

OPPORTUNITIES FOR LIFELONG LEARNING



WESTERN COLORADO
COMMUNITY COLLEGE
A Division of Colorado Mesa University

SPRING 2016 CATALOG

**NON-CREDIT COURSES
DESIGNED FOR PERSONAL ENRICHMENT**

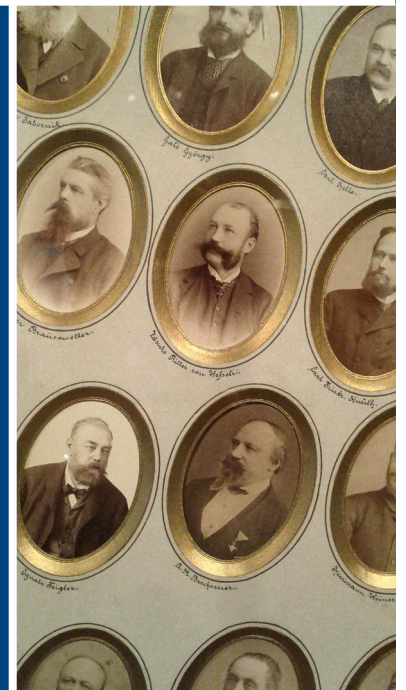


wccc.coloradomesa.edu/cec

REGISTER TODAY! IT'S EASY.



SPRING 2016 NON-CREDIT COURSES COMMUNITY EDUCATION CENTER JAN. – MAY 2016



OPPORTUNITIES FOR LIFELONG LEARNING

Greetings from Western Colorado Community College (WCCC) and welcome to the Lifelong Learning Program brought to you by the Community Education center.

Inside this Spring 2016 edition of WCCC's Community Education Center brochure we have a large selection of classes/workshops for personal and professional growth that are designed for lifelong learning around many fun topics.

We invite you to experience the fun and excitement of exploring something new or enhancing your existing skills.

Whether your motivations are for personal enrichment, advanced skill training, or professional development, the Community Education Center at WCCC is here for you.

Local companies have found the Community Education Center to be a great place to find solutions for leadership training needs, safety and compliance responsibilities, and LEAN manufacturing classes for their employees. If you are a business leader and have specific training requests, let us know and we will find a way to help.

We are committed to providing opportunities for lifelong learning in the community we share.

Many of the Community Education Center courses are developed from your input and ideas. If you have an idea for a new class or would like to propose teaching a new class for us, let us know and we will happily try to make it happen.

If earning a technical certificate or associate degree from WCCC is more suited to you, a member of our Student Services staff is standing by and ready to help. We have a number of exciting programs to help get you into a career quickly.

Kurtis Armstrong
Community Education Director

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THERE ARE FOUR EASY WAYS TO REGISTER:



wccc.coloradomesa.edu/cec

Click on the blue "Register Online" button, pick the category and add classes.



970.255.2800



Kurtis Armstrong at
cec@coloradomesa.edu



WCCC Community Education Center

2508 Blichmann Avenue, Building B
Grand Junction, CO 81505

SPRING 2016 NON-CREDIT COURSES

WCCC CUSTOMIZED BUSINESS SERVICES

Western Colorado Community College offers custom and ongoing classes to help make businesses safer and more profitable. Would you like to get more from your workforce and increase your competitiveness? Training brings direct benefits to you and has an immediate return on investment. Our tailor-made training solutions can rapidly help increase employee performance. Whether you are a small business venture or the community's largest employer, we'll work with you to create the best programs and services in the market today. Our goal is to be your training education partner of choice to create positive change.

CONFERENCES AND SEMINARS

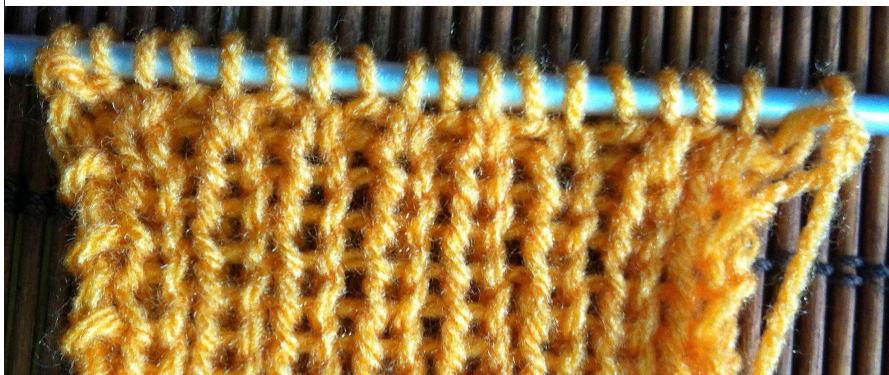
Let us help you host a conference here in Grand Junction. Western Colorado Community College has wonderful facilities that we can coordinate for your own conference or seminar.

Reserve a training room or computer lab for your upcoming meeting, training or workshop. Video conferencing and presentation equipment is available. Catering also available!

GIFT CARDS NOW AVAILABLE

Great for birthday, anniversaries, holidays, thank you gifts or just because ... Give the gift of education by purchasing a community Education Center gift card for use on any non-credit CEC class. The pre-paid certificate allows you to give the opportunity for lifelong learning at the recipient's choice of many classes such as cooking, beekeeping, art, yoga and more! Not redeemable for cash. The entire amount must be redeemed in one registration but can be used for multiple classes.

ARTS AND CRAFTS



ACRYLIC PAINTING: LEVEL ONE

In this course you will learn the fundamentals of acrylic painting and become familiar with your materials. Learn how to mix colors, paint in layers and use texture to create exciting and colorful compositions. Regardless of your skill level, this class is a great way to sharpen your skills and just have fun!

Materials list provided online.

Instructor: Herrera
Fee:\$79

OPTION

Date: April 19, 21, 26, 28
Day:Tuesday, Thursday
Time: 6-8pm

BASIC DRAWING: LEVEL ONE

For fun, relaxation and technique, pencil drawing has it all. This course explores the use of drawing pencils, charcoal, blenders and other basic tools that can add exciting touches to your drawing experience. We will cover simple techniques to create complex compositions using still life projects and figure drawing. You will learn different ways to use shading and texture to add to the realism of your drawing.

Instructor: Herrera
Fee:\$79

OPTION

Date: February 9, 11, 16, 18
Day:Tuesday, Thursday
Time: 6-8pm

BASIC DRAWING: LEVEL TWO

For fun, relaxation and technique, pencil drawing has it all. This class is a deeper look into Basic Drawing featuring negative space, contour drawing, and still life drawing.

Instructor: Herrera
Fee:\$79

OPTION

Date: March 8, 10, 15, 17
Day:Tuesday, Thursday
Time: 6-8pm

COSPLAY ON A DIME!

Are you a cosplayer at heart? Do you have the passion to design costumes and props? Then this is the class for you! Students will learn character design and sheeting, color theory, costume design and making a prop from scratch. This is a fun and creative course that brings the five key elements of the cosplayer's art together. This class is limited to ages 16 and older. Materials list presented during class with the syllabus.

Instructor:Weller
Fee:\$169

OPTION 1

Date: Jan. 19, 21, 26, 28, Feb. 2, 4, 9, 11
Day:Tuesday, Thursday
Time: 4:30-6:30pm

OPTION 2

Date:Feb. 16, 18, 23, 25, March 1, 3, 8, 10
Day:Tuesday, Thursday
Time: 4:30-6:30pm

OPTION 3

Date: April 5, 7, 12, 14, 19, 21, 26, 28
Day:Tuesday, Thursday
Time: 4:30-6:30pm

OPTION 4

Date: May 3, 5, 10, 12, 17, 19, 24, 26
Day:Tuesday, Thursday
Time: 4:30-6:30pm

OPPORTUNITIES FOR LIFELONG LEARNING

CALLIGRAPHY: INTRODUCTION

This introductory course into calligraphy will teach you how to write beautifully from A to Z. With a focus on how to properly handle your tools and steady your hand, you will learn the ins and outs of becoming a script master.

Materials list provided online.

Instructor: Hoffman
Fee:\$79

OPTION

Date: April 19, 21, 26, 28
Day: Tuesday, Thursday
Time: 6:30-8:30pm

CREATIVE PRINTMAKING MADE EASY

This class will explore the techniques of printmaking using easy access materials. Techniques include: stamping, subtractive and additive methods on paper and fabric for functional and decorative uses.

Instructor: Mulder
Fee:\$89
Materials:\$15 (payable to instructor on first day of class)

OPTION

Date:Jan. 11, 13, 18, 20, 25, 27
Day: Monday, Wednesday
Time: 6-8pm

CROCHET: LEVEL ONE – BEGINNING CROCHET: SPA SET

For beginners or those in need of a refresher. Learn the chain stitch, single crochet, slip stitch and finishing techniques. Pattern provided. Please bring the following materials to class: two contrasting colored skeins of worsted weight cotton yarn (300 yards), a size I hook, yarn needle, fabric tape measure or ruler, and scissors.

Instructor: Armstrong
Fee:\$59

OPTION

Date: Feb. 1, 8
Day: Monday
Time: 6-8:30pm

CROCHET: LEVEL TWO – SPRING INFINITY SCARF

For advanced beginners. Learn how to crochet in the round. You'll learn the adjustable loop, double crochet, working in the round, color changing, finishing techniques, and trim ideas. Pattern provided. Please bring the following materials to class: 2-3 skeins of fingering or sport weight yarn (600 yards), a size I hook, yarn needle, fabric tape measure or ruler, and scissors.

Instructor: Armstrong
Fee:\$59

OPTION

Date: March 7, 14
Day: Monday
Time: 6-8:30pm

FIBER ARTS: THE ART OF CREATING ON CLOTH DECORATIVE AND FUNCTIONAL

You have probably wanted to have a certain color or pattern of fabric for the quilt you are making. Maybe you just want to hang and frame a painting you've done on fabric, or make someone a silk scarf for a special gift. This class will help you do those things and more! During this class you will learn about sources and materials for things you can do on your own at home.

Instructor: Mulder
Fee:\$89
Materials:\$10 (payable to instructor on first day of class)

OPTION

Date: April 25, 27, May 2, 4, 9, 11
Day: Monday, Wednesday
Time: 6-8pm

HAND BUILT POTTERY

This class will cover basic clay construction methods. Functional and non-functional works will be addressed, including plates, bowls, mugs, clay animals and more. Materials list provided online.

Instructor: Mulder
Fee:\$89

OPTION

Date:Feb. 6, 13, 20, 27, March 5, 12
Day: Saturday
Time: 9:30-11:30am

HAND BUILT POTTERY DECORATING AND GLAZING

This class will build upon the Hand Built Pottery class. All pottery made in that class can be decorated in this class or you are welcome to bring your own pottery. We will focus on use of underglazes, combining of colors, simplicity of designs, brushwork and use of clear satin or gloss finish over final works.

Instructor: Mulder
Fee:\$89
Materials:\$15 (payable to instructor on first day of class)

OPTION

Date: March 26, April 2, 9, 16
Day: Saturday
Time: 9:30-11:30am

INTRODUCTION TO WOOD FURNITURE DISTRESSING

This workshop will start with the process of reviving a piece of furniture into a distressed, one-of-a-kind creation. Classes to include selecting your piece, envisioning your project and prepping your project. Students should bring a piece of wood furniture to practice techniques on, such as a rummage sale coffee table or night stand. Any additional supplies will be based on students' individual projects and at the students' expense.

Instructor: Heintz
Fee:\$159

OPTION

Date: Jan. 14, 21, 28, Feb. 4, 11, 18, 25
Day: Thursday
Time: 6-8pm

SPRING 2016 NON-CREDIT COURSES

KNITTING: FAST AND EASY CONTINENTAL-STYLE

It's all thumbs! Continental-style knitting, which refers to the way you hold the knitting needles, is a fast way of knitting. Once you get the feel of it, you can do it without looking at your hands. In this course, you will learn the basics: the knit stitch, the purl stitch, casting on, increasing, decreasing and binding off. The instructor will bring a variety of yarn as well as straight and circular needles of different sizes and explain when to use what. You can practice with these materials or you can work on your own project.

Instructor: Marg
Fee:\$59

OPTION 1

Date: March 10, 17, 24
Day: Thursday
Time: 5:30–7:30pm

OPTION 2

Date: April 7, 14, 21
Day: Thursday
Time: 5:30–7:30pm

KNITTING LEVEL 1—KNIT A SCARF OR WRISTERS

For those new to knitting or for a great skills refresher. Learn casting on, the knit and purl stitches and casting off. Pattern provided.

Please bring the following materials to class: Two skeins or 250 yards of Super Bulky weight yarn (Lion Wool-Ease Thick and Quick is recommended) in a light color, size 13 knitting needles (wooden needles are recommended), yarn needle, fabric tape measure or ruler, and scissors.

Instructor: Armstrong
Fee:\$59

OPTION

Date: Feb. 15, 22
Day: Monday
Time: 6–8:30pm

KNITTING LEVEL 2 – SPRING INFINITY SHAWL

For advanced beginners; learn how to cast on and join in the round, increase and decrease stitches, cast off and how to properly block your projects for a professional finish.

Please bring the following materials to class: 2-3 skeins (600 yards) of worsted weight yarn (Lion Brand Wool-Ease is recommended), a size 8 circular knitting needle (wooden tips recommended), yarn needle, fabric tape measure or ruler, and scissors.

