

Spring 2025 Schedule



Western Nebraska
Community College



Morning Altars
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Lifelong Learning

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SCOTTSBLUFF/GERING

308.635.6700

Adult Education

For more info, call 308.635.6769

WNCC Online Training

ed2go.com/wncc

Ceramics

Mar 22 (S)

2:00 – 3:30 p.m., \$40 or

Apr 26 (S)

1:00 – 2:30 p.m. \$40 or

Apr 26 (S)

2:30 – 4:00 p.m. \$40

Instructor: Tiffany Schank

Location: Elodie's Oddities, 102 E. Overland, Scottsbluff

Learn wheel throwing in this class. Space is limited. \$40 for the lesson, each participant can keep one piece. Extra pieces will be an additional charge.

Arts and Crafts

Stained Glass Strawberry Spinner

Apr 5 (S)

1:00 – 3:30 p.m., \$35

Instructor: Tiffany Schank

Ages: 16 and older

Location: Elodie's Oddities, 102 E. Overland, Scottsbluff

Join us to create a beautiful stained-glass strawberry spinner! This class will teach basics of stained glass, soldering and copper foiling. Each participant will create a stained-glass strawberry spinner that can be hung in a window as a sun catcher!



Blown Glass Plant Watering Globe

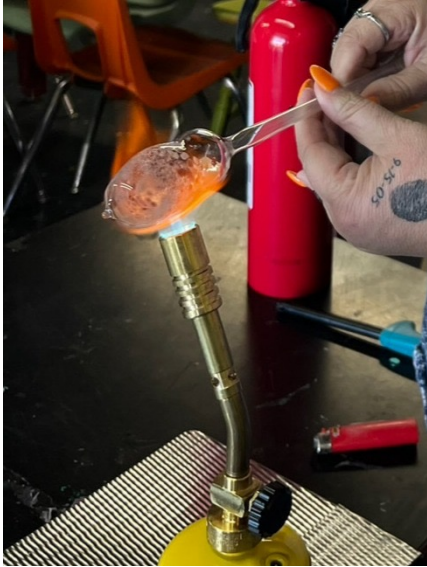
Apr 27 (Su)

1:00 – 4:00 p.m. \$40

Instructor: Tiffany Schank

Location: Elodie's Oddities, 102 E. Overland, Scottsbluff

Join us as we teach you the art of blowing and shaping molten glass into German style plant watering globes. No previous experience needed. Each person will create one globe to take home with them using a prefabricated glass tube and a torch. Kids under 16 are not allowed to participate due to torch use. Please be sure to wear pants and have long hair tied up.



Copper Wire Jewelry

Mar 20 (TH)

5:30 – 8:30 p.m., \$35 or

Mar 29 (S)

1:00 – 4:00 p.m., \$35

Instructor: Tom Flock

Ages: 12 and older

In this class students will create their own piece of jewelry while learning about the tools, materials, and techniques used in wire wrapping. They will be supplied with tools, wire, and stones and will be guided step-by-step in the creation of their own wire wrap pendant that they can then take home after the class. Students may bring their own stone.



Happy Easter Gnome

Apr 5 (S)

9:00 – 11:00 a.m., \$20

Instructors: Lesley Billingsley and Karen Reason

Registration deadline: Apr 2



Summer Gnome-cation

May 31 (S)

9:00 – 11:00 a.m., \$20

Instructors: Lesley Billingsley and Karen Reason

Registration deadline: May 28

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 seasonal 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. Open to all ages, children 8 and under must be accompanied by a parent or guardian, due to the use of a hot glue gun.



Bob Ross Painting Classes

Scottsbluff & Sidney



Mar 15 Scottsbluff

Mar 22 Sidney



Apr 19 Scottsbluff

Apr 26 Sidney



May 17 Scottsbluff

May 24 Sidney

Bob Ross Painting Scottsbluff & Sidney

Scottsbluff: Mar 15, Apr 19, May 17 (S) 9:00 a.m. – 1:00 p.m., \$75

Sidney: Apr 26, May 24 (S) 9:00 a.m. – 1:00 p.m., \$75

Instructor: Mark Leach

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.

