Lifelong Learning
October 2019
Upcoming Classes

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• School’s Out Camps
• Keepin’ Love Alive Series
• Senior Connections
   AND MORE!

TAKE ONE!

Western Nebraska Community College
Ko Heichi Fitness: Bushidokan
Oct 2 – 30 or Nov 4 – 25 (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, kids, law enforcement, and military are encouraged to attend. All are welcome!
Basic Life Support/CPR for Healthcare Professionals
Oct 2 or Dec 5 (W)
1:00 – 5:00 p.m., $65
Basic Life Support training reinforces healthcare professionals’ understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED. This course also covers the role of each link in the chain of survival.

Bob Ross Painting
Oct 12 or Nov 9 (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. Students must bring a roll of paper towels to this class.

Belly Dancing
Oct 3 (TH) | FREE opening class
Oct 10 – Nov 14 (TH)
5:30 – 6:30 p.m., $30
Ready to shake things up, literally? Want to try something new and upbeat in a body-positive environment? Want to try it for FREE? Join us on October 3 for a free Belly Dance Basics class. Wear whatever makes you feel comfortable, but that you can move around in and let’s shimmy our cares away! The 6-week course will begin October 10 and run through November 14. We will learn basic belly dance movements and gradually combine them into a fun and flirty routine! Come to the free class first and see how much fun this is.

ZUMBA®
Oct 21 – Dec 11 (M, W)
5:30 – 6:20 p.m., $35
8 weeks for the price of six weeks!
Always wanted to try Zumba but were intimidated by the fast pace and expert moves? Just getting started on your fitness journey? Are you an active senior looking for a new challenge? Then this FUN and EASY class is for you! Sign up with a friend and you both get a $5 discount.

Intermediate Sign Language
Oct 23 – Nov 20 (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.

Introduction to Ceramic Wheel Throwing and Hand Building
Oct 12, or Oct 26, or Nov 9, or Nov 23, or Dec 7, or Dec 21 (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. Come try your hand at the wheel! Class size is limited to six.

ACT College and Career Readiness Workshop
Oct 7 (M)
8:30 a.m. – 12:00 p.m., FREE
This is a free 1/2-day workshop that will give updates on the ACT test and how to better prepare students for college and career. Open to High School Counselors and School Administrators.

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QuickBooks™ Basics
Oct 16, or Nov 13, or Dec 11 (TH)
9:00 a.m. – 5:00 p.m., $55
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.

Register Today! | 308.635.6700 | wncc.edu
Women as Warriors
(Women’s Self-Defense)
Oct 29 (T)
6:00 – 9:00 p.m., $20
Must be 16 or older to participate
Women as Warriors is a comprehensive self-defense class with NEW content for those of you who have attended in the past. We focus on avoidance, escape, and evasion but when that worst-case scenario happens, and you can’t escape you need proven tactics that work! We will cover use of “weapons of opportunity” and for conceal carry holders we will cover how to fight to your weapon in a surprise attack situation. No live weapons allowed in class. Wear workout clothes and shoes.

Sneaker Marbling
Nov 2 (SA)
5:00 – 7:00 p.m., $40
You have seen this mesmerizing technique on social media - now try it for yourself! Drip color onto a floating medium, watch the color spread, rake or pull at the colors to move them to make your perfect design. Once the colors are arranged, we lay the scarf onto the surface and your design becomes part of the 100 percent silk scarf. Use custom colors to match your wardrobe or give it as a unique and one-of-a-kind gift. We will set the color at the end of the class so you can wear it home!

Intro to Barn Quilts
Nov 2, or Feb 29 (SA)
1:00 – 4:00 p.m.
Cost: 22-inches by 22-inches non-routed edges – $55 or 3-feet by 3-feet non-routed edges – $85
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! In this workshop you will learn step by step the best way to paint a long-lasting barn quilt with the least amount of touch-up. There are many designs to choose from of different levels of complexity. Choose your favorite colors - we have a rainbow of options! We have a rigorous barn quilt preparation process to ensure your barn quilt will stand the test of time. The edges are fully sealed, and it is painted and primed multiple times to ensure quality. You will need to bring yellow FrogTape medium width, a small fan or hairdryer, and an extension cord. Everything else is provided. A word of warning: barn quilts are addictive!

Heartsaver CPR/AED
Nov 6 (W)
1:00 – 5:00 p.m., $65
Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for a job, regulatory (for example OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. For many Heartsaver courses, students receive a course completion card that is valid for two years.

