Lifelong Learning

September 2020

Upcoming Classes

REGISTER TODAY!
308.635.6700 | go.wncc.edu/lifelonglearning

• Senior Connections
• Yoga Series
• Bob Ross Painting
AND MORE!

TAKE ONE!

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Western Nebraska Community College
SOMETHING FOR EVERYONE

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Kimball
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Please note:
In response to the COVID-19 pandemic, WNCC Lifelong Learning and Workforce Development classes will require six-foot social distancing, class size limits, and proper hand washing/sanitizing practices. Face coverings are required. Some classes may be altered to prevent close contact with others.

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
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WNCC Online Courses
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Ko Heichi Fitness: Bushidokan
Sep 2 – 30, or Oct 5 – 28, or Nov 2 – 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, children, law enforcement, and military are encouraged to attend. All are welcome!

Yoga Basics – Understanding the Yoga Culture, Terms, and Basic Postures
Sep 9 (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.

Fort Mitchell and The Pony Express
Sep 10 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
This is the story of the origin of Fort Mitchell and its short life, while looking briefly at the daily life of the soldiers and the two military actions involving its troops during its existence. The Pony Express is a 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.

Intro to Supervision
Sep 10 or Nov 12 (TH)
8:00 a.m. – 12:00 p.m., $25
The transition from employee to supervisor is one of the most challenging and rewarding career moves in the American workforce today. With a supervisor’s influence accounting for up to 70 percent of employee engagement, it is essential that your leaders are educated, equipped, and prepared for the responsibility of becoming a people-leader. This half-day training will provide new supervisors with a foundation for influential and effective leadership, including ready-to-use techniques for enhancing effective communication, employee feedback, performance management, conflict resolution, and employee engagement.

I Bought A Cricut, What Do I Do With It?
Skill Level 1: Cricut Beginner Adult Class
Sep 12 10:00 a.m. – 12:00 p.m., or 1:00 – 3:00 p.m. (SA), $15
or
Oct 10 1:00 – 3:00 p.m., (SA), $15
or
Nov 7 1:00 – 3:00 p.m., (SA), $15
or
Nov 14 10:00 a.m. – 12:00 p.m., (SA), $15
Pre-registration is required.
Learn how to connect the Cricut machine to your laptop with WiFi or your phone using Bluetooth, then learn the basics of the Cricut Design Space Software. You will use your Cricut machine to create a vinyl decal, an iron-on design, a 3D purse, and learn about the draw and cut feature. All four projects are great for gifting or keeping for yourself. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat and weeding/scraping tool will be needed. All other supplies are included in the class.

Beginning Sign Language
Sep 2 – Sep 30 (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.
I Want a Cricut, Will I Use It? / Skill Level 1: Cricut Beginner Adult Class
Sep 12 10:00 a.m. – 12:00 p.m., or 1:00 – 3:00 p.m. (SA), $10
or
Oct 10 1:00 – 3:00 p.m., (SA), $10
or
Nov 7 1:00 – 3:00 p.m., (SA), $10
or
Nov 14 10:00 a.m. – 12:00 p.m., (SA), $10
Pre-registration is required.
For those who don’t have a Cricut you are invited to join our Cricut Beginner Adult Class and see a Cricut machine and how Design Space works. Bring your own laptop or phone and pre-load Design Space. This class costs $10 and you will receive a kit that includes the four projects that will be made in the class.

LEGO Mindstorms EV3 Robotics
Sep 12, or Oct 10, or Nov 7 (SA)
8:30 – 11:30 a.m., $30
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.

Introduction to Ceramic Wheel Throwing and Hand Building
Sep 12, or Sep 26, or Oct 10, or Oct 24, or Nov 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. Come try your hand at the wheel! Class size is limited to six.

Bob Ross Painting
Sep 19, or Oct 24, or Nov 21 (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.

Therapeutic Chair Yoga for Your Workplace ♥
Sep 16 (W)
6:00 – 7:00 p.m., $10
Therapeutic Chair Yoga for your Workplace will provide an introduction to various therapeutic poses that can be performed from any seat, 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 individuals, including those with physical limitations. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.

Therapeutic Chair Yoga ♥
Sep 17 (TH)
9:00 – 11:00 a.m., $15
Instructor: Sara Nicholson
Must be a Gold Club member to register for this class
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.

Safe Winter Driving for Seniors 🍁
Sep 24 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
Instructor: Chuck Elley
Winter driving can leave us house bound! When you must go out, it can be scary and unnerving to drive on winter roads. Chuck Elley, retired State Patrol Officer, has many safe winter driving suggestions for seniors. Learn about safe driving skills, what is needed for a winter survival kit, and how to prepare your vehicle for winter. The second half of class,
“Distracted Driving,” discusses the many distractions drivers face today. Find out if you are a distracted driver and learn what you can do to avoid distracted driving.

