



Summer  
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 Summer 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, Continuing Education & Community Partnerships



### **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!

Torence Powell, Ed.D

Superintendent/President

Napa Valley College





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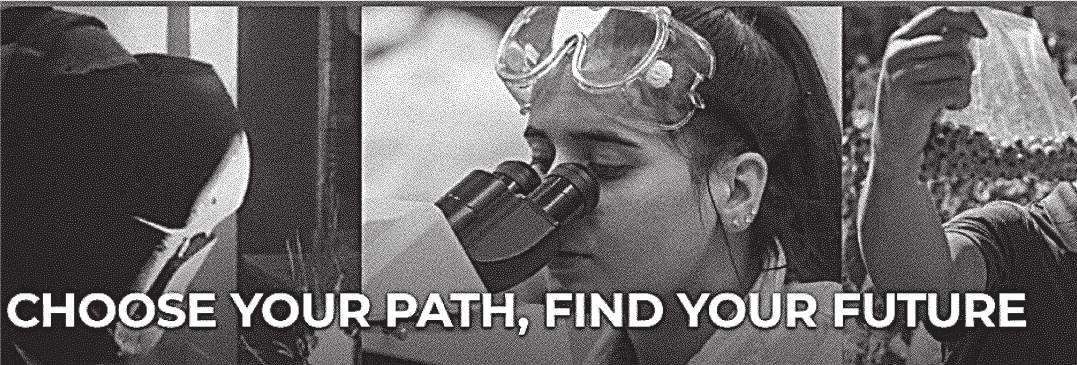
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# CHOOSE YOUR PATH, FIND YOUR FUTURE

**NAPA VALLEY COLLEGE COMMUNITY EDUCATION**

Napa Valley College’s Community Education is offered throughout the Napa Valley with administrative offices located in St. Helena at the Upper Valley Campus. The program is comprised of workshops, fee-based classes, noncredit (no-fee) classes, educational trips and tours, special events, and short-term vocational training programs. Enjoy a variety of classes to choose from in subject areas such as the arts, writing, culinary arts, gardening/outdoors, computer literacy, modern languages and ESL.

**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 & VISION**

**Mission**

Napa Valley College transforms lives. Whether your goal is to transfer, to pursue a career, or to explore your interests, Napa Valley College provides excellent educational and professional opportunities that are student-centered, equity-focused, and community-oriented.

**Vision**

Napa Valley College cultivates a learning environment grounded in equity, inclusion, and empowerment.

*Approved by the Board of Trustees November 16, 2023*

**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:

Integrity	Accountability	Respect	Sustainability
Inclusion	Equity-Mindedness	Social Justice	

**Institutional Learning Outcomes**

Students who receive a degree from Napa Valley College will demonstrate the following:

Communication & Critical Thinking	Personal, Academic, & Career Development
Scientific Quantitative Inquiry	Intercultural Literacy & Creativity
Global & Civic Awareness	

**Follow us on Social Media!**



napavalleycollege



@nvcollege



thenapavalleycookingschool



@napavalleycookingschool

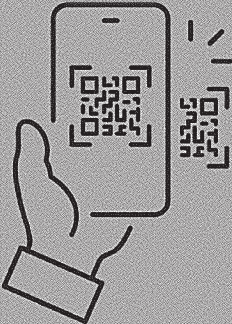


# HOW TO REGISTER

## 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**

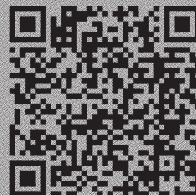


You can also access Eventbrite on your computer by typing  
the link below into your web browser:  
**[tinyurl.com/NVCeventbrite](https://tinyurl.com/NVCeventbrite)**  
**#Phone: (707) 681-5598**

## 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.*



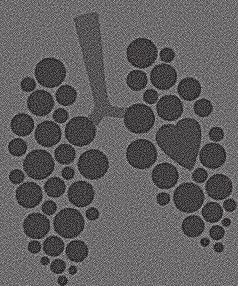
ENGLISH AS A SECOND LANGUAGE (ESL)

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.					
75365	Napa Valley Adult School, Rm 5, Lecture	6/17/25	7/17/25	Tue/Thu 6:00-8:00pm	Pesko
78577	City of Napa Library, Lecture, Lifework	6/16/25	8/7/25	Mon/Wed 6:00-8:00pm	Gardiner
78595	Calistoga Boys & Girls Club: Learning Center	6/17/25	7/24/25	Tue/Thu 6:00-8:00pm	Freeberg
<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.					
75209	Hybrid-Main Campus, Bldg 1400, Rm 1436, Lecture/ Online	6/16/25	7/24/25	Tue/Thu 9:35am-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)





# 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)

## HEARTSAVER OFFERED IN BOTH ENGLISH & SPANISH!



## CONTACT US AT

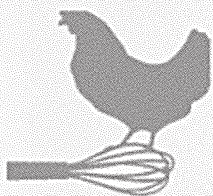
(707) 481-5646

[napacpr.enrollware.com/schedule](http://napacpr.enrollware.com/schedule)

Napa Valley College







# Napa Valley Cooking School



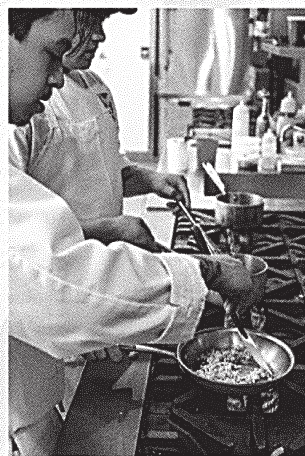
## Culinary Arts Degree Program

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.

