

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 or call 308.635.6700.

YOGA SERIES

\$10, each class

6:00 – 7:00 p.m.

Yoga is for everyone – for people with or without a disability and people who are or are not flexible. Practicing yoga can increase physical strength and flexibility, respiratory efficiency, improve sleep, reduce depression and anxiety, reduce effects of trauma, reduce pain and inflammation, and calm the nervous system. Yoga is very popular in our culture because we are so busy, distracted, and plugged in. We crave the quiet and calm the practice of yoga can create. This beginner workshop is appropriate for all levels.

Yoga Basics

Feb. 17

Therapeutic Chair Yoga for Your Workspace

Feb. 24

Transition Yoga – Taking Basic Postures from the Chair to the Mat

March 3

Beginner Hatha Yoga - The Breath of Life

March 10

Beginner Hatha Yoga for Relaxation

March 17

Beginner Hatha Yoga for Stress Relief

March 24

The Yoga-Heart Connection

March 31

Beginner Hatha Yoga – Focus on Back Pain Relief

April 7

Please note:

Facial coverings and social distancing will be required for all in-person classes. Class sizes will be modified to adjust for proper social distancing.

Bob Ross Painting

Feb 20, or Mar 20 (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.

Introduction to Ceramic Wheel Throwing and Hand Building

Feb 6, or Feb 20, or Mar 6, (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.

Mind Body Medicine: Learning Skills for Self-Care

Feb 3 – Mar 3 (W)

6:00 – 7:30 p.m., \$30

During this class, you 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. Come join us for five weeks of fun and learning! Patrick Powers is a licensed professional therapist who has a recent background in psychotherapy.

Cool Cat Careers Camp

Feb 12 (F)

7:45 a.m. – 5:15 p.m., \$20

Ages: 8 – 14

Registration Deadline: Jan. 27 to receive a t-shirt.

Cool Cat Careers Camp gives kids the unique opportunity to explore a variety of career options prior to high school. They'll participate in fun, hands-on activities designed to teach them about career pathways in seven different STEM (Science, Technology, Engineering, and Math) fields. Kids won't be in a classroom all day, either - they'll get to visit many areas around the WNCC Scottsbluff Campus and will be eligible to win prizes and giveaways throughout the day. Join us to discover opportunities and build bright futures! Lunch, snacks, and a t-shirt will be provided. There are limited seats, so register early!

QuickBooks™ Basics

Feb 17, or Mar 17, or Apr 14 (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.

Beginning Sign Language

March 3 – March 31 (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.

Safe Babysitting Clinic

Mar 12 (F) 8:00 a.m. – 5:00 p.m., &

Mar 13 (SA) 8:00 a.m. – 12:00 p.m.,

\$55 (includes lunch on Friday only)

Ages 10 – 15

Earn a certificate from our Safe Babysitting Clinic. WNCC faculty teach the American Heart Association Family and Friends CPR for adult, child, and infant; basic first aid; choking rescue techniques; and use of an AED. The instructor for this course is Janelle Anderson, who has a master's degree in Early Childhood Education Curriculum and Instruction. In this class, she will provide 16 hours of babysitting instruction on safety, food preparation, safe play, and age-appropriate activities. Learn about accepting babysitting jobs, negotiating pay, and exploring an early childhood education career.

Developing Skills for Mindfulness

Mar 17 – Mar 31 (W)

6:00 – 7:30 p.m., \$25

To learn mindfulness skills, we will be using art, exercise, and belly breathing so that we can live more fully in the body. By being in our body, we will be able to live in what has been called the "Eternal Now," by Eckhardt Tolle and many others for centuries! Mindfulness has been shown, not only by centuries of experience, but by more recent research, to help alleviate or even rid ourselves of such emotional conditions as depression, anxiety, and trauma. Come learn, in a group setting, the art, skill, and lifestyle of Mindfulness. Your instructor, Patrick Powers, is a licensed mental health therapist.



Western Nebraska
Community College