Instructor: Armstrong
Fee:\$59
Materials:\$15 payable to instructor on first day of class

OPTION

Date: April 11, 18
Day: Monday
Time: 6–8:30pm

SOAPSTONE CARVING

Stone carving doesn't have to be hard. Soapstone is made of talc, one of the softest stones known, and can be carved with basic tools and a minimum of physical effort. This class will provide the knowledge, tools and supplies to make basic carvings.

Instructor: Hartter
Fee:\$79

Materials:\$40 payable to instructor on first day of class

OPTION

Date: March 1, 3, 8, 10
Day: Tuesday, Thursday
Time: 5:30–7:30pm

WATERCOLORS: LEVEL ONE

Watercolor is a beautiful, fun medium. In this class, you will learn which paints, papers and brushes to choose (and yes, it does make a difference). Students will have a fun, hands-on experience getting comfortable handling the brush, applying washes and learning tips for clean, vibrant paintings.

Materials list provided online.

Instructor:Herrera
Fee:\$79

OPTION

Date: April 5, 7, 12, 14
Day: Tuesday, Thursday
Time: 6–8pm

WOODWORKING: LEVEL ONE

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. You never know, it may become a passion. This class puts you to work right away and you will walk away with a great project.

Instructor: Heintz
Fee:\$159

OPTION 1

Date: Jan. 13, 20, 27, Feb. 3, 10, 17
Day: Wednesday
Time: 6–8pm

OPTION 2

Date: March 30, April 6, 13, 20, 27, May 4
Day: Wednesday
Time: 6–8pm

BUILDING A TINY HOME

The new generation is looking for financial independence. Since 2008, smaller homes started to become appealing to this new generation. Rich and some of his fellow teachers have built many homes of all types and square footage. They, too have downsized their home building business to the tiny home generation, which is starting to appeal to many people today. With their experience and knowledge, they will walk you through the process of building; from framing, wiring, plumbing and insulating down to the interior finishing of a tiny home. The only difference you'll see between a tiny home and a larger home is no mortgage.

Instructor: Heintz
Fee:\$159

Class description continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

OPTION

Part 2 – Framing
Date: December 15, Jan. 5, 12, 19, 26, Feb. 2 (No class December 22, 29)
Day: Tuesday
Time: 6–8pm

Part 3 – Exterior Finishing
Date: Feb. 9, 16, 23, March 1, 8, 15
Day: Tuesday
Time: 6–8pm

Part 4 – Interior Design and Finishing 1
Date: April 5, 12, 19, 26, May 3, 10
Day: Tuesday
Time: 6–8pm

Part 5 – Interior Design and Finishing 2
Date: May 17, 24, 31, June 7, 14, 21
Day: Tuesday
Time: 6–8pm

BEEKEEPING



INTRODUCTION TO BEEKEEPING: LEVEL ONE

Participants are encouraged to explore the basics of keeping honeybees. Class materials will focus on the interactions of bees and humans historically; the current state of beekeeping; the interaction of workers, drones, and the queen; hive health; exposure to the various kinds of beekeeping equipment; bee species; and beekeeping cost. We will cover bee culture, beekeeping culture, obtaining equipment, obtaining bees, techniques for installing package bees, nucleus and swarms. Two classes will be at a working apiary.

Instructor: Moore
Fee \$79

OPTION

Date: Feb. 11, 25, March 10, April 11
Day: Thursday
Time: 6–8pm

INTRODUCTION TO BEEKEEPING: LEVEL TWO

Participants are encouraged to continue their exploration of the basics of keeping honeybees. Class materials will focus on the interactions of workers, drones and queen and the health of the colony as it progresses through the bee season. The objectives of this course are interpreting bee culture and the collaboration between the colony's inhabitants. Colony stress is the colony queen, right? Are pests creating mayhem weakening the hive and causing the bees to be aggressive or have they given up their struggle to survive? Over-wintering? have the bees prepared for winter? Has the beekeeper done his or her part to prepare? We will discuss the techniques to increase the bees' survivability. Two classes will be at a working apiary.

Instructor: Moore
Fee \$79

OPTION

Date: April 14, 21, 28, May 5
Day: Thursday
Time: 6–8pm

BEEKEEPING: BEYOND THE BASICS

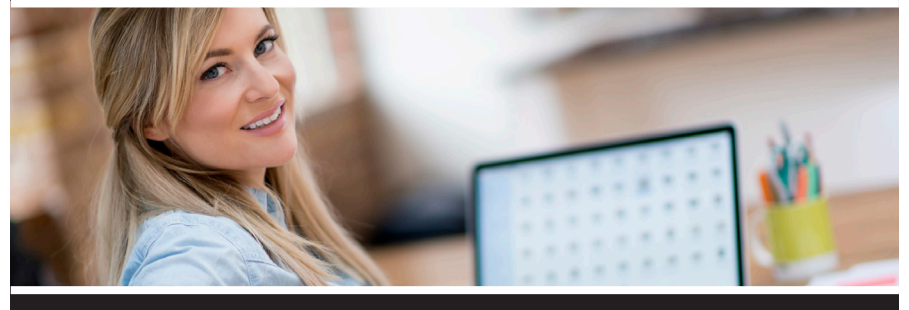
This class is for the participant who has completed a successful beekeeping season with the desire to continue beekeeping as a hobby or is seeking to expand into the commercial market. The materials presented can provide the beekeeper with the competence to maintain and or expand their apiary. The challenges of both are similar, but the direction chosen determines a different course of action. We will cover reproduction, swarm management, equipment use, location, pests, diseases, options and the size of an apiary to differentiate the hobbyist from the commercial beekeeper. Four of six classes meet in an apiary with an emphasis towards hands-on techniques. Protective equipment is required.

Instructor: Moore
Fee: \$159

OPTION

Date: Feb. 23, March 1, 8, 29, April 5, 12 (No class March 15 & 22)
Day: Tuesday
Time: 6–8pm

COMPUTERS AND OFFICE



ADOBE DREAMWEAVER: BASIC WEB DESIGN

Learn how to make a simple web design using Adobe Dreamweaver CC, HTML, and more. Dreamweaver is a web page editor and web site management application used by most professional designers. Topics will include the Dreamweaver screen/interface; Web page and Web site creation; inserting text; text layout using HTML; adding tables, images, and hyperlinks; creating style sheets and publishing a web site to a web host.

Instructor: Gibson
Fee: \$109

OPTION

Date: April 12, 14, 19, 21
Day: Tuesday, Thursday
Time: 6–8pm

SPRING 2016 NON-CREDIT COURSES

ADOBE ILLUSTRATOR: BASIC

A hands-on introduction to the basic tools that make Adobe Illustrator one of the most unique and powerful graphics programs today. Exercises, techniques, and the tools that accomplish them will be taught in a step-by-step manner, with some exercises mirroring real-world problem solving related to projects like logo design, fliers and other aspects of computer art. The class will utilize Adobe Illustrator CC.

Instructor: Gibson
Fee:\$109

OPTION

Date: Feb. 16, 18, 23, 25
Day: Tuesday, Thursday
Time: 6–8pm

ADOBE LIGHTROOM FOR BEGINNERS

Do you want outdoor photographs that reflect the beauty and mood of the landscape that you see with your naked eye? Ready for a whole new approach to your post-production workflow? In this class you'll learn the latest techniques that give those beautiful places the same color, atmosphere, detail and feeling that they had when you took the photo. You'll learn efficient editing techniques and everything you need to know about working with Adobe Lightroom to make your workflow efficient. You'll learn a basic, seamless Lightroom workflow, and also how to customize that workflow to fit your specific needs — whether you're outsourcing, taking pictures on the go, or working in a studio setting. We will cover ways to select and retouch images more productively. You'll also learn about automating settings that will help you work more efficiently. Please bring some pictures on a flash drive.

Instructor: Szeredy
Fee:\$79

OPTION

Date: Jan. 13, 20, 27
Day: Wednesday
Time: 6–8pm

ADOBE LIGHTROOM: ADVANCED

This course is a continuation from the Adobe Lightroom for Beginners class. We will cover more in-depth topics in this course. Ready for a whole new approach to your post-production workflow? You'll learn efficient editing techniques and everything you need to know about working with Adobe Lightroom to make your workflow efficient. Please bring some pictures on a flash drive.

Instructor: Szeredy
Fee:\$79

OPTION

Date: Feb. 10, 17, 24
Day: Wednesday
Time: 6–8pm

ADOBE PHOTOSHOP FOR DESIGNERS: INTRODUCTION

Using the very latest version of Adobe Photoshop (CC 2014), this class will offer an intensive introduction to the premiere design software of our time. You'll learn how to navigate Photoshop's interface like a pro; how to use layers, selections, channels and blending modes to create sophisticated art and effects; how to tailor your Photoshop project for print, video or web graphics; various techniques for compositing different images together; and how Photoshop can fit

into a workflow with other software such as Illustrator, InDesign, After Effects and 3D animation software.

Instructor: McConnell
Fee:\$109

OPTION

Date: Feb. 20, 27
Day: Saturday
Time: 9am–1pm

ADOBE PHOTOSHOP FOR DESIGNERS: ADVANCED

Take your Photoshop skills to the next level! Building on knowledge from the Photoshop for Designers: Introduction course, you'll learn advanced techniques including advanced type techniques, smart objects and vector shapes, layer management, color correction and the integration of Photoshop into web design. The class will focus on real-world compositing and design examples.

Instructor: McConnell
Fee:\$109

OPTION

Date: March 5, 12
Day: Saturday
Time: 9am–1pm

ADOBE PHOTOSHOP: ADVANCED PHOTO RETOUCHING

Photoshop can be overwhelming. Optimizing images, sharpening, retouching, black and white conversion, directing the viewer's eye, HDR, panorama-stitching and more — all the things photographers do with Photoshop. You won't be wasting any time and energy learning effects you'll never use, leaving you struggling to find the tools you need. This course is geared to tricks and techniques photographers use on a daily basis. Please bring pictures on a flash drive to retouch.

Instructor: Szeredy
Fee:\$79

OPTION

Date: May 4, 11, 18
Day: Wednesday
Time: 6–8pm

BASIC KEYBOARDING

For people who have minimal (30 words per minute or less) or no keyboarding skills. This class introduces the touch method of keyboarding. There is an emphasis on learning the alphanumeric keyboard, proper technique, posture, ergonomics, and speed control.

Instructor: Wooster
Fee:\$59

OPTION

Date: April 4, 6, 11, 13, 18, 20
Day: Monday, Wednesday
Time: 5:30–6:30pm

OPPORTUNITIES FOR LIFELONG LEARNING

COMPUTER FUNDAMENTALS

If you have never turned on a computer or are struggling to make one work, this is the course for you. Enjoy yourself while you learn basic computer operation and terminology. This course teaches you how to use a mouse, create and store files, open programs, and use email using Windows 7.

Instructor: Hoffman
Fee: \$59 (includes workbook)

OPTION 1

Date: Jan. 19, 21, 26
Day: Tuesday, Thursday
Time: 6–8pm

OPTION 3

Date: May 3, 5, 10
Day: Tuesday, Thursday
Time: 6–8pm

OPTION 2

Date: March 22, 24, 29
Day: Tuesday, Thursday
Time: 6–8pm

COMPUTERS BEYOND THE FUNDAMENTALS

So you've mastered turning the computer on and off and using the mouse! But there's still so much more to enjoy about your computer beyond the fundamentals. This class focuses on all the fun things we do on our computers after we've mastered the basics: the Internet, e-mail, online shopping, computer safety, anti-virus, quick-fixes for common problems and a few other tricks. We will go over broad topics and discuss specific issues that you have encountered.

Instructor: Hoffman
Fee: \$59 (includes workbook)

OPTION 1

Date: Feb. 9, 11, 16
Day: Tuesday, Thursday
Time: 6–8pm

OPTION 3

Date: May 24, 26, 31
Day: Tuesday, Thursday
Time: 6–8pm

OPTION 2

Date: April 5, 7, 12
Day: Tuesday, Thursday
Time: 6–8pm

FACEBOOK BASICS

This course will provide participants with an introduction to the new, evolving world of Facebook! We will explore Facebook as a social media platform for personal use.

Instructor: Kay
Fee: \$69

OPTION 1

Date: Jan. 25, Feb. 1, 8
Day: Monday
Time: 6–8pm

OPTION 2

Date: May 9, 16, 23
Day: Monday
Time: 6–8pm

MICROSOFT ACCESS: BEGINNING

This course is for those interested in learning the basics of Access database solutions. You will learn how to create queries, forms and reports, lay out fields, set formats and much more. Basic computer knowledge/ability is recommended.

Instructor: Kay
Fee: \$95 (includes workbook)

OPTION 1

Date: Feb. 15, 22, 29
Day: Wednesday
Time: 5:30–8pm

OPTION 2

Date: May 30, June 6, 13
Day: Monday
Time: 5:30–8pm

MICROSOFT ACCESS: INTERMEDIATE

This course will take a look at creating and enforcing database relationships as well as a deeper examination of tables, queries, forms and reports. We will create advanced queries including Parameter queries, Find Duplicates queries and Find Unmatched queries. More advanced formatting of reports and forms will be covered as well.

Instructor: Kay
Fee: \$95 (includes workbook)

OPTION

Date: March 21, 28, April 4
Day: Monday
Time: 5:30–8pm

MICROSOFT ACCESS: ADVANCED

This course will explore working with macros, and creating action queries such as a make table query, an update query, an append query, etc. We will also learn how to import and export data, create a menu system, and work with forms and reports. Finally, we will explore database tools and maintenance.

