

Portland Chocolate Walking & Tasting Tour

S. Darzes

Take personally guided walking tours of select chocolate shops and related businesses in the Portland Metro area. Learn all about the amazing world of chocolate, some local history, and savor delectable samples as you walk off the extra calories. These programs, along “the sweetest stretches around” are enjoyable, informative, and a must for any chocolate enthusiast. Attend one, two, or all three of these unique tours. Wear comfortable shoes, be prepared for rain or shine, and bring all your “sweet teeth!” Please arrive no later than 15 minutes prior to departure time. Each trip will cover between 1 and 2.5 miles. Min 3 Max 8

RESERVATIONS ARE REQUIRED. PLEASE NOTE: Due to the nature of these programs, the deadline to register is Friday March 27th for the Lake Oswego tour, Friday April 24th for the Downtown Tour and Friday May 22nd for the Pearl District Tour. No refunds will be given after these dates.

ATTEND ONE TOUR FEE: IC \$37/OC \$42

Lake Oswego: 1028.201 Sa 1-4 pm 3/28

Meet by the Fireplace in Millennium Plaza near Evergreen and 2nd Street.

Downtown Portland: 1029.201 Sa 1-4:30 pm 4/25

Meet at the Visitor Information Center on the lower level of Pioneer Courthouse Square at SW Broadway & Yamhill.

The Pearl District: 1030.201 Sa 1-4:30 pm 5/23

Meet in the main floor lobby of the Old Armory (now Gerding Theater), located at 128 NW 11th Ave.

ATTEND TWO TOURS IC \$64/OC \$69

Lake Oswego and Downtown Portland*

1032.201 Sa 1-4:30 pm 3/28 & 4/25

1031.101 Sa 1-4:30 pm 3/28 & 5/23

ATTEND ALL THREE TOURS FEE: IC \$84 / OC \$89

Lake Oswego, Downtown Portland and The Pearl District*

1033.201 Sa 1-4:30 pm 4/25 & 5/23

*Same meet location directions as given for “one tour”

NEW CLASS

Immerse Yourself in Chocolate

S. Darzes

Join us as we explore the natural and human history of cacao and examine the steps required to transform it into the drinking and eating chocolate we all know and love. Learn the secrets to a memorable cup of hot chocolate. A selection of eating chocolate will then be tasted and ranked to determine your favorites. Afterwards, we’ll roll some delicious truffles for you to take home. This evening is guaranteed to make your next piece of chocolate a more intellectually and gastronomically rewarding experience. Adults **RESERVATIONS ARE REQUIRED.** PLEASE NOTE: Due to the nature of this program, the deadline to register is two days prior to the class. No refunds will be given after this date. Min 5 Max 12

FEE: IC \$20/OC \$25 Materials Fee payable to the instructor: \$7

1038.201 Th 6-9 pm 5/7

McLean House

NEW CLASSES

Learn About Wine

Wine classes held in Market of Choice Conference Room, 5639 Hood St., West Linn

Introduction to Wine 101 Adults over age 21

Shawn Slammon

Certified Sommelier Shawn Slammon will cover the basics of wine, including assessment of color, aroma, and flavor, as well as regional and varietal information; all with an emphasis on having fun. Six two ounce wine samples accompany the instruction. Min 6 Max 12

FEE: IC \$40/OC \$45

1001.201 Tu 6-8:30 pm 2/10

Introduction to Spanish Wine Adults over age 21

Aaron Kirschnick

Aaron will tap into his past experience with a Spanish wine importer as well as his many trips to the country to provide a general overview of several regions, with six accompanying wine samples and historical tidbits. Min 6 Max 12

FEE: IC \$40/OC \$45

1002.201 Tu 6-8:30 pm 3/10

Wines of Germany and Austria Adults over age 21

with Importer Ewald Moseler

Join native German and longtime local wine importer Ewald Moseler for a tasting tour through Germany’s different wine regions. Taste through wines ranging from dry to sweet and touch on basics of the classification system in an evening with a German wine expert. Min 6 Max 12