Building Your Self Confidence
Nov 6, 13, 20 (W)
6:00 – 8:00 p.m., $35
Join us for this investment in yourself! You aren’t born with self-confidence; you earn it from yourself. Life Coach Peggy Hinman will guide you to explore confidence in yourself and your abilities. Learn how confidence is different from arrogance and why many people struggle with self-confidence. Learn how to improve your self-confidence and apply it as an attractive tool of influence.
Cricut Creations: Personalized Tumbler
Nov 2 or 9 (SA)
9:00 a.m. – 12:00 p.m., $20
Location: Lied Scottsbluff Public Library
Want to learn how to use a Cricut machine to make custom personalized tumblers? This class will teach you the basics and advance skills you will need. These are great gift ideas, or for personal everyday use. The class will include all supplies: 16 oz plastic tumbler and vinyl. All work will be done on the Cricut Maker machine. Learn from this class how to create a one of a kind tumbler from a Cricut machine and expand your gift giving ideas.

Cricut Creations: Holiday Door Hanger
Nov 23 (SA)
9:00 a.m. – 12:00 p.m., $20
Location: Lied Scottsbluff Public Library
Need some festive decor for holiday excitement? Come see what a Cricut machine is able to do! In this class you will learn how to make a holiday door hanger out of wood, vinyl, and paint. Basic and advance skills will be taught to show you how this can be done. Designs will be made on the Cricut Maker machine and Cricut Heat Press. All supplies will be provided for the class. Bring your creativity and holiday cheer to create a personalized festive door hanger! Registration deadline is November 15. Please provide your design choice when registering: Tree, Round, Tear Drop

Register Today! | 308.635.6700 | wncc.edu
Senior Connections
Sep – Dec 2019 (TH)
$13 per class
Refreshments will be served at all sessions

Laughter is the Best Medicine (Free)
FRIDAY, Nov 8, 9:00 – 11:00 a.m.
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 the 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.

No Session: Oct 10

The Pony Express; A Different Color for an Old Gray Mare
Oct 17, 9:00 – 11:00 a.m.
Instructor: Jerry Lucas
This is the tale of the advent, execution, and demise of an American enterprise experiment. This program looks at the history of the time — the social, political, and financial impact of the Pony Express on the history of America.

Bob Ross Painting, Vase of Flowers
Oct 24, 9:00 a.m. – 12:00 p.m. ($30)
Instructor: Rachelle Eversole
Come and experience the joy and confidence of painting a beautiful vase of flowers using the Bob Ross wet-on-wet technique. You will be amazed at what you can do! Please bring a roll of paper towels to this class.

Getting to Know Your Smartphone
Oct 31, 9:00 – 11:00 a.m.
Instructor: Ally Berggren
Is your smartphone making you feel “not so smart”? We can help! This session will show you how to use your smartphone and get the most out of it. All levels of understanding welcome. WNCC students will assist to provide one-on-one support for participants.

The Other Side of the River: The Mormon Trail Adventures
Nov 7, 9:00 – 11:00 a.m.
Instructor: Jerry Lucas
We will follow the Mormon people from their origin in New York, through their trials in Ohio and Illinois, to their ultimate settlement in the Valley of the Great Salt Lake. We will see how their journey was similar to that of the pioneers heading to Oregon, and what they did that made their journey much different.

Self-Defense Stratagems for Seniors
Nov 14, 9:00 – 11:00 a.m.
Instructor: Brent Anderson
Learn practical self-defense and safety strategies based on crime research and data. You’ll also come to understand the threats you are most likely to encounter and how to minimize or counter them. Make a personalized safety plan and learn some basic hands-on escape and evade techniques.

An Introduction to Medicare
Oct 3, 9:00 – 11:00 a.m.
Instructor: Jeanne Murray
You don’t have to navigate Medicare alone. If you are approaching age 65, or over 65 and thinking about retirement, you are invited to attend this course to answer questions like: When should I enroll? What does Medicare cost? How do I make sure I have the right coverage? Because Seniors’ Health Insurance Information Program (SHIIP) does not sell or endorse any products or companies, Medicare attendees can be assured they will receive only unbiased information and assistance.

Calling all lifelong learners! Join your retired friends in improving your health while learning a new skill and a little history. This series is designed for people of retirement age and you must be a GOLD CLUB member to register. To find out more about the WNCC GOLD CLUB, visit wncc.edu or call 308.635.6701.

Western Nebraska Community College
MEET THE INSTRUCTORS

Brent Anderson: With more than 30 years of experience, instructor Brent Anderson was promoted to black belt by Bushidokan founder Jim “Ronin” Harrison. His Ko Heichi Bushidokan school has been granted Certified Training Center (CTC) status and he is part of an elite group of self-defense experts.

