

Continuing Education

Fall 2016 Class Schedule



**Florence Center
3149 Oak Street**

Enhance Your Skills, Prepare for a New Career, Pursue Your Inspiration

**Registration opens
September 6**



**Classes start
September 26**

**Register at lanecc.edu/ce
or call 541/997-8444 for help
in registering online**



Registration: Just Three Steps

1. Visit lanecc.edu/ce to find this term's class offerings. Create a profile to get started if you're new to Lane. Returning visitors, just sign in.
2. Click "courses", then the Florence Center icon at the top of the page to find Florence Center classes.
3. Find your class under the appropriate category, click, then "Add to Cart". When you've added all of the classes you want, click your cart to check out. Payment at time of enrollment with a credit card is required. For assistance, call 541/997-8444.

Registration Required

In order to attend **any** course offered at LCC, all students must register for the class. This is also true for "tuition-free" courses, as this helps the college plan ahead to ensure that instructors prepare adequate materials and all students have the best possible learning environment. Because classes often fill quickly, students are encouraged to register as soon as possible to reserve a seat. **Unregistered students who show up on the first day of the class may not be able to be accommodated and will not be allowed to attend the class until they are registered.**

Refunds

It is the student's responsibility to drop any class he or she does not plan to attend. To receive a full refund, classes must be dropped by the established deadline. Please speak with LCC staff if you have questions regarding your specific class.



Welcome to Fall Term!

I would like to welcome our students and community to fall term at Lane Community College. It is a bittersweet time for me, as I begin my final year as Lane's president and wrap up 36 years in higher education, including 16 years as Lane's president. I will be retiring in June 2017.

It has been thrilling to see so many students transform their lives at Lane, and a comfort to know that thousands more will follow their lead. I am looking forward to joining you when I finally have time to take a few classes. I hope to learn more about the arts, Spanish, poetry and literature, global health, cooking, and the Oregon wine country, to name a few. That's what's wonderful about Lane — our exemplary faculty and our variety of quality offerings.

Lane truly is one of the best colleges in the nation.

I would like to thank everyone who helped make my presidency at Lane Community College the most wonderful time of my life. Thanks also, in advance, for your support in the coming year. Let's make it phenomenal.

— Mary Spilde, President, Lane Community College

Security and Safety at Lane Community College

The number of crimes reported to Public Safety and local law enforcement in the categories set forth in the Crime Awareness and Clery Act may be found at the Public Safety web site: www.lanecc.edu/psd/clery-compliance-information.

Affirmative Action/Equal Opportunity

Lane Community College is committed to providing an atmosphere conducive to learning and free from discrimination, harassment and retaliation. Lane is committed to equal opportunity in education and employment. Lane prohibits discrimination in admissions, employment and access to Lane's programs, activities and services on the basis of race, color, national origin, sex, marital status, family relationship, sexual orientation, age, pregnancy, disability, religion, expunged juvenile record or veteran status. Inquiries may be directed to the Human Resources Dept. at (541) 463-5585.

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 the 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 (Braille, digital, tape or large print), please contact the Center for Accessible Resources: (541) 463-5150 (voice); 711 (relay); Building 1, 218; or accessibleresources@lanecc.edu.

Online Classes

Continuing Education has partnered with three new online education partners to offer exciting new course and certificate opportunities. For additional information, prices and registration instructions go to lanecc.edu/ce and click Online Classes.



Ed2Go offers over a hundred Online Courses and Online Career Training Programs. Through a partnership with ed2go and LCC Continuing Education, you can develop new skills and knowledge so you can stand out in today's competitive job market. Comprehensive six-week online courses start monthly, and you can work anytime and anywhere that is convenient for you. Each high-quality course includes comprehensive lessons, quizzes and a discussion area. Dedicated instructors facilitate every course, pacing learners, answering questions, giving feedback and facilitating discussions.

New Online Partner!

UGotClass offers convenient online learning in a wide variety of subjects. Taught by professionals, these online classes include lecture, videos, slides, online discussion and writing to keep your learning interesting. Graduate credit is available for a small additional charge per one-month course. Visit lanecc.edu/ce and click on UGotClass to see all 120 of the classes offered.