Instructor: Kay
Fee: \$95 (includes workbook)

OPTION

Date: April 18, 25, May 2
Day: Monday
Time: 5:30–8pm

MICROSOFT EXCEL: BEGINNING

Currently, it's hard to find or advance in a job without knowledge of spreadsheets. Home users will also find spreadsheets handy for everything from creating budgets to soccer schedules! Create, modify, format and print worksheets; work with basic functions; and create simple calculation formulas using Excel.

Instructor: Kay
Fee: \$95 (includes workbook)

SPRING 2016 NON-CREDIT COURSES

OPTION 1

Date:.....Jan. 13, 20, 27
Day: Wednesday
Time:.....5:30–8pm

OPTION 3

Date:..... May 18, 25, June 1
Day: Wednesday
Time:.....5:30–8pm

OPTION

Date: April 27, May 4, 11
Day: Wednesday
Time: 5:30–8pm

OPTION 2

Date:..... March 3, 8, 10
Day: Thursday, Tuesday
Time:.....5:30–8pm

MICROSOFT PUBLISHER

This course will introduce students to the world of Microsoft Publisher. Students will learn how to create their own print material, letterhead, logos, calendars, newsletters and reports. Microsoft's easy-to-learn publishing software is a great tool to help businesses and individuals save money by creating their own publications and flyers.

Instructor:.....Colbert
Fee: \$95 (includes workbook)

OPTION

Date: March 22, 24, 29
Day:Tuesday, Thursday
Time: 5:30–8pm

MICROSOFT WINDOWS 8: INTRODUCTION

This course will be a guided tour of the newest Windows 8 operating system. The demonstration will cover such topics as file and folder management and disc organization as well as application interfaces and customizing settings. If you have a portable Windows 8 machine, you are welcome to bring it to class and practice. The class will be delivered as a demonstration of the operating system with an accompanying book that will help you practice the concepts at home.

Instructor:.....Hoffman
Fee: \$79 (includes workbook)

OPTION

Date:Feb. 23, 25, March 1
Day:Tuesday, Thursday
Time: 5:30–8pm

MICROSOFT WORD: BEGINNING

This introductory hands-on class covers Word basics: creating, opening, closing, and printing documents; formatting and editing text; working with paragraphs and pages, lists and tabs, borders and shading; and headers and footers using Word.

Instructor:.....Colbert
Fee: \$95 (includes workbook)

OPTION

Date: Feb. 17, 22, 24
Day: Wednesday, Monday
Time: 5:30–8pm

MICROSOFT WORD: INTERMEDIATE

Learn to use Microsoft Word features beyond the introductory class, including mail merge, templates and macros; object linking and embedding; and online forms. Class is instructor-led in our computer lab where you'll be able to utilize and practice what you learn as you are learning it.

Instructor:.....Colbert
Fee: \$95 (includes workbook)

MICROSOFT EXCEL: INTERMEDIATE

Create more advanced formulas and functions using absolute cell references and work with advanced formatting features using Excel.

Fee: \$95 (includes workbook)

OPTION 1

Instructor:.....Kay
Date:.....Feb. 3, 10, 17
Day: Wednesday
Time:.....5:30–8pm

OPTION 2

Instructor:.....Shammo
Date:..... April 14, 19, 21
Day: Tuesday, Thursday
Time:.....5:30–8pm

MICROSOFT EXCEL: ADVANCED

Covered in this course is importing and exporting data, advanced number formatting, working with ranges, creating basic macros, summarizing and analyzing data and workgroup collaboration using Excel.

Instructor:.....Shammo
Fee: \$95 (includes workbook)

OPTION

Date: March 23, 30, April 6
Day: Wednesday
Time: 5:30–8pm

MICROSOFT OUTLOOK

This class will introduce students to Microsoft Outlook and the amazing organization tool it can be. Students will learn how to manage their mailboxes and archive their mail, create a personalized email signature, create and work with notes and journal entries, build contact lists, share Outlook calendars and contacts, create e-mail templates, use mail merge to send personalized messages to groups of contacts and more.

Instructor:.....Shammo
Fee: \$95 (includes workbook)

OPTION

Date: May 12, 17, 19
Day:Thursday, Tuesday
Time: 5:30–8pm

MICROSOFT POWERPOINT: INTRODUCTION

Have you ever wanted to learn how to create PowerPoint presentations that were useful and meaningful? Learn to create new slideshows use PowerPoint views and the Help menu; add, delete, and rearrange slides; change font, font size, and color; use cut, copy, and paste commands; insert, resize, align, and connect objects; understand draw tool bar commands; insert pictures and add formatting.

Instructor:.....Shammo
Fee: \$95 (includes workbook)

Class description continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

OPTION

Date: Feb. 29, March 2, 7
Day: Monday, Wednesday
Time: 5:30–8pm

MICROSOFT WORD: ADVANCED

This course includes creating and formatting charts; working with longer documents, footnotes and endnotes; indexes, tables of figures and table of contents; creating macros; graphics; and creating forms which include drop-down lists.

Instructor: Colbert
Fee: \$95 (includes workbook)

OPTION

Date: March 21, 23, 28
Day: Monday, Wednesday
Time: 5:30–8pm

QUICKBOOKS INTRO AND ACCOUNTING BASICS

New to QuickBooks or just getting started? The smartest thing is to learn some basic accounting first! This fun, new class combines accounting and business concepts with active QuickBooks practice. We talk debits and credits, use a worksheet, then create a make-believe company file and work through typical transactions for hands-on learning. Included: the chart of accounts, the five account types, forms, items, sales receipts, invoices, customer payments, deposits and bank reconciliation. The class also features bills, A/P, credit card charges and basic financial reports. Requires basic computer knowledge but no QuickBooks experience.

Instructor: Lichtenstein
Fee: \$189

OPTION 1

Date: Feb. 22, 24, 26, 29, March 2, 4, 7, 9
Day: Monday, Wednesday, Friday
Time: 3–5pm

OPTION 2

Date: March 22, 24, 29, 31, April 5, 7, 12, 14
Day: Tuesday, Thursday
Time: 5–7pm

QUICKBOOKS: LEVEL TWO

Take your skills up a notch and also learn some “best practices.” This class offers more in-depth understanding of how accounting and QuickBooks are intertwined. As in the Introduction Class, we build and customize a fictitious company through sample transactions, including journal entries and setting preferences. We work with purchase orders and estimates. We learn to create various items, use classes, track simple inventory, manage sales tax and use reports. Get more comfortable with accounts such as assets, liabilities, equity and credit cards and see how to automate some transactions. Style is hands-on and interactive. Pace and topics assume prior basic QuickBooks experience.

Instructor: Lichtenstein
Fee: \$159

OPTION

Date: April 26, 28, May 3, 5, 10, 12
Day: Tuesday, Thursday
Time: 5–7pm

QUICKBOOKS POWER SESSION

Come for a fun two-evening class of bonus material. Students will work through sample problems and questions from all areas of QuickBooks. This is a chance to cover additional material and to supplement your QuickBooks skills. Come test your knowledge, ask your questions and learn something new!

Instructor: Lichtenstein
Fee: \$59

OPTION

Date: May 17, 19
Day: Tuesday, Thursday
Time: 5–7pm

WORDPRESS FOR ARTISTS

Are you an artist, photographer or creative writer who has wanted to create online portfolios or blogs to showcase your work? WordPress is the perfect vehicle for you! It is estimated that almost 20 percent of the internet now runs on WordPress, and the software’s success is owed chiefly to its combination of power and ease of use. If you have wanted to get your work out there in an attractive and relatively simple way, this class will show you how.

Instructor: McConnell
Fee: \$109

OPTION

Date: March 26, April 2
Day: Saturday
Time: 9am–1pm

WORDPRESS: CUSTOMIZATION

Part of the appeal of WordPress is that there are so many free and premium themes available with which you can get a new website up and running quickly. But some people just weren’t made for “cookie cutters.” This class will show you how to adapt a theme to meet your (or your business’) unique needs. Included in this class will be advice on how to modify the visual styling of your WordPress site; how to create “custom post types,” which (among other uses) can help in the creation of a simple online store; and how to more effectively incorporate plugins to further extend the power of your WordPress website.

Instructor: McConnell
Fee: \$109

OPTION

Date: April 9, 16
Day: Saturday
Time: 9am–1pm



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Click on the blue “Register Online” button, pick a category and add classes.

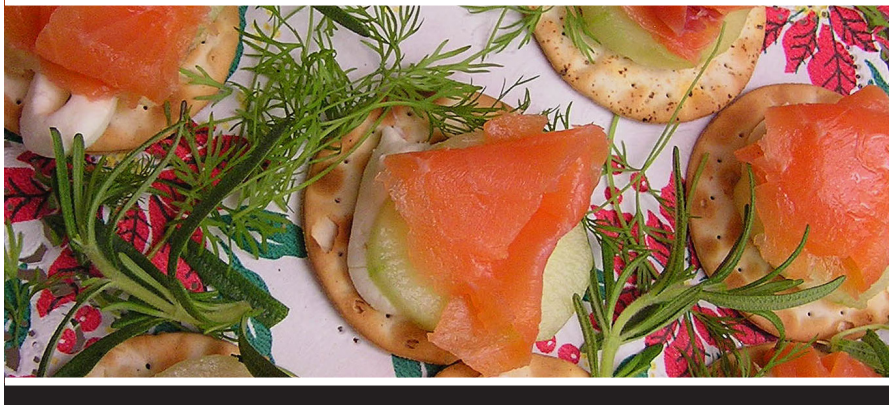


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SPRING 2016 NON-CREDIT COURSES

COOKING



BAKING ARTISAN BREADS

Learn to make sourdough bread and bagels in this fun and easy 3-hour baking class. Students will participate in hands-on activities. Make sure to bring a bag to take goodies home!

Instructor: Kelly
 Fee: \$39
 Materials: \$12

OPTION

Date: April 28
 Day: Thursday
 Time: 6-9pm

BAKING YEAST BREADS

Find out how easy it is to make simple yeast bread, baguettes and dinner rolls in one three-hour session. Make sure to bring a bag to take goodies home!

Instructor: Kelly
 Fee: \$39
 Materials: \$12

OPTION

Date: March 31
 Day: Thursday
 Time: 6-9pm

COLORADO BEER HISTORY

Learn a bit about the rich brewing history of the Centennial State. From Fred Solomon and Charles Tascher and the Rocky Mountain Brewery in 1859 to the Coors legacy, to the outstanding craft brewers like New Belgium and Kannah Creek, Colorado's brewing history is rich and diverse. This three-hour tour of Colorado brewing will spark your interests and quench your thirst for Colorado beer knowledge.

Instructor: Hartter
 Fee: \$39

OPTION 1

Date: Feb. 25
 Day: Thursday
 Time: 5:30-8:30pm

OPTION 2

Date: April 7
 Day: Thursday
 Time: 5:30-8:30pm

COOKIES

Learn a few new tricks to make your holiday and everyday cookies turn out better. Class will create three different cookie recipes in one three-hour session. Students will participate in hands-on activities. Make sure to bring a bag to take goodies home!

Instructor: Kelly
 Fee: \$39
 Materials: \$18

OPTION

Date: April 7
 Day: Thursday
 Time: 6-9pm

COUPLES COOKING DATE NIGHT CUISINE

An unusual dinner experience for a first date, wedding anniversary, birthday, blind date or any special occasion. This will be a fun experience! Learn to prepare and then enjoy a gourmet, three-course meal from start to finish. Make the class your special occasion date for you and your spouse, roommate, friend or sibling. Formal wear is not required, but class participants may want to bring an apron.

Instructor: Crawford
 Fee: \$59 per couple
 Materials: \$40

OPTION 1 – CHINESE

Date: Jan. 22
 Day: Friday
 Time: 6-9pm

OPTION 7 – CHINESE

Date: May 13
 Day: Friday
 Time: 6-9pm

OPTION 2 – MEXICAN

Date: Jan. 29
 Day: Friday
 Time: 6-9pm

OPTION 8 – MEXICAN

Date: May 20
 Day: Friday
 Time: 6-9pm

OPTION 3 – ELEGANCE IN CHOCOLATE

Date: Feb. 12
 Day: Friday
 Time: 6-9pm

OPTION 9 – AMERICAN SOUTHWEST

Date: June 10
 Day: Friday
 Time: 6-9pm

OPTION 4 – AMERICAN SOUTHWEST

Date: Feb. 19
 Day: Friday
 Time: 6-9pm

OPTION 10 – GERMAN

Date: June 17
 Day: Friday
 Time: 6-9pm

OPTION 5 – GERMAN

Date: March 4
 Day: Friday
 Time: 6-9pm

OPTION 11 – SPANISH

Date: July 15
 Day: Friday
 Time: 6-9pm

OPTION 6 – SPANISH

Date: March 11
 Day: Friday
 Time: 6-9pm

CHEESECAKE BITES

This is an introductory class to making mini-cheesecakes, cheesecake bites. In each class, we will make two different flavors of cheesecakes and each student will take home two dozen.

