

CASCADIA's Lifelong Learning Classes

Tax Free Investing

A SEMINAR FOR EVERYONE WHO ISN'T A FAN OF TAXES. You're Invited ...Tax time doesn't have to be something you dread. When you own tax-free investments, you get to keep more of what you earn instead of signing it over to the IRS. To learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket, join us for our informative Tax-free Investing seminar. It's your opportunity to find bonds and funds designed to help you get ahead without the government holding you back. These bonds and funds may be subject to state, local or the alternative minimum tax (AMT). Prospectuses are available for any of the mutual funds discussed. The prospectus contains more complete information including fees, charges and expenses as well as other important information that should be carefully considered. Your financial advisor can provide you with a prospectus which should be read carefully before you invest or send money.

ITEM 82170 Fee: \$59.00 Matt Shannon

6pm - 8pm, 1 session

Wed Jan 27

Northshore Senior Center, Rm 202



Nullify "Nice" and Abolish "Awesome!"

Does the right word frequently elude you? Stuck in a verbal rut? This class will not only encourage you--but will provide you with concrete steps--to enliven your speech (and writing) with colorful, precise, expressive words that will stamp you as a thoughtful, imaginative person. Learn how to use more vivid verbs (such as glower and vilify), animated adjectives (blithering and sniveling), and nery nouns (yokel and lackey). Whether you're 16, 96, or anywhere in between, start adding muscle and verve to the way you speak and write, and become more confident about the words you choose. Learn how to invigorate the way you communicate.

ITEM 8220 Fee: \$69.00 Randy Hilfman

6pm - 9pm, 2 sessions

Wed Jan 13 - Jan 20

Northshore Senior Center, Rm 202



Yoga

Hatha Yoga: includes postures, breathing, and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness, as well as an ability to relax. Includes focus on joint alignment, building core strength, and matching movement to breath. Bring a mat to class.

ITEM 8071 Fee: \$80.00

Teri Hensen

7pm - 8:pm, 8 sessions

Wed Jan 13 - Mar 3

Northshore Senior Center, MPR



Northshore Senior Center has a new partnership with our neighbors at Cascadia Community College. These Lifelong Learning classes are especially designed with the mature adult in mind, giving those 55 or older access to a range of absorbing topics. If you are interested in attending any of these classes, follow the registration instructions below.

FOUR EASY WAYS TO REGISTER:

1. MAIL

Complete the registration form below and mail it, along with full payment, to:

Cascadia Community College
 Community Education Registration
 18345 Campus Way NE
 Bothell, WA 98011

3. IN PERSON

Bring the completed form and payment to Kodiak Corner on the first floor of the Cascadia Community College campus.

4. FAX


Fax completed registration form with MasterCard or Visa information to **(425) 352-8137 or 8177**.

2. PHONE

Call **(425) 352-8862** and use a MasterCard or Visa as payment.

For more information, call (425) 352-8862 or email conted@cascadia.edu.

NOTE: Community Education students *MUST* make full payment at the time of registration.



Registration Form - Non-Credit Classes

Name _____ Date of Birth _____

Address _____

City _____ Zip _____

Phone () - () - _____ email _____
(day) (evening)

How I heard about this class: CCC schedule web previous student other

Quarter <small>(Summer, Fall, Winter, Spring)</small>	Item #	Class Title	Fee
		TOTAL	

CHECK ENCLOSED - Make checks payable to Cascadia Community College"

CREDIT CARD: VISA MASTERCARD ACCOUNT NUMBER _____ EXPIRATION DATE _____

CARD HOLDER NAME _____

NOTE: All Community Education classes must be paid in full at the time of registration. Confirmations are not issued for class registrations. You will receive a mailed confirmation of payment received. You will be notified if a class is cancelled by the college, and a full refund will be issued. Fees for non-credit classes are not refundable unless a written or emailed request is received in the CE Office prior to 3 working days before the class start.