Southeast Community College

Fall 2023 Schedule

COMPUNITY EDUCATION

Your source for more than

200 courses designed to enrich your personal life.

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Email continuinged@southeast.edu Call 402-437-2700 or 800-828-0072

Interested in Leadership and Professional Development courses?

SCC offers more than **80 courses** designed to grow your skills and enhance your professional life.

To view career-oriented classes, visit southeast.edu > Business & Community > Community.

To request a printed schedule, email continuinged@southeast.edu or call 402-437-2700.

SERVING THE COUNTIES OF

Cass Fillmore Gage Jefferson Johnson Lancaster Nemaha Otoe Pawnee Richardson Saline Saunders Seward Thayer York

The SCC Continuing Education USPS 024-108 (Volume 20, Number 2) class schedule is published 4 times per year (one in February, one in May, one in August, and one in November). The SCC Continuing Education class schedule is produced by the SCC Continuing Education Division, in cooperation with the SCC's Public Information Office, 301 S. 68th Street Place, Lincoln, NE 68510. Application to mail at periodical postage rate has been approved at Lincoln, Neb. POSTMASTER: Send address changes to SCC Continuing Education, 301 S. 68th Street Place, Lincoln, NE 68510.

ANIMALS & PETS

Sales Tax is applicable on animal specialty services.

Beekeeping for Beginners: Practical Hands-On!

Success in beekeeping requires an intimate knowledge of the honey bee and management practices based on colony habits and the bee behavior. During the lab classes, students will have the opportunity to establish and manage their own hive of bees through one production cycle.

There will be supply costs for your hive and equipment which will be discussed the first night of class. Class will be held the first Wednesday of the month for 12 months **Keyword: Beekeeping**

Oct. 4, 2023-Sept. 4, 20	024 W	6:30-8:30 p.m.	\$189
Lincoln, CEC, Aud	Vance	AGRI-3000	-CEFA

Basic Dog Obedience

Prerequisite: Your dog must be at least 4 months old, and you must provide proof of current vaccinations

Does your dog need to learn some manners? Help your dog be a better companion. Points covered are: basic behavior and manners, socialization, bonding games, and much more.

The last session is learning tricks and a special recognition for you and your dog. (Cost \$93 + Sales Tax \$6.98) **Keyword: Dog**

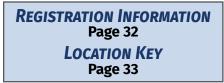
Bring your dog to all sessions.

Sept. 6-Oct. 11	W	6-7 p.m.	\$99.98
NE City, NCLC, 10	0	Moore	AREA-4140-NCFA

Pet Massage

Learn hands-on massage techniques to relax muscles, stimulate circulation, improve mood and flexibility, and enhance the range of motion for your four-legged family members. The benefits that pets get from a massage is very similar to the benefits that humans experience.

You may bring your pet to the class if you wish. Please have dogs on a leash. (Cost \$39 + Sales Tax \$2.93) **Keyword: Pet** Oct. 14 S 9:30-11 a.m. \$41.93 NE City, NCLC, 100 Kreifels AREA-3975-NCFA



Courses are subject to change.

Becoming an Animal Foster Parent

Fostering an animal is one of the most rewarding and humbling experiences you can do! By fostering an animal in need, you are opening up a spot at a shelter or rescue so they can save another from euthanasia. During your fostering experience you will assist in getting your foster ready for adoption and their perfect family. As enjoyable as pet fostering can be, it is not a decision you want to take lightly. Taking the time to consider the commitment is in the best interests of both you and the animals in need. **Keyword: Animal**

Oct. 5	Th	6:30-8 p.m.	\$10
Lincoln, C	EC, 403	Chapek	LLLX-0041-CEFA.

Healthy Dog Snacks

Feeling guilty when your dog sits at your feet waiting for a hand out? Let's create healthy treats for your furry friend that will be good for them!

Bring a container to take home samples. There is a \$5 fee payable in class. Check or cash only for fee. **Keyword: Dog**

Oct. 28	S	9:30-11 a.m.	\$19
York, YKLC	, C101	Fisher	AREA-3926-YKFA

Let's Do Lunch: Backyard Bird Feeding, Bird Watching for Beginners

See page 25 for more information.

KENL INN CLASSES

Bring a leash, treats and your dog vaccination records to class. We are air conditioned!

Pet CPR & First Aid

Acquire CPR techniques, first aid skills, health care, and wellness information for our dogs and cats. Sometimes the unexpected happens. Will you be prepared to act when it does?

Class includes the PetSaver handbook and upon successful completion, you will receive a certificate. Limited to 12 participants. Bring a sack lunch. **Keyword: Pet**

Nov. 4	S	9 a.m3 p.	m. \$125
Lincoln, K	ENL	Kenl Inn	LLLX-0006-OCFA

Space is limited. Register today!

PERSONAL INTEREST



Basic Obedience & Manners for Your Dog

You will be working with your dog to walk on a leash, come when called, sit, lay down, and greet visitors properly, because everyone enjoys a well-trained dog!

(Cost \$70 + Sales Tax \$3.85)

Keyword: Obedience

Oct. 4-25	w	11:30 a.m	12:30 p.m. \$73.85
Lincoln, KE	NL	Kenl Inn	LLLX-0727-OCFA
Nov. 1-22	W	6-7 p.m.	\$73.85
Lincoln, KE	NL	Kenl Inn	LLLX-0727-OCFB

Dog Grooming: Beginning

Have you ever wanted to try grooming your dog yourself and save money? It's pretty easy once you know some of the "tricks." Learn the proper tools to use on your own dog and how to make it a fun, positive experience for both of you.

Please bring your own dog for the handson portion. (Cost \$55 + Sales Tax \$3.03) **Keyword: Dog**

Oct. 10	Т	6-8 p.m.	\$58.03
Lincoln, K	ENL	Kenl Inn	LLLX-1723-OCFA

Dog Grooming: Advanced

You can give your dog a haircut and it CAN look good! Learn how to use the clippers and/or scissors to get that professional finished look.

Beginning Grooming is NOT a prerequisite. Do NOT bring your own dog to this class. Kenl Inn will provide a demo dog. **Keyword: Dog**

	-	-		
C)ct. 17	Т	6-8 p.m.	\$55
	Lincoln, KEN	L	Kenl Inn	LLLX-2109-OCFA



Personal Interest 1

PERSONAL INTEREST

GREATER LINCOLN **OBEDIENCE CLUB CLASSES**

Go to glocdogs.org for complete class descriptions, welcome letter and items to bring to class.



Good Dog Class: Obedience Level 1

Learn basic behavior and manners. socialization, bonding games, and much more.

SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Dog Sept. 25-Oct. 30 M 6:30-7:20 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Sept. 21 LLLX-2105-OCFA Sept. 25-Oct. 30 Μ 8-8:50 p.m. \$85.80 Lincoln, GRLN LLLX-2105-OCFB Registration Deadline: Sept. 21 Sept. 27-Nov. 1 W 1-1:50 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Sept. 21 LLLX-2105-OCFC Sept. 27-Nov. 1 W 6:30-7:20 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Sept. 21 LLLX-2105-OCFD Sept. 29-Nov. 3 F 6-6:50 p.m. \$85.80 Lincoln, GRLN LLLX-2105-OCFE Registration Deadline: Sept. 21 Nov. 6-Dec. 11 Μ 8-8:50 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Nov. 2 LLLX-2105-OCFF Nov. 7-Dec. 12 Т 6:30-7:20 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Nov. 2 LLLX-2105-OCFG Nov. 7-Dec. 12 Т 8-8:50 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Nov. 2 LLLX-2105-OCFH Nov. 8-Dec. 13 W 6:30-7:20 p.m. \$85.80 Lincoln GRIN Registration Deadline: Nov. 2 LLLX-2105-OCFI

Good Dog Class: Obedience Level 2

Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105)

Learn additional cues for behavior at a distance, longer stays, learning despite distractions, bonding games, and more.

(SCC staff tu Cost \$80 + Sa			es not apply. eyword: Dog
	Sept. 27-Nov. 1 Lincoln, GRLN	W	8-8:50 p.m.	\$85.80
	Registration De	adline:	Sept. 21	LLLX-0709-OCFA
	Nov. 6-Dec. 11 Lincoln, GRLN	м	6:30-7:20 p.r	m. \$85.80
	Registration De	adline:	Nov. 2	LLLX-0709-OCFB

Puppy Manners

Learn socialization, beginning obedience and general care for 8-20-week-old puppies.

SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Puppy					
Sept. 26-Oct. 31 Lincoln, GRLN	Т	8-8:50 p.m.	\$85.80		

Registration De	e: Sept. 21	LLLX-	1725-OCFA	
Nov. 8-Dec. 13	W	6:30-7:20 p	.m.	\$85.80
Lincoln, GRLN				
Registration De	adlin	e Nov 2	IIIX-	1725-OCEB

Agility 101

Prerequisite: Dog must be at least 9 months old

Foundation skills covered will make your future agility training and sequencing much more enjoyable!

SCC staf	f tuitic	on waiver does n	ot apply.
(Cost \$80 +	- Sales	; Tax \$5.80) Keyw	ord: Agility
Nov 6 Doc 1	11 M	9-9-E0 p m	ÇOE OU

NOV. 0 DCC. 11		0 0.50 p.m.	Q00.00
Lincoln, GRLN			
Registration De	adline	e: Nov. 2	LLLX-1754-OCFA

Agility 102

Prerequisite: Agility 101 Learn simple handling skills to prepare your dog to negotiate difficult skills with more confidence.

SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Agility Sept. 27-Nov. 1 W 8-8:50 p.m. \$85.80 Lincoln, GRLN Registration Deadline: Sept. 21 LLLX-2106-OCFA

Tricks

Prerequisite: Good Dog Class: Obedience Level 1 or other beginning obedience

This is a family-oriented class that will focus on teaching dogs to perform tricks. Points covered are shake, take a bow, high five, roll over, crawl, and much more. The AKC test is given at end of class.

SCC staff tuition waiver does not apply.			
(Cost \$80 + Sales Tax \$5.80) Keyword: Tricks			
Nov. 8-Dec. 13 W	8-8:50 p.m.	\$85.80	
Lincoln, GRLN	Nev 2		
Registration Deadline	: NOV. 2	LLLX-0095-OCFA	

Tracking

Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105) or equivalent Bond with your dog while doing what comes naturally to them. Tracking is something all breeds can do. Let us introduce you and your furry partner to this fun game while learning how to earn AKC tracking dog titles.

First class will meet at Pioneers Park sled ramp area. Bring your dog. SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Tracking

Sept. 30-Nov. 4 S Lincoln, GRLN	9-9:50 a.m.	\$85.80
Registration Deadline	: Sept. 21	LLLX-1760-OCFA
Nov. 8-Dec. 13 W Lincoln, GRLN	8-8:50 p.m.	\$85.80
Registration Deadline	: Nov. 2	LLLX-1760-OCFB
Nov. 11-Dec. 16 S Lincoln, GRLN	9-9:50 a.m.	\$85.80
Registration Deadline	: Nov. 2	LLLX-1760-OCFC

Intro to SCENT Work

Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105) or equivalent

Teach your dog how to find an odor and communicate the location. All breeds benefit from this fun way to increase mental stimulation. Dogs love this class as they are the star!

There is a \$10 fee payable in class. Cash or check only for fee. SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) **Keyword: Scent**

Sept. 27-Nov. 1	W	6:30-7:20 p	o.m.	\$85.80
Lincoln, GRLN				
Registration De	eadlin	e: Sept. 21	LLLX-	0070-OCFA

REGISTRATION INFORMATION Page 32 LOCATION KEY **Page 33**

Payment is due at time of registration for all non-credit classes.

SCENT Work Continuing Skills

Prerequisite: Good Dog Class: Obedience Level 1 (LLLX-2105) or equivalent and Intro to SCENT Work (LLLX-0070)

This is continuing scent work for your dog.

SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Scent				
Sept. 25-Oct. 30 M 6:30-7 Lincoln, GRLN	20 p.m. \$85.80			
Registration Deadline: Sept. 2	21 LLLX-0071-OCFA			
Nov. 7-Dec. 12 T 8-8:50 Lincoln, GRLN	p.m. \$85.80			
Registration Deadline: Nov. 2	LLLX-0071-OCFB			

Canine Good Citizen

Prerequisite: Good Dog Class: Obedience Level 2 (LLLX-0709)

Get ready for the AKC Canine Good Citizen test. Some items covered: remaining calm in a crowd, loose-leash walking, accepting a friendly stranger, long sits and stays, recalls, and more.

The test is given at the end of the class. SCC staff tuition waiver does not apply. (Cost \$80 + Sales Tax \$5.80) Keyword: Canine

Sept. 26-Oct. 31 Т 6·30-7·20 n m \$85.80 Lincoln. GRLN

Registration Deadline: Sept. 21 LLLX-1728-OCFA

Arts, Crafts & HOBBIES

NEW Diamond Dot Painting

Diamond Dot painting is the hot new handicraft that results in vivid shimmering works of art. Whether you are a total diamond dot beginner or have a little experience, this is for you. We will take your diamond dot painting to a new level with hands-on as we create our custom designs.

Your supply kit will be yours to keep so you can keep creating. Keyword: Dot

Oct. 11	W	6-8 p.m.	\$29
Lincoln, C	EC, 405	Roseberry	LLLX-0032-CEFA

Space is limited. Register today!

The Art of Ventriloquism

See page 21 for more information.

NEW! Cute & Thrifty DIY Gifts

Bring your friends and make three cute, inexpensive gifts to give this holiday season. All supplies are provided as you create a charming stamped flower pot, a hand painted zip pouch and some oh-sonice body scrub. These will sure to be a hit with coworkers. friends and family.

Bring a pair of scissors. Since we will be using paint, dress appropriately. **Keyword: Gifts**

Nov. 4	S	9 a.mNoon	\$39
Lincoln, C	EC, 102	Roseberry	LLLX-0030-CEFA

Winter Door Hanger Create an enchanting, nature-inspired door hanger that you can display all winter long. spools of ribbon at least 2 inches wide, a hot glue gun and glue sticks. There is a \$5 cash-only fee payable in class. **Keyword: Hanger**

1-3:30 p.m. Dec. 2 S \$24 Wahoo, WHLC, 102 Haase-Thomas AREA-2179-WHFA

Bring to class: three

Glitter House Ornaments or Décor

Use as holiday décor or as ornaments, each of these charming little 📑

houses is unique. Embellish and decorate two houses in class. Keyword: Ornament

Nov. 19 Louisville,	U SHSH	2-4 p.m. Wolcott	\$35 AREA-2183-PLFA
Nov. 18	S	10 a.mNo	on \$35
Wahoo. W	HLC. 102	Haase-Thomas	AREA-2183-WHFA



Paper Clav Ornaments

Discover the fun of paper clay as you create snowmen and snowflake holiday ornaments. Sculpt,

design and embellish these sweet designs.

There is a \$10 fee payable in class. Cash or				
check only for fee. Keyword: Ornament				
Oct. 29	U	2-4 p.m.	\$35	
Louisville, SHSH Wolcott AREA-3138-PLFA				

Snow Much Fun Ornaments (Ages 8-12)

See page 28 for more information.

PERSONAL INTEREST

Ho Ho Santa

Save your shopping time and energy and let us do the prep work for these cute chip brush Santa ornaments. We have different decorating



options to choose from.

Bring to class a glue gun and a pair of scissors. There is a \$6 cash-only fee (for two Santas) payable in class. You can make additional Santas for \$3 each if you desire (until we run out of brushes). **Keyword: Santa**

Nov. 8	W	6-8 p.m.	\$19
Wahoo, WHLC, 1	102	Haase-Thomas	AREA-2201-WHFA

7th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles, provided by SCC. All details of the derby (rules, registration forms, deadlines, and more) are available online at https://bit.ly/2024sccpuzzletournament. Must be 16 years or older to participate). You also can stop by the Continuing Education Office at 301 S. 68th St. Place and pick up a set. Check-in begins at 12:15 p.m. Registration deadline is Jan. 25 or until the room is full (whichever comes first).

Four-Person	Team: 1	1,000 pieces	
Feb. 3 Lincoln, CEC	S , 302	12:15-5 p.m.	\$59/team
Four-Person	Team: 7	'50 pieces	
Feb. 3 Lincoln, CEC	S , 302	12:15-5 p.m.	\$49/team
Two-person	team		
Feb. 3 Lincoln, CEC	S , 302	12:15-5 p.m.	\$29/team
Individual			
Feb. 3 Lincoln, CEC	S	12:15-5 p.m.	\$19/person





Grab your scrapping supplies and clear your calendar for a day of uninterrupted creative recreation.

Registration includes 15 hours of cropping at your own table, access to a computer for journaling and a chance to win multiple door prizes. Please write on your registration form who you would like to be seated next to. If you are registering online, email continuinged@southeast.edu who you would like to be seated next to. Please note: All meals are on your own. **Keyword: Scrapfest**

Early Bird (on/before Sept. 8)

Last day to register is noon Sept. 14. Register by Sept. 8 for the early bird rate of \$40!

Sept. 16 S	9 a.mMidni	ght \$40
Lincoln, CEC, 302	Van Winkle	LLLX-0103-CEFA

Regular Registration (after Sept. 8)

Sept. 16 S 9 a.m.-Midnight \$45 Lincoln, CEC, 302 Van Winkle LLLX-0103-CEFB

Scrapfest Classes

Scrapfest classes are optional. You will register and pay \$10 per class the day of Scrapfest. Cash or check please. We are really busy designing the great class options, so you will have to wait for the picture reveal.

