

Explore

Fall 2020



Silverware Jewelry

If you've ever wondered how to make silverware jewelry, this is your chance. You will have the opportunity to create two pieces of jewelry. Your choices will be a pair of earrings, a necklace or bracelet. Embellishing your pieces is half the fun, and a variety of embellishments will be available.

There is a \$25 supply fee payable to the instructor in class. Cash or check only for supplies.

Keyword: Jewelry

Oct. 26	M	6-9 p.m.	\$24
Beatrice, KEN, 334	Sisco	BBBX-2020-BEFA	

Holiday Paper Making

All of us use paper every day, yet, few realize all of the steps necessary to change plant material to this common every day product. You will discover the basic paper making process and dazzle your paper by adding embellishments such as glitter, petals, glass beads, etc. You will create 12 unique holiday cards (envelopes included).

Bring two dry bath towels to class. There is a \$20 fee payable to instructor in class. Cash or check only for supplies.

Keyword: Paper

Dec. 5	S	1-4 p.m.	\$29
Beatrice, KEN, 334	Sisco	BBBX-2019-BEFA	

Snowflake Quilling

Quilling is an art form that involves the use of strips of paper that are rolled, shaped and placed together to create decorative designs. In this class, you will create 12 quilled snowflakes combining a number of unique shapes. Your finished products can be used as embellishments, gift tags or home and holiday decorations.

There is a \$20 supply fee paid to instructor in class. Check or cash only for supplies.

Keyword: Quilling

Dec. 5	S	9 a.m.-Noon	\$24
Beatrice, KEN, 334	Sisco	BBBX-2018-BEFA	

Nutrient Dense Foods:

Grass-Fed Meat, Pastured Poultry, Eggs & Bone Broth

Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient-dense food into our diet.

Keyword: Nutrient

Sept. 29	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1251-BEFA	

Location Key

Beatrice, KEN Southeast Community College, Beatrice Campus
Kennedy Center, 4771 W. Scott Road

Fats & Oils

Learn why fats are essential to our health. Fats play a critical role in our mental well-being and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.

Keyword: Fats

Oct. 27	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1252-BEFA	

Spanish for Adult & Child

Have fun and learn a new way to communicate with your child. This is an introduction to the Spanish language designed for adults and children to take together. Students will learn simple vocabulary such as day-to-day greetings, numbers, colors, and days of the week. This class is appropriate for children ages 7-12.



Only adult must register and pay cost to attend this class.

Keyword: Spanish

Oct. 8-Nov. 5	Th	6:30-7:30 p.m.	\$39
LIVE Online, Zoom	Clay	BBBX-1682-TCFA	

Intro to Energy Medicine

What is your energy body? Discover the principles of how energy moves in the body to create harmony and balance. Learn easy de-stressing and energizing tips in this hands-on class. Discover how you can affect your own energy with simple techniques you can use daily for optimum health and vitality. Find out how to energize yourself in less than a minute with personalized self-care applications. Participate in demonstrations of how these systems affect our whole being: body, mind and emotions.



Keyword: Energy

Oct. 5	M	7-9 p.m.	\$29
Beatrice, KEN, 334	Weishahn	BBBX-1260-BEFA	
Oct. 7	W	6-8 p.m.	\$29
LIVE Online, Zoom	Williams	LLLX-0867-TCFA	



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/sccceonlinecourses>.

Check out all classes offered at
www.southeast.edu/BeatriceCE

Find us on Facebook® at
www.facebook.com/sccbeatricece

For more information, contact us at 800-828-0072 or continuing@southeast.edu

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**. You also will receive an email with this same information 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.



301 S. 68th St. Place, Lincoln, NE 68510
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www.southeast.edu/continuing

* 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.