Instructor: Mathis

Class description continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

Fee:\$39
Materials:\$15

OPTION 1

Date: Jan. 28
Day: Thursday
Time: 6–9pm

OPTION 2

Date: March 24
Day: Thursday
Time: 6–9pm

THE CHEESE STEAK – THREE WAYS

Lee Mathis, owner of Decadence Gourmet, will instruct the class on how to make that East Coast delicacy, The cheese steak, three ways. The three styles we will explore are traditional, stir-fried, and yes ... deep-fried. Students will learn the various techniques, how to assemble and create all three ways and have recipes to take home along with their creations. Lee grew up on cheese steaks on the Jersey Shore, ran a sub shop outside of Atlantic City while growing up and is a true aficionado of this tasty treat!

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: Feb. 18
Day: Thursday
Time: 6–9pm

CRAFT BEER APPRECIATION

Learn about beer styles, the brewing process, beer ingredients and their uses, brief world brewing history, the differences between craft and non-craft beers, aging beer, ales vs. lagers and much more!

Instructor: Hartter
Fee:\$39

OPTION 1

Date: Jan. 28
Day: Thursday
Time: 5:30–7:30pm

OPTION 2

Date: April 21
Day: Thursday
Time: 5:30–7:30pm

EN FUEGO

Students will be led through multiple recipes of fiery foods! Our instructor has an affection for spicy, yet flavorful foods and has been doing “En Fuego” pop-up/flash restaurants throughout the Grand Valley for the past 18 months. Each student will be allowed to control the heat in the dishes they prepare, from mild to extremely hot, as both ghost peppers and Trinidad scorpion peppers will be available.

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: April 7
Day: Thursday
Time: 6–9pm

FOODS OF CENTRAL AMERICA

From traditional dishes to more modern takes on Central America ingredients, this class will look into this exciting cuisine. We will focus on ingredients from fresh produce to exciting seafood. Cooking and plating techniques will be discussed as we learn from demonstrations and hands-on activities. Please bring an apron.

Instructor: Mattingley
Fee:\$39
Materials:\$20

OPTION

Date: Jan. 27
Day: Wednesday
Time: 6–9pm

FOODS OF MARDI GRAS

Come and celebrate Mardi Gras by learning Louisiana Creole cuisine and the techniques behind making this exciting and flavorful food. We will discuss and produce foods such as jambalaya, shrimp po’boys, gumbo, and etouffee. Students will taste foods, participate in hands on activities, and receive recipes to take home. Please bring an apron.

Instructor: Mattingley
Fee:\$39
Materials:\$20

OPTION

Date: March 2
Day: Wednesday
Time: 6–9pm

GLUTEN FREE APPETIZERS

These days many people are either cutting back on their gluten intake or avoiding it altogether. Lee Mathis, Founder and Owner of Decadence Gourmet, will teach you how to make some gluten-free appetizers where no one will even notice that they are gluten-free.

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: March 3
Day: Thursday
Time: 6–9pm

GLUTEN-FREE ENTREES

Can’t have or just do not want gluten in your foods? Not a problem! Lee Mathis, founder and owner of Decadence Gourmet, will walk you through a few gluten-free entrees that you, your family and your friends are sure to love!

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: March 10
Day: Thursday
Time: 6–9pm

PASTRIES, CREAM PUFFS, AND PIES

This class is great for the aspiring dessert maker. Learn the basics of cream puffs, éclairs, pies, pie crusts and cinnamon rolls. The class will take home fresh-baked products every week for you and your family to enjoy.

Instructor: Kelly

SPRING 2016 NON-CREDIT COURSES

Fee:\$109
Materials:\$25

OPTION

Date: May 5, 12, 19
Day: Thursday
Time: 6-9pm

PIES AND PIE CRUST

Pie crust can be easy as ... well, pie. Come learn how to make easy pie crusts and pies. Class will make two pies in one 3-hour session. Students will participate in hands-on activities. Make sure to bring a bag to take goodies home!

Instructor: Kelly
Fee:\$39
Materials:\$15

OPTION

Date: April 21
Day: Thursday
Time: 6-9pm

QUICK, EASY, & TASTY APPETIZERS

Having some people over, headed to a pot-luck or just want to make something special for your family or friends? Lee Mathis, founder and owner of Decadence Gourmet, will teach you how to make some really tasty appetizers that are quick and easy to make! Each student will be shown how to make a few tasty treats that everyone will be sure to love!

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: Jan. 21
Day: Thursday
Time: 6-9pm

QUICK, EASY, & TASTY ENTREES

Tired of the same ol', same ol' but do not want to live in your kitchen preparing them? Lee Mathis, founder and owner of Decadence Gourmet, will help save the day by walking the students through some great tasting entrees that will not have you stressing. They will be easy and quick to make, and they will have your family and/or guests asking for more and asking for the recipes too!

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION 1

Date: Feb. 25
Day: Thursday
Time: 6-9pm

OPTION 2

Date: March 31
Day: Thursday
Time: 6-9pm

SUPER BOWL APPETIZERS

The "Big Game" deserves "Big Food"! Lee Mathis, founder and owner of Decadence Gourmet, will teach you how to make a multitude of some tasty pre-game foods that will be sure to "score" with your guests. Each student will make (and take home) three to four appetizers and the recipes that will be sure to get your guests ready for the game, plus some additional recipes.

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: Feb. 4
Day: Thursday
Time: 6-9pm

SUPER BOWL BUFFET FOOD

Yes, you want to be able to watch the "Big Game" (and the commercials!) but you know your guests will have an appetite by half-time and who wants to be that busy and miss any of it? Lee Mathis, founder and owner of Decadence Gourmet, will teach you some "Super" food that will not keep you in the kitchen. Each student will be taught how to make some "Big" foods that can be prepped ahead of time so you and your guests can really have a "Super Day"!

Instructor: Mathis
Fee:\$39
Materials:\$15

OPTION

Date: Feb. 3
Day: Wednesday
Time: 6-9pm

SUSHI!

Have you always wanted to try to make your own sushi? This is a beginner class so don't worry, it's much easier than you think. We will discuss and make sushi rice, sushi rolls, nigari and sashimi. Students will focus on knife cuts, techniques, and using a creative approach to using your own sushi. Students will taste foods, participate in hands-on activities including making your own sushi meal and receive recipes to take home. Please bring an apron.

Instructor: Mattingley
Fee:\$39
Materials:\$20

OPTION

Date: April 27
Day: Wednesday
Time: 6-9pm

VALENTINE'S CULINARY DATE NIGHT

Couples who cook together, stay together. Sign up yourself and your partner for a date night themed class that will be fun and memorable. Couples will make a meal together that will include a fresh salad and handmade dressing, pan seared steak, perfect steakhouse baked potato and white chocolate cheesecake. We will talk about plating techniques and seasoning foods to perfect them. Plan on eating a full meal that you and your partner have made, participate in hands-on activities and receive recipes to take home. Please bring an apron.

Instructor: Mattingley
Fee:\$59 per couple
Materials:\$40

OPTION 1

Date: Feb. 10
Day: Wednesday
Time: 6-9pm

OPTION 2

Date: Feb. 11
Day: Thursday
Time: 6-9pm

OPPORTUNITIES FOR LIFELONG LEARNING

DANCE



50'S STYLE SWING

Come learn how to swing dance the old fashioned way! This class is taught for 50's style swing, petty coat and pony tail style. This beginner level class will teach the basics of swing, with emphasis on having fun and learning a new style.

Instructor: Rill
Fee: \$99 (per couple)

OPTION

Date: May 2, 9, 16, 23, June 6, 13 (No class May 30)
Day: Monday
Time: 7-8:30pm

BALLROOM STYLE SOCIAL DANCING

Want a really fun, interesting and healthful new activity in your life? You and your partner will learn more than just the fundamentals of five basic dances: Foxtrot, Jitterbug or Swing, Waltz, Polka and a Latin dance such as Rhumba or Salsa. You'll be amazed at how quickly you discover the ease of moving to the various rhythms. Get set for a lifetime of happy dancing!

Instructor: Rill
Fee: \$99 (per couple)

OPTION

Date: March 21, 28, April 4, 11, 18, 25
Day: Monday
Time: 7-8:30pm

TAP DANCE — BEGINNING LEVEL ONE

Have you always wanted to tap dance but never had the opportunity? Or maybe you had some classes as a kid but haven't thought about it for years? Well, dig out those old tap shoes and join us for a refresher. It's great exercise and way more fun than the gym!

Instructor: Thomas
Fee: \$49

OPTION

Date: Jan. 12, 19, 26, Feb. 2, 9, 16
Day: Tuesday
Time: 5:30-6:30pm

TAP DANCE — BEGINNING LEVEL TWO

This class is a follow-up to the beginning level 1 class. It's great exercise and way more fun than the gym! We will continue practicing tap dance moves and developing routines. Don't forget your tap shoes!

Instructor: Thomas
Fee: \$49

OPTION

Date: March 1, 8, 15, 22, 29, April 5
Day: Tuesday
Time: 5:30-6:30pm

TAP DANCE — INTERMEDIATE

Have you tap danced before, but need a refresher course? Come join us for the next level of tap dance fun! We will cover more advanced techniques and routines than the beginning tap dance course. Don't forget your tap shoes!

Instructor: Thomas
Fee: \$49

OPTION

Date: Jan. 13, 20, 27, Feb. 3, 10, 17
Day: Wednesday
Time: 5:30-6:30pm

EQUINE HEALTH CARE



THE EVOLUTION OF HORSESHOEING

This class will discuss the evolution of horseshoeing from ancient times to current barefoot trimming methodologies. Particular emphasis will be placed on the various types of trimming methods that are available.

Instructor: Crandall
Fee: \$29

OPTION

Date: April 5
Day: Tuesday
Time: 6-8pm

SPRING 2016 NON-CREDIT COURSES

UNDERSTANDING THE EQUINE HOOF AND ITS PROPER CARE SERIES

The hoof care classes will consist of three options. The first option will discuss lower leg anatomy and how it relates to conformation of the horse. The second option will discuss various lamenesses. The last class will be devoted entirely to founder, learning the causes, what happens inside the foot, what owners can do to help their horse be more comfortable during this time.

Instructor: Crandall
 Fee:\$29

OPTION 1 – LOWER LEG ANATOMY

Date:Feb. 23
 Day: Tuesday
 Time: 6–8pm

OPTION 3 – FOUNDER

Date: March 8
 Day: Tuesday
 Time: 6–8pm

OPTION 2 – VARIOUS LAMENESS ISSUES

Date: March 1
 Day: Tuesday
 Time: 6–8pm

FINANCIAL PLANNING AND RETIREMENT



RETIREMENT PLANNING TODAY

Due to recent tax law changes, the uncertain future for Social Security and the shift toward employee-directed retirement plans, the need for sound financial strategies has never been greater. In straightforward language, this class explains time tested strategies that help you make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence.

Instructor: Miller
 Fee: \$49 plus one guest free

OPTION 1

Date:Jan. 30, Feb. 6
 Day:Saturday
 Time:9am–12pm

OPTION 2

Date:Feb. 4, 11
 Day: Thursday
 Time: 6:30–9:30pm

SAVVY SOCIAL SECURITY

This workshop was specifically designed to help baby boomers get the most from their Social Security retirement benefits. The decisions you make today can have a tremendous bearing on the total amount of benefits you stand to receive over your lifetime. There are important things about your Social Security benefits that you need to know now.

Instructors:Spainhower and Strasburg
 Fee: \$29 plus one guest free

OPTION 1

Date: March 15
 Day: Tuesday
 Time:6:30–8pm

OPTION 3

Date: March 16
 Day: Wednesday
 Time:6:30–8pm

OPTION 2

Date: March 16
 Day: Wednesday
 Time:2–3:30pm

FIREARM SAFETY/CONCEALED CARRY



CONCEALED CARRY

This course fulfills the Colorado Concealed Carry training requirements for your CCW permit and includes:

- Three hours of firearms law
- Four hours of personal protection
- Four hours of coached shooting
- Four hours of basic pistol operation

The first portion of the course teaches the basic knowledge, skills and attitude for owning and operating a pistol safely. We include classroom and range time for learning to shoot revolvers and semi-automatic pistols. Students learn NRA's rules for safe gun handling; pistol parts and operation; ammunition; cleaning; shooting fundamentals; and range rules. The second portion of the course teaches the basic knowledge, skills, and attitude essential to the safe and efficient use of a handgun for protection of self and family, and to provide information on the law-abiding individual's right to self-defense. This portion consists of basic defensive shooting skills and strategies for home safety; responding to a violent confrontation; firearms and Colorado law; and handgun selection criteria for self-defense.

Instructor: NRA Certified Instructors
 Fee:\$75
 Materials:\$25 payable to the instructor at the beginning of the class

OPTION 1

Date:TBD (6 sessions)
 Day: Monday, Tuesday, Thursday
 Time: 6:30–9:30pm

OPTION 2

Date:TBD (2 sessions)
 Day: Saturday, Sunday
 Time: 7–5pm

Classes are continuously added. Please see online course schedule or call 970.255.2800 for dates.



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Like us on Facebook for updated information, additional classes, and more!

OPPORTUNITIES FOR LIFELONG LEARNING

AMMUNITION RELOADING: METALLIC CARTRIDGES

Reloading rifle and pistol cartridges is an enjoyable and safe pastime. There are many good reasons why people reload their own ammunition. In this course, participants will learn the basics of reloading procedures; information about choosing powders, primers, and bullets; different types of reloading equipment and their proper setup and operation.

