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# COMMUNITY EDUCATION

## REGISTER FOR COURSES ON **eventbrite**

[tinyurl.com/NVCommunityEducation](https://tinyurl.com/NVCommunityEducation)



Spring  
2025

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, Upper Valley Campus and  
Community Education

### 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.

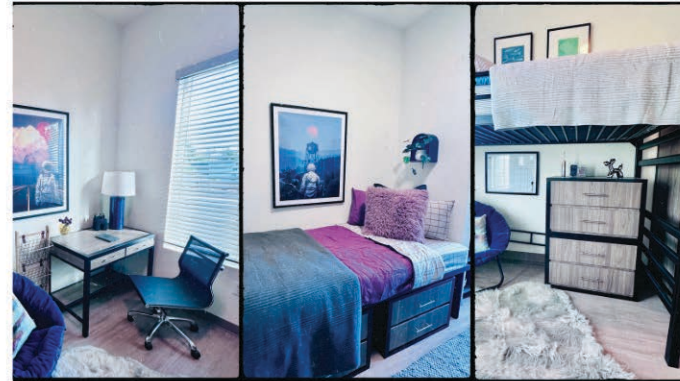
Lifelong learning is part of our core mission, providing access to learning for everyone, and it's one of the many ways we help improve the quality of life for those who live in our community. Join us at Napa Valley College!

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

# RIVER TRAIL VILLAGE AT NAPA VALLEY COLLEGE



## ON-CAMPUS STUDENT HOUSING OPENING FALL 2024



**Studies show, students who live on campus are 1.5 times more likely to finish their degree on time.**

**Apply Now!**



Pictured above: residence hall and furnished apartment

- Moments from class
- All-inclusive utilities
- Gender-inclusive housing available
- Near shopping, restaurants and more
- Studio, 1, 2 and 4 bedrooms available
- Furnished and unfurnished options
- Sign up by yourself or with friends

**Contact Us: (707)294-1210**

**RiverTrailVillageatNVC.com**



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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](#)  
 [@nvcollege](#)

 [thenapavalleycookingschool](#)  
 [@napavalleycookingschool](#)

# HOW TO REGISTER

## COMMUNITY EDUCATION COURSES

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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:

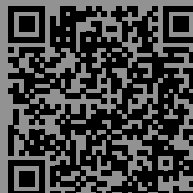
**[tinyurl.com/NVCeventbrite](https://tinyurl.com/NVCeventbrite)**

**#Phone: (707) 681-5598**

## ESL & NON-CREDIT COURSES

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



## OTHER COURSES AND OFFERINGS

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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](mailto:NVCcommunityED@napavalley.edu) to request a refund.*

# ENGLISH AS A SECOND LANGUAGE (ESL)

ENGLISH AS A SECOND LANGUAGE (ESL)

CLASS #	LOCATION	START DATE	END DATE	DAY/TIME	INSTRUCTOR
<b>ENGLISH AS A SECOND LANGUAGE (ESL)</b>					
This multi-level course is designed for students whose primary language is not English. The emphasis will be on understanding English both in conversation and writing.					
76931	Online Scheduled Meetings	1/28/25	5/15/25	Tue/Thu 11:10am-1:15pm	Toister
76933	Calistoga Elementary School, Rm 9	1/22/25	5/17/25	Tue/Thu 5:00-7:00pm	Freeberg
76936	Calistoga Boys & Girls Club: Discovery Room	1/28/25	5/15/25	Tue/Thu 9:00am-11:30am	Rogers
78498	City of Napa Library, Lecture, Lifework Rm	1/22/25	5/17/25	Mon/Wed 6:00-8:00pm	Pesko
<b>PREPARATION FOR COLLEGE ESL</b>					
This course is designed for non-English-speaking students who are interested in eventually pursuing studies at a college level. This course will help to prepare students for Napa Valley College's credit ESL classes. The emphasis is on basic grammar and vocabulary which the students will need to begin to function in a college environment. Literacy in native language is recommended.					
76940	Hybrid-Main Campus, TBD, Lecture/ Online	1/22/25	5/17/25	Sat 9:35am-11:40am	Zuromski
79013	Main Campus, TBD Lecture	1/22/25	5/17/25	Mon/Wed 11:10am-1:40pm	Myers
76941	Hybrid-Napa Valley Adult Edu, TBD, Lecture/ Online	1/22/25	5/17/25	Tue 6:00pm-7:00pm	TBD
<b>ESL READ, WRITE, &amp; GRAMMAR 1</b>					
This course is the reading, writing, and grammar component of Level 1 of the ESL program. Students will study basic English reading, writing, and grammar skills. They will read short articles and texts and write short paragraphs using simple and compound sentences in English.					
76923	Hybrid-Main Campus, TBD, Lecture/ Online	1/22/25	5/17/25	Tue/Thu 9:35-11:40am	Klieman



