

Continuing Education

Class Schedule

 **Lane**
Community College™
COTTAGE GROVE

Your Local Resource for Lifelong Learning

FALL 2016

**West African
Drumming**

Painting

**Mushroom
Identification**

Microsoft® Office

Horror Literature

**Preservation
Workshops**

Sushi Rolling

Winter Wreaths

**Open House
Sept 20th!**

Registration opens Sept. 6
lanecc.augusoft.net

Noncredit classes inside

Credit Classes at lanecc.edu





Open House

Lane Community College in Cottage Grove!
Previews & Demonstrations



- ⇒ **Sample** community education classes and meet instructors.
- ⇒ **Explore** classes offered by partner businesses.
- ⇒ **Visit** our advisor and learn about available credit student support services
- ⇒ **Learn** about programs like GED preparation, Small Business Development, and more!

Free admission
Refreshments available

Tues. Sept. 20, 2016
4:30-6:30 p.m.
1275 S. River Rd.

Questions?

Call: (541) 463-4202 or Email: cg@lanecc.edu

Student Support Services

Lane Community College in Cottage Grove offers a variety of support services for credit students.

- Academic Advising
- Access to Computers
- Placement Testing
- Proctored Testing
- Study Rooms
- GED Preparation classes

Registration Information

Registration Fee: A \$10 fee is assessed once a term to all individuals registering for qualifying classes. This fee is non-refundable.

While we work hard to run all classes as described, we reserve the right to cancel or adjust classes. Information on cancellation, refund or other policies can be found at lanecc.edu/cottagegrove.



Free Business Advising



LCC Cottage Grove Center

Last Wednesday of Each Month

Call 541.463.6200 for an Appointment Today!



The Oregon Small Business Development Centers are partially funded by the US Small Business Administration (SBA) and the Oregon Business Development Department. Lane is an AA/EEO/Veterans/Disabilities Employer.



Careers

Business Chamber Forums

We are happy to partner with the Cottage Grove Area Chamber of Commerce to support local businesses with educational forums throughout the year. For details on these and future classes go to cgchamber.com.

Business Feasibility

Explore ideas and learn what questions to ask to determine if your business idea is worth pursuing.

DiSC Analysis

Learn how you can utilize DiSC, a highly credible low cost assessment of someone's work behavior style, to help find your next successful hire. Perfect for hiring managers, or anyone involved in the hiring process.

Delivering Quality Presentations

Two day, hands-on workshop helps participants become comfortable, confident, and masterful presenters. Course content will focus on interest and concerns of those attending. Participants will be given opportunities to practice skills introduced in class while receiving coaching from instructor. Instructor: Elliot
9-4pm, Th/F, Sept 29-30 (\$225)

Computer Skills and Technology

Tailored To Fit: Excel, Word, Publisher

Need to improve your Microsoft® Office skills but don't have time to sit in class? This online class is designed for you. Work on your own schedule and at your own pace. Weekly assignments can be completed at home or on campus. Attend support labs when you need that face-to-face with an instructor. E-mail, book and flash-drive required. Instructions for purchasing the book will be sent with introduction e-mail. Instructor: Perry
Support Lab times: 5:30-7pm, T, & 10:30-12pm, F, Oct 11-Dec 9 (\$129)
Word 2013-Basic, Intermediate or Advanced

Excel 2013-Basic, Intermediate or Advanced

Publisher 2013

WordPress Crash Course

Learn the basics of WordPress, its features and how to navigate this website management program. This brief class is great for those who already have a WordPress site, but want to learn how to better utilize the programs features, as well as for those who are considering WordPress for their website. Instructor: Wilson

9-1pm, Sa, Oct 8 (\$49)

Volunteer Training

Heritage Preservation Workshops

Designed for historical non-profits, these workshops provide a variety of topics to help manage, plan, run and promote your historic organization. Instructors vary based on topic.

Social Media Marketing – 6-8pm, T, Oct 4 (\$10)

Creating Documents In-House – 6-8pm, T, Nov 8 (\$10)

Recruiting Volunteers – 6-8pm, T, Date TBA (\$10)

Personal Enrichment

Arts, Crafts and Hobbies

3D Printing

3D Printing has begun to enter main stream use. Learn how this technology was developed and how it is being used in homes and businesses today. This exciting and increasingly popular technology has a lot to offer! Location: West Coasters, 1408 Ash Ave; Instructor: Johnson

6-8pm, T, Oct 25 (\$25)

Drawing: Charcoal

Explore this medium in a fun, inviting environment. Experiment with different pencils, lines, shading, composition and other drawing techniques. Supply list will be emailed after registration. Instructor: Johnson

10-12pm, T/Th, Oct 4-Oct 20 (\$149)

