

Lifelong Learning

UPCOMING CLASSES



FABRIC COLLAGE WITH CATHY
SEE INSIDE FOR DETAILS

October – December
2024

REGISTER TODAY!

308.635.6700 | go.wncc.edu/lifelonglearning



**Western Nebraska
Community College**

SOMETHING FOR EVERYONE

Alliance

Adult Education 2

Chadron

Adult Education 2

Gordon

Adult Education 2

Kimball

Adult Education 2

Sidney

Adult Education 2

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SCOTTSBLUFF/GERING
308.635.6700

Adult Education

For more info, call 308.635.6769

WNCC Online Training

ed2go.com/wncc

Class B Commercial Driver's License (CDL)

TBD – Contact us for scheduling (M – F)

8:00 a.m. – 5:00 p.m., \$1300

A two-week training course will prepare you to pass Nebraska's DMV test to obtain your Class B CDL.

Requirements to enroll include:

- Complete the WNCC CDL class application and pass our driving record background check.
- Obtain your DMV Commercial Learner's Permit (CLP).
- Pass a DOT Drug Test.

We offer financial assistance to those who qualify.

To register, call: 308.635.6335.



Basic Rider Course

Visit bit.ly/321brc for available dates.

8:00 a.m. – 5:00 p.m., \$250

Instructor: Abby Spaedt

A driver's license is required to take this course.

This is a Motorcycle Safety Foundation and State of Nebraska certified motorcycle training course. This Basic Rider Course (BRC) is designed to coach beginning rider's basic skills and motorcycle safety. Motorcycles are provided, and students need only provide basic protective gear; helmets can be borrowed if needed. Upon successful completion of the BRC, participants are awarded a completion card that waives DMV testing requirements for a motorcycle endorsement. There are three components to the class. Students must complete a three-hour online e-course before the class starts. There are five hours of classroom time and 10 hours of riding on site at the WNCC Scottsbluff campus. Go to 321mctraining.com for more information and tips for success. To register for this class, go to bit.ly/321brc.

Bushidokan™

Oct 2 – 30, or Nov 4 – 25, or Dec 2 – 23 (M, W)

6:00 – 7:00 p.m.

Single: \$40; Family: \$55 (up to 3)

Ages: 8 and up

Monument Mall, CrossFit

Known as “an original U.S. MMA,” Bushidokan is deeply rooted in the history of American martial arts with multiple world titleholders and respected self-defense experts. Bushidokan has borrowed techniques from more than 10 different martial arts and three primary systems: karate, judo, and jujitsu. Recognized worldwide for its self-defense, Bushidokan's tactics have been tested in diverse situations including life-or-death defense by citizens, law enforcement, and elite military groups such as Green Berets, Rangers, Navy SEALs, and others. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!



Introduction to Hobby Photography

Oct 2 – 28, (M, W)

6:00 – 8:00 p.m., \$60, plus one month subscription, \$19

Instructor: Brandi Ward

Are you someone who loves taking photos as a hobby? Do you want to enhance your understanding and abilities? If you own a camera but find yourself in auto mode or if you have questions about utilizing your camera's settings to its full potential, then this course is for you! Join us as we take a crash course through The School of Photography's, Beginner Photography Course. Students will need to purchase a one-month subscription to the course for discussion. One month subscription is \$19. Subscription can be purchased at

www.theschoolofphotography.com/courses/membership.

Students will follow the beginner photography course from "The School of Photography" program. Over four weeks and eight two-hour classes, students will go through camera settings, focusing, composition, lenses and focal lengths, metering, ISO, apertures and depth of field, shutter speeds, balancing exposure, balancing exposure with flash, resolution, light and light balance, night photography, postproduction, and RAW files. Students will take photos to bring back to class for discussion and critique.

Family and Friends CPR

Oct 5, or Nov 9, or Dec 7 (SA)

9:00 a.m. – 12:00 p.m., \$100 (family and friends up to 4)

Instructor: Sheila Clemens

Family and Friends CPR is an American Heart Association orientation to CPR and is not a certifying or credentialing course. This course is for the family (dad, mom, children, grandparents), or friends. Up to 4 family or friends can attend. Additional family or friends can attend for an additional cost. In this class you will learn to perform Hands-Only CPR for an adult, child, and infant. Perform CPR with breaths for an adult, child, and infant. Learn basic first aid, choking rescue techniques, and use an AED when available for an adult, child, and infant who needs CPR. If you need certification in CPR, classes are offered monthly for an additional cost, just tell us when you call.