Scan the code to access The Not-For-Credit webpage and log into OpenCCC single sign-in account. [tinyurl.com/NVCnon-credit](https://tinyurl.com/NVCnon-credit)

# ENGLISH AS A SECOND LANGUAGE (ESL)

## 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.

<b>76937</b>	<b>Online Scheduled Meetings</b>	<b>1/22/25</b>	<b>5/17/25</b>	<b>Mon/Wed 3:55-6:00pm</b>	<b>Yildiz</b>
<b>CLASS #</b>	<b>LOCATION</b>	<b>START DATE</b>	<b>END DATE</b>	<b>DAY/TIME</b>	<b>INSTRUCTOR</b>

## 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.

<b>76938</b>	<b>Online</b>	<b>1/22/25</b>	<b>5/17/25</b>	<b>Tue/Thu 3:55-6:00pm</b>	<b>Yildiz Garcia</b>
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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.

<b>76925</b>	<b>Hybrid-Napa Valley Adult Education, TBD, Lecture/Online</b>	<b>1/22/25</b>	<b>5/17/25</b>	<b>Tue 5:20-8:30pm</b>	<b>Gardiner</b>
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## ESL READ, WRITE, & GRAMMAR 3

This course is Level 3 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 2, reading full-length works of fiction and/or nonfiction and continuing to improve and expand reading comprehension, vocabulary skills, and overall written fluency by revising paragraphs and short narrative and descriptive compositions with clear introductions, support and conclusions. Grammar will include review of all simple and progressive verb tenses and the construction of compound and complex sentences.

<b>76927</b>	<b>Online</b>	<b>1/22/25</b>	<b>5/17/25</b>	<b>Mon/Wed 7:05-9:10pm</b>	<b>Toister</b>
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**NONCREDIT (NO FEE)****Register for Non - Credit Courses at: [tinyurl.com/NVCnon-credit](https://tinyurl.com/NVCnon-credit)****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.

**Jan 22-May 17****Tue, 6:00-9:10pm****Main Campus, Rm 142****Howell****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.

**Jan 22-May 17****Wed, 3:55-6:00pm****Main Campus, TBD****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.

**Jan 22-May 17****Thu, 6:00-9:20pm****Main Campus, TBD****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.

**Jan 22-May 14****Wed, 9:30am-12:30pm****UVC, St Helena****Wright, Rm 8****No Fee****Jan 24-May 16****Fri, 1:30-4:30pm****Main Campus, Napa****Keig, Rm TBD****No Fee****Instrumental Ensemble**

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.

**Jan 22-May 17****Thu, 6:00-9:10pm****Main, Napa****TBA****No Fee**



**Communication in the Workplace**

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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.

**Mar 24-Apr 11**

**Asynchronous**

**Online**

**Shatto, TBA**

**No Fee**

**Leadership Essentials**

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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.

**Apr 21-May 9**

**Asynchronous**

**Online**

**Shatto, TBA**

**No Fee**

**LIFELONG LEARNING**

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

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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 Jan 31**

**ANDROID Feb 7**

**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**

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Unlock the potential of generative AI in your daily or work life with our beginner-friendly course using tools such as 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 genAI tools such as ChatGPT to streamline your routines, improve work efficiency, and bring innovative solutions to your personal and professional life. As AI knowledge becomes crucial for enhancing everyday tasks, creativity, and productivity, this course ensures you stay ahead. Join us and discover how AI can be a valuable tool in your daily routine! Pre-registration is required.

**Mar 5, 12 & 19**

**Apr 2, 9 & 16**

**Apr 26**

**May 10**

**Wed, 7:00-8:30pm**

**Wed, 7:00-8:30pm**

**Sat, 9am-12:00pm**

**Sat, 9am-12:00pm**

**Main Campus, Napa**

**Main, Napa**

**Main, Napa**

**Main, Napa**

**Encarnacion**

**Encarnacion**

**Encarnacion**

**Encarnacion**

**Rm 1637/1638**

**Rm 1637/1638**

**Rm 1637/1638**

**Rm 1637/1638**

# PERFORMING ARTS CENTER

A FULL YEAR OF MESMERIZING PERFORMANCES



## 2025 SEASON

OFFICIAL WEBSITE  
[PERFORMINGARTSNAPAVALLEY.ORG](http://PERFORMINGARTSNAPAVALLEY.ORG)

Discover the Napa Valley College Performing Arts Center—a hub for live performances, diverse events, and community enrichment. Offering a platform for the arts, we bring together audiences, students, and creators, fostering an inclusive space where art thrives and talent grows. Our programs prepare students for dynamic roles in today's interconnected world, reflecting NVC's core values of honesty, integrity, inclusivity, and respect. **Join us and experience the transformative power of the arts right here in Napa Valley!**



LEARN MORE!



