# **Continuing Education**



# WITC Continuing Education

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• Music	
• Photography	
Sewing and Quilting	
• Theater	
Writing	

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# • Automotive • Machine Shop • Welding & Woodworking HEALTH & WELLNESS pgs 14 – 18 • Health Care & Aging Services • Personal Wellness • Sports & Fitness HOME & LEISURE pgs 19 – 22 • Cooking & Baking • Family & Relationships • Financial Planning • Household Management

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- Natural Science
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- EMS
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# **BUSINESS TRAINING** pg 29

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# **ABOUT CLASS TYPES:**

**Online courses** are offered via the Internet and accessed by using a web browser. You can access the course at any time. Offline supervised tests/exams at specified sites may be conducted in conjunction with these courses.

**Webinars** are offered at a specified time and can be accessed from your home computer using a free BlueJeans software download. Your computer must have a reliable internet connection, microphone and camera. You can interact with the teacher during class.

ITV (Interactive Television) courses involve live video/audio instruction via broadcast technology that includes students at one or more WITC campuses. Classes are offered at a specified time and students attend at their nearest WITC site. The class may be composed of students at the same site as the instructor and students at one or more remote sites.

# **ABOUT CLASS NUMBERS:**

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When you register for a class, please provide the catalog **and** class numbers.

**Catalog number** is a hyphenated eight-digit number (12-345-678) found under the class title.

**Class number** is a bold five-digit number (12345) found to the left of the class meeting details.

View all courses at courses.witc.edu.



It's Easy to Register!

ONLINE | PHONE | IN PERSON | MAIL

For complete registration information, please see page 30.

# **ARTS**

# **Drawing & Painting**

# **Drawing the Garden's Harvest**

60-815-605

Celebrate the beauty of vegetables and fruit as you draw them using line, shape, proportion, texture and color. We'll work with odorless drawing materials such as pencil, water-soluble pencil, drawing pen, color pencil, watercolor pencil and watercolor washes with ink. Please bring a lunch and beverage. This class is designed for all levels of drawing abilities, from beginning to advanced. Please note: this class is being offered two days in a row; you may sign up for one or both. View the supply list at: witc.edu/supplies.

64489	Oct 7 Hayward: 106	M 10a-4p	\$37.50/\$24.30 Diana Randolph
64490	Oct 8 Hayward: 106	Tu 10a-4p	\$37.50/\$24.30 Diana Randolph

# **Acrylic Pouring**

60-815-600

Learn a new fluid art technique and take home your own abstract masterpiece. Learn 3 basic pouring techniques: string, dirty & swirl and then discuss modifying paints with different mediums, creating cells, and recipes/instructions to take home for future experimentation. Paintings take approximately 24 hours to dry; you will be required to pick them up on Sunday from 1-2 p.m. Come dressed for mess and bring a pair of latex gloves; all other supplies included. \$30 supply fee due to the instructor at the start of class.

Nov 2 – Nov 3 Sa 10a-2p, Su 1p-2p \$37.50/\$24.30 Superior: 112 Molly Martens

# **Exploring Watercolor**

60-815-600

Novice and experienced painters alike are invited to learn and expand their skills as they use basic watercolor techniques while having fun. Bring: watercolor paint set 12-24+ color set, multi-pack watercolor brushes, watercolor paper/pad (9-12" to 18-24") and a plastic paint pallet. Dress for painting.

64492	Sep 13 Superior: 306	F 2p-5p	\$26.50/\$17.70 Becky Perfetti
64493	Oct 11 Superior: 306	F 2p-5p	\$26.50/\$17.70 Becky Perfetti
64494	Nov 8 Superior: 306	F 2p-5p	\$26.50/\$17.70 Becky Perfetti

# Learn to Mat and Frame

60-815-600

Learn how to mat and frame any size picture and have it ready to hang on your wall. This skill is something you will use over and over again, saving you time and money. Bring one or more frames and a picture to be matted in each. Plan ahead and frame the perfect gift!

65599	Sep 28 Superior: 216	Sa 11a-2p	\$26.50/\$17.70 Becky Perfetti
65600	Nov 16 Superior: 113	Sa 11a-2p	\$26.50/\$17.70 Becky Perfetti

# **Mandala Dot Painting: Beginner**

60-815-600

Learn to paint beautiful mandalas using readily available household items. This unique art form uses acrylic paint and dots to create intricate, colorful mandala (circular) designs. Take this class from the comfort of your home using the free BlueJeans software download. Reliable internet connection, microphone and camera are necessary. View the supply list at: witc.edu/supplies.

Nov 6 – Nov 27 W 6:30p-8p \$37.50/\$24.30 Webinar Maria Clark

### Paint a Christmas Ornament

60-815-600

Paint a beautiful Christmas ornament using the dot mandala style painting. The beautiful design is easy to follow and will be completed in one session. Take this class from the comfort of your home using the free BlueJeans software download. Reliable internet connection, microphone and camera are necessary. View the supply list at: witc.edu/supplies.

64757 Dec 2 M 6p-8:30p \$26.50/\$17.70 Maria Clark

### Pastels: Paint Fall Landscapes

60-815-600

Celebrate autumn by painting landscapes using pastel sticks (not oil pastels), using your own photos as inspiration and focusing on composition, color and texture. You will also have time to explore the exhibit at the Cable Natural History Museum. This class is for all levels, though basic drawing experience is helpful. Please note: this class is being offered two days in a row; sign up for one or both. Bring a lunch or order during class. View the supply list at: witc.edu/supplies.

64487	Oct 23	W 10a-4p	\$37.50/\$24.30
	Cable Natura	History Museum	Diana Randolph
64488	Oct 24	Th 10a-4p	\$37.50/\$24.30
	Cable Natura	I History Museum	Diana Randolph

### **Pastels: Paint Winter Scenes**

60-815-600

Celebrate winter by painting landscapes using pastel sticks (not oil pastels), layering the pigment on paper. Use your own photos as inspiration as you exaggerate the contrasts and shapes of sunlight and shadows stretching across a snowy landscape. This class is for all levels, though basic drawing experience is helpful. Bring a lunch or order from a local catering establishment. View the supply list at: witc.edu/supplies.

64486 Nov 4 M 10a-4p \$37.50/\$24.30 Cable: UCC Church Diana Randolph

# Fine Arts & Crafts

# **Beginning Chainmail**

60-815-602

Chainmail is the technique of interlocking metal rings and is used to make stunning jewelry and accessories. In this interactive beginner class you will choose from a variety of weaves and materials to make a finished piece. Project options include: earrings, wallet chains, bracelets and cuffs, necklaces, etc. Bring 2 pair of needle nose pliers that fit your hand comfortably. \$10 supply fee due to the instructor at the start of class.

64596 Oct 19 Sa 10a-3p \$37.50/\$24.30 Superior: 134 Molly Martens

# Wire Wrapped Jewelry

60-815-602

Create a wire wrapped tree of life pendant customized with beads, learning basic wire wrapping techniques while getting a hands-on experience. Bring a wire cutter and small hand pliers (round nose and side cutting pliers). \$5 supply fee due to the instructor at the start of class.

**64725** Sep 14 \$26.50/\$17.70 Sa 10a-1p Superior: 112 Stacie Buchanan

# **Balsam Wreath Making**

60-815-640

Nothing says the holidays quite like a fresh balsam wreath on your front door! Use natural materials and commercial wreath bases to make your own wreath using raw boughs. A variety of decorative accents will be available, including bows. And yes, you'll also learn the secret to getting the pine pitch off your fingers afterwards! \$25 supply fee due to the instructor at the start of class.

64580 Dec 7 Sa 2p-5p \$26.50/\$17.70 Hayward: Farmstead Crmry/Cafè Laura Berlaae

# **Basic Lotion Making**

60-815-640

Make lotions and moisturizers without all the chemicals! Experiment with choosing oils for different skin types and developing your own lotion recipe. You will leave with 24 ounces of your own personal lotion. \$10 supply fee due to the instructor at the start of class.

64726 Dec 11 W 6p-8p \$15.50/\$11.10 Chetek-Weyerhaeuser HS Linda Zeman

### **Bath Bombs**

60-815-640

Engage in the step-by-step process of making the perfect bath bomb. Take home several fizzy bath bombs to use as gifts or treat yourself! \$5 supply fee due to instructor at the start of class.

64727 Oct 16 W 6p-8p \$15.50/\$11.10 Chetek-Weverhaeuser HS Linda Zeman

# **Beginner Cold Process Soap Making**

60-815-640

If you have always wanted to learn how to make soap, then this class is for you! Discover the fundamentals of soap making using a simple cold-process recipe. Also learn where to get materials and how to work safely with equipment and material. \$15 supply fee due to the instructor at the start of class.

64728 Dec 4 W 5:30p-8:30p \$26.50/\$17.70 Chetek-Weyerhaeuser HS Linda Zeman

# **Blown Glass Ornaments**

60-815-640

Learn how easy it is to make fabulous blown glass ornaments in this class. Fill glass tubes with your favorite colors of glass and then heat with the torch and blow the warm glass into a one-of-a kind ornament. \$25 supply fee due to the instructor at the start of class. Wear closed toe shoes and pants.

64642 Oct 23 W 5:30p-8:30p \$26.50/\$17.70 Superior: Shannon's Stnd Glass Shannon Johnson 64643 W 5:30p-8:30p \$26.50/\$17.70 Superior: Shannon's Stnd Glass Shannon Johnson

# **Create a Stepping Stone**

60-815-640

Personalize your own stepping stone with concrete, stones, broken glass, tiles, shells, stamps etc. Learn to mix, mold and make designs. This is a hands-on, messy class, so dress appropriately. \$10 supply fee due to the instructor at the start of class.

64758 Sep 28 \$26.50/\$17.70 Sa 11a-3p Hayward: Morrow's Native Art Ramona Morrow

# **Curvy Christmas Trees**

60-815-640

Use glass fusing to create a whimsical curvy Christmas tree. \$6 supply fee due to the instructor at the start of class.

64641 Th 5:30p-7:30p \$15.50/\$11.10 Superior: Shannon's Stnd Glass Shannon Johnson

# **Fused Glass Pendants**

60-815-640

Make several pendants while learning the basics of fused glass. It's a great class for the beginner and you will use frit, stringers, iridized and dichroic glass. Pendants will be available for pickup one week after class. \$15 supply fee due to the instructor at the start of class.

**64640** Oct 2 W 5p-8:30p \$26.50/\$17.70 Superior: Shannon's Stnd Glass Shannon Johnson

### **Natural Deodorant and Oils**

60-815-640

Learn how to make your own deodorant, infused oil salve and essential oil roller ball with safe and natural ingredients. \$12 supply fee due to the instructor at the start of class.

64729 Oct 9 W 5:30p-7:30p \$15.50/\$11.10 Chetek-Weyerhaeuser HS Tammy Michielson

# Rosemaling/Folk Art

60-306-606

Discover the Norwegian folk art of Rosemaling, decorative painting on wood or woodenware. Brush handling, application and mixing of colors, planning and painting the design will be covered.

65096 Oct 3 - Oct 31 Th 9a-3p Superior Public Library June Nyberg

# **Leathercraft & Hand Stitching**

60-815-640

Learn the fundamental skills needed to start working with leather by making a mystery braid bracelet that can be used on watch bands, dog collars, belts, etc. Skills covered include: cutting, gouging, folding, hand sewing, gluing, riveting, adding hardware and creating designs. Bring a pair of latex gloves and a hammer; other supplies provided. \$30 supply fee due to the instructor at the start of class.

**64595** Sep 28 Sa 10a-3p \$37.50/\$24.30 Molly Martens Superior: 112



# Check out the **NEW OUTREACH CENTER**

400 Polk County Plaza, Balsam Lake, WI

A few of the classes coming this fall:

**Beginner Woodcarving** September 19 - October 17

**Downsizing Your Home\*** October 16

After Death Home Care/Burial\*

October 17

\*indicates ITV class

# **Needle Felt a Santa Ornament**

60-815-640

Learn the art of 3-dimensional needle felting using wool from our sheep to create an adorable Santa ornament. Class includes everything you need to get started and continue felting on your own. No previous experience necessary/youth friendly. \$20 supply fee due to the instructor at the start of class.

