



Western Nebraska  
Community College

Business & Community Education

# UPCOMING CLASSES & EVENTS

Most classes are held at the John N. Harms Center.  
Visit [wncc.edu/bce](http://wncc.edu/bce) for more information or to sign up for our monthly newsletter.

## Women as Warriors (Women's Self Defense) Oct 3 (T)

6:00 – 9:00 p.m., \$20

Women as Warriors is a mix of physical training and scholarly learning. Not only will you learn hands-on techniques for threatening situations, this class has the added bonus of classroom work that analyzes FBI personality profiles of common attackers, how to develop a personalized safety plan, and an in-depth discussion about tactics and strategies that make the physical techniques most effective. Time is allotted to discuss and explore your most pressing questions on personal self defense. Please wear work-out clothes and shoes.



## Beginning Excel 2016 Oct 16 – Oct 30 (M, W) 6:00 – 9:00 p.m., \$115 (Gold card, \$17.50)

This course is an entry-level spreadsheet course. Students learn to use simple formulas, format a spreadsheet, create a chart, and link worksheets together. Application projects vary to meet the needs of the class.

## Remembering WWI: Its Lasting Influences Into the 21<sup>st</sup> Century

Sep 18 – Nov 6 (M), 1:00 – 3:00 p.m.  
\$12 per session

Oct 2: Homefront, Food & Economics  
Oct 9: Media, Entertainment & Sports  
Oct 23: Gender Roles & Clothing  
Oct 30: War Ends; Repercussions  
Nov 6: Ready for the Next World War

## Ko Heichi Fitness: Bushidokan

Oct 2 – 30, Nov 1 – 29, or  
Dec 4 – 20 (M, W)  
5:30 – 6:30 p.m.

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

## Fun Food Experiences

Oct 2  
6:30 – 8:00 p.m., \$7/class

## Mindfulness and Meditation

Oct 3-31 (T), 5:30 – 6:45 p.m., \$30

## Beginning Sign Language

Oct 4 – Nov 8 (W)  
6:00 – 8:00 p.m., \$30

## CPR

Oct 4, Nov 1, or Dec 6 (W)  
1:00 – 5:00 p.m., \$45

## Gold Club Member Exclusive Trip to Oktoberfest!

Oct 6 (F), \$20, (Pre-registration required)  
Bus will depart from the Harms Center at  
8:00 a.m. and return by 5:00 p.m.

## Bicycle Tube & Tire Clinic

Oct 10 (T)  
7:30 – 9:00 p.m., \$5

## Pickleball

Oct 11, 6:00 – 8:00 p.m.  
**FREE!**, Terry Carpenter Center

## Intro to Windows 10

Oct 16 – Nov 1 (M, W)  
1:00 – 4:00 p.m., \$115  
(Gold card, \$17.50, plus book)

## Fun With Smartphone & Digital Photography!

Oct 17 & 24 (T)  
6:00 – 8:00 p.m., \$15

## ZUMBA™

Oct 23 – Dec 12  
M & W: Scottsbluff Campus &  
T & TH: Mitchell American Legion Hall  
6:00 – 7:00 p.m., \$55

## QuickBooks™ Basics

Oct 25, Nov 8, Dec 6, or Dec 20  
9:00 a.m. – 5:00 p.m., \$55  
(Gold Card does not apply to this class.)

## Fun With Robots!

Nov 2 (TH)  
6:00 – 9:00 p.m.  
\$15 or \$25 for two people

## True Colors

Nov 15, 8:30 a.m. – 12:00 p.m., \$20

## Intermediate Excel 2016

Nov 6 – Nov 27 (M, W)  
1:00 – 4:00 p.m., \$115  
(Gold card, \$17.50)

## Publisher 2016

Nov 7 – Nov 21 (T, TH)  
6:00 – 9:00 p.m., \$115  
(Gold card, \$17.50)



## Passport Passengers

Passport Passengers provides an opportunity for senior citizens in our community to come together and learn about travel destinations around the world. Come and share your experiences of your personal travels and learn from those of others. Experience snacks and activities unique to each country. Participants receive a passport booklet during the first session and a sticker for each session they attend.

### Thursdays!

Sep 28 – Dec 14  
10:00 a.m. – 12:00 p.m.  
John N. Harms Center  
\$12 per session

Oct 5: Sydney  
Oct 12: Porto (Portugal)  
Oct 19: London  
Oct 26: Paris  
Nov 2: New York City  
Nov 9: Florence  
Nov 16: Prague  
Nov 30: Barcelona  
Dec 7: Dubai  
Dec 14: Amalfi Coast (Italy)

For more information or to register,  
call **308.635.6700** or visit [wncc.edu/bce](http://wncc.edu/bce).