Intro to Barn Quilts
Sep 26 (SA)
1:00 – 4:00 p.m.
Cost: 2’ x 2’ – $65 or 3’ x 3’ – $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! 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. 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. You will need to bring yellow Delicate Frog-Tape (1.41 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!

Scarves Marbling
Sep 26 (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 one-of-a-kind gift. We will set the color at the end of the class so you can wear it home!

Noteworthy Cards to Share / Skill Level 2: Intermediate Cricut Card Class Vintage
Sep 26 10:00 a.m. – 12:00 p.m., or 1:00 – 3:00 p.m. (SA), $20 or Oct 24 10:00 a.m. – 12:00 p.m. (SA), $20
Pre-registration is required.
Take your Cricut machine and your skills to the next level when you learn about Cricut Card making in Design Space. Learn how to make four Beautiful Cards that include: Print and Cut Window, Pop-Up Layer Card, Tri-Flip Card, and Box Card with Envelope. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat, scoring stylus or wheel, and weeding/scraping tool will be needed. All other supplies are included in the class. Class is one session for two hours.

Transition Yoga – Taking Basic “Feel Good” Postures from the Chair to the Mat ♡
Sep 30 (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 some basic postures aimed at increasing mobility, stretching tight muscles, and learning movements that feel good. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.

Civilian Response to an Active Shooter
Sep 30 (W)
10:00 a.m. – 12:00 p.m., $5
Instructor: Chuck Elley
Active killing events, what are they? Learn about the following in this class:

- When in public what you should do in response to an active killer event.
- How law enforcement is trained to respond and what you need to know.
- Learn how to control your heart rate with combat breathing so you can respond under high stress.
- Learn how to avoid, deny, and defend during an active killer event.
- Learn why public schools across the country are adopting a standard to enhance student and staff safety during an incident or emergency.
- The “Standard Response Protocol” - Lockout, Lockdown, Evacuate, Shelter!

Snapshots in One Place and Wagons to Wagons 🌽
Oct 1 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
Instructor: Jerry Lucas
A look at the photo album of the Scottsbluff National Monument and the life and times of this uniquely interesting, and beautiful place. Its origin, including a peek at the earliest humans, a glance at historical events that occurred, and a look at the future of Scottsbluff National Monument. “Wagons to Wagons” is a look at the Studebaker family and the Studebaker business. The theme is success through adaptation and innovation. This is the story of a family and a business across time through the various problems encountered and the solutions that moved them forward.

Spirits, Guides, and Angels
Oct 1 (TH)
7:00 – 9:00 p.m., $25
Angels and spirit guides are all around us. Do you want to know more about your spirit guide and what he/she is doing to guide you down the right path? Did an angel appear at the right moment to give you peace or change your course in life? In this class, you can share your experiences if you’d like to, or be given more awareness and understanding. Come join Pam Barber who can give you guidance and clarity.

Register Today! | 308.635.6700 | go.wncc.edu/lifelonglearning
Improving Your Public Speaking
Oct 6 – 27 (T)
6:00 – 8:30 p.m., $40
Does the thought of public speaking make you look for the nearest exit? Fear of public speaking is one of the most common phobias in our culture today, and yet to function in most workplaces and social events, you need at least a basic level of public speaking ability. WNCC Lifelong Learning is now offering a four-session, non-credit public speaking course that will help you understand and overcome your fear of public speaking. Presented with a mix of classroom lecture, detailed material, and in-class activities, this workshop will equip you with practical and successful tools to help you in professional and social settings.

Beginner Hatha Yoga – The Breath of Life
Oct 7 (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, including those that are interested in trying yoga for the first time.

Getting to Know Your Smartphone
Oct 8 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
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. Students will assist to provide one-on-one support for participants.

Beginner Hatha Yoga for Relaxation
Oct 14 (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, including those that are interested in trying yoga for the first time.

Intermediate Sign Language
Oct 7 – Nov 4 (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.

Check Out My Cricut Skills! I Made It Myself
Skill Level 2: Intermediate Cricut Vinyl and Infusible Ink
Oct 10 10:00 a.m. – 12:00 p.m., (SA), $30
or Oct 24 1:00 – 3:00 p.m., (SA), $30
Pre-registration is required.
In this class you will learn how your Cricut machine can cut vinyl decals, iron on decals, and Infusible Ink. Learn the basics on how to transfer, iron, and create with these versatile products. You will choose two items to make from the following list: Kitchen Towel, Set of Four Ceramic Coasters, Adult T-Shirt, Canvas Bag, or Glass Water Bottle. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat and weeding/scraping tool will be needed and images need to be chosen in advance of class. All other supplies are included in the class. Class is one session for two hours.

