

2019 Fall Quarter Community Education Classes

Creative Writing: \$80

Pursuing Your Passion

Whether you love to write, or would love to try, bring a notebook or laptop and join other writers and would-be writers in exploring the various kinds of writing. With the work of master wordsmiths as inspiration, and the support of one another, you'll tackle some easy-to-finish writing projects and perhaps embark on bigger ones. This course will move from brainstorming ideas to organizing to editing work that might include fiction, memoir, poetry, screenplays, essays, and even letters.

Instructor Carolyn Maddux is a published poet and nonfiction writer, a retired newspaper reporter and editor who recently finished her first book of fiction.

Wednesdays, 7-9pm, 10/16-11/20 Located at Olympic College Shelton in The Johnson Library, room 111.

Cake Decorating Techniques:

Learn to decorate cupcakes and cakes in 3 separate sessions.

Cupcake Decorating - Use buttercream to decorate cupcakes in a variety of ways. September 13 - \$35

Gum Paste- Learn how to make realistic edible flowers with gum paste. From a rose bud, medium rose, full rose to carnations and more. October 18 - \$35

Fondant - Learn fondant techniques to decorate a cake with simple borders, inlays and overlays. November 15 - \$45

All supplies and cakes are included. Bring a container to take home all your delicious creations! Teens are welcome to attend with a registered adult.

Fridays 9/13, 10/18, 11/15, 6pm—8pm. Located at the Mason County Transit-Community Center Kitchen

Learn more and register today!
Call us at 360-432-5400, stop in at our
campus location or visit us online at:
olympic.edu/shelton-campus

Flagging Certification Class: \$65

Become a certified flagger by learning safety for employees and the public. Learn how to manage interference from vehicle/pedestrian traffic, proper use of traffic control devices and other flagger duties 3 year certificated issued upon passing exam. Must be 18 or older. 9:00 am-3:30 pm

Sat, September 21	Bremerton Campus
Fri, October 18	Shelton Campus
Sat, October 19	Bremerton Campus
Sat, November 16	Shelton Campus
Sat, November 23	Bremerton Campus
Sat, December 7	Shelton Campus
Sat, December 21	Bremerton Campus

Forklift Operator Certification Class: \$199

Learn to drive and maneuver a forklift. Instruction includes machine design, product handling, pre-shift inspection and more. Certification issued upon successful completion. Must be 18 or older and able to lift 50 pounds. Appropriate for all levels. Certification is good for 3 years. 8am-4pm

Fri, September 20	Shelton Campus
Sat, October 19	Bremerton Campus
Sat, November 23	Shelton Campus
Sat, December 21	Bremerton Campus



OLYMPIC COLLEGE

Olympic College Shelton / Community Education
937 W. Alpine Way

Creating Opportunities for All



OLYMPIC COLLEGE

SHELTON



Practice calm. Practice tranquility. Practice relaxation.

Enroll in Guided Meditation: 6 class series

Dates: Wednesdays, October 16 - November 20

Time: 6:00-7:15 PM

Cost: \$90

Location: OC Shelton campus, 937 W. Alpine Way

iRest® is a guided meditation practice that leads to psychological, physical, and emotional healing and well-being. iRest® was developed by Dr. Richard Miller and is backed by extensive research in treating anxiety, PTS, trauma and pain management. It has been endorsed by the US Army Surgeon General as a complementary and alternative medicine (CAM).

iRest® is simple to learn and is appropriate for anyone. No experience necessary. The class is taught by Karen Lee, Level 1 trained iRest teacher, as well as Yoga teacher.

These classes may help you cope with daily stress, decrease depression and anxiety, and improve your sleep.

In this six class series, all you bring is yourself. Wear comfortable clothes. You can practice lying down or seated in a chair. All are welcome!

To register call 360-432-5400 or email ContinuingEducation@olympic.edu