We're currently offering registration for both our Summer and Fall Hospitality, Culinary, and Tourism Management classes. Summer courses kick-off **6/16/25 and Fall 8/25/25**, while our Fall classes will begin in August. Visit our website for more information.

## 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 the next page, 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!**



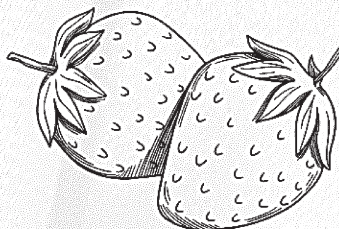
**START YOUR CULINARY CAREER:  
NAPAVALLEYCOOKINGSCHOOL.ORG**



## Strawberry Galette, Yield: 6 to 8 servings

### Ingredients:

- 1 Full Proof Sour Cream Pastry (half the recipe)
- 2 Cups Strawberries - quartered or thick sliced
- 2 Tbs Granulated Sugar
- 1 Tbs Cornstarch
- ½ Tsp Kosher salt
- 1 Egg
- 2 Tbs Turbinado Sugar
- 1 Tbs Strawberry Preserves
- Optional - 1 Tbs Turbinado sugar For Top



### Method:

Preheat the oven to 425 degrees and line a sheet pan with parchment. In a medium sized bowl, toss the strawberries with sugar, cornstarch and salt and set aside.

Lightly flour a clean surface and roll out the dough keeping the shape as close to a circle as possible. Roll from the middle to the outside and rotate the dough 90 degrees. Continue until the rolling and rotation until the pastry is the width of a sheet pan. Place the dough in a sheet pan.

Starting from the center, spoon the fruit in an even layer on the pastry leaving 1 to 2 inches for an edge. Fold the rim of the dough up and over the edge of the filling, overlapping the dough as you go around, pleating the dough. Use your hands to form a circular shape.

Brush the top of the pastry with egg wash. Sprinkle the pastry on all sides with turbinado sugar (optional)

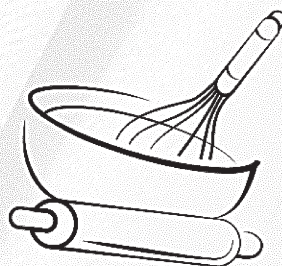
Place the sheet pan on the center shelf of the oven and turn the temperature down to 375. Bake the galette for 40 to 50 minutes or until golden brown. Remove the galette and let it cool to room temperature.

Melt the apricot jelly with 2 Tsp of water in a small pot and stir. Brush the pastry all around and top of the fruit with the apricot liquid. This will give the galette a shiny finished look. (optional) Serve with vanilla ice cream or whipped cream. Enjoy!

## Full Proof Sour Cream Pastry, Yield: top and bottom pie crust or 2 galettes

### Ingredients:

- 2 Cups AP Flour
- 1 Tsp Kosher Salt
- 1 Cup Cold Unsalted Butter, cut in small chunks
- ½ Cup Sour Cream
- 3 Tbs Ice Water- as needed
- 3 Tbs Granulated Sugar



### Method:

In a food processor, add all ingredients except the ice water. Pulse the food processor continuously for 3 minutes or until the dough starts to clump and come together. If after 2 minutes, the dough still appears like wet sand, add 1 TBS of ice water and continue pulsing. Add the ice water a little at a time until the dough begins to clump. Once the dough forms a ball in the food processor, turn it out onto a lightly floured counter.

Form the dough into a ball and cut in half. Form each half into a round disk and wrap individually with plastic wrap. Refrigerate the dough for at least one hour.

The dough can remain in the refrigerator for several days or place into a zip lock bag and frozen for 3 months.

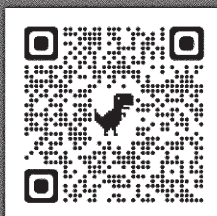




NAPA VALLEY COLLEGE  
TEACHING WINERY & VINEYARD



JOIN OUR MAILING LIST  
STAY UPDATED ON WINERY EVENTS  
AND TASTING OPPORTUNITIES



SCAN THE CODE

INTERESTED IN THE WINE CLUB?  
EMAIL [WINERY@NAPAVALLEY.EDU](mailto:WINERY@NAPAVALLEY.EDU)





# FRIDAY TASTINGS AT NVC

<https://tinyurl.com/NVCWinery>



## *Experience the Best of Napa Valley*

Join us for Napa Valley College's Friday Tasting Series, where each week, we bring together renowned vintners, passionate wine enthusiasts, and aspiring professionals for an unforgettable tasting experience. This popular and well-attended series has become a cornerstone of our wine education program, fostering valuable connections, industry partnerships, and community enrichment.