Friday Night Crop

Prerequisite: Must register for Scrapfest (LLLX-0103) to attend the Friday Night Crop. Join us on Friday for this "bare bones" crop. Leave your goods overnight and pick up where you left off when you arrive on Saturday. That's five hours of extra scrapping for only \$5. No vendors, prizes, etc., just extra crop time. **Keyword: Crop**

Sept. 15 F 5-10 p.m. \$5 Lincoln, CEC, 302 Van Winkle LLLX-0244-CEFA

Scrapbook Workshop

Enjoy the evening scrapbooking with others. Invite a friend and bring your project with you or ask instructor for supplies.

New-student instruction will be available from 5-6 p.m. (digital or traditional) before each workshop. Keyword: Scrapbook

Dec. 11 M 5-10 p.m.	Plattsmouth, PLLC, 102	5-10 p.m. Warga	\$10 AREA-3268-PLFA
Plattsmouth, PLLC, 102 Warga AREA-3268			\$10 AREA-3268-PLFB

1-on-1 with Cricut[®] Design Space

Need some one-on-one time with our Design Space Pro? Do you have a special project you need help with or are you just getting started and don't know what to do? This is your chance to have some hands-on support and time to ask questions, explain your confusion, or work out what all the icons are for and what they do.

\$39 per hour for individual assistance. Call 402-437-2712 to schedule.

Cricut® Design Space Boot Camp

The Cricut[®] machines are a wonderful tool. Join us as we dive in to the nitty gritty of Design Space and solve your questions and guandaries.

Bring your computer with Design Space software loaded and up-to-date. Be sure you know your password. Keyword: Cricut Oct 25 4-6 p.m. w \$39 Lincoln, CEC, 404 Van Winkle LLLX-1692-CEFA

Creating with Cricut®

Do vou have a Cricut[®] machine? If vou just got the machine, or tried to use it and were frustrated, this hands-on class is for you! We will go over machine basics as well as navigating the Design Space software. You will make several small projects using paper and vinyl.

Bring your machine, a computer or mobile device, cords, a cutting mat, any tools and pens that you might already have, and an extension cord. All paper is supplied. The machines welcome in this class include any of the Cricut[®] Explore machines and the Cricut® Maker machines. Keyword: Cricut

Oct. 26	Th	6-8 p.m.	\$39
York, YKLC,	C101	Johnson	AREA-2159-YKFB

NEW! All Aboard the Crafty **Express Bus Trip**

See page 11 for more information.

Pictures Galore, Organizing & More!



What do vou do with the

thousands of photos you've taken? We will offer some strategies for tackling the overwhelming task of getting a system in place to safely store and organize your precious memories. Also, what do you do with the dreaded box of photos buried in the closet? We'll offer many solutions. **Keyword: Pictures**

-				
Nov. 7	Т	6-7:30 p.m.	\$19	
LIVE Online,	Zoom	Van Winkle		
Registration	Deadline:	Nov. 3	LLLX-0289-TCFCB	



Shutterfly



Are you interested in learning the basics of Shutterfly? We will take a tour of the Shutterfly site, unlock some of the best features and open a whole new world of possibilities for gift options, such as creating a photo book. Join us for a look at this popular and versatile site for photo storage and so much more.

Keyword: Shutterfly

Nov. 9	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom			AREA-3105-TCFFA
Falls City, FCLC, 102			AREA-3105-FCFA

Digitizing Memories

See page 22 for more information.

Payment is due at time of registration for all non-credit classes.

4

Personal Interest





The ABCs & 123s of Calligraphy & Brush Lettering

Come learn the ABCs and 123s of calligraphy and brush lettering in a comprehensive class for beginners. You'll get to experience brush markers, calligraphy markers and dip pens with a variety of nibs and colors of ink.

You will receive practice sheets and several styles of alphabets to study and use for future projects. **Keyword: Calligraphy**

Oct. 7 S	1-4 p.m. \$45
Falls City, FCLC, 109	Strilkivsky AREA-7736-FCFA
Nov. 4 S	9 a.mNoon \$45
Plattsmouth, PLLC, 102	Strilkivsky AREA-7736-PLFA
Nov. 18 S	1-4 p.m. \$45
York, YKLC, C101	Strilkivsky AREA-7736-YKFA
Dec. 9 S	1-4 p.m. \$45
Wahoo, WHLC, 101	Strilkivsky AREA-7736-WHFA

Junk Journal

Let's make a fun, fast junk journal (out of a file folder)! These shabby little friends are a fun and green way to repurpose some of the "useless" or not-so-useless paper that accumulates in our lives.

You will receive an email with a supply list (scissors, ruler, adhesive) and suggestions/ ideas of things for you to save for your pages in your journal. There is a \$5 cash supply payable in class. **Keyword: Journal**

Oct. 30	М	6-8 p.m.	\$19
Lincoln, CEC, 406		Holman	LLLX-1346-CEFA

Stitched Fabric Journal

Make your own fabric-covered book to use as a journal, recipe book, photos, planners, and more. We will cut, weave and layer fabrics and materials to create a one-of-a-kind cover. **Keyword: Journaling** Oct. 30 M 6:30-8:30 p.m. \$35

Plattsmouth, PLLC, 101 Wolcott AREA-9027-PLFA



Winter Wonderland Holiday/ Greeting Card

Our winter in Nebraska reflects an inspiration for creating a beautiful watercolor winter scene, a painting appropriate to make your own greeting card. The instructor's techniques, tips and demonstration of this medium will help expand your painting horizons.

Darlene will minimize a copy of your painting to a greeting card-sized copy for you to use. Bring: watercolor (tube) paint set or any other colors you have on hand, watercolor brushes and small-size palette. There is a \$5 cash-only fee payable in class. Questions about class? Call 402-489-7437. **Keyword: Winter**

Oct. 11-18	W	6:30-9 p.m.	\$49
Lincoln, CA	RL	Jansen	LLLX-0768-OCFA

Porch Pumpkins

Easy-to-make no-carve wood block pumpkins are the perfect décor for fall. Bring these four different-sized wood block pumpkins into your home.

All supplies are provided. Bring a glue gun and needle-nose pliers if you have one and wear your paint clothes. There is a \$12 cashonly fee payable in class. **Keyword: Pumpkin** Oct. 9 M 6-8 p.m. \$19 Lincoln, CEC, 102 Holman Registration Deadline: Oct. 2 LLLX-1142-CEFA

Beginning Woodcarving

This class is perfect for the beginner enthusiast to gain a solid foundation in woodcarving, sharpening, techniques, design skills, and safety.

You will need a woodcarving knife, mesh glove and apron. You will receive an email with additional information regarding supplies and wood. There will be a \$5-\$30 fee for wood blanks payable in class. Cash or check only for fee. **Keyword: Woodcarving**

Oct. 4-Nov. 8 W	9:30-11:30 a	.m. \$109
Lincoln, VWSP	Vang	LLLX-1199-OCFA
Oct. 4-Nov. 8 W	6:30-8:30 p.	.m. \$109
Lincoln, VWSP	Vang	LLLX-1199-OCFB

Studio Craft: Get It Done

Projects piling up? Get a move on with this fun, creative crafting day. Check out what others are creating and get inspired.

Bring your projects and all necessary supplies and join the fun. Table space, excellent lighting and snacks will be provided. **Keyword: Craft**

Dec. 2	S	9 a.mNoon	\$19
York, YKL	C, D101	Larsen/Houdek	AREA-2616-YKFB
Dec. 9	S	9 a.mNoon	\$19
Falls City,	FCLC, 109	Hunzeker/Kreifels	AREA-2616-FCFB

Rip, Cut, Glue: Collage Art

Like to rip up paper, work with your hands, and create fantastical scenes? Learn how to layer and combine different materials to create an awe-inspiring original work of art.

There is a \$5 fee payable in class. Cash or check only for fee. **Keyword: Collage**

C)ct. 14-21	S	10-11:30 a.r	n.	\$24
	Wahoo, WHL	C, 101	Hansen	AREA-3211-	NHFA
_					



Working with Resin

Epoxy resin can be used for many purposes. The clear epoxy turns from a liquid to a solid and makes magical works of art. We will learn how to safely work with the resin to create beautiful pendants and key chains with embedded botanicals, glitter and gems.

There is a \$10 fee payable in class. Cash or check only for fee. **Keyword: Resin**

Nov. 5	U	2-4 p.m.	\$35
Louisville, S	SHSH	Wolcott	AREA-2186-PLFA

Old Fashioned Soap Making

Discover how to make healthy handmade soap safely, from scratch, at home. We will cover the chemistry, supplies and the basic soap-making process.

Bring safety goggles. There is a \$10 fee payable in class. Cash or check only for fee. **Keyword: Soap**

Nov. 12	U	2-5 p.m.	\$55
Louisville,	SHSH	Wolcott	AREA-5725-PLFA

Beginning Leatherwork

See page 10 for more information.



southeast.edu

NEW! DIY Fresh Holiday Wreath

Do you love having fresh greenery around for the holidays? Create a fresh greens wreath for your holiday season.

Basic supplies and natural embellishments provided. You may bring ribbon and additional trimmings or add-ons to personalize your wreath. **Keyword: Wreath** Dec. 4 M 6-7:30 p.m. \$29 Falls City, FCLC, 109 AREA-5691-FCFA

NEW Bats 'N Cats, Holiday Poinsettia OR Barn Quilt Basics Workshop

Paint a barn quilt! You don't need to be an artist, and you don't need a barn. Using a composite base (not wood), you will paint a quality barn quilt that will last outdoors (or indoors).

Choose from geometric quilt patterns, poinsettia or bats and cats. Bring to class: yellow delicate frog tape (1/41 inch middle width preferred), hair dryer and extension cord. **Keyword: Barn**



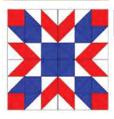
 Bats 'N Cats Design

 Oct. 6
 F
 1-4 p.m. \$95

 Lincoln, CEC, 102
 LLLX-1196-CEFA



Holiday Poinsettia Design Oct. 6 F 1-4 p.m. \$95 Lincoln, CEC, 102 LLLX-1196-CEFB



 Classic Geometric Design

 Oct. 6
 F
 1-4 p.m. \$75

 Lincoln, CEC, 102
 LLLX-1196-CEFC

 Oct. 6
 F
 5-8 p.m. \$75

 Lincoln, CEC, 102
 LLLX-1196-CEFD

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Payment is due at time of registration for all non-credit classes.



Show Your Door Some Love

Be the talk of the neighborhood! Grab your friends and join this great "make-and-take" class. Come and get inspired to paint your own fun and unique door sign.

There are many themes to choose from, and you will need to preselect your sign two weeks prior to class, then show up ready to have fun.

You will receive an email approximately two weeks before class with theme options and sample signs. Doors & More will provide all materials, guidance and inspiration for the day. You will be using paint, so dress appropriately. **Keyword: Door**

Th	3-5:30 p.m.	\$45
2, 102	Bonneau	
Deadline: Oct. 6	LLLX-114	+3-CEFA
Th	6-8:30 p.m.	\$45
C, 102	Bonneau	
Registration Deadline: Oct. 6		3-CEFB
	C, 102 1 Deadline: Oct. 6 Th C, 102	7, 102 Bonneau 1 Deadline: Oct. 6 LLLX-114 Th 6-8:30 p.m. 2, 102 Bonneau

Dec. 7	Th	3-5:30 p.m.	\$45
Lincoln, CE	EC, 102	Bonneau	
Registratio	on Deadline: Nov. 24	LLLX-114	3-CEFC
Dec. 7	Th	6-8:30 p.m.	\$45
Lincoln, CE	EC, 102	Bonneau	
Registratio	on Deadline: Nov. 24	LLLX-114	3-CEFD



Farmhouse Barn Quilt

Paint and create a work of art to display in your home or outdoors.

We will be using milk paint and chalk paint. The barn quilt measures 25 inches. **Keyword: Barn**

Elmwood

 There is a \$5 fee payable in class. Check or cash only for fee.

 Nov. 4
 S
 10 a.m.-Noon
 \$69

 Elmwood, CALC
 Wolcott
 AREA-5680-PLFB

Louisville			
Oct. 14	S	2-4 p.m.	\$69
Louisville,	SHSH	Wolcott	AREA-5680-PLFA

Chalk Painting 101

Discover the fundamentals of chalk painting and the use of finishing products. Paint application, distressing, glazing, washes, and sealants will be covered. These techniques will provide you the knowledge to complete additional projects on your own.

Bring a medium sized object to be painted. **Keyword: Chalk**

Oct. 11 W	6-9 p.m.	\$29
Hebron, HNLC, 102	Keim	AREA-7735-HNFA

Beginning Weaving

Weave a sampler on a four-harness table loom. Learn the terminology, how to measure warp and weft, thread a loom, and WEAVE!

Bring a sack lunch. There is a \$45 cash-only fee payable at first class. **Keyword: Weaving**

Reyword, weaving

Oct. 21-Nov. 4S9 a.m.-2:30 p.m.\$55Lincoln, WEAVHand Weavers GuildLLLX-1642-OCFA

Intro to Rigid Heddle Weaving

You will learn basic weaving terminology, how to plan a weaving project, how to set up a loom, and a variety of different weaving structures, all while creating a weaving sampler.

There is a \$35 cash-only fee payable at first class. You must be able to attend all three sessions. Keyword: Weaving

Oct. 21-Nov. 4 S 3-5 p.m. \$55 Lincoln, WEAV Hand Weavers Guild LLLX-1004-OCFA

Knot Your Momma's Macramé

Macramé is back and updated in a new, fresh form. You will create a wall hanging using four basic knots. From those four knots you can expand and make rugs, plant hangers, jewelry, purses, hammocks, and more. Come and enjoy unleashing your inner artist.

Bring sharp scissors and a fine-tooth comb to comb out some of the cord for an additional decorative touch. **Keyword: Macrame**

Elmwood

There check on	•		n class. Cash or
Oct. 14 Elmwood	S I, CALC	1-4 p.m. Hoemann	\$29 AREA-2196-PLFA
York			
There	is a \$15 f	ee payable i	in class. Cash or

check only for fee.

Sept. 27	W	5:30-8:30 p	o.m. \$29	
York, YKLC	, C101	Conrad	AREA-2196-YKFA	
				_

NEW! Whimsey Wednesday

Whimsey classes are always a surprise and fun. This is your chance to try something different. Create a unique one-of-a-kind "whimsey chime" to hang in your creative space. Learn a new use for fun vintage machine parts. Let your imagination shine.

Other samples will be shown in class for future inspiration. A supply kit furnished for \$10 payable in class. Cash only for supplies. Bring small scissors. Keyword: Whimsey

Nov. 1	W	6:30-9 p.m.	\$29
Lincoln,	CEC, 102	O'hare	LLLX-0318-CEFA

Gratitude, Gimmicks & Going the Extra Mile

See page 23 for more information.

Pottery Techniques

Experience several pottery techniques while creating fun projects. Develop your skills using coiling, Mishima, sgraffito and sculpting methods.

There is	a \$20	fee payable in c	lass. Check
or cash on	ly for f	ee. Keyword: Po	ottery
Oct. 8-22	U	2-4 p.m.	\$89

Louisville, SHSH	Wolcott	AREA-3510-PLFA



Pottery Sgraffito

Sgraffito (in Italian "to scratch") is a decorating pottery technique produced by applying layers of color and then scratching off parts of the layer(s) to create contrasting images, patterns and texture. Decorate a dinnerware plate with your own sgraffito colors and techniques.

Arrangements will be made with instructor to pick up your finished item. There is a \$10 fee payable in class. Check or cash only for fee. Keyword: Pottery

Nov. 6	М	6:30-8:30 p	o.m. \$45
Louisville,	SHSH	Wolcott	AREA-3413-PLFA

Creating Pottery

This is an introduction to hand-building pottery. We will be making drinking mugs out of clay.

The final projects will be fired and glazed and pick-up will be arranged by the instructor. There is a \$10 fee payable in class. Check or cash only for fee. Keyword: Pottery Dec. 9 S 2-4 p.m. \$45 Louisville, SHSH Wolcott AREA-8412-PLFA

Paper Clay Ornaments

See page 3 for more information.

Creating Pottery Luminaries

Using hand-building pottery methods, we will make luminaries out of clay.

PERSONAL INTEREST

Final projects will be fired and glazed with pick-up arranged by the instructor. There is a \$10 fee payable in class. Cash or check only for fee. Keyword: Pottery

Fall Leaves & Greenery

Oct. 25	W	6:30-8:30 J	p.m. \$45
Louisville,	SHSH	Wolcott	AREA-6070-PLFA
Winter The	omo		
winter mit	line		
Nov. 18	S	10 a.mNo	on \$45
Louisville,	SHSH	Wolcott	AREA-6070-PLFB



Exploring Colored Pencil

You will explore various techniques and applications of colored pencils with individualized instruction according to your skill level.