Pursue a career in Information and Technology. Your first step is training and earning a certification along one of three pathways — CompTIA Certification, Cisco Certification and Microsoft Certification — available through our partnership with CBT Nuggets. These classes offer you the flexibility to proceed at your own speed in the comfort of your own home. These online classes are taught by experienced, enthusiastic professionals and include videos, interactive modules and practice exams.

For information, call 541.997.8444



It's fall y'all! This Southern lady has enjoyed her first ever pleasant-weather summer in the Pacific Northwest. Thanks to all of you for making my first few terms so enjoyable. I'm excited about the new batch of courses and trips in store for this fall term. You'll see some favorite classes returning and some new

instructors, including one of our long-time students, Myrna Klupenger, who'll share her expertise in energy medicine.

We'll continue our explorations of this great region with some interesting Outward Ventures trips to learn about Oregon history, medieval books, farming and fermentation. We'll also take a few special holiday trips to celebrate the beauty of the season, which seems to bring out the joy and good cheer in us all! I hope you find something within our class schedule that adds a bit of joy in your own life. As always, I'd love to hear from you if you have questions or suggestions for programming.

Wishes for a happy fall and holiday season,

– Marsha Sills

Continuing Education Program Coordinator
sillsm@lanecc.edu • 541.997.8444 ext. 4825

Community Connections



Understanding Medicare

A FREE counseling program

SHIBA (Senior Health Insurance Benefits Assistance) is a non-profit, unbiased service educating the public about Medicare options. Students meet individually with a SHIBA volunteer for a counseling session to research their Medicare needs. Learn the difference between Medicare supplements and Medicare Advantage plan and how to choose a Medicare Part D prescription drug plan. **Session scheduled Friday, Sept. 16, 12:30 - 3:45 pm in addition to the dates below.*

Fridays, 10:00 am - 3:45 pm, Oct. 21, 28, Nov. 11, 18, Dec. 2 (by appointment)
Location: LCC Florence Center
Contact SHIBA at (541) 736-4421 to schedule an appointment.

AARP Smart Driver Program

Produced by AARP, this class stresses how to recognize and adjust to "aging factors relating to safe driving." Completion may qualify you for an insurance-premium reduction. All classes are held at the Shorewood Senior Apartments on the corner of Spruce & 15th Street. (Pre-register at LCC Florence.)

For more information, contact AARP instructor Don Hogg (541) 997-3314.

Fee: \$20; AARP members, \$15

The one-day classes are scheduled for Thursdays, Sept. 15, Oct. 20 and Nov. 17 from 10:00 am to 4:30 pm.

Firefighter Certification

Siuslaw Valley Fire & Rescue offers a comprehensive year-long introductory firefighting course leading to Firefighter I, a nationally recognized and standardized certification. Activities in this course include firefighting, fire protection systems, public education, EMS, heavy extrication and ropes rescue.

For more information, contact Siuslaw Valley Fire & Rescue at (541) 997-3212.

Art & Theater



New class! Makeup Mash Up

For those involved in theater or interested in taking their Halloween costuming skills to

the next level, this course will teach you more about the background of makeup use in the theater and techniques to correctly apply different styles. Each week will feature a different technique. Take the full five weeks or a single workshop. Students must purchase make-up kit for course. *For kit information or to view images of his prior work, contact instructor at potterb@lanecc.edu.*

Sept. 29: Basic corrective
Oct. 6: Old age/extreme old age
Oct. 13: Wounds and burns
Oct. 20: Fantasy/zombie/sci-fi
Oct. 27: Historical person
6-7:30 pm, TH, Sept. 29 - Oct. 27
Tuition: \$33.75 (Senior, \$25.27)
Individual workshops: \$10 each
Instructor: Buck Potter, Rm. 158

New class! Screwball Cinema

Join instructor Jared Anderson at City Lights Cinemas for his latest cinema studies class, a review of mistaken identities, class warfare, impossible coincidences, feminism and the battle of the sexes. While screwball comedies may get lumped into mindless slapstick, these films were socially groundbreaking works that helped a generation cope with and understand societal changes. Come see comedy (and society) at its best in this uproarious five-part class.

The first class is open to the public and is scheduled on a Sunday. All other classes will be held on Mondays.