Each Friday, a guest vintner will showcase their wines, sharing insights into their winemaking philosophy, vineyard practices, and personal journey in the industry. These tastings provide a unique opportunity for attendees to engage in meaningful discussions about the evolving landscape of the wine industry, including current challenges and triumphs.

Beyond an exceptional tasting experience, this series has strengthened ties between Napa Valley College and the greater wine community, creating opportunities for mentorship, collaboration, and career development for our students. The program continues to highlight the region's rich winemaking heritage while preparing the next generation of wine professionals.

Don't miss out—tickets are on sale now! Be part of the conversation, expand your wine knowledge, and experience firsthand the impact of community-driven education.

SCAN THE CODE TO  
RESERVE A TASTING  
AND VIEW THE  
SCHEDULE



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



## ARTS AND CRAFTS

### Paint Like a Girl III

Girls just want to have more than fun! In this five-session class over 6 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 through abstraction, we will look at four uncompromising artists: Rosa Bonheur, Joan Mitchell, Jane Freilicher, and Julie Buffalohead. Crossing multiple genres of painting; figurative, 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 studio work for a fully immersive way of learning how to paint. 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 is required.

**Jun 24-Jul 29 (No Class July 22)**

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

**UVC, St. Helena**

**Willis, Rm 8**

**\$450**

### One Day Printmaking: Experimental Monotype

Escape the summer heat with some cool printmaking classes. 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. Limited to six students. 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. Pre-registration is required.

**Jun 28**

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

**UVC, St. Helena**

**Willis, Rm 8**

**\$145**

**Jul 19**

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

**UVC St. Helena**

**Willis, Rm 8**

**\$145**

**Aug 16**

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

**UVC, St. Helena**

**Willis, Rm 8**

**\$145**

**Jun 28, Jul 19, & Aug 16**

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

**UVC, St. Helena**

**Willis, Rm 8**

**All 3 classes for \$395**



**eventbrite**



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



# SEWING & UPHOLSTERY

## Quilters' Workshop

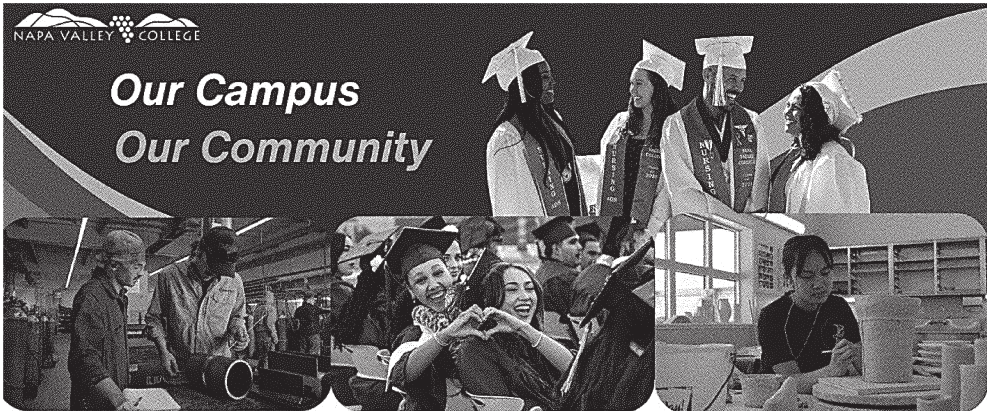
Interested in joining a community of quilters this spring? Want to start a quilting project as a beginner but unsure of how to go about it? Need some extra help in realizing or finishing a current quilting project? Bring your own materials, tools, patterns, and interest to this low key weekly gathering 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.

**Jun 16-Aug 4**  
**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.

**Jun 18-Aug 6**  
**Wed, 6:00-9:00pm**  
**UVC, St. Helena**  
**Peck, Rm 8**  
**\$130**



## Discover Your Future

Napa Valley College provides educational and professional opportunities that are centered on students, focused on equity, and oriented towards the community. These opportunities cater to a range of goals, including transferring, advancing careers, and pursuing personal interests.