Extreme Gift Wrapping

Make your gifts stand out from the crowd. Wrapping techniques combine with creative design and embellishments

to fashion a completely unique wrap-ping experience. Perfect for that special gift or for home decorating during the holidays. Supply list will be emailed after registration. Instructor: Jordan
2-5pm, Sa, Nov 5 (\$34)

Fairy Garden Art

Decorate your garden with fairy art. Build a small decorative cottage unique to your garden. Fall is the perfect season to find material right in your own yard. Supply list will be emailed after registration. Instructor: Jordan
6-8pm, T/Th, Oct 11-25 (\$49)

Painting: Acrylics

Examine different brushes, strokes and techniques used in acrylic painting. Gain experience composing and producing a unique painting of your own. You will learn techniques useful in a variety of styles, while exploring and painting a mythical fantasy piece. Class is designed for beginners, but will be useful for those looking to expand their repertoire and gain practice. Supply list will be emailed after registration. Instructor: Johnson
10-12pm, W, Oct 5-26 (\$99)

Winter Wreaths

Design and create your own winter wreath. Learn techniques, explore your own style and match your personal décor. Perfect for winter or holiday decorating that will wow your guests. Supply list will be emailed after registration. Instructor: Jordan
6-8pm, T, Nov 1-15 (\$49)

The Crafty Mercantile Classes

Beginning Peyote Stitch: The Peyote stitch, aka the gourd stitch, is an off-loom bead weaving technique. Learn even and odd number as well as flat and round Peyote stitches. This is a techniques based class so you will not leave with a finished project, but will gain the skills to work on your pieces at home. Materials included.

Location: 517 E Main Street
10-12:30pm, Sa, Oct 15 (\$25)

Beginning Earring Design

Have fun while learning to make earrings. Class covers the basic wire wrap, the bri-ollette wrap and how to make your own

designs. You will leave class with multiple pairs of earrings. Great gifts! Materials included. Location: 517 E Main Street
10-12pm, Sa, Nov 12 (\$25)

Computer Skills and Technology

Exploring Podcast

Not sure what a podcast is? Think you wouldn't be interested? This increasingly popular entertainment has something for everyone from history buffs to cooks and parents to business owners. This class explores some of the apps that make podcasts accessible as well as ways to find podcasts that interest you. Instructor: Perry
2-5pm, Sa, Nov 5 (\$34)

Facebook for Newbies

Facebook is no longer just for the kids. This social network website remains a strong presence in the cyber world. Learn to create and use your own Facebook page to stay in touch with friends, family and your community. Explore the various privacy settings and how to avoid common pitfalls of the site. Instructor: Turpin
4-6pm, Th, Nov 17 (\$25)

Game Design

Use the latest software to develop your own computer game, functioning app or software program. This class provides the opportunity to explore 3D game elements and design. Create games like the professionals. Instructor: Perry
Class: 3-5pm, T/Th, Oct 4-27 (\$175)
Support Lab times: 5:30-7pm, T, & 10:30-12pm, F, Oct 11-27

Introduction to Computers

Designed for the beginner, this class explores the basic components of a computer, what to look for when purchasing and the basic operational features of a Windows based computer. Get started with confidence. Instructor: Haskell
6-8pm, M, Nov 7-28 (\$49)

Introduction to the Microsoft® Office Suite

Learn to make basic documents in Word, Excel and Publisher. This class is designed for those with basic computer knowledge. Practice using the features

available in Office suite programs.

Instructor: Perry

3-5pm, T/Th, Nov 1-15 (\$99)

Cooking and Wine

Cooking Basics Part1

A very practical hands-on class for those with limited experience in the kitchen.

Each class has real cooking practice to reinforce the nutrition lessons. Taste and take what you make. Offered in partnership with The Healing Matrix.

Instructor: Beth Pool

4-6pm, T, Oct 11-25, (\$20)

Cooking for Health and Enjoyment

Interested in learning how to buy and prepare customized healthy food items that your whole family can enjoy and benefit from? Hands-on and lots to take home and use right away. Instructor: Beth Pool

12-3pm, Sa, Oct 15 (\$34)

Mood Food

Practical exploration into the link between what you eat and your thinking, emotions and energy. You'll be able to develop tasty food options and healthy eating habits so you get more joy from yourself and life. Instructor: Beth Pool

4-6pm, W, Oct 12 (\$25)

Sushi Rolling

You can make yummy sushi filled with the ingredients you enjoy. With a few basic tips and techniques you will be creating your own sushi combinations. You will also learn to create delicious dipping sauces to compliment your ingredients. Supply list will be emailed after registration. Instructor: Johnson

Class Schedule TBA

Easy as Pie!