"My Man Godfrey," Oct. 2
"It Happened One Night," Oct. 3
"The Awful Truth," Oct. 10
"Bringing Up Baby," Oct. 17
"The Lady Eve," Oct. 24

3-6:30 pm at City Lights Cinema
Tuition: \$78.75 (Senior, \$58.97)
Instructor: Jared Anderson

All the Opera You Can Stand

If you've ever asked: "Where did that tune come from?" you may be surprised to learn it's from an opera! In this course, we'll take a light-hearted approach to a fascinating art that has left a legacy that extends into popular culture. Discover the enjoyment – and fun – of a decidedly non-snooty classical art form. We'll watch performance cuts from acclaimed productions and an Emmy-winning documentary about the making of an opera as told by union stage hands and discuss our own experiences. *For those interested in learning more, sign up for an extra two classes, Nov. 2 - 9! Find more details online.*

1:30 - 3 pm, W, Oct. 5 - 19
Tuition: \$20.25 (Senior, \$15.16)
Instructor: Linda Yoder, Rm. 103

New class! Cinema of Katharine Hepburn

Celebrate one of cinema's first feminists in this fun-filled history class showcasing the greatest films of Katharine Hepburn, who blazed her own trail on her own terms. Join instructor Jared Anderson as he takes you on a cinematic journey of Hepburn's life and art to examine how she became credited as one of cinema's greatest treasures. Films featured in this series: "Stage Door," Nov. 7; "The Philadelphia Story," Nov. 14; "Adam's Rib," Nov. 21; "The African Queen," Nov. 28; "The Lion in Winter," Dec. 5.

3-6:30 pm, M, Nov. 7 - Dec. 5
Tuition: \$78.75 (Senior, \$58.97)
Instructor: Jared Anderson
Location: City Lights Cinema



Hands in the Clay

This class teaches the basics in hand-built ceramics and decoration. While this class is specifically designed for beginners, all levels of experience are welcome.

4 - 7 pm, TH, Sept. 29 - Oct. 27
Tuition: \$67.50 (Senior, \$50.55)
+ \$30 materials fee
Instructor: Julie Ellingson, Art Lab

Make it in Clay!

Designed for beginning to advanced students, this course features interactive instruction through lecture and hands-on experience. Intermediate/advanced students can increase skills with specific challenge projects throughout the term.

4 - 7 pm, TH, Nov. 3 - Dec. 8
Tuition: \$67.50 (Senior, \$50.55) + \$30 fee
Instructor: Julie Ellingson, Art Lab



Intermediate Calligraphy

Students will build on their foundational calligraphy skills to complete advanced calligraphy projects. This course is designed for those with intermediate to advanced skills in calligraphy and is recommended for those who have taken the instructor's Art of Calligraphy course or have comparable skills. Students will work on projects to further develop their personal style and application of calligraphy skills. Instructor Lawrence Blakeslee has more than 60 years of design and calligraphy experience. A list of materials will be available at the LCC Florence front desk and at Beaux Arts. For more information or questions, contact Lawrence at (541) 997-3103.

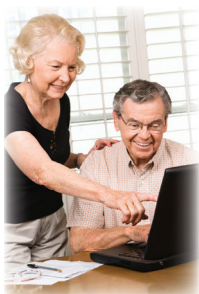
1 - 3 pm, TH, Sept. 29 - Nov. 3
Tuition: \$54 (Senior, \$40.44)
Instructor: Lawrence Blakeslee, Rm. 158

New class! Holiday Card Workshop

Create your own hand-crafted cards for family and friends this holiday season! Join crafter extraordinaire Terry Dewey for this holiday card class and learn how to personalize cards to make your holiday wishes extra special using easy-to-do techniques. Students will leave with hand-crafted cards and tips on how to continue crafting at home. A card-making kit will be provided for each student. Choose one of two Tuesday class dates.

10 am - 12 pm, Nov. 1 or 6 - 8 pm, Nov. 8
Tuition: \$9 (Senior, \$6.74) + \$15 class fee
Instructor: Terry Dewey, Rm. 158

Technology



New class! **Computers 101**

This is a **hands-on basic computer class** for those who want to be more comfortable using a computer. Previous experience with Windows is helpful,

but not required. Basic computer terms and functions will be covered including Internet searches; how to create and use an email account; using a mouse and keyboard shortcuts, and how to locate files. Students may use a desktop computer with Windows 7 in the LCC computer lab or bring their own laptop or tablet.

