

Mind & Body

Fall 2024



Mindful Aging: Brain Boosting Sessions

Join us for an enriching and invigorating journey to enhance mental, social and physical well-being! We will explore a variety of cognitive exercises, social interactions and light physical activities aimed at promoting wellness. Coffee will be provided so bring your favorite cup and join us on this path to wellness and thriving while aging. **Keyword: Aging**

Oct. 8-Nov. 26	T	10-11 a.m.	\$19
Falls City, FCLC, 109	Perkins	AREA-6840-FCFA	

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 Pioneers Park Nature Center. 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, Pioneers Park Nature Center, Lincoln. **Keyword: Birding**

Oct. 6	U	2-3:30 p.m.	\$29
Lincoln, PPK, Prairie Bldg Aud	Andrew	AREA-8426-FCFA	
Nov. 9	S	2-3:30 p.m.	\$29
Lincoln, PPK, Prairie Bldg Aud	Andrew	AREA-8426-FCFB	

NEW! Kickboxing

Kickboxing is a fun full-body workout incorporating martial arts, aerobics and HIIT.

No experience needed, techniques and drills can be modified for all levels of experience. **Keyword: Kickboxing**

Sept. 30-Oct. 28	M, Th	7-8 p.m.	\$70
Falls City, HMAS	Heller	AREA-8657-FCFA	



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

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.

For more information, contact us at
402-323-3396 or continuinged@southeast.edu.

NEW! Krav-Maga Self-Defense

Strengthen your body, challenge your mind and learn how to protect yourself. Krav-Maga is a self-defense system that teaches you how to defend yourself and others. You will learn effective techniques to take control and end situations.



Krav-Maga or sparring gloves required. Gloves are available for purchase in class. **Keyword: Defense**

Sept. 30-Oct. 28	M, Th	8-9 p.m.	\$70
Falls City, HMAS	Heller	AREA-8562-FCFA	

Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.



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

Oct. 7-Nov. 11	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom		Meyer	AREA-8593-TCFFA
Falls City, FCLC, 109			AREA-8593-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**



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

NEW! Finding Your Inspiration

Continue and expand your creative writing journey as you discover inspiration as a writer from the world around you. Our focus for this session will be on finding inspiration to help you express your creativity through the written word. **Keyword: Inspiration**



Oct. 16	W	6-8 p.m.	\$29
LIVE Online, Zoom	Ord	AREA-9014-TCFWA	

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

Nov. 20	W	5:30-7 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCFCB	

Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.
Falls City, HMAS Heller Martial Arts Studio, 1522 Stone St.
Lincoln, PPK.....Pioneers Park, 3201 S. Coddington Ave.

Check out all classes offered at southeast.edu/FallsCityLC
Find us on Facebook at facebook.com/SCCLearningCenteratFallsCity

REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



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

* Required

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php for additional information.

Social Security Number OR SCC Student ID Number		* Birth Date	Name: * Last		* First	Middle Initial
* Residence Mailing Address			* City	* State	* Zip	County #
* Email Address			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check (must be included) (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

SCC Staff Tuition Waiver	()
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TOTAL DUE	
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FOR OFFICE USE ONLY	
ID#	_____
DE	_____