## Holding space for Shawntel



# CELEBRATING STUDENT SUCCESS



## *Join our Mailing List*

Stay updated on Winery events and tasting opportunities. Newsletters release on the first of each month and cover exciting updates, events, and highlights of our program.



## *Friday Tastings*

Participate in our free Friday Tasting Series. Every Friday, a guest vintner will showcase their wines, expound upon their winemaking philosophy, and engage in discussions regarding the current challenges and triumphs of the wine industry, all within a classroom setting.



## *The Wine Club*

Join the Napa Valley College Wine Club and enjoy exclusive access to handcrafted wines produced by our students! Your membership directly funds hands-on learning opportunities, allowing students to refine their skills in viticulture and winemaking. While offering you a taste of what the next generation of winemakers have to offer.



SCAN THE CODE TO VISIT OUR WEBPAGE

FOR MORE INFO EMAIL: [WINERY@NAPAVALLEY.EDU](mailto:WINERY@NAPAVALLEY.EDU)



# Napa Valley Cooking School



## Culinary Arts Degree Program

Napa Valley Cooking School's Advanced Professional Culinary Program is a fastpaced, intensive program designed to build on itself. Culinary techniques learned in each course are repeated throughout the program to enforce the mastery required to be a successful professional fine-dining chef. Whether you're looking to pursue a career in food and wine or simply expand your cooking skills, this hands-on, intimate learning environment offers a culinary experience unlike any other.

## Food & Wine Enthusiast

Our Food & Wine Enthusiast program at Napa Valley College is dedicated to offering culinary classes for locals, visitors, and food enthusiasts throughout the year at our Upper Valley Campus. Our location is currently undergoing construction as we work to upgrade our facilities and all classes are temporarily paused.

Try one of our course developed recipes on your own at home below, and stay updated on upcoming classes, events, and popups by joining our mailing list. Just scan the QR code to sign up!

**SUBSCRIBE TO OUR NEWSLETTER!**



## Apple Cinnamon Dutch Baby

- 3/4 cup Flour
- 1/2 tsp Salt
- 1/4 tsp Baking Powder
- 4 Tbsp Sugar
- 2 tsp cinnamon
- 1/3 cup sugar
- Pinch of Nutmeg
- 3/4 cup Milk
- 4 eggs
- 2-3 Granny Smith or Gala Apples
- 4 Tbsp Butter
- 12" Cast Iron Pan

Optional Toppings: Powdered Sugar or Whipped Cream or Whipped Crème Fraiche or Vanilla Ice Cream

- Preheat oven to 400 F oven.
- Peel and core the apples, slice apples into 1/4 inch slices. Set Aside
- In a mixing bowl combine the dry ingredients.
- In a second bowl whip together eggs and milk, until well blended.
- Add egg-milk mixture to dry ingredients and mix until batter is smooth.
- Put the cast iron pan into oven with the butter and allow the butter to melt. (Try not to let the butter brown or burn).
- While working with the pan still in the oven, so as to maintain its heat, add the apples to the butter in the cast iron and spread out into an even layer.
- Pour the batter on top of the apples, working quickly so that the pan stays hot.
- Bake in oven for 20-25 minutes until golden brown on top edges are crispy.
- When baked, remove from oven and cut into wedges. serve with toppings.

**START YOUR CULINARY CAREER:  
NAPAVALLEYCOOKINGSCHOOL.ORG**

**ARTS AND CRAFTS****Paint Like a Girl III**

A New Year calls for a new way of looking and seeing. Nothing helps one sharpen their visual acuity like painting. In this five-session class over 7 weeks, we will look to our female painting ancestors as well as some powerhouse contemporary artists for inspiration. Whether you are a beginner or practicing artist, this class is geared to stimulate your creativity while discovering new techniques and artists. Working from representation to abstraction, we will look at four uncompromising artists: Artemisia Gentileschi, Francois Gilot, Berthe Morisot and contemporary art star Flora Yuknovich. Crossing all genres of painting, figurative, landscape, still life and abstraction, our weekly painting assignments will keep us focused on new ways of seeing and painting. The class is part art history, part painting for a fully immersive way of learning how to paint, engaging with the work and discovering new ways of looking at the world. Lecture and demos begin in class as well as weekly reviews of the painted assignments. Projects require some painting time outside class. Painting assignments are suggested on gessoed paper which is available for purchase from the instructor. \$ 30. Material fee due to instructor at first class meeting. Bring all your painting supplies to first class meeting. For more info, contact the instructor through her website @ [www.nancywillis.com](http://www.nancywillis.com). Pre-Registration required.