Traditional Healing Soups

Oct 5 or Nov 16 (S)

10:00 a.m. – 12:00 p.m., \$50

Instructor: Mindy Lively

Just in time for the colder temps, we will learn what, why, and how to make a healing soup. Learn the simple steps to making a basic soup from whole food ingredients. We will differentiate between meat stock and bone broth, and which one is best for your body's needs. You will learn about the key nutrients in a healing soup as well as simple cooking techniques to make you a more confident home cook. Taught by a certified gut health coach through GAPS International. Students will take a sample of a soup so will need their own quart-sized jar with a screw on lid.

Heart Saver CPR & First Aid

Oct 7, or Dec 9 (M)

1:00 – 4:00 p.m., \$70 or

Nov 4 (M)

6:00 – 9:00 p.m., \$70

Heart Saver First Aid class is designed for anyone with limited or no medical training who needs the course completion card to meet employment, regulatory, or other requirements. This includes daycare workers-owners, OSHA-compliant factory employees, government office workers, teachers, etc. The general public is also welcome. Upon completion, participants receive an American Heart Association Heart Saver First Aid Course Completion Card which is valid for two years.

Confident Cooking

Oct 7 or Nov 4 (M)

6:00 – 8:00 p.m., \$35

Instructor: Mindy Lively

Are you insecure about your cooking skills? Do you want to cook at home more often but don't know where to start? Cooking a meal from scratch is simple and so much healthier. We will workshop some basic menus, demonstrate a few simple condiments from scratch, and each student will make their own butter. You will become a more confident cook! Taught by a certified gut health coach through GAPS International. Students will need to bring their own quart-sized jar with a screw on lid.

Sourdough Bread Workshop Kids Saturday, bring a Parent

Oct 12 (S)

9:00 – 11:00 a.m., \$35

Ages: 8 – 13

Registration deadline: Oct 7

Registration cost covers one child and one adult

This class is for a child and a parent or guardian to work together to learn how to make Sourdough Bread. Did you know that 70 percent of your immune system starts in your gut? And did you also know that good foods like veggies and sourdough bread feed a healthy gut? In this workshop you will learn about the relationship between functional food (like delicious sourdough breads) and a healthy gut. Plus, you will make your very own sourdough loaf to take home and bake later and a sourdough starter from a well-established "sourdough Mutha" so you can keep making yummy and healthy sourdough for years to come! You will also get some recipes to make things like Pizza and Waffles! You will need to bring:

You will need to bring:

- A large mixing bowl
- A strong mixing spoon
- 5 cups of bread or all-purpose flour
- An empty wide mouth jar with ring or rubber band
- Apron and hand towel (optional)

Paint Party – Halloween

Oct 12 (S)

10:00 a.m. – 12:00 p.m., \$35

Instructor: Karen Jump

Registration Deadline: Oct 4

Are you looking for a fun activity to relax, socialize, and create? Come paint an easy acrylic painting that will brighten your own home or make a nice gift. The painting instruction is step-by-step, and all supplies are furnished. Just grab a friend and come have fun.



Fabric Collage with Cathy Kids Saturday, Halloween

Oct 19 (S)

1:00 p.m. – 5:00 p.m., \$85

Ages: 8 – 13

Registration deadline: Oct 7

Registration cost covers one child and one adult

Children must be accompanied by an adult. This class is for a child and a parent or guardian to work together to learn how to make a Fabric Collage. Learn a new fused and pressed fabric appliqué method that inspires your creativity for Collage Art. All while having lots of fun! Choose from one of two designs. Fabric choices will vary.



or



Bob Ross Painting Scottsbluff / Sidney

Scottsbluff

Oct 19, or Nov 23, or Dec 14 (S)

9:00 a.m. – 2:00 p.m., \$75

or Sidney

Oct 26, or Dec 7 (S)

9:00 a.m. – 2:00 p.m., \$75

Bob Ross believed that everyone who wanted to paint could paint like a natural with the right tools and a little encouragement. Come and experience the joy and confidence of painting a beautiful landscape using the Ross wet-on-wet technique. Please bring a roll of paper towels to this class.

Oct 19 Scottsbluff

Oct 26 Sidney



Nov 23 Scottsbluff



Dec 14 Scottsbluff

Dec 7 Sidney



Basic Nursing Assistant Scottsbluff Campus

TBD, \$488 (price based on NE resident cost, may vary by student type) plus book

This course is approved by the Nebraska State Board of Nursing to provide participants with the knowledge, skills, and attitudes necessary to practice as a nursing assistant in the state of Nebraska. Those who successfully meet the course requirements are eligible to sit for the State of Nebraska Nursing Assistant exam.

