys the history of the area around Lake Tahoe from its geologic formation and first inhabitants through its 19th and 20th century developments. Events both inside and outside the basin will be studied for their impact on the region. The workshop will include concurrent United States, California and Nevada historical events where Tahoe was involved. Participants will have a thorough understanding of Tahoe History to share with visitors, friends and families that visit our area.

Date: Thursdays, Sept. 28, Oct. 5, Oct. 12, Oct. 26, Nov. 2, Nov. 9

Time: 6:00-7:30pm

Location: LTCC Campus

Facilitator: David Borges

Fee: \$155



Register online:
ltccconnect.com



PROFESSIONAL DEVELOPMENT

BASIC VEHICLE MAINTENANCE 101

Basic Vehicle Maintenance 101 is a high-level overview and hands-on workshop designed to equip participants with essential knowledge and skills to keep their vehicles running smoothly and efficiently. Whether you are a first-time car owner or someone looking to improve your automotive know-how, this workshop offers an ideal starting point. Throughout this engaging workshop, participants will understand the basics of how a car works, how to maintain your car's vital fluids (oil, radiator, battery, windshield washer), how to change a tire and lastly, how to check tire pressure and treads. Participants will bring their own car and learn the specifics of their vehicle.

Date: Saturday, October 14th

Time: 9:00am-1:00pm

Location: LTCC Campus - B103

Facilitator: John Gomez

Fee: \$85

FUNDAMENTALS OF WILDERNESS FIRST AID

This 2-day workshop covers the basic principles of first aid for outdoor enthusiasts. Learn how to help and prevent injuries in the wilderness via assessment drills and scenarios. Learn to treat fractures, wounds, critical bleeding, and more. Learn to treat environmental injuries and the basics to help with a medical emergency. Gain confidence in your ability to make safer decisions in the backcountry in this short course that will challenge your thinking and inspire your wilderness medical skills.

Text: The Field Guide of Wilderness & Rescue Medicine by Jim Morrissey.

- This is a required text. Please bring it with you to the entirety of the workshop. This text is a small, waterproof Field Guide which is meant to become part of your First Aid kit and accompany you on all future adventures.
- Available for \$24.95 via <https://www.wildmed.com>

Date: TBD

Time: Saturday & Sunday 8am-5pm

Location: LTCC Campus

Facilitator: TBD

Fee: \$195



ACTING FOR THE ASPIRING PERFORMER

Explore a variety of performance techniques: movement, improv, acting for the screen and stage, and a variety of theater games that will incorporate the importance of technology and environmental awareness in the theater. Students will participate in an end-of-workshop performance on Friday, December 8th at 6pm.

Date: TBD

Time: TBD

Location: LTCC Campus - Duke Theatre

Facilitator: Erik & Briann Baker

Fee: TBD

Register online:
ltccconnect.com

LET'S CREATE

This workshop is designed for kids age 6-12 to have fun and feel comfortable creating arts and crafts no matter their skill level. Participants will explore all kinds of media: drawing, painting, printmaking, crafts, and more. Young artists will be introduced to the Elements of Art, History of Art and other Artists' Work while they have fun making their own.

October: Pumpkin Printmaking & Watercolor Halloween Cat

November: Fall Tree Prints & Turkey Candle Centerpiece

December: Cinnamon Dough Gingerbread Tree Decorations

**Price includes all materials*

Ages: 6-12

Date: Thursdays, October 12th & 26th, November 9th & 16th, December 7th

Time: 4:30-6:00pm

Location: LTCC Campus - Art Studio

Facilitator: Kathy Dewey

Fee: \$145



THE BRIDGE LANGUAGE ACADEMY

The Bridge Language Academy is a Spanish immersion enrichment program for pre-kindergarten through second grade children. All activities in this workshop will be conducted in Spanish with the facilitator employing a wide variety of instructional strategies to support participants in their understanding and learning.

Dates: September 5th-December 15th
(Off Labor Day, Veterans Day, and Thanksgiving Week).

Facilitator: Belen Garza & Sophia Garza

Location: LTCC Campus, Early Learning Center

De Colores (3-4 year olds):

Days & Times: Tuesday/Thursday, 12:30-4:00pm

Fee: \$875

De Colores (3-4 year olds):

Days & Times: Fridays, 9am-12pm

Fee: \$425

De Colores Adventures (3-4 year olds)

Days & Times: Monday-Thursday, 12:30-4pm

Fee: \$1500

De Colores Adventures (3-4 year olds)

Days & Times: Monday/Wednesday, 12:30-4pm

Fee: \$875

Semillas (5-7 year olds)

Days & Times: Monday/Wednesday, 3-5pm

Fee: \$495



Connecting the community through shared language