Ally Berggren is the founder of ICE Enrichment Academy. ICE is the acronym for Innovate, Create, and Explore. ICE Enrichment Academy provides fun, hands-on learning opportunities for people of all ages. Ally is a Gering native. She has a bachelor’s degree in Education and a master’s degree in Education Administration.

Rachelle Eversole lives in Broadwater close to the river where there is boundless inspiration, which feeds her soul and stirs her passion for painting. Rachelle is self-taught. She has been teaching the wet-on-wet technique of painting since 2000. She has taught adult classes at community colleges across Nebraska.

Jerry Lucas has been a student of Native American and western expansion history from a very young age. He began working at the Scotts Bluff National Monument in 2006 as an interpretive park ranger. In this capacity, he has conducted research and prepared presentations for park visitors on a variety of topics including the Pony Express, Rebecca Winters, the Mormon Trail, as well as battles and forts in the Scottsbluff Valley area.

Jeanne Murray, MS, is a retired Extension Educator. She started with the Medicare Prescription Card Drug program (2004) and then Medicare Part D (2005). As a certified Senior Health Insurance Information Program (SHIIP) volunteer, she has worked with thousands of clients and saved them several million dollars.

Sara Nicholson began her yoga journey six years ago when she sought relief from chronic back pain and stress. She found that practicing yoga routinely alleviated the symptoms of both and was an incredibly beneficial practice that incorporated not only the body, but the mind and spirit. In 2018 she completed her yoga teacher certification through Aura Wellness Center.

Pat Randolph has a master’s degree in Education. She has been a teacher for 45 years between the public-school system and as an adjunct faculty member for WNCC. Pat and her husband are avid travelers with trips to Africa, China, Australia, Dubai, and many more.

Bob Ross Christmas Painting
Dec 5, 9:00 a.m. – 12:00 p.m. ($30)
Instructor: Rachelle Eversole
Come and experience the joy and confidence of painting a beautiful Christmas candle and wreath painting using the Bob Ross wet-on-wet technique. This painting will brighten your own home for the holidays or be a wonderful, personal gift for someone special. Please bring a roll of paper towels to this class.

DIY Your Holidays
Dec 12, 9:00 – 11:00 a.m.
Instructor: Ally Berggren
How would you like to make your holidays a bit more personal this year? DIY Your Holidays will help you do this! During this Senior Connections session, participants will make treat holders, card holders, and other decorations to make your holidays extra special this year.

Travel Adventures
Nov 21, 9:00 – 11:00 a.m.
Instructor: Pat Randolph
Have you ever wanted to travel to or learn more about London, Paris, Rome and exotic places such as Dubai, China, and Africa? Pat Randolph has traveled to over 50 countries. Come to this session and journey with her as she shares with you her travel adventures. From walking with the lions in Africa to dune bashing in Dubai to climbing on the Great Wall of China, she will tell you her exciting experiences. Come to this session and travel with her to these faraway places.

No Session/Thanksgiving: Nov 28

Therapeutic Chair Yoga
Dec 19, 9:00 a.m. – 11:00 a.m.
Instructor: Sara Nicholson
By connecting the mind/body/spirit, this gentle therapeutic chair yoga class introduces the theory and practice of yoga and ample time to practice basic asanas (body postures) and pranayama (breath). This is a mat-free class that is perfect for seniors and people with mobility challenges. Among its potential benefits, chair yoga can increase circulation, alleviate joint pain from arthritis, promote a healthy mindset, reduce high blood pressure levels, alleviate stress, promote relaxation and reduce feelings of tension or discomfort. Chairs are available for seated and standing support. Therapeutic Chair Yoga is appropriate for all fitness levels, but participants should consult their doctor if they have any medical concerns that may affect their ability to perform chair yoga.

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No Session/Thanksgiving: Nov 28
LEGO Mindstorms EV3 Robotics  
Sep 28 or Nov 9 (SA) half day  
8:30 – 11:30 a.m., $30  
Grades: 3 and up  
Have you ever wanted to make your LEGO creations move? Now you can! Using the LEGO Mindstorms EV3 you will be able to make and program a robot that can move on your command. This introductory class will cover the basics of building and programming using LEGO robots. You will learn to use a light, touch, and ultrasonic sensors to enable your robot to explore and interact with the world around you. If you like LEGO, and want to learn to program, this is for you!