*"Being a student at NVC has been eye-opening. I've been exposed to numerous opportunities related to my major and campus involvement. NVC allows me to become a more well-rounded person." - Prinz Cruz, First Year NVC Student*

## Why NVC?

- Free education for qualifying students** ✓
- Diverse areas of study** ✓
- On-campus student housing** ✓
- Dual enrollment for high school students** ✓
- Financial assistance** ✓

Learn More



**Apply today!**

[napavalley.edu](http://napavalley.edu)



# OUTDOORS

## Qigong Demystified

Qigong is becoming a more noticed and accepted health practice, both indoors and outdoors; plus, there are many styles to practice. Yet, what is Qi? How does the cultivation of energy really happen? If you enjoy Qigong, Tai Chi, or just like to learn about really amazing and empowering possibilities, this class is for you. Not only will you learn the Insight Qigong set, a health practice of nine postures, but you will also explore the core principles of Qigong, learn to feel the Qi around you and within you, understand basic traditional Chinese Medicine for personal application and so much more. There will be time for personal reflection through journaling and many handouts to support your personal practice. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for more information. [TurtleMoonQigong.com/classes](http://TurtleMoonQigong.com/classes) for a sample curriculum. Pre-registration required.

**Jun 24-Jul 29**  
**Tue, 1:30pm-3:00pm**  
**UVC, St. Helena**  
**Valerio, Rm 8**  
**\$300**



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

Sep. 8 2025  
**Save the Date!**

**Date:** Monday, September 8, 2025  
**Time:** Driving Range open at 10:45 AM  
**Location:** Napa Valley Country Club, 3385 Hagen Rd, Napa, CA 94558  
**Questions?** Email [enterprise.services@napavalley.edu](mailto:enterprise.services@napavalley.edu)

**Tickets Coming SOON**

**Visit our website for more info!**

**SCAN ME**



# Discover the World—Outdoors and Beyond!

Step beyond your backyard and into some of the planet’s most breathtaking landscapes with our 2026 Trips & Tours. Whether you’re dreaming of fjords or floating markets, these curated adventures offer once-in-a-lifetime experiences—all with expert planning and comfort in mind.



## Exploring New Zealand’s Wonders February 25 – March 15, 2026

Venture into a land of awe-inspiring natural beauty—from the geothermal marvels of Rotorua to the majestic peaks of the Southern Alps. Cruise Milford Sound, take in Queenstown’s epic scenery, and immerse yourself in Maori culture. Optional experiences include a visit to the Kiwi Birdlife Park or a thrilling Skyline Gondola ride. This is the ultimate adventure for nature lovers.



## Kingdoms of Southeast Asia February 5 – February 23, 2026

Embark on a journey through Vietnam, Cambodia, and Laos, where timeless traditions meet vibrant modern life. Sail Ha Long Bay on a traditional junk boat, explore the legendary temples of Angkor Wat, and connect with locals over a home-cooked Laotian dinner. This immersive experience weaves together lush landscapes, ancient wonders, and warm hospitality.

**See full trip details and pricing on page 28, secure your adventure today!**



WRITING, STORYTELLING, AND PERSONAL TRANSFORMATION

Moving Words

Moving Words is about attuning to our creative abilities and not only practicing literary skills and finding our unique voices, but building up our intuitive muscles so we can more easily access our creativity. We will do a little bit of qigong (Chee-gong) movement to help get our blood flowing and release chronic tension that comes with the writing process. Then we will do a short meditation that will focus our listening inward, to the intuitive voice within. Finally, we will use the Amherst Writers and Artists Method, doing prompted writing which we can then share and get supportive feedback on. 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! A \$10 material fee is due to Instructor on the first day of class. Pre-registration is required.

Jun 12-Jul 31 (No class Jul 3)

Thu, 10:30am-12:00pm

UVC, Rm 8

Valerio

\$180

CreativiQi - Energize Your Creativity

What is the imagination and how can it be a source of healing and personal growth? Our ability to tell stories and express ourselves creatively is part of the human legacy. This ability is powerful and science can now quantify it. In this interactive presentation, you will learn how sensory information is stored in the brain and body and how Qigong and Chinese Medicine formulates this knowledge into a beneficial health practice. Qigong and the creative state have similar effects within the body. This online event will include a slide presentation, movement and prompted creative journaling. Visit TurtleMoonQigong.com for more information. Pre-registration required.

Jul 27

Sun, 11:00am-1:00pm

Online

Valerio

\$40

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>*

Creative Writing 101: A Beginner's Guide

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

Jul 9

Wed, 2:00-4:00pm

Online

Krusemark

\$50 (Class fee includes materials fee)



### Writing Short Stories: A Beginner's Guide

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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.

**Jul 29**

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

**Online**

**Krusemark**

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

### Explore the World as a Travel Writer (Online)

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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.

**Jul 15**

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

**Online**

**Krusemark**

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

### 10 Practical Tips to Writing Powerful Dialogue

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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.

**Jul 24**

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

**Online**

**Krusemark**

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

### Introduction to Screenwriting for Television or Movies (Online)

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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.

**Jul 17**

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

**Online**

**Krusemark**

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

### 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?

**Jul 24**

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

**Online**

**Krusemark**

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



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**How to Write Your Life Story for Fun or Profit (Online)**

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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.

**Jul 17**

**Thu, 1:00-4:00pm**

**Online**

**Krusemark**

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

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**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.

**Jul 31**

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

**Online**

**Krusemark**

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

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**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.

