

# Lifelong Learning Upcoming Classes

January – February 2021



**REGISTER TODAY!**

**308.635.6700 | [go.wncc.edu/lifelonglearning](https://go.wncc.edu/lifelonglearning)**



Western Nebraska  
Community College

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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

## 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

308.635.6700

### Adult Education

### English as a Second Language (ESL)

For more info, call 308.635.6769

### Ko Heichi Fitness: Bushidokan

Jan 18 – 27, (M, W)

6:00 – 7:00 p.m.

Single: \$15; Family: \$22.50 (up to 4)

or

Feb 1 – 24, (M, W)

6:00 – 7:00 p.m.

Single: \$30; Family: \$45 (up to 4)

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 jiu jitsu. 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. With more than 30 years of experience, instructor Brent L. Anderson was

promoted to black belt by the Bushidokan founder, Jim “Ronin” Harrison, and Ko Heichi Bushidokan has been granted Certified Training Center (CTC) status. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!

### Advanced Sign Language

Jan 20 – Feb 17 (W)

6:00 – 9:00 p.m., \$30

This course is a continuation of the lessons in Intermediate Sign Language. This class utilizes a practical approach to teaching intermediate level vocabulary, grammar, and everyday applications of sign language. We work with hand shapes, appropriate facial expressions, non-manual markers, classifiers, and common phrases. There are topics related to deaf culture as well as sign languages of other countries. Other topics include directional verbs, sign families, and noun-verb pairs.



January

### Bob Ross Painting

Jan 23, or Feb 20, or Mar 20 (SA)

9:00 a.m. – 4:00 p.m., \$60

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.



### Introduction to Ceramic Wheel Throwing and Hand Building

Jan 23, or Feb 6, or Feb 20, or Mar 6, or Mar 20, or Apr 17, or May 1, or May 14 (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.

### Mind Body Medicine: Learning Skills for Self-Care

Feb 3 – Mar 3 (W)  
6:00 – 7:30 p.m., \$30

During this class, you will learn ways in which 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. Come join us for 5 weeks of fun and learning! Patrick Powers is a licensed professional therapist who has returned to this area after 20 years of living on the reservations of South Dakota as well as Rapid City, South Dakota. Patrick has a recent background in psychotherapy and was also a Catholic Priest in the Panhandle for 12 years.

### Cool Cat Careers Camp 🐱

Feb 12 (F)  
7:45 a.m. – 5:15 p.m., \$20

REGISTRATION DEADLINE: January 27th to receive a t-shirt.

Ages: 8 – 14

Cool Cat Careers Camp gives kids the unique opportunity to explore a variety of

career options prior to high school. They'll participate in fun, hands-on activities designed to teach them about career pathways in seven different STEM (Science, Technology, Engineering, and Math) fields. Kids won't be in a classroom all day, either – they'll get to visit many areas around the WNCC Scottsbluff Campus and will be eligible to win prizes and giveaways throughout the day. Join us to discover opportunities and build bright futures! Lunch, snacks, and a t-shirt will be provided. There are limited seats, so register early!

### QuickBooks™ Basics

Feb 17, or Mar 17, or Apr 14 (W)  
9:00 a.m. – 5:00 p.m., \$70

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.



### Yoga Basics – Understanding the Yoga Culture, Terms, and Basic Postures ♥

Feb 17 (W)  
6:00 – 7:00 p.m., \$10

Yoga Basics will include learning about the general origins of yoga, understanding the various terms used in yoga practice, and practicing a few beginner- basic asanas (postures). This class is for anyone with an interest in exploring gentle postures that feel good. The workshop is appropriate for all levels, including those that are interested in trying yoga for the first time. This is a supportive, safe, and judgement-free practice setting where we all learn, grow, and practice together through Hatha yoga.

### Therapeutic Chair Yoga for Your Workplace ♥

Feb 24 (W)  
6:00 – 7:00 p.m., \$10

Therapeutic Chair Yoga for your Workspace

will introduce various therapeutic poses that can be performed from any seat, whether at work or home. Gentle postures will be practiced with an aim to reduce physical fatigue that sitting for long periods of time can create in the body. This course is appropriate for all levels and individuals, including those with physical limitations.

### Transition Yoga – Taking Basic “Feel Good” Postures from the Chair to the Mat ♥

Mar 3 (W)  
6:00 – 7:00 p.m., \$10

Participants will continue to build upon the skills learned in the first two sessions to move from their chairs to their mats, with a gentle Hatha yoga practice that teaches basic postures aimed at increasing mobility, stretching tight muscles, and learning movements that feel good. This workshop is appropriate for all levels.

### Beginning Sign Language

Mar 3 – Mar 31 (W)  
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.

### Beginner Hatha Yoga – The Breath of Life ♥

Mar 10 (W)  
6:00 – 7:00 p.m., \$10

Breath is the heart of all yoga practice and participants will learn various breathing techniques aimed to stimulate and to relax the body and mood. Gentle postures will be integrated with breathing practices. One of yoga's clearest benefits is its ability to relax the body and mind. Emotional stress can cause a cascade of physical effects, including the release of hormones like cortisol and adrenaline, which narrow your arteries and increase blood pressure. The deep breathing and mental focus of yoga can offset this stress. This workshop is appropriate for all levels.