Bring a set of 12 or more guality-colored pencils such as Prismacolor Premier, a colorless blending pencil, pencil sharpener and a tablet of heavy weight drawing paper (8-inch by 10-inch or 9-inch by 12-inch). Additional materials will be discussed in class. You also may choose to explore mixed media with colored pencils. Keyword: Pencil Oct. 7-Nov. 11 S 10:30 a.m.-Noon \$80 LLLX-0775-CEFA Lincoln, CEC, 405 Plants

Drawing 1: You Can Draw

Whether you doodle a little, are a novice or you've just always wanted to be able to draw something, you can. Exercises are designed to help you draw or draw better, grasping essential skills and techniques.

Bring a #2 pencil, pencil sharpener and a pad of 8-inch by 10-inch or 9-inch by 12-inch drawing paper to the first class. **Keyword: Drawing**

Oct. 7-Nov. 11 S	8:30-10 a.m.	\$80
Lincoln, CEC, 405	Plants	LLLX-0612-CEFA



Personal Interest

7

BOB ROSS PAINTINGS

Learn to paint like Bob Ross! Lisa Strilkivsky is a certified Bob Ross Instructor, an award-winning artist and a long-time member and former officer of the Lincoln Artists' Guild in Lincoln, Nebraska. She is passionate about sharing her love of art with everyone! Come join her class for a fun and enjoyable experience while creating something memorable. Bob Ross classes are for painters of all abilities. All supplies needed to complete your painting in class are included. You will end class with a completed painting. Frames are not included.



Bob Ross: Winter's Glow

This 12-inch by 16-inch canvas painting is sparkingly fun and gives a wonderful winter feel. You'll love how easy and fun it is to paint. **Keyword: Ross**

Oct. 14	S	9 a.mNoon	ı \$59
York, YKLC	C, C101	Strilkivsky	AREA-7693-YKFA
Nov. 4	S	2-5 p.m.	\$59
Plattsmou	th, PLLC, 103	Strilkivsky	AREA-7693-PLFD



Bob Ross: Sunset (Autumn) Lake Still and serene, this 9-inch by 12-inch painting is a simple yet beautiful Bob Ross-style painting. Keyword: Ross Oct. 7 S 9 a.m.-Noon \$59

Oct. 7 S 9 a.m.-Noon \$59 Falls City, FCLC, 102 Strilkivsky AREA-7693-FCFA



Bob Ross Painting: Golden Glow of Morning

This 16-inch by 20-inch painting is calming and gorgeous. It has such beautiful colors and provides a perfect scene for your home.

Lunch is on your own. Keyword: Ross					
Oct. 21	S	9:30 a.m3:	30 p.m.	\$75	
NE City, N	CLC, 105	Strilkivsky	AREA-7830	-NCFA	



Bob Ross Painting: Mountain Serenity

Here is a 16-inch by 20-inch quintessential Bob Rossstyle painting that is beautiful and full of all happy clouds. happy trees and maiestic mountains. Enjoy a beautiful day painting a beautiful



scene that you will treasure.

Lunch	is on you	ir own. Key	word: Ro	SS
Dec. 2	S	9:30 a.m3:	30 p.m.	\$75
NE City, N	CLC, 105	Strilkivsky	AREA-7830	-NCFB

Bob Ross: Sunset Retreat

This 12-inch by 16-inch painting is so very easy and fun. There's nothing simpler than Bob Ross painting, and you'll be amazed at what you can do, even the very first time you hold a brush. **Keyword: Ross** Dec. 9 S 9 a.m.-Noon \$59

Wahoo, WHLC, 102 Strilkivsky AREA-7693-WHFA

NEW! Beginning Portrait Drawing

You will explore the basics of pencil portrait drawing. Awardwinning portrait artist Lisa Strilkivsky will show you how to use the medium, practice the techniques and the tools you will need to make future pencil portraits. **Keyword: Drawing**

Nov. 18 S 9 a.m.-Noon \$45 York, YKLC, C101 Strilkivsky AREA-7737-YKFA

Personalized Porcelain

This is an opportunity to explore porcelain painting while creating a unique original work of art. The porcelain ornament, mug or jewelry box can be personalized with name, date, etc.

Paints, brushes, misc. supplies, and kiln firing are provided. There is an \$5 cash-only fee payable at first class. Call the instructor for your porcelain selection or questions at 402-489-7437. **Keyword: Porcelain**

Oct. 10-17	т	6:30-9 p.m.	\$49
Lincoln, CARL		Jansen	LLLX-1348-OCFA

Courses are subject to change.

Oil Painting Lab

Receive individual instruction for traditional oil paints for beginning, intermediate or advanced students.

Beginning students should bring several blank canvases (9-inch by 12-inch or larger) and a basic kit of oil paints, oil painting medium, low-odor thinner, and brushes. A suggested basic kit list may be obtained by contacting the Continuing Education Office (402-437-2700). Intermediate and advanced painters may choose to bring oil paintings in progress to work on at the first studio session. All students should bring table top or floor easel and come to the first class ready to begin painting. **Keyword: Painting**

Oct. 7-Dec. 2 S	12:30-3:30 p.m.	\$90
Lincoln, CEC, 405	Plants	
No class Nov. 25	LLLX-1	335-CEFA

Impasto Floral Painting

Impasto is a technique where paint is laid on thick



and in layers. The beauty is in the rich visible brush strokes. When the painting is dry, it is full of so much texture that it appears to be coming out of the canvas. **Keyword: Painting**

Louisville

There is a \$10 fee payable in class. Check or cash only for fee.						
Dec. 3 Louisville	U , SHSH	2-4 p.m. Wolcott	\$35 AREA-8103-PLFA			
LIVE Online, Zoom						
A supply list will be sent prior to class.						
Dec. 4 LIVE Onlin	M ne, Zoom	6:30-8:30 Wolcott	p.m. \$35 AREA-8103-TCFPA			

Alcohol Ink Botanical Painting

Discover how much fun it is to work with alcohol inks. Vibrant colors will rain down on your botanical painting. Your work of art will be ready for framing.

There is a \$10 fee payable in class. Check or cash only for fee. Keyword: Painting						
Oct. 23 M 6:30-8:30 p.m. \$25 Louisville, SHSH Wolcott AREA-7713-PLFB						

Introduction to Watercolor

Watercolor is an exciting medium to explore as you discover techniques, mixing and supplies.

Bring any supplies you have, or you may attend the first class and learn about supplies and purchase them before the second class. **Keyword: Watercolor**

Sept. 16-30	S	10 a.mN	oon	\$59
Lincoln, CEC, 3	01	Cover	LLLX-10	49-CEFA
Oct. 21-Nov. 4	S	10 a.mN	oon	\$59
Lincoln, CEC, 1	02	Cover	LLLX-10	49-CEFC



Simply Watercolor: Introductory Class

Watercolor is a low-maintenance, simple medium that can produce beautiful results. Watercolor has a playful nature and the thing to understand about watercolor is hidden in its name: water. Join us for a little taste of it.

There is a \$2 cash-only fee payable in class. **Keyword: Watercolor**

Oct. 12	Th	3-5 p.m.	\$19
_ Lincoln, CEO	2, 102	Cover	LLLX-1699-CEFC
Oct. 19	Th	3-5 p.m.	\$19
Lincoln, CEO	2, 102	Cover	LLLX-1699-CEFB

Watercolor of the Fall Leaves or for the Holidays

Enjoy the beauty of watercolor. Let the season show itself in its many colors. **Keyword: Watercolor**

Fall Leaves

Ther	e is	a \$18 fee payat	ole in class. O	Cash or	
check o	only	for fee.			
Oct. 14	S	10 a.mNoon	Wolcott	\$19	
Louisville, SHSH AREA-7707-PLFA					

For the Holidays

There is a \$18 fee payable in class. Cash or check only for fee.

Nov. 8	W	6:30-8:30 p).m.	\$19
Louisville	SHSH	Wolcott	AREA-77	07-PLFB

There is a \$18 fee payable to instructor plus \$5 fee payable to Elmwood Cultural Arts & Learning Center in class. Cash or check only for fees.

Nov. 15	W	6:30-8:30 p	.m.	Ş19
Elmwood,	CALC	Wolcott	AREA-7	707-PLFC



NEW! Watercolor Painting: Dancing in the Wind

Experience watercolor techniques as you paint this fun-filled scene. Gain watercolor tips and tricks for Lisa as you create your "Dancing in the Wind" masterpiece. **Keyword: Watercolor**

Oct. 14	S	1-4 p.m.	\$55	
York, YKLC	, C101	Strilkivsky	AREA-7715-YKFA	_

PERSONAL INTEREST

GLASS CRAFTING

NEW! Stained Glass Succulents

Discover how to cut and grind glass to construct a 3-D succulent plant to grace your flower pots.

Please wear closed-toe shoes. Keyword: Glass

•				
Sept. 9-30	S	10 a.mN	loon	\$90
Lincoln, ARCH		Scott	LLLX-02	229-OCFA

NEW! Fused Glass Succulents

Using a special technique that involves glass powders, water, a freezer, and a kiln, learn to make four different succulents using silicone molds.

Bring an N-95 mask. The rest of the materials and tools will be provided for use in class. **Keyword: Glass**

Oct. 7	S	10 a.mN	loon	\$65
Lincoln, A	ARCH	Scott	LLLX-02	30-OCFA

NEW! Fused Glass Wall Art

Experience the joy of creating your own original glass wall art! You will create one-of-akind glass



tiles using frit, powder and stringers that you will arrange on a background of your choice. The result will be a unique piece of art to hang on your wall or will make a great gift.

There is a \$20 fee payable in first class. Cash or check only for fee. All materials and equipment will be provided by the instructor. **Keyword: Glass**

Sept. 9-16	S	1-3:30 p.m.	\$69
Brownville, G	603	Aden	AREA-2071-NCFA

Space is limited. Register today!

Payment is due at time of registration for all non-credit classes.



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JEWELRY

Beginning Leatherwork

Explore the art of working leather. This is a hands-on class where you will have the option to make leather earrings, a bandana slide or bracelet.

There is a \$5 cash-only fee per kit payable in class. If desired, you can purchase additional kits as long as time permits. **Keyword: Leatherwork**

Nov. 11	S	10 a.mNoo	on \$19
Lincoln, C	EC, 102	Chandler	LLLX-1663-CEFA

Copper Etching

Etch your copper, add the patina, then design and create your own jewelry piece.

Bracelet, necklace or earrings are your choices. There is a \$10 fee payable in class.					
Check or cash only for fee. Keyword: Etching					
Dec. 10	U	2-4 p.m.	\$39		
Louisville, SHSH Wolcott AREA-2295-PLFA					

Working with Resin

See page 5 for more information.

NEEDLE ARTS & SEWING

NEW! Re-emergence of an Old Art: Tatting

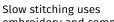
Tatting is a 2000-year-old art form that fell out of popularity in the 1930s but has re-emerged in recent years. Learn to make this delicate handmade lace formed by looping and knotting with a single thread, a needle and a small shuttle.

There is	a \$10 :	fee payable in cl	ass. Check		
or cash only for fee. Keyword: Tatting					
Oct. 16-23	м	6-7:30 p.m.	\$49		

000.10.25	141	07.30 p.m.	777
NE City, NCLC	, 103	Deremer	AREA-2668-NCFA

Slow Stitching

LIVE Online, Zoom





AREA-2617-TCFPA

embroidery and composition stitches to create a unique piece of art fabric with a needle and thread. Discover this hot new trend using new and vintage materials. **Keyword: Stitching**

Louisville

There is a \$10 fee payable in class. Check or cash only for fee

UI Casii	Unit	y for iee.			
Nov. 4	S	3-5 p.m.	Wolcott	\$39	
Louisvil	le, S	HSH	AREA-2617-F	PLFA	
LIVE Online, Zoom					
A supply list will be sent prior to class.					
Nov 13	м	6.30-8.30 n m	Wolcott	\$30	

Beginning Sewing I

Beginning sewer, wannabe sewer or someone with a sewing machine in the back of the closet, we can get you started in the creative world of sewing. Become comfortable with basic sewing skills in both hand and machine sewing by making a festive placemat and an emergency sewing kit.

Bring to class: sewing machine, fabric scissors, pins, seam ripper, and pencil. Make sure your sewing machine works and you know how to thread it. We have a limited number of machines available to borrow; call 402-437-2700 to reserve one after you have registered. There is a \$20 fee payable at the first class. Check or cash only for fee. **Keyword: Sewing**

Oct. 3-17 T 6:30-8:30 p.m. \$69 Lincoln, BRNA Splittgerber LLLX-0125-OCFA

NEW! Fabric Dying & Kawandi Quilt

Embark on an adventure with two creative makers as they combine their talents to give you a taste of dying your own fabric and thread to create your own one-of-akind hand-stitched Kwandi wall quilt.

Complete supply kit furnished for \$20 payable in class. Cash only for supplies. Bring to class: small scissors, wear old clothes or bring an apron. **Keyword: Quilt**

Oct. 16-23 M 6:30-9 p.m. \$39 Lincoln, CEC, 102 O'Hare/Wilson LLLX-1265-CEFA



Traditional Quilting Basics

Learn how to measure, cut, sew, seam, and piece a 45-inch by 45-inch quilt. This hands-on class is designed for beginning quilters. The best part is you will take home a completed project.

A supply list will be sent prior to class. Bring your own sewing machine in good working order. Must be 18 and older. **Keyword: Quilting**

Oct. 12-Nov. 2 Th	6-8 p.m.	\$55
Wahoo, WHLC, 101	Tetley	AREA-2832-WHFA



NEW! Crazy Quilt-Stitched Stockings

Create a beautiful heirloom crazy quilt stocking embellished with embroidery stitches. Learn the basics of sewing a stocking pattern in the Crazy Quilt style as well as several embroidery stitches and techniques.

You will take a pattern home to create many more stockings on your own. Bring reading glasses if you need them. There is a \$10 fee payable in class. Cash or check only for fee. **Keyword: Quilt**

Nov. 18	S	2-5 p.m.	\$45
Louisville,	SHSH	Wolcott	AREA-2612-PLFA

Learn to Crochet

Get "hooked" on crochet! Begin your adventure by learning how to read patterns and discover the basic stitches. **Keyword: Crochet**

Lincoln

Bring a skein of cotton yarn (such as Sugar and Cream), scissors and a size I or J crochet hook.							
Oct. 14-28 S 10-11:30 a.m. \$39 Lincoln, CEC, 404 Roseberry LLLX-1481-CEFA							
Hebron	Hebron						
Bring scissors and a size H, I or J crochet hook.							
Oct. 12-26 Th Hebron, HNLC, 102	6:30-8 p.m. Clauson AREA-264	\$29 9-HNFA					

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33



0 Personal Interest

Introduction to Needlepoint

Needlepoint is one of the easiest decorative stitching skills you can learn. Join us to learn four basic stitches and two special-effect stitches.

Your kit will be waiting for you when you arrive. All you need to bring is a pair of sharp scissors or a thread snip and a brown bag lunch. Keyword: Needlepoint

Oct. 24 9 a.m.-3 p.m. \$29 Т Lincoln, CEC, 405 Plants LLLX-0923-CEFA

Basic Needle Felting

You will be introduced to needle felting a picture using wool, felt and a needle.

Color mixing and chunky felting will be demonstrated. Foam felting board, felt background, needle, and wool fiber will be provided. There is a \$30 fee payable in class. Check or cash only for fee. Keyword: Felting 9 a.m.-Noon Nov. 4 S \$29 Plattsmouth, PLLC, COMM Hoemann AREA-2646-PLFA

PERSONAL INTEREST

NEW! Needle Felted Pillowcase: **Winter-Themed Design**

You will choose from two winter-themed designs to decorate a pillowcase.

There is a \$15 cash-only fee payable in class for your kit. Keyword: Pillowcase

Nov. 9 Th 6-8 p.m. \$19 Hebron, HNLC, 102 McMullen-Pearson AREA-2613-HNFA



DEPART FROM **F**ALLS CITY, NEBRASKA CITY & **PLATTSMOUTH**

NEW! New Theatre Bus Trip: ALWAYS A BRIDESMAID

New Theatre Restaurant, Kansas City

Wed.. Oct. 11 TRIP-1075-PLFA \$99 "For better or for worse" takes on a whole new meaning in this delicious comedy about old friends.

Cost includes show ticket, buffet lunch and motor coach transportation. Participants 16 years and younger must have a paid, accompanying adult. Registrations will be taken until enrollment limit is met. Refunds will not be allowed after Oct. 6. If you need to request reasonable accommodations based on a disability, please register and contact your Learning Center to discuss your needs no later than Oct. 6. Keyword: Trip

Bus Schedule

	Depart
Plattsmouth, PLLC	7 a.m.
NE City, NCLC	7:40 a.m.
Falls City, FCLC	8:50 a.m.

BUS TRIPS & TOURS

Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations and RSVP information. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. SCC staff tuition waiver doesn't apply on bus trips.

DEPART FROM LINCOLN

Nothing New Trip

Fri., Sept. 22 TRIP-1052-CEFA \$79 loin us on an excursion to Omaha for a day of thrifting and treasure hunting. We have been off the grid with this trip for a few years, but we are back and ready for some bargains.

Leave the driving to us because you will need to rest between all of our secondhand and thrift stops. Remember. one person's trash is another person's treasure! Who knows what you will find.

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation. Lunch will be on your own or you can bring a lunch. Registrations will be taken until enrollment limit is met. Refunds will not be allowed after Sept. 8. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education Office at 402-437-2700 or 800-828-0072 or continuinged@southeast.edu by Sept. 1. **Keyword: Trip**

Bus Schedule

Depart Lincoln, CEC 8 a.m.