**Jul 22**

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

**Online**

**Krusemark**

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

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**Beginner's Guide to Getting Published (Online)**

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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 pass the editor's desk.

**Jul 16**

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

**Online**

**Krusemark**

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

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**Be a Better Writer: 10 Easy Tips to Improve Your Writing NOW (Online)**

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We write everyday: 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.

**Jul 10**

**Thu, 4:00pm-7:00pm**

**Online**

**Krusemark**

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

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**Comedy Writing: How to Be Funny on Paper & Stage (Online)**

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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.

**Jul 10**

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

**Online**

**Krusemark**

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

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### **Write a Riveting Mystery, Suspense, or Crime Story (Online)**

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.

**Jul 22**

**Tue, 3:00pm-5:00pm**

**Online**

**Krusemark**

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

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### **How to Outline and Write an Irresistible Romance (Online)**

Romance is the #1 selling fiction genre. Whether you are a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice.

**Jul 30**

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

**Online**

**Krusemark**

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

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### **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.

**Jul 23**

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

**Online**

**Krusemark**

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

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### **Explore 50 Different Self-Publishing Options (Online)**

Self-Publishing is all the rage, but is it the best option for YOU? (Participants must also attend "Beginner's Guide to Getting Published") You will discover the pros and cons of all the self-publishing options.

**Jul 16**

**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 how to create an Amazon KDP account, format your manuscript and upload it to the platform, and much more.

**Jul 31**

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

**Online**

**Krusemark**

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



## Writing for Online Blogs, Magazines, and Websites (Online)

You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine, or website. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, and much more.

**Jul 16**

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

**Online**

**Krusemark**

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

## 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.

**Jul 31**

**Thu, 4:00-5:30pm**

**Online**

**Krusemark**

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

## LIFELONG LEARNING

### Artificial Intelligence in Everyday Life

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 or Saturday workshop with Napa Valley College Community Education will equip you with essential AI skills. Learn how to use genAI tools such as ChatGPT and Co-Pilot 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.

**Jul 9, 16 & 23**

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

**Main Campus, Napa**

**Encarnacion**

**Rm 1637/1638**

**\$60**

**Aug 2**

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

**Main, Napa**

**Encarnacion**

**Rm 1637/1638**

**\$60**

## Top 10 Tips to Get the Most out of Your Apple or Android Device

Have you recently upgraded to an iPhone or Android? Or have you had your 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 or google to do just about everything on your smartphone • Dictation, Dictation, 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 smartphone 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 Jul 1**

**Tue, 10:00am-12:00pm**

**Online**

**Dancu**

**\$40**

**IPHONE Aug 1**

**Fri, 10:00am-12:00pm**

**Online**

**Dancu**

**\$40**

**ANDROID Jul 31**

**Thu, 10:00am-12:00pm**

**Online**

**Dancu**

**\$40**



**MUSIC & DANCE**

**Beginning Blues Harmonica**

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.

**Aug 9**

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

**Main Campus, Napa**

**Broida, Rm 142**

**\$35**

**Healthy Harmonica**

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.

**Aug 9**

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

**Main Campus, Napa**

**Broida, Rm 142**

**\$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 \$30 materials fee to be paid to the instructor on the day of the class that covers CDs and handouts. Pre-registration is required.

**Aug 9**

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

**Main Campus, Napa**

**Broida, Rm 142**

**\$50**





WELLNESS

Reiki: Level I

Join us for a unique opportunity to learn Reiki Level 1, an ancient Japanese healing practice that can help you improve your physical, emotional, and mental well-being. These Reiki classes are designed for beginners and will teach you everything you need to know to become a certified Reiki practitioner. Research has shown Reiki reduces stress and anxiety • Promotes relaxation and better sleep • Boosts immune system and natural healing processes • Increases intuition and spiritual connection • Enhances overall health and well-being. Introduction to Reiki principles and history • Learning to channel and work with energy • Techniques for self-healing and healing others • Practice sessions and personalized guidance • Certification upon completion of the class. Our classes are taught by certified Reiki practitioners who have years of experience in healing and teaching. Come to a supportive and welcoming environment for all students, regardless of their level of experience. Pre-registration required.

**Jun 21 & 28**

**Sat, 10:00am-2:00pm**

**Main Campus, Napa**

**Thompson, Rm 1637**

**\$350**

**Jul 17 & 24**

**Thu, 12:30 - 4:30 pm**

**UVC, St. Helena**

**Thompson, Rm 8**

**\$350**

CreativiQi - Energize Your Creativity

What is the imagination and how can it be a source of healing and personal growth? Our ability to tell stories and express ourselves creatively is part of the human legacy. This ability is powerful and science can now quantify it. In this interactive presentation, you will learn how sensory information is stored in the brain and body and how Qigong and Chinese Medicine formulates this knowledge into a beneficial health practice. Qigong and the creative state have similar effects within the body. This online event will include a slide presentation, movement and prompted creative journaling. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for more information. Pre-registration required.

