Explore
Spring 2020

Backyard Chickens
This class will provide individuals with the knowledge they'll need to start their own backyard poultry flock. We'll discuss caring for your baby chicks and what to do as they grow older and start laying eggs.

NOTE: Class is live-streamed from Hebron.

CPR AED (Community)
This AHA Heartsaver® course teaches CPR, AED, foreign body airway obstruction, and barrier devices for adults, children and infants. This course is recommended for those who want to be prepared for an emergency in any setting.

This class meets day care CPR requirement.

CPR - Basic Life Support
(formerly known as CPR for Health Care Providers)
This AHA CPR-Basic Life Support course teaches high-quality CPR, use of an AED, foreign-body airway obstruction, high-performing team dynamics and barrier devices for adults, children and infants.

(0.45 CEUs) This course is for health care providers (nurses, EMTs, doctors, lifeguards, etc.).

Video Chatting
Prerequisites: One of these apps (FaceTime or Facebook Messenger) already installed on your phone or tablet.

Do you live hours from your grandchildren? Do you want to be able to see the friend or family member you’re talking to on the phone? Video chatting apps give us the ability to feel close to those who are far away. With just a little help, you’ll be video chatting tomorrow!

NOTE: Class is live-streamed from Hebron.

Location Key
NE City, NCLC ............Learning Center at Nebraska City, 819 Central Ave.
Syracuse, SPL .........................Syracuse Public Library, 480 Fifth St.

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Check out all classes offered at www.southeast.edu/NebraskaCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity
Water Aerobics
Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimming suits are required, while water shoes are recommended.

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<th>Location</th>
<th>Instructor</th>
<th>Time</th>
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<tbody>
<tr>
<td>April 14-15</td>
<td>NE City, AWC, Pool</td>
<td>T, Th Osovski</td>
<td>5:30-6:30 a.m.</td>
<td>$49</td>
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<tr>
<td>May 19-June 18</td>
<td>NE City, AWC, Pool</td>
<td>T, Th Osovski</td>
<td>5:30-6:30 a.m.</td>
<td>$49</td>
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Let's Get Saucy!
There are five “mother” sauces: Veloute, Bechamel, esponole (sauce brown), hollandaise, and tomato. From these sauces, there are endless variations so there's no limit to the sauce making possibilities. We'll learn about “roux,” “mise en place” and deglazing. Come hungry as we'll taste the fruits of our labor!

There is a $20 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

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<tr>
<td>April 14</td>
<td>NE City, WPBB</td>
<td>Tavas</td>
<td>6-8:30 p.m.</td>
<td>$29</td>
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Meet, Eat & Learn: The Not So Sweet Truth
Got a sweet tooth? Empower yourself to control sugar cravings and habits by learning about all things sugar. Discussion will include effects of sugar on the brain and body, reading nutrition labels, daily recommended amounts, and debunking natural sugars versus refined sugars versus artificial sweeteners myths. Learn tips to tame sugar cravings and change habits.

Provided by Nikki Lightner, LIMHP, LADC, Wellness Specialist at Bryan Health. A light lunch is included!

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<tr>
<td>April 16</td>
<td>NE City, NCLC, 101</td>
<td>Lightner</td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>$10</td>
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Zumba Active
This class is for active aging adults who are looking for a modified Zumba® class recreating the original moves at a lower intensity. The energizing music will get you moving toward a healthier, active lifestyle.

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<td>May 21-June 18</td>
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<td>Wetrosky</td>
<td>9:45-10:30 a.m.</td>
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Babysitting 101
Ages 10-14
This interactive one-session class will help you become a great babysitter. You will learn about the business of babysitting, child development, safety, and fun ways to keep children entertained.

NOTE: Class is live-streamed from Wahoo.

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<td>June 6</td>
<td>NE City, NCLC, 101</td>
<td>Segner</td>
<td>1-4 p.m.</td>
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Mac for Beginners
This introductory course assumes little or no previous computer experience and teaches skills to get students up and running. It will familiarize the user with the basic operation of the Apple Macintosh operating system. Subjects covered include introducing the Mac interface, using and navigating with the mouse (click, doubleclick, and click and drag), using the keyboard, creating folders, organizing files, and introducing menus and buttons.

Each class is customized to the students' needs. No book required. Students will need to bring your Mac computer.

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<tr>
<td>June 8-10</td>
<td>NE City, NCLC, 102</td>
<td>Carr</td>
<td>6-9 p.m.</td>
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The Best of Breakfast
We'll share our secrets and favorite recipes to get breakfast (or brunch) on the table for a crowd. You’ll prepare our signature French baked pancakes, create varieties of egg frittatas, discover many uses of granola and breads, and favorite breakfast sauces. Eating breakfast like a King is the way to start the day!

There is a $25 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

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Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-628-0072 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.
You must have an email account to register online.

2. Search for your class by entering 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.

* The College requires a student’s Social Security number as a condition for enrollment online. A student’s Social Security number information constitutes an “educational record” under FERPA.

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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 www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number | Birth Date | Name: Last | First | Middle Initial |
--------------------------------------------------|------------|------------|--------|---------------|
Residence Mailing Address | City | State | Zip | County # |
Email Address | Cell Phone | Home | Business Phone |
I identify as: | Male | Female |
- | Non-Resident | Resident |
Ethnicity (select one): | Hispanic or Latino | Not Hispanic or Latino |
Race (Select one or more): | White | Asian | Native Hawaiian/Other Pacific Islander | Black/Mixed/Multicultural |

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SIGNATURE

Would you like a receipt mailed to you? [ ] Yes [ ] No

SSC Staff Tuition Waiver [ ]

FOR OFFICE USE ONLY

ID# ____________

Submissions of this form indicate that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees subject to a grade in the course(s) listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit the form; 3) that this form constitutes a written acknowledgment and confirmation that the information contained herein is correct as stated, and; 4) any changes in Social Security number, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all administration, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Requests concerning the application of SCC’s policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510; or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703

www.southeast.edu/continuing