### Safe Babysitting Clinic 🧑‍🎓

Mar 12 (F) 8:00 a.m. – 5:00 p.m.  
Mar 13 (SA) 8:00 a.m. - 12:00 p.m., \$55  
(includes lunch on Friday only)

Ages 10 – 15

Earn a certificate from our Safe Babysitting Clinic. WNCC faculty teach the American Heart Association Family and Friends CPR for adult, child, and infant; basic first aid; choking rescue techniques; and use of an

AED. The instructor for this course is Janelle Anderson, who has a master's degree in Early Childhood Education Curriculum and Instruction. She is currently the Sixpence Home Visitor for Scottsbluff Public Schools. In this class, she will provide 16 hours of BAF003 babysitting instruction on safety, food preparation, safe play, and age-appropriate activities. Learn about accepting babysitting jobs, negotiating pay, and exploring an early childhood education career.



### **Beginner Hatha Yoga for Relaxation** ♥ Mar 17 (W)

**6:00 – 7:00 p.m., \$10**

Allowing time and gentle postures to relax the nervous system, this workshop will provide opportunities to practice basic postures that will assist in the relaxation practice, on and off the mat. Physiologically, restorative yoga activates your parasympathetic nervous system, which allows your body and mind to slow down, digest, and heal. This workshop is appropriate for all levels.

### **Developing Skills for Mindfulness**

**Mar 17 – Mar 31 (W)**

**6:00 – 7:30 p.m., \$25**

To learn mindfulness skills, we will be using art, exercise, and belly breathing so that we can live more fully in the body. By being in our body, we will be able to live in what has been called the “Eternal Now,” by Eckhardt Tolle and many others for centuries! Mindfulness has been shown, not only by centuries of experience, but by more recent research, to help alleviate or even rid ourselves of such emotional conditions as depression, anxiety, and trauma. Come learn, in a group setting, the art, skill, and lifestyle of Mindfulness. Your instructor, Patrick Powers, is a licensed mental health therapist who has returned to the area after 20 years living on the reservations of South Dakota.

### **Beginner Hatha Yoga for Stress Relief** ♥

**Mar 24 (W)**

**6:00 – 7:00 p.m., \$10**

This gentle restorative Hatha yoga practice will provide participants an opportunity to learn gentle, slow postures that alleviate the effects of our regular stress responses in everyday life, which can be extremely

damaging to our physiology and overall health. The calming effect of restorative yoga on the nervous system allows your body to reach a state of repair, where it can renew and rejuvenate during deep relaxation. This workshop is appropriate for all levels.

### **The Yoga – Heart Connection** ♥

**Mar 31 (W)**

**6:00 – 7:00 p.m., \$10**

Practicing yoga has been shown to help lower blood pressure, blood cholesterol, and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention. Studies have shown that blood measurements and waist circumference — a marker for heart disease — improved in middle-aged adults with metabolic syndrome who practiced yoga for three months. Another study showed that individuals with heart failure showed improvement in exercise capacity and quality of life when practicing yoga with consistency. They also had lower blood levels of markers for inflammation, which contributes to heart disease. This gentle practice will focus on postures aimed at supporting heart health. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.



### **Beginner Hatha Yoga – Focus on Back Pain Relief** ♥

**Apr 7 (W)**

**6:00 – 7:00 p.m., \$10**

65 million Americans suffer with back pain, but there is relief available! Yoga has been demonstrated to decrease pain related to muscle and body tension, build strong core muscles to improve back support, increase flexibility and strength in the back. Reduce internal and external stress, improve posture, and enhance awareness of body mechanics. Yoga can help people with arthritis, fibromyalgia, migraine, lower back pain, and many other types of chronic pain conditions. This practice will provide basic postures aimed at relieving back pain. This workshop is appropriate for all levels.

### **Intermediate Sign Language**

**Apr 7 – May 5 (W)**

**6:00 – 9:00 p.m., \$30**

This course utilizes a practical approach to teaching intermediate American Sign Language. This class is a continuation of the Beginning Sign Language class. Students are encouraged to have taken Beginning Sign Language or have knowledge of basic signs. This course not only deals with more vocabulary, but also includes the use of non-manual markers, facial expression, classifiers, and the grammatical structure of American Sign Language. We also work on receptive sign skills and continue with the fluency of fingerspelling. This is an interactive course for those who consider their sign skills as intermediate.



### **Intro to Barn Quilts**

**May 22 (SA)**

**1:00 – 4:00 p.m.**

**Cost: 2' x 2' – \$65, 3' x 3' – \$85,**

**4' x 4' – \$105**

Barn quilts are colorful outdoor art most often made to resemble a quilt block. They are not just for barns, they are for houses, garages, sheds, mailboxes, gardens, and more! You do not need to be an artist and you do not need a barn — anyone can do this! In this workshop you will learn the best way to paint a long-lasting barn quilt with the least amount of touchup. There are many designs to choose from with different levels of complexity. We have a rigorous barn quilt preparation process to ensure your barn quilt will stand the test of time. You will need to bring yellow Delicate Frog-Tape (1.41-inch, medium width is best), a small fan or hairdryer, and a heavy-duty extension cord. Everything else is provided. A word of warning: barn quilts are addictive!