5 - 7 pm, M, Sept. 26 - Oct. 31

Tuition: \$54 (Senior, \$40.44)

Instructor: Jolene Medeiros, Rm. 154

New class! Internet Safety

This six-week course will introduce students to the threats they may encounter while online and teach them to adopt a safer mindset when using the Internet. You'll learn how to use the Internet effectively to share files, use social media sites, conduct research, identify secure browsers and identify online scams and how to securely use email and shop online and use online payment options such as PayPal. Wireless Internet connections, how to create strong passwords and safely store passwords and software to protect computers, smartphones and tablets will also be covered.

5 - 7 pm, T, Sept. 27 - Nov 1

Tuition: \$54 (Senior, \$40.44)

Instructor: Jolene Medeiros, Rm. 154

Senior Discount

Tuition and fees for Continuing Education (non-credit) courses are listed by each class in this publication and online. Tuition is based on a rate of \$4.50 per class hour. A tuition discount will be given to students **60 years or older** for many non-credit classes. The discount applies only to tuition, not to class or materials fees. **Look for the senior price on classes throughout this schedule.**

New class! Social Media Savvy



This hands-on computer class is for those with some basic computer skills who would like to become more

familiar with social media sites like Facebook, Pinterest, YouTube and Pandora. For Facebook, learn about adding friends, managing your newsfeed and posting pictures and comments to maintain contact with family and friends near and afar. Learn how to navigate Pinterest, create boards and share "pins" and discover how to use Google Drive ("the Cloud") to back up files and sync your devices (phones, laptops, tablets). Basic computer knowledge or enrollment in Basic Computers 101 is recommended but not required. Students can use desktop computers with Windows 7 in the LCC computer lab or bring their own devices.

5 - 7 pm, W, Sept. 28 - Nov 2

Tuition: \$54 (Senior, \$40.44)

Instructor: Jolene Medeiros, Rm. 154

New class! Intro to Web Design

Want to learn how to build your own website for your business or to stay connected with family and friends? In this introductory web design class, students will learn how to build a basic website from scratch using Microsoft Expressions 4. Students are encouraged to bring their own PC laptops. However, students can use LCC's lab computers.

6:00 - 8:00 pm, W, Sept. 28 - Dec. 7

Tuition: \$99 (Senior, \$74.14)

Instructor: Patrick Hawke, Rm. 156

Dance

Dance class registration is handled through the instructor. Please contact them directly to enroll or obtain additional information, including cost. All classes are held in the Doreen Ditzhazy Dance Studio located at LCC Florence Center.

Eileen Angilletta (email)
eangilletta@yahoo.com

Angela Palmer 999-0905

Amy Durbin 991-6101

Belly Dance with Eileen

This 10-week all-ages class is designed as a **fun way to keep the body limber**. Prior dance experience is not required. Focus on shimmies, belly rolls, isolations and intro to fusion. Veil work and improvisation are also part of the class, so bring your own set of zills, veils and a yoga mat, if you have them.

10 - 11 am, W, Sept. 28 - Dec. 7

Instructor: Eileen Angilletta

Adult Ballet

Ballet will develop long, lean muscles, a strong core and better balance.

Beginners welcome! Two sessions to choose from.

5:30 - 7 pm, T, Sept. 27 - Dec. 6

5:30 - 7 pm, TH, Sept. 29 - Dec. 8

Instructor: Angela Palmer



International Dance

The Oregon Coast International Dancers will meet weekly to learn village and line dances both old and new from all over the world. Join in the fun of dancing to ancient and modern world music as you learn about the dances, steps, costumes, food and cultures of the many countries on our planet. **This is a group-facilitated class.**

6:30 - 7:30 pm, W, Sept. 28 - Dec. 7

Contact: Amy Durbin

Health & Wellness

All fitness classes are held in the Doreen Ditzhazy Dance Studio located at LCC Florence Center.

New class! Myofascial techniques

This course focuses on the fundamentals of myofascial release through foam rolling, targeting the soft tissues that connect to our muscles. Learn to identify proper body alignment and how foam rolling can help change your body by increasing blood flow to muscles, enhance mobility and flexibility, relax muscles and reduce tension and muscle pain. This course involves floor exercises, so students will need to be able to get down on to the floor.