Build an Autonomous Robot  
Oct 12 or Dec 14 (SA) full day  
8:30 a.m. – 4:00 p.m., $50 (lunch included)  
Grades: 4 and up  
Take your LEGO robot building to the next step. You have learned the basics of coding; this class will expand your knowledge and teach you how to code and build a fully autonomous robot. You will be able to build a LEGO robot that interacts with you and the world around it using logic and variables. Pizza and Milk will be provided, or participants may bring their own lunch.

Calligraphy and Anime  
Oct 23 (W)  
8:00 a.m. – 5:00 p.m., $50  
Grades: 4 and up  
Learn Calligraphy  
In this camp, learn how to use Old English calligraphy to personalize your notebooks, create your own cards, invitations, thank you notes, letters, or anything else on which you might want to add your own personal touch. Learn the basics of how to hold and direct your pen. Experience some of the different types of calligraphy pens and nibs (tips), different textured paper, and learn which ones best suit your personal needs. Receive a practice felt calligraphy pen and opportunities to practice the craft of writing. Leave the workshop with the ability to create your own beautifully lettered communications for a lifetime. Pizza and milk will be provided, or participants can bring their own lunch.

Safe Babysitting Clinic  
Oct 24 & 25 (TH, F)  
8:00 a.m. – 5:00 p.m., $60  
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 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. Pizza and milk are provided on Thursday and chicken nuggets and macaroni and cheese are provided on Friday, or participants can bring their own lunch. (Certificates provided.)

Calligraphy and Crochet ... What a Fun Way to Spend the Day!  
Dec 23 (M)  
8:00 a.m. – 5:00 p.m., $50  
Grades: 4 and up  
Learn Calligraphy  
In this camp, learn how to use Old English calligraphy to personalize your notebooks, create your own cards, invitations, thank you notes, letters, or anything else on which you might want to add your own personal touch. Learn the basics of how to hold and direct your pen. Experience some of the different types of calligraphy pens and nibs (tips), different textured paper, and learn which ones best suit your personal needs. Receive a practice felt calligraphy pen and opportunities to practice the craft of writing. Leave the workshop with the ability to create your own beautifully lettered communications for a lifetime. Pizza and milk will be provided, or participants can bring their own lunch.
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**Beginning Crochet with Patsy Yager**
Crochet is a technique for needlework in which yarn or crochet thread is used to complete a project using a crochet hook. Crochet became popular in the 1800s as a way for women and families to earn money after World War II. Now crochet is a hobby for many enthusiasts including Julia Roberts, Vanna White, Madonna, Katy Perry, and many more. Some of the most popular projects to crochet are hats, scarves, afghans, baby blankets, baby booties, purses, hot pads, amigurumi (crocheted stuffed toys), and even jewelry. Learn how to use basic stitches, how to read a basic pattern, and create a handcrafted item for yourself or as a gift in this fun, hands on camp.

**Cupcake Boss and Zen Tangles**
Jan 2 (Th) 8:00 a.m. – 5:00 p.m., $50
Grades: K – 6
**Cupcake Boss**
Cupcakes are simply irresistible-single servings of delicious cakes and frosting dressed up in perfect little packages. In this course, student chefs will make a variety of creative cupcakes from ‘friendly frogs’ to cupcakes too cute to eat! This course is sure to be a delightful experience for young chefs. Several educational skills will be enhanced, as they share stories, participate in cooking experiences, and other related activities. Students will have opportunities to practice math and reading skills, learn science concepts, and develop good work habits as they work cooperatively in groups. What better motivator for learning than a good story and fun food? Pizza and milk will be provided, or participants may bring their own lunch.

**Zen Tangles**
Do you want to draw cool stuff, impress your friends, and take over the world? Zen Tangles is fun and relaxing. This form of art increases focus and creativity, and can be enjoyed by everyone. With a little practice, students will be spilling forth some of the most intriguing, flavorful, and innovative pieces of art the world has ever seen. Students will get their creative juices flowing and get tangled up with Zen Tangles. We will be using patterns and designs by ZEN TANGLE, as well as designing our own.

**Caution! Wet Paint! & Gooey, Gross, and Green**
Jan 3 (F) 8:00 a.m. – 5:00 p.m., $50
Grades: K – 6
**Caution! Wet Paint!**
Imagine, explore, discover and create products using a variety of paint. Students will use puffy paint, neon paint, liquid watercolors, pearl paints, glitter paint, and glow-in-the-dark paint. Students will incorporate painting techniques such as: wet-on-wet, wax and glue resist, and splattering. Students will create unique texture designs in paint using salt, scraping tools, cellophane, etc. Each project will result in a new masterpiece. This camp is designed with open-ended planning to allow for success at all ability levels.