**Jul 27**

**Sun, 11:00am-1:00pm**

**Online**

**Valerio**

**\$40**

Qigong Demystified

Qigong is becoming a more noticed and accepted health practice and there are many styles to practice. Yet, what is Qi? How does the cultivation of energy really happen? If you enjoy Qigong, Tai Chi, or just like to learn about really amazing and empowering possibilities, this class is for you. Not only will you learn the Insight Qigong set, a health practice of nine postures, but you will also explore the core principles of Qigong, learn to feel the Qi around you and within you, understand basic traditional Chinese Medicine for personal application and so much more. We will practice both indoors and outside under the trees. There will be time for personal reflection through journaling and many handouts to support your personal practice. Visit [TurtleMoonQigong.com](http://TurtleMoonQigong.com) for more information. [TurtleMoonQigong.com/classes](http://TurtleMoonQigong.com/classes) for a sample curriculum. Pre-registration required.

**Jun 24-Jul 29**

**Tue, 1:30pm-3:00pm**

**UVC, St. Helena**

**Valerio, Rm 8**

**\$300**



Chakra Awakening Series: A Holistic Path to Wellness

In a Chakra Alignment and Energy Balancing Class, participants can expect to learn a wide range of valuable skills and knowledge related to chakras, energy healing, and holistic well-being. Here is an overview of what you will learn in such a class: Understanding Chakras: Explore the concept of chakras, their origins in Eastern philosophy, and their significance in holistic health. Learn about the seven main chakras, their locations along the body’s energy system, and the specific attributes associated with each one. Chakra Anatomy: Dive into the anatomy of chakras, including their colors, symbols, elements, and associated physical and emotional aspects. Understand how chakras are interconnected and influence various aspects of your life, from physical health to emotional well-being. Pre-registration required.

**Jun 18**  
**Wed, 10:00am-2:30pm**  
**Main Campus, Napa**  
**Thompson, Rm 1637**  
**\$150**

**LIFE PLANNING**  
**Understanding Your Medicare**

If you’re turning 65 and need guidance on how to enroll into Medicare, this is the class for you will learn: When and how to enroll in Medicare, Basic Medicare benefits and costs, Medicare alphabet soup and what A-B-C-D means, Medicare supplemental (Medigap) plans, Medicare Advantage plans (HMOs), Prescription drug plans, Coordination with other health insurance including employer plans, retirement plans, VA, and COBRA,, and Learn how to avoid permanent, lifetime penalties and more. Pre-registration required.

<b>Jun 21</b>	<b>Aug 9</b>
<b>Sat, 9:00-10:30am</b>	<b>Sat, 9:00-10:30am</b>
<b>Main Campus, Napa</b>	<b>ain Campus, Napa</b>
<b>Farina, Rm 1630</b>	<b>Farina, Rm 1630</b>
<b>Free</b>	<b>Free</b>

**Retirement Planning Today**

In this course, you will learn how to plan for retirement, organize finances, and develop a personalized plan that empowers you to reach your long-term goals. Topics include learning how to best calculate savings needed to retire, employer retirement plans and how to maximize their potential, understanding taxes and how to utilize them to save money, managing investment risks, and much more! This course will take place over 2 3-hour sessions, available in-person. Designed for pre-retirees, ages 50-65. Pre-registration is required.

**Jul 30 & Jul 31**  
**Wed/Thu, 6-9:00pm**  
**Main, Rm 1630**  
**Jacobson**  
**\$49**

**Understanding Reverse Mortgages**

You have probably heard about them and seen the TV ads but are not sure how reverse mortgages really work. If you are a homeowner, age 62+ who would like to utilize a portion of your home equity to financially secure your retirement years come learn how you can maximize the benefits of turning equity into cash. We will discuss how these FHA-government insured loans have helped millions of seniors secure their financial longevity, the pros and cons, eligibility, options for receiving your money, and everything else you need to know to secure your retirement. Pre-registration is required.

**Jul 23**  
**Wed, 12:30-3:30pm**  
**UVC, St. Helena**  
**Schwartz, Rm 8**  
**\$15**



## Life Insurance and Long Term Care Planning

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Does Life Insurance have multiple levels of financial protection? How does long term care planning protect your financial future? In this class you will learn about: What LTC is and why you should consider LTC planning. What the activities of daily living (ADL) in LTC entail. Who pays for LTC? What kind of options you have for planning for LTC. You can learn all of this from home in this online class. Your instructor will send you information on how to access the class. Pre-registration required.

**Jun 25**

**Wed, 12:00-1:00pm**

**Online**

**Amaton**

**\$25**

## 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 leeanne@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 (Online)

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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.

**Jul 30**

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

**Online**

**Krusemark**

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

### How to Start Any Home Business + Explore 250 Home Business Ideas (Online)

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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.

**Jul 30**

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

**Online**

**Krusemark**

**\$50**

### Earn Extra Money Mystery Shopping (Online)

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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 to begin your new career in this exciting field.