Equipment: Students will need to bring a triggerpoint grid foam roller to class. For more information, contact the instructor before the term begins at julie.srac@gmail.com.

12 - 1 pm, F, Sept. 30 - Dec. 9

Tuition: \$40.50 (Senior, \$30.33)

Instructor: Julie Ellingson

Qigong

Qigong, a 5,000-year-old practice used to strengthen the entire body and calm the mind, uses low impact movements and is an easy-to-follow practice. Draw energy, or "Qi", inward by using slow, specific movements and focused breathing to experience a deep sense of peace. Two sessions to choose from!

12 - 1 pm, M, Sept. 26 - Dec. 6 **or**

12 - 1 pm, W, Sept. 28 - Dec. 7

Tuition: \$49.50 (Senior, \$37.07) each

Instructor: Julie Ellingson

Move It or Lose It!

This "Mobility and Stability for Seniors" course is a gentle exercise program that offers creative ways to build functional strength and flexibility, stabilizing strength and cardio respiratory endurance and mental training. **Face the fear of falling with gait training** and learn various ways to get up and down to make your daily movements easier to do.

1 - 2 pm, T/TH, Sept. 27 - Dec. 8

Tuition: \$94.50 (Senior, \$70.77)

Instructor: Julie Ellingson



New class!

Pilates on the Ball

This class helps to strengthen the core muscle groups, particularly the glutes and abs, to attain better balance

and posture. The class will also help fight aches and pains and will use very light weights. A great one for dancers and those who practice martial arts! *Contact instructor Eileen Angilletta (eileena33@hotmail.com) for more information and to register.*

9 - 10 am, M & F, Sept. 26 - Dec. 9

Stretch & Strengthen

See how gentle, consistent exercise pays off in this energizing class that offers a total body workout in a supportive atmosphere.

8:30 - 9:30 am, T/TH, Sept. 27 - Dec. 8

Tuition: \$94.50 (Senior, \$70.77)

Instructor: Liz Purtell

9:30 - 10:30 am, T/TH, Sept. 27 - Dec. 8

Tuition: \$94.50 (Senior, \$70.77)

Instructor: Liz Purtell

Beginning Yoga

This course includes warm-up stretches, yoga postures, breathing exercises and relaxation. Learn standing poses to develop correct alignment, strength and endurance. Relaxation poses will help students to release tension and stress while achieving calmness and renewal.

1:30 - 3 pm, M/W, Sept. 26 - Dec. 7

Tuition: \$148.50 (Senior, \$111.21)

Instructor: Kathy Lenox

5 - 6:30 pm, M, Sept. 26 - Dec. 5

Tuition: \$74.25 (Senior, \$55.60)

Instructor: Liz Purtell

Resource Fee

In addition to the tuition and individual class fees, the college assesses a one-time per term (regardless of the number of classes taken) **\$10 Resource Fee** to defray operational costs.

New class!

Our Energetic Selves: An Intro to Energy Medicine

This course combines lecture, interactive class discussion, exercises and demonstrations to gain a better understanding of how energy affects our physical and mental health. Explore the biophysics of energy medicine – the systems within the body that transfer energy and information in ways that are different from the nervous and biochemical systems. Students will gain an understanding of scientific research that supports energy medicine, energy healing modalities and simple techniques that can be used to reduce stress and promote self-healing.

1 - 3 pm, T, Oct. 4 - 18, Rm. 130

Tuition: \$27 (Senior, \$20.22)

Instructor: Myrna Klupenger

Yoga Fitness

Prerequisite: One term of Beginning Yoga. This course is designed to improve balance, flexibility and strength through yoga poses accompanied by focused breathing and relaxation.

5 - 6:30 pm, W, Sept. 28 - Dec. 7

Tuition: \$67.50 (Senior, \$50.55)

Instructor: Liz Purtell



Outward Ventures

Outward Ventures are open to all who are interested in an off-campus educational and cultural experience. Transportation is provided for these course offerings, and return times are approximate. Please call the main office at (541) 997-8444 for additional information. **If the Outward Venture you are interested in is at capacity, please request to be added to a waiting list.**

Winter Green Farm Tour & Picnic

We'll head over the bridge and through the Siuslaw woods to visit **Winter Green Farm** for a tour of their 171-acre organic farm and cattle ranch, where 40 different types of vegetables and berries are grown. We'll learn about their organic and biodynamic growing practices during our covered hayride through the property. Then we'll venture into Veneta to enjoy a no-host lunch.