64579 \$26.50/\$17.70 Nov 2 Sa 2p-5p Hayward: Farmstead Crmry/Cafè Laura Berlage

# Music

# 5-String Blugrass Banjo

60-805-605

Learn to play Scruggs-style 5-string banjo while working through a song list of popular Bluegrass songs and tunes in this beginner/intermediate course. Bring your own functional 5-string banjo in playable condition.

64477	Sep 12 – Oct 17	Th 6p-7p	\$37.50/\$24.30
	Superior: 318		Eileen Sugars
64478*	Oct 31 – Dec 12 Superior: 112	Th 6p-7p	\$37.50/\$24.30 Eileen Sugars
	*Class does not n	neet 11/28	

# **Beginning Guitar**

60-805-605

Beginner and intermediate students will learn to play acoustic guitar with understanding of basic styles, beginning music theory, tablature and more. Bring your guitar and join us for some fun.

64495	Sep 10 – Oct 15 Superior: 306	Tu 6p-7p	\$37.50/\$24.30 Shane Nelson
64496	Oct 29 – Dec 3 Superior: 306	Tu 6p-7p	\$37.50/\$24.30 Shane Nelson

# **Photography**

# **Beginner Photography**

60-203-602

Explore the world of photography as you learn everything from getting to know your DSLR camera and foundation techniques to composition and the science behind the shot. If you are a newbie or simply need a refresher, this is the class for you!

**64442** Oct 17 – Nov 7 Th 6p-8:30p

Ashland: 203

\$59.50/\$37.50 Joy Wooley

# **Black and White Photography**

60-203-602

Create dramatic, eye-catching and meaningful photographs! Learn with us as we soar through the world of black and white photography.

Sep 19 – Sep 26 Th 6p-8:30p 64441 \$37.50/\$24.30 Ashland: 203 Jov Woolev

# Intro to Digital Photography

60-203-602

Explore the basics of digital photography, including camera use, lenses and other basic equipment. Focus on fundamental principles: composition, space, exposure, light and color. No matter your experience level this is a great introduction.

65549\* Sep 28 - Oct 12 Sa 11a-3p Superior: 111

\*Class meets 9/28 and 10/12

\$48.50/\$30.90 Andrew Perfetti



**Continuing Education** 

# **Caregiver** Conferences

# 13th Annual New Richmond **Caregiver Conference**

September 27 | WITC-New Richmond

A Positive Approach to Care Featuring keynote speaker Teepa Snow

Sign up for the **Teepa Livecast** to watch Teepa's conference sessions LIVE from Ashland, Hayward, Rice Lake or Superior!



# **Best Practices in Dementia Care**

September 26 | WITC-New Richmond

Learning to Give Care Without a Fight A Conference for Professional Caregivers



# 4th Annual Regional Rice Lake **Caregiver Conference**

October 25 | WITC-Rice Lake

Celebrate Caregiving: You Make a Difference

# Sewing & Quilting

# Mary Lee's Tote

60-304-615

Make a unique multiple purpose bag using fabric strips. You will be able to construct the bag in class and finish it off at home with your own accessories. View the supply list at: witc.edu/supplies.

64644 Oct 5 Sa 10a-1p Hayward: 106 Krystal Guthman

# **Stuffed Liberty Kitty Project**

60-304-615

Both beginner and advanced sewers can make a stuffed liberty kitty for a toy, decor or door stopper. The finished project is beautiful when you choose a colorful fat quarter fabric with contrasting colors. Youth with basic sewing machine experience welcome. View the supply list at: witc.edu/supplies.

64645 Oct 26 Sa 10a-1p \$26.50/\$17.70 Krystal Guthman Havward: 106

# Theater

# **Improv 101**

60-815-610

See why people all over the country — from companies, to families, to individuals — are studying improv. Engage in warm-up exercises to get creative juices flowing, study short- and long- form improv and learn tips from the masters! Improv has something for everyone!

64585 Oct 3 - Nov 7 Th 5:30p-7:30p \$70.50/\$44.10 Ashland: 204 Cynthia Gaver

# Writing

# A Story to Tell

60-801-601

Would you like to record family stories for the future? Then this is your course. Explore story writing and storytelling and read your story

aloud if you prefer. Take the course from home or inperson at the Ashland campus; to take the course from home you must have a reliable internet connection, camera and microphone on your device. If you attend in-person, please bring a laptop.

64582\* Oct 1 – Nov 12 Tu 4p-6p Online or Ashland (In-Person) \*Class does not meet 10/22

\$70.50/\$44.10 Cvnthia Gaver

### **Illustrated Journals**

60-801-601

Explore ways to channel your creativity using both the right and left sides of your brain while having loads of fun. Use a variety of visuals to expand your writing to new creative dimensions. No drawing or writing experience needed.

**64593**\* Oct 1 – Nov 12 Tu 10a-12p \$70.50/\$44.10 Patricia Ginther Hayward: 103 \*Class does not meet 10/22

# Poem in my Pocket, Song in my Heart

60-801-601

\$26 50/\$17 70

Have you ever you had a lyric stuck in your mind that you thought would make a good song? Have you been writing lines of poetry on notepads and napkins for years? Then let us begin! This course can be taken from your home or in-person at the Ashland campus To take the course from home you must have reliable internet connection, a camera and a microphone on your device. If you attend the classroom section, please bring your own laptop.

**64584**\* Oct 1 – Nov 12 Tu 6:30p-8:30p \$70.50/\$44.10 Online or Ashland (In-Person) Cynthia Gaver \*Class does not meet 10/22

# **Writing Your Life Story**

60-801-601

Develop effective and concise writing styles and techniques as you write about the different stages of your life. You will have the opportunity to share your stories in class and with loved ones.

64646\* Sep 24 - Nov 19 Tu 5:30p-7:30p \$92.50/\$57.30 Superior: 114 Mary Frost \*Class does not meet 10/22

Sep 30 - Nov 11 M 9:30a-11:30a \$81.50/\$50.70 64502 Rice Lake: 156 Patricia Brewer

64592\* Oct 1 – Nov 12 \$70.50/\$44.10 Tu 1p-3p Hayward: 105 Patricia Ginther \*Class does not meet 10/22



View our most up-to-date class listings online at courses.witc.edu.

# **COMPUTERS & TECHNOLOGY**

# **Computers & Technology**

# **Beginning Computers for Seniors**

42-107-413

Learn the basics needed to get started using computers. Develop skills in the use of the computer including mouse, keyboard and terminology. As a new user of personal computers, you will be introduced to word processing, the Internet, Windows and types of computers and components.

64883*	Sep 24 – Nov 5 Superior Senior C *Class does not n	itizen Ctr	\$45.45/\$4.50 TBD
64898	Oct 4 – Oct 25 Hayward: 103	F 1p-4p	\$45.45/\$4.50 Patti Rumler
64916	Nov 1 – Nov 22 Ashland: 207	F 1p-4p	\$45.45/\$4.50 Melissa Weber

# **Beyond Beginner Computers**

42-107-413

Go beyond basic computer skills, expanding the depth of your knowledge in Windows 10 and other programs. You are welcome to come with specific questions about basic computer use.

64884	Nov 12 – Dec 17 Tu 1p-3p	\$45.45/\$4.50
	Superior Senior Citizen Ctr	TBD

# **Backing Up Your Computer**

60-107-602

There are two types of hard drives: those about to fail and those that will fail eventually, so plan accordingly. Learn to back up your computer in case it is stolen, the hard disk fails or it becomes infected. In this course you will learn options available for backing up your data, including pros and cons of each method.

65825	Nov 4	M 1p-3p	\$15.50/\$11.10
	Siren: Professi	onal Tutor	Sara Reimann

# **Computer Maintenance & Safety**

60-107-602

Discover how to keep your computer, family, and checkbook safe online. Topics include: antivirus protection, spyware cleanup, ransomware and cryptomining and the ever-so-common email attacks such as spam and phishing.

**64890** Oct 7 – Oct 14 M 5:30p-7:30p \$26.50/\$17.70 Ashland: 207 Taylor Foley

# **Computer Security & Privacy Protection**

60-107-602

The internet touches almost all aspects of your life and you need the tools, resources and education to stay safe online. Discover how to protect your computers, mobile devices, information and identity. Topics include: internet browsing & tracking, USB devices, authentication, phishing, scams, identity theft, malware, backups, Wi-Fi security, antivirus software, deleting files securely and more.

65814 Oct 21 – Oct 23 MW 1p-3p \$26.50/\$17.70 Siren: Professional Tutor Sara Reimann

# **Connect with Facebook & Instagram**

60-107-602

64924\* Oct 7

This course is designed to introduce the unique features of Facebook and Instagram. Learn all about the how to post, #hashtag, share, and stay connected in this constantly evolving technical world...

\$15.50/\$11.10

07727	0007	т тр ор	\$15.50/\$11.10
	Rice Lake: 209		Sarah LaRose
	*This section is o	ffered specific	cally for seniors
64893	Oct 17	Th 5p-8p	\$26.50/\$17.70
	Hayward: 106		Allison Rucinski
64887	Oct 18	F 12p-3p	\$26.50/\$17.70
	New Richmond:	1309	Heather Spencer
64894	Nov 7	Th 5p-8p	\$26.50/\$17.70
	Shell Lake: 128		Allison Rucinski

# **Keeping Track of Passwords**

60-107-602

A good password is easy to remember but difficult to guess. We all have so many different passwords to keep track of nowadays and this course will teach you tips to create unique, memorable passwords and store them safely.

65821 Oct 28 – Oct 30 MW 1p-3p \$26.50/\$17.70 Siren: Professional Tutor Sara Reimann



### Social Media for Business

47-107-491

Want to market your business on social media but don't know where to start? Discover various platforms and how to determine which is best, understand what content gets engagement, discuss image creation tools and learn how to schedule your post in advance. Basic computer skills are required.

64895	Oct 9	W 5p-8p	\$20/\$6.35
	Hayward: 113		Allison Rucinski
64889	Oct 15 Ashland: 204	Tu 5:30p-8:30p	\$20/\$6.35 Taylor Foley

# **Free Cloud Computing with Google**

60-107-602

Discover the hidden potential in your Google account! Explore Google Docs, Sheets, and Slides including how to save files, sync between devices and more, making your life easier and more productive! Prerequisite: set up a Google account before class.

NOTE: For all sections course fee is \$37.50/\$24.30

Oct 1 - Oct 8 / TuTh 5p-7p

64918	ITV: Ashland	Melissa Weber
64919	ITV: Superior	Melissa Weber
64920	ITV: New Richmond	Melissa Weber
64921	ITV: Rice Lake	Melissa Weber
65449	ITV: Webster	Melissa Weber

# **Websites for Appointments**

47-107-414

Discover how to set up a website for an appointment-based in-person Topics include: purchasing a URL, website building, online scheduling, gift certificate sales, and accepting/processing payments. Take this class from the comfort of your home using the free BlueJeans software download. Reliable internet connection, microphone and camera are necessary. View the supply list at: witc.edu/supplies.

65859	Oct 9 – Oct 16	W 6p-9p	\$24.98/\$4.50
	Webinar		Renee Mason

# iPad: Basics & Beyond

60-107-602

New and experienced iPad users alike can dive into the features of email, calendar and settings, apps and more! Prerequisite: set up e-mail on your iPad. Bring your charger to class.

64913	Oct 15 – Oct 17	TuTh 5p-7p	\$26.50/\$17.70
	Ashland: 210		Melissa Weber

# Introduction to iPhone/iPad

60-107-602

Learn to use Apple devices: iPad, iPhone and iPod Touch. Interact with your device, set up and manage your account, use the Internet, troubleshoot and more. Understand the capabilities and limitations of your device and why it may or may not replace your computer. Prerequisite: update your device with the latest iOS software.