**Jul 30**

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

**Online**

**Krusemark**

**\$30**

**\$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing (Online)**

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.

**Jul 24**  
**Wed, 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.

**Jul 10**  
**Thu, 1:00-2:00pm**  
**Online**  
**Krusemark**  
**\$30 (Class fee includes materials fee)**

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

Take a livestream class and receive your Proof of Completion needed to take the official Notary Exam. Whether you want to boost your income, create a new job opportunity, provide a service to your community, or increase your value to your current employer, this is the perfect opportunity. Successful Notaries are valuable in almost any industry: real estate, legal, medical, and banking to name just a few. This livestream seminar is designed specifically for virtual learning, and responds to the current demand in the field. You will be ready to take the official notary exam and practice as a safe and effective notary. Note: 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. You will receive a link to access the class from [info@npsnotary.com](mailto:info@npsnotary.com). Pre-registration is required.

<b>Jul 8-10</b>	<b>Aug 5-7</b>
<b>Tue/Wed/Thu, 6:00-8:15pm</b>	<b>Tue/Wed/Thu, 6:00-8:15pm</b>
<b>Staff, Online</b>	<b>Staff, Online</b>
<b>\$119 (Class fee includes materials fee)</b>	<b>\$119 (Class fee includes materials fee)</b>

**Notary and Notary Renewal Information**

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)

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)  
You will receive a link to access the class from [info@npsnotary.com](mailto:info@npsnotary.com). Pre-registration is required.

**Jul 8 & 9**  
**Tue/Wed 6:00-8:15pm & 6:00-7:00pm**  
**Staff, Online**  
**\$75 (Class fee includes materials fee)**

**Aug 5 & 6**  
**Tue/Wed 6:00-8:15pm & 6:00-7:00pm**  
**Staff, Online**  
**\$75 (Class fee includes materials fee)**

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)  
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. Pre-registration is required.

**Jul 22-24**  
**Tue/Wed/Thu, 6:00-8:00pm**  
**Staff, Online**  
**\$129 (Class fee includes materials fee)**

**Aug 19-21**  
**Tue/Wed/Thu, 6:00-8:00pm**  
**Staff, Online**  
**\$129 (Class fee includes materials fee)**



nvc  
café

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EATS &

GOOD  
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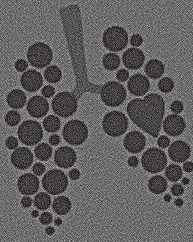
**[HTTPS://TINYURL.COM/CAFENVC](https://tinyurl.com/cafenvc)**

**NVC CAFE IS LOCATED ON THE MAIN CAMPUS  
IN THE MCCARTHY LIBRARY, BLDG 1700**

**VISIT OUR WEBSITE FOR UPDATED HOURS,  
SPECIALS, CATERING & EVENTS!**



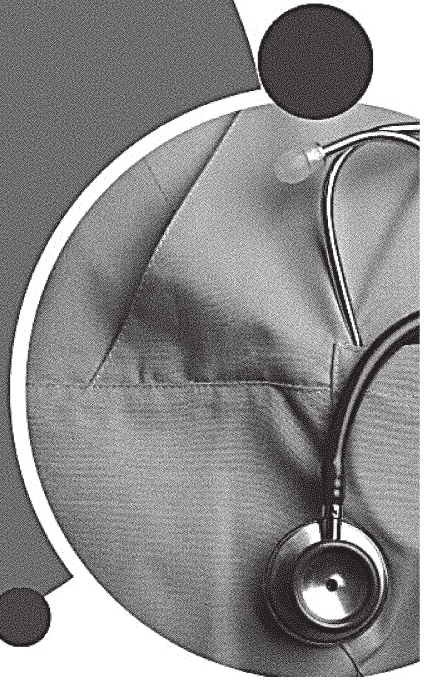




# NAPA CPR

## BASIC LIFE SUPPORT (BLS)

The AHA's BLS Course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills



*Napa Valley College's CPR Training Center supports our community's resilience and healthcare systems. In partnership with the American Heart Association we provide training for the general public, first responders and healthcare professionals. We help ensure local hospitals, fire departments, schools, and more are ready to meet our community's needs.*

### BLS Provider Course - For healthcare professionals

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

**Date/Time:** Tue 6/10/2025 from 5:30 PM to 9:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$85.00

**Date/Time:** Thu 6/12/2025 from 5:30 PM to 9:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$85.00

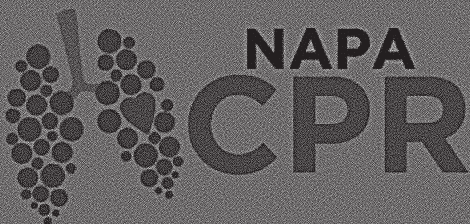
**Date/Time:** Tue 6/17/2025 from 5:30 PM to 9:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$85.00

