

SPECIAL INTEREST



YOU'RE ON THE AIR

HOW TO REALLY MAKE IT IN VOICE-OVERS!

with *Such a Voice*, Lisa 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! **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: RMCC

\$44 / \$52 NR • 1 class

25.416 M 7-9 10/17

BEGINNING DOG OBEDIENCE (DOGS 4 MONTHS +)

Family Members Age 11+

with *Paige Tyson*. Questions about class content? Call 209.532.6269

Beginning: In this class, your dog is taught to sit, down, stay, come, heel and easy (walking nicely at the end of the leash without pulling). The dog is taught to move freely and easily with the collar, so one day you barely have to use it. The dog is also taught to perform things and to willingly do or not do things, not just be prevented from doing them. Verbal and/or physical praise from owner is given. This builds a relationship between owner and dog. Any specific problems you are having will be addressed and cured in class or by a lifestyle change at home. You will need a 6 foot leather leash. Instructor will supply the nylon collar.

Intermediate: This class will instruct students in off-leash control. This is done with the addition of a 30 foot long line.

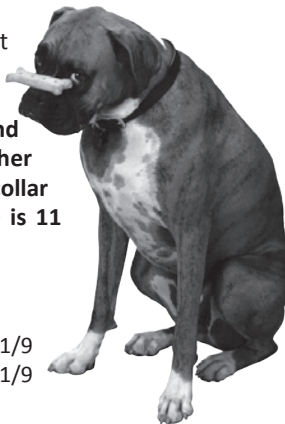
ALL Dogs must have current rabies and distemper vaccinations. A 6 foot leather leash is required. Special nylon choke collar included in fee. Minimum owner age is 11 years old.

Location: behind the VMSC Building

\$98 / \$117 NR • 6 classes

Beg 25.430 W 6-7pm 10/5-11/9

Int 25.431 W 7-8pm 10/5-11/9



BUDGETING 101 FOR YOUNG ADULTS NEW

Age 18+

with *Dr. P.A. Moore*, business consultant and educator.

What's your attitude to money? Get and spend? Earn and save? Something in between? This workshop will outline five easy steps to figure out where you spend your money and how you can save more. Participants will analyze income and expense and at the end of the workshop have a personal budget outline, financial goals and a path forward. **Please bring a list of personal expenses. NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: RMCC

\$23/ \$27 NR • 1 class

25.420 Th 7-9pm 10/27

SELLING ON THE BASICS

with *Robert Robillard*, certified ebay teacher

Want to begin selling on eBay? Make a part to full time living selling on eBay! Learn: Introduction to eBay; eBay/Paypal Security; Set up an eBay account; Researching items; Create eBay listings that attract buyers; Improve listings with better descriptions and photography; Pricing strategies to maximize profit; Using Paypal; Monitoring sales; Drop Shipping tips ; and I Sold It. Now what? Avoid the mistakes that many new eBay sellers make. Find other resources to help your business grow! Students should have a basic knowledge of the computer - Word, etc. **NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: RMCC

\$55 / \$65 NR • 1 class

25.436 Sa 9:30am-12:30pm 9/17

25.437 Sa 9:30am-12:30pm 10/8

25.438 Sa 9:30am-12:30pm 11/19

25.439 Sa 9:30am-12:30pm 12/10

FUN PART-TIME JOBS

with *Dan Tilles*

Get paid to dine out (with your guest!), express your opinion, go shopping, be in a movie, share your hobby, sample food and beverages, work-out, go to the movies and more! No special education or training required. Instructor Dan Tilles has done them all and will tell you who hires and why, how to apply, how much they pay and everything else you need to know to make money having fun. A handout includes names and how to contact companies for these jobs. Also: work scams to avoid and ways to protect yourself. This class is for all ages. **Lab Fee: \$1 payable to instructor. NO REFUNDS 7 DAYS PRIOR TO CLASS START DATE.**

Location: RMCC

\$23 / \$27 NR • 1 class

25.415 Th 7-9:30pm 9/15

adults

CLASSES AT THE VMSC

These classes are offered at the VMSC. Students must register with the instructor on the first day of class. No online or mail-in registration. For more information, please call (650) 780-7270.