FEE: IC \$40/OC \$45

1001.201 Tu 6-8:30 pm 4/14

NEW CLASS

Home Buying 101

Trevor Frank & Annie Gulosh

Learn how to buy a home in the current, ever-changing market. House hunting tips, do’s and don’ts of financing, first time buyer loan programs, home inspections, how much to offer on a home, and a description of the entire process. Adult Min 5 Max 40

FEE: IC \$25/OC \$30

1009.201 W 6:30-8:30 pm 1/14

1010.201 W 6:30-8:30 pm 2/25

1011.201 W 6:30-8:30 pm 4/8

1012.201 W 6:30-8:30 pm 5/27

West Linn High School, A104

Bob Ross Oil Painting Judy Stubb

In this Bob Ross style of oil painting class, you will start with a blank canvas and leave with a completed masterpiece in the same class. Judy Stubb, who has been painting in this style for 12 years and is certified in landscape, floral, and wildlife, teaches this class with assistant Pam Davis. Her paintings are proudly hung in many local homes. Beginners to advanced students welcome. This is a great way to relax and de-stress. To see specifics on art to be produced go to www.wetpaints.net.

FEE: IC \$48/OC \$ 53 (includes ALL supplies)

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|---------------------------|----------|----|------------|------|
| Cliffside-Seascape | 1041.201 | Sa | 10 am-2 pm | 1/24 |
| Tranquil Dawn | 1043.201 | Sa | 10 am-2 pm | 2/28 |
| Stormy Seas | 1045.201 | Sa | 10 am-2 pm | 3/28 |
| Hibiscus | 1047.101 | Sa | 10 am-2 pm | 4/25 |
| Sunset Aglow | 1049.201 | Sa | 10 am-2 pm | 4/23 |

Sunset Fire Hall, 2215 Long St

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|------------------------------|----------|----|-----------|------|
| Winter Mountain | 1040.201 | Th | 5:30-9 pm | 1/8 |
| Mexican Calla Lillies | 1042.201 | Th | 5:30-9 pm | 2/12 |
| Winter Sawscape | 1044.201 | Th | 5:30-9 pm | 3/5 |
| Secluded Mountain | 1046.201 | Th | 5:30-9 pm | 4/9 |
| Rowboat on the Beach | 1048.201 | Th | 5:30-9 pm | 5/7 |

Adult Community Center, 1180 Rosemont Rd.

YOU'RE ON THE AIR –

How to Really Make it in Voice-Overs!

(A One-time 2 Hour Program) L. Foster

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Lisa Foster, successful voice-over artist (Crest Toothpaste, Olay, Café Appassionato), will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. She will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results! Min 10 Max 40

FEE: IC \$35/OC \$40

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| 1000.201 | M | 7-9 pm | 1/26 |
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West Linn High School, A203

Clock Repair A. Pohlper

Bring an old spring-wound or weight-driven clock; learn the types of movements, as well as basic through advanced maintenance and repair skills. This specialized field can be a potential career opportunity.

FEE: IC \$55/OC \$60 (9 WEEK CLASS)

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|----------|----|---------|-----------|----------------------|
| 1014.201 | Tu | 7-10 pm | 1/13-3/17 | *No class on March 3 |
|----------|----|---------|-----------|----------------------|

Athey Creek, Commons (Classes on 1/20, 1/27, & 3/17 will be held at Stafford School, Cafeteria)

Photography classes with Dwon Güvenir.

Visit instructor's website: www.OregonPhotoSafaris.com

PHOTOGRAPHY 101:

Basic Photography Digital & Film

This 2 hour class will teach an overview of how modern Digital and Film cameras function and explain what you need to know to become a better photographer.