Take the mystery out of pie baking. From the perfect crust to the wide variety of fillings, you will be making pies your family will devour and make grandma proud. Instructor: Johnson

Class Schedule TBA

Dance and Exercise Fitness

Super Senior Fitness

Build core strength and improve balance and range of motion. Movements are done to music while seated or standing. A portion of the class covers

hand/eye coordination with a lively interchange of beach ball bounce. Each session will be modified to meet the needs of students. Held at the Cottage Grove Community Center. Instructor: Ostendorf

3-4pm, T/Th, Sep 27-Dec 8 (\$25)

4-5pm, T/Th, Sep 27-Dec 8 (\$25)

Tai Chi

Increase strength, flexibility, balance, stress relief and self-discovery. Designed for students of all abilities and experience to help increase physical efficiency and awareness while reducing stress and promoting relaxation. These classes are held at Riverside Church of God.

Instructors: Mills-Ostwald & Smith

Tai Chi Fundamentals (For Beginners)

9-10am, M/W Sep 26-Dec 7 (\$129)

Qi Gong

10-10:30am, M/W Sep 26-Dec 7 (\$45)

Tai Chi Continuing

10:30-11:30am, M/W Sep 26-Dec 7 (\$129)

Driver Training

AARP Safe Driver

AARP Driver Safety covers defensive driving techniques, rules of the road, normal changes in vision, hearing and reaction time – including ways to compensate for these changes. Open to all ages and to non- AARP members. Participants age 55+ may qualify for insurance discounts. The cost is \$20 with discount to AARP members. There are no tests. To register, call 541-942-7260. Class is at the Cottage Grove Community Center.

9-4pm, Sa, Oct 15

9-4pm, Sa, Nov 12

Family Health

Understanding Memory Loss

Delve into the aging human mind. Shannon Black from Middlefield Oaks will share information on the stages of dementia and Alzheimer's. As members of your family age, you will be able to determine what signs are simply part of the normal aging process and what signs may be cause for concern.

6-8pm, W, Nov 16 (Free)

Understanding Later Stages of Memory Loss

This class looks beyond the beginning stages of memory loss. Learn what is happening to your loved ones and how to support them as their memory loss becomes more pronounced and challenging. Understand the physiological process as well as the implications for everyone involved. Presented by Shannon Black of Middlefield Oaks

6-8pm, W, Dec 14 (Free)

Literature

Creative Writing

Designed for beginning to intermediate writers. Examine various forms of creative writing and explore the process of developing a piece of writing. Define your purpose for wanting to write, rediscover the mysterious power of the written word and spark your passion for crafting your very own unique story. Instructor: Williams

6-8pm, W, Sep 28-Nov 30 (\$79)

Horror Lit

This fun class explores the frightening, spellbinding literature that keeps you up at night. Examine a variety of authors and writing styles that make this genre so popular. Instructor: Kiser

6-7:30pm, M, Oct 3-Nov 14 (\$89)

Money Management

Financial Planning

Learn to pay off debts quickly, prepare for retirement and reach your financial goals by investing wisely. You will become familiar with the language of investing, optimize your 401(k) plan as well as create a balanced portfolio appropriate to your stage in life. Simplify your life by reducing confusion, taxes and hassles. The second class will include Estate Planning with Attorney Milton Gifford. Instructor: Bottemiller

6:30-8:45pm, Th, Oct 6-13 (Free)

Finding Paths to Prosperity

Free financial literacy course offered by St. Vincent de Paul Society of Lane County, Inc. with support from Cottage Grove Community Foundation, United Way of Lane County and Three Rivers Foundation. Covers how to

track your money, strategies for cutting back expenses and ways to save. Set goals, create a budget and learn ways to improve your finances. You will also learn about your credit score and how you can improve your score over time. For more information or to register call Rose Miller (541) 513-7349

6-8:30, W, Oct 5-26 (Free)

Music

Fast Track Jamming

Beginning to advanced group jamming techniques using the instrument of your choice. Experienced instructor Justin Booher works with players on how to use music theory to broaden their talents and skills. Topics: basic ear training, relative and perfect pitch, chord theory, harmony parts and studio recording. Great for music enthusiasts of any age.

6-8pm, W, Oct 5-26 (\$90)

6-8pm, W, Nov 2-23 (\$90)

6-8pm, W, Dec 7-28 (\$90)

West African Drumming

Instructor Fode Sylla, professional drummer, returns to Cottage Grove to teach this exciting rhythmic drumming in the style of his homeland of Guinea. Learn to play the African Djembe, a chalice shaped drum, explore the history and practice the ancient techniques perfected in Africa and enjoyed the world over. Sylla now calls Creswell home, affording this unique and entertaining opportunities for the Southern Willamette Valley. Bring your own drum or rent a drum for \$3/session. Call ahead to reserve a rental drum if needed. Class held at the IOOF building on Main Street.