Wednesday, Sept. 28, 8:30 am - 3 pm
Tuition: \$18 (Senior, \$13.48) + \$15 fee

How do you like them apples?

Try an apple a day a different way on this Outward Venture to **Wildcraft Cider's Press House** near downtown Eugene. We'll take a private group tour of the press house and learn the history and a few of the unique recipe combinations, such as coffee-infused cider, that make Wildcraft stand out as one of the premier cideries in the state. Taste some of the hard ciders currently in production and learn about the regional orchards that partner with Wildcraft to produce them. Our trip includes a surprise stop for a no-host lunch.

Saturday, Oct. 1, 9:30 am - 5:30 pm
Tuition: \$18 (Senior, \$13.48) + \$18 fee

Mount Angel Abbey, Revisited

We visited Mount Angel Abbey in the spring and fell in love with the abbey's history and the hospitality of the Benedictines. The monks are careful caretakers of a collection of medieval and other rare, antique tomes, and, on this trip, we'll spend more time in the library admiring and learning about these gorgeous works of art with Brothers Gregory and Christopher as our guides. Our own, Frances Downing has graciously

offered to share her knowledge of the library's architect, Alvar Aalto during our visit. An overview tour of the abbey and sacristy is also scheduled. We'll enjoy a lunch served in the seminary college's dining hall, which overlooks the valley. At any time during the tour, guests are welcome to leave the group to relax and take time for quiet and respectful reflection.

Thursday, Oct. 20, 8:15 am - 7 pm
Tuition: \$27 (Senior, \$20.22) + \$35 fee

Bob Welch and Friends at the Hult

Our favorite author and columnist, Bob Welch, is joined by his musical friends for an eclectic **show that mixes music, poetry and Welch's own stories** from his years as a columnist for the Register-Guard newspaper. One past attendee called the show "Bob Welch as Oregon's Garrison Keillor," so think of this show as "Valley Home Companion." We'll enjoy a no-host meal together after the show in Eugene. **Registration deadline is Oct. 3. If not enough students register for this OV, it will be cancelled.**

Sunday, Oct. 23, 12 - 6 pm
Tuition: \$18 (Senior, \$13.48) + \$50 fee

History and Heritage Tour

In the middle of the state's capital city stands a small historical park that tells the stories of the first woolen mill on this side of the Mighty Mississippi River. **The Willamette Heritage Center** also houses the three oldest wooden-frame houses in the Pacific Northwest, built in the 1840s by Methodist missionaries, as well as the Thomas Kay Woolen Mill, founded in 1889. We'll take a guided tour of the mill and learn its storied connection to the famous Pendleton Woolen Mills. Pack your

To request disability-related accommodations that will facilitate your full participation in this event (such as Sign Language interpreting, Braille, electronic text, visual describer), please contact Accessible Resources at least one week in advance: (541) 463-5150 (voice); 77 (relay); Building 1, 218; or email accessibleresources@lanecc.edu.

own lunch to dine outdoors or buy a meal at the café located on site. There will be time for self-guided tours of the historic homes or to browse the shops located within the main building. The research library will also be open; those who wish to visit or conduct research need to contact Marsha in advance. An art quilt exhibit will also be on display. Thursday, Nov. 3, 8:30 am - 5:30 pm
Tuition: \$18 (Senior, \$13.48) + \$15 fee

Festival of Lights

Shore Acres State Park produces an annual fantastical light display that sets the beautiful oceanside gardens aglow with nearly 400,000 lights in celebration of the most wonderful time of the year! Bundle up for our outdoor walkabout, and we can warm up in the toasty, historic and beautifully decorated gardener's house with cookies and warm beverages. We'll stop for a no-host dinner on the way home. (Tacky holiday sweaters strongly encouraged.) Wednesday, Nov. 30, 3:30 - 8:30 pm
Tuition: \$18 (Senior, \$13.48) + \$5 fee

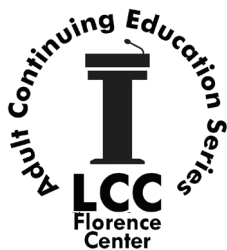
Holiday Concert in Corvallis

The beauty of the holiday season comes alive through the voices and music of the Oregon State University's Chorus and the Corvallis-OSU Symphony during their "Choruses for the Season" concert. This sell-out show is a favorite among our own students, so register early to guarantee your spot. Feel free to pack a snack or your lunch to eat on the way, then we'll enjoy a no-host dinner after the show.