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

Computer Technology

We offer a variety of online courses through our ed2go program!
www.ed2go.com/wnccl/

Basic Computer Skills Suite

Learn essential computer skills for the workplace, including how to troubleshoot PC issues!
Search "Basic Computer Skills Suite"

Computer Skills for the Workplace

Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace.
Search "Computer Skills for the Workplace"

C++ for the Absolute Beginner

This course will give you hands-on practice as you learn to program with C++. Whether you're completely new to programming or you want to learn a new programming language, this course will teach you the fundamentals of C++.
Search "C++ for the Absolute Beginner"

Introduction to Microsoft Excel 2019

Learn to quickly and efficiently use Microsoft Excel 2019 as you discover dozens of shortcuts and tricks for setting up fully formatted worksheets. This course, taught by an experienced Microsoft Excel instructor, provides in-depth knowledge for beginners that will have you using Excel like a pro.
Search "Introduction to Microsoft Excel 2019"

Advanced Microsoft Excel 2019

In this hands-on course, you will learn Microsoft Excel 2019's advanced functions and often-overlooked features, including data analysis tools, data tables and databases, custom controls, and PivotTables.
Search "Advanced Microsoft Excel 2019"

Introduction to Microsoft PowerPoint 2019/Office 365

Make presentations go from "so-so" to sensational with PowerPoint. This course will help you learn to use Microsoft PowerPoint 2019/Office 365 to create professional-quality slide presentations that grab attention and make your message memorable from start to finish.
Search "Introduction to Microsoft PowerPoint 2019/Office 365"

Introduction to Artificial Intelligence

Gain a foundational knowledge of the science behind creating computer systems that can perform tasks typically requiring human intelligence in this introductory artificial intelligence (AI) course.
Search "Introduction to Artificial Intelligence"

Culinary

Beginning Sourdough Bread (attend via Zoom or in person)

Mar 29 (S)

1:00 – 3:00 p.m., \$35

Instructor: Bobbi Kuhlman

Ages: 13 and up

Registration deadline: Mar 24

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)

Expanded Sourdough Bread (attend via Zoom or in person)

Apr 26 (S)

9:00 – 11:00 a.m., \$35

Instructor: Bobbi Kuhlman

Ages: 13 and up

Registration deadline: Apr 21

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)



Fabric Collage with Cathy

Mar 8



Apr 5



Mar 8

Fabric Collage with Cathy

Apr 5 (S)

8:30 a.m. – 12:30 p.m., \$85

Instructor: Cathy Kaufman

Ages 14 and older

Registration Deadline: Mar 31

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.

We offer a variety of online courses through our ed2go program!

www.ed2go.com/wncc/

Luscious, Low-Fat, Lightning-Quick Meals

Learn to create delicious and nutritious meals by reducing fat without sacrificing flavor. This course provides tips on menu planning and quicker cooking, and it allows you to try out over 50 exciting lower-fat recipes.

Search "Luscious, Low-Fat, Lightning-Quick Meals"

Healthy Living Suite

In this program you'll learn how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime. You'll learn how to save money and prepare home-cooked meals that are fast, easy, and delicious, and how to grow nutritious fruit and vegetables that can be used in your meals.

Search "Healthy Living Suite"

Dance

Dance Discovery: Beginner's Ballet (Alliance)

Mar 18 – Apr 8 (T)

4:00 – 5:00 p.m., \$40

Instructor: Hannah Robinson

Ages: 4-7

Registration deadline: Mar 14

Location: WNCC Alliance Campus

Join us to try out the basics of ballet for four weeks! In this introductory class, we'll learn the foundations of dance through balance, technique, vocabulary, and choreography. The class will finish with 8 to 16 counts of choreography built on the next class so students can walk away with a dance to continue to practice. This class is designed to teach kids on the wellness benefits of dance and introduce them to the practice of ballet. We will have fun and learn lots!

Dress Code:

Tightfitting tops and leggings or shorts are preferred. Please wear a leotard and tights if already owned. Ballet shoes are not required, please be prepared to be barefoot if you have no shoes.

Outline of Classes

- Class 1: Balance and Posture Basics – We will work finding our center. This is the base for ballet choreography and techniques to build from.
- Class 2: Barre and Bending – We will work on basic ballet moves that are a part of every ballet dancer's daily practice.
- Class 3: Turn Techniques – This class we will build on our balance by adding spinning movement and teaching basic turns.
- Class 4: Leaps and Bounds – We will take a slow approach to big ballet moves during this class going over proper techniques for jumps.