6-7pm, T/Th, Oct 4-Nov 3 (\$159)

Performing Arts

Art of the Lightsaber

From the Star Wars franchise comes an elegant weapon for a more civilized age. Lightsabers are used for staged reenactments, fencing, martial arts, general exercise, photography, juggling, cosplay and dance. Learn about lightsabers, how to get them and, most importantly, how to use them. Focus will be

on beginning lightsaber spinning as a performance/flow art, similar to fire or staff spinning. Equipment options will be discussed first class, but if you have your own saber, please bring it. Class meets at Abraxas Video, 504 E. Main Street. Instructor: Kiser

5-6pm, Sa, Oct 1-Nov 5 (\$59)

West African Dancing

This energetic class, presented by Fode Sylla, teaches West African dance. This rhythmic and highly athletic style of dance will have you moving to the beats of West Africa. Learn Yankadi, a court-ing rhythm and dance, as well as Toro, a celebratory rhythm. Fonda, a profes-sional West African Cultural Performer, will share the dance and music of West Africa while providing a glimpse into the culture and traditions of Guinea. Please wear clothing and shoes that allow for free movement and stretching. It is also recommended that you bring water. Class held at the IOOF building on Main Street.

7:15-8:30pm, T/Th, Oct 4-Nov 3 (\$159)

Recreation

Mushroom Identification and Foraging

Learn about the nutritional value of mushrooms and gain expertise in proper identification. Covers preservation for storage and use in tasty recipes. A one-hour orientation and an all-day field trip will cover almost everything you have always wanted to know about mushrooms. The location of the field trip depends on the most productive site. There will be a mushroom tasting after the field trip forage. Attendance at the classroom orientation session is required prior to attending the field trip. *Field trip date subject to change based on availability of mushrooms. Instructor: Gatchell

Orientation 10-11am, Sa, Oct 15

*Field Trip 8-5pm, Sa, Oct 22 (\$79)

Safety

Concealed Carry Permit

Do Not Bring Gun to Class! This one evening class is designed to satisfy all requirements to obtain an Oregon or

Utah (valid 34 States including Wash-ington) concealed carry permit. This class will cover safety and responsibility of firearm ownership, where permit is valid, interactions with law enforce-ment and use of deadly force. Students receive "Oregon Concealed Carry Train-ing Certificate" that allows them to apply for concealed carry permit at the Lane County Sheriff's Office. Oregon only - \$45, Utah - \$80.

Check online schedule for dates and times

Sewing and Fiber Arts Quilting

Quilting, an art of love. Beginners and advanced quilters welcome. Bring your ideas and project to class and work with experienced quilter Marjorie Steen. Whether you are unsure of how to get started, or have already completed sev-eral quilts you will gain experience and learn useful techniques and strat-egies. As a limited number of sewing machines are available onsite, you are encouraged to bring your own. Students to provide materials, but list will be based on your personal project. Instruc-tor: Steen

3-5pm, T, Oct 11-Nov 1 (\$45)

Sewing for Home and Family

Bring in your project idea and work with experienced seamstress Marjorie Steen. Beginners welcome. As a limited number of sewing machines are avail-able onsite, you are encouraged to bring your own. Discuss ideas, ask questions and explore new project designs. Stu-dents to provide materials, but list will be based on your personal project. Instructor: Steen

1-3pm, T, Oct 11-Nov 1 (\$45)

Community Activities

Dairy Goat TLC: Shirley Gardner and Emerald Dairy Goat Association. Start your herd off on the "right hoof." Cov-ers care of goats, selection of stock, shel-ter, feeding birthing, medical problems and more. At Cottage Grove Commu-nity Center from 2-4pm on the first Sat-urday of each month at no cost.

Lane Community College Cottage Grove Center

We are a compact outreach center that provides credit and non-credit educational and support services for the residents of South Lane and North Douglas Counties.

1275 S River Rd; 541.463.4202

Lanecc.edu/cottagegrove

Facebook and Twitter

@CottageGroveLCC



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Lane Community College in Cottage Grove
1275 S. River Road
Cottage Grove, OR
lanecc.edu/cottagegrove

ECRWSS
RESIDENTIAL CUSTOMER

Full class descriptions available at:

Lanecc.augusoft.net

- Create a profile (or just browse classes)
- Filter Cottage Grove area classes using the covered bridge icon at the top of the page
- Add classes to cart, check out and pay

We are also happy to help you register over the phone or in person

541.463.4202

1275 S River Rd

Fall Office Hours

Mon-Thur 9-6pm

Fri 9-2pm

Accessibility and Accommodations

It is Lane's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, please contact Center for Accessible Resources to discuss potential accommodations or other strategies in order to fully participate in these classes or events: (541) 463-5150(voice); 711 (relay); Building 1, Room 218; or email accessibleresources@lanecc.edu

To request this information in an alternate format please contact the Center for Accessible Resources at 541.463.5150 or accessibleresources@lanecc.edu.