RETIREMENT PLANNING TODAY WORKSHOP

with John D. Lee, CFP®

Whether your goal is to build a nest egg, protect your assets or preserve your lifestyle throughout retirements, this workshop helps you plan your future with confidence. Due to recent tax law changes, uncertainty about Social Security and the demise of many pension plans, the need for sound financial strategies has never been greater. In this course, you'll learn the 10 biggest retirement planning mistakes, how to set up your portfolio to generate income in retirement, 5 strategies to manage investment risk, 11 ways to save money on taxes, key questions to ask before buying insurance, what to do with your 401k or 403b, and how to determine the savings you need to retire today or in the future. This course includes a 226-page illustrated workbook with practical exercises and examples. **Register at class.** For more information, please call (650) 227-0380

Location: VMSC Rm. 20

\$49 a student with spouses/partners free

Register in class Sa 9am-12pm 10/1-10/8

Register in class W 6:30-9:30pm 10/5-10/12

FAST TRACK RELATIONSHIP WORKSHOP **NEW**

with Nicole Boulanger

Are all your relationships the way you'd like them to be? IF NOT, this workshop is for you! In this workshop, you'll be learning simple rules to create good relationship with Partners, Lovers, Children, Relatives, Friends, Customers, Colleagues... and Bosses. In a few hours you'll discover How-to: easily establish rapport with people you meet, be attentive to signals people send and respond to them, understand and avoid miscommunication. Next, is to create incredible relationship with the people you love. This information is a practical application based on the new technology of NLP (Neuro Linguistic Programming) mixed with ancient wisdom... NLP is the result of the study and modeling of excellence.

Location: VMSC Rm. 20

\$55 per student/ \$90.00 per couple

Register in class M 5:30pm-7:30pm 9/26-10/10

FEEL GOOD WORKSHOPIN SPITE OF GRIEF **NEW**

with Nicole Boulanger www.mindhealthcoaching.com

Safely Open Up & Learn to Let Go

You may have lost friends, loved ones, your health, money or a pet. Through this workshop, you can learn to better deal with grief and, maybe, even transform the sense of loss into rich memories that can help you appreciate your life more. This workshop may significantly alter your way of thinking and how you perceive daily events & past memories. You may feel yourself becoming happier, expressing more joy and laughing more. Each person will experience the effects of this workshop differently, and positive effects are the goal.

Location: VMSC, Room 20

Fee is per student with spouses/partners free

Register in class M 5:30-7:30pm 10/17-11/14 \$25

DEMENTIA CARE: AN OVERVIEW FOR THE FAMILY CAREGIVER **NEW**

with Michael Vargas, MSW-Case Management Coordinator at Catholic Charities CYO-San Carlos Adult Day Services. For more info visit www.cccyo.org/sancarlosadultday, email mvgargas@cccyo.org or call 650.592.9325.

Few of us are prepared for the challenges of caring for an older spouse or parent, especially when memory loss and confusion are part of the picture. This two hour overview will be helpful for caregivers with all levels of experience. Among the topics we will review are: basics of dementia; effective communication; personal care; challenging behaviors; managing and reducing caregiver stress; and where to find extra information and assistance. This class is free for informal caregivers thanks to a generous grant from the Sequoia Healthcare District. This class is not for professional care providers.

You may reserve your spot by phone or email.

Location: VMSC, Sunset Room

\$55 per student/ \$90.00 per couple

Register in class Th 9:30-11:30am 10/13

LET'S LIVE WELL! **NEW**

A 6-week Healthier Living Workshop, in which two peer leaders facilitate this Stanford University developed program. If you are an adult with a chronic condition or you live with someone with a chronic condition this program will help you learn healthier living techniques such as: goal setting, problem solving, better communication, physical activity, healthy eating, dealing with emotional issues, deep breathing, and muscle relaxation. As a result you will learn to better manage your chronic conditions leading to a higher quality of living. Includes the book "Living a Healthy Life with Chronic Conditions" and a relaxation CD. Space is limited to 12 people. Requirements: Adults with a chronic condition.

Location: VMSC, Room 20

PRE-REGISTRATION REQUIRED THROUGH PARKS & RECREATION

25.410 M 10am-12:30pm 9/12-10/17 FREE

