

Lifelong Learning Upcoming Classes

August 2022



TAKE
ONE!

REGISTER TODAY!

308.635.6701 | 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

WNCC Online Courses 2

Scottsbluff/Gering

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ALLIANCE
308.763.2002

Adult Education

For more info, call 308.635.6769

CHADRON
308.635.6770

Adult Education & GED Testing

For more info, Call 308.635.6769

GORDON
308.635.6770

Adult Education

For more info, call 308.635.6769

See page 11 for more information.

KIMBALL
308.635.6770

Adult Education

For more info, call 308.635.6769

SIDNEY
308.254.7407

Adult Education

For more info, call 308.635.6769

WNCC Online Courses

ed2go.com/wncc

Sessions start monthly!

Instructor-led online courses

Convenient six-week format

**PROFESSIONAL DEVELOPMENT &
PERSONAL ENRICHMENT**

- Interactive learning environment
- Award of completion with passing score

CAREER TRAINING PROGRAMS

- Prepare for industry certification or start a new career
- Start anytime
- Many programs completed in less than six months
- In-depth study, all learning materials provided
- Personal instructor assistance
- Certificate of completion awarded with passing score

SCOTTSBLUFF/GERING
308.635.6701

Heartsaver CPR & First Aid

Aug 1, or Oct 3, or Dec 5 (M)

1:00 – 4:00 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.



Bushidokan™

Aug 1 – 31, or Sep 7 - 28 (M, W)

6:00 – 7:00 p.m.

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

Location: 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 Ceramic Wheel Throwing and Hand Building

Aug 6, or Aug 20, or Sep 10 (SA)

9:00 a.m. – 12:00 p.m., \$23

Ages: 10 and up

Der Topfer, 1211 3rd Ave., Scottsbluff

Have you always wanted to try your hand on a pottery wheel? Here’s your chance! This is an introductory class offering students the opportunity to throw on a pottery wheel and learn hand-building clay techniques. A brief introduction of ceramics and ceramic tools, description, and use will be included. Projects will not be completed in the three-hour class, but students can continue in ceramics classes or set up private lessons with the instructor. All materials provided. Class size is limited to six.



Painting with Acrylics

Aug 11 (TH)

9:30 a.m. – 12:00 p.m., \$40

Ages: 12 and over

Instructor: Rachelle Eversole

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.

August 11, 2022



Basic Life Support/CPR for Healthcare Professionals

Aug 15, or Dec 12, (M)

1:00 – 5:00 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.

Class A CDL Job Fair

Sep 28 (W)

6:00 – 7:30 p.m.

Join us at the John N.Harms Center in Scottsbluff where we’ll connect CDL employers with Class A drivers and potential drivers. If you have a CDL or are interested in learning more about the industry, driving careers and CDL training you are encouraged to attend. The job fair is open to the public and interested employers can call 635-6335 to participate

Beginning Taekwondo

Sep 1 – 29, or Oct 4 – 27 (T,TH)

6:00 – 7:00 p.m.

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

Taekwondo is a development of physical and mental training in an ancient art of self-defense. Taekwondo means the art of kicking and punching for the rapid and complete elimination of any physical threat. It is intended to grow the student’s attitude and aptitude for their personal safety and that of loved ones. The training is continual from the white belt through black belt. Beginning classes with the important exercises to develop the tools. Training in blocks and counter attacks advances in difficulty and importance. Student rank testing will be approximately every 90 days depending on the student’s ability to perform the required training. This course is designed by the International Taekwondo Federation and taught by the format of the United States Taekwondo Federation. The instructor is Don Bava, a IV-degree black belt with many years of Taekwondo instruction experience. Participants must be 8 years old or older.

Driver’s Education

Sep 1 – 16 (M – F)

5:30 – 7:30 p.m., \$195

Instructor: Richard Kennedy

Ages: 14 – 17

This course is a state-approved driver’s safety course for high school students ages 14 to 17. This course is not state approved for adults 18 years of age and older. Students must complete 20 hours of classroom time and drive five hours with a Drive Test Instructor. Eligible students must obtain a valid learner’s permit to register. The actual classroom days are Sept. 1, 6, 7, 8, 9, 12, 13, 14, 15, 16.



Class A Commercial Driver's License (CDL)

Dates are Subject to Change
Sep 6 – 30 (M – F)

or
Oct 10 – Nov 4 (M – F)

8:00 a.m. – 5:00 p.m., \$4500

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 enrolment 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.

