

Personal Development

Winter 2022

Fit for Senior Living

Exercise is an essential part of life. Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this 12-week session. Best price for your workout!

Bring a towel and your tennis shoes. Will use outdoor classroom as often as possible.

Keyword: Fit

Jan. 3-March 25 Plattsmouth, PLLC	M, W, F Scanlan	9:30-10:30 a.m. AREA-8810-PLSA	\$65
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Auto Care for a Beginner—or Not

Learn about the systems in your automobile. This is a hands-on look under the hood, including jump starting the battery, checking fluids, and changing wipers and air filter. Also covers roadside emergency and troubleshooting vibrations, light bulb changes and changing fuses. You may get your hands dirty.

Keyword: Auto

Jan. 18-25 Plattsmouth, PLLC, 102	T Spicciati	6-8 p.m. AREA-0205-PLSA	\$49
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Welcome to Medicare

Medicare can be a complicated topic. Worse yet, there is a lot of misinformation that can lead to decisions that may result in penalty and a delay of benefits. In order to avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider when you are approaching Medicare eligibility. You will be provided comprehensive information about Medicare and address these questions:

- What does Medicare cost and cover?
- When should I enroll in Medicare, and what rules do I need to know?
- What is the difference between Medicare with a supplement versus Medicare Advantage?

Nebraska SHIP will cover the cost of this course. **To register, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841.

Webinar presentation is available on:

Jan. 20	Th	6 p.m.
Feb. 15	T	6 p.m.
March 16	W	6 p.m.

Navigating Medicare.gov

Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will arm you with the knowledge to navigate Medicare's plan finder tool to make an informed decision. You will be provided a step-by-step guide to using Medicare.gov to address these questions:

- How much will my prescriptions cost?
- Which Medicare drug plan will cover my prescriptions?
- Where can I get the best prices for my prescriptions?

Navigating Medicare.gov is provided by Nebraska SHIP, a member of the national SHIP network and a division of the Nebraska Department of Insurance. **To register, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841.

Webinar presentation is available on:

Jan. 27	Th	6 p.m.
Feb. 22	T	6 p.m.
March 23	W	6 p.m.

You Have a Life Story to Share

Get a jump start on writing your life story with guidance from the instructor, along with multiple handouts. Instructor will lead you in a fun, supportive process.

Bring pen and paper and start writing your story for your family and friends.

Keyword: Story

March 9-16 LIVE Online, Zoom	W Wiebold	6-7:30 p.m. AREA-9030-TCSWA	\$29
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Introduction to Podcasting

If you are interested in podcasting as a marketing tool for you or your business, join us for this information packed class about podcasting. Discussion will include the mechanics behind the finished product (recording, editing, up/down loading, etc.), establishing an idea/approach, and boosting your brand with relevant content to drive your audience to subscribe.

Keyword: Podcasting

Feb. 16 LIVE Online, Zoom	W Roush	6-9 p.m. AREA-1405-TCSYA	\$39
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Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.



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/scceonlinecourses>.

Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lblitz@southeast.edu

NEW! Don't Get Hacked: Keeping Yourself Cyber Safe

Online security breaches are everywhere, yet most people are terrible about their personal cybersecurity. You will learn how to safely browse the internet, develop secure passwords and recognize common scams. You will discover a variety of tools, most of them free, that can be used for personal online security. Lots of valuable information.



Jan. 13-27 Th 6:30-7:30 p.m. \$29
LIVE Online, Zoom Cano LLLX-1355-TCSCA

Keyword: Hacked

Put the Tech in Traveling

Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Curious about airline e-tickets, virtual wallet, Lyft, Uber, Air B&B? Join us for an informative Zoom class.



Jan. 31 M 6-8 p.m. \$29
LIVE Online, Zoom T. Jensen LLLX-1353-TCSCA

Keyword: Traveling



NEW! Walk for a Healthier You

Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Work-outs will include warm-ups and cool-downs.



Dress in loose, comfortable clothing and appropriate shoes.

Jan. 25-Feb. 22 T 5:30-6:15 p.m. \$25
LIVE Online, Zoom Waters AREA-8492-TCSCA

Keyword: Walk

Strength Training FUNdamentals: Tone & Eat Right

Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don't have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.



Jan. 8-15 S 9-10 a.m. \$29
LIVE Online, Zoom Stutzman LLLX-2261-TCSCA

Keyword: Strength

Body Sculpting: Butts & Guts

Join our special focus class just for your lower body! The belly and buttocks muscles are the focus for shaping, along with increasing lower body strength, burning fat and building lean muscle. How to utilize proper form to avoid injury and gain results are discussed.



Wear comfortable, loose clothes.

Feb. 5-26 S 9-10 a.m. \$31
LIVE Online, Zoom Waters AREA-8505-TCSWA

Keyword: Sculpting

NEW! Full-Body Yoga/Stretching Class

Feel good! Melt sore, stiff muscles, breathe better, and improve your flexibility in 20 minutes with this full-body yoga and stretching class. You'll move through a gentle warm up then deeply stretch your muscles and joints, then move through a cool down. This total-body deep stretch can be used as morning yoga, after work yoga and post work-out or anytime!



Jan. 5-Feb. 23 W 6:30-7:30 p.m. \$69
LIVE Online, Zoom Uldrich AREA-8653-TCSYA

Keyword: Yoga

LET'S DO LUNCH SERIES

Spend your lunch hour learning something new! Check out this series featuring something for everyone!

LDL: Exploring Apps (Health & Wellness)

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.



Jan. 25 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFA

Keyword: Exploring

LDL: Basic Zoom

Find out more about all the fun things you can do with Zoom!



Feb. 24 Th Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFB

Keyword: Zoom

LDL: Gardening Basics

Want to learn more about how to make your garden grow? Join us over lunch to learn tips and tricks on gardening.



March 22 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFC

Keyword: Gardening

Location Key

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For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not pre-recorded 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.

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Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook® at www.facebook.com/SCCLearningCenteratPlattsmouth

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.



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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.

* 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.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

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

PLEASE PRINT

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	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> X (Gender variant/Non-binary)		<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 Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp.Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, 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. Inquiries 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.