Instructor: Barto
 Fee: \$80
 Materials: \$10 payable to the instructor at the beginning of the class

OPTION

Date: Jan. 27, Feb. 3, 10
 Day: Wednesday
 Time: 6–9pm

MATH FOR SHOOTERS

An excellent survey course of the mathematical foundations involved in the shooting sports. Whether we realize it or not, to shoot well, we depend on an understanding of physical laws and the equations they produce. Topics covered include: velocity, kinetic energy, trajectory, ballistic coefficient, angle of fire, mils, radians and others. Arithmetic and basic algebra are all that are needed. Emphasis will be placed on answering students' questions. This is a discussion class more than a lecture class.

Instructor: Barto
 Fee: \$80

OPTION

Date: Feb. 17, 24, March 2
 Day: Wednesday
 Time: 6:30–9pm

FITNESS AND HEALTH



HATHA YOGA: BEGINNING

No matter what age or physical condition, yoga can be a part of a healthy lifestyle. This course will provide the beginner a gentle introduction to yoga. Use of accommodations will help increase flexibility as well as increase a sense of well-being. Students will need to bring a yoga mat, two blocks and a yoga strap. Comfortable clothing that allows movement is a necessity.

Instructor: Kreinberg
 Fee: \$60

OPTION 1

Date: Jan. 12, 19, 26, Feb. 2, 9, 16
 Day: Tuesday
 Time: 5–6pm

OPTION 2

Date: Feb. 23, March 1, 8, 29,
 April 5, 12 (No class March 15, 22)
 Day: Tuesday
 Time: 5–6pm

OPTION 3

Date: April 19, 26, May 3, 10, 17, 24
 Day: Tuesday
 Time: 5–6pm

HATHA YOGA: LEVEL TWO

Develop your yoga practice focusing on progressively building strength, flexibility and confidence. Classes will focus on one theme each, so the student with limited experience will be able to practice weak areas and ask questions about the poses. Yoga mat, blocks and a yoga strap are necessary.

Instructor: Kreinberg
 Fee: \$65

OPTION 1

Date: Jan. 12, 19, 26, Feb. 2, 9, 16
 Day: Tuesday
 Time: 6:15–7:30pm

OPTION 2

Date: Feb. 23, March 1, 8, 29,
 April 5, 12 (No class March 15, 22)
 Day: Tuesday
 Time: 6:15–7:30pm

OPTION 3

Date: April 19, 26, May 3, 10, 17, 24
 Day: Tuesday
 Time: 6:15–7:30pm

INTRODUCTION TO NEUROSCULPTING® – A SCIENTIFIC APPROACH TO MEDITATION

Integrating modern neuroscience with meditation and brain exercises to rewire the brain. Neurosculpting® is a modality of meditation that brings modern neuroscience into its structure. By utilizing what we know about the way our brains like to “map” neurologically, we can develop mental exercises and meditations that bridge analytical processes with spiritual experiences and self-improvement. Topics include basics, money mindfulness, body image, grief, communication, DNA and cell-health, motivation and goal-setting, dealing with change, etc.

Instructor: Rachlin
 Fee: \$149

OPTION

Date: January 12, 19, 26, February 2, 9, 16, 23
 Day: Tuesday
 Time: 6pm–8pm



WESTERN COLORADO
COMMUNITY COLLEGE
 A Division of Colorado Mesa University

COMMUNITY EDUCATION CENTER

SPRING 2016 NON-CREDIT COURSES

HEALTHCARE PROGRAMS – ONLINE



These programs are developed in collaboration with industry experts, employers and associations, providing students with a course of study that will prepare them to successfully transition to the workplace after graduation.

Call 970.255.2800 for more information.

MEDICAL TRANSCRIPTION EDITOR

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory. Enrollment includes ebooks, a transcription foot pedal, an AHDI membership, and a voucher to take the RHDS exam.

Fee: \$2,995

PROFESSIONAL MEDICAL CODING AND BILLING ICD-10 WITH APPLIED PCS

The Professional Medical Coding and Billing with Applied PCS program prepares students for the Certified Coding Associate (CCA) and Certified Professional Coder (CPC) certifications. Students develop a healthcare knowledge base and train on current and advanced code sets. Enrollment includes ebooks, codebooks, and a certification exam voucher.

Fee: \$3,395

PROFESSIONAL MEDICAL CODING AND BILLING ICD-10

The Professional Medical Coding and Billing program prepares students for the Certified Coding Associate (CCA) and Certified Professional Coder (CPC) certification exams. Topics studied include reimbursement methodologies, biomedical sciences, and code sets, including ICD-10 coding. Enrollment includes ebooks, industry codebooks, and a voucher for one of the national certification exams.

Fee: \$2,995

APPLIED PCS CODE SETS

Applied PCS teaches medical coders already familiar with ICD-10-CM to use the ICD-10-PCS code set. Topics include advanced pathophysiology, anatomy, and physiology as well as a coding practicum that provides the opportunity for

hands-on practice with PCS. Students receive one-on-one support and the AHMA ICD-10-PCS Coding: An Applied Approach reference.

Fee: \$695

ICD-10-CM DIAGNOSES FOR THE PROFESSIONAL CODER

This course is designed for outpatient and inpatient coders who are employed in small hospital and large clinics. This course provides detailed instruction and practice in the use of ICD-10-CM and highlights the differences between ICD-9 and ICD-10. This instruction will prepare current coders to code complex diagnoses in the ICD-10-CM code set.

Fee: \$995

PHARMACY TECHNICIAN

The Pharmacy Technician program prepares students for the Pharmacy Technician Certification Board (PTCB) Exam. Topics studied include pharmacology, pharmacy law, and pharmaceutical calculations. There are also externship opportunities at local Walgreens or CVS Pharmacy. Enrollment includes ebooks, a drug reference handbook, and a voucher for the PTCB Exam.

Fee: \$1,995

LANDSCAPING AND GARDENING



DIY FAIRY GARDEN ACCESSORIES

As we approach the growing season let's get our imaginations working as we create fun accessories for a fairy garden. We will construct fun pieces from items collected in nature as well as recycled items. You are welcome to bring some of your own materials. Let your imagination be your guide. When finished you take the items home to place in your own planters or outdoor gardens.

Instructor: Garland
 Fee: \$39
 Materials: \$5 payable to the instructor the day of class

OPTION 1

Date: Feb. 20
 Day: Saturday
 Time: 9am-11am

OPTION 2

Date: April 20
 Day: Wednesday
 Time: 6-8pm

OPPORTUNITIES FOR LIFELONG LEARNING

FEED YOUR SOIL AND WORMS/COMPOSTING AT HOME

Fall is the perfect time to learn to use the fallen leaves and discarded yard waste to make your own valuable soil amendment. Participants will enjoy learning to feed their soil and worms resulting in an improved growing garden environment for next year. Find the ideal system to fit your personal unique situation. This class will give individuals the hands on experience to convert their home and yard waste to valuable compost as it is generated. Topics will include feeding the worms, grass cycling, building your own or buying the right bin as well as using compost to improve your growing environment.

Instructor: Garland
Fee:\$49

OPTION

Date: April 9
Day: Saturday
Time: 9am-12pm

GARDEN ART WITH WIRE AND SHINY BEADS

This workshop is a fun way to anticipate the change of seasons, a craft project to add sparkle to your window or garden to welcome the upcoming spring. Enjoy the opportunity to meet new people while you design and create your own unique piece of beaded garden art. You are welcome to bring some of your own supplies, beads, wire, or small tools. You will leave with your own completed piece of art. Wire and an assortment of beads will be provided. Conversations of spring and gardens will be encouraged.

Instructor: Garland
Fee:\$39
Materials: \$5 payable to the instructor the day of class

OPTION 1

Date:Feb. 27
Day:Saturday
Time:9am-11am

OPTION 2

Date: April 27
Day: Wednesday
Time: 6-8pm

LANDSCAPE DESIGN WORKSHOP

In this workshop, the student will learn the principals of good landscape design. The student will use these principals to create a landscape design for a property assigned by the instructor. After taking this class the student will be able to apply the principals learned to create a landscape design for their own yard. Time will not permit individual landscape designs.

Instructor: Shaw
Fee:\$69

OPTION

Date:Jan. 7, 14, 21
Day: Thursday
Time: 6-8pm



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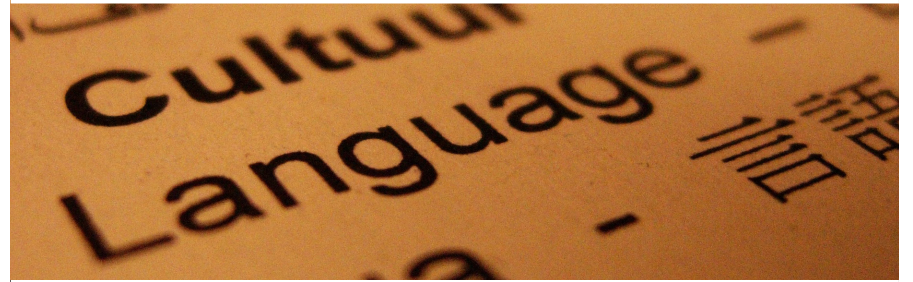
Click on the blue "Register Online" button, pick a category and add classes.



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LANGUAGES



DAILY CHINESE CONVERSATION

This class provides students with the opportunity to learn some basic Chinese for daily conversations or just for fun! This class will be lots of fun and very interactive. You will learn basic Chinese vocabulary, conversational Chinese and Chinese culture. You will also learn how to learn Chinese on your own.

Instructor: McClelland
Fee:\$129

OPTION 1

Date:Feb. 23, 25, March 1, 3, 8, 10, 15, 17
Day: Tuesday, Thursday
Time: 5-6:30pm

OPTION 2

Date: April 4, 6, 11, 13, 18, 20, 25, 27
Day:Monday, Wednesday
Time: 5-6:30pm

GERMAN CONVERSATION: LEVEL ONE

After learning how to sound out German words, you will learn some everyday phrases and some useful vocabulary. Students who take the second session will continue to practice vocabulary they are interested in.

Instructor: Marg
Fee:\$99

OPTION 1

Date: March 7, 14, 21, 28, April 4
Day: Monday
Time: :5:30-7pm

OPTION 2

Date: April 11, 18, 25, May 2, 9
Day: Monday
Time: :5:30-7pm

SIGN LANGUAGE: LEVEL ONE

This is an introductory course for learning American Sign Language. Students will learn the basics of American Sign Language, including grammar, sentence structure and vocabulary, while being exposed to deaf culture and deaf history. This course will build a foundation for receptive and expressive sign language skills, as well as provide opportunities for developing conversational skills. This will be a fun and interactive class, where you are exposed to a language without words.

Instructor: Roberts
Fee: \$159

OPTION

Date: Jan. 12, 19, 26, Feb. 2, 9, 16, 23, March 1
Day: Tuesday
Time: 5:30-7pm

SPRING 2016 NON-CREDIT COURSES

SIGN LANGUAGE: LEVEL TWO

This is the second part of the introductory course for learning American Sign Language. Students will expand on the basics of American Sign Language, including grammar, sentence structure, and vocabulary, while being exposed to deaf culture and deaf history. This course will expand upon the foundation of receptive and expressive sign language skills, as well as provide opportunities for further developing conversational skills. This will be a fun and interactive class, where we are exposed to a language without words.

Instructor: Roberts
Fee: \$159

OPTION

Date: March 29, April 5, 12, 19, 26, May 3, 10, 17
Day: Tuesday
Time: 5:30-7pm

SPANISH CONVERSATION: LEVEL 1

This is a great place to start learning Spanish for travel or business. This fun, interactive class introduces you to basic vocabulary, language "sounds" and conversation.

Instructor: Colbert
Fee: \$159

OPTION

Date: Feb. 16, 18, 23, 25, March 1, 3, 8, 10
Day: Tuesday, Thursday
Time: 5:30-7pm

SPANISH FOR HEALTHCARE WORKERS

This course is fun and practical! It is helpful to nurses, MDs, dentists, hospital techs, aides and support staff who want to learn basic Spanish medical phrases to improve communication with patients. Students engage in more than ten different scenarios commonly seen in medical settings. Some Spanish is desirable, but not a prerequisite.

Instructor: Lynch
Fee: \$159

OPTION

Date: April 7, 14, 21, 28, May 5, 12, 19, 26
Day: Thursday
Time: 5:30-7pm

TRAVELING CHINESE

This class provides students with the opportunity to learn some basic Chinese for traveling in China. This class will be lots of fun and very interactive. You will learn basic Chinese vocabulary, conversational Chinese for different scenarios when you are travelling in China and Chinese culture. You will also learn how to learn Chinese on your own!

Instructor: McClelland
Fee: \$129

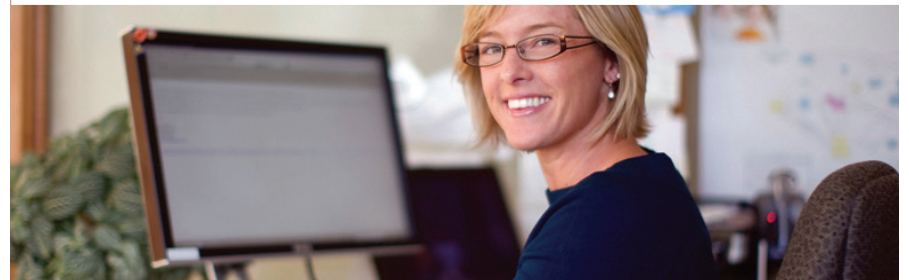
OPTION 1

Date: Jan. 26, 28, Feb. 2, 4, 9, 11, 16, 18
Day: Tuesday, Thursday
Time: 5-6:30pm

OPTION 2

Date: March 22, 24, 29, 31, April 5, 7, 12, 14
Day: Tuesday, Thursday
Time: 5-6:30pm

LEADERSHIP AND BUSINESS



BOOKKEEPING: LEVEL ONE

Do you work in QuickBooks every day but often wonder what is actually going on behind the scenes? Learn how to understand the accounting equation, know the difference between a debit and credit, journalize transactions, post transactions to ledgers, apply adjustments, prepare a trial balance and basic financial statements.