64910	Nov 22	F 8:30a-11:30a \$26.50/\$17.70
	Superior: 301	Venessa Osborne

# iDevices in Depth

60-107-602

Dig deeper into the capabilities of your Apple device. Learn the how-to's of apps, email, camera/ photos, cloud storage, security and syncing files between your device and computer. Prerequisite: update your iDevice with the latest iOS software.

64900	Nov 15 Hayward: 103	F 1p-4p	\$26.50/\$17.70 Patti Rumler
64911	Dec 5 – Dec 12 Superior: 301	Th 2:30p-5:30	p \$37.50/\$24.30 Venessa Osborne

# **Mac for Beginners**

60-107-602

Learn all the skills necessary to use Mac computers comfortably. Topics include: hardware, networks, printers, bluetooth devices, internet and more. Bring a Mac laptop to class and make sure it has been updated to the most recent operating system.

NOTE: For all sections course fee is \$37.50/\$24.30

Oct 4 - Oct 11 / F 12p-3p

64904	ITV: Hayward	Troy Morgan	
64905	ITV: Ashland	Troy Morgan	
64906	ITV: Superior	Troy Morgan	
<b>Nov 1 – Nov 8</b> / F 12p-3p			
64901	ITV: Hayward	Troy Morgan	
64902	ITV: Rice Lake	Troy Morgan	
64903	ITV: New Richmond	Troy Morgan	

### Intro to Androids

60-107-602

Learn to use your Android smartphone or tablet: interact with your device, navigate trips, capture photos, check the weather, read email and learn to troubleshoot. Bring your Android device and charger to class and make sure that the device is updated to the latest operating system.

64885	Oct 15 – Oct 17 Superior: 301	TuTh 4:30p-6p	\$26.50/\$17.70 Amy Pozniak
64914	Oct 24 – Oct 29 Ashland: 210	TuTh 5p-7p	\$26.50/\$17.70 Melissa Weber

### Microsoft Suite Overview

60-103-601

Whether you're completely new to Microsoft Office or are just looking to refresh your skills for job purposes, this class will help you. Discover the basics of Word, Excel, and PowerPoint in addition to tips, tricks, shortcuts. Bring your laptop to class.

**65826** Nov 5 – Nov 19 Tu 1p-3p Siren: Professional Tutor

\$37.50/\$24.30 Sara Reimann

# Microsoft Word for Seniors

60-107-602

Learn the basics of Microsoft Word so that you can increase your efficiency and create great documents. Prerequisite: basic computer and keyboarding skills. Bring your own laptop or use the computers available in class.

**64989** Sep 23 \$15.50/\$11.10 М 4р-6р Rice Lake: 213 Sarah LaRose

# **Beginner Microsoft Word**

47-103-438

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders

and shading and much more. Prerequisite: basic computer and keyboarding skills.

**64892**\* Nov 13 – Dec 4 MW 5:30p-7:30p \$38.63/\$4.50 Ashland: 0208A Taylor Foley \*Class does not meet 11/25 or 11/27

# **Beginner Microsoft Publisher**

47-103-450

Learn how to create labels, calendars, greeting cards, postcards, certificates and more using Publisher. The class will consist of creating, editing, and printing each of these items.

64909 Nov 1 F 8a-12p \$18.15/\$4.50 Superior: 301 Roberta Grube

# Microsoft Excel Beginning

47-103-401

You will be amazed at what Excel can do for you! Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long, ponderous lists with ease. Prerequisite: basic computer skills.

**64891\*** Oct 21 – Nov 6 MW 5:30p-7:30p \$38.63/\$4.50 Ashland: 210 Taylor Foley \*Class does not meet 10/23



Only \$99! Offered by Can-Am.

See **p. 27** or call **800.243.9482 ext. 5230** for more info.

2-WHEEL CLASSES ALSO AVAILABLE: SEE P. 27 FOR DETAILS

# **Spreadsheet Basics Using Excel**

47-103-401

What can you use Excel for? Come and explore the possibilities. Learn about the basic creation of spreadsheets, data entry, formatting, functions, sorting, using filters, and subtotal features.

64907 Sep 27 \$18.15/\$4.50 F 8a-12p Superior: 301 Roberta Grube

# Spreadsheets Next Step

47-103-401

Learn how to use shortcuts, drop down menus, pivot tables, multiple tabs, charting data, creating forms, printing options, mail merge, and templates.

64908 Oct 11 F 8a-12p \$18.15/\$4.50 Superior: 301 Roberta Grube

# **OneDrive and Free Microsoft Apps**

47-103-410

Did someone say free? Discover which Microsoft Office apps are free to use on your devices. Select from Word, Excel, PowerPoint, OneNote, Calendar and more. Learn how to save and share your documents from these apps with OneDrive.

**64912** Sep 24 – Sep 26 TuTh 5p-7p \$18.15/\$4.50 Ashland: 210 Melissa Weher

# **Beginner Windows 10 for Seniors**

60-107-602

Learn the essential components of Windows 10: customization of the Start Menu mouse, touchscreen, and keyboard use, apps, user account setand file storage including management. Bring your laptop if you have one.

**64990** Sep 30 M 4p-6p \$15.50/\$11.10 Rice Lake: 213 Sarah LaRose

# What's New in Windows 10

47-103-409

Learn the essential components of Windows 10: customization of the Start Menu mouse, touchscreen, and keyboard use, apps, user account setand file storage including management. Bring your laptop if you have one.

65824	Oct 1 – Oct 15 Siren: Professiona		\$24.98/\$4.50 Sara Reimann
64888	Nov 8 New Richmond: 1	F 12p-3:30p 309	\$18.15/\$4.50 Heather Spencer
64899	Nov 11 – Nov 13 <i>Hayward: 104</i>	MW 3p-5:30p	\$24.98/\$4.50 Patti Rumler
64897	Nov 19 – Nov 21 Shell Lake: 128	TuTh 5p-7:30p	\$24.98/\$4.50 Allison Rucinski
64917	Dec 3 – Dec 10 Ashland: 210	TuTh 5p-7p	\$24.98/\$4.50 Melissa Weber

### **OuickBooks**

47-103-439

Learn the essentials of QuickBooks Desktop accounting software. In the class you will create a new company file from scratch and learn the flow of the customer, vendor and banking activities. We will review report options and learn how to customize them to fit your needs. Basic computer skills required. There will be a break for lunch, which is on your own.

64886 Nov 1 F 9a-4p \$39/\$11.70 New Richmond: 1309 **Charity Williams** 



# **Automotive**

# **Auto Mechanics for Mechanics**

47-404-411

Learn component identification, basic tune-up, oil change, fuel systems, basic electrical system troubleshooting, tires and suspension and drive line maintenance. Plan to work on your own vehicle in coordination with instructor.

65267 Oct 4 - Nov 22 F 1p-4p \$92.40/\$10.50 Terrance Tucker Superior: 117

# **Power Sports Winterization**

47-461-416

Is your power equipment ready for winter? Learn how to winterize and prepare for seasonal storage, focusing on gasoline, ethanol and fuel treatments along with proper storage and covering. Learn how to correctly drain the water from the engine, change the oil and filter, drain the gear case and check for water in oil, check seals in the gear case for leaks and refill the gear case with quality oil (included). Also learn to treat/stabilize fuel for seasonal storage, check the battery and clean the exterior. Spend part of the class learning in the classroom and the other part winterizing your equipment in the lab. Be prepared to bring your boat, lawn mower, trimmer or any motorized equipment, although you do not need to bring equipment to attend this class. You must bring your own oil and filter.

**65266** Oct 7 – Oct 14 M 5:30p-9:30p \$31.80/\$4.50 New Richmond: 1211 David Brown



# **Driftless Area Overnight**

Bus tour of landmarks in Wisconsin's Driftless Area

- Carr Valley Cheese tour •
- Devil's Lake State Park
- Wollersheim Winery
- Palace Theater

# See page 25 for more info!

# **Machine Shop**

# **Machine Tool Operation**

47-420-455

Gain the basic skills necessary to safely operate machine tool equipment at the beginning and intermediate levels. Through group lecture and demonstrations, learn safety, set ups, proper feeds, and speeds of machine tool equipment. An advanced lab opportunity is available for students demonstrating competency in safe operation of machines. You may be approved to work independently on selected vocational objectives with assistance from your instructor. Safety glasses required; work boots and ear protection recommended.

Sep 13 - Nov 8 F 5:30p-9:30p \$157.50/\$34.65 Ashland: 119 David Olson

65264\* Oct 17 - Dec 19 Th 4:30p-8:30p \$157.50/\$34.65 Superior: 118 Paul Kalin

\*Class does not meet 11/28



**Continuing Education** 

# **Welding & Woodworking**

# **Basic Welding**

60-442-600

If you've been wanting to learn to weld, then this class is for you! Practice and become proficient with different types of welding processes and then make yard art or repair a simple home project. Safety equipment list provided upon registration. Register by 9/10.

66048 Sep 17 - Sep 26 TTh 6p-9p \$95/\$68.60 Luck High School David King

# **Beginning Metal Sculpture**

60-442-600

Metal sculpture is easier than you may think: found objects and scrap metal will set your imagination afire! Learn various ways to cut, form and connect objects into satisfying, unique pieces that will enhance your garden, home and business. No metalworking or art experience is necessary - just a desire to create. Leather shoes, gloves and safety glasses are required. Your instructor will discuss required supplies during the first class.

**65276** Sep 23 – Oct 28 M 5:30p-8:30p\$124.20/\$84.60 Ashland: 118 Barbara Bayuk

# **Artistic Welding**

60-442-600

Beginning welders can explore the artistic possibilities of welding in a safe environment. Collaborative and individual projects are encouraged. No loose clothing and hair must be tied back. Leather closed toe shoes, jeans and 100% cotton shirt preferred.

65272	Sep 6 – Sep 20 New Richmond: 1		\$82.80/\$56.40 Casey Wagner
65275*	Oct 10 – Dec 5 Spooner High Sch *Class does not m	nool	\$165.60/\$112.80 Samuel Woods
65548	Oct 12 – Oct 19 Superior: 128	Sa 9a-3p	\$82.80/\$56.40 <i>TBD</i>
65274	Dec 7 Rice Lake: 189	Sa 9a-3p	\$41.40/\$28.20 Ric Eckstein

# **Welding for Women**

60-442-600

Learn to weld in the company of other women in a relaxed but focused environment. Use horseshoes to create anything from a wine or boot rack to flowers, clovers or unique garden ornaments. We will have the supplies for you to make one piece, but you are free to bring your own. Wear hair tied back, work boots and no loose clothing. Bring safety glasses and welding helmet and jacket if you have it; extras will be available to borrow if not. While this one-day event invites women, WITC offers other welding courses to serve everyone. Your instructor will provide time during class to eat lunch, so plan to bring food with you for a break during class. \$20 supply fee due to the instructor at the start of class.

65273	Sep 28	Sa 10a-3p	\$41.40/\$28.20
	New Richmo	ond: 1209	Casey Wagner

# Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. This course is designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. This course meets the 30 hour requirement for apprentices.

65270*	Sep 13 – Dec 13 Superior: 128 *Class does not m		\$192.50/\$56 Paul Renman
65268	Sep 27 – Nov 15 New Richmond: 1		\$154/\$44.80 Casey Wagner
65271	Oct 1 – Dec 3 Spooner High Sch		\$144.38/\$42 Samuel Woods
65269	Oct 4 – Nov 22 Rice Lake: 189	F 4p-8p	\$154/\$44.80 Ric Eckstein

# **Beyond Welding - MIG and TIG**

47-442-406

Enhance your welding skills beyond the basics during these one-day aluminum/stainless MIG (October) and TIG (November) workshops. Practice gas metal arc welding in a state-of-the-art welding lab. Learn advanced techniques while understanding theory and safety, metallurgy, distortion control, heat treatment and machine control. Please bring a lunch, notebook, pliers, safety glasses, work boots, and welding helmet to class.