NEW! All Aboard the Crafty **Express Bus Trip**

Fri., Sept. 29 TRIP-1095-CEFA \$89 Join us for this coach tour headed to Columbus. Our first and primary stop will be at Artsy Haven. Known for years as a scrapbooking mecca, this amazing store has moved locations and you won't want to miss it! You will be given plenty of time to explore this crafter's paradise and enjoy a make-and-take.

After taking a leisurely lunch on your own and meandering the nearby shops, vou will board the Crafty Express and head to Seward for a quick stop in the Town Square to grab a cup of coffee or stroll to the local shops before heading back to the main depot (Lincoln). Grab your ticket for the Crafty Express today.

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation and two make and takes. Registrations will be taken until enrollment limit is met. Refunds will not be allowed after Sept. 6. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education Office at 402-437-2700 or 800-828-0072 or continuinged@southeast.edu by Sept. 6. **Keyword: Trip**

Bus Schedule

	Depart	Return
Lincoln, CEC	9 a.m.	4:30 p.m.

Space is limited. Register today!

Courses are subject to change.

Payment is due at time of registration for all non-credit classes.

PERSONAL INTEREST

DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

NEW! Intro to Swing Dance 1

Learn the foundations of the club swing dances Blues, West Coast Swing and Salsa and impress your friends on the dance floor.

Complete a registration for each partner. **Keyword: Dance**

Sept. 28-Nov. 16	Th	6:30-7:30 p.r	n. \$109/couple
Lincoln, NEBD		Fritz	LLLX-1542-OCFA

NEW! Intro to Country Dancing 1

Traveling country dances such as Two step, Waltz and Triple Two Step will help you gain confidence to shine on the social dance floor.

Complete a registration for each partner. **Keyword: Dancing**

Oct. 1-Nov. 19	U	3-4 p.m.	\$89/couple
Lincoln, NEBD		Pritchard	LLLX-1525-OCFA

Ballroom Dance

Fun for you and your partner as you discover the waltz, foxtrot, swing, and polka in a relaxed, informal atmosphere.

Wear hard sole shoes (no flip flops or loose shoes). Class is held in partnership with the Pla Mor Ballroom. Complete a registration for each partner. **Keyword: Dance**

Oct. 11-Nov. 15	W	7-8 p.m.	\$89/couple
Lincoln, PLA			LLLX-1549-OCFA

Belly Dance Mini Class

Shake and shimmy while having fun. improving core strength and increasing muscle tone. We will cover basic belly dance movements in a safe and comfortable environment.

Wear comfortable clothing you can move in Koword: Dance

in. Keyword: Da	ince		
Sept. 21-Oct. 12	Th	6-7 p.m.	\$39
Lincoln, CEC, 304		Gregg	LLLX-1545-CEFA
Oct. 19-Nov. 16	Th	6-7 p.m.	\$39
Lincoln, CEC, 304		Gregg	
No class Oct. 26			LLLX-1545-CEFB
Nov. 30-Dec. 21	Th	6-7 p.m.	\$39
Lincoln, CEC, 303		Gregg	LLLX-1545-CEFC

Payment is due at time of registration for all non-credit classes.

Continuing Belly Dance Mini Class

Join us for continuing belly dance to build on the foundations learned in the beginning class. Excellent exercise as you take your belly dancing to the next level. **Keyword: Dance**

Sept. 21-Oct. 12 Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CEFA
Oct. 19-Nov. 16 Th Lincoln, CEC, 304	7-8 p.m. Gregg	\$39
No class Oct. 26		LLLX-1546-CEFB
Nov. 30-Dec. 21 Th	7-8 p.m.	\$39
Lincoln, CEC, 303	Gregg	LLLX-1546-CEFC

FAMILY MATTERS

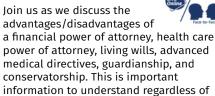


Focus on Foster Care

Learn what it takes to enrich the lives of children by becoming a foster parent. This licensed foster parent and foster worker class will inspire you with the ins and outs of the foster care world. You will learn the steps to becoming a foster parent in order to transform the lives of children in need. **Keyword: Foster**

Oct. 19 Th 6:30-8:30 p.m. \$19 Plattsmouth, PLLC, 103 Hultgrien AREA-6719-PLFA

The Power You Have, The Power You Give



your age or life situation. Keyword: Power Oct. 17 T 6:30-8:30 p.m. \$25

Live Online, 200m		AREA-5057-TCYFA		
York, YKLC, D101		AREA-5057-YKFA		
Oct. 26	Th	6:30-8:30	p.m.	\$25
Plattsmou	th, PLLC, 102	Nielsen	AREA-50	57-PLFA

Courses are subject to change.

Long-Term Care Cost Planning

Learn about the different types of long-term care such as assisted living, nursing



\$39

home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. We will share information about insurance options available in the market and strategies used to pay for long-term care costs. This class will help you assess your individual risk of care needs, make cost estimates, and how to plan today to ensure you can pay for the care into the future. Keyword: Long

Oct. 10 T 6-9 p.m. Rauert LIVE Online. Zoom AREA-5084-TCEYA York, YKLC, D101 AREA-5084-YKFA



Welcome to Medicare

Medicare can be a complicated topic. Worse yet, misinformation can lead to decisions that may result in penalties and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider as you approach Medicare eligibility.

The Nebraska State Health Insurance Program will cover the cost of this course. Visit doi.nebraska.gov/ship to register. Call 402-471-2841 with questions. Registration deadline is one week prior to class date.

In-person presentations are available on:

Oct. 3	Т	T 5:30-7:30 p.m		Beatrice, KEN, 334	
Oct. 5	Th	5:30-7:30 p.m		NE City, NCLC, TBA	
Oct. 12	Th	6-8	p.m.	York, YKLC, D101	
Webinar	Webinar presentation is available on:				
Oct. 5	1	ħ	6-8 p.m.		
Nov. 8	١	N	6-8 p.m.		
Dec. 6	N	N	6-8 p.m.		

PERSONAL INTEREST

Navigating Medicare.gov

Medicare drug plans are confusing and coverage often changes yearly affecting the cost. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will give you the tools to help make an informed decision.

Navigating Medicare.gov is provided by the Nebraska State Health Insurance Program, a member of the national SHIP network and a division of the Nebraska Department of Insurance. **Visit doi.nebraska.gov/ship to register.** Call 402-471-2841 with questions. Registration deadline is one week prior to class date.

In-person presentations are available on:

Oct. 10	Т	5:3	0-7:30 p.m.	Beatrice, KEN, 334	
Webinar presentations are available on:					
Oct. 12	T	۲h	6-8 p.m.		

000.12		0 0 p.m.
Nov. 15	W	6-8 p.m.
Dec. 13	W	6-8 p.m.

Medicare Open Enrollment

Medicare Part D and Medicare Advantage plan changes may affect your premiums, copays, drug coverage and/or health care benefits. Because of this, you are encouraged to compare your plan options during Medicare's Open Enrollment, October 15-December 7, every year.

Nebraska SHIP counselors are trained to provide confidential and unbiased one-onone support to help you determine your plan options.

Nebraska City

You may schedule your session with a SHIP counselor at the Nebraska City Learning Center by calling Nebraska SHIP at 402-471-2841 or toll-free at 800-234-7119.

Oct. 17-Dec. 7 M, T, Th

Plattsmouth

You may schedule your session with Nebraska SHIP counselors. In Cass County, call Volunteers Assisting Seniors at 402-444-6617. The session is free, but advanced registration is required. New to Medicare counseling will be 90 minutes. NOTE: You will be contacted before the session to collect additional information.

000.20		10 a.m. 2 p.m.	
Plattsmouth	PLLC, 102	2	
Nov. 16	Th	10 a.m2 p.m.	
Plattsmouth	PLLC, 102	2	



Foods

NEW! Gifts From Your Kitchen

Break out of your gift giving rut and get creative in the kitchen. Four snack items full of yummy goodness will make a perfect gift basket you can take with you at the end of class.

Bring to class: apron, 2 cups chocolate chips, and 3/4 cup chopped nuts, such as walnuts or pecans if you desire. **Keyword: Kitchen**

Dec. 16	S	9 a.mNo	on \$39
Lincoln, C	EC, 104	Harper	LLLX-0833-CEFB
Dec. 16	S	1-4 p.m.	\$39
Lincoln, C	EC, 104	Harper	LLLX-0833-CEFA1



NEW! Getting Started in Home Wine Making

This is an introductory session designed for those interested in making wine at home. You will leave class with basic information about the process, equipment, sanitation, recipes, and terminology before you invest in this fun hobby.

A great informational class, no tasting or sampling included. **Keyword: Wine**

6:30-8:30 p.m.

\$29

Lincoln, CEC, 102	Amundson	LLLX-2089-CEFA

Entertaining with Appetizers

Oct. 24

T

Limited Hands-on / Demonstration Class / Tasting Time to get ready for those holiday parties. Learn how to impress your guests with creative presentations using make ahead time saving tips all while staying on budget. You will be able to enjoy the party too!

There is a \$25 fee payable in class. Cash or check only for fee. **Keyword: Appetizers**

NOV. 13	M	6-8:30 p.n	n. ş29
NE City, W	PBB	Stavas	AREA-4495-NCFA

Space is limited. Register today!



NEW! Fall Flavors Dinner

This tasty dinner incorporates all those in-season fall flavors and ingredients: butternut squash lasagna, fall harvest salad and pumpkin cheesecake parfait.

 There is a \$25 fee payable in class. Cash or check only for fee. Warm or cold mulled apple cider provided. Keyword: Dinner

 Oct. 11
 W
 6-8:30 p.m.
 \$35

 NE City, WPBB
 Stavas
 AREA-4520-NCFA

NEW! Fall Flavors Brunch

Crisp mornings call for a warm and toasty brunch. Enjoy savory and sweet dishes, including a butternut squash frittata, homemade turkey sausage, mixed green autumn salad, and apple coffee cake.

Apple cider and coffee provided. There is a \$25 fee payable in class. Cash or check only for fee. **Keyword: Brunch**

Oct. 22	U	11:30 a.m2	p.m.	\$35
NE City, W	PBB	Stavas	AREA-4521-N	CFA

WOW Your Holiday Guests: Thanksgiving

Whether you're preparing a simple Thanksgiving dinner or hosting family and friends during the month, learn how to plan, decorate and create a meaningful guest-experience. Decide on a theme and make DIY décor using items found around the house, plan a menu with unique beverages, and enjoy a beautifully handcrafted holiday.

During class, you will create a fall-themed centerpiece to take home to adorn a table or mantle. Bring a pair of scissors. There is a \$15 cash-only fee payable in class. **Keyword: Holiday**

Oct. 25 W 6:30-8:30 p.m. \$19 Wahoo, WHLC, 102 Haase-Thomas AREA-6694-WHFA





Soup is On!

There's nothing better than soup! Discover the basics of award-winning soups along with tricks and the extra touch that make it a "go to" meal.

There is a \$15 fee payable in class. Cash or check only for fee. Keyword: Soup

Oct. 4 W	6:30-8:30 p	.m. \$19
Plattsmouth, PLLC, 102	Slattery	AREA-4449-PLFA
Oct. 9 M	6-8 p.m.	\$19
York, YKLC, C101	Baber	AREA-4449-YKFA

Taste of the Tailgate

Get ready for tailgating season with new crowd-pleasing recipes! We'll whip up a variety of tasty dips and appetizers sure to please the home team and have them coming back for more. Be ready for college football Saturday and NFL Sunday in just a couple hours.

Recipes and samples will be shared for guick and easy snacks. Will include special diet options. There is a \$15 fee payable in class. Check or cash only for fee. Keyword: Tailgate

Oct 18 w 6:30-8:30 p.m. \$19 Plattsmouth, PLLC, 102 Slattery AREA-4437-PLFA

Charcuterie: What Did You Say?

Hands-on Demonstration Class

It's all the rage! The "char-cu-te-rie" board can be a starter course or a light meal for a casual gathering. Discuss foods that compliment each other and learn how to balance your board because it's not only what you eat, it's also what people see and how the components are arranged.

There is a \$15 fee is payable in class. Cash or check for fee. Keyword: Charcuterie

Oct. 16	М	6-8 p.m.	\$29
York, YKLC	, C101	Baber	AREA-4453-YKFA

Personal Interest 14

Payment is due at time of registration for all non-credit classes.

Crazy about Meal Prep

Discover how to prepare meals so the contents

are ready when you are. You will learn recipe planning to make shopping and preparation benefit more than one meal. You will go home with a week's worth of meal prep recipes and grocery lists, including a calorie count and nutrition information on each recipe.

There is a \$20 fee pavable in class. Check or cash only for fee. Keyword: Meal

Oct. 10		Т	1-3 p.m.		\$45
Plattsm	outh,	PLLC, 103	Potter	AREA-446	7-PLFA
		6:30-8:30) p.m.	Potter	\$45
LIVE Or	nline,	Zoom		AREA-4467	-TCFPA
Plattsm	outh,	PLLC, 103		AREA-4467	-PLFB

Truly Mexican: Tamales

Enjoy authentic Mexican recipes with Lupe! On the menu: red pork tamales, concha pastries and Mexican hot chocolate. **Keyword: Mexican**

Oct. 14	S	9 a.mNoon	\$39
Lincoln, (CEC, 104	Hickey	LLLX-1637-CEFA
		0 N	ć na
Nov. 11	S	9 a.mNoon	\$39
Nov. 11 Lincoln, (5	9 a.mNoon Hickey	\$39 LLLX-1637-CEFB

Healthy Eating for Less

Want to learn to make

your food budget stretch

a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better for less.

Keyword: Eating

Oct. 3	Т	6-8 p.m.	Baden	\$19
LIVE O	nline,	Zoom	AREA-4466-T	CFNA
Falls C	ity, FC	LC, 102	AREA-4466-F	CFA
Hebro	n, HN	LC, 101	AREA-4466-H	NFA
NE Cit	y, NCL	C, 101	AREA-4466-N	CFA
Wahoo	o, WHI	_C, 101	AREA-4466-W	/HFA
York, Y	/KLC, I	D101	AREA-4466-Y	KFA
	Cla	ss is live-stre	amed from Hebron.	

CULINARY/HOSPITALITY PROGRAM The Great Plains Culinary Institute at SCC has a student-run restaurant, COURSE, which is open to the public for lunches

and special-event meals. Visit southeast.edu/about/locations/ course.php for hours of operation, event information and menus. If you have further questions, contact us at 402-437-2727 or course@southeast.edu.

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Macarons

Discover the techniques needed to make beautiful and delicious macarons. We will make and share chocolate ganache, butter cream and pastry cream fillings.

Bring to class: two heavy/sturdy cookie sheets, spatula and 1-cup liquid measuring cup. Optional: mixer powerful enough to whip egg whites into meringue or food processor. Wear closed-toe shoes and a hair restraint. Keyword: Macarons

Nov. 4	S	9 a.mNoor	1 \$39
Lincoln, C	EC, 104	Harper	LLLX-0159-CEFB
Nov. 4	S	1-4 p.m.	\$39
Lincoln, C	EC, 104	Harper	LLLX-0159-CEFC



Whether You Knead It or Not: **Holiday Stollen**

In this episode of Whether You Knead It or Not, we'll focus on your holiday table with a Holiday Stollen and a buttermilk spice quick bread.

Bring to class: two cookie sheets, a 9-inch bread loaf pan, two medium to large mixing bowls, a hand mixer if you have one, a spatula, and an apron. Wear closed-toe shoes. Hair restraint needed. **Keyword: Knead**

Dec. 2	S	9 a.m1 p.m.	\$39
Lincoln, C	CEC, 104	Harper	LLLX-0157-CEFA

Kolaches & Cinnamon Twists

Learn the art of Czech baking, including kolaches and cinnamon twists. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (3-quart) large bowl, a hand mixer, one large mixing spoon to stir dough, a paring knife, two or three large cookie sheets, and a container to transport kolaches home. Please wear closed-toe shoes. Keyword: Kolaches

Oct. 28	S	8:30-11:30 a		\$39
Lincoln, C	EC, 104	Niemann	LLLX-16	13-CEFA
Oct. 28	S	12:30-3:30 p	o.m.	\$39
Lincoln, C	EC, 104	Niemann	LLLX-16	13-CEFB

Courses are subject to change.



NEW! From My Kitchen: Charlotte

Demonstration Class

Join Cindy in her kitchen via Zoom to see how to create a "Charlotte," one of those fancy cakes you've seen on the baking shows. We'll talk ingredients, textures, flavors, equipment, and presentation. This covers the basics of a multi-component decorative cake, perfect for your holiday family gatherings or just because!

You will receive instructions and ideas for making your own fancy cake emailed prior to class. **Keyword: Kitchen**

LIVE Online, Zoom Harper LLLX-0457-TCFC	Oct. 27	F	6:30-8:30	p.m.	\$29
	LIVE Online	e, Zoom	Harper	LLLX-04	57-TCFCA

Introduction to Cake Decorating

Explore the basics of cake decorating. Cakes, frosting and tools will be discussed.

Bring an apron and an 8-inch round or square baked white cake from mix, for hands-on practice. Place your cake on a flat plate or tray. There is a \$5 fee payable in class. Check or cash only for fee. **Keyword: Cake**

Nov. 1	W	6-8 p.m.	\$19
Falls City,	FCLC, Main		AREA-4436-FCFA

Beginning Cake Decorating I

Gains hands-on practice using the basic tools to frost and decorate your cakes, including flowers, borders and writing techniques.