Instructor: Wooster
Fee: \$89

OPTION

Date: Feb. 8, 10, 15, 17
Day: Monday, Wednesday
Time: 5:30-7:30pm

BOOKKEEPING: LEVEL TWO

This class will expand on Bookkeeping: Level 1. Learn about bank accounts, cash funds and internal controls. Class will explore employee earnings and deductions, employee taxes, payments and reports as well as sales and purchases, cash receipts, payments and income statements for merchandising.

Instructor: Wooster
Fee: \$89

OPTION

Date: Feb. 29, March 2, 7, 9
Day: Monday, Wednesday
Time: 5:30-7:30pm

BOOT CAMP FOR INSTRUCTORS

Do students dread your training sessions? Are they distracted? Do they have a blank look their faces? If this is the case, then this is the class for you. The course is designed to improve your delivery skills and effectiveness. The session explores how your workforce learns and how it affects your presentation, class material, personal preparation, delivery techniques, difficult students and resources. The session includes team exercises focusing on delivery techniques.

Class description continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

Instructor:Pavelka
Fee: \$99

OPTION 1

Date:Feb. 24
Day: Wednesday
Time: 8am–12pm

OPTION 2

Date: April 19
Day: Tuesday
Time: 8am–12pm

FACEBOOK FOR BUSINESS

This class is designed to provide participants with an introduction to the new, evolving world of social media tools and strategies of Facebook. We will explore the marketing potential in Facebook as well as the rules that go along with using Facebook in a business setting.

Instructor:Kay
Fee: \$69

OPTION

Date: Feb. 24, March 2, 9
Day: Wednesday
Time: 6–8pm

LEAN MANUFACTURING 101

In this interactive eight-hour training, your team will learn how to apply the key principles of LEAN to your manufacturing processes. High-retention learning is accomplished through both classroom time and four rounds of simulation. Each round of simulation is followed by classroom learning focused on the basic building blocks of LEAN Manufacturing; participants then work as a group to modify their simulation work environment based upon their newly-acquired knowledge. Metrics are calculated between rounds to quantitatively measure incremental results of the improvements as the group evolves into a LEAN organization.

Instructor: Rutherford
Fee: \$100

OPTION

Date: March 16
Day: Wednesday
Time: 8am–5pm

SUPERVISOR: REASONABLE-SUSPICION TRAINING

After completion of this course, supervisors will be able to recognize the signs and symptoms of probable drug and alcohol use, how to make the necessary reasonable-suspicion testing determinations, the role of the supervisor in a Drug-Free Workplace, how to approach an employee in a reasonable-suspicion situation, when to test and when not to test and how to conduct reasonable-suspicion testing.

Instructor:Newsom
Fee: \$105 (includes student workbook and handbook)

OPTION

Date: March 7
Day: Monday
Time: 1–5pm

PUBLIC SPEAKING: FROM WHOA! TO WOW!

This series of classes, taught by veteran actor/director/vocal coach/speaker Kate Fotopoulos, will help you take your public speaking skills to a new level, whether you're a total newbie or someone who wants to polish your delivery. Participation will be limited, so everyone will get a chance to practice and receive personal coaching in each session. Please bring a pen and a notebook. Pre-class assignment: watch at least 3 TED talks (www.ted.com) and write down what you liked/disliked about the presentation (style, subject matter, visual aids, etc.).

Instructor:Fotopoulos

OPTION 1: THERE'S NO SUCH THING AS PUBLIC SPEAKING

Learning to speak as easily, comfortably, and personally to a group as you'd speak in a conversation with a close friend, with a focus on refining body language, eye contact, pace, and natural delivery. We'll also talk about how to get started or discover new audiences.

Date: Feb. 17
Day: Wednesday
Time: 6:30–9pm
Fee: \$39

OPTION 2: FINDING YOUR VOICE

What is your unique style? We'll work on identifying strengths, talents, and personal experiences that you can weave into your presentations. We'll also talk about humor: what does and doesn't work and how to "find your funny."

Date: Feb. 24
Day: Wednesday
Time: 6:30–9pm
Fee: \$39

OPTION 3: THE ART OF STORYTELLING

All the techniques in the world won't help you if you don't have a compelling story. Whether it's for a business meeting, a motivational talk, making an argument in court, emceeding an event, or auditioning for a play, you are telling a story.

Date: March 2
Day: Wednesday
Time: 6:30–9pm
Fee: \$39

WHY DID THIS ACCIDENT HAPPEN? IMPROVING YOUR ACCIDENT INVESTIGATIONS

Topics include purpose investigation; investigative tools; documentation, measurements; other information (e.g., documents to review); preserving of evidence; drawings and sketches; photography and videotaping; notes and reports; obtaining injured and witness statements; determining the root cause; and identifying corrective actions to prevent re-occurrence. Class manual provided.

Instructor:Pavelka
Fee: \$99

OPTION 1

Date: Feb. 8
Day: Monday
Time: 8am–12pm

OPTION 2

Date: April 5
Day: Tuesday
Time: 8am–12pm

OPPORTUNITIES FOR LIFELONG LEARNING

SPRING 2016 NON-CREDIT COURSES

MUSIC



BEGINNING UKULELE

This beginning ukulele class will cover primary chords, strumming patterns, and beginning fingerpicking. It is designed to provide a fun environment to learn basic ukulele technique and begin playing songs quickly.

Instructor: Chillino
Fee: \$69

OPTION

Date: February 3, 10, 17, 24, March 2, 9
Day: Wednesday
Time: 7–8pm

GUITAR: BEGINNING I

This class is intended for those who have never played guitar or who have been frustrated trying to learn. In this class we will learn the basics of guitar, concentrating on rhythm and learning a few simple songs. We will cover topics including relaxing, holding the pick and pick direction, tuning, beginning chords, rhythm and playing in time, how to listen and what to listen for, a simple song or two and how to practice. Students should have access to a guitar to use in class and for practice, a three-ring binder and an electronic tuner. All other materials will be supplied.

Instructor: Quesenberry
Fee: \$79

OPTION

Date: Feb. 18, 25, March 3, 10
Day: Thursday
Time: 6–8pm

GUITAR: BEGINNING II

For players with some experience looking to grow skill sets and become comfortable playing with other instruments in jamming situations. This is for players who know a few chords, can strum along with a few songs and can maybe play a few melodies. There are no prerequisite songs and you don't need to be able to read music. We'll look at a few standard songs and work on switching back and forth between lead and back up as one would in a jam situation. Students should have access to a guitar to use in class and for practice, a three-ring binder and an electronic tuner. All other materials will be supplied.

Instructor: Quesenberry
Fee: \$79

OPTION

Date: March 24, 31, April 7, 14
Day: Thursday
Time: 6–8pm

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

You don't need years of weekly piano lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Then, go on to perfect your technique at home using the home-study CD included with class materials. This is the system the pros use — chords — not tedious note reading. If you can find Middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

Instructor: Whitney
Fee: \$39
Materials: \$25 for textbook and audio CD, collected on day of class

OPTION

Date: April 30
Day: Saturday
Time: 9am–12pm

MANDOLIN: BEGINNING I

This class is intended for those who have never played mandolin, or who have been frustrated trying to learn. In this class we will learn the basics of mandolin, concentrating on rhythm and learning a few simple songs. We will cover topics including relaxing, holding the pick and pick direction, tuning, finger-friendly chords and rhythm and playing in time, how to listen and what to listen for, left and right hand technique and coordination, a simple song or two and how to practice. Students should have access to a mandolin to use in class and for practice, three-ring binder and an electronic tuner. All other materials will be supplied.

Instructor: Quesenberry
Fee: \$79

OPTION

Date: Jan. 11, 18, 25, Feb. 1
Day: Monday
Time: 6–8pm

MANDOLIN: BEGINNING II

For players with some experience looking to grow skill sets to becoming comfortable playing with other instruments in jamming situations. This class is for players who know a few chords, can strum along with a few songs and can maybe play a few melodies. There are no prerequisite songs and you don't need to be able to read music. We'll look at a few standard tunes and work on switching back and forth between lead and back up as one would in a jam situation. In this course we will concentrate on increasing chord knowledge, including how to use chords that economize on movement, apply tremolos to lead playing, incorporating double stops, building scale patterns for use playing leads in a variety of styles, new songs, soloing ideas and licks. Students should have access to a mandolin to use in class and for practice, three-ring binder and an electronic tuner. All other materials will be supplied.

Instructor: Quesenberry
Fee: \$79

OPTION

Date: Feb. 15, 22, 29, March 7
Day: Monday
Time: 6–8pm

OPPORTUNITIES FOR LIFELONG LEARNING

OUTDOOR SPORTS



FLY FISHING: LEVEL 1

This course covers the basics of fly fishing. You will be introduced to equipment, types of fly fishing, entomology, knots, types of flies and their use and the basic cast. This course is designed to get you started with confidence on your journey into the world of fly fishing.

Instructor: Barto
Fee:\$69

OPTION

Date: March 9, 12
Day: Wednesday, Saturday
Time: 6–9pm (March 9), 1–4pm (March 12)

FLY FISHING: LEVEL 2

This program covers beginning and intermediate fundamentals of fly fishing. The program builds on Fundamentals of Fly Fishing or your basic understanding and knowledge of fly fishing. We will cover the importance of stealth and strategy and types of waters that hold trout as well as where trout will be hiding and feeding. We will differentiate types of trout and their feeding behaviors and matching the hatch. This class introduces new casts and techniques that will help maximize your potential for success. Students will learn techniques on how to determine where and when to go fly fishing.

Instructor: Barto
Fee:\$69

OPTION

Date: April 12, 16
Day: Tuesday, Saturday
Time: 6–9pm (April 12), 1–4pm (April 16)

WILDERNESS NAVIGATION WITH MAP AND COMPASS: LEVEL 1

A fun and informative course which will teach you how to navigate the outdoors of western Colorado with just a map and compass. GPS navigation is fine, as long as the geographical and environmental conditions allow for satellite communication. Map & compass works in snow, fog, rain, deep valleys, slot canyons and dense forests and their batteries never die. The ability to use a compass in the field will make you more self-reliant. For outdoor enthusiasts of all sorts the skills learned in this class will give you a sense of independence and freedom of travel. Topics covered will include: maps, declination, establishing and following a bearing, coordinate position, triangulation, use of GPS with map and compass. Part of the class time will be spent off-campus for "field practice". Bring a compass to the first class if you have one. You will need one for the remainder of the class sessions. What type of compass you may want will be discussed in the first session.

Instructor: Barto
Fee:\$80

OPTION

Date: Feb. 16, 23, March 1, 5
Day: Tuesday, Saturday
Time: 6:30–8:30pm (Feb 16, 23, March 1), 1–3:30pm (March 5)

WILDERNESS NAVIGATION WITH MAP AND COMPASS: LEVEL 2

One of the most essential skills required by any outdoor traveler whether hiker, hunter, fisherman, climber or skier, etc. is to know how to navigate with a map and compass! This course expands upon the fundamentals learned in level 1. More difficult problems and scenarios will be addressed. The use of clinometers and altimeters will be included as will the construction and use of field expedient instruments.

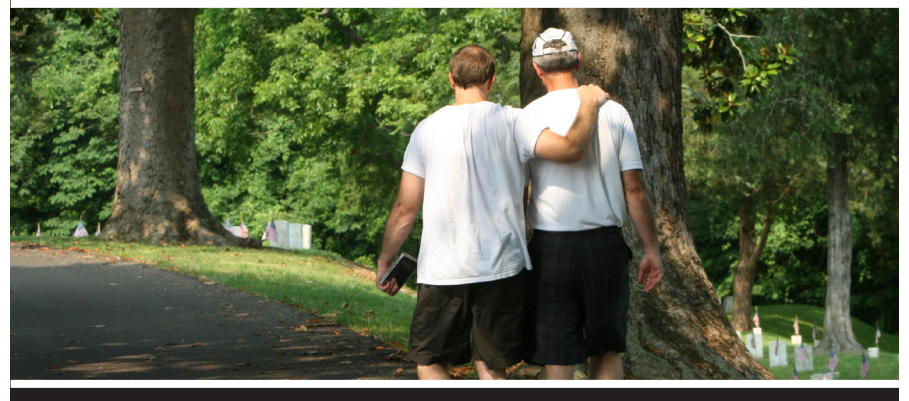
What you can do to navigate without any instruments, derivation of a terrain cross section from topo map, grid reference systems other than UTM, winter navigation, fog/rain/snow navigation, and navigation at night will be taught. The third meeting will be a field exercise to put "book learning" into practice.

Instructor: Barto
Fee:\$89

OPTION

Date: May 7, 14, 21
Day: Saturday
Time: 1–4pm (May 7, 14), 1–3:30pm (May 21)

PERSONAL GROWTH AND ENRICHMENT



THE ANATOMY OF HAPPINESS

We all deserve to be happy and this class will provide direction how to find happiness. We'll discuss expectations of happiness, "rules" of happiness and deterrents to happiness. We'll practice looking for things that make us happy and develop a portfolio of same, including a "Feel Good File." We will also help you find your style of humor and how that can become part of a happier you.