QuickBooks™ Basics
Oct 14 or Nov 11 (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.

Register Today! | 308.635.6700 | go.wncc.edu/lifelonglearning
The Yoga-Heart Connection
(Chair Yoga) ♥
Oct 15 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
Instructor: Sara Nicholson
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 show that individuals with heart-related challenges 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 chair yoga practice will focus on postures aimed at supporting heart health. This workshop is appropriate for all levels, including those that are interested in trying chair yoga for the first time.

Beginner Hatha Yoga for Stress Relief ♥
Oct 21 (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, including those that are interested in trying yoga for the first time.

Laughter is the Best Medicine ☹
Oct 22 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
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.

Women as Warriors
(Women’s Self-Defense)
Oct 27 (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.

DISC
Oct 23 (W)
9:00 a.m. – 12:00 p.m. or
1:00 p.m. – 4:00 p.m., $65
(Virtual/online Class)
Transform potential into performance with DISC. With over 19,000 possible behavioral styles, this personalized, insightful, and outcome-driven three-hour virtual training will help you discover the distinct ways in which you think, feel, and communicate.
You will learn how to:
• Identify your natural communication styles, & understand how your tendencies can change depending on your environment.
• Read & navigate the communication styles of those around you
• Recognize potential communication pitfalls in yourself & others, & how to tailor your communication style for more positive outcomes.
• Maximize your unique communication strengths for personal and professional success
• Interact with others more confidently
• Become a more effective communicator

The Yoga – Heart Connection ♥
Oct 28 (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 beginner 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.
Medicare Basics, An Introduction to Medicare 🍁
Oct 29 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
Instructor: Caryn Long
You don’t have to navigate Medicare alone. If you are approaching age 65, or you are 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 State Health Insurance Program (SHIP) does not sell or endorse any products or companies, Medicare attendees can be assured they will receive only unbiased information and assistance.

Beginner Hatha Yoga – Focus on Back Pain Relief ❤️
Nov 4 (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, and 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, low 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, including those that are interested in trying yoga for the first time.

Travel Adventures 🌍
Nov 5 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
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.

Noteworthy Christmas Cards to Send 🎁
Skill Level 2: Intermediate
Nov 7 10:00 a.m. – 12:00 p.m., (SA), $20
or
Nov 14 1:00 – 3:00 p.m., (SA), $20
Pre-registration is required.
Take your Cricut machine and your skills to the next level when you learn about Cricut Card making in Design Space. Learn how to make four beautiful cards that include: Print and Cut Window, Pop-Up Layer Card, Tri-Flip Card, and Box Card with Envelope. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this
class. Please download Cricut Design Space to your device prior to class. A Cricut mat, scoring stylus or wheel, and weeding/scraping tool will be needed. All other supplies are included in the class. Class is one session for two hours.
Discover DISC; a behavioral-styles assessment powering 50 million people worldwide to succeed.

Great for executive leaders, managers, board members, teachers, faculty, teams, corporations, front-line staff, parents, and anyone wanting to become a more effective communicator.

Now offered from the comfort of your office or home!

**Thursday, October 22 ~ Webinar**

AM Session: 9:00 a.m. - 12:00 p.m.

or

PM Session: 1:00 p.m. - 4:00 p.m.

To register call 308-635-6700 or visit wncc.edu

Deadline October 16th

$65.00 per person

(Price includes behavioral styles assessment, facilitation, & personal 21-page customized DISC Report)

Jamie Weingart
JNW Consulting, LLC

Identify your natural communication styles, & understand how your tendencies can change depending on your environment.

Read & navigate the communication styles of those around you

Recognize potential communication pitfalls in yourself & others, & how to tailor your communication style for more positive outcomes.

Maximize your unique communication strengths for personal and professional success

Interact with others more confidently

Become a more effective communicator

Your Training Outcomes Include:

- A walk-through of your customized 21-page communication styles report for higher levels of self-awareness and understanding.
- Gained insights into the behavioral styles & tendencies of those around you, & why people communicate the way they do.
- Strategies for creating a healthier workplace culture that generates higher levels of understanding and acceptance of others.
- Improvement of your team’s overall productivity and communication dynamics.
- An understanding of your strengths, preferred communication style, and tools for becoming a more effective leader, colleague, teammate, parent, salesman, or family member.

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