Welcome to Fall-O-Ween

Oct 26 (S)

9:00 – 11:00 a.m., \$20

Registration deadline: Oct 18

This class is for people who like arts and crafts. Come out and enjoy a Saturday morning with us and have some fun while you learn how to make your own Halloween Gnome. Gnomes are made from cloth material and can sit anywhere, take them to work or school, set them on a desk, or bookshelf. All materials are provided, please bring a glue gun if you have one. Open to all ages, children 8 and under must be accompanied by a parent or guardian.



Beginning Sourdough Bread ZOOM or in person

Nov 7 (Th)

6:00 – 8:00 p.m., \$35

Registration deadline: Nov 1

Did you know that 70 percent of your immune system starts in your gut? And did you also know that good foods like veggies and sourdough bread feed a healthy gut? Yes, some breads and carbs are good for you! In this workshop you will learn about the relationship between function food (like delicious sourdough breads) and a healthy gut. Plus, you will make your very own sourdough loaf to take home and bake later and a sourdough starter from a well-established "sourdough Mutha" so you can keep making yummy and healthy sourdough for years to come! You will need to bring:

- A large mixing bowl
- A strong mixing spoon
- 4.5 cups bread or all-purpose flour
- An empty wide mouth jar with ring or rubber band
- Apron and hand towel (optional)

Fabric Collage with Cathy

Nov 9 (S)

8:30 a.m. – 12:30 p.m., \$85

Registration deadline: Nov 1

Ages: 14 and older

Learn a new fused and pressed fabric appliqué method that inspires your creativity for Collage Art. All while having lots of fun! Choose from 1 of 2 designs. Fabric choices will vary.



or



Paint Party – Christmas

Nov 9 (S)

1:30 – 3:30 p.m., \$35

Instructor: Karen Jump

Registration Deadline: Nov 1

Are you looking for a fun activity to relax, socialize, and create? Come paint an easy acrylic painting that will brighten your own home or make a nice gift. The painting instruction is step-by-step, and all supplies are furnished. Just grab a friend and come have fun.

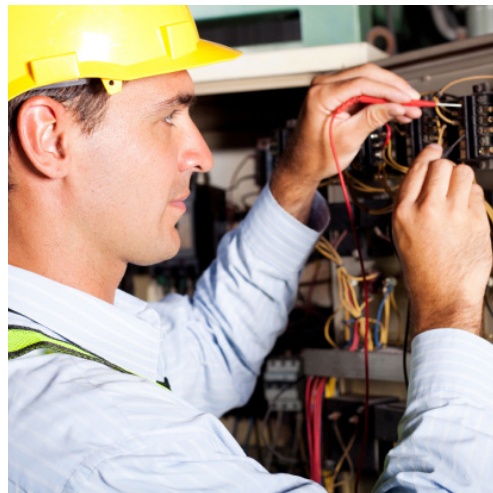


Electrical Codes Update 12-Hour Course (Nebraska License)

Nov 15 (F) 8:00 a.m. – 5:00 p.m.

Nov 16 (S) 8:00 a.m. – 12:00 p.m., \$110

This 12-hour course will cover electrical updates and will provide 12 hours of continuing education per state requirements. The course will be taught in conjunction with the 16-hour course by Alan Strauch. There will be a one-hour break for lunch. Students need to bring the 2023 codes book to class.



Electrical Codes Update 16-Hour Course (Wyoming License)

Nov 15 (F) 8:00 a.m. – 5:00 p.m.

Nov 16 (S) 8:00 a.m. – 5:00 p.m., \$120

This 16-hour course will cover electrical updates and will provide 16 hours of continuing education per state requirements. The course will be taught with the 12-hour course by Alan Strauch. There will be a one-hour break for lunch. Students need to bring the 2023 codes book to class.

Certified Fiber Optic Technician Bootcamp

Nov 18 – Nov 21 (M – Th)

8:00 a.m. – 6:00 p.m., \$2250

Registration Deadline: Nov 14

WNCC has partnered with BDI DataLynk on this four-day course that prepares you to be a Fiber Optic Association certified technician specializing in testing and splicing. BDI DataLynk is a Fiber Optic Association authorized training and certification provider. All our certification courses are 85% hands-on, and all class fees include textbook, study materials, and exam fees.

Class A Commercial Driver's License (CDL)

Dates are Subject to Change

Nov 18 – Dec 18 (M – F)

8:00 a.m. – 5:00 p.m., \$4750

A Class "A" Commercial Driver's License (CDL) opens the door to a variety of high paying career opportunities. WNCC's five-week training course will prepare you to pass Nebraska's Department of Motor Vehicles written exam and driving skills test so you can obtain your Class A CDL. Classes fill up fast so call today. Requirements for enrollment include:

- Complete the WNCC CDL class application and pass our driving record background check.
- Pass a DOT Physical Exam.
- Obtain your DMV Commercial Learner's Permit (CLP). (WNCC offers CLP Exam Prep study courses).
- Pass a DOT Drug Test.