**Feb 4-Mar 18 (No Class Feb 18 & Mar 11)**

**Tues, 9:30am-1:00pm**

**UVC, St. Helena**

**Willis, Rm 8**

**\$450**

**Printmaking: Experimental Monotype**

Put a little light back into your creative process this winter. In these monthly sessions at the upper valley campus, we will explore the accessible printmaking process of monotype. (Ink is applied to a plexiglass plate and transferred to paper using a 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 as well as experienced printmakers, you will find a supportive community for art making. Priced to enjoy a single or three-session printmaking class. For more info or to contact the instructor visit [www.nancywillis.com](http://www.nancywillis.com).\*\$30. Materials fee payable to instructor at each class meeting. Includes all inks, most paper and supplies for class. Limited to six students. Pre-Registration required.

**Feb 8**

**Sat, 9:30am-2:00pm**

**UVC, St. Helena**

**Willis, Rm 8**

**\$150**

**Mar 22**

**Sat, 9:30am-2:00pm**

**UVC St. Helena**

**Willis, Rm 8**

**\$150**

**Apr 12**

**Sat, 9:30am-2:00pm**

**UVC, St. Helena**

**Willis, Rm 8**

**\$150**

**Feb 8, Mar 22, & Apr 12**

**Sat, 9:30am-2:00pm**

**UVC, St. Helena**

**Willis, Rm 8**

**All 3 classes for \$395**

## SEWING & UPHOLSTERY

### 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.

**Jan 22-May 17**

**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 is required.

**Jan 29-Mar 5**

**Wed, 6:00-9:00pm**

**UVC, St. Helena**

**Peck, Rm 8**

**\$130**

**Mar 19-Apr 30**

**Wed, 6:00-9:00pm**

**UVC, St. Helena**

**Peck, Rm 8**

**\$130**

## WINE AND HOSPITALITY

### 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 is required.

**Wine Hospitality**

**Jan 28-Mar 6**

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

**Main Campus, Napa and Various Locations**

**Wagner, Rm 2230**



**eventbrite**



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

## OUTDOORS

### Backyard and Worm Composting Workshop

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Learn to reduce and eliminate yard trimmings and turn it into wonderfully rich compost for your garden. Discover the basics of backyard composting, composting with worms and grass cycling. Become familiar with tools, types of bins and the ins and outs of recycling yard trimmings, garden waste, and even some food scraps. In this workshop, you can choose to learn about either worm or backyard composting - choose your own adventure! For those taking the backyard-composting portion, after concluding the workshop you may purchase a discounted compost bin for \$20.00 (One bin per household). Worm class attendees will receive a free worm compost tool kit, including the worms that you will set up with the UC Master Gardeners to take home! Pre-registration is required.

May 17

Sat, 10:00am-12:00pm

UVC, St. Helena

Staff

Free

### Birding in Napa County

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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](mailto:vireocity@hotmail.com). Pre-registration is required. **Limit to 15 signups!**

Mar 27-Apr 24

Thu, 8:30am-12:00pm

UVC, St. Helena and Various Locations

Berner

\$100

### Golden Ball Qigong Level 1

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Golden Ball Qigong is a Chinese health practice that uses all eight actions of energy movement within the body to balance your whole system. You will learn about all eight actions along with the foundations of healthy qigong movement; proper structure, coordinated natural breathing and a focused intention. Truly a moving meditation, it’s simple, repetitive movements, and powerful imagery, can be practiced almost anywhere. This routine can be done sitting or standing. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. This class can occur indoors or outdoors, depending on the weather. Pre-registration required.

Mar 8

Sat, 1:00-3:00pm

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 deeper into the exploration of moving energy and energetic awareness. We will learn about the three main energy centers of the body and how they relate to your “personal bubble”, the important role of fascia within our movements, and how this practice can help you to solve everyday problems in a holistic way. It is recommended that you take the level 1 class first, but not required. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. This class can occur indoors or outdoors, depending on the weather. Pre-registration required.

**Mar 15**

**Sat, 1:00-3:00pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$90**

**Longevity Qigong**

Relieve chronic pain, manage your anxiety and build stamina. In this class you will learn the foundations of healthy qigong movement; proper structure, coordinated natural breathing and a focused intention. We will practice the Insight Qigong routine as well as other movements. You will learn the “why” as well as the “how” of the movements, increasing each movement’s effectiveness. This practice can be done sitting or standing and adjusted for personal injury. This class can occur indoors or outdoors, depending on the weather. Pre-registration required.

