

# UPCOMING CLASSES

All in-person Lifelong Learning classes are held in the John N. Harms Center unless otherwise stated.  
For more information, visit [go.wncc.edu/lifelonglearning](http://go.wncc.edu/lifelonglearning) or call 308.635.6701.

## **Beginning Sign Language**

**Apr 6 – May 4 (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.

## **Mind Body Medicine: Learning Skills for Self-Care**

**Apr 6 – May 11 (W)**

**6:00 – 7:30 p.m., \$30**

During this class, we will learn ways to care for yourself. Using art, journaling, self-affirmations, and mindful breathing techniques we will experience greater wholeness, resiliency and health. Research based exercises, in small groups, promise to help with anxiety, depression, and trauma. Group sharing in a safe way will be encouraged, not required. Come join us for six weeks of fun and learning! Patrick Powers is a licensed professional therapist who has a background in psychotherapy, University Instructor (addictions and mental health) and Ministry.

## **Introduction to Ceramic Wheel Throwing and Hand Building**

**Apr 9, or Apr 23, or May 7, (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. Class size is limited to six.

## **Painting with Acrylics**

**Apr 14 (TH)**

**9:30 a.m. – 12:00 p.m., \$40**

**Instructor: Rachelle Eversole**

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 is taught step by step and all supplies are furnished. Just grab a friend and come have fun.

## **Building an Effective Workplace Environment**

**Apr 19 (T)**

**8:30 a.m. – 12:00 p.m., \$50**

**Instructor: Pat Randolph**

A vibrant workplace environment is essential in developing a productive business. This session will provide an overview of the components of a workplace environment: purpose, communication, teamwork, leaders, creativity, and diversity. Look at the importance of the mission, vision, values, and goals of the company and its effect on the workplace environment. Create a motivating workplace that meets the needs of individual employees

and supports employee engagement. Develop an effective communication system within the workplace. Show the essentials of dynamic and engaged leadership. Encourage creativity and innovation and promote diversity. Master these elements and watch your business grow!

## **Bob Ross Painting**

**Apr 23, or May 21, or Jun 18 (SA)**

**9:00 a.m. – 4:00 p.m., \$75**

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.

## **Heartsaver CPR & First Aid**

**May 2, or Jul 5, or Sep 6, (M)**

**6:00 – 9:00 p.m., \$70**

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.

## OPERATIONAL EXCELLENCE WORKSHOPS FOR MANUFACTURERS & FOOD/AG PROCESSORS

WNCC and UNL Manufacturing Extension Partnership are bringing industry leading training to Western Nebraska in a series of three one-day workshops in March, April, and May. Attend one or several:

- **April 21 or 22: *Lean 101 Efficiency*** is hands-on training in simulated real-life work situations to identify/establish processes, remove waste, reduce cost, plus understand supply chains and quality control.
- **May 26 or 27: *Problem Solving Techniques & Tools*** is interactive training that demonstrates industry-leading, highly useful problem-solving tools, and how/when to use them.

**Tuition: \$250.00  
(lunch is included) Workshops  
are held in Scottsbluff or  
Bridgeport. Visit [wncc.edu/  
calendar](http://wncc.edu/calendar) for details. Call  
308.635.6701 to register.**



**Western Nebraska  
Community College**