65618*	Oct 5 New Richmond: 1 *MIG course	Sa 9a-3p 1209	\$28.88/\$8.40 TBD
65619*	Nov 2 New Richmond: 1 *TIG course	Sa 9a-3p 1209	\$28.88/\$8.40 TBD

# **Woodcarving for Beginners**

60-409-601

Learn to carve a wood spirit on a diamond willow walking stick. Have fun with the basic cuts and design. Bring a pencil and quality carving knife (option to buy one at class is available). \$4 supply fee due to the instructor at the start of class.

64730\* Sep 19 - Oct 17 Th 6:30p-8:30p \$48.50/\$30.90 Balsam Lake: 106 Sherrie Anderson \*Class does not meet on 9/26



# DON'T **FORGET:**

Check the **DIGITAL SIGNS** on campus before your class to verify that your class **ROOM NUMBER** 

hasn't changed.

# **HEALTH & WELLNESS**

# **Health Care & Aging Services**

# **Caregiver Conferences**

47-520-405

# 13th Annual New Richmond Caregiver Conference A Positive Approach to Care

Don't miss this empowering and educational conference with Inspirational Keynote Speaker Teepa Snow. This special day will include vendors, breakout sessions door prizes and lunch. CEUs are available.

**64779** Sep 27 F8a-3:30p \$35/\$14.52 New Richmond Teepa Snow & Guest Speakers

### Rice Lake Caregiver Conference

Celebrate Caregiving: You Make a Difference

This empowering and educational conference for family caregivers and professionals features keynote and closing speakers, plus breakout sessions on a wide variety of topics just for caregivers. This special day includes vendors, door prizes, lunch and snacks. CEUs are available.

65029 Oct 25 F8a-3:30p \$35/\$14.52 Rice Lake: 241 **Guest Speakers** 

# **Healthy Sexuality-Disabilities**

47-520-405

Bodies, Boundaries, and Behavior: Supporting Healthy Sexuality in Individuals with Autism and other Intellectual Disabilities Compare and contrast sexual learning in the general population with sexual learning in students with intellectual disabilities and better understand unique circumstances in the lives of people with intellectual disabilities that shape sexuality. Explore best practice research for teaching sexuality to individuals with cognitive disabilities and learn foundational concepts to support healthy sexuality (understanding the body, social skills, relationships, exploitation prevention, privacy awareness). Also discover new teaching strategies and foundational concepts in addition to teaching resources and ideas. Light breakfast and lunch included. CEUs available.

65717 Oct 5 Sa 9a-3p \$39/\$18.52 New Richmond: 1122B-C Terri Couwenhoven

# **Ministry for Dementia**

47-520-405

# Seasons of Caring: Spirituality and Dementia.

Designed specifically for clergy and other faith leaders, this course will cover the impact and challenges of Alzheimer's and other forms of dementia on faith communities. Topics include: building community, going deeper relationships and identifying ways to respond. Breakfast and lunch included. CEUs are available.

65140 Oct 24 \$45/\$24.52 New Richmond: 1122A **Guest Speakers** 

# **Teepa Snow Livecast**

47-520-405

Watch Teepa Snow, owner/CEO of Positive Approach, as she presents via live stream video from the New Richmond Caregiver Conference. Topics include: positive approach to dementia care, activities and programming for men, talking about sexuality and intimacy in dementia care, impact of personality traits and preferences on dementia, and humor and caregiving. Bring your own lunch or purchase from on campus food

NOTE: For all sections course fee is \$24.98/\$4.50

Sep 27 / F 8:30a-3:30p

65159	ITV: Ashland	Teepa Snow
65160	ITV: Rice Lake	Teepa Snow
65161	ITV: Superior	Teepa Snow
65170	ITV: Hayward	Teepa Snow

# The Sandwich Generation as Caregivers

47-520-405

There are huge numbers of 45-70 year-olds in the group frequently referred to as the sandwich generation as they are experiencing caregiving pressure from both parents and children at the same time. This group is facing many new and complex challenges as children to of older parents, spouses and siblings of aging individuals, and parents of grown children with grandchildren support needs. As a group, they are rapidly approaching the age of typical and traditional retirement, but things are not going as planned. This session will look at the roles baby boomers are taking on, what is working and what is not going so well. It will also look at issues that the boomers will face as they begin to require support services and changing housing needs due to aging and dementia-related issues. Co-sponsored by New Richmond Community Education. Register online: bit.ly/sandwichcare

64785 Sep 26 Th 6p-8p Free New Richmond: 1122A Teepa Snow

# Personal Wellness

# **Baby Massage for Comfort**

60-560-610

Spend a fun, informative day learning the value of massage and bodywork techniques to help calm your infant or toddler at home.

Areas that will be focused on are colic, ear aches, torticollis, constipation and a stiff posture or arching while being held. Bring a doll for hands on learning lab.

**64743** Sep 20

Ashland: 427

F 9a-4p

\$37.50/\$24.30 Ann Turnquist

# Couple's Massage

60-537-600

Bring your spouse, partner or a friend to learn a basic 30-minute back and neck massage routine. Dress in comfortable yoga-type clothing. Tables, lotions/oils and linens are provided for use during class. You will practice on each other, and will receive a discount code to purchase your own

massage table online after the course if you wish.

65829 Oct 10 - Oct 17 Th 6p-9p Rice Lake: Oak Tree Massage \$37.50/\$24.30 Renee Mason

# **Foot Massage**

60-537-600



Learn a 15-minute foot massage routine. Tables, lotion/oils and linens are provided for use during class. Feet must be clean and in good order, toenails trimmed and calluses pumiced.

65830 Oct 24

Th 6p-9p Rice Lake: Oak Tree Massage \$26.50/\$17.70 Renee Mason

# Seated Massage

60-537-600

Learn a 30-minute seated, fully clothed, massage routine of the head, neck, back, arms and hands. Lotion/oils and linens are provided for use during class.

65831 Nov 7 – Nov 14 Th 6p-9p Rice Lake: Oak Tree Massage \$37.50/\$24.30 Renee Mason

# **Reduce Back and Sciatica Pain**

60-560-610

Join this 4-part interactive series to understand and reduce causes of low-back pain and sciatica. The class is designed to go through the main causes of lower back pain in both medical and lay persons' terminology. Learn what you can do to get rid of the pain!

**65477** Oct 2 – Oct 23 W 5:30p-6:30p \$26.50/\$17.70 Spooner Physical Therapy

Dr. Erik Larson



# Saturday, September 21 | WITC-Rice Lake

Learners of all ages can explore a variety topics, including wellness, history, home safety, cybersecurity, home organizing/downsizing, the outdoors, sausage making and many more!

P. 25

# **Boosting the Brain Botanically**

60-560-610

Concerned about cognitive health issues such as Dementia, Alzheimer's and other brain degeneration health issues related to aging, disease and environmental factors? There are herbs, foods and lifestyle changes to make now rather than later. Join experienced Naturopath and Botanical Medicine Clinician Gigi Stafne for this session filled with super ideas for yourself, family, patients or clients.

NOTE: For all sections course fee is \$15.50/\$11.10

Oct 1	/Tu	10a-1	2p
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64524	ITV: Rice Lake	Gigi Stafne
64525	ITV: New Richmond	Gigi Stafne
64526	ITV: Superior	Gigi Stafne
64527	ITV: Ashland	Gigi Stafne

# **Essential Oils for Daily Life**

60-560-610

Essential oil therapy has become an integral part of many healing institutions, clinics, hospitals, and wellness practices and with the increasing popularity of essential oil therapy comes a need for education! Learn about common essential oils used in everyday life in addition to the benefits of essential oils, where they come from and how to use them properly. You will leave armed with valuable information to help you make wise and informed choices about the use of essential oil therapy.

NOTE: For all sections course fee is \$26.50/\$17.70

Oct	1	<b>/</b> T	'n	5.3	n	n-8	٩n
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# **Essential Oils for Mood Management**

60-560-610

Emotional and mental wellness is an important component of overall health. In this course you will learn to use essential oils to support mental wellness, including managing moods and emotions. Explore ways you can use oils to manage your emotional state, including both mental and physical components.

NOTE: For all sections course fee is \$26.50/\$17.70

Oct 15 /	Tu 5:30p-8p	
64655	ITV: Superior	Beth Lindberg
64656	ITV: Rice Lake	Beth Lindberg
64657	ITV: New Richmond	Beth Lindberg
64658	ITV: Ashland	Beth Lindberg
64659	ITV: Hayward	Beth Lindberg
65451	ITV: Balsam Lake	Beth Lindberg
65452	ITV: Webster	Beth Lindberg

# **Healthy Holiday DIY**

60-560-610

Create useful and healthy holiday gifts (bath salts, room spray, roller balls) using-essential oils and other organic ingredients. You will be able to make up to 4 high-quality, healthy, and fun items! \$15 supply fee due to the instructor at the start of class.

64665	Dec 3	Tu 5:30p-7p	\$15.50/\$11.10
	Superior: 112		Beth Lindberg

# **Herbs for Respiratory Health**

60-560-610

Respiratory distress is related to many factors from smoking to environmental toxins. Learn which herbs to use to benefit sinuses, throat and lungs. Learn from an experienced clinician, Naturopath and Master Herbalist in this helpful session.

NOTE: For all sections course fee is \$15.50/\$11.10

Oct 29 / Tu 10a-12p

64528	ITV: Rice Lake	Gigi Stafne
64529	ITV: New Richmond	Gigi Stafne
64530	ITV: Superior	Gigi Stafne
64531	ITV: Ashland	Gigi Stafne

# **Nourishing the Nerves**

60-560-610

The Nervous System needs extra nourishment by the time winter wanes and early spring arrives. Foods, herbs and other naturopathic supports can help. Join Naturopath and Botanical Medicine Clinician Gigi Stafne for this session filled with super ideas for yourself, family patients or clients.

NOTE: For all sections course fee is \$15.50/\$11.10

Sep 10 / Tu 10a-12p

64515	ITV: Rice Lake	Gigi Stafne
64516	ITV: New Richmond	Gigi Stafne
64522	ITV: Superior	Gigi Stafne
64523	ITV: Ashland	Gigi Stafne

# Way to Be: Toxin Free

60-560-610

Every day, you are exposed to a multitude of environmental toxins that can wreak havoc on your health and well-being. A large number of these toxins come from foods and personal care/cleaning products. In this class, you will learn about harmful environmental chemicals and will learn how to incorporate essential oils and other natural substances for a healthier lifestyle that reduces the toxin load on the body. Emphasis will be placed on the role of diet, nutrition, environment and the incorporation of pure essential oils.

NOTE: For all sections course fee is \$26.50/\$17.70

Nov	12	/Tu	5:30	p-8p
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64660	ITV: Superior	Beth Lindberg
64661	ITV: Rice Lake	Beth Lindberg
64662	ITV: New Richmond	Beth Lindberg
64663	ITV: Ashland	Beth Lindberg
64664	ITV: Hayward	Beth Lindberg
65455	ITV: Balsam Lake	Beth Lindberg
65456	ITV: Webster	Beth Lindberg

# Winter Wellness

60-560-610

Get set for winter by creating your own home herb apothecary or natural medicine cabinet! Join experienced Naturopath and Botanical Medicine Clinician Gigi Stafne for this session filled with winter and immunity ideas for people who live in the north country.

NOTE: For all sections course fee is \$15.50/\$11.10

Nov 5 / Tu 1	0a-12p
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64532	ITV: Rice Lake	Gigi Stafne
64533	ITV: New Richmond	Gigi Stafne
64534	ITV: Superior	Gigi Stafne
64535	ITV: Ashland	Gigi Stafne

# **Sports & Fitness**

# **Old Time Group Dancing**

60-807-630

Kick up your heels, relax and get some exercise with old-time group dancing. Dances are thoroughly taught and no experience is necessary. Learn reels, circle mixers, square dances, contias and waltzes.