**Feb 4-Mar 25**

**Tue, 1:30-2:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$195**

**Apr 8-May 13**

**Tue, 1:30-2:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$145**

**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 trust for our intuition so we can more easily access our creativity. We will start with a short Qigong (Chee-gong) practice to get our blood flowing using moves specifically chosen to help facilitate the creative process and alleviate chronic issues. Then we will do a short meditation focusing our listening inward, to our intuitive voice .Finally, putting pen or colored pencil to paper, we’ll attempt to capture what is revealing itself, through words or images. Sharing and positive feedback is encouraged but not required. 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.

**Jan 30-Feb 20**

**Thu, 10:30am-12:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$120**

**Feb 27-Apr 3**

**Thu, 10:30am-12:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$180**

**Apr 10-May 15**

**Thu, 10:30am-12:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$180**

**The Hero's Journey**

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A Hero's Journey is an 8-module internet-based multimedia and interactive program for personal growth and transformation. Each of the 8 modules consists of lessons supported by videos, transcripts, exercises, detailed documents to guide you through the process, an online and/or offline journaling ability, and extensive bibliographies for further learning. All of these materials can be downloaded so that you will have a written chronicle of your journey when completed. The course is asynchronous which means students can do the work of the course in their own time. A \$500 materials fee will be due to the instructor.

Jan 22-May 17

Asynchronous

Online

King

\$600

**VIRTUAL WORKSHOPS IN WRITING AND PUBLISHING**

*NOTE: To access these classes, purchase a ticket online with Eventbrite NVC Community Ed. You will receive a login link the day before class from leanne@krusemarkgrinnell.com. Pre-registration is required for these online workshops. The instructor, LeeAnne Krusemark, is an author, speaker, business owner, previous Chamber of Commerce President, and guest instructor for more than 200 colleges and other institutions from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. For a full class description and to purchase your class ticket, please go to: <https://www.eventbrite.com/o/community-education-at-napa-valley-college-49407970633>*

**NEW Creative Writing 101: A Beginner's Guide**

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You do not need a degree in creative writing to be an exceptional writer and get paid for it! Anyone with a passion for writing can learn and develop their fiction and non-fiction writing skills.

**Mar 6**

**Thu, 2:00-4:00pm**

**Online**

**Krusemark**

**\$50 (Class fee includes materials fee)**

**NEW Writing Short Stories: A Beginner's Guide**

---

Writing short stories (1,000–30,000 words) helps you discover your writing voice and how to convey your ideas. You will learn how to bring your story to life with an engaging plot, as well as character development, action, and dialogue.

**Mar 6**

**Thu, 4:00-6:00pm**

**Online**

**Krusemark**

**\$50 (Class fee includes materials fee)**

**Explore the World as a Travel Writer**

---

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.

**Feb 28**

**Fri, 4:00-6:00pm**

**Online**

**Krusemark**

**\$50 (Class fee includes materials fee)**

**NEW 10 Practical Tips to Writing Powerful Dialogue**

---

You will learn how to turn ordinary words into compelling dialogue, use clean dialogue tags, differentiate character voices, use dialogue instead of narrative/voiceover, avoid dialogue “dumps,” and be real, but not boring.

**Mar 7****Fri, 1:00-2:00pm****Online****Krusemark****\$30 (Class fee includes materials fee)****Introduction to Screenwriting for Television or Movies**

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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.

**Mar 01****Sat, 11:00am-1:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****NEW Beginner’s Guide to Using Free ChatGPT (AI) for Writers**

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ChatGPT (AI) is here to stay and is the future for writers and content creators. Don’t be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts?

**Feb 27****Thu, 2-4:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****How to Write Your Life Story for Fun or Profit**

---

You do not 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.

**Mar 01****Sat, 8:00-11:00am****Online****Krusemark****\$70 (Class fee includes materials fee)****NEW Make Money as a Freelance Writer: A Beginner’s Guide**

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If you’ve got a way with words and love to write, freelance writing has emerged as a significant force in the gig economy, offering flexibility, independence and a way to make money online and offline, for supplemental income or a full-time career.

**Mar 07****Fri, 4:00-6:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)**

**NEW Introduction to Journaling: A Beginner's Guide**

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Journaling is simply recording your thoughts, feelings, and insights in a written, drawn, or typed format. Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk.

**Mar 07****Fri, 2:00-4:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****Beginner's Guide to Getting Published**

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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.

**Feb 26****Wed, 4:00-6:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****Be a Better Writer: 10 Easy Tips to Improve Your Writing NOW**

---

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.