Heart Saver CPR & First Aid

Sep 6, or Nov 7 (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.

Beginning Sign Language

Sep 6 – Oct 4 (T)
6:00 – 9:00 p.m., \$30

This course utilizes a practical approach to teaching vocabulary, grammar, everyday applications of sign language, and aspects of deaf culture. We work toward becoming familiar and comfortable with grammatical features of American Sign Language and body/ facial expressions. This interactive class is for beginners and those who are looking to refresh their expressive and receptive sign skills.

Mind Body Medicine: Learning Skills for Self-Care

Sep 7 – Oct 12 (W)
6:15 – 7:45 p.m., \$36

During this class, we will learn ways to care for yourself. Using art, journaling, self-affirmations, and mindful breathing techniques we will experience greater wholeness, resiliency, and health. Research based exercises, in small groups, promise to help with anxiety, depression, and trauma. Group sharing in a safe way will be encouraged, not required. Come join us for six weeks of fun and learning! Patrick Powers is a licensed professional therapist who has a background in psychotherapy, University Instructor (addictions and mental health) and Ministry.



Be A Writer!

Sep 12, 19, 26, Oct 3, 17, 24 (M)
6:15 – 8:00 p.m. \$50

Instructor: Lisa Betz-Marquez
Registration Deadline: Sep 1st

Stories live inside each of us. Whether you are a serious writer or want to begin, this class is designed to help you put your stories on the page in a fun, encouraging environment where everyone supports each other as fellow writers on a journey of self-discovery. The textbook, "The Right to Write" by Julia Cameron, assists students through discouragement, creative blocks, and limiting patterns that interfere with a writing life. Students who have previously taken this class are invited to join us again. The textbook is required for this class and can be purchased from the WNCC bookstore (Used \$9.00 plus tax) after Sept. 5th or it is available through Amazon (New \$12.19 plus tax) anytime. ISBN: 0-87477-937-5.

Bob Ross Painting

Sep 17, or Oct 15 (SA)
9:00 a.m. – 4:00 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.

Sep 17



Oct 15



Nov 12





Women as Warriors (How to Survive a Deadly Attack)

Sep 22 (TH)

5:30 – 8:30 p.m., \$20

Must be 16 or older to participate

Instructor: Brent Anderson

Women as Warriors: How to Survive a Deadly Attack is focused on teaching survival skills for worst-case self-defense scenarios. We will cover the nitty-gritty, down and dirty tactics you need to survive a deadly attack as well as the soft skills of avoidance, escape, and evasion. When you can't talk your way out and they won't let you walk out – you must take them out! Wear comfortable workout clothes and shoes.



CSI Adult Presentation

Oct 4 (T)

6:00 – 9:00 p.m., \$20

Ages: 18 and over

Online Class

DO YOU enjoy watching CSI programs/mysteries? Then this class is for you. Learn 'behind the scenes' facts of several crimes such as homicides, robberies, staged crime scenes, and more. Fingerprint mutilations, that were intentionally performed, will also be shown. Latent fingerprints are the main forensic evidence discussed but other forensic disciplines will be covered in general. Hands on exercises as well as looking at actual photographs

of a homicide and determining what you 'see' to analyze the facts. This 3-hour presentation will contain some photos and information that might be considered graphic/offensive. You will need a 4-inch piece of clear tape (like scotch tape) and a 4 or 5 inch by 4-inch piece of clear plastic (preferably from a sheet protector) Live Online learning information: Zoom will be used for the Live Online presentation. In order to participate in this webinar, you will need:

- Access to a computer with speakers
- Access to high-speed internet

Hula in Hawaii

Oct 21, or Oct 27 (TH)

12:45 – 5:15 p.m., \$ 30

Ages: 7 – 12

Registration Deadline Oct 25

Join campers for Surf and Sun activities, aloha bingo, the birth of a humpback whale, Kuma Hula, and Limbo. Make your own Hawaiian drum and learn to dance the hula. No time to lay on the beach at this camp, but you're welcome to bring a beach towel for snack time in Hawaii.

QuickBooks™ Basics

Oct 22 (S)

or

Nov 16 (W)

9:00 a.m. – 5:00 p.m., \$85 Bring your spouse for Free.