64500 Sep 25 – Oct 30 W 3:30p-5:30p \$70.50/\$44.10 Cornucopia Community Ctr Donnan Christensen

# **Square Dancing**

60-807-630

Learn traditional mainstream square dancing with a modern and innovative twist! Engage socially while enjoying fun, physical activity appropriate for all ages.

**64598** Sep 23 – Oct 28 M 12:30p-2p \$59.50/\$37.50 Sup: Sterling Silver Dance Carolyn Nelson-Kavajecz

64599 Nov 11 – Dec 16 M 12:30p-2p \$59.50/\$37.50 Sup: Sterling Silver Dance Carolyn Nelson-Kavajecz

### Pickleball: Intro to Rules/Game

60-807-607

Pickleball is one of the fastest growing fitness games today. Come learn the basics of the game, the rules and strategy. Practice a forehand, backhand, drop shot, smash and overhead shot and learn about a singles and doubles game. Bring a pickleball paddle if you have one.

**64481** Sep 17 Tu 6:30p-9p \$26.50/\$17.70 Old Cameron Elem School TBD

# **Total Body Strength**

60-807-607

This is a total body workout. We will focus on working larger muscle groups to smaller muscle groups. Many of the exercises will be body weight exercises. We will also work on balance and core. Great for all levels!

66037	Sep 5 – Oct 10 Hayward Senior (	 o\$37.50/\$24.30 Jodi Olney
65695	Sep 9 – Oct 14 Hayward Senior (	\$37.50/\$24.30 Jodi Olney
65698	Sep 9 – Oct 14 Hayward Senior (	\$37.50/\$24.30 Jodi Olney
66039	Oct 17 – Nov 21 Hayward Senior (	 o\$37.50/\$24.30 Jodi Olney
65696	Oct 21 – Nov 25 Hayward Senior (	\$37.50/\$24.30 Jodi Olney
65699	Oct 21 – Nov 25 Hayward Senior (	\$37.50/\$24.30 Jodi Olney
66040	Dec 5 – Jan 9 Hayward Senior 0	 o\$37.50/\$24.30 Jodi Olney
65697	Dec 9 – Jan 13 Hayward Senior (	\$37.50/\$24.30 Jodi Olney
65700	Dec 9 – Jan 13 Hayward Senior (	\$37.50/\$24.30 Jodi Olney



# **Weight Training For Beginners**

60-807-607

Weight training is great for building strength and for developing and maintaining muscle tone. Learn how to use weights and machines properly and discover the joy of becoming stronger at any age. This class is intended for individuals with little or no experience using weight training equipment. Please consult with your physician before participating.

64590	Sep 17 – Oct 22	Tu 10:15a-11:15a	\$37.50/\$24.30
	Hayward: North	voods Fitness Ctr	Rolfe Hanson
64591	Nov 5 – Dec 10	Tu 10:15a-11:15a	\$37.50/\$24.30
	Hayward: Northy	voods Fitness Ctr	Rolfe Hanson

# **Gentle Yoga**

60-807-628

Gentle Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement and breathing. Yoga will help you open your spine, release tension, strengthen your immune system and provide gentle strengthening and stretching for all major muscle groups. Calm your mind with relaxation, centering and meditation. This class is suitable for beginning students and students seeking gentle movement. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

64619	Sep 18 – Oct 23 Hayward: Northw	 \$59.50/\$37.50 Joan Shumway
64620	Nov 6 – Dec 11 Hayward: Northw	 \$59.50/\$37.50 Joan Shumway

### **Hatha Yoga**

60-807-628

Hatha is a gentle style of yoga that combines stretching, breathwork and meditation to connect you to all parts of yourself. Benefits include: improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your mind and joy to your spirit. Bring your own mat, a blanket, two yoga blocks and a 6-8 foot strap. Please check with your physician before starting this or any other exercise class.

64796	Sep 30 – Nov 4 Round Lake Town	\$37.50/\$24.30 Mary Jo Jirik
64731	Oct 1 – Nov 5 Hayward Senior C	\$37.50/\$24.30 Mary Jo Jirik
64732	Oct 1 – Nov 5 Hayward Senior C	 \$37.50/\$24.30 Mary Jo Jirik
64797	Oct 2 – Nov 6 Round Lake Town	\$37.50/\$24.30 Mary Jo Jirik
64733	Oct 3 – Nov 7 Hayward Senior C	\$37.50/\$24.30 Mary Jo Jirik

64734	Oct 3 – Nov 7 Hayward Senior C	Th 10a-11a Etr	\$37.50/\$24.30 Mary Jo Jirik
64798	Nov 11 – Dec 16 Round Lake Town		\$37.50/\$24.30 Mary Jo Jirik
64792	Nov 12 – Dec 17 Hayward Senior C		\$37.50/\$24.30 Mary Jo Jirik
64793	Nov 12 – Dec 17 Hayward Senior C		\$37.50/\$24.30 Mary Jo Jirik
64799	Nov 13 – Dec 18 Round Lake Town		\$37.50/\$24.30 Mary Jo Jirik
64624	Sep 16 – Oct 21 Cable Natural His		\$59.50/\$37.50 Joan Shumway
64621	Sep 17 – Oct 22 Drummond Civic		\$59.50/\$37.50 Joan Shumway
64625*	Nov 4 – Dec 9 Cable Natural His *Class does not m		\$59.50/\$37.50 Joan Shumway
64623	Nov 5 – Dec 10 Drummond Civic		\$59.50/\$37.50 Joan Shumway
64794*	Nov 14 – Dec 26 Hayward Senior C *Class does not m		\$37.50/\$24.30 Mary Jo Jirik
64795*	Nov 14 – Dec 26 Hayward Senior C *Class does not m	îtr	\$37.50/\$24.30 Mary Jo Jirik

# Tai Chi: Moving for Better Balance

60-807-640

This course is a fall prevention program for older adults incorporating simple, continuous rhythmic and functional Tai Chi-based movements. The practice focuses on the training of sensory systems via voluntary movements such as weight shifting from foot to foot, unilateral weight-bearing and more with the goal being to improve postural stability and control and build strength.

**65141** Sep 19–Nov 12 TuTh 9:30-10:30a \$92.50/\$57.30 *Trego Town Hall* Donald Ross

### Tai Chi

60-807-640

Tai Chi is a great way to improve your balance, strength, vitality, and regain lost conditioning. Discover how simple movement and breathing techniques can enhance your overall health by releasing toxins and bringing more oxygen to your cells. This course is open to people of all ages. Class location and time subject to change.

64484*	Aug 26 – Oct 21 N Superior: Bergquist *Class does not mee	Chiropractic	\$48.50/\$30.90 Thomas Ross
64482	Aug 28 – Oct 16 V Superior: Ctry Peace		\$48.50/\$30.90 Thomas Ross
64483	Oct 30 – Dec 18 V Superior: Ctry Peace		\$48.50/\$30.90 Thomas Ross
64485	Nov 4 – Dec 23 N Superior: Bergquist		\$48.50/\$30.90 Thomas Ross

# **HOME & LEISURE**

# Cooking & Baking

# **Beginning Cake Decorating**

60-303-607

Discover the secrets to flowers, frosting stacked and character cakes, border work, color and cake themes. Register early to ensure your spot. View the supply list at: witc.edu/supplies.

64931 Sep 30 - Oct 21 M 6p-8p \$52.40/\$34.80 Rice Lake High School

# **Cupcake Decorating**

60-303-607

Session 1: Explore tools/ingredients, buttercream frosting, coloring frosting, filling decorating bag and basic cupcake swirls. Session 2: Use various decorating tips to create stars, flowers, ruffles and borders. Session 3: Learn to create multicolored effects using food coloring and learn to use Russian tips. Bring 12 undecorated regular-sized cupcakes to each session. Frosting and other tools will be provided. \$15 supply fee due to the instructor at the start of class.

64546 Sep 12 - Sep 26 Th 6p-8p \$39.30/\$26.10 New Richmond: 1205 Kelley Kepler

# **Cookie Exchange**

60-303-610

Prepare and enjoy quick and easy holiday cookies, great for gift-giving and entertaining. Please bring: a plate, utensils, two or more cookie sheets, large mixing bowls, parchment paper, spatula and

take-home containers for up to 12 dozen cookies. Material fee of approximately \$16-\$18 supply fee due to the instructor at the start of class.

Dec 7 64589 Sa 10a-2p \$26.50/\$17.70 Superior Middle School May Joseph

# **Enjoy Rice, Like in Asia**

60-303-610

Make savory and sweet rice dishes that are simple, easy and have little clean-up. We will be using and enjoying different types of rice. Please bring a plate/bowl, with utensils to enjoy the dishes. \$8 supply fee due to the instructor at the start of class.

64588 Nov 16 Sa 10a-2p \$26.50/\$17.70 Superior Middle School May Joseph

# Intro to Indian Food

60-303-610

Fay Olson

Put on your aprons and let's turn the heat up for some fun and spices! This class is a must for those who love cinnamon, cardamom, curries and hot chili peppers! The dishes you learn to prepare here will open you to a whole different dimension, the good and healthy way. \$8 supply fee due to the instructor at the start of class.

64587 Oct 5 Sa 10a-2p \$26.50/\$17.70 Superior Middle School May Joseph

# **Unicorn Cookies: Royal Icing**

60-303-610

Decorate unicorn-shaped cookies with royal icing. Learn how to make and work with royal icing, outline and flood your cookies and add finishing details. Bring an apron and two cookie sheets; cookies and icing provided. \$10 supply fee due to the instructor at the start of class.

64548 Sep 27 – Sep 28 F 4p-6p, Sa 1p-3p \$26.50/\$17.70 New Richmond: 1205 Kelley Kepler



# **AWARFNESS AND Self Defense**

September 25 – October 16 Wednesdays, 6 – 8 p.m. WITC-Rice Lake

Pg. 27

# **Christmas Cookies: Royal Icing**

60-303-623

Decorate Christmas cookies with royal icing. Learn how to make and work with royal icing, outline and flood your cookies, create marbled effects and add finishing details. Bring 12 small undecorated cut-out sugar cookies, an apron and two cookie sheets. \$5 supply fee due to the instructor at the start of class.

64547 Dec 7 \$15.50/\$11.10 Sa 1p-3p New Richmond: 1205 Kelley Kepler

# **Family & Relationships**

# After Death Home Care and Burial

60-305-620

Return to simple traditions: for thousands of years, families have taken care of their loved ones at home after death. It is a choice that is still possible. Discuss the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief and the benefits of natural burial. It is legal, inexpensive and greener than a conventional funeral.

NOTE: For all sections course fee is \$26.50/\$17.70

Oct 17 / Th 1p-3:30p

64540	ITV: Rice Lake	Lucy Basler
64541	ITV: Superior	Lucy Basler
64542	ITV: Hayward	Lucy Basler
64544	ITV: Balsam Lake	Lucy Basler
64545	ITV: Ashland	Lucy Basler
64543	ITV: Ladysmith	Lucy Basler

# **Financial Planning**

# Wills and Trusts

42-102-404

Understand what your current estate plan will achieve for you, how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

65119	Oct 7 Superior: 216	M 1p-3p	\$11.33/\$4.50 Susan Miley
65120	Oct 8 Rice Lake: 223	Tu 1p-3p	\$11.33/\$4.50 Susan Miley
65121	Oct 9 Chetek Lutheran	W 1p-3p Church	\$11.33/\$4.50 Susan Miley
65122	Oct 10 Hayward: 106	Th 1p-3p	\$11.33/\$4.50 Susan Miley

### ABC's & Ds Medicare/Consumer

42-162-409

Are you nearing Medicare age and have questions about options and enrollment? Are you responsible for someone else's healthcare decisions? If so, this class is for you. Gain fundamental understanding of the elements of Part A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage), and Part D (Medicare Drug Coverage) as it relates to consumers. Learn about initial enrollment options and additional enrollment periods as well.