**Mar 01****Sat, 1:00pm-4:00pm****Online****Krusemark****\$70 (Class fee includes materials fee)****Comedy Writing: How to Be Funny on Paper & Stage**

---

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.

**Mar 08****Sat, 11:00am-1:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****Write a Riveting Mystery, Suspense, or Crime Story**

---

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.

**Feb 25****Tue, 4:00-6:00pm****Online****Krusemark****\$50 (Class fee includes materials fee)****How to Outline and Write an Irresistible Romance**

---

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.

**Feb 25****Tue, 2:00-4:00pm**

**Online**  
**Krusemark**  
**\$50 (Class fee includes materials fee)**

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### **NEW Write Your First Novel in 90 DAYS!!**

This intensive course provides a schedule of crafting a novel from start to finish, which you can finish in as little as 90 days! This class will also help you stay motivated throughout the journey.

**Mar 5**  
**Wed, 4:00-7:00pm**

**Online**  
**Krusemark**  
**\$70 (Class fee includes materials fee)**

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### **Explore 50 Different Self-Publishing Options**

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must also attend “Beginner’s Guide to Getting Published”)

**Feb 26**  
**Wed, 6:00-7:00pm**

**Online**  
**Krusemark**  
**\$30 (Class fee includes materials fee)**

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### **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.

**Mar 04**  
**Tue, 2:00-3:00pm**

**Online**  
**Krusemark**  
**\$30 (Class fee includes materials fee)**

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### **Writing for Online Blogs, Magazines, and Websites**

You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website.

**Feb 26**  
**Wed, 2:00-4:00pm**

**Online**  
**Krusemark**  
**\$50 (Class fee includes materials fee)**

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### **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.

**Mar 08**  
**Sat, 1:00-2:30pm**

**Online**  
**Krusemark**  
**\$40 (Class fee includes materials fee)**

## MUSIC & DANCE

### Advanced Beginning & Intermediate Tap Dance

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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 semesters 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 75 MINUTES MINIMUM OF INSTRUCTION PER WEEK, 40 minutes is set aside for special performance projects and does not include all students each week, If there is a dance performance during the semester, and a student wishes to participate, the costume or uniform cost will be provided by the student.

**Jan 28-May 13**

**Tue, 6:00-7:50pm**

**Main Campus, Napa**

**Rogers, Rm 601A**

### Beginning Blues Harmonica

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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.**

**May 3**

**Sat, 12:00-1:30pm**

**Main Campus, Napa**

**Broida, Rm 142**

**\$35**

**May 10**

**Sat, 12:00-1:30pm**

**UVC, St. Helena**

**Broida, Rm 8**

**\$35**

### Healthy Harmonica

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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.

**May 3**

**Sat, 10:00-11:30am**

**Main Campus, Napa**

**Broida, Rm 142**

**\$35**

**May 10**

**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 \$20 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

**May 3**

**Sat, 10:00am-1:30pm**

**Main Campus, Napa**

**Broida, Rm 142**

**\$50**

**May 10**

**Sat, 10:00am-1:30pm**

**UVC, St. Helena**

**Broida, Rm 8**

**\$50**



MUSIC & DANCE

## FEATURING AWARD-WINNING MARIACHIS

MARIACHI LUZ DE ORO · MARIACHI AZTLÁN DE PUEBLO HIGH SCHOOL · MARIACHI LAS MARIPOSAS

**SAVE THE DATE:** Saturday, April 12, 2025

- Saturday Matinee Concert 2:00 p.m.
- Saturday Evening Concert 7:00 p.m.

**TICKETS ON SALE IN THE NEW YEAR!**

**MORE INFO AT:** <https://tinyurl.com/NVCVivaMariachi>



SCAN ME

## LANGUAGES

### Beginning Spanish Conversation

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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 textbook to be used is McGraw Hill's Complete Spanish Step-by-Step. The materials fee (\$40) is due to the instructor on the first day of the class. 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**

## WELLNESS

### Longevity Qigong

---

Relieve chronic pain, manage your anxiety and build stamina. In this class you will learn the foundations of healthy qigong movement; proper structure, coordinated natural breathing and a focused intention. We will practice the Insight Qigong routine as well as other movements. You will learn the "why" as well as the "how" of the movements, increasing each movement's effectiveness. This practice can be done sitting or standing and adjusted for personal injury. This class can be done indoors or outdoors, depending on the weather. Pre-registration required.