Bring an 8-inch round or square baked white cake from mix, flat plate to frost and apron. There is a \$5 fee payable in class. Check or cash only for fee. **Keyword: Cake**

	Oct. 12	Th	6-8 p.m.	\$19
	Wahoo, WHLC, 102		Bohac	AREA-4422-WHFA
	Nov. 8	W	6-8 p.m.	\$19
Falls City, FCLC, Main			AREA-4422-FCFA	

Space is limited. Register today!

Beginning Cake Decorating II

Prerequisite: Cake Decorating I

Learn to use basic flowers, borders, roses, and writing techniques to create beautiful cakes of your own.

You will get to take a few samples home. There is a \$5 fee payable in class. Check or cash only for fee. **Keyword: Cake**

Nov. 15	W	6-8 p.m.	\$19
Falls City,	FCLC, Main		AREA-4435-FCFA
-			

Sugar Cookie Party

Basic, but never boring, the sugar cookie has an invitation to almost any celebration. Discover how to make these treats and to prepare beautifully smooth royal icing for very impressive decorating.

Bring to class: rolling pin, two large cookie sheets with sides, small spatula, and a 1- or 2-cup measuring cup, your favorite cookie cutters, and an apron. Wear closed-toe shoes and hair restraint needed. **Keyword: Cookie**

Oct. 21	S	9 a.mNoon	\$39
Lincoln, CE	2, 104	Harper	LLLX-2053-CEFA

Basic Art of Cookie Decorating

We will learn all the basics: how to prepare a cookie for decorating, how to color and create different icing consistencies, how to find and use cookie decorating tools and special techniques to give your cookies the professional look.

This class will have a festive/seasonal theme showcasing six different designs. Everyone will leave the class with a dozen beautifully decorated cookies to take home. Space is limited. **Keyword: Cookie**

Halloween I	Edition		
Oct. 19	Th	6:30-8:30 p	
Louisville, S	HSH	Wolcott	AREA-4423-PLFA
Holiday Edition			
Dec. 2	S	2-4 p.m.	\$59
Louisville, S	HSH	Wolcott	AREA-4423-PLFB

NEW! Pie in a Jar

The incredibly easy and popular restaurant trend is now a treat for home. A single serving of pie in a small mason jar. You'll make a baked and non-baked version, including two kinds of crust and a variety of fillings.

A supply list will be emailed to you prior to class. You can, however, request the list at any time by emailing continuinged@southeast.edu. **Keyword: Pie** Dec. 9 S 9 a.m.-Noon \$39 Lincoln, CEC, 104 Harper LLLX-0458-CEFA

Personal Interest



Hand Pies

Sweet, fruity, flaky, and compact, a hand pie is the perfect on-the-go snack. You will explore different methods of making the crust and a variety of fillings.

Bring to class two cookie sheets, rolling pin, whisk, medium-sized microwave-proof bowl, and a container to transport your pies home. Wear closed-toe shoes and a hair restraint. **Keyword: Pies**

Dec. 9	S	1-4 p.m.	\$39
Lincoln, C	EC, 104	Harper	LLLX-0165-CEFB

Make Ahead: Freezer Meals, Tips & Tricks

Freezer meals are super handy whether you're looking



for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn't, and how to store a month's worth of meals in your freezer.

A variety of freezer meal recipes will be provided along with additional resources. **Keyword: Freezer**

Oct. 23	м	6-8 p.m.	\$24
York, YKLC,	C101	Baber	AREA-4420-YKFA
Oct. 24	Т	6-8 p.m.	\$24
LIVE Online,	, Zoom	Sommerhalder	AREA-4420-TCFFA



southeast.edu

Air Fryer 101

Did you know the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and tasty recipes. **Keyword: Fryer**

Nov. 30Th6-7:30 p.m.\$19LIVE Online, ZoomCarrAREA-4396-TCFFA

NEW Let's Do Lunch: Smoker Buying Basics

See page 25 for more information.



Food Protection Manager Online Class

This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Receive your assignments online. Upon completion of each assignment, you will complete an online quiz. The ServSafe exam is taken online at SCC locations in Lincoln, Beatrice, Falls City, Hebron, Nebraska City, and York.

Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access. After you register online, purchase the textbook "ServSafe Manager" at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. For registration and log-in information, go to https://bit.ly/sccfoodprotectionmanagercourse.

Class will be active now through June 24, 2024. All coursework needs to be completed by June 30. **Keyword: Protection** Online Williams-Lamb \$65 FSDT-3000-WBFA

Space is limited. Register today!

Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards, and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

Contact Vicki Rethmeier at 402-437-2528 or vrethmeier@southeast.edu for registration details. Cost is \$99 per person.

GENEALOGY

Beginning Genealogy

Have you watched "Finding Your Roots" and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information. **Keyword: Genealogy**

Oct. 10-24 T 6:30-8:30 p.m. \$49 Lincoln, CEC, 405 Stewart LLLX-0939-CEFA

Intermediate Genealogy

This class introduces sources such as land records, military papers, immigration/ naturalization documents, newspapers and courthouse resources. Find the "story telling" clues and break through your brick walls. **Keyword: Genealogy**

Nov. 14-21	W	6:30-8:30 p	o.m. \$39
Lincoln, CEC,	405	Stewart	LLLX-0938-CEFA

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Payment is due at time of registration for all non-credit classes.

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DNA Tells a Story

Whether you've taken a DNA test or are considering one,



DNA can help you with your genealogy when the paper trail ends. Find out how genetics can enhance traditional genealogy research methods, solve family mysteries and take you on the next steps in your genealogical journey. DNA testing is the tool that belongs in every genealogist's toolkit. **Keyword: DNA**

Nov. 11	S	10 a.mNoon	Callahan	\$29
LIVE Online, Zoom		AREA-6361-T	CFNA	
NE City, NCLC, 103			AREA-6361-N	CFA

From Theory to Discovery: Breaking Down Your Brick Wall with Timelines

Use a timeline in your genealogical research to



reveal gaps. Learn how to build a theory, pinpoint research questions, and focus your family history search to find answers in unexpected places. **Keyword: Discovery**

Oct. 14	S	10 a.mNoon	Callahan	\$29
LIVE Online, Zoom			AREA-5052-T	CFNA
NE City, NCLC, 103			AREA-5052-N	ICFA



We offer a wide range of highly interactive non-credit courses that you can take entirely over the internet. All of our courses include expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you.

ed2go.com/sccne

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Personal Interest

Home & Garden



NEW! Landscape Design for Your Home

You asked for it and here it is, an introductory home landscape design class. You will use basic design principles, processes and tools to create a landscape design specific to your front or backyard. Our professional landscape designer will help you create the yard you have always wanted.

You will need access to a camera, the ability to print photographs and a tape measure. Due to the amount of individual student instruction, space is limited to 10 students. You will provide some basic drafting tools. These will be described during the first class and needed for the second. **Keyword: Landscape**

Oct. 4-Nov. 1 W	6:30-9:30 p.	m. \$159
Lincoln, CEC, 403	Simmons	LLLX-1474-CEFA

NEW! Common Maintenance & Landscape Plant Problems

We will take a close look at the basic care of our landscape plantings when problems occur. Included are proper tree and shrub pruning techniques, plus the identification and remedies (adjusting maintenance practices or chemical application) for various plant problems caused by disease or environmental stressors. **Keyword: Plant**

New O	14/	C-20 0-20 m		
Nov. 8	W	6:30-8:30 p		
Lincoln, C	EC, 403	Simmons	LLLX-0395-CEFA	

Practical Knowledge for the Home Landscaper

We will examine a wide range of subjects, including landscape design, choosing the right plants for your yard, mulch vs. rock, landscape border edging options (including the construction of short retaining walls), landscape bed preparation, and basic lawn care. **Keyword: Landscaper**

Dec. 6	W	6:30-9:30 p.	m. \$39
Lincoln, C	EC, 403	Simmons	LLLX-1974-CEFA

Water Features & Natural Stone in the Landscape

We will look at various options for aboveground and in-ground water features such as ponds, streams and bubblers. The pros and cons of using natural stone in your landscape also will be covered. **Keyword: Water**

Nov. 29	W	6:30-9:30 p.	m. \$49
Lincoln, C	EC, 404	Simmons	LLLX-1461-CEFA



Fruit Tree Pruning

Fruit tree pruning is the removal of excess, damaged or diseased branches of a fruit tree. Learn a number of techniques that improves the overall health of the tree and stimulates the formation of flowers and fruit buds.

Pruning of apple, peach, pear, and cherry trees will be discussed. **Keyword: Pruning**

No۱	. 9	Th	6:30-8:30 p.m. \$3		\$39
NE	City, NCLC,	103	Hammond AREA-6072-NCI		NCFA

Courses are subject to change.

NEW! Kitchen Herbalism

Explore the medicinal benefits of common herbs, spices and produce as we explore recipes and create a batch of Fire Cider together. You will leave with a jar to take home. Discover a variety of accessible and practical home remedies for keeping you and loved ones healthy through cold and flu season.

Your instructor is a clinical and community herbalist. **Keyword: Herbalism**

	-,		
Lincoln, CEO	. 102	Svoboda	LLLX-1471-CEFA
Nov. 13-14	М, Т	6-7:30 p.m.	\$49



NEW Elderberry Syrup

Learn how to make this popular remedy using locally harvested Elderberry.

We will be brewing up a batch togetherand you will leave with a recipe and yourown 4 oz. bottle. Your instructor is a clinicaland community herbalist. Keyword: SyrupOct. 10T6:30-8 p.m.\$29Lincoln, CEC, 102SvobodaLLLX-1469-CEFA

Old Fashioned Soap Making

See page 5 for more information.





Upholstery 101

This is a beginning hands-on class where you will learn to reupholster a chair.

The additional cost of your project will be determined by the size of the project and type of material and supplies needed. Upholstery materials may be expensive. You will receive a list via email of the upholstery tools needed for class. You may purchase tools and fabric on your own or through the instructor. Bring your project to the first class. Call 402-613-1947 with questions. **Keyword: Upholstery**

•		•	
Oct. 10-Nov 28	Т	9 a.mNoon	\$149
Lincoln, OLER		Oler UPHR-300	00-OCFA
Oct. 10-Nov 28	Т	6:30-9:30 p.m.	\$149
Lincoln, OLER		Oler UPHR-300	00-OCFB
Oct. 12-Dec. 7	Th	9 a.mNoon	\$149
Lincoln, OLER		Oler UPHR-300	00-OCFC
Oct. 12-Dec. 7	Th	6:30-9:30 p.m.	\$149
Lincoln, OLER		Oler UPHR-300	00-OCFD
Oct. 14-Dec. 9	S	9:30 a.m12:30 p.m.	\$149
Lincoln, OLER		Oler UPHR-300	00-OCFE

Upholstery 102

You will work on the couch or loveseat in this class.

The additional cost of your project will be determined by the size of the project and the type of material and supplies needed. Upholstery materials may be expensive. You must provide your own hand tools. Bring your project to the first class. Call 402-613-1947 with guestions. **Keyword: Upholstery**

Oct. 11-Dec. 6	W	6:30-9:30	p.m.	\$149
Lincoln, OLER		Oler	UPHR-3002	-OCFA

LANGUAGES

NOTE: These classes are conversational in nature. These are non-credit and will not transfer to any credit program.



Danish on the Plains I

Learn Danish and about Nebraska's Danish immigrants. Textbook, CD, handouts, puzzles, and exercises will help you learn Danish. Class concludes with a party and movie night, so dig out your favorite Danish recipes. Keyword: Danish

Oct. 2-Nov. 20 M	6:30-8:30 p.r	n. \$80
Lincoln, CEC, 403	Matteson	LLLX-2127-CEFA

Swedish on the Plains II

A continuation of the beginning class. Discover more about our Swedish immigrants and their beautiful mother language. Keyword: Swedish

Oct. 3-Nov. 21	Т	6:30-8:30 p.m.	\$80
Lincoln, CEC, 3	01	LLLX-2	277-CEFA

Beginning German Part 2

Prerequisite: Beginning German or experience

A continuation of Beginning German. We will be finishing the Spektrum A1 book and learning more about daily life in Germany. Keyword: German

Oct. 3-Nov. 21 T	6-8 p.m.	\$80
Lincoln, CEC, 214	Hanley	LLLX-1835-CEFA
Oct. 5-Nov. 30 Th LIVE Online, Zoom	6-8 p.m. Hanley	\$80
No class Nov. 23		AREA-6631-TCFNA

Beginning Spanish

Hola—welcome to Spanish class for the beginner who has little or no prior knowledge of the Spanish language.

🔨 Required book ("Practice Makes Perfect

Basic Spanish L-B," ISBN: 978-07-184921-0) can be purchased at the SCC Campus Store, 8800 O St., Lincoln, or online at sccbookstore.com. Keyword: Spanish

Lincoln, CEC, 403	Delgado	LLLX-1836-CEFA
Oct. 9-Nov. 27 M	6-8 p.m.	\$80

Beginning Spanish 1-B

Prerequisite: Beginning Spanish 1-A This class will review Spanish 1-A and cover numbers, telling time,



compliments, likes and dislikes, holiday greetings, dates, communication strategies, emergency Spanish, giving directions, ordering food and drink, and additional cultural tips. Keyword: Spanish

Sept. 6-Oct. 11	М	6:30-8:30 p.m.	\$59	
LIVE Online, Zoom		AREA-6461-TCFYA		
York, YKLC, D10 [°]	1	AREA-6461	-YKFA	

The Role of the **Interpreter & Translator**

Prerequisite: Completion of secondary education (high school) AND a score of 258 or above on the Next-Generation Accuplacer Reading Test. Attend orientation on August 29. For complete information, go to southeast.edu/business-and-community/ community/personal-interest/interpretertraining.php.

This practice-oriented course will immediately immerse you in focused discussions, lectures and problem-solving activities that highlight the everyday issues faced in interpreting. The goal of the course is to educate you about ethical behavior: what it means to be a "professional" and how these key proficiencies play an integral role in being a skilled and competent interpreter.

This course will lay the foundation for additional SCC interpreter training courses. Required materials available in the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com and must be purchased before the first class.

Oct. 3-Dec. 12 T, Th	7-9 p.m.	\$219
Lincoln, CEC, 404	Pohirieth	No class Nov. 23

Beginning French Conversation I

Begin speaking and listening in French via French culture, seasonal topics and student-defined interests. You will have an opportunity for experiential learning that may include watching a movie, cooking/ tasting French food, going to a restaurant, and shopping at a grocery store.

Books will be discussed at the first class. **Keyword: French**

Oct. 4-Dec. 13 W	6-8 p.m.	\$80
Lincoln, CEC, 401	Plants	
No class Nov. 22		LLLX-1834-CEFA

Payment is due at time of registration for all non-credit classes.

Space is limited. Register today!

Beginning French Conversation II

This is a continuation of conversations in French I, speaking and listening in French, employing French culture, and seasonal topics. Carry on conversations in French while continuing to grasp advancing grammatical concepts and vocabulary. **Keyword: French**

•		
Oct. 3-Dec. 5 T	6-8 p.m.	\$80
Lincoln, CEC, 401	Plants	LLLX-1845-CEFA

Conversation Française Avancée: Conversations Continuant en Français (Advanced French Conversations)

Ce cours se déroulera principalement en français. Les élèves participeront à des conversations sur des événements, la culture, et des expériences quotidiens et des sujets dirigés par les élèves; on va explorer la culture et la langue de tous les jours en français, tout en élargissant leur maîtrise de la grammaire.

Les élèves liront et discuteront de petits contes, de nouvelles, d'actualités et de réalités culturelles. Des activités supplémentaires peuvent inclure un film, de la cuisine/dégustation de recettes françaises, diner au restaurant, faire les courses à l'épicerie, ou visiter au musée. **Keyword: Française**

Oct. 5-Dec. 14 Th Lincoln, CEC, 401	6-8 p.m. Plants	\$80
No class Nov. 23		LLLX-0215-CEFA

Sign Language 1

This is an introductory course for adults who want to learn American Sign Language at a conversational level. The course includes information on deaf culture, an integral component of ASL. **Keyword: Sign**

Lincoln

Required book to be purchased from SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com prior to the first class.

mat class.		
Oct. 10-Nov. 28 T	5:30-7:30 p.m.	\$80
Lincoln, LNK, U-105	Howe LLL	K-1806-LNFA
Hebron		
Book will be di	scussed in the f	rst class.
Oct. 2-23 M	6-7:30 p.m.	\$35
Hebron, HNLC, 102	Stuart AREA	-6470-HNFA

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Sign Language 2

Prerequisite: Sign Language 1 (LLLX-1806) Continue your sign language path to add to your knowledge of conversational American Sign Language and have previously taken Conversational Sign 1 or with instructor permission. **Keyword: Sign**

Oct. 5-Nov. 30 Th	1-3 p.m.	\$80
Lincoln, CEC, 403	Propp	
No class Nov. 23		LLLX-1849-CEFA

Conversing in ASL

Use the language you learned in Sign Language 1 and 2. Get together and have conversations using American Sign Language with a native ASL user. Discover more about the vocabulary, grammar and structure of American Sign Language through conversation. **Keyword: ASL**

-	-	
Oct. 5-Nov. 30 Th	1-3 p.m.	\$80
Lincoln, CEC, 405	Hitz	
No class Nov. 23		LLLX-1851-CEFA

MIND & BODY



NEW! Sound Healing & Crystal Bowl Sound Bath

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Healing**

Oct. 18	W	6:30-8 p.m.	\$29
Lincoln, C	EC, 303	Kingery	LLLX-1690-CEFA

Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses and more. **Keyword: Meditation**

-			
Oct. 3-24	Т	6-8 p.m.	\$69
Lincoln, C	EC, TBA	Moorehead	LLLX-2018-CEFA

Tool Box for Meditation



Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.