NOTE: For all sections course fee is \$11.33/\$4.50

Sep 17 / Tu 6p-8p

65123	ITV: Superior	TBD
65124	ITV: Ashland	TBD
65125	ITV Rice Lake	TBD
65126	ITV: New Richmond	TBD
65127	ITV: Hayward	TBD
65128	ITV: Ladysmith	TBD
Nov 13	/W 6p-8p	
65129	ITV: Superior	TBD
65130	ITV: Ashland	TBD
65131	ITV: Rice Lake	TBD
65132	ITV: New Richmond	TBD
65133	ITV: Hayward	TBD
65134	ITV: Ladysmith	TBD

# **Financial Strategies for Women**

42-102-423

What makes women's financial issues unique? Whether or not you have any financial challenges, learn about your options when it comes to protecting your financial future. This class is being offered via webinar format and can be attended from any home computer or device that has reliable internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

65476 Nov 21 Th 6:30p-7:30p \$11.33/\$4.50 Wehinar TRD

# **Income Planning for Boomers**

42-102-423

Haven't made time to consider social security or income planning? Let us help. Understand basic rules and claiming strategies, what's new with social security, what you will need to know before filing and how to maximize your retirement income. Your instructor has 13 years of experience as a Certified Financial Planner. She specializes in working with business owners and retirees.

65460	Sep 30	M 6p-8p	\$11.33/\$4.50
	Superior: 112		TBD

# **Income Taxes & Retirement**

42-102-423

Preparing for retirement includes making choices that can affect your income taxes. Learn more about the financial impact and how to make wise decisions that are right for you. This class is being offered via webinar format and can be attended from any home computer or device that has reliable internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

65527 Oct 17 Th 6:30p-7:30p \$11.33/\$4.50 Wehinar

# **Keys to Retiring Fearlessly**

42-102-423

Discover five keys to unlocking a retirement where you can have more confidence in your ability to achieve your goals. This class is being offered via webinar format and can be attended from any home computer or device that has reliable internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

65472 Sep 19 Th 6:30p-7:30p \$11.33/\$4.50 Webinar

# **Retirement Strategies: Accumulation**

42-102-423

How much should I save? What type of accounts should I have? Be confident in what you're saving for retirement when you learn how to build a strong and adaptable financial strategy. This class is being offered via webinar format and can be attended from any home computer or device that has reliable internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

65475 Nov 7 Th 6:30p-7:30p \$11.33/\$4.50 Wehinar

# Social Security: Timing is Everything

As you approach retirement, now is the time to determine how you'll support yourself. Find out how you can optimize Social Security and know how much you can expect to receive from other income sources. This class is being offered via webinar format and can be attended from any home computer or device that has reliable internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

65474 Oct 3 Th 6:30p-7:30p \$11.33/\$4.50 Wehinar

# **Household Management**

# **Downsizing Your Home**

60-308-601

This course will help you explore your personal reasons to downsize your home and simplify your life. You will learn steps involved in the downsizing process that you will be able to put to use right away. This course will cover the concept of intentional living and how it can be applied to the process of downsizing your home.

NOTE: For all sections course fee is \$15.50/\$11.10

Oct 16 / W 6p-8p

65149	ITV: Rice Lake	Sarah Metcalf
65150	ITV: Superior	Sarah Metcalf
65151	ITV: Hayward	Sarah Metcalf
65152	ITV: Balsam Lake	Sarah Metcalf
65153	ITV: Ashland	Sarah Metcalf

# **Productivity Principles**

60-308-601

Take control of your time and to-do list by learning the principles of productivity and time management. Discover how to utilize your time to put your priorities and goals first. This class will focus on practical systems and tools that can be adapted to each individual.

NOTE: For all sections course fee is \$15.50/\$11.10

Nov 13 / W 6p-8p

65165	ITV: Rice Lake	Sarah Metcalf
65166	ITV: Superior	Sarah Metcalf
65167	ITV: Hayward	Sarah Metcalf
65168	ITV: Balsam Lake	Sarah Metcalf
65169	ITV: Ashland	Sarah Metcalf



Open to ANY Wisconsin resident age 15 and older.

Offered completely online-take it from anywhere!

Call **715.234.7082 ext. 5777** for more info.

### **Cut the Cable Bill**

60-305-625

Thinking about getting rid of another monthly bill? TV lovers have more budget-friendly options these days than they may realize. This class will teach you how to ditch cable and satellite TV and save a bundle without giving up your favorite shows or features.

**65828** Dec 10 Tu 1p-3p \$15.50/\$11.10 Siren: Professional Tutor Sara Reimann

# **Digital Photo Organization**

60-305-625

If your digital photo collections are a mess, the good news is that software and online services now have excellent tools for helping you organized your images fast. The goal is to be able to find and share the photos you love without a headache. Learn the concepts and techniques behind efficient photo management, photo editing, organizing, backup, and sharing. Please bring your laptop or device to class.

**65827** Dec 3 – Dec 5 TuTh 1p-3p \$26.50/\$17.70 Siren: Professional Tutor Sara Reimann

# **Test Prep**

# **ACT Prep**

42-890-415

Get ready to rock the ACT! Sessions in each subject area—take one or all four! Sessions are recorded and can be e-mailed upon request. All sessions are offered in-person at WITC-New Richmond and via ITV at other campuses, unless noted differently below.

**Monday:** English **Tuesday:** Reading **Wednesday:** Science

Thursday: Math (in-person @ WITC-Rice Lake)

	•	-	,
65237	Oct 7 – Oct 10 New Richmond: 1		\$31.80 Various Instructors
65238	Oct 7 – Oct 10 Superior: 111	M-Th 6p-8p	\$31.80 Various Instructors
65239	Oct 7 – Oct 10 Ashland: 203	M-Th 6p-8p	\$31.80 Various Instructors
65240	Oct 7 – Oct 10 Rice Lake: 156	M-Th 6p-8p	\$31.80 Various Instructors
65241	Oct 7 – Oct 10 Hayward: 105,106		\$31.80 Various Instructors
65242	Oct 7 – Oct 10 Ladysmith: 002	M-Th 6p-8p	Various Instructors

# **YOUTH CLASSES**

# **Kids' Classes**

# **Babysitting Boot Camp**

60-891-663

Do you know how to calm a crying baby or what to do if a child has a stomachache? Learn how to help kids have fun while keeping them safe with this training from the American Red Cross. Skills taught include: First Aid/rescue breathing (CPR certification not a part of this class), making good decisions under pressure, communicating effectively with parents, infant care and managing a babysiting business. Bring a lunch to class. Proof of Red Cross certification (optional) is an additional \$11 processing fee payable to the instructor at the start of class. \$17 supply fee due to the instructor at the start of class. Ages 11 and up.

64475	Oct 12 Hayward: 113	Sa 9a-3:30p	\$48.50/\$30.90 Susan Thurn
64476	Nov 2 Ashland: 003	Sa 9a-3:30p	\$48.50/\$30.90 Susan Thurn

# LIFELONG LEARNING

# **Career Development**

# **True Colors Success Workshop**

47-196-422

If we all have our own styles and ways of working, how can we all work/live together? The True Colors Personal Success Workshop trains all levels of employees to recognize their strengths to create a more collaborative business environment. True Colors provides a clear way to translate complicated individual perspectives and overcome barriers to progress. Book and refreshments included.

**65652** Sep 13 F 9a-12p \$39/\$25.35 New Richmond: 1122A WITC Staff

# SafeZone Training

47-520-405

SafeZone is a tool that will be used to increase understanding by putting a human face on the experiences of LGBTQ individuals, providing accurate information to challenge myths and stereotypes and encouraging dialogue. SafeZone-trained facilitators from WITC will lead various activities in this workshop. Light breakfast included.

65686	Oct 11	F 8:30a-12p	\$29/\$15.35
	New Richmond:	1201	WITC Staff

### **Effective Communication**

47-196-509

How do I communicate? Do I say things without using words? Explore effective communication and how to build positive relationships to increase productivity. Discover why messages may not be understood and how you can overcome those challenges. Identify barriers to positive work relationships and strategies for developing and maintaining a healthy work environment. Also practice techniques for providing assertive feedback, resolving conflict and dealing with emotional behavior.

65647	Sep 24	Tu 8a-12p	\$35/\$21.35
	Balsam Lake: 100	5	Sally Field
65633	Nov 13	W 8a-12p	\$35/\$21.35
	New Richmond:	1 <i>122A</i>	Sally Field

# Language

### Italian

60-802-640

Learn the basics of Italian language and culture through this short, interactive course. Engage in a variety of learning activities and you become more familiar with the culture and language. Individual requests for content related to business, travel, etc. will be integrated into the material covered.

NOTE: For all sections course fee is \$70.50/\$44.10

Sep 18 - Nov 6 / W 6p-7:30p, W 6p-7:30p

64768	ITV: Grantsburg	James Richie
64764	ITV: Hayward	James Richie
64765	ITV: Ashland	James Richie
64766	ITV: Rice Lake	James Richie
64767	ITV: New Richmond	James Richie
64769	ITV: Superior	James Richie

# **Beginning Spanish**

60-802-600

Learn basic conversational Spanish in this interactive short course. This course employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

NOTE: For all sections course fee is \$59.50/\$37.50

Sep 17 – Oct 29	7.Tu 6n-7.30n	Tu 6n-7:30n
3ep 17 - Oct 23	7 Tu op-7.30p	, ru op-7.30p

64945	ITV: New Richmond	James Richie
65458	ITV: Siren	James Richie
64946	ITV: Spooner	James Richie
64943	ITV: Ashland	James Richie
64944	ITV: Rice Lake	James Richie
65457	ITV: Balsam Lake	James Richie

# **Intermediate Spanish**

60-802-600

This course picks up where the Spanish Beginning course ends and employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

NOTE: For all sections course fee is \$59.50/\$37.50

Nov	5 –	Dec	10/	Tu	6p-7	':30p
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64762	ITV: New Richmond	James Richie
64763	ITV: Spooner	James Richie
64760	ITV: Ashland	James Richie
64761	ITV: Rice Lake	James Richie

# Spanish II

60-802-600

This conversational course employs a wide variety of learning activities that build Spanish comprehension, vocabulary, and oral and writing skills in a highly interactive environment. Learning materials are also highly varied, including total physical response, videos, the internet, written exercises, weekly homework assignments, etc. Individual requests for content related to professional, business, travel or other purposes are integrated into sessions. Instruction is mainly in Spanish.

**64443** Sep 9 – Nov 25 M 6p-8:30p \$59.50/\$37.50 Superior: 113 Gary Valley

Experience. Success.

# **Beginning Sign Language**

42-533-400

Learn to communicate on a basic level using common phrases, questions, the alphabet, greetings and more! You will also explore facial affect, sentence structure and proper terminology related to deafness. By communicating with deaf guests, you will gain a greater appreciation for their language and culture. Please bring pen and paper.

65095	Oct 7 – Nov 18	M 6p-8:30p	\$65.93/\$4.50
	Superior: 112		Cheryl Blue
	*Class does not n	neet 10/21	
65664	Oct 7 – Nov 11	M 6:30p-9:30p	\$65.93/\$4.50
	Rice Lake: 208	Betsy V	<b>Volford-Phillips</b>

# Intermediate Sign Language

42-533-400

This intermediate course is designed for students who have completed a beginning sign language class or those who possess a demonstrated knowledge of sign language. Explore additional vocabulary and polish your signing skills as you learn to construct dialogues based on common situations. Deaf guests will be available for communication.

65665\* Oct 1 - Nov 12 Tu 6:30p-9:30p \$65.93/\$4.50 Betsy Wolford-Phillips Rice Lake: 203 \*Class does not meet 10/22

# **Natural Science**

# Mushrooms: Late Autumn/Early Winter

42-806-410

After the regular growing season is done, there are still a few good edible mushrooms hiding in the forest. Learn how to find and identify them to extend your foraging season well in to winter. Some are delicious table fare, while others have medicinal properties. Wild mushrooms can be found in every month of the year, so join us and learn the late season fungi.