**Gooey, Gross, and Green**
Do you want to make slime or play with mud? In this gooey camp, students will create things that ooze, bounce, and squish! Students will take part in a number of hands-on gooey, gross and green fun science and art projects.

**Cool Cats Career Camp**
Jan 6 (M) 8:00 a.m. – 5:00 p.m., $50
Grades: 4 – 8
This camp will meet at WNCC Scottsbluff Campus Howard Olsen Student Success Center. Cool Cat Careers 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 Automotive Collision & Repair, Surgical Technology, Welding Technology, Fine Arts, Psychology, Criminal Justice, and Agriculture. Kids won't be in a classroom all day, either - they'll get to visit many areas around campus and will be eligible to win prizes and giveaways throughout the day. Join us to discover opportunities and build bright futures! Lunch and snacks will be provided. Pizza and milk will be provided, or participants may bring their own lunch.

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Lifelong Learning

BABY AND ME HALLOWEEN COSTUMES

Oct 5 or 12 (SA)
9:00 a.m. – 1:00 p.m., $30
Location: Lied Scottsbluff Public Library

Have you been wanting to see just what a Cricut machine can do? This introductory class is the place to find out! You’ll go home with a cute matching costume for you and your baby! This is all done on the Cricut Maker machine and the Cricut Heat Press. Choose your color of vinyl and create a colorful design. Shirt, long sleeve onsie, and materials provided. You will learn how to cut the vinyl on the Cricut, weed the design, and heat press it onto your own t-shirt costumes. Class size is limited so register early!

Please provide the following information when you sign up for the class:
T-Shirt Size: S, M, L, XL, XXL
Onesie Size: 0-3 Months, 3-6 Months, 6-9 Months, or 9-12 Months
Design Pattern: Dinosaur, Cowboy/Cowgirl, or Fairy
Workshops are a quick and easy way for couples to receive information on keeping their love alive. These workshops are presented by licensed Marriage and Family Therapist Mark Anderson. Mark has a local private practice specializing in couples therapy, has been the author of a weekly column for couples in the Star Herald since 2010, and has been voted Scottsbluff’s favorite therapist four times!

Each workshop format will share these common characteristics:

• There is an emphasis on application, so the skills-learned can be applied.
• All workshops come with an unconditional 100 percent money back guarantee.
• No personal information or group activities are required. Skills are taught and couples receive a workbook and are encouraged to practice the skills in the privacy of their own home.

The Keepin’ Love Alive workshop series is a set of four workshops designed for happy couples interested in learning the skills to keep their relationship strong through all the stages of life. These workshops are great for couples no matter what stage they’re in, and can be taken individually or as a series.

**10 Habits of Happy Couples | Oct 10**
With an emphasis on application, this research-based introductory workshop teaches five friendship skills and five conflict regulation skills that successful couples use to keep their love alive. This is the first workshop designed by Mark and has ranked an impressive 9.6 out of 10 for overall quality from past participants.

**Communication 102 | Oct 24**
Using the latest research on how the brain processes emotion, this in-depth workshop teaches new skills for the age-old art of communication and conflict management. This workshop will cover such topics as why it’s hard to keep your cool during conflict (and what to do about it), how to find peace in a relationship even when you don’t agree on everything, and the most important skill men and women need to learn to dramatically improve their conflict discussions.

**Keepin’ Love Alive | Nov 7**
A strong friendship is at the base of a happy couples relationship. Come learn practical and fun tips on how to keep your friendship strong and deepen your bond in a busy and demanding world.

**Becoming Super Couples | Nov 21**
After mastering the topics taught in the previous three workshops, super couples can take their relationship to the highest level of satisfaction by adding depth and increased purpose to their union. Come learn the tips and tricks the best-of-the-best couples use to add such shared meaning and direction to an already happy relationship.

**Register Today! | 308.635.6700 | wncc.edu**
Want to share your interests and talents with others?

WE WANT YOU!

We’re looking for Community Education instructors to share their interests in photography, arts and crafts, painting, plants and gardening, fishing, traveling ... YOU NAME IT! For more information, or to simply discuss your ideas for a class, call Lori Stromberg at 308.635.6703 or email stromber@wncc.edu to visit about these opportunities.

ALL THAT GLITTERS IS GOLD!

That’s what you’ll find with our new GOLD CLUB benefits. Even if you’re already a WNCC GOLD CARD member, you will want to complete the new registration because this year with the new GOLD CLUB benefits, you’ll receive a one-time $25 voucher that can be used for any non-credit course(s) taken at the Scottsbluff Campus.

For more information, visit wncc.edu or call 308.635.6701.