

# Mind & Body

Summer 2024



## NEW! Preserving Your Herbal Harvest

Calling all gardeners! We will be discussing best harvesting practices and approaches for drying and preserving all types of herbs.

Informational handouts and recipes will be shared. Your instructor is a clinical and community herbalist. **Keyword: Herbal**

Sept. 3	T	5:30-7:30 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2076-CEFA	

## Herbal Elixirs

Join the fun and learn to make refreshing and uplifting herbal elixirs. Through storytelling, botany and folklore we will get to know a few local plants. Then participants will mix up their own elixirs as we raise a toast to summer.

Your instructor is a clinical and community herbalist. There is a \$5 cash supply fee payable in class. **Keyword: Herbal**

July 22	M	6-8 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2033-CEUA	

## NEW! Make Your Dreams a Reality

Discover how your thought patterns prevent you from getting results in your efforts to better your reality (or life). Discover four easy techniques that are proven to improve your life by releasing negative thought patterns and raising your overall energy. Add to your daily routine to transform your life and manifest more wealth, peace and improve health. **Keyword: Dreams**

July 20	S	9:30 a.m.-Noon	\$39
Lincoln, CEC, 404	Johns	LLLX-2155-CEUA	



## Intro to Sound Bath & Sound Meditation

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music. You will be introduced to concepts related to cymatics (science of visualizing sound frequencies) and meditation.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Sound**

July 8	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEUB	
Aug. 20	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFA	
Sept. 11	W	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-1690-CEFB	

## Finding Balance with Energy Center Alignment Sound Bath

Discover how sound works to align your energy centers with healing frequencies. This class will be immersive with a short lecture and a full hour of energy center alignment sound bath by certified sound healer Shannon Kingery.

Mats, eye masks and blankets available or bring your own.

**Keyword: Energy**

July 22	M	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-2138-CEUC	
Aug. 27	T	6:30-8 p.m.	\$29
Lincoln, CEC, 303	Kingery	LLLX-2138-CEFA	
Sept. 25	W	6:30-8 p.m.	\$29
Lincoln, CEC, 302	Kingery	LLLX-2138-CEFB	

## NEW! Six Conventions Every Bridge Player Should Know

Bridge is a game of communication, and using a few conventions, it can be very useful tools in the communication process and truly making your Bridge life so much easier. Knowing and using these conventions is helpful to all Bridge players. We will focus on these six conventions: Stayman, Jacoby Transfers, Opening Weak Bids, Opening Strong Bids, Doubles, and Negative Doubles.

This class is designed for a more experienced Bridge player.

**Keyword: Bridge**

Aug. 20-Sept. 5	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-2367-CEFA	



[ed2go.com/scce](https://ed2go.com/scce)

### BROWSE COURSES IN

*Accounting and Finance  
Business  
College Readiness  
Computer Applications  
Design and Composition  
Health Care and Medical*

*Language and Arts  
Law and Legal  
Personal Development  
Teaching and Education  
Technology  
Writing and Publishing*

### Location Key

Lincoln, CEC ..... Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place  
Lincoln, NEBD ..... Nebraska Ballroom Dance, 4820 Rentworth Drive



## NEW! Twelve Ways to Be a Better Defender

Prerequisite: Beginning Bridge

On an average day of Bridge, you will play defense half of the day. Join us as we discuss some of the following: leads, signals, second-hand play, third-hand play, clues from the bidding, leading the right card in the opening lead and in the middle of play, and counting tricks for the defense. **Keyword: Defender**

July 30-Aug. 15	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-2366-CEUA	

## NEW! Putting Your Bridge Knowledge to the Test

Each session will begin with a Bridge tip or two and a brief lesson. Following the lesson you will have the opportunity to put your skills and knowledge to the test. You will encounter Bridge hands that are interesting, learning-centered and a wee bit of a challenge. All of the hands you will play can be made, but can you find the winning solution?

This class is designed for a more experienced Bridge player.

**Keyword: Bridge**

Sept. 10-26	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-2368-CEFA	

## NEW! Tips on Bidding Slams, Card Combinations & Pointers on Finessing

Do you find sometimes you bid game, but make a slam? This happens to all of us, but this class will provide guidelines on how to re-evaluate your point count, which may get you into bidding a very good slam. We also will discuss the Ten Commandments of making more good bids and avoiding bad ones. An additional part of this class will focus on tips and strategies on running finesses and looking at frequent card combinations and how to play them. These strategies will be very helpful whether you are playing a hand at a bid of one or a bid of seven.

This class is designed for a more experienced Bridge player.

**Keyword: Bidding**

July 9-25	T, Th	9:30-11:30 a.m.	\$79
Lincoln, CEC, 414	Kepler	LLLX-2365-CEUA	

## NEW! Mental Health First Aid

This is a skills-based training that teaches people how to safely and responsibly identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults. This course builds mental health literacy and teaches strategies to help someone in crisis and non-crisis situations, and knowledge of where to turn for help.