NOTE: For all sections course fee is \$24.98/\$4.50

Oct 8 - Oct 9 / TuW 5:30p-8:30p

64549	ITV: Rice Lake	Tavis Lynch
64551	ITV: Superior	Tavis Lynch
64552	ITV: Ashland	Tavis Lynch
64553	ITV: Prescott HS	Tavis Lynch
65440	ITV: Luck	Tavis Lynch
65441	ITV: Siren	Tavis Lynch

# Wild Mushrooms 201

42-806-410

Learn about mushrooms from a 30+ year veteran of wild mushroom foraging! You will explore the edible mushrooms not covered in Wild Mushrooms 101, including: hericium, lobster mushrooms, leccinum, hedgehog, black trumpet, entoloma and elm oysters.

64929	Sep 16 – Sep 17	MTu 5:30p-8:30p	24.98/\$4.50
	Chetek-Weyerhae	euser HS	Tavis Lynch

NOTE: For all sections course fee is \$24.98/\$4.50

Sen	18	– Sen	19	/WTh	5:30	p-8:30p
JCP	. 0	JCP	/	V V I I I	5.50	p 0.50p

64554	ITV: Rice Lake	Tavis Lynch
64555	ITV: Hayward	Tavis Lynch
64556	ITV: Superior	Tavis Lynch
64557	ITV: Ashland	Tavis Lynch
65444	ITV: Luck	Tavis Lynch
64558	ITV: Prescott HS	Tavis Lynch
65445	ITV: Siren	Tavis Lynch

# **Human Impacts/Species at Risk**

60-891-650

Royal Botanical Gardens is rich in plant and animal life, including some of Canada's most endangered species. What makes some species become at risk while others thrive? Explore factors that affect the biodiversity of an ecosystem, the status of a species and what you can do about it.

NOTE: For all sections course fee is \$15.50/\$11.10

# Oct 18 / F 10a-11a

65252	ITV: Hayward	TBD
65253	ITV: Ashland	TBD
65254	ITV: Rice Lake	TBD
65255	ITV: New Richmond	TBD
65256	ITV: Superior	TBD

# **Social Science**

# Movies as Storytelling

60-801-600

People live their lives by the stories they tell, and movies are this century's great contribution to the art of storytelling. This course examines cinematic literature, looking at classic movies from the silent era to our own younger days, and how movie techniques have influenced and been influenced by storytelling in print. Bring only yourself, and prepare to enjoy both the movie and discussing it.

64578\* Sep 27 - Nov 22 F 1p-3:30p \$81.50/\$50.70 Barnes Town Hall Phyllis Karr \*Class meets every other week

# **Special Events**

# **Driftless Area Overnight Tour**

60-803-600



Travel with WITC and Spooner Area Community Education to the wondrous Driftless Area of Wisconsin. Experience the Carr Valley

Cheese tour, Wollersheim Winery, Devil's Lake State Park and a comedic mystery at the Palace Theater. Round out the tour with an overnight stay at the picturesque WilloWood Inn in Baraboo.

Bus pickup is at WITC-Hayward at 7:30 a.m and at the Spooner High School at 8:05 a.m. Fee includes coach bus transportation, one entrance fee to Devil's Lake State Park, Wollersheim Winery Tour, Carr Valley Cheese tour, Palace Theater admission, one dinner, breakfast and hotel accommodations. Bring a bag lunch and money for souvenirs. Call Spooner Area Community Education to register: 715.635.0243.

64942 Nov 1 - Nov 2 \$289

# **Learning for Life Day**

60-305-600

Celebrate New Experiences The day offers learners of all ages the opportunity to explore a wide variety of new and interesting topics, including wellness, history, home safety, cybersecurity, home organizing/downsizing, the outdoors, sausage making and many more. Take time to peruse the resource fair of local vendors and enjoy lunch, all for one great price. It's a day to celebrate new experiences and see what WITC has to offer!

65528 Sep 21 Sa 9a-2p \$37.50/\$24.30 Rice Lake: 221 **Guest Speakers** 

# SAFFTY & FMS

# **Emergency Medical** Services

# **ASHI Pediatric First Aid and CPR**

47-531-420

This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and First Aid for children and infants. This course will certify a student for 2 years in CPR/AED/ First Aid. Students will have the option to download a book from the internet after successful completion of the course.

64863	Sep 17 – Sep 19 Ashland: 427	TuTh 6p-10p	\$42/\$14.70 TBD
64865	Sep 24 – Sep 26 Superior: 134	TuTh 6p-10p	\$42/\$14.70 TBD
64864	Nov 19 – Nov 21 Ashland: 427	TuTh 6p-10p	\$42/\$14.70 TBD
64866	Dec 2 – Dec 4 Superior: 111	MW 6p-10p	\$42/\$14.70 TBD

# ASHI Pediatric First Aid/CPR Renewal

47-531-417

ASHI pediatric CPR, AED, and First Aid training program provides a training solution for schools, child care providers, youth sports coaches, and others required to learn how to respond to medical emergencies involving children. This versatile program is based upon the 2010 CPR and First Aid Guidelines, Caring for Our Children, 3rd edition; and other evidence-based treatment recommendations.

65793	Oct 2 Ashland: 003	W 6p-10p	\$35/\$21.35 TBD
65795	Oct 3 Superior: 134	Th 6p-10p	\$35/\$21.35 TBD
65794	Dec 3 Ashland: 427	Tu 6p-10p	\$35/\$21.35 TBD
65796	Dec 17 Superior: 136	Tu 6p-10p	\$35/\$21.35 TBD

# **Basic First Aid-ASHI**

47-531-491

Basic First Aid is a program that will teach students the basic first aid knowledge, skills and the confidence to respond to an emergency. This is a program is good for the community and workplace. This course will certify a person for 2 years in Basic First Aid.

This class will cover Adult/Child/Infant skills.

65497	Sep 19	Th 6p-10p	\$24.15/\$10.50
	New Richmond:	1201	TBD
65498	Dec 11	W 6p-10p	\$24.15/\$10.50
	New Richmond:	1201	<i>TBD</i>

### CPR/AED/Basic First Aid-ASHI

47-531-419

This course is a combined CPR/AED & Basic First Aid program designed specifically for laypeople. The program is good for the community and the workplace. This course is designed to teach people the knowledge and skills needed to recognize emergencies, perform CPR and First Aid and use an AED until EMS arrives. This course will certify a person for 2 years in CPR/AED/Basic First Aid.

64854	Sep 9 – Sep 11 Superior: 134	MW 6p-10p	\$42/\$14.70 TBD
64851	Sep 16 – Sep 18 Ashland: 3	MW 6p-10p	\$42/\$14.70 TBD
64855	Oct 8 – Oct 10 Superior: 134	TuTh 6p-10p	\$42/\$14.70 TBD
64852	Oct 15 – Oct 17 Ashland: 306	TuTh 6p-10p	\$42/\$14.70 TBD
65502*	Oct 16 – Oct 17 New Richmond: 1 *Adult/child/infa	201	\$42/\$14.70 TBD
65480*	Oct 29 – Oct 30 Balsam Lake: 106 *Adult/child/infa		\$42/\$14.70 TBD
65510*	Nov 9 New Richmond: 1 *Adult/child/infa		\$42/\$14.70 TBD
64856	Nov 11 – Nov 13 Superior: 111	MW 6p-10p	\$42/\$14.70 TBD
65481*	Dec 3 – Dec 4 Balsam Lake: 106 *Only adult skills		\$42/\$14.70 TBD
64853	Dec 16 – Dec 18 Ashland: 307	MW 6p-10p	\$42/\$14.70 TBD

# CPR/AED/Basic First Aid Renewal-ASHI

47-531-459

This course will recertify students in CPR/AED & Basic First Aid. Students will renew their skills in CPR/AED and First Aid. Prerequisite: Students must have taken the original course within the last 2 years.

64860	Sep 19	Th 6p-10p	\$35/\$21.35
	Superior: 134		TBD
64857	Sep 26 Ashland: 307	Th 6p-10p	\$35/\$21.35 TBD
64858	Oct 9 Ashland: 003	W 6p-10p	\$35/\$21.35 <i>TBD</i>
64861	Oct 21 Superior: 111	M 6p-10p	\$35/\$21.35 TBD
65511*	Nov 9 New Richmond: 1 *Adult/child/infa		\$35/\$21.35 TBD
64862	Nov 18 Superior: 111	M 6p-10p	\$35/\$21.35 TBD
65482	Dec 3 Balsam Lake: 106 *Only adult skills		\$35/\$21.35 TBD
65514*	Dec 10 New Richmond: 1 *Adult/child/infa		\$35/\$21.35 TBD
64859	Dec 10 Ashland: 427	Tu 6p-10p	\$35/\$21.35 TBD

# **Medic First Aid**

47-531-404

This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an automated external defibrillator (AED), and First Aid until more advanced help is available. This course will certify a student for two years in CPR/AED/First Aid. Book is provided at the class.

64449	Oct 12 Rice Lake: 174	Sa 8:30a-3:30p	\$42.60/\$15.30 TBD
64455	Oct 19 Hayward: 106	Sa 8:30a-3:30p	\$42.60/\$15.30 Matthew Fitch
64464	Nov 9 WITC-Ladysmith	Sa 8:30a-3:30p	\$42.60/\$15.30 TBD
64470*	Dec 10 – Dec 11 Rice Lake: 155 *Class meets Tu 5		\$42.60/\$15.30 TBD V 5:30p-8:30p

# **Medic First Aid Recertification**

47-531-405

644E0 Oct 12

This course will recertify students in Medic First Aid. Students will renew skills in CPR, an automated external defibrillator (AED) and First Aid. Prerequisite: Students must have taken the Medic First Aid course within the last two years. This course will renew your certification for two years. Book is provided at class.

64450	Rice Lake: 174	Sa 8:30a-12:30p	\$35/\$21.35 TBD
64456	Oct 19 Hayward: 106	Sa 8:30a-12:30p	\$35/\$21.35 Matthew Fitch
64465	Nov 9 WITC-Ladysmith	Sa 8:30a-12:30p	\$35/\$21.35 TBD
64471	Dec 10 Rice Lake: 155	Tu 5:30p-9:30p	\$35/\$21.35 TBD

# Pediatric Medic First Aid & CPR

47-531-464

This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and First Aid for children and infants. This course will certify a student for 2 years in CPR/AED/ First Aid. Book is provided at class.

64447	Sep 21 Rice Lake: 174	Sa 8:30a-3:30p	\$42.60/\$15.30 <i>TBD</i>
64462	Oct 12 WITC-Ladysmith	Sa 8:30a-3:30p	\$42.60/\$15.30 TBD
64457	Dec 14 Hayward: 106	Sa 8:30a-3:30p	\$42.60/\$15.30 Matthew Fitch
64466	Dec 21 Rice Lake: 174	Sa 8:30a-3:30p	\$42.60/\$15.30 <i>TBD</i>

# Pediatric Medic First Aid & CPR Recertification

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, an automated external defibrillator (AED) and First Aid for infants and children. Students must have taken the Pediatric Medic First Aid & CPR class within the last two years. This course will renew a student's certification for 2 years. Book is provided at class.

64448	Sep 21 Rice Lake: 174	Sa 8:30a-12:30p\$39.50/\$25.85 <i>TBD</i>
64463	Oct 12 WITC-Ladysmith	Sa 8:30a-12:30p\$39.50/\$25.85 <i>TBD</i>
64458	Dec 14 Hayward: 106	Sa 8:30a-12:30p\$39.50/\$25.85 Matthew Fitch
64467	Dec 21 Rice Lake: 174	Sa 8:30a-12:30p\$39.50/\$25.85 <i>TBD</i>

# **Personal Safety**

### Awareness & Self-Defense

42-504-416

Discover how to avoid being a target, assess your surroundings, react to confrontation, anticipate an attacker's next move and break an attacker's grasp. Know how, when and where to strike if you have no other choice. Experience a mix of classroom instruction and hands-on martial arts training to build skills and confidence. Your instructor is an 8<sup>th</sup> degree black belt with 49+ years experience who has twice been inducted into the USA Karate Hall of Fame.