Dance Discovery: Beginner's Jazz (Alliance)

Apr 22 – May 13 (T)

4:00 – 5:00 p.m., \$40

Instructor: Hannah Robinson

Ages: 5-7

Registration deadline: Apr 18

Location: WNCC Alliance Campus

It is recommended that beginner's ballet is taken before starting this class but not required. We'll kick up the beat and learn fun choreography and techniques that make jazz dancing so enjoyable. Here's your start to getting on Broadway! The class will finish with 8 to 16 counts of choreography built on in the next class so students can walk away with a dance to continue to practice. This will have a theatrical twist and a great opportunity to learn a new type of exercise and self-expression!

Dress Code:

Tightfitting tops and leggings or shorts are preferred, any athletic-type clothing will suffice. Jazz shoes are not required, please wear socks if you have no jazz shoes.

Outline of Classes

- Class 1: Creative Counting – Dancing involves math! We'll learn how to move our body to the rhythm of the music by counting.
- Class 2: Feeling the Floor – We will work on balance and moving across the floor with our dance moves.
- Class 3: Adding Spunk – Jazz needs a little acting, we'll work on bring out some spunk through dancing.
- Class 4: Kicking and Jumping – We'll focus on big moves during our last class, adding to the overall expression jazz dancing can provide.

Health

Heart Saver CPR & First Aid

Apr 7 (M)

1:00 – 4:00 p.m., \$70 or

May 5 (M)

6:00 – 9:00 p.m., \$70

Instructor: Sheila Clemens

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.



Mar 8
Lucky Gnome



PAINT PARTIES WITH KARAN

Apr 12
Spring Flowers



Paint Party (Acrylic Painting) Scottsbluff

Apr 12 (S)
10:00 a.m. – 12:00 p.m., \$35
Instructor: Karan Jump
Registration Deadline: Apr 9

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.

Basic Life Support/CPR for Healthcare Professionals

May 12 (M)

1:00 – 4:00 p.m., \$70

Instructor: Sheila Clemens

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.

Trauma Informed Care

Mar 19 (W)

9:00 a.m. – 12:00 p.m. \$25

Instructor: Brent Anderson

Trauma Informed Care is a broad topic that touches many different professions (human services, medical professions, education, faith-based and for-profit). This class will examine the influence of trauma on behavior and offer strategies to promote a culture of care that is trauma informed, and person centered for all, including service recipients, students, employees, family and the general community. With a better understanding of trauma and its function in behavioral patterns you and your team can develop informed approaches to better serve those who have experienced trauma.

Herbs 101

Apr 24 (TH) or May 8 (TH)

6:00 p.m. - 8:00 p.m. \$25

Instructor: Wendy Wilder

Discover the power of herbs in Herbs 101! Dive into the world of natural wellness and learn how to use everyday herbs to support your health and well-being. In this hands-on class, you'll explore the benefits of common herbs and create your own custom herbal tea blends to take home and enjoy. Whether you're new to herbs or looking for fresh ideas, this class is a fun and relaxing way to connect with nature and boost your wellness routine. Join us and start your journey with herbs today!

Herbs 102

May 22 (TH) or Jun 5 (TH)

6:00 p.m. - 8:00 p.m. \$25

Instructor: Wendy Wilder

Take your herbal knowledge further in Herbs 102! Build on what you learned in Herbs 101 with this hands-on follow-up class! We'll explore more advanced herbal preparations, including infusions and decoctions, while diving deeper into the benefits of herbs. You'll create your own customized herbal blends to take home, and you'll receive instructions and recipes for making tinctures and salves on your own. Whether you're expanding your skills or continuing your herbal journey, this class is the perfect next step!

Herbal First Aid

Jun 19 (TH) or July 10 (TH)

6:00 p.m. - 8:00 p.m. \$25

Instructor: Wendy Wilder

Empower yourself with Herbal First Aid! In this third class of our herbal series, you'll learn how to use herbs for everyday ailments, from soothing minor burns and cuts to easing coughs and congestion. We'll explore herbal first aid essentials, covering teas, poultices, and infused oils, while you create your own take-home remedies. You'll also receive instructions and recipes for making herbal salves and tinctures at home. Whether you're looking to build a natural first aid kit or expand your herbal skills, this class is a must for anyone wanting to be more self-sufficient in their wellness journey!

Language

Beginning Spanish

Mar 17 – May 22 (M, TH)

6:00 p.m. - 7:30 pm.