Are you new to QuickBooks™? Would you like to learn how to set up QuickBooks to make it more effective for you or your business? Please join us for a full-day class that focuses on the basics of setting up your QuickBooks software. This is a basic class for the desktop version of QuickBooks. Feel free to attend regardless of the version of QuickBooks you currently use. Please note: This class does not cover payroll or taxes.



Alaska Adventure

Oct 28 (F)

12:45 – 5:15 p.m., \$ 30

Ages: 7 – 12

Registration Deadline Oct 25

Join campers as we explore Alaska. Pack your sled for the Iditarod and race to make your own board game. Follow the humpback whale to its feeding grounds. Try your hand at native drumming and games, taste the wilderness snacks. Hands on fun.

Laughter is the Best Medicine

Nov 10 (TH)

9:00 – 11:00 a.m., \$15

Instructor: Pat Randolph

Being happy, laughing, and having a positive attitude will add years to your life, and it doesn't cost anything. The quest for true happiness is not really a quest at all, but a decision and a choice. Explore 10 simple ways to find happiness and enrich your life. Do you realize that you need to laugh at least 15 minutes a day to help maintain good health? Laughter not only helps us feel more alive and empowered mentally, but it has many physical benefits as well. Some of these physical benefits include boosting the immune center, counteracting the harmful effects of stress, relaxing the muscles, improving circulation, and providing natural pain relief. Connect with your three centers of laughter and change your attitude in 45 seconds. Learn the six daily practices to prevent hardening of attitudes to develop a more cheerful and optimistic outlook on life. Come have fun as you experience how to be happy, to laugh, and to change your attitude.

Be Happy, Live Longer

Nov 17 (TH)

9:00 – 11:00 a.m., \$15

Instructor: Pat Randolph

We all want to live a longer and have a happier life, but exactly how do you do this? Happiness and healthy living are a choice. Learn how to develop a better attitude, how to relieve your stress, how to eat healthier, how to sleep better, and how to include exercise and stretching in your life. It is never too late to learn some life lessons from Dr. Seuss to make a better life for yourself.

WNCC ONLINE TRAINING

WNCC offers online courses and career training programs through ed2go! Prepare for a new career, learn new skills, or help advance within your current occupation with industry-recognized certifications.

- **Web Design**
- **Accounting Fundamentals**
- **Health Information Management**
- **Personal Enrichment**
- **LSAT Preparation**
- **Resume Writing**
- **Grant Writing**
- **Publishing**
- **Computer Networking**
- **Photography**
- **College Readiness**
- **Foreign Languages**
- **SAT Preparation**
- **Photoshop**
- **Microsoft Office**
- **Mindfulness**
- **Meditation**



Register Today! | 308.635.6701 | go.wncc.edu/lifelonglearning

PANHANDLE ADVANTAGE



Western Nebraska
Community College



CHADRON
STATE COLLEGE

Two Colleges, One Panhandle.

The Panhandle Advantage is a collaborative effort between **Western Nebraska Community College** and **Chadron State College**.

Stay in the Panhandle and earn your associate's degree at WNCC then transfer to CSC to complete your bachelor's degree, all in as little as four years. Scholarships available!

Learn more at [go.wncc.edu/advantage!](https://go.wncc.edu/advantage)



TRAINERS WANTED

Workforce Development

Our Workforce Training business and professional classes throughout the Panhandle are taught by experts from our own communities.

If you have skills and experience in a vocational field, we want to hear from you. Our trainers are business owners, retirees, and full or part-time professionals.

Class times and schedules are flexible depending on the topic. Knowledge, passion for your subject and a desire to share it with others is all you need. We can even help you create your training content and materials. Examples are software basics, customer service, budgets and financial reports, accounting basics, and business planning to name a few. And we're open to new ideas.

Professional certification is not required to instruct. Subject matter knowledge and the motivation to share are all that's required. Classes can be delivered at any of our three campuses or via webinar.

If you are interested please call us at 308.635.6335.

Personal Interest

Our personal interest and leisure classes throughout the Panhandle are taught by local experts. If you are talented and passionate about a particular hobby or activity and would like to share it with others, we'd like to hear from you!

Some examples are arts, crafts, calligraphy, yoga, photography, healthy living, ceramics, and senior citizen activities and wellness to name a few. And we're always open to new ideas. We'll work with you on class times that fit your schedule and we can even help you with some of the materials you need.

If you have a special talent and want to share it with others call us at 308.635.6703.