FEE: IC \$33/OC \$38

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|-----------------------------|---|--------|------|
| 1050.201 | M | 7-9 pm | 1/20 |
| West Linn High School, B101 | | | |
| 1054.201 | T | 7-9 pm | 4/21 |
| West Linn High School, B101 | | | |

PHOTOGRAPHY 210:

Advanced Photography

To master your photography you must first master your equipment. This class will teach you everything you need to know to be in complete control of your photography in every situation. There are no "right" settings in photography. Photography is a fluid art form, constantly changing. You must adapt to each new environmental condition to be able to create your images as your mind's eye sees them. This class will teach you to be in complete control of your equipment and your photography. Min 5

FEE: IC \$100/OC \$105 (4 CLASSES)

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|-----------------------------|-------|--------|-------------------|
| 1051.201 | M & T | 7-9 pm | 1/20, 1/26 & 1/27 |
| West Linn High School, B101 | | | |
| 1055.201 | M & T | 7-9 pm | 4/21, 4/27 & 4/28 |
| West Linn High School, B101 | | | |

PHOTOGRAPHY 330:

Advanced Lighting

Light is the only element that is always required to create photographic images. It is the most important part of proper exposure, composition, and story-telling. This workshop will help you develop your eye and teach you about tools you may need to complete your vision. Pre-requisite: Advanced Photography 210.

FEE: IC \$100 / OC \$105

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|-----------------------------|-------|--------|------------------|
| 1052.201 | M & T | 7-9 pm | 2/2, 2/3, & 2/10 |
| West Linn High School, A105 | | | |
| 1052.201 | M & T | 7-9 pm | 5/4, 5/5 & 5/12 |
| West Linn High School, A103 | | | |

PHOTOGRAPHY 550:

Photoshop for Photography

You must bring your own laptop with any version of Adobe Photoshop or Elements. Learn the key elements to unlocking Photoshop. This isn't a class to learn a few tricks. Learn the tools that unlock the full potential of Photoshop. This course will teach you how to make perfect prints on your own. Pre-requisite: Advanced Photography 210.

FEE: IC \$100/OC \$105

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|-----------------------------|--------|--------|-------------------|
| 1033.101 | W & Th | 7-9 pm | 2/17, 2/23 & 2/24 |
| West Linn High School, A104 | | | |
| 1057.201 | W & Th | 7-9 pm | 5/26, 6/1 & 6/2 |
| West Linn High School, A105 | | | |

New Classes Presented by Bonnie Ekholm

Event Planning for 5 or 5000

Learn how to plan like a pro, head off catastrophes and prepare for a large crowd with only a little more work and effort than for a small group. Learn about timelines and useful and complete checklists, when not to delegate, and how to put an expensive, professional touch on your event at a bargain price. Come prepared with your own upcoming event, or work as a group to plan a fund-raising banquet for hundreds. You'll take home a notebook and a plan for a large event that can be adapted to suit any event or size.

Adults Min 8 Max 20

FEE: IC \$55/OC \$60 (Materials fee of \$8 payable to instructor)

1058.201 Th 6-9 pm 1/29 & 2/5

Adult Community Center

NEW CLASS

Making Your first Floorcloth (painted canvas rug)

This fashionable alternative to an area rug dates back to the 14th century, and is a lightweight, durable, and creative, as well as, decorative option for your home. With no previous painting experience required, this class will take you through the 10 easy steps to your own finished "rug." Adults Min 8 Max 20

FEE: IC \$65/OC \$70 (Materials fee of \$15 payable to instructor)

1059.201 Sa 8 am-3 pm 2/14

Sunset Fire Hall

NEW CLASS

Bread Baking; Plain or Fancy and Very Simple

Learn how healthy, tasty, fun and economical it is to make your own bread, buns, and prize-winning cinnamon and/or orange rolls. Once you learn the tips you can make a giant batch of dough and turn part of it into dinner rolls, hamburger buns, sandwich bread and sweet rolls without much more time or effort. Learn the secret to making your breakfast treats the night before and baking them at the last minute. Make healthier bread for fun or profit. Wow them at your next dinner or bake sale. Take home recipes, tips, hints, and more in your own bread notebook, and eat your creations.