Instructor: Kyker
Fee:\$89

OPTION

Date: February 23, 25, 29
Day: Tuesday, Thursday, Monday
Time: 6:30–9pm

SPRING 2016 NON-CREDIT COURSES

BEYOND GOAL SETTING: THE "HOW TO" IN LIFE

Do you set goals for yourself that are sometimes achieved and sometimes not? Or are you not sure you what you are missing, but know there is more? Come discover your desires, your purpose, your goals and "How To" have them. Who can benefit? Persons considering: retiring, changing careers, starting a business, experiencing a health crisis or lifestyle change. Learn: How you are doing? What do you do well? What works and what doesn't work? What do you want to do, to be, to get? A seminar to learn the "How To" in Life!

- Assess current balance within your life: professional, family, financial, physical, spiritual, social, learning, play, home.
- Identify desires, dreams, and goals for each facet.
- Discover resources available and needed.
- Explore methods, options, possibilities
- Define the next step – the Plan
- Experience creativity in making things happen
- Gain clarity and purpose.
- Implement the "How To" in Life

Instructor: Johnston
Fee:\$49

OPTION

Date: Jan. 23
Day: Saturday
Time: 8:30am–12:30pm

CARING FOR AGING RELATIVES: TRANSITIONS WITH GRACE

This two-hour workshop addresses the top seven critical issues affecting seniors and their families as they all try to age gracefully. These top issues include: legal tools, financial options, care options, family dynamics and communication skills, dementia care, housing options and managing the medical maze. The focus is on educating adult children of seniors and seniors themselves on the ways they can prevent poor outcomes by being proactive and better organized. Participants will walk away with a plan of action for themselves and their family to be better prepared for their future.

Instructor: McCormick
Fee:\$39

OPTION

Date: Feb. 20
Day: Thursday
Time: 9–11am

DREAMS TO REALITY— ACTION PLAN

Think of something close to your heart but far from your hands, something you've wanted for a while but don't really expect to get. Maybe you've already tried to get it and failed. Maybe you haven't tried for fear of failing. Or maybe you've never even thought of trying, because you're sure it's impossible. Whatever it is, you're pretty sure it would make you really happy if I could wave a magic wand and give it to you.

The basics that keep most of us from getting what we want can be counted on the fingers of one hand. They are:

- 1) Uncertainty. Not knowing very clearly what we want.
- 2) Money.
- 3) Time (lack of and inefficient use of it)

Instructor: Johnston
Fee:\$49

OPTION

Date: Feb. 20
Day: Saturday
Time: 8:30am–12:30pm

GENEALOGY: INTRODUCTION

Digging into your family history can be a fascinating lifelong hobby. Join a former president of the Mesa County Genealogical Society and discover how you can get started. During these two classes, you will:

- Create an ancestral chart using names, dates and places
- Choose an ancestor to research and create a family group sheet
- See how vital records can be used to prove your ancestry
- Discover where to find records and design a research plan
- Develop an understanding of the benefits and limitations of using the Internet in your genealogy research
- Learn how to cite your sources to create a well-documented family genealogy

Please bring a pencil and any basic information about your family (names, dates, places). All necessary forms, an annotated bibliography and list of internet research sites will be provided.

Instructor: Sturgill
Fee:\$59

OPTION

Date: Jan. 23, 30
Day: Saturday
Time: 9–11:30am

GENEALOGY RESEARCH USING THE U.S. FEDERAL POPULATION CENSUS

The U.S. Census provides some of the most commonly used records in genealogy research. This course taught by a former president of the Mesa County Genealogical Society will give you an in-depth look at these records. Blank census extraction forms and an annotated bibliography will be provided.

Instructor: Sturgill
Fee:\$59

OPTION

Date: Feb. 20, 27
Day: Saturday
Time: 9–11:30am

WHEN IT HITS THE FAN— FOUR TOOLS FOR A NEW YOU OR IMPROVED LIFE

IT, as explained in the class, is short for Inner Teacher, which can offer lessons in life to learn and grow from. This class is designed for individuals who are wanting to reinvent themselves from the inside out or reach new dreams or ideas they may have given up on. This class is based on seven easy practical tools to incorporate into your life mentally, physically, and spiritually. These ideas create a more positive, energizing, fulfilling life. The students will learn:

- How to surround themselves with other positive people to assist them in making these new changes and how to gently redirect negative people and drama away themselves
- How the little choices that you make unconsciously and consciously through the day may be bringing you closer to your dreams or sabotaging them.
- How creating this new life is really like playing a fun game
- How to receive answers from the universe when you are trying to figure out your next best step for you in your life
- How to positively impact other people without saying a word

This is not a religious-based class. Everyone's personal beliefs will be respected.

Class description continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

Instructor:Rodebaugh
Fee:\$79

OPTION 1
Date: Jan. 6, 13, 20, 27
Day: Wednesday
Time: 6–8pm

OPTION 3
Date: Feb. 3, 10, 17, 24
Day: Wednesday
Time: 6–8pm

OPTION 2
Date: Jan. 9, 16
Day: Saturday
Time: 9am–1pm

OPTION 4
Date: Feb. 6, 13
Day: Saturday
Time: 9am–1pm

PHOTOGRAPHY



ADOBE PHOTOSHOP ELEMENTS

Using your individual computer, you will learn the basics of photo editing and manipulation including files, resolution, printing, layers, sharpening, color and tonal adjustment, cropping, correcting red-eye and filters. It is recommended that you have a version of Elements or Photoshop on your computer at home so you can practice in between classes. This software program and class will give you more control over and help you save some of the images you take.

Instructor: Butler
Fee: \$99

OPTION
Date: May 2, 4, 6
Day: Monday, Wednesday, Friday
Time: 6–8pm

THE ART OF COMPOSITION

This three-session class will show you how to take pictures that are balanced and help tell stories. The instructor will emphasize basic and advanced techniques of composition, time of day and how to get the most from your camera, whether it is a 35mm SLR, “point and shoot” or a digital camera. Learn how to use lighting to get great photos of landscapes, gardens and/or wildflowers, night photos, panoramic photos and more. Students learn tips on how to take great pictures of people, sports and animals. This class is perfect for the person who wants to go beyond the basics of photography to a level of taking better, fun pictures.

Instructor: Butler
Fee: \$129

OPTION
Date: April 25, 27, 29
Day: Monday, Wednesday, Friday
Time: 6–9pm

POINT AND SHOOT PHOTOGRAPHY

This four-hour course is divided into two, two-hour, hands-on sessions for typical point and shoot cameras. This is for anyone who has a new camera or needs a basic understanding of digital. We will discuss how you can get the most from your camera by shooting in different scene modes and using your flash. We will talk about how to transfer and save your images to a computer and discuss programs for making some adjustments to enhance your images. We will also discuss printing and how to enlarge or crop your images. Bring your camera with a fully charged battery or spare and owner’s manual. This class is for point-and-shoot cameras. If you have a Single Lens Reflex Camera (SLR), please take the Using Your Digital SLR Camera class.

Instructor: Hartter
Fee: \$69

OPTION
Date: Feb. 1, 3
Day: Monday, Wednesday
Time: 5:30–8pm

USING YOUR DIGITAL SLR CAMERA: BASICS

A four-hour class to learn about what your Single Lens Reflex (SLR) camera will do, from changing the lens to how the program modes work, what’s different about auto and program modes, why your camera shoots different file types and why you would use them. We will talk about some of the menu settings and how you might want to set yours. We will discuss the different auto focus settings your camera may have and why one may be better for you than another. Class will try to answer any and all questions you have as you move forward in the world of digital photography.

Instructor: Butler
Fee: \$69

OPTION
Date: April 4, 6
Day: Monday, Wednesday
Time: 6–8pm

USING YOUR DIGITAL SLR CAMERA: BEYOND THE BASICS

This six-hour class will take you past the basics of using your digital SLR (single lens reflex) camera. The instructor will spend hands-on time with you explaining menu functions, why and how to shoot in modes like aperture priority, shutter priority, manual mode and how and why to use bracketing. We will talk about different types of lenses and lighting, such as using your flash. There will be some discussion on file types and resolution, printing and how to enlarge or crop your images. This class is perfect for the person who knows how to take pictures, but would like to go beyond the basics to creating images with their digital SLR camera. Please make sure your batteries are charged, or you have a spare and you have your owner’s manual.

Instructor: Butler
Fee: \$89

OPTION
Date: April 18, 20
Day: Monday, Wednesday
Time: 6–9pm



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SPRING 2016 NON-CREDIT COURSES

VISUAL STORYTELLING

You will learn how to look at photographs differently and start to learn how to express your intent, not just vision itself. In the spoken language we use grammar to communicate our thoughts and feelings. Grammar is the basic element all communication is built on. We will explore the grammar of the photographic language, the technical foundation that leads us to the basic elements that allow us to communicate our vision and intent. We will review these basic tools, like our choice of lens, the angle, distance, viewpoint focusing, composition, framing and light. All these elements are the foundation through which "the world in front of the camera is transformed into the photograph," (Shore, 1998, p. 17). Learning to use these elements to make your viewer care about your images is the ultimate goal. Please bring a camera, flash card and card reader.

Instructor:..... Szeredy
Fee:\$59

OPTION 1

Date:..... March 2, 9
Day: Wednesdays
Time:..... 6-8pm

OPTION 2

Date:..... June 15, 22
Day: Wednesdays
Time:..... 6-8pm

WRITING



BUSINESS AND PROFESSIONAL WRITING

Class will focus on technical and business formats of writing including business and professional letters, writing clear effective email and basic business grammar and formatting. This class builds on the Top 20 Grammar Errors and Punctuation Made Simple class.

Instructor:..... Mourning
Fee:\$39

OPTION

Date:..... April 19, 21
Day: Tuesday, Thursday
Time: 5:30-7pm

CORRECTING THE TOP 20 GRAMMAR ERRORS AND PUNCTUATION MADE SIMPLE

In four interactive classes, you will sharpen your writing skills by recognizing and correcting the most commonly occurring grammar errors as well as sharpen your use of five punctuation marks: colon, semicolon, comma, dash and apostrophe.

Instructor:..... Mourning
Fee:\$59

OPTION

Date:..... April 4, 6, 11, 13
Day: Monday, Wednesday
Time: 5:30-7pm

CREATIVE WRITING

Explore ways to get your creative juices flowing by using your unique take on the world to make everyday situations come alive through your pen.

Instructor:..... Graham
Fee:\$89

OPTION

Date:..... April 4, 6, 11, 13, 18, 20
Day: Monday, Wednesday
Time: 5:30-7pm

EXPAND VOCABULARY AND ENHANCE WRITING

This class will provide ways to improve your writing vocabulary. Vocabulary strategies will be presented with hands-on activities planned to apply the strategies to your academic, technical or creative writing needs.

Instructor:..... Graham
Fee:\$59

OPTION

Date:..... Feb. 1, 3, 8, 10
Day: Wednesday, Monday
Time: 5:30-7pm

HOW TO WRITE A RESUME

This workshop will teach students the importance of their resume. Learn to write a resume that is concise, positive, and professional. Write a cover letter that includes your purpose and qualifications. Student will work on personal resumes and cover letters.

Instructor:..... Graham
Fee:\$39

OPTION

Date:..... March 7, 8, 9
Day: Monday, Tuesday, Wednesday
Time: 5:30-6:30pm

BUSINESS AND INDUSTRY SAFETY COMPLIANCE TRAINING



If you don't see a class that works for your company, please contact WCCC at 970.255.2800 for additional dates or to customize a date for your company in Grand Junction or Montrose.

Instructor:..... Pavelka

Category continues on next page.

OPPORTUNITIES FOR LIFELONG LEARNING

8-HOUR HAZWOPER— FIRST RESPONDER OPERATIONS

This course is designed for all employees who respond to releases or potential releases of hazardous substances as part of the initial response to the site for the purpose of protecting nearby persons, property or the environment from the effects of the release. They are trained to respond in a defensive fashion without actually trying to stop the release. Their function is to contain the release from a safe distance, keep it from spreading and prevent exposure. Course instruction includes case studies. The course content meets the requirements established by OSHA (29 CFR 1910.120 (q)). Instruction manuals provided. Certificates issued upon successful completion of the class.

Fee:\$150

OPTION 1

Date: March 14
Day: Monday
Time: 8am–5pm

OPTION 2

Date: May 9
Day: Monday
Time: 8am–5pm

8-HOUR HAZWOPER REFRESHER

This course is for employees trained in hazardous waste operations or who are exposed or could potentially be exposed to hazardous substances or health hazards and are required to attend a yearly refresher course as required by OSHA 29 CFR 1910.120. Verification of the completion of 8-hour, 24-hour or 40-hour class required. Certificates issued upon successful completion of class activities.

Instruction materials provided: current Emergency Response Guide and a class manual.

Fee:\$150

OPTION 1

Date: March 15
Day: Tuesday
Time: 8am–5pm

OPTION 3

Date: May 24
Day: Tuesday
Time: 8am–5pm

OPTION 2

Date: April 11
Day: Monday
Time: 8am–5pm

24-HOUR HAZWOPER

This course is specifically designed for employees who work with hazardous materials or respond to hazardous spills in their work location. They assume a more aggressive role than a first responder at the operations level in that they will approach the point of release in order to plug, patch or otherwise stop the release of a hazardous substance. Course instruction includes case studies and group activities. The course content meets the requirements established by OSHA (29 CFR 1910.120 (q)). Certificates issued upon successful completion of the class.