65547	Sep 25 – Oct 16	W 6p-8p	\$31.80/\$4.50
	Rice Lake: 162		Lloyd Brown

# **Traffic Safety**

# 3-Wheel Basic Rider Course

42-816-404

This is an entry-level 3-wheel motorcycle training and education course. It provides fundamental skills similar to the MSF Basic Rider Course but on 3-wheel, 3-track motorcycles (not motorcycles with a sidecar or car-based motorcycles). 3WBRC rider coaches who have been trained and certified by the MSF conduct the 3WBRC. Register through Can-Am: can-am.brp.com/spyder/learntoride.

65243	Sep 14 – Sep 15	SaSu 8a-5p	\$99
	Rice Lake: 214		Richard Richter
64968	Oct 5 – Oct 6	SaSu 8a-5p	\$99
	Rice Lake: 401		Judith Anderson
			•••••••••••

# **Motorcycle - Basic Rider 1**

42-816-400

This 16-hour course is approved by the DOT and designed to teach the beginner or experienced rider the safe techniques to riding a motorcycle. It consists of 6 hours of classroom and 10 hours of on-cycle instruction. After successful completion of this class you would receive a waiver to take to the DMV that may waive you from taking the road test in order to obtain your motorcycle endorsement. Due to a new curriculum set by the State of Wisconsin and MSF, you are now required to take an online course prior to the start of class. The cost of this course is \$19.99 (not included in WITC course cost). You can register for this course at msfusa.org/students.aspx. After you complete the online course, please make sure to print your completion certificate to bring to class on the first day (or provide a copy of the certificate to WITC within 5-7 days of completing the motorcycle safety course). Failure to complete the online course within the 5-7 days of completing this course will result in failure of WITC's motorcycle course and no refund will be given. It is strongly recommended that you take the eCourse before you start this course as you will learn valuable information that will help you with the range portion of our class. Students are expected to have some basic understanding that is provided through the online course.

64702	Sep 21 – Sep 22 <i>Rice Lake: 401</i>	SaSu 8a-5p	\$277.35 Ernest Kolumbus
64703	Oct 12 – Oct 13 Rice Lake: 401	SaSu 8a-5p	\$277.35 Judith Anderson

# **Commercial Drone Pilot Test Prep**

47-402-400

Are you interested in flying a drone for commercial purposes? Drones are used in a multitude of jobs including utilities, agriculture, film, real estate, land survey, law enforcement, construction, and photography. Prepare to pass the FAA Part 107 Code of Federal Regulations (CFR) Remote Pilot Test. This test is required for commercial operation of UAS/UAV (unmanned Aerial System/Vehicle). This one-day workshop will include classroom theory, autonomous flight, first-person view, demonstration and practice with controls. Understand aircraft operations, regulations, airspace and requirements, weather, loading and performance. Your instructor holds an FAA Part 107 Remote Pilot license, a Private Pilot License, and has been flying drones for over six years. Please bring lunch, notebook and writing utensil. Be prepared to travel to practice location.

65100	Oct 5	Sa 8a-4:30p	\$149/\$121.70
	Superior: 312		Thomas Buck

# **Traffic Safety for Point Reduction**

42-812-404

Examine your driving behavior and review traffic laws and penalties, with emphasis placed on ways to drive responsibly. Develop a change plan to reduce your risk of traffic violations and crashes. Upon completion you may be eligible to receive a 3 point reduction from your driving record. This class meets the requirements for anyone that has received a *Failure to Yield Right of Way Violation* 2011 Wisconsin Act 173-346.18.

64628	Oct 12 – Oct 19 Ashland: 203	Sa 8a-2p	\$71.95/\$31 Timothy Smith
64630	Nov 6 – Nov 14 Rice Lake: 212	WTh 6p-9p	\$71.95/\$31 Clifford Parr
64629	Nov 9 – Nov 16 Superior: 112	Sa 8a-2p	\$71.95/\$31 Timothy Smith
64627	Nov 11 – Nov 20 New Richmond: 1		\$71.95/\$31 Davin Mill

# **Drive Your RV with Confidence**

42-812-409

Part of enjoying a recreational vehicle is feeling self-assured and confident on the road. Go over pre-trip inspection, parking maneuvers and route planning, focusing on clearances and road restrictions. Bring your own RV to practice behind the wheel in a safe and supportive setting.

65666	Sep 7	Sa 8a-12p	\$18.15/\$4.50
	New Richmond:	1327	Brian Hudson

# **CDL Permit Prep**

47-458-405

Are you interested in obtaining your Commercial Driver's License? Before learning how to drive a rig, you need to get a learning permit and this class will prepare you for the CDL test. Learn in-person with instructors or take the online option which allows you to work at your own pace.

65454	Aug 26 – Dec 20 24/7 Online	\$69/\$22.03 Daniel Cooper
65156*	Aug 26 – Aug 31 M-Th, Sa New Richmond: 1327 *Class meets M-Th 6p-8p and So	\$59/\$11.22 Brian Hudson 18a-2p
65157*	Nov 18 – Nov 23 M-Th 6p-8p Rice Lake: 160 *Class meets M-Th 6p-8p and So	\$59/\$11.22 Janine Running 18a-2p
65158*	Nov 18 – Nov 23 M-Th 6p-8p New Richmond: 1327 *Class meets M-Th 6p-8p and So	\$59/\$11.22 Brian Hudson 18a-2p



# **WITC Conference Centers**

**DISCOVER A WELCOME RESOURCE.** Full service conference center facilities for your team meeting, retreat or staff event.

- WITC-Ashland 2100 Beaser Avenue Ashland, WI 54806
- WITC-New Richmond 1019 South Knowles Avenue New Richmond, WI 54017
- WITC-Rice Lake 1900 College Drive Rice Lake, WI 54868

WITC-Shell Lake 505 Pine Ridge Drive Shell Lake, WI 54871

WITC-Superior
600 North 21st Street
Superior, WI 54880

Call 800.243.9482 or take a look online at witc.edu.

Each center provides an ideal setting for conferences, seminars and training sessions for a variety of business and community groups. Facilities include both small and large-group meeting rooms with accommodations for 50-300 people, depending on location. Food, drink and room set-ups are coordinated by WITC staff who strive to meet the needs of your groups at reasonable prices.



# Solve complex problems.

To compete in today's global marketplace, your employees need to be well trained and current. WITC can help you get there.

# We start by listening.

WITC takes the time to understand your needs. We know how to assess and design your customized training supported by business experts and instructional staff. Our experts will be there, every step of the way, keeping in touch, so you can focus on your day-to-day operations.

# Delivering the solution.

Courses meet the training and certification needs of today's workforce, with convenient locations and a variety of delivery formats to fit your schedule.

Call your regional associate dean today for a free, no obligation customized training assessment!

# Charlie Glazman, 800.243.9482 ext. 6341

Ashland and Superior campuses including counties of Ashland, Bayfield, Douglas and Iron

# **BJ Williams**

800.243.9482 ext. 5179

Rice Lake campus including counties of Barron, Rusk, Sawyer and Washburn

# Liz Pizzi 800.243.9482 ext. 4376

New Richmond campus including counties of Burnett, Polk and St. Croix

# It's Easy to Register!

**ONLINE** Register and submit your credit card payment online at courses.witc.edu.

**PHONE** Register by phone using a credit card.

**IN PERSON** Go online to witc.edu or call ahead to check business hours of your local

campus. Cash, checks and credit cards are accepted.

MAIL Fill out the registration and mail it with your payment to the appropriate

campus. Your registration must be received before you begin courses.

# **Registration Locations**

# WITC-Ashland

2100 Beaser Ave, Ashland, WI 54806 715.682.4591 ext. 3050

### WITC-New Richmond

1019 S. Knowles Ave, New Richmond, WI 54017 715.246.6561 ext. 4145

### WITC-Rice Lake

1900 College Drive, Rice Lake, WI 54868 715.234.7082 ext. 5045

### WITC-Superior

600 N. 21<sup>st</sup> Street, Superior, WI 54880 715.394.6677 ext. 6050

# WITC-Balsam Lake Outreach Center

400 Polk County Plaza Balsam Lake, WI 54810 715.532.3399

# WITC-Hayward Outreach Center

15618 Windrose Ln. Suite 106, Hayward, WI 54843 715.634.5167

# WITC-Ladysmith Outreach Center

1104 Lake Avenue Suite 1, Ladysmith, WI 54848 715.485.3044

### REGISTRATION POLICIES

# **Nondiscrimination Notice**

WITC is an equal opportunity employer/educator functioning under the affirmative action plan. The Wisconsin Indianhead Technical College District does not discriminate on the basis of race, color, national origin, sex, disability or other applicable legislated categories, in its services, employment programs, and/or its educational programs and activities, including but not limited to admissions, treatment, and access. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, 505 Pine Ridge Drive, Shell Lake WI 54871, 715.468.2815 ext. 2240, Amanda.Gohde@witc.edu. Program information or assistance regarding requests for reasonable accommodation under the Americans With Disabilities Act can be obtained from the College Affirmative Action Office.

### **Accommodations for Persons With Disabilities**

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services and employment in accordance with 504 of the Rehabilitation Act of 1973, the Americans With Disabilities Act of 1990 and the Americans with Disabilities Act (ADA) Amendments Act of 2008. If accommodations are needed, the student should contact the campus Accommodations Specialist or Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, at 715.468.2240, 30 days in advance of needed assistance.

### **Senior Fees**

WITC has implemented a waiver for students ages 62 plus. This waiver is for personal enrichment courses only (the catalog number begins with 60) and provides up to a 40% discount. (Amount varies based on material fees.) Student's age must be 62 plus at the start of the term (6/1 for summer, 8/26 for fall and 12/23 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately \$4.50 for many courses.





Follow the Alumni Community on Facebook:

@WITCAlumni









# **REGISTRATION FORM**

# For Continuing Education (non-credit) Courses WITC is an equal opportunity employer/educator

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**NDIANHEAD MISCONSIN** 



**Wisconsin Indianhead Technical College** 505 Pine Ridge Drive Shell Lake, WI 5487

# **2019 CALENDAR**

Look inside for full descriptions and details. Or online at bit.ly/witcCEevents.

Register early as events fill quickly!

# True Colors Success Workshop

September 13 | WITC-New Richmond

# Learning for Life Day: Celebrate **New Experiences**

September 21 | WITC-Rice Lake

### **Effective Communication**

September 24 | Balsam Lake Outreach Center November 13 | WITC-New Richmond

# **Best Practices in Dementia Care**

September 26 | WITC-New Richmond Conference for professional caregivers

### The Sandwich Generation as Caregivers

September 26 | WITC-New Richmond Free community event featuring Teepa Snow Register: bit.ly/sandwichcare

### Caregiver Conferences

September 27 | WITC-New Richmond October 25 | WITC-Rice Lake

# Teepa Snow Livecast

September 27 | WITC-Ashland, Rice Lake, Superior and Hayward Outreach Center Livecast of Teepa's sessions from the New Richmond Caregiver conference

# Bodies, Boundaries, and Behavior:

Healthy Sexuality-Disabilities October 5 | WITC-New Richmond

# Commercial Drone Pilot Test Prep

October 5 | WITC-Superior

# SafeZone Training

October 11 | WITC-New Richmond

# **Early Childhood Education CE** Conference

October 19 | WITC-New Richmond Conference for Early Childhood professionals

# Ministry for Dementia

October 24 | WITC-New Richmond

### Certified Medical Assistant Conference

October 26 | WITC-Superior (ITV to WITC-New Richmond)

# **Driftless Area Overnight**

November 1-2 | Pickup: Spooner, Hayward Bus tour of landmarks in Wisconsin's scenic Driftless Area

# Superior Safety Day

December 10 | WITC-Superior

# Law Enforcement Management Conference

January 13-16 | Barkers Island, Superior Conference designed to enhance the skills of a wide range of law enforcement professionals