Instructor: Henry Herrera

Start learning Spanish in a cozy classroom setting. Utilizing visual tools and interactive learning, students will grasp the fundamentals of conversational Spanish by practicing speaking, reading, and writing Spanish vocabulary and numbers. By the end of the course, students will be able to engage in discussions on various topics. This course aims to enhance comprehension of the Spanish language and pave the way for more advanced Spanish-speaking skills and environments. This class will cover:

- Pronouns – Introduce and practice using pronouns with the verbs.
- Greetings – Daily greetings, introducing yourself, introducing a classmate
- Days of the week – Daily schedule
- Household items – Name 5 household items, draw a picture of a room in your house and label 5 items.
- Numbers – Write numbers 1 to 29, then 30-100 by tens, recite phone number to: hospital, emergency, police, restaurant, grocery store.
- Telling time – be able to state the current time.

We offer a variety of online courses through our ed2go program!

www.ed2go.com/wnccl

Instant Italian

Learn to express yourself comfortably in Italian. You'll be surprised how quickly and easily you are able to learn Italian in this course, which provides knowledge of practical, everyday words and phrases you are likely to hear if you vacation in Italy.

Self-guided or Instructor Moderated

Search "Instant Italian"

Conversational Japanese

Prepare for your next trip to Japan by learning the basics of conversational Japanese. This course will provide you with useful words and phrases for conversing as you master the essentials of the Japanese language.

Self-guided or Instructor Moderated

Search "Conversational Japanese"

Beginning Conversational French

Proper pronunciation is essential for excellent communication. So, whether you intend to travel abroad or simply want to learn a fun new skill, the Beginning Conversational French course will help you master the basics of French pronunciation.

Self-guided or Instructor Moderated

Search "Beginning Conversational French"

Spanish for Law Enforcement

Communicate more effectively with the Spanish-speakers around you and add a valuable skill to your resume. This course will help you master basic Spanish and gain more power handling situations that involve Spanish-speaking victims, witnesses, or criminals.

Self-guided or Instructor Moderated

Search "Spanish for Law Enforcement"

Spanish in the Classroom

Bridge the communication gap between you, your Spanish-speaking students and parents with essential Spanish for teachers. This course starts with Spanish basics and provides survival phrases for parent-teacher conferences so that you can discuss progress, deal with academic and behavior problems, and provide grades and homework.

Self-guided or Instructor Moderated

Search "Spanish in the Classroom"

Personal Interest

Book and Study Group: Nice Racism

March 17 (M), March 31 (M)

April 14 (M), April 28 (M)

10:00 a.m. – 12:00 p.m., \$40

Instructor: Judy Amoo

Welcome to a dive into the concepts presented in Robin DiAngelo's "Nice Racism." Together we'll develop a greater awareness of issues of race and privilege. Learn how well-intentioned actions can perpetuate systemic racism and how thought-provoking conversations can challenge our assumptions, bridge the gaps of understanding, and increase our capacity to act. This is more than a book club – it's a space for growth, awareness, and change. Book not included and can be purchased online. Judy is a social justice scholar and practitioner who facilitates methods to promote reflection and healing. She's an approved victim/offender mediator through the Office of Dispute Resolution of Nebraska, and coach and trainer for the Nebraska Mediation Association.

Marking Special Moments through Morning Altars

Create an Altar to Honor Someone Special

April 8 (T)

9:00 a.m. – 5:00 p.m., \$45 or

Create an Altar to Honor an Important Threshold

April 15 (T)

9:00 a.m. - 5:00 p.m., \$45 or

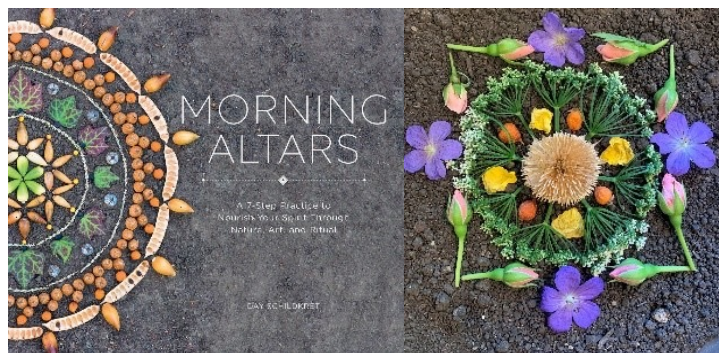
Create an Altar to Honor Mother Earth

April 22 (T)