**Date/Time:** Tue 6/24/2025 from 5:30 PM to 9:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$85.00

**Date/Time:** Thu 6/26/2025 from 5:30 PM to 9:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$85.00







#### 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.



#### Heartsaver® First Aid CPR AED Training - For the general public

Learn how to save a life! The American Heart Association's Heartsaver® First Aid CPR AED course trains participants to respond confidently and effectively to medical emergencies. You'll gain the skills to provide first aid, perform CPR, and use an automated external defibrillator (AED) in a safe and timely manner. This course reflects the most recent AHA Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

##### Heartsaver First Aid, CPR and AED Course

**Date/Time:** Sat 6/21/2025 from 8:30 AM to 2:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$95.00

##### Heartsaver Pediatric First Aid CPR AED Course

**Date/Time:** Sat 5/10/2025 from 8:30 AM to 2:30 PM  
**Location:** Napa Valley College, Room 803  
**Class Price:** \$55.00

##### Heartsaver CPR & AED Course (SPANISH VERSION) (AHA 2020 Guidelines)

**Date/Time:** Thu 6/12/2025 or 6/26/2025 from 9:00 AM to 2:00 PM  
**Location:** Napa Valley College, Room 1011  
**Class Price:** \$85.00

#### CONTACT US AT

(707) 481-5646

[napacpr.enrollware.com/schedule](http://napacpr.enrollware.com/schedule)

Napa Valley College



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 Show!**  
**August, 28, 10:30am**  
**NVC Main Campus, Community Room**  
**No Parking Permit Needed**



### 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.

### 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.

### Holland and Belgium Spring River Cruise

**March 24 — April 4, 2026**

Savor springtime in Holland and Belgium with a cruise that features blooming tulip fields and iconic windmills. Enjoy a canal cruise in the heart of Amsterdam. Stop in Arnhem, the favorite summer retreat of the Dutch royal family. Step into medieval times during a Bruges walking tour. Explore Kinderdijk and see Holland's iconic windmills. Relax as you make your way along picturesque scenery and visit beloved cities such as Amsterdam and Bruges. Visit Keukenhof Gardens, home to more than 7 million tulips.



**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.

**American Heritage****April 10 — April 17, 2026**

This grand historic tour features a two-night stay at The Greenbrier, a classic American resort in the mountains of West Virginia. Relax and unwind on the iconic property while enjoying fabulous dining and traditional pastimes and exploring the storied past of this luxury escape. Be ushered through America’s eras: enjoy a tavern dinner colonial-style, visit Thomas Jefferson’s Monticello, step back in time at Colonial Williamsburg, explore a Smithsonian, and more. Experience the grandeur of The Greenbrier amid the West Virginia mountains and explore American history throughout Washington, D.C. and Virginia on a fascinating journey.

**Croatia & Its Islands****May 01 — May 12, 2026**

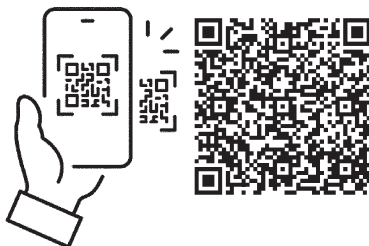
From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia. Enjoy a memorable 7-night cruise on the Adriatic Sea along Croatia’s coast aboard a privately chartered ship. Tour the Old City of Dubrovnik and walk along the picturesque cobblestone 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 Summer Travel show in August, and join our mailing list! Scan the code below! or type the link into your web browser.**  
**[tinyurl.com/napatripsandtours](https://tinyurl.com/napatripsandtours)**

**Don’t see a trip you like? Call or email the contact below and let us know where you want to go!**

**Questions?****Contact us at: (707) 387-1923****email: [enterprise.services@napavalley.edu](mailto:enterprise.services@napavalley.edu)****[tinyurl.com/napatripsandtours](https://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/napacomed>

- **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:

- Integrity
- Accountability
- Respect
- Sustainability
- Inclusion
- Equity-Mindedness
- Social Justice

**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)





# Our Campus Our Community



## Discover Your Future

Napa Valley College provides educational and professional opportunities that are centered on students, focused on equity, and oriented towards the community. These opportunities cater to a range of goals, including transferring, advancing careers, and pursuing personal interests.

### Why NVC?

- ✔ Free education for qualifying students
- ✔ Diverse areas of study
- ✔ On-campus student housing
- ✔ Dual enrollment for high school students
- ✔ Financial assistance

*"Being a student at NVC has been eye-opening. I've been exposed to numerous opportunities related to my major and campus involvement. NVC allows me to become a more well-rounded person." - Prinz Cruz, First Year NVC Student*



Learn More

Apply today!

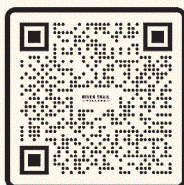
[napavalley.edu](https://napavalley.edu)





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Permit No. 81

# COMMUNITY EDUCATION

**REGISTER FOR COURSES ON *eventbrite***

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