Sunday, Dec. 4, 12:30 - 8 pm
Tuition: \$18 (Senior, \$13.48) + \$38 fee

Victorian Holiday at Heceta Head
Turn the page for more information!

Special Opportunities



ACES (Adult Continuing Education Series) is an advisory group of community members whose mission is to engage all adult learning groups and encourage continuing education through enrichment with lectures, short courses and discussion groups on a wide variety of subjects. ACES

will offer two, interactive discussion courses this fall.

Being Mortal: Obstacles and Options

The Adult Continuing Education Series (ACES) at LCC will offer an interactive and informative class entitled "Being Mortal: Obstacles and Options" that will explore aging and end-of-life issues. The four-week course uses the book "Being Mortal" by Dr. Atul Gawande as the framework for discussion. Each session will feature relevant speakers to offer perspectives and information on community resources in exploring topics such as accepting and coping with the gradual loss of autonomy; accepting dependence and accessing options for assistance; recognizing the need for more intensive interventions, and understanding the hard decisions that must be made when approaching the end of life. This class is designed to be interactive with facilitated discussions led by experienced discussion leaders.

Tuesdays, 5:30 - 7:30 pm, Oct. 18 - Nov. 8, Rm. 103

Tuition: Free, but registration is required

Winston Churchill

Winston Churchill is considered by many to be the greatest leader of the 20th century. He was a multi-faceted man – politician, statesman, author, painter, soldier and military innovator – who some consider as proof that a single individual can change the course of history. The objective of this six-week course is to examine critical times and events in the life of Churchill, both good and bad. We will examine the actual events of the time and discuss the actions and qualities that led to his being considered both a great leader and a great man but subject to criticism as well. Each class will include interactive discussion periods where we will consider the key points and questions raised by the content in video lecture presentations by an internationally-known Churchill scholar.



Facilitator: David Ripley

Mondays, 2:30 - 4:00 pm, Oct. 3 - Nov. 7, Room 103

Tuition: \$40.50 (Senior, \$30.33)*

*A one-time-per-term resource fee of \$10 is applied to all Continuing Education students taking one or more classes.



Enjoy a Victorian Holiday at Heceta Head Lighthouse! Our most popular event!

We'll continue our holiday tradition of visiting the Heceta Head Lighthouse Bed and Breakfast for its renowned seven-course,

gourmet breakfast and guided tour of the historic house's decked halls. This visit is a rare treat as the bed and breakfast only offers its gourmet breakfasts to guests who aren't staying overnight on special occasions. Experience a unique meal prepared from scratch using gourmet sausages, artisan cheeses and produce from the inn's own garden. The bed and breakfast is located in the home previously used by the assistant lightkeeper, and tours will be available following our meal. The gift shop will also be open during our visit, and there should be time to explore the grounds or take a short hike to the Heceta Head Lighthouse.

Thursday, Dec. 8, 8:30 am - 1 pm,

Tuition: \$18 (Senior, \$13.40) + \$55 fee

"Aging Well" — a continuing series from PeaceHealth

The Aging Well series offers educational classes focused on prevention, understanding and coping with the various aspects of aging. Topics vary from month to month. Presentations are conducted by health care and community professionals and focus on preventative care, alternative therapies, advanced care planning and self-care. The classes will be held at Lane Community College on the second Tuesday of October and November, from 11:00 am to 12:00 pm in Room 130. Tuition is free, but registration is required to participate in any LCC class.

Check the online class listing to find out more about this term's topics!



PeaceHealth
Peace Harbor Medical Center

The spirit of healing®

The Florence Center will be **closed** Thursday, Sept. 22, for Fall In-Service, Friday, Nov. 11, for Veterans' Day and Thursday and Friday, Nov. 24-25, for the Thanksgiving holiday.