Participants can sit on chairs or mats on the floor. **Keyword: Meditation**

Nov. 9-16 T	h 6-7 p.m.	\$19
LIVE Online, Zo	om Roseberry	AREA-6685-TCFWA

Workout Classes

See pages 27-28 for more information.

MONEY MATTERS

Extreme Retirement Planning

Learn how to determine when you can afford to quit working and what your sources of income will be in retirement. This practical course will emphasize planning for your future with handson, in-class assignments using real-life examples of life-after-work situations.

Retirement planning workbooks will be provided for each person/couple enrolling in this class. If enrolling in the Couples course, please complete a registration form for both participants. **Keyword: Retire**

Individuals

muiviuuuts			
Oct. 10-12	T, Th	6-8 p.m.	\$49/person
Lincoln, CE	C, 406	Linder	LLLX-0802-CEFA
Couples			
Oct. 10-12	T, Th	6-8 p.m.	\$89/couple
Lincoln, CE	C, 406	Linder	LLLX-0802-CEFB



Social Security 101: Understanding This Retirement Benefit



Understanding Social Security is critical to your long-term financial well-being and retirement. This is an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Discover the implications of working after a person begins collecting benefits, and how that affects your decision making. **Keyword: Security**

Nov. 13	М	6-9 p.m.	Rauert	\$29
LIVE Or	nline,	Zoom	AREA-7035-T0	CFYA
York, YKLC, D101		D101	AREA-7035-YI	<fa< td=""></fa<>

Understanding Investing

It's never too early (or late) to learn how to make your money work for you. Topics will include stocks, bonds, mutual funds, and the various types of accounts in which you can invest. **Keyword: Investing**

Oct. 17-24 T	6-8 p.m.	\$49
Lincoln, CEC, 415	Muff	LLLX-0801-CEFA

Learn the New Way to Pay: PayPal, Venmo & More . . .



Learn the very easy, safe and common ways to pay your way, whether you are paying for a marketplace item, eBay or just friends and family. We will cover new methods and technologies to pay with your mobile device or online. Discover Payday, Venmo, CashApp, ApplePay, and more. **Keyword: Pay**

Oct. 12 Th 7-9 p.m. \$29 LIVE Online, Zoom Jensen LLLX-1354-TCFCA

Taming the Paper Jungle: Handling Your Important Life Documents

Are your important papers and documents, that you need to keep, stored where you can find them easily? If you are like most of us, probably not. Join us as we create a personal file box system that will solve this for you.

At the end of the session, you will have a complete record keeping storage system set up to begin organizing your valuable documents such as insurance, banking, maintenance, career, and so much more.

Keyword: Taming

Oct. 11-18	W	6-8 p.m.	\$69
York, YKLC,	D101	Burns	AREA-7123-YKFA

Tired of Cable TV, Dish or Direct TV? Cut the Cord!

Take a look at all of the streaming services available to help you make a choice about whether to cut the cord or not. We will cover Hulu Live, YouTubeTV, AppleTV+, Sony Vue, Netflix, and others. **Keyword: Cable**

Oct. 26	Th	7-9 p.m.	\$29
LIVE Onlin	e, Zoom	Jensen	LLLX-1154-TCFCA

NEW! Let's Do Lunch: Understanding Credit Scores & Reports, Tips for Adding Money to Your Budget

See page 25 for more information.

Medicare Classes

See page 12 for more information.

Music



Intro to Guitar

Learn proper tuning methods, strumming techniques and fundamental chord progressions for a variety of music interests like folk, country and popular songs.

Bring your guitar and plan to practice between classes. **Keyword: Guitar**

Sept. 21-Nov. 9	Th	6:30-7:30	p.m. \$79
Lincoln, CEC, 2	214	Boye	LLLX-1401-CEFA

Payment is due at time of registration for all non-credit classes.

Beginning Guitar I

You will learn several basic chords, tuning and strumming techniques. No music knowledge required.

A guitar is required. **Keyword: Guitar** Sept. 26-Oct. 31 T 6:30-7 p.m. \$35 York, YKLC, C101 Tandy AREA-7465-YKFA

Guitar II

If you have taken the Beginning Guitar class or have basic guitar knowledge, this is an opportunity to move to the next level. A quick review will precede more advanced chords, styles of strumming, finger picking, and use of a capo.

A guitar is required. Keyword: Guitar					
Nov. 7-Dec. 19 T 6:30-7 p.m. \$35					
York, YKLC, C101	Tandy	AREA-7466-YKFA			

Intro to Rock Guitar

This is a beginning class focusing on techniques used in rock music over the past 70 years. Power chords, lead guitar and a wide assortment of classic rock songs will be learned.

Bring electric or acoustic guitar to class. No amplifier needed. **Keyword: Guitar**

 Sept. 21-Nov. 9
 Th
 7:30-8:30 p.m.
 \$49

 Lincoln, CEC, 214
 Boye
 LLLX-2101-CEFA



Intro to the Ukulele

For beginning student, you will learn proper tuning methods and technique for playing the instrument. You also will learn chords and strums associated with using the ukulele as an accompaniment instrument.

If you don't have a ukulele, they're available at all music shops. An electronic tuner is recommended but will be discussed at the first class. **Keyword: Ukulele**

Sept. 21-Nov. 9 Th	5:30-6:30	p.m. \$79
Lincoln, CEC, 214	Boye	LLLX-1400-CEFA
Oct. 19-Nov. 30 Th	6-7 p.m.	\$59
Wahoo, WHLC, 102	Phillips	
No class Nov. 23		AREA-7528-WHFA

Personal Interest

402-437-2700 · 800-828-0072



Keep on Strumming with the Dulcimer

The Doolittles will team up to provide this informal and fun beginning class where you will learn to play the Mountain Dulcimer. You will learn to play several songs regardless of your ability to read music or play by ear. Absolutely no music experience is necessary to succeed in this class.

Dulcimers will be provided for your use during class. **Keyword: Dulcimer** Oct. 9-23 M 6:30-8:30 p.m. \$59 NE City, NCLC, 103 Doolittle AREA-7525-NCFA

PERFORMING ARTS

Improv Level 2

Improv Level 2 builds on the foundation learned in Level 1, and propels you into the heart of Improv—the scene. Through a variety of games and formats, you'll focus on relationships, developing characters and building your performance skills as you develop the playful improviser within. **Keyword: Improv**

Sept. 12-Oct. 3 T	7-8:30 p.m.	\$59
Lincoln, CEC, Aud	Mittan	LLLX-1668-CEFA

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

The Art of Ventriloquism

Discover how to entertain your kids, friends and family with holiday cheer and your puppet skills. Show them the world of ventriloquism with puppet friends.

Keyword: Ventriloquism

Nov. 1-Dec. 6 W Lincoln, CEC, 405	7-9 p.m. Fisher	\$59
No class Nov. 22		LLLX-1898-CEFB

Dance Classes

See page 12 for more information.

PHOTOGRAPHY



Photography I

Discover the craft and creativity of photography in this beginning class. Learn to use your digital camera with basic principles such as exposure, metering modes, shutter speeds, aperture and depth of field, focal length, and more.

Bring a camera with exposure controls to class. **Keyword: Photography**

Oct. 7-Dec 9 S	10 a.mNoon	\$99
Lincoln, SCC, U-103	Hagen	
No class Nov. 25	LLLX-1	101-LNFA

Photography II

Continue your exploration of photography with this intermediate class. More complex techniques and concepts will be addressed and weekly assignments given.

Your work will be critiqued in a fun and positive manner. Bring your camera to class. **Keyword: Photography**

Oct. 3-Nov. 28 T 6:30-9:30 p.m. \$109 Lincoln, LNK, U-103 Hagen LLLX-1100-LNFA

Space is limited. Register today!

PERSONAL INTEREST

Photography III

This is a continuation of Photography II with an emphasis on photographing people and the use of electronic flash. Flash techniques such as direct, slow-sync and fill-in and other lighting concepts will be taught. **Keyword: Photography**

-	-	• • • •	
Oct. 4-Dec. 6	W	6:30-9:30 p.m.	\$109
Lincoln, LNK, I	J-105	Hagen	
No class Nov. 22		LLLX-1	135-LNFA

Photography IV

Photography IV focuses on a project of the student's choice. This advanced photography class will continue the weekly critiques, and a presentation and exhibition of student's work also will be addressed. **Keyword: Photography**

Oct. 5-Dec. 7 Th	6:30-9:30 p.m.	\$109
Lincoln, LNK, U-105	Hagen	
No class Nov. 23	LLLX-	1137-LNFA



Night Photography Techniques

Prerequisite: Photography I and preferred Photography II

Learn about night photography techniques for landscape or cityscape. Discussion will include slow shutter speed and manual settings, including bulb and ISO.

Plan on an assignment given in the first class and critique in the second class. Bring your camera to class. **Keyword: Photography** Oct. 16-23 M 6:30-8:30 p.m. \$49 Lincoln, LNK, U-107 Hagen LLLX-1147-LNFA

NEW! Let's Do Lunch: Camera Buying Basics

See page 25 for more information.



Personal Interest 21

PERSONAL INTEREST



In-Camera Black & White Photography Techniques

Prerequisite: Photography I and preferred Photography II

Discover in-camera black-and-white photography without the need for post-production.

Plan on an assignment given in the first class and critique in the second class. Bring your camera to class. Keyword: Photography 6:30-8:30 p.m. Oct. 30-Nov. 6 M \$49 Lincoln, LNK, U-105 111 X-1148-1 NFA Hagen

Close Up & Macro Photography Techniques

Prerequisite: Photography I and preferred Photography II

Close-up filters, macro lenses and other photographic techniques will be discussed.

Plan on an assignment given in the first class and critique in the second class. Bring your camera to class. Keyword: Photography 12 20 ...

Nov. 13-20	M	6:30-8:30 p.n	n. Ş49
Lincoln, LNK,	U-103	Hagen	LLLX-1149-LNFA

Understanding White Balance (Color Correction)

Prerequisite: Photography I and preferred Photography II

Learn about color temperature and white balance settings on your camera and how to use them.

Plan on an assignment given in the first class and critique in the second class. Bring your camera to class. Keyword: Balance

Nov. 27-Dec 4	М	6:30-8:30 p.	m.	\$49
Lincoln, LNK, U-1	07	Hagen	LLLX-1150-	LNFB

NEW! Advanced Amateur **Digital Photography**

Discover more advanced techniques in the world of digital photography. You will be practicing with your own camera in these areas: nature/wildlife landscape, architectural and portraiture. Basic principles of photography will be reviewed and more sophisticated digital camera operations such as controls, function and purpose, lighting, composition, hardware options, and software will be discussed.

A camera with adjustable shutter speeds. aperatures and ISO is necessary for this class (dSLR. mirroless interchangeable lens camera or advanced amateur digital camera). Keyword: Digital

Oct. 11-Nov. 8 W	6:30-8 p.m.	\$69
Lincoln, CEC, 214	Keller	LLLX-0124-CEFA

Post Processing/Photo Editing

This is an overview of editing digital images, both RAW and JPEG, using the software you have on your laptop. We will discuss noise reduction, sharpening, cropping, and other techniques to enhance your masterworks.

Bring your laptop, charger and photos to edit (Raw and/or JPEG). The recommended editing programs are: Photoshop CC, Affinity Photo, Luminar (up to Version 4), Nikon Studio NX, or Cannon DPP4. Keyword: Photo 2.0

,	,		
Lincoln, CE	C, 403	Keller	LLLX-0114-CEFA
NOV. 2-9	In	6:30-8 p.m.	\$39

Cell Phone & Tablet Photography

Techniques in photography, useful apps and editing, along with super-handy gadgets for your cell or tablet, will be explored.

Before the first class, download Snapseed for photo processing on your device. Snapseed is free. Have your mobile device handy as you log into this zoom class from your desktop or laptop. **Keyword: Photography**

Oct. 12-26 Th 6:30-7:30 p.m. \$49 LIVE Online, Zoom LLLX-0080-TCFCA Keller

Scrapfest: One Day at a Time / Scrapbook Workshop / Pictures Galore, Organizing & More! / Shutterfly

See page 4 for more information.

iPhone Photography

iPhone photography is photography without a camera! Create better photos and videos using the latest features of an iPhone. You'll experiment with focus and exposure, practice using lighting effects, composition, portrait mode, perspective, close-up shots, and even learn how to take good selfies!

Bring your iPhone fully charged. **Keyword: Photography**

Oct. 11	W	6:30-9:30 J	o.m.	\$39
NE City, NCLC	., 103	Roettger	AREA-8269-	NCFB

Digitizing Memories

Do you have envelopes full



of negatives and slides? How about boxes of photos? Discover how to preserve these in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy. Discussion will involve the software necessary to scan negatives, slides and photos

and look at the software "VueScan." **Keyword: Memories**

Oct. 9-23	М	6:30-7:30	p.m.	\$39
LIVE Online	e, Zoom	Keller	LLLX-01	13-TCFCA

SPECIAL INTERESTS



NEW! Streaming on Facebook® **Live & Creating YouTube Videos**

Going live on Facebook® or posting videos on YouTube provides engagement and can help increase exposure and build a valuable connection with your potential audience. Both platforms have nuances you will want to be familiar with if you want to get the most out of your posting. For those who are new to these platforms, let's get you started in the right direction. **Keyword: Streaming**

Nov. 2 Th	7-9 p.m.	\$29
LIVE Online, Zoom	Jensen	LLLX-1417-TCFCA

Personal Interest

Courses are subject to change.

NEW! Paranormal Analysis & Research Theories (PART)

Discover how paranormal services are provided and facts regarding the profession. Study the paranormal with a scientific mindset. Discuss facts like why ghosts are white and what makes their image fade.

The class does not endorse a particular religion, cult, faith, political ideology, or belief. Students may not bring Ouija Boards, seance objects, crosses, or other paranormal paraphernalia into the classroom. **Keyword: Paranormal**

Oct. 24-25	T, W	6-8:30 p.m.	\$75
NE City, NCLC,	, 104	McManus	AREA-6812-NCFA



NEW! Vision Boards: A Tool for Inspiration

Boost your creativity and visualize dreams and goals through the creation of YOUR vision board.

You will be using print images to create a personalized collage-type artwork that reflects your "theme." Bring to class a variety of magazines to glean images from. **Keyword: Vision**

Nov. 16 6:30-8:30 p.m. \$19 Hebron, HNLC, 101 Clauson AREA-6689-HNFA



Dreaming of Iceland

Every day is an adventure waiting to happen in Iceland. Join our most recent Iceland travelers as they share their tips and tricks of their Islandic experience. We will take you from the planning stages of our trip to our return home. Explore many of the must-see sites and the beauty of the island of fire and ice. Let the adventure begin! Keyword: Iceland

Oct. 24	Т	6-8 p.m.	\$19
Lincoln, CEC, 302		Vesely Robb/Kas	sh-Brown
		LLL	X-1824-CEFA



Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving.

Gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, you will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others! Keyword: Gratitude

Dec. 12	Т	6-7:30 p.m.	\$19
LIVE Online,	Zoom	Van Winkle	LLLX-1127-TCFCB

PERSONAL INTEREST



Put the Tech in Traveling

Interested in planning your own road trip or just using technology on the go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Topics include airline e-tickets, virtual wallet, Lyft, Uber, and Airbnb. Keyword: Traveling

Oct. 19	Th	7-9 p.m.	\$29
LIVE Online,	Zoom	Jensen	LLLX-1353-TCFCA



Vacation Home Rental

Turn your extra space into cash. This course shares strategies used to run a successful vacation rental business and earn extra money every month. You'll learn the difference between Vrbo, Airbnb and bed and breakfast options. In addition, vou'll find tips to wow your guests and get 5-Star ratings. Keyword: Vacation

0		•	
Oct. 23	М	7-8 p.m.	\$19
LIVE O	nline,	Zoom	AREA-7027-TCFYA
Wahoo	, WHI	_C, 101	AREA-7027-WHFA
York, Y	KLC, I	0101	AREA-7027-YKFA
Class is live-streamed from York.			



Payment is due at time of registration for all non-credit classes.

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Space is limited. Register today!

