

# Mind & Body

Fall 2024



## Old Fashioned Soap Making

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

Bring safety goggles to class. There is a \$10 fee (cash or check) payable in class. **Keyword: Soap**

Oct. 12	S	10 a.m.-1 p.m.	\$55
Louisville, SHSH	Wolcott	AREA-5725-PLFA	

## Advanced Soap Making

Prerequisite: Old Fashioned Soap Making

Adding colors, layering ingredients and mixing techniques will produce amazingly different bars of soap. You will make shampoo bars, face soap, goat milk soap, and more.

There is a \$10 fee (check or cash) payable in class. **Keyword: Soap**

Nov. 9	S	10 a.m.-1 p.m.	\$55
Louisville, SHSH	Wolcott	AREA-2224-PLFA	



## Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early! **Keyword: Dance**

Oct. 3-24	Th	7-9 p.m.	\$49
Plattsmouth, PLLC, Commons		Cottle	AREA-4970-PLFA



## NEW! Creating from the Herb Garden

A beautiful way to use the bounty from your herb and flower garden when the season is coming to an end. Create all-natural handmade bath and beauty products such as lip balms, salves, laundry soap, refreshments, and more.

There is a \$10 fee (check or cash) payable in class. **Keyword: Garden**

Oct. 5	S	10 a.m.-Noon	\$45
Louisville, SHSH	Wolcott	AREA-6093-PLFA	



## Yoga

It's time to roll out your yoga mat and discover this combination of physical and mental exercises. Regardless of your age, 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. **Keyword: Yoga**

Oct. 3-Nov. 7	Th	6:30-7:30 p.m.	\$45
Plattsmouth, PLLC, 103	Brannan	AREA-8585-PLFB	
Nov. 14-Dec. 19	Th	6:30-7:30 p.m.	\$45
Plattsmouth, PLLC, 103	Brannan	No class Nov. 28	AREA-8419-PLFC

### Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.  
Louisville, SHSH.... Simply Home Sweet Home Studio, 8980 Raven Drive  
(Class location is rural, rural, three miles from Hwy 66)

For more information, contact **Lyn Belitz** at  
402-437-2298 or lbelitz@southeast.edu



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

**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.

## 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**

Sept. 23-Dec. 18 Plattsmouth, PLLC	M, W, F Scanlan	9:30-10:30 a.m. AREA-8810-PLFA	\$65
Oct. 7-Nov. 11 LIVE Online, Zoom	M Meyer	5:30-6:15 p.m. AREA-8593-TCFFA	\$29



## 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 LIVE Online, Zoom	W Ord	6-8 p.m. AREA-9014-TCFWA	\$29
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## 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 LIVE Online, Zoom	W Ord	6-7:30 p.m. AREA-9050-TCFWB	\$45
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## 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 LIVE Online, Zoom	W Van Winkle	5:30-7 p.m. LLLX-1127-TCFCB	\$19
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For more information, contact **Lyn Belitz** at 402-437-2298 or lbelitz@southeast.edu

Check out all classes offered at [southeast.edu/PlattsmouthLC](http://southeast.edu/PlattsmouthLC)  
Find us on Facebook® at [facebook.com/SCCLearningCenteratPlattsmouth](https://facebook.com/SCCLearningCenteratPlattsmouth)

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



## 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/collegecatalog](http://southeast.edu/collegecatalog) 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			* Cell Phone <input type="checkbox"/> Home <input type="checkbox"/>		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  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

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

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?  
 Yes  No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_  
DE \_\_\_\_\_

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/diversity \*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.

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. 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**.
7. 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.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[southeast.edu/business-and-community/index.php](http://southeast.edu/business-and-community/index.php)

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