(0.75 CEUs) Participant manual and processing guide included with course. Mental Health First Aid, sometimes called Adult Mental Health First Aid, is designed for adult learners. The course may not be delivered to anyone under the age of 18. **Keyword: Health**

July 16-23	T	12:30-4:30 p.m.	\$79
Lincoln, CEC, 304	Schulter	HLTH-3033-CEUA	
Aug. 17	S	8 a.m.-4:30 p.m.	\$79
Lincoln, CEC, 304	Schulter	HLTH-3033-CEUB	
Sept. 13-20	F	8:30 a.m.-4:30 p.m.	\$79
Lincoln, CEC, 304	Schulter	HLTH-3033-CEFA	



## YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

### Yoga Basics

New to yoga or want a basic practice? This is perfect for you.

**Keyword: Yoga**

Aug. 12-Sept. 30	M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Pleskac	No class Sept. 2	LLLX-1701-CEUA



## Mah-Jongg Strategies

So you know the basics of Mah-Jongg but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand, and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play. **Keyword: Mah-Jongg**

June 25-27	T, Th	6-8 p.m.	\$29
Lincoln, CEC, 414	Kepler	LLLX-0958-CEUA	

For more information, contact us at  
402-437-2700 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu).

## DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

### Intro to Belly Dance

You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies are welcome and that means you! Modifications are taught for all fitness levels. We'd love to work with you.

Wear comfortable clothing you can move in. **Keyword: Dance**

July 11-Aug. 1 Lincoln, CEC, 111	Th Gregg	6-7 p.m. LLLX-1545-CEUB	\$39
Sept. 5-26 Lincoln, CEC, 111	Th Gregg	6-7 p.m. LLLX-1545-CEFA	\$39

### Continuing Belly Dance

Prerequisite: Intro to Belly Dance (LLLX-1545)

We will continue dancing and learning combos and more moves, perfect for anyone who's ready to keep going. Join us for a fun workout and hang out with awesome people! **Keyword: Dance**

July 11-Aug. 1 Lincoln, CEC, 304	Th Gregg	7-8 p.m. LLLX-1546-CEUB	\$39
Sept. 5-26 Lincoln, CEC, 304	Th Gregg	7-8 p.m. LLLX-1546-CEFA	\$39

For more information, contact us at 402-437-2700 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

### Red Hot Salsa

Learn the dance that HEATS up the dance floor with simmering music.

Complete a registration form for each partner. **Keyword: Salsa**

July 25-Aug. 8 Lincoln, CEC, 304	Th Newman	7:30-8:30 p.m. LLLX-1503-OCUA	\$89/couple
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### More Intro to Swing Dance

Zydeco, East Coast Swing and Hustle . . . wow . . . impress your friends on the dance floor as you learn the foundations to club swing dances.

Complete a registration form for each partner. **Keyword: Swing**

July 7-Aug. 25 Lincoln, NEBD	U Fritz	3-4 p.m. Fritz	\$109/couple LLLX-1541-OCUA
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### More Intro to Country Dance

More country dance fun! Learn the foundations of stationary country dances: Country Cha Cha, Night Club Two Step and Pony Swing.

Complete a registration form for each partner. **Keyword: Country**

July 11-Aug. 29 Lincoln, NEBD	Th Fritz	6:30-7:30 p.m. Fritz	\$109/couple LLLX-1526-OCUA
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### Latin Medley

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Your dance guides are from Vintage Ballroom dance and have been in competitions around the Midwest. Wear hard-sole shoes, no flip flops or loose shoes. Complete a registration form for each partner.

**Keyword: Latin**

July 25-Aug. 29 Lincoln, CEC, 302	Th Newman	6:30-7:30 p.m. LLLX-1548-CEUA	\$89/couple
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Check out all classes offered at [southeast.edu/continuing](http://southeast.edu/continuing)  
Find us on Facebook® at [facebook.com/SCCNeb](https://www.facebook.com/SCCNeb)

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



## Registration Form - Non-Credit Course

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/collegecatalog](http://southeast.edu/collegecatalog) for additional information.

Today's Date

\_\_\_/\_\_\_/\_\_\_

\* Required

PLEASE PRINT

Social Security Number OR SCC Student ID Number		* Birth Date	Name: * Last		* First	Middle Initial
* Residence Mailing Address			* City	* State	* Zip	County #
* Email Address			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

### SIGNATURE

Check  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

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

Name as it appears on card: \_\_\_\_\_ Exp. Date \_\_\_\_\_

CC # \_\_\_\_\_

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver

TOTAL DUE

FOR OFFICE USE ONLY

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

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/diversity](http://southeast.edu/diversity) \*The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



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

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