Instruction manuals provided: IFSTA Hazardous Materials for First Responders Operations Level, 2012 Emergency Response Guide and a class manual.

Fee:\$450

OPTION

Date: Feb. 2, 3, 4
Day: Tuesday, Wednesday, Thursday
Time: 8am–5pm

40-HOUR HAZWOPER

This course is specifically designed for employees who work with hazardous materials or respond to hazardous spills as part of their work duties. This course examines proper health and safety procedures and personal protection during clean-up and emergency operations. Topics include hazard identification and control, hazardous materials (e.g., flammable, explosive, radioactive), safety planning, site control, personal protective equipment, monitoring, emergency and incident response operations, spill control, decontamination processes and a hands-on exercise. Course instruction includes case studies, group activities and hands-on practice. This course meets the requirements established by OSHA (29 CFR 1910.120 (q)). Certificates issued upon successful completion of the class. Instruction manuals provided: IFSTA hazardous Materials for First Responders Operation Level, 2012 Emergency Response Guide and a class manual.

Fee:\$849

OPTION

Date: April 25, 26, 27, 28, 29
Day: Monday–Friday
Time: 8am–5pm

BBP ONLY (BLOODBORNE PATHOGENS)

One-hour training, with certification cards issued on day of class upon completion. Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association programs. The HIS Medic First curriculum meets OSHA guidelines.

Fee:\$40

OPTION 1

Date: Jan. 19
Day: Tuesday
Time: 8–9am

OPTION 4

Date: April 13
Day: Wednesday
Time: 8–9am

OPTION 2

Date: Feb. 23
Day: Tuesday
Time: 8–9am

OPTION 5

Date: May 26
Day: Thursday
Time: 8–9am

OPTION 3

Date: March 22
Day: Tuesday
Time: 8–9am

FIRST AID CPR/AED/BBP

One-day training, with two certification cards issued on day of class upon completion for First Aid/CPR/AED and BBP (Medic First). Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association programs.

Fee:\$100

OPTION 1

Date: Jan. 19
Day: Tuesday
Time: 8am–1pm

OPTION 4

Date: April 13
Day: Wednesday
Time: 8am–1pm

OPTION 2

Date: Feb. 23
Day: Tuesday
Time: 8am–1pm

OPTION 5

Date: May 26
Day: Thursday
Time: 8am–1pm

OPTION 3

Date: March 22
Day: Tuesday
Time: 8am–1pm

SPRING 2016 NON-CREDIT COURSES

CONFINED SPACE AWARENESS

Participants will learn about applicable OSHA standards (29 CFR 1910 & 1926), responsibilities, key terminology and identifying permit-required versus non-permit required spaces, personal protective equipment, physical and atmospheric hazards, air monitoring and permits. Certificate of Completion card will be awarded to participants who pass the written test.

Instructor: Pavelka

OPTION 1

Date: Jan. 21
Day: Thursday
Time: 8am–12pm

OPTION 3

Date: May 6
Day: Friday
Time: 8am–12pm

OPTION 2

Date: March 11
Day: Friday
Time: 8am–12pm

IMPLEMENTING YOUR HAZARD COMMUNICATION PROGRAM

This 4-hour course provides attendees with information to assist them with identifying the elements of a HAZCOM program and implementing the requirements (e.g., labels and training) established in both the general industry and construction standards. Class manual provided. Certificate will be awarded to participants after successful completion of class activities.

Fee: \$99

OPTION 1

Date: Jan. 22
Day: Friday
Time: 8am–12pm

OPTION 4

Date: April 21
Day: Thursday
Time: 8am–12pm

OPTION 2

Date: Feb. 22
Day: Monday
Time: 8am–12pm

OPTION 5

Date: May 12
Day: Thursday
Time: 12:30–4:30pm

OPTION 3

Date: March 21
Day: Monday
Time: 8am–12pm

H2S AWARENESS

The two-hour awareness course meets the OSHA H2S requirements of 29 CFR 1910.1200 (Hazard Communication) and the American National Standards Institute standard Z390.1. This course is for employees who have the potential to come in contact with H2S. It provides information for recognizing H2S hazards, knowing the properties, physiological effects, detection methods, sources and controls and understanding emergency response actions.

Fee: \$70

OPTION 1

Date: Feb. 18
Day: Thursday
Time: 1:30–4pm

OPTION 3

Date: May 3
Day: Tuesday
Time: 8–10:30am

OPTION 2

Date: March 23
Day: Wednesday
Time: 8–10:30am

OSHA 10-HOUR, CONSTRUCTION

This ten-hour course provides an excellent introductory course for all employees working in construction industries. It also provides an appropriate review for experienced managers and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes the following topics: OSHA Act, Focus Four (falls, electrocution, struck-by and caught-between), PPE, health hazards/hazardous materials in construction, powered industrial trucks, hand and power tools, excavation and ergonomics plus other topics. This class meets many oil and gas operators training requirements.

Fee: \$150

OPTION 1

Date: Feb. 17, 18
Day: Wednesday, Thursday
Time: 8am–5pm on the first day
and 8am–Noon the second day

OPTION 2

Date: April 14, 15
Day: Thursday, Friday
Time: 8am–5pm on the first day
and 8am–Noon the second day

OSHA 10-HOUR, GENERAL INDUSTRY

This ten-hour course provides an excellent introductory course for all employees working in general industry including oil and gas or construction industry. It also provides an appropriate review for experienced managers and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes the following topics: OSHA Act, HAZCOM, PPE, general safety provisions (e.g., tools and working surfaces), health hazards, fall protection, fire prevention, electrical safety, plus other topics. This class meets many oil and gas operators training requirements.

Fee: \$150

OPTION 1

Date: Jan. 26, 27
Day: Tuesday, Wednesday
Time: 8am–5pm on the first day
and 8am–12pm the second day

OPTION 3

Date: May 11, 12
Day: Wednesday, Thursday
Time: 8am–5pm on the first day
and 8am–12pm the second day

OPTION 2

Date: March 7, 8
Day: Monday, Tuesday
Time: 8am–5pm on the first day
and 8am–12pm the second day

OSHA 30-HOUR, CONSTRUCTION

The 30-hour course applies to safety coordinators, management, team leads and personnel who have responsibility for the safety of others and the company safety program. The course content meets the OSHA requirements and contain the following topics: OSHA Act and history, HAZCOM/GHS, PPE, recordkeeping, toxic and hazardous substances, excavations, stairways & ladders, fire prevention plans, emergency action plans, electrical safety, materials handling, hand and powered tools, confined spaces, welding, safety and health program, plus other topics. An OSHA 30 completion card will be issued by OSHA after the conclusion of class activities.

Class materials provided include a current copy of the construction standard [29 CFR 1926].

Fee: \$499

OPTION

Date: May 17, 18, 19, 20
Day: Tuesday–Friday
Time: 8am–5:30pm

OPPORTUNITIES FOR LIFELONG LEARNING

OSHA 30-HOUR, GENERAL INDUSTRY

The 30-hour course applies to safety coordinators, management, team leads and personnel who have responsibility for the safety of others and the company safety program. The course content meets the OSHA requirements and contain the following topics: OSHA Act and history, HAZCOM/GHS, PPE, recordkeeping, toxic and hazardous substances, fall protection, fire prevention plans, emergency action plans, electrical safety, machine guarding, materials handling, hand and powered tools, confined spaces, welding, safety and health program, plus other topics. An OSHA 30 completion card will be issued by OSHA after the conclusion of class activities.

Class materials provided include a current copy of the general industry standard [29 CFR 1910].

Fee:\$499

OPTION

Date:Jan. 5, 6, 7, 8
Day: Tuesday, Wednesday, Thursday, Friday
Time: 8am-5:30pm

OSHA RECORD KEEPING

This four-hour class is for personnel who prepare the OSHA logs and safety records. It will cover the following topics: documenting recordable injuries and illnesses; preparation of the OSHA 300 Log and 300A Summary; documenting training; records retention of OSHA records, e.g., safety data sheets and medical records.

Fee:\$79

OPTION

Date:Jan. 20
Day: Wednesday
Time: 8am-12pm

RESPIRATOR WEARER

This six-hour class meets OSHA requirements (29 CFR 29 1910.132 & 134). This course is for workers who must wear respirators to perform their duties. It provides discussion on the following: overview of the regulation; wearer qualifications and responsibilities; proper use, cleaning and inspection; exposure limits; recognizing respiratory hazards; and types of respirators and their limitations. Does not include medical evaluations or fit testing. Students should bring their respirators to class.

Fee:\$159

OPTION 1

Date:Jan. 28
Day: Thursday
Time: 8am-3pm

OPTION 3

Date:May 25
Day: Wednesday
Time: 8am-3pm

OPTION 2

Date: March 16
Day: Wednesday
Time: 8am-3pm

SAFETY MEETING REHAB

Do students skip your safety training sessions? Do they tune out when you begin speaking? Are you just reading to your audience? The course is designed to improve your safety training skills and effectiveness. The session explores how your workforce learns and how it affects your presentation, preparing class material, personal preparation, delivery techniques and resources. We will explore

the free resources available to boost the life in your safety training session as well. The class includes team exercises on delivery techniques.

Fee:\$99

OPTION 1

Date:Feb. 25
Day: Thursday
Time: 8am-12pm

OPTION 2

Date: April 20
Day: Wednesday
Time: 8am-12pm

HOURS OF SERVICE TRAINING

This four hour class is for commercial motor vehicle (CMV) operators required to maintain hours of service reports (logbooks). Motor Carrier safety employees responsible for auditing driver logs as required in Section 395 will also benefit from this class.

Instructor: Newsom
Fee:\$119 (Includes student workbook and handbook)

OPTION

Date: Feb. 1
Day: Monday
Time: 8am-12pm

PEC/SAFELAND/BASIC

This one-day training is for oil and gas workers. Upon completion, attendees will receive a PEC photo ID Card. Certification cards will be mailed to employer.

Fee:\$194
Day: Wednesday
Time: 7:30am-5:30pm

DATE OPTIONS

Jan. 13	March 9	May 4
Feb. 10	April 6	

FIRST AID CPR/AED/BBP

One-day training. Upon completion attendees will receive two certification cards for American Red Cross First Aid/CPR/AED and BBP. Certification cards will be mailed.

Fee:\$100 per person
Day: Thursday
Time: 8am-1pm

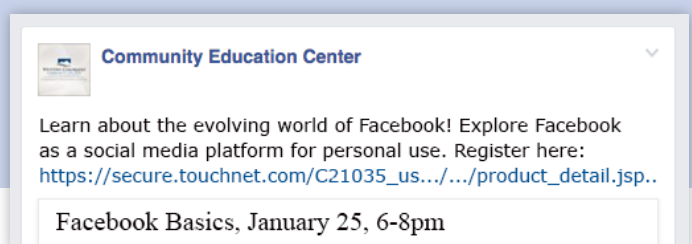
DATE OPTIONS

Jan.14	March 10	May 5
Feb. 11	April 7	



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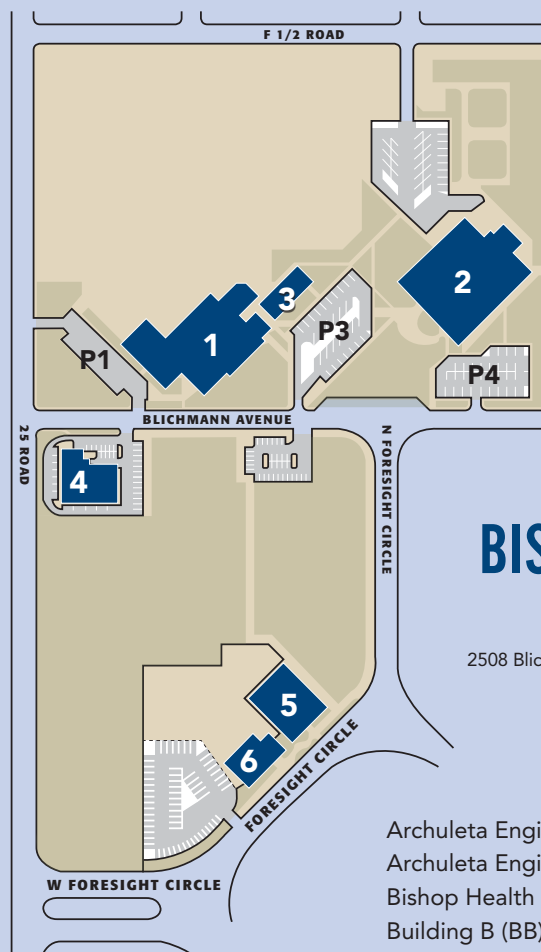
PHONE



WCCC Community Education Center
2508 Blichmann Avenue, Building B
Grand Junction, CO 81505

IN-PERSON

WESTERN COLORADO COMMUNITY COLLEGE



■ Campus Buildings
□ Parking

BISHOP CAMPUS

Western Colorado Community College

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- Archuleta Engineering Center (AEC)5
- Archuleta Engineering Center (AECB)6
- Bishop Health Training Center (BH)4
- Building B (BB)2
- Valley School (BC)3
- Youngblood Building (BA)1



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