**Feb 4-Mar 25**

**Tue, 1:30-2:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$195**

**Apr 8-May 13**

**Tue, 1:30-2:30pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$145**

### Golden Ball Qigong Level 1

---

Golden Ball Qigong is a Chinese health practice that uses all eight actions of energy movement within the body to balance your whole system. You will learn about all eight actions along with the foundations of healthy qigong movement; proper structure, coordinated natural breathing and a focused intention. Truly a moving meditation, it's simple, repetitive movements, and powerful imagery, can be practiced almost anywhere. This routine can be done sitting or standing. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. This class can be done indoors or outdoors, depending on the weather. Pre-registration required.

**Mar 8**

**Sat, 1:00-3:00pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$90**



eventbrite





## Golden Ball Qigong Level II

Golden Ball Qigong is a Chinese health practice that uses all eight actions of energy movement. Taking the skills learned in Golden Ball Qigong Level 1, this class goes deeper into the exploration of moving energy and energetic awareness. We will learn about the three main energy centers of the body and how they relate to your “personal bubble”, the important role of fascia within our movements, and how this practice can help you to solve everyday problems in a holistic way. It is recommended that you take the level 1 class first, but not required. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for information about the instructor and class. A \$5 materials fee due to instructor first class for handouts. This class can be done indoors or outdoors, depending on the weather. Pre-registration required.

**Mar 15**

**Sat, 1:00-3:00pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$90**

## LIFE PLANNING

### Tax Planning in Four Stages of Retirement

Are you aware of the tax implications of retirement? Join us for “Tax Planning in Four Stages of Retirement” - A retirement tax planning course at the Napa Valley College! You will learn practical strategies for minimizing tax burdens throughout retirement’s evolving phases. The course covers four stages: pre-retirement (50-60), early retirement (60-70), middle retirement (70-80), and late retirement (80+). Each stage presents unique tax challenges, including Social Security, Medicare costs, and required minimum distributions. Participants will learn how to optimize asset withdrawal timing, manage tax brackets, and incorporate estate planning. This comprehensive approach aims to help retirees reduce tax exposure, maximize income, and secure their financial legacy. Rich Jacobson and Remy Jacobson are Investment Advisor Representatives Offering Securities and Advisory Services through United Planners Financial Services, Member: FINRA, SIPC. JWM and United Planners are independent companies. Pre-registration is required. Tickets includes one free guest!

**Feb 12**

**Wed, 6-7:30pm**

**Main, Napa**

**Jacobson , Rm 1631**

**Free**

### 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](mailto: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, 6-7:15pm**

**Online**

**Amaton**

**\$60**

**Oct 21-24**

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

**Online**

**Amaton**

**\$60**

**Nov 6-7**

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

**Online**

**Amaton**

**\$60**

## VIRTUAL WORKSHOPS FOR PROFESSIONAL DEVELOPMENT

*NOTE: To access these classes, purchase a ticket online with Eventbrite NVC Community Ed. You will receive a login link the day before class from leanne@krusemarkgrinnell.com. Pre-registration is required for these online workshops. The instructor, LeeAnne Krusemark, is an author, speaker, business owner, previous Chamber of Commerce President, and guest instructor for more than 200 colleges and other institutions from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. For a full class description and to purchase your class ticket, please go to: <https://www.eventbrite.com/o/community-education-at-napa-valley-college-49407970633>*

### Make \$Money\$ with a Virtual Assistant/Word Processing Business

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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.

**Mar 04**

**Tue, 6:00-7:00pm**

**Online**

**Krusemark**

**\$30 (Class fee includes materials fee)**

### NEW 50 \$Money\$ Making Healthy Side Hustles for Teens

---

You'll leave class loaded with information about how to fill out any legal forms to get the business started, and details about 50 profitable side hustle ideas to get you going fast. Informative handouts for future use are included in class fee.

**Mar 03**

**Mon, 3:00-4:00pm**

**Online**

**Krusemark**

**\$30 (Class fee includes materials fee)**

### How to Start Any Home Business + Explore 250 Home Business Ideas

---

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.

**Mar 04**

**Tue, 4:00-6:00pm**

**Online**

**Krusemark**

**\$50**

### Earn Extra \$Money\$ Mystery Shopping

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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 those sites to begin your new career in this exciting field.

**Mar 04**

**Tue, 3:00-4:00pm**

**Online**

**Krusemark**

**\$30**

## **\$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing**

---

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.