We offer financial assistance to those who qualify.

To register, call: 308.635.6335.



Expanded Sourdough Bread

Nov 21 (Th)

6:00 – 8:00 p.m., \$35

Registration deadline: Nov 15

This class is for those who have already taken the Beginner Sourdough Bread class. We will talk more about gut health of course! But also, the many other things you can make with sourdough and discard, like pizza and crackers, just to name a few. We will also cover using a bread lame to cut beautiful designs into your bread, painting with edible paint and open baking (baking without a pan) and many other sourdough tools. Everyone will go home with a small recipe book and a sourdough cracker batter to bake/cook the next day! Please bring:

- 2 quart or larger bowl with a lid or cover
- 2 cups flour
- a whisk or fork
- 1/2 stick of butter OR 3 Tablespoons of your choice of oil (Olive oil, Avocado oil, etc)
- Basic Measuring Spoons/Cup set
- Apron and hand towel (optional)

Gnome for the Holidays

Dec 7 (S)

9:00 – 11:00 a.m., \$20

Registration deadline: Dec 2

This class is for people who like arts and crafts. Come out and enjoy a Saturday morning with us and have some fun while you learn how to make your own Holiday Gnome. Gnomes are made from cloth material and can sit anywhere, take them to work or school, set them on a desk, or bookshelf. All materials are provided, please bring a glue gun if you have one. Open to all ages, children 8 and under must be accompanied by a parent or guardian.



Puzzle Competition

Dec 7 (S)

12:30 – 5:30 p.m., \$80

Registration deadline: Dec 2

This is a competition between teams. Teams consist of 1 – 4 people, there is a maximum of 10 teams that can participate. The competition starts at 1:00 p.m. and ends at 5:00 p.m. Breaks can be taken but the clock does not stop. The first team to finish their puzzle or the team closest to finishing their puzzle wins. The clock stops at 5:00 p.m. and judges will determine the winning team. Winners take home the puzzle and bragging rights to being the best puzzle team in town. Open to all ages, children under 8 must be accompanied by an adult.



Fabric Collage with Cathy

Dec 14 (S)

1:00 – 5:00 p.m., \$85

Registration deadline: Dec 6

Ages: 14 and older

Learn a new fused and pressed fabric appliqué method that inspires your creativity for Collage Art. All while having lots of fun! Choose from one of three designs. Fabric choices will vary.



or



or



Basic Life Support/CPR for Healthcare Professionals

Dec 16 (M)

1:00 – 4:00 p.m., \$70

This course covers adult, child, infant CPR, AED training for in-hospital and out-of-hospital situations for healthcare providers, professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. Participants learn to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Participants earn their two-year American Heart Association completion card.

COMING SOON



House of Colour Demonstration

Scottsbluff Jan 18 (S) 10:00 a.m. – 12:00 p.m., \$40
or Sidney Feb 22 (S) 10:00 a.m. – 12:00 p.m., \$40
Instructor: Sarah Buchholz

Discover your specific color palette through our expert House of Colour analysis demonstration, learning which seasons and colors work best for you. You'll gain a deeper understanding of how colors can influence your appearance and elevate your overall confidence. This educational voyage will equip you with the knowledge to make informed fashion choices that perfectly align with your unique style. You'll discover which colors to embrace, which to avoid, and how to effortlessly mix and match them, creating stylish and harmonious outfits that reflect your authentic self.

Register Today! | 308.635.6700 | go.wncc.edu/lifelonglearning



Become a healthcare professional in a medical laboratory with our Phlebotomy Technician Program (PMT)! As a phlebotomist, you will be the front-line member of the laboratory who collects patient samples for testing. In our program, you will learn how to draw blood, process specimens, and perform basic laboratory testing.

WNCC offers a NAACLS certified program to become a certified Medical Laboratory Technician (MLT), a phlebotomist (PBT) or both through our dual option.

- Phlebotomist (PBT) credentials and certificate (one semester)
- Medical Laboratory Technician (MLT) credentials and Associate of Applied Science Degree (two years)

Learn more today about an exciting new career as an MLT or Phlebotomist!

go.wncc.edu/mlt

Contact Us

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PHLEBOTOMY TECHNICIAN (PBT) PROGRAM

*Earn a Certificate and PBT
Credentials at WNCC*



**Western Nebraska
Community College**