Adults Min 8 Max 20

FEE: IC \$25/OC \$30 (Materials fee of \$10 payable to instructor)

1060.201 Sa 8 am-2 pm 2/28

Sunset Fire Hall

About Bonnie Ekholm: Working for a seminary in Portland for 20 years, as well as having a Bachelor's Degree, has exposed Bonnie to higher education for most of her adult life, where she has worked in public relations, fund raising, donor relations, grant writing, and event planning, to name a few areas. Best means of contact with Bonnie is always email, at everydaychoices@comcast.net.

NEW CLASS

The Parent Empowerment Program

T. O'Brien, L.P.C.

The Parent Empowerment Program is a ten week parenting program designed to help parents change chaotic home environments while simultaneously building better relationships with their children. The program was written by a licensed Child and Family Therapist and has served over 500 parents in Clackamas County. The Clackamas County Juvenile Department and Department of Human Services currently use The Parent Empowerment Program.

The program presents a unique formula for helping parents regain respect and authority within their home regardless of the child's age or challenges. The program focuses on educating parents about family systems, child development and the components of change. Parents are also educated on ways they unconsciously give up power to their children. The class provides parents tools such as effective listening skills, collaborative problem solving and techniques for making discipline more meaningful and effective. Music, video clips, comics, and pictures are incorporated into the curriculum making for an entertaining Powerpoint presentation that is easy for parents to identify with and understand. Each parent will receive a workbook that follows the Powerpoint presentation. For any parent with children ages 5-25 Min 10 Max 25

FEE: IC \$199/person \$299/couple

OC \$204/person \$304/couple

1015.201 Tu 6-8 pm 1/13-3/17

Athey Creek Middle School, Rm 04

3/3 & 3/17 classes held at

Rosemont Ridge Middle School, Rm A101

NEW CLASS

Dream It, Create it, Achieve it! Design a Vision Board

K. Gale

Have you ever heard of "Dream Boards" or "Vision Boards?" A Dream Board is a visual picture of the dreams you want or have for your life. The Board can be used for personal and professional goals or as an initial business concept. Let Kimberly Gale, a certified career and life coach, help you define your dreams and transform them into action.

Adults Min 8 Max 20

FEE: IC \$75/OC \$80

(Materials fee of \$10 payable to instructor)

1016.201 Tu 6:30-8:30 pm 1/13-1/27

West Linn High School, B103

NEW CLASS

Solutions for Women: Redesign Your Life & Thrive

L. Kneuve

Is there a tiny voice inside you saying, "Excuse me your life is changing!" When things fall apart whether through declining health, divorce, death of a loved one or taking the first steps into retirement, all too often we are left in shock and at the same time needing to make choices that will affect us for years to come. Laisha Kneuve, Certified Life Coach having over 30 years of experience in the personal development arena, will help you find your own inner compass, sort out what really matters, move forward and take effective action that will enable you to flourish and thrive.

Min 8 Max 30

FEE: IC \$120/OC \$125

1013.201 Tu 5:30-7:30 pm 2/24-4/7

*no class March 24

West Linn High School, B205

Adult Health

I Can't Lose Weight— Is It My Hormones?

L. Marzell
Hormones can affect weight in young women, resulting in irregular periods, abnormal hair growth, and blood sugar problems. In peri and menopausal women, hormones deficiency may lead to weight gain. Learn which hormones help you lose weight and what can cause weight gain and how to win the balancing act.
Min 8 Max 20

FEE: IC \$12/OC \$17
1034.201 W 7-8:30 pm 2/18
West Linn High School, A103

Estrogen: Is It Worth The Risk?

L. Marzell
Dr. Marzell will discuss the risks vs. benefits of using estrogen as a hormone replacement for menopause. Study results on brain function, strokes, cancer, and heart disease will be compared. Differences in types of hormones (estradiol vs. premarin) will be explored. Come and bring questions.