9:00 a.m. - 5:00 p.m., \$45

Instructor: Judy Amoo

Dealing with life's changes and transitions can be emotional and daunting. Building rituals, ascribing meaning, and marking significant moments through the beauty of nature is medicine for the soul. Based on the book, "Morning Altars: A 7-Step Practice to Nourish Your Spirit through Nature, Art and Ritual" by Day Schildkret, Judy will guide us through these rituals as we learn, share, forage, and experience the magic of creating altars together. Each session will focus on different steps of Day's ritual practice; take one or all three! Book not required for workshop. Judy is a certified Morning Altars teacher and practitioner and has been building altars around the country since 2020.



Creative Writing: Poetic Rhythm

Mar 25 – Apr 10 (T, TH)

5:30 – 7:00 p.m., \$30

Registration deadline: Mar 21

Instructor: Zanacia Rose

We will focus on reading, analyzing, and creating poetry, with all its elements. You'll learn to be a poet yourself.

House of Colour Demonstration: Scottsbluff

Apr 12 (S)

10:00 a.m. - 12:00 p.m., \$40

Instructor: Sarah Buchholz

House of Colour Sidney, Sarah Buchholz, will demonstrate how to discover your best seasonal color palette through their expert and scientific process. Witness a real-life transformation where a model discovers their best specific color palette through our expert House of Colour analysis demonstration, learning which seasons and colors work best, as well as how you can incorporate this into your life with your own transformation! 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.

Gardening 101

Apr 5 (S)

9:00 – 10:00 a.m., \$15 or

Apr 29 (T)

6:00 – 7:00 p.m., \$15

Instructor: Katie Markheim

Whether you're a seasoned gardener through education, experience, trial and error or someone just starting out, you can find a takeaway from these Garden 101 basics. Life in the garden is always interesting and there are also life lessons to be learned. Let your garden be your refuge and a place of peace for natural grounding. It's true, "If you have a garden and a library, you have everything you need." -Cicero

Motorcycle Safety Training

Basic Rider Course

Visit <https://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

Photography

We offer a variety of online courses through our ed2go program!

www.ed2go.com/wncc/

Discover Digital Photography

Gain the skills you need to take great photos with your digital camera and never miss a memorable moment again. This course is an informative introduction to digital photography, from DSLRs to smart phone cameras.

Search "Discover Digital Photography"

Secrets of Better Photography

Learn to take outstanding photos and get the best results whether you are using a DSLR, a point-and-shoot, or your phone camera. Each lesson contains exercises and assignments that will help you apply new techniques to your own camera and make a distinctive difference in your photos.

Search "Secrets of Better Photography"

Photographing People with Your Digital Camera

Become a skilled photographer when it comes to taking beautiful pictures of adults, children, or babies. This course will help you discover the best way to shoot faces, fix common close-up problems, and use digital photo editing techniques to retouch your photos.

Search "Photographing People with Your Digital Camera"

Photographing Nature with Your Digital Camera

Discover how your nature photos can become works of art rather than just snapshots. This course will help you explore composition and lighting as you master your digital camera's controls and features to take exceptional nature photos in no time.

Search "Photographing Nature with Your Digital Camera"

Mastering Your Digital SLR or Mirrorless Camera

Break through the technology barrier and discover how to use your DSLR to take beautiful photos. This course will help you learn about features and controls, proper lenses, metering, exposure, and more to take your photography to the next level.

Search "Mastering Your Digital SLR or Mirrorless Camera"

Self Defense

Bushidokan™

Mar 3 – 31, or Apr 2 – 30, or May 5 – 28 (M, W)

6:00 – 7:00 p.m.

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

Instructor: Brent Anderson

Ages: 8 and up

Uptown Scottsbluff Mall, One More Rep Fitness

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!

Karate- Judo- Combat Jujitsu- Threat Elimination





IDEAS TO BEGIN 2025 WITH PURPOSE:



Learn something new each day



Get more quality sleep



Spend more time with people that matter



Pick up useful skills or fun hobbies

WE OFFER
300+
COURSES
ONLINE!

Achieve your 2025 Goals with an Online Course! View all we have to offer:
<https://www.ed2go.com/wncc/>



Western Nebraska
Community College
Lifelong Learning

Both Instructor-Moderated or
Self-Guided classes available!