



UPCOMING CLASSES & EVENTS

Most classes are held at the John N. Harms Center.

Visit 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 21st 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: Gener 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.**