FEE: IC \$12/OC \$17
1036.101 W 7-8:30 pm 2/25
West Linn High School, E102

Add/Adhd And Food Allergies: Can Diet Affect Behavior?

L. Marzell
Does your body dislike the food you eat? Food allergies can cause blood sugar problems, headaches, anxiety, depression, fatigue, and learning disability. Find out more information on the diet/allergy/mood connection.

FEE: IC \$12/OC \$17
1037.201 W 7-8:30 pm 3/4
West Linn High School, A105

Hormone Replacement Therapy For Men: What Are The Advantages?

L. Marzell
Men with excess anxiety, and stress, may have lowered levels of testosterone. Testosterone may decrease with age, increasing risk of heart disease, diabetes, fatigue and poor sexual function. Learn if hormone support might increase your or your loved one's vitality.

FEE: IC \$12/OC \$17
1038.201 W 7-8:30 pm 3/11
West Linn High School, A102

Adult CPR/AED American Red Cross

Ages 18 & up
Could you operate an Automated External Defibrillator if a friend, family member or someone nearby was suffering from cardiac arrest? Take CPR/AED Adult and learn the skills needed to prevent, recognize, and provide basic care for cardiac arrest and the effective use of an Automated External Defibrillator. Updated with the latest science for CPR, and emergency cardiovascular care, this course also provides useful take-home materials to retain skills and use as reference tools once training is complete.

FEE: IC \$46 / OC \$51
1100.201 Sa 9 am-2 pm 1/31
Sunset Firehall, Upstairs

Grocery Savers Series

About the Series: Looking for ways to save money on your grocery bill? Join local Fix, Freeze, Feast author, Kati Neville, in this series designed for those beginning the search for money-saving strategies. (Kati's book is available for check out through the Clackamas County Library System or for purchase wherever books are sold.)

Meal Planning 101

K. Neville
Weekly meal planning is a good way to reign in food costs. Learn meal planning strategies for eating well on a budget.
Adults Min 6 Max 15

FEE: IC \$15/OC \$20
1006.201 Tu 7-8 pm 1/20
Adult Community Center

Make-Ahead Meals

K. Neville
Even having just a few meals in the freezer can save you money. It's easier than you think! Kati walks you through the steps and answers common questions.
Adults Min 6 Max 15

FEE: IC \$15/OC \$20
7.201 Tu 7-8 pm 2/3
Adult Community Center

Shop Smart

K. Neville
Coupons, warehouse clubs, club cards, fliers, in-store specials. Learn to spot the real deals.
Adults Min 6 Max 15

FEE: IC \$15/OC \$20
1008.201 Tu 7-8 pm 2/17
Adult Community Center

Vegetarian Cooking

Vegetarian Cooking with Greens

D. Gabbe
Making cooked greens a regular on your dinner table can provide significant protections against cancer and osteoporosis. Come learn all about collards, kale, mustard greens, bok choy, and other hardy calcium-rich greens. Watch how they can be turned into savory dishes that are inexpensive, low-fat, cholesterol-free, and pure vegetarian. Come hungry, too.

FEE: IC \$39/OC \$44
1004.201 Th 6-8:30 pm 1/22
West Linn High School, A102

Vegetarian Adventures with Tofu

D. Gabbe
Eating tofu daily may result in reduced risk of cancer, heart disease, and osteoporosis. And mixed with the right seasonings, tofu is downright tasty! But, do you feel befuddled about what to do with those soft, white blocks? Or, are you simply looking for ideas how to transform tofu into new dishes? Come learn all about tofu and watch how easy it is to prepare inexpensive, low-fat, cholesterol-free, pure vegetarian meals with tofu. Come hungry, too.

FEE: IC \$39/OC \$44
1005.201 Th 6-8:30 pm 2/12
West Linn High School, A203