**Feb 27**

**Thu, 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.

**Feb 25**

**Tue, 1:00-2:00pm**

**Online**

**Krusemark**

**\$30 (Class fee includes materials fee)**

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

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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](http://www.notarypublicseminars.com/signup) Contact NPS: [info@npsnotary.com](mailto:info@npsnotary.com) with account related questions. To participate in this class, after registration send an email to [uvc\\_sthelen@napavalley.edu](mailto:uvc_sthelen@napavalley.edu). You will receive a link to access the class from [info@npsnotary.com](mailto:info@npsnotary.com). **Pre-registration is required.**

**Mar 4, 5 & 6**

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

**Online**

**Staff**

**\$119 (Class fee includes materials fee)**

## **Notary and Renewal Information**

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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

**Renewing Notaries (Online)**

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Take a livestream class and receive your Proof of Completion needed to take the official Notary Exam. This Secretary of State approved class will prepare you to take the exam again by re-viewing all relevant Notary law. You will be ready to take the official notary exam and practice as a safe and effective notary. Notaries with a current commission are eligible for a three-hour class. Renewing Notary 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! Register for the official notary exam 15 days in advance. Use this link to view schedule and register: [https://www.cpsnr.us/notary/exam\\_registration.php](https://www.cpsnr.us/notary/exam_registration.php)

To access this class, after registration send an email to [uvc\\_sthelen@napavalley.edu](mailto:uvc_sthelen@napavalley.edu). You will receive a link to access the class from [info@npsnotary.com](mailto:info@npsnotary.com). Pre-registration is required.

**Mar 4 & 5**

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

**Staff, Online**

**\$75 (Class fee includes materials fee)**

**Become a Loan Signing Agent (Online)**

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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 refinances. 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](http://www.notarypublicseminars.com/signup) If you already have a Notary Student Account with NPS please email [info@npsnotary.com](mailto:info@npsnotary.com) to upgrade your account. Contact NPS: [info@npsnotary.com](mailto:info@npsnotary.com) with account related questions. Prerequisite: You must have completed the 'Become a Notary Public' seminar or hold a notary commission.

**Apr 22-24**

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

**Staff, Online**

**\$129 (Class fee includes materials fee)**



# NAPA CPR

## HEARTSAVER® FIRST AID CPR AED TRAINING

The AHA's Heartsaver First Aid CPR AED Course is designed for anyone with little or no medical training seeking a course completion card.



### THE AHA'S HEARTSAVER FIRST AID CPR AED COURSE TRAINS PARTICIPANTS TO:

Provide first aid

Administer CPR

Use an automated external defibrillator (AED)

### CONTACT US AT

(707) 481-5646

[www.napacpr.com/](http://www.napacpr.com/)

Napa Valley College

### HEARTSAVER OFFERED IN BOTH ENGLISH & SPANISH!

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 field.

#### 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 ME



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**



### **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.

### **Discovering Spain's Classics**

**October 24 — November 04, 2025**

Embark on a Spanish adventure as you take in medieval architecture, idyllic landscapes, and delectable cuisine. Explore the wonders of the Prado Museum, one of Europe's greatest museums. See the Cathedral of Seville, the third largest in the world. Enjoy reserved seating at a flamenco show and feel the passion of this famous dance. Visit the exotic and expansive Alhambra palace. Indulge in an authentic paella experience. View Antonio Gaudi's architectural masterpieces, including a visit to La Sagrada Familia. Explore Spain's priceless treasures of art, history, and culture set against a backdrop of sunny Mediterranean shores and grand mountain ranges.



## Kingdoms of Southeast Asia

February 05 — February 23, 2026

Delve into an ancient and mysterious world of rural landscapes, bustling cities, and fascinating history in Southeast Asia. From Hoan Kiem Lake and the Hoa Lo Prison to a street food adventure through Hanoi, Vietnam's balance of peace, modernism and prosperity engage your thoughts and senses. On a charming junk boat, bask in the serenity of Ha Long Bay. Find inspiration at Cambodia's Angkor Wat temple, the world's largest religious structure. A local Laotian family welcomes you into their home for dinner. Explore the hundreds of Buddhas found in the Pak Ou Caves. This is an incomparable mosaic of culture and history that unfolds within the blink of an eye.

## 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 Brac 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.

## Antarctica - The White Continent

December 26 — January 06, 2026

Discover the magic and wonder of the "White Continent" – Antarctica. Arrive in the "Paris of South America," Buenos Aires, before flying over Patagonia to Ushuaia, the southernmost city in the world, and seeing Terra del Fuego. Begin your Antarctic expedition by crossing the Drake Passage. See breaching whales crashing and scenes of pure ice walls as you observe from the deck of the ship. Explore on shore with our passionate ship's naturalists and learn about the local populations of penguins, seals, and humpback whales. Explore vistas of blue-white glaciers and busy penguin rookeries on an unforgettable expedition cruise.

**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](mailto:enterprise.services@napavalley.edu)

[tinyurl.com/napatripsandtours](http://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](http://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/napacommed>

- **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](https://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](http://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.*