PERSONAL INTEREST

southeast.edu

FAK

How to Spot Fake News

Learn ways to fact check the news. Drawing a distinction between fake and real news shouldn't be so hard for the consumer. This class will provide tips for sorting out the truthful from the troublesome. Keyword: News

Nov. 8 6:30-8 p.m. w \$10 AREA-6678-NCFA NE City, NCLC, 102 Tilson

The Art of Communication

Communication is an important set of skills which impacts our personal and professional life. With texts, emails and Facebook® taking over our social lives, some might find it difficult to engage in normal conversation because of lack of face-to-face interactions. You will discover different communication styles, techniques, non-verbal signals, and responses to build and strengthen your communication skills. **Keyword: Communication**

6-8 p.m. Oct. 9-23 Μ \$59 LIVE Online, Zoom Ord AREA-6835-TCFWA

How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & **Regulate Your Emotions**



Some days we all feel like a dragon. But that's okay so long as you know how to put yourself back on a leash. Coping skills will be explored along with their triggers. Different management strategies, techniques and tools will be presented and discussed. **Keyword: Learning**

Dec. 4	М	6-8 p.m.	\$19
LIVE Online	, Zoom	Ord	AREA-6680-TCFWA

Resumes & Interviews: Create Your Toolkit

You get one chance to impress a potential employer. Learn best practices of writing your resume and preparing for your interview. Everyone will produce a resume for professional review and participate in a mock interview either in-person or via Zoom. Keyword: Resumes

Oct. 3-10 Т 6-8 p.m. LIVE Online, Zoom

Falls City, FCLC, 102

Sommerhalder \$59 AREA-6745-TCFFA AREA-6745-FCFA



Creative Writing

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions. Keyword: Writing

6-7:30 p.m. Nov 6-20 м \$45 LIVE Online, Zoom AREA-9050-TCFWB Ord

History of Lincoln: Part 1

Lincoln historian Jim McKee will lead you through an illustrated history of Lincoln, beginning when Lincoln was known as Lancaster and entirely owned by the Methodist Church through the building of the first capitol, the university and the depression of 1893. Keyword: Lincoln

Oct. 11-Nov. 1 W	7:30-9 p.m.	\$59
Lincoln, CEC, 404	McKee	LLLX-0412-CEFA1

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33



History of Lincoln: Part 2

Historian Jim McKee will continue Lincoln's history, beginning after the depression of 1893 through the development of downtown, Lincoln's parks and the second and third capitol buildings. Keyword I incoln

···· , ······		
Nov. 8-Dec. 6 W	7:30-9 p.m.	\$59
Lincoln, CEC, 404	McKee	
No class Nov. 22		LLLX-0419-CEFA



Automotive Restoration & Collision Repair

This is a 15-hour open lab/shop course designed to teach the basics of dent repair, metal fabrication and the use of plastic fillers.

First-time students are required to complete safety/shop orientation at the first session. Goggles, earplugs and dust masks are required. Keyword: Automotive

Oct. 4-Nov. 1	W	6:30-9:30	p.m.	\$139.99
Milford, ETC, 127		Mabon	AUTB-3	8145-MLFA



PERSONAL INTEREST

LET'S DO LUNCH SERIES

NEW LDL: Camera Buying Basics

Confused about which camera is best for you? Join us to learn about different types of cameras and their features. Keyword: Camera

Th Noon-1 p.m. Nov. 2 LIVE Online, Zoom Rood

\$10 AREA-6665-TCFYA

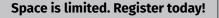


NEW LDL: Understanding **Credit Scores & Reports**

Your credit score is important and could be confusing! Let's unravel the mystery

and discover how your credit score is calculated, how to improve your score and why you should review your credit report on a regular basis. Keyword: Credit

Oct. 25	W	Noon-1 p.m.	\$10	
LIVE Or	nline,	Zoom	AREA-6665-TCFFD	
Hebron, HNLC, 102 AREA-6665-HNFB				
Class is live-streamed from Falls City.				



Payment is due at time of registration for all non-credit classes.

Courses are subject to change.



NEW! LDL: Smoker Buying Basics

The use of smokers to cook food has become increasingly popular. Join us to learn about the features to look for when making a smoker purchase. Keyword: Smoker

Nov. 16	Th	Noon-1	p.m.	Ş10
LIVE Onlir	ne, Zoom	Ruhl	AREA-66	65-TCFYB
-				



LDL: Backyard Bird Feeding

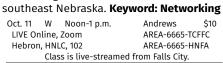
It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your vard. Keyword: Bird

Nov. 1 w Noon-1 p.m. \$10 LIVE Online, Zoom Andrew AREA-6665-TCFFE

LDL: Bird Watching for Beginners

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with birding (or bird watching). Discover equipment needed and locations and tips to watching your favorite birds. Keyword: Bird

LIVE Online, Zoom Andrew AREA-6665-TCFFF	Nov. 15	W	Noon-1 p.	m. \$10
	LIVE Onlin	e, Zoom	Andrew	AREA-6665-TCFFF



,,,				
1-1 p.m.	Andrews	\$10		
	AREA-6665-T	CFFC		
AREA-6665-HNFA				
e-streamed	from Falls City.			





Discover ways to find discretionary money while on a tight budget. Practical budgeting

to Your Budget

LDL: Tips for Adding Money

tips will help you find that "extra" money. **Keyword: Tips**

Nov. 29 W	Noon-1 p.m.	Andrew	\$10	
LIVE Online, Zoom AREA-6665-TCFFG				
Hebron, HNLC, 102 AREA-6665-HNFD				
Class is live-streamed from Falls City.				



LDL: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks. Keyword: Business De

Dec. 6	W	Noon-1 p.r	n.	\$10
LIVE Online, 2	Zoom	Andrew	AREA-6665-T0	FFH

LDL: Business Networking for Introverts

Are you an introvert and find business networking difficult? Join us for an opportunity to learn networking tips and ideas while connecting with other introverts in



25

southeast.edu

Sports, Recreation & Fitness



It's Time for Football

Nebraska means football and we want you to be ready when your favorite team hits the field. Whether you are cheering on our Cornhuskers or your favorite high school team, Coach Darlington will have you ready this fall. You will review game tapes, analyze plays, talk football and be able to cheer the new "3-3-5" defense with appreciation and knowledge.

The last class will be a banquet held at Parker's Steakhouse in Ashland, Nebraska. Banquet cost is on your own. **Keyword: Football**

 Sept. 28-Nov. 9
 Th
 6:30-8:30 p.m.
 \$69

 Lincoln, CEC, 304
 Darlington
 LLLX-0185-CEFA

Officiating 101

If you love sports, being an official will give you the best view of the game as well as teaching you to view the games in a whole new light. Discover the basic mechanics, major rules and how to become certified as an official. **Keyword: Officiate**

Dec. 11 M		6:30-8:30 p	o.m.	\$19
Hebron, HNLC, 1	01	Wiedel	AREA-8478-	HNFA

Space is limited. Register today!

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

Let's Go Birding: Beginning Bird Watching Hike

Birds are everywhere and birding is for everyone! Join us for a beginner bird watching hike at the Pioneer Park Nature Center, celebrating its 60th anniversary in 2023. Learn the basics of bird identification, proper use of binoculars and the latest in bird watching apps for your smartphone.

Binoculars are recommended. Please dress for the weather and wear appropriate shoes for hiking. Meet at the Prairie Building Auditorium, Pioneer Park Nature Center, Lincoln. **Keyword: Birding**

Oct. 14 S 10:30 a.m.-Noon \$29 Lincoln, PPK, Prairie Bldg Auditorium Andrew AREA-8426-FCFB

Let's Do Lunch: Backyard Bird Feeding, Bird Watching for Beginners

See page 25 for more information.



Beginning Pickleball 101

Pickleball is a popular paddle sport that combines elements of badmitton, tennis and ping pong for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

It's played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net, a paddle (similar to ping pong) and a plastic ball with holes (similar to whiffle ball), and as doubles or singles. **Keyword: Pickleball**

Sept. 10-Oct. 1 U	2-4 p.m.	\$49
NE City, SPTC, Courts	Meyer	AREA-8587-PLFA
Oct. 15-Nov. 5 U	2-4 p.m.	\$49
Plattsmouth, PCC, Gym	Meyer	AREA-8587-PLFB



Archery Introduction

Have fun and build self-confidence by learning archery in a self-paced class. This is a great course for those who want to try archery as a sport or recreationally.

Classes meet indoors, and equipment is provided to use for the class. You are welcome to use your own equipment, pending club approval. Instructors are certified with USA Archery. Minimum age 8. **Keyword: Archery**

Oct. 17-Dec. 19	T 6-7 p.m.	\$50
Lincoln, PBAC	Prairie Bowman	LLLX-0584-OCFA
Oct. 17-Dec. 19 Lincoln, PBAC	T 7:30-8:30 p Prairie Bowman	

SwordPlay

Learn to swing a sword like a 14th Century knight! The Introduction to Medieval Longsword Class instructs students in the history, use and fun of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highest regarded professional soldiers of his time.

Loaner equipment is available, and you only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class. **Keyword: Swordplay** Oct. 26-Jan. 18 Th 6:30-8 p.m. \$79 Lincoln, WLRD Loder LLLX-0585-OCFA

Payment is due at time of registration for all non-credit classes.

20 Personal Interest

Beginning Bridge

Bridge is one of the greatest card games of all time. If you have played a little bridge or feel like you need a good tuneup, register now for this class. Come as a single or with a friend.

Recommended book: (2014) *Bridge at a Glance Expanded Version* by Audrey Grant. **Keyword: Bridge**

	-		
Oct. 3-19	T, Th	6-8 p.m.	\$69
Lincoln, CE	C, 414	Bavitz	LLLX-1392-CEFA



Learn to Play Pinochle

Pinochle is a classic card game which can be played with a single or double deck. It has fun terminology: meld, marriages, runs, hundred aces, and pinochle. Pinochle is hard to spell but soon this will become your family's "go to" game! **Keyword: Pinochle**

 Dec. 5-21
 T, Th
 5:30-7:30 p.m.
 \$49

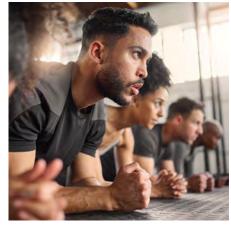
 NE City, NCLC, 103
 Meyer
 AREA-8649-PLFA

Connect with Us!



SCCLearningCenteratFallsCity SCCLearningCenteratHebron SCCLearningCenteratNebraskaCity SCCLearningCenteratPlattsmouth SCCLearningCenteratWahoo SCCLearningCenteratYork SCCLearningCenteratYork





Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a towel and tennis shoes. **Keyword: Fit**

Oct. 2-Dec. 22 M, W, F 9:30-10:30 a.m. \$65 Plattsmouth, PLLC, 103 Scanlan AREA-8810-PLFA

NEW! Cardio Drumming

Join us for a new fitness trend, cardio drumming. Combining music, drumsticks and an exercise ball, create a full body workout for any fitness level. Turn simple movements and keeping a rhythm into a fun and motivating workout.

Bring a stability ball, and sticks (drumsticks, wooden spoons or a pool noodle cut in half) to class. **Keyword: Cardio** Oct. 23-Nov. 27 M 5:15-6 p.m. \$29

 LIVE Online, Zoom
 AREA-8524-TCFFA

 Falls City, FCLC, 109
 AREA-8524-FCFA

Cardio Circuit

Combine continuous cardio with fullbody strength training. This workout will burn serious calories and tone you up! **Keyword: Cardio**

 Oct. 16-Nov. 13
 M, W, F
 9:45-10:30 a.m.
 \$59

 NE City, AWC, Group X
 Shady
 AREA-8726-NCFA

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more. Wear comfortable clothing, suitable for working out. **Keyword: Morning**

Oct. 16-Nov. 1 M, W, F 5:30-6:30 a.m. \$59 NE City, AWC, Group X DeFreece/Bennett AREA-8722-NCFA

Courses are subject to change.

Personal Interest

YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

Yoga Basics

New to yoga or want a basic practice?				
This is perfect for you! Keyword: Yoga				
Oct. 3-Nov. 21	Т	5:30-6:30 p.	m. \$69	
Lincoln, CEC, 30)4	Pleskac	LLLX-1701-CEFA	

Yoga

Mats provided. Keyword: Yoga

Oct. 5-Dec. 28 T	h	5:30-6:30	p.m.	\$89
Plattsmouth, PLLC, (Com	m	Ivanoff Bra	innan
No class Nov. 23			AREA-8752	-PLFA
Oct. 16-Nov. 13 M		6:45-7:45	p.m.	\$35
NE City, AWC, Grou	р Х	Carlson	AREA-8419	-NCFA
Oct. 20-Nov. 17 F		Noon-1 p	.m.	\$35
NE City, AWC, Grou	р Х	Carlson	AREA-8419-	NCFB

Chair Yoga

Modified yoga poses seated in a chair. **Keyword: Yoga**

Oct. 17-Nov. 16 T, Th	9:45-10:30	a.m. \$59
NE City, AWC, Group X	Carlson	AREA-8418-NCFA

Power Yoga

Keyword: Yoga

Oct. 4-Dec. 27 W 6:30-7:30 p.m. \$89 Plattsmouth, PLLC, Comm Ivanoff Brannan AREA-8751-PLFA







Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates. Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement.

Wear comfortable clothing suitable for working out. **Keyword: Barre**

Oct. 16-Nov. 15 M, W 5:30-6:30 p.m. \$59 NE City, AWC, Group X Rayhel AREA-8729-NCFA

Spinning/Indoor Cycling

This is a fast-paced high-intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and wear appropriate attire. Equipment provided. **Keyword: Cycling**

Oct. 10-Nov. 16 T, Th 5:30-6 p.m. \$39 NE City, AWC, BSMT Smallfoot/Ritchheart AREA-8592-NCFA

Water Aerobics

Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimsuits are required, while water shoes are recommended. **Keyword: Water**

Oct. 16-Nov. 15 M, W	8:30-9:30 a	ı.m. \$59
NE City, AWC, Pool	Madden	AREA-8717-NCFA

T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes. Keyword: Chi			
Oct. 2-Nov. 20 M	5:30-6:30	p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-C	EFA
Nov. 6-27 M	1:30-2:30	o.m.	\$35
Hebron, HNLC, 101	Stuart	AREA-8408-H	NFA

Dance Classes

See page 12 for more information.

Youth



Snow Much Fun Ornaments

Ages 8-12

No need to wait for a snow day! Transform two terracotta pots into snowman ornaments, jazzing them up with paint colors and fabrics of your choosing.

Bring a pair of scissors. There is a \$10 cash-only fee payable in class. **Keyword: Snow**

Dec. 2 S 10 a.m.-Noon \$19 Wahoo, WHLC, 102 Haase-Thomas AREA-8225-WHFA

Kid Food Hour

Ages 8-13

Hey kids! Join us to learn how to prepare tasty (and nutritious) food. Each week is a new food hour. With adult supervision, learn to prepare food together. **Keyword: Food**

Homemade Pizza Oct 10 \$10 4-5 p.m. Т Falls City, FCLC, 102 AREA-6355-FCFA **All Things Waffle** Nov. 14 4-5 p.m. \$10 Falls City, FCLC, 102 AREA-6355-FCFB **Pop It Chocolate Bars & Other Sweet Treats** Dec. 12 Т 4-5 p.m. \$10 Falls City, FCLC, 102 AREA-6355-FCFC

Payment is due at time of registration for all non-credit classes.

Sensory Toys: Slime & Other Fun Things

Ages 8 & Up

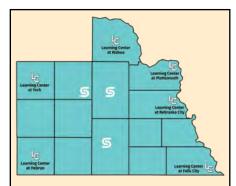
Have fun with slime! Discover how to create colorful slime that glitters and pops. You will take it home to enjoy.

Bring an apron or wear an old shirt. There is a \$5 fee payable in class. Check or cash only for fee. **Keyword: Toys**

Nov. 4	S	10 a.mNoon	\$19
Falls City,	FCLC, 102	AREA-6	428-FCFA

Archery Introduction (Ages 8 & Up)

See page 26 for more information.



SCC's Learning Centers are

geographically distributed across the 15-county service area to maximize the number of individuals living within a 35-mile radius from each of the centers.

Each Learning Center has its own computer lab and classroom(s) allowing both **credit** and **non-credit courses**, as well as business and industry training to be offered.



Scan to learn more about classes at the Learning Center near you





Driver Education & SAFETY

Driver Education

Instruction consists of face-to-face or online lecture and behind-the-wheel training (lab) that meets separately.

Participation in an orientation is required before each class. A Zoom link will be sent to the student's email one week prior to the orientation.

Required Orientations via Zoom:

¥ Thurs., Aug. 31

Thurs., Oct. 12

Student must have a school or learner permit before registering for any upcoming Driver Education course. Students must complete both the lecture and drive labs to be eligible for documentation for the provisional operators permit (POP) and/or insurance requirements.

(2.6 CEUs) For a detailed brochure,

complete with Driver Education & Safety classes for 2023, contact us at continuinged@southeast.edu, 402-437-2700 or 800-828-0072. NOTE: Attendance is critical to the student's success. Each class and lab must be attended as scheduled. Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Driver Education course requires a minimum of one-week advance notice to receive a full refund or to transfer. Keyword: Driver

Lincoln SCC

(All lectures have a Sept. 12-Oct. 21 Lincoln, LNK, S-1		
Oct. 23-Oct. 9 Lincoln, LNK, S-1	M, W	6:30-8:30 p.m. \$369 TRAN-3398-LNFE �
Lincoln East High	School	
Sept. 12-Oct. 21 Lincoln, EHS, 121	T, Th	3:30-5:30 p.m. \$369 TRAN-3398-OCFC 業
Lincoln High Scho	ol	
Oct. 23-Oct. 9 Lincoln, LHS	Online Le	cture Only \$369 TRAN-3398-OCFG �
Lincoln North Sta	r High Sch	ool
Sept. 12-Oct. 21 Lincoln, LNS	Online Le	cture Only \$369 TRAN-3398-OCFD 業
Lincoln Northeast	t High Sch	ool
Oct. 23-Oct. 9 Lincoln, LNE, 043	M, W	6:30-8:30 p.m. \$369 TRAN-3398-OCFI �

REGISTRATION INFORMATION Page 32 LOCATION KEY **Page 33**

Courses are subject to change.

Lincoln Southeast High School

Oct. 23-Oct. 9	Online Lecture Only	\$369
Lincoln, LSE	TRAN-3398-0	DCFH �
Lincoln Southwe	est High School	
Sept. 12-Oct. 21	Online Lecture Only	\$369
Lincoln, LSW	TRAN-3398-	OCFB Ж
Oct. 23-Oct. 9	Online Lecture Only	\$369

TRAN-3398-OCFF 🛠 Lincoln, LSW

Lincoln Drive Lab Schedule

(Times are subject to change.)

Lecture will meet twice each week or online for five weeks. The two-hour drive lab meets once a week for six weeks. Drive labs are offered Monday through Friday. with a starting time of 3:30 or 5:45 p.m., or on Saturday starting at 8 a.m., 10:15 a.m., 1 p.m., or 3:15 p.m. The student could possibly attend the first drive lab before the first lecture meets. The drive lab continues one week past the completion of lecture.

Four-Hour STOP Class

Diversion for minor traffic violations in Seward, Thayer and York counties.

Contact us at STOP@southeast.edu for scheduling details and cost.

Driver Education Instructor Training

Prerequisite: Must be at least 21 years of age, have a high school diploma or equivalent. valid operator's license held in state of residence for two consecutive years, clean driving record (for the prior five years, the instructor candidate must have no violation on record for which five or more points might be assessed, including probation or other situations in which no points were actually assessed for the violation. You must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any related alcohol or drug offense in connection with motor vehicle use. DMV Title 247)

This is a Department of Motor Vehiclesapproved course for the certification of instructors to teach driver education in a non-credit format. Focus is on fundamental driver education, curriculum development and presentation skills. The intent of this class is for those individuals who want to teach outside the K-12 system.

Required books are available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Keyword: Instructor 💭

Oct. 9-Nov. 18	Online	\$499
Lincoln, LNK, Arra	anged	TRAN-3393-HBFA

Space is limited. Register today!

Smart Drivers!

This is a state-approved four-hour comprehensive course applying fundamental traffic laws and increasing driver awareness.

(0.4 CEUs) This class is approved by the Nebraska Department of Motor Vehicles and can be applied toward: under-age 21, six-point accumulation, reinstatement of point revocation, employment driving permit, two-point credit to driving record. Participants must provide driver's license number.

For information about this course, visit southeast.edu/business-and-community/ community/traffic-safety-licensing/smartdrivers.php.

MOTORCYCLE SAFETY

Motorcycle Safety: Beginning Riders Course

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are ages 16 or 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders 16 years and older and is designed to teach safe motorcycle operation.

(1.8 CEUs) Approximately three weeks before the start date of the course, an email and letter will be sent with instructions on how to access the eCourse. The eCourse is to be successfully completed one week prior to the start of the Friday evening classroom session. You must successfully complete the online eCourse and the written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Nebraska Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, longsleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather. Motorcycle Safety course requires a minimum of one-week advance notice to receive a full refund or to transfer.

🖋 Class is held on Friday from 6-8:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m. Keyword: Motorcycle

Sept. 8-10		See Desc.	\$279
Lincoln, LNI		TRAN-3378-	HBFLB 🗡
Sept. 15-17		See Desc.	\$279
Lincoln, LNI		TRAN-3378	-HBFLC ≠
Sept. 22-24		See Desc.	\$279
Milford, JDI		TRAN-3378-	HBFMD 🗡
Oct. 6-8	F, S, U	See Desc.	\$279
Lincoln, LNI	K, S-1	TRAN-3378-	-HBFLE ≠

Traffic Safety & Licensing 29

COMPUTERS & TECHNOLOGY



INTRODUCTORY CLASSES

One-on-One Computer Training: 3 Hours

Receive three hours of personalized instruction on the computer topic that meets your need! Training is scheduled at an SCC facility at a time convenient for you and the instructor. Instructors are available for, but not limited to, the following topics: Windows, MS Office, Word, Excel, Access, Outlook, QuickBooks, social media, basic computer assistance, etc. Keyword: Computer

	-	-
Falls City Area	\$99	AREA-0927-FCFA
Nebraska City Area	\$99	AREA-0927-NCFA
Plattsmouth Area	\$99	AREA-0927-PLFA
Wahoo Area	\$99	AREA-0927-WHFA
York Area	\$99	AREA-0927-YKFA

Get Started with Computers

This hands-on class is for the person who has little to no knowledge about computers,



but wants to learn. Find out about using Windows, creating and saving documents, getting started with email, and much

more. Keyword: Computer

Vov. 29	W	5:30-8 p.m.	S
LIVE Or	line	, Zoom	A
Falls Cit	ty, FC	CLC, 102	A
Wahoo,	WH	LC, 101	A
	Cla	ss is live-strea	amed fror

AREA-0928-TCFFA AREA-0928-FCFA AREA-0928-WHFA m Falls City.

Basic Computer

Begin learning computer terminology necessary in the 21st Century. You will learn how to use the internet, email, word processing, and spreadsheet applications. No experience needed!

Students need to have computer access to practice outside of class. Keyword: Computer 8:15-11:15 a.m. Sept. 9-Oct. 7 S \$175 Lincoln, CEC, 407 J. Olson OFFT-3502-CEFA

CLASSES FOR SENIORS

Introduction to Personal Computers for the Senior Citizen I

This class is open to anyone looking to learn how to use a computer at a comfortable pace. This is a handson course with instructor guidance. No prior computer skills needed. **Keyword: Computer**

Sept. 12-Oct. 3 T, Th 1:30-4:30 p.m. \$175 Lincoln, CEC, 407 J. Olson OFFT-3503-CEFA

REGISTRATION INFORMATION Page 32 LOCATION KEY Page 33

SMART DEVICES



One-on-One Smart Device Training

Learn to set up and troubleshoot your iPhone, iPad and Android devices. Registration provides one hour of personalized instruction on the smart device that meets your specific need. Training is scheduled at an SCC facility at a time convenient for you and the instructor. **Keyword: Device**

Falls City Area	\$35	AREA-0880-FCFA
Nebraska City Area	\$35	AREA-0880-NCFA
Plattsmouth Area	\$35	AREA-0880-PLFA
Wahoo Area	\$35	AREA-0880-WHFA
York Area	\$35	AREA-0880-YKFA

Smartphone Basics: iPhone

We will teach you about icons, apps and other features on your iPhone.



Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone yet, come anyway. **Keyword: Smartphone**

Oct. 17	Т	5:30-8 p.m.	Steinhauser \$2	9
LIVE O	nline	, Zoom	AREA-1393-TCFFA	
Falls City, FCLC, 102		CLC, 102	AREA-1393-FCFA	

Payment is due at time of registration for all non-credit classes.

Computers & Technology

Steinhauser \$29

COMPUTERS & TECHNOLOGY

Smartphone Basics: Android

We will teach you about icons, apps and other features on your Android.



Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone yet, come anyway. **Keyword: Smartphone**

Oct. 19	Th	5:30-8 p.m.	Steinhauser	\$2
LIVE O	nline,	Zoom	AREA-1394-TCF	FA
Falls Ci	ity, FC	LC, 102	AREA-1394-FCF	A

Smartphone Next Level

Suggested Prerequisite: Smartphone Basics

This Next Level class will review where we left off at the Smartphone Basics class. Bring your questions and we will dig deeper into topics like managing your phone, how to reset it using apps and continual learning about calling and texting. Don't have a smartphone? Come anyway.

Have your phone fully charged with access to your Gmail (Android) or Apple ID (iPhone). **Keyword: Smartphone**

For iPhone

For iphone	
Nov. 14 T 5:30-8 p.m.	Steinhauser \$29
LIVE Online, Zoom	AREA-1396-TCFFA
Falls City, FCLC, 102	AREA-1396-FCFA
For Android	
Nov. 16 Th 5:30-8 p.m.	Steinhauser \$29
LIVE Online, Zoom	AREA-1396-TCFFB
Falls City, FCLC, 102	AREA-1396-FCFB

All Things Apple



We will touch on some of the more useful features of Apple's amazing products. Mac computers, iPad, iPhone, and Apple watch can be fun and easy to use. Make your life easier with the practical features and apps. **Keyword: Apple**

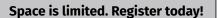
Oct. 30-Nov. 13 M	6:30-7:30	p.m. \$49
LIVE Online, Zoom	Keller	LLLX-0663-TCFCA

iPhone Photography / Cell Phone & Tablet Photography

See page 22 for more information.

Learn the New Way to Pay: PayPal, Venmo & More . . .

See page 20 for more information.



NTERNET

Creating a **Photo Highlights Slideshow**

A slideshow showcasing

photos of your memories is the highlight of any event.

Discover how to quickly and easily upload photos for a beautiful slideshow (with or without music) for graduations, weddings, funerals, or other events. Keyword: Photo

Oct. 24	Т	6-8 p.m.		\$19
LIVE Or	nline,	Zoom		AREA-8229-TCFFA
Falls Ci	ty, FC	LC, 102		AREA-8229-FCFA
Wahoo	, WHI	_C, 101		AREA-8229-WHFA
	Cla	ss is live-s	treamed fr	om Falls City.
Nov. 18		S	1-3 p.m.	\$19
York, Y	KLC, I	D101		AREA-8229-YKFA

SOCIAL MEDIA

Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold oneon-one meetings or group conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom!

Keyword: Zoom

Nov. 14 T 6-9 p.m. LIVE Online, Zoom NE City, NCLC, 104

\$49 Mever AREA-0934-TCFPB AREA-0934-PLFA

One-on-One Social Media Training

This learning opportunity is designed for the person who wants one-on-one instruction for how to use social media to meet your needs. Subject-matter experts will work with you at a learning pace you are comfortable with. Instruction is available for beginning users as well as those who have developed specific questions and want to delve deeper into Facebook®, Pinterest, Twitter, etc.

Registration gives you up to one hour of personalized attention on topics that meets your specific need. After registration, a college representative will contact you to help develop your individualized training plan. Keyword: Social

AREA-1376-WHFA Wahoo Area Bohaty \$35

The Art of Communication

See page 24 for more information.

NEW! Streaming on Facebook® **Live & Creating YouTube Videos**

See page 22 for more information.



Providing opportunities for adult learners to strengthen their lives through educational experiences

Free Classes for Adults!

- English as a Second Language
- GED[®] Prep
- **Adult Basic Education** (including math, reading and writing)

We are dedicated to helping you build your skills for college and a career! Our FREE services can help you reach your educational and employment goals! Make your dreams a reality at Southeast Community College!

Plattsmouth

Tecumseh

Wahoo

Classes available in:

- Beatrice

 - ►
 - York

For more information about class offerings, contact: adultedu@southeast.edu 402-437-2840

Volunteer opportunities available. In Lincoln, contact Elizabeth Williams at ewilliams@southeast.edu. Outside of Lincoln, contact Jodi Anderson at janderson1@southeast.edu.

southeast.edu/academics/ ged-esl/index.php





Falls City

Lincoln Nebraska City

Pawnee City



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

Social Security Number OR SCC Student ID		Birth Date	Name: L	· · · · · · · · · · · · · · · · · · ·	3	•	First	edu/academics/college-catalog.pnp	Middle Initial
Residence Mailing Address			·	City		State	Zip		County #
Email Address				Cell Phone		,	Home	Business Phone	,
I identify as: 🗆 Male 🕒 Female		raska Resident on-Resident	Ethnicit Hispa Latir		🗅 Wh	(Select one or more ite □ tive Hawaiian/Othe	Asian	□ American Indian/Alaska der □ Black/African-Americ	
COUF	RSE NUMBER				TITLE			START DATE	COST
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									\$
<u>-</u>									\$
SIGNATURE					1) that my registra	is form indicates that I u ation is complete and th he tuition and fees and	at I am	SCC Staff Tuition Waiver	()
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Exp.Date CC #					discriminate base marital status, na sexual orientation	ed on race, color, religio itional origin, ethnicity, v n, disability, or other fac	n, sex*, age, /eteran status, tors prohibited		
Billing agency (INCLUDE LI For the protection of your persona only use the fax number listed or v					scc-departments, index.php * The Office for Civil Rig on discrimination	policy. southeast.edu/a /access-equity-diversity e U.S. Department of Edi ghts enforces Title IX's p on the basis of sex to a used on gender identity.	-title-ix/ ucation's rohibition Iso include	ID# DE	



SCC campuses and Learning Center locations during business hours.

CANCELLATION/ **REFUND POLICY**

SCC reserves the right to cancel any non-credit classes that do not have sufficient enrollment. A full refund will be processed and you are not required to submit a drop form.

The student is entitled to a 100% refund for any non-credit class if the class is dropped the day before class begins. If a student drops a class the day class begins or after, there will be no refund.

Failure to attend classes does not constitute a drop or withdrawal. "No Show" students will be billed and held responsible for full payment of the tuition and fees for the classes they are registered for because the "no show" student did not drop the class online using Web Advisor or with an "Official Drop/Add Form for Classes" within the designated refund period.

For information on ADA reasonable accommodations, visit southeast.edu/about/other-scc-departments/ access-equity-diversity-title-ix/guidelines-andprocedures/reasonable-accommodations.php.

For information on FERPA and Social Security number. visit southeast.edu/footer/privacy-statement.php.

Accredited by the Higher Learning Commission.

SCC is an equal opportunity educator and employer. SCC es un patrono con Igualdad de Oportunidades en el Empleo y la Educación. southeast.edu/footer/privacy-statement.php

LOCATION KEY

2018 Sixth Ave.

Beatrice

KEN.....Southeast Community College, Beatrice Campus, Kennedy Center, 4771 W. Scott Road

Brownville

G603 Glass Art @ 603, 603 Main St.

Elmwood

CALC Cultural Arts & Learning Center, 221 S. Fourth St.

Falls City

FALH	Falls City High School, 1400 Fulton St.
FCLC L	earning Center at Falls City, 3200 Bill Schock Blvd.

Hebron

HNLCLearning Center at Hebron, 610 Jefferson Ave.

Lincoln

ARCHArchitectural GlassArts, 4035 S. 48th St.
BRNA Bernina Sewing Center, 5500 Old Cheney, Suite 7
CARLDarlene Jansen's Art Studio, 6510 Carlsbad Drive
CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
EHS Lincoln East High School, 1000 S. 70th St.
GRLN Greater Lincoln Obedience Club, 5740 Johanna Road (From Cornhusker Hwy, go north two blocks on Hwy 77 (56th St.). Turn right onto Morton St. Go one block; turn left onto North 57 St.

Go one block; turn right onto

Johanna Road. GLOC building

is one block on the left.)

KENL......Kenl Inn 10241 E. Old Cheney Road (1.25 miles east of 84th and Old Cheney)

LHS.....Lincoln High School, 2229 J St.

LNELincoln Northeast High School, 2635 N. 63rd St.

LNK.....Southeast Community College, Lincoln Campus, 8800 O St.

LNS.....Lincoln North Star High School, 5801 N. 33rd St.

LSE.....Lincoln Southeast High School, 2930 S. 37th

LSW.....Lincoln Southwest High School, 7001 S. 14th

NEBD.....Nebraska Ballroom Dance, 4820 Rentworth Drive

OLER.....Oler's Family Upholstery, 5330 Custer Circle #4 (It is two blocks south of 70th and Cornhusker and one block east, next to Big Red Storage; second tan building in the middle; 402-613-1947)

PBAC..... Prairie Bowman Club, 1432 N. Cotner Ave.

PLA Pla Mor Ballroom, 6600 W. O St.

PPK..... Pioneer Park Nature Center, 3201 S. Coddington Ave.

WEAV.....The Weavers Studio, 3843 S. 48th St., Lower Level (west of 48th on Cooper Ave.). Follow the sidewalk to the lower level en trance at the back of the building. Please park on the street.

WLRD...... Willard Community Center, 1245 S. Folsom St.

VWSP..... Vang Wood Shop, 6700 Francis St.

Louisville

SHSH.....Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)

Milford

ETC.....SCC Milford Campus, Eicher Technical Center, 600 State St.

Nebraska City

AWC	G & G Wellness Center, 1240 N. 19th
NCLC	Learning Center at Nebraska City, 1406 Central Ave.
SPTC	Steinhart Park, 121 N. Steinhart Park Road
WPBB	Whispering Pines B&B,

Plattsmouth

PCC Plattsmouth Community Center, 308 S. 18th

PLLC..... Learning Center at Plattsmouth, 537 Main St.

Wahoo

WHLC.....Learning Center at Wahoo, 536 N. Broadway St.

York

YKLCLearning Center at York, 401 N. Lincoln Ave.

See Desc..... The course description will specify the class location

TBA To Be Announced



Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to

view the class or are having connection issues? Contact your Learning Center to see if other options are available.

Falls City: 402-323-3396

Hebron: 402-323-5591

Nebraska City: 402-323-3636

Plattsmouth: 402-437-2298 Wahoo: 402-323-5581

York: 402-323-3634



301 S. 68th St. Place Lincoln, NE 68510-2449

