

Personal Development

Spring 2022

The Core of the Story

Give your readers a perfect escape by taking them on a journey. Your plot is the vehicle that brings them from point A to point B. Discover how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character's journey.

The instructor has published works under various pen names in both romance and fantasy genres and is eager to share tips for writers to succeed.



Keyword: Story

Plotting Romance

April 16	S	10 a.m.-Noon	Callahan AREA-6700-TCSNA AREA-6700-NCSA	\$25
LIVE Online, Zoom NE City, NCLC, 103				
June 7	T	6:30-8:30 p.m.	Callahan AREA-6700-TCUNA AREA-6700-NCUA	\$25
LIVE Online, Zoom NE City, NCLC, 103				

Plotting Fantasy

April 19	T	6:30-8:30 p.m.	Callahan AREA-6700-TCSNB AREA-6700-NCSB	\$25
LIVE Online, Zoom NE City, NCLC, 103				
June 11	S	10 a.m.-Noon	Callahan AREA-6700-TCUNB AREA-6700-NCUB	\$25
LIVE Online, Zoom NE City, NCLC, 103				

Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.



Keyword: Writing

May 14	S	10 a.m.-Noon	Callahan AREA-0146-TCSPA	\$25
LIVE Online, Zoom				

You Have a Life Story to Share

Jump-start writing your life story. Instructor will guide you in a fun, supportive process.

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



Keyword: Story

April 30	S	9 a.m.-Noon	Callahan AREA-9030-TCSPA	\$39
LIVE Online, Zoom				



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.



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 State Health Insurance Program (SHIP) will cover the cost of this course. **To register, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

In-person presentations are available on:

June 2	Th	5:30-7:30 p.m.	NE City, NCLC, 102
--------	----	----------------	--------------------

Webinar presentation is available on:

April 12	T	6 p.m.
June 9	Th	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 State Health Insurance Program (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. Registration deadline is one week prior to class date.

Webinar presentation is available on:

April 19	T	6 p.m.
June 16	Th	6 p.m.

Location Key

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.

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

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

Mats provided.

		Keyword: Yoga	
April 6-May 4	W	6:45-7:30 p.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCSA	
April 14-May 12	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSB	

Chair Yoga

Modified yoga poses seated in a chair.

		Keyword: Yoga	
April 19-May 17	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSA	

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, or Air B&B? Join us for an informative Zoom class.



		Keyword: Traveling	
April 13	W	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLX-1353-TCSCB	



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. Workouts will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

		Keyword: Walk	
April 5-May 3	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWB	

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.

		Keyword: Water	
May 2-June 1	M, W	8:30-9:30 a.m.	\$59
NE City, AWC, Pool	Madden	AREA-8717-NCSA	
May 2-June 1	M, W	4:45-5:45 p.m.	\$59
NE City, AWC, Pool	Schnitzer	AREA-8717-NCSB	

Location Key

NE City, AWC Ambassador Wellness Center, 1240 N. 19th
NE City, NCLC Learning Center at Nebraska City, 819 Central Ave.

Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

		Keyword: Cardio	
April 4-25	M, W, F	8:30-9:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSC	

Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates.

Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Wear comfortable clothing suitable for working out.

		Keyword: Barre	
April 14-May 16	M, Th	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Rayhel	AREA-8729-NCSA	

Fitness Boot Camp

This intense workout is for all levels, no matter where you are in your fitness journey.

Wear comfortable clothing suitable for working out.

		Keyword: Fitness	
April 13-June 15	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Barr	AREA-8725-NCSA	

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more.

Wear comfortable clothing suitable for working out.

		Keyword: Mix-Up	
May 2-23	M, W, F	5:30-6:30 a.m.	\$59
NE City, AWC, Group X	DeFreece/Essary/Sammons	AREA-8722-NCSA	

Spinning/Indoor Cycling

This is a fast-paced high intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and appropriate attire. Equipment provided.

		Keyword: Cycling	
April 12-May 19	T, Th	5:30-6 p.m.	\$39
NE City, AWC, Spin Rm	Stukenholtz	AREA-8592-NCSA	
April 19-June 14	T	12:10-12:50 p.m.	\$39
NE City, AWC, Spin Rm	Barr	AREA-8592-NCSB	

Rip (formerly BodyPump)

Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges.

		Keyword: Rip	
April 6-June 8	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Stukenholtz	AREA-8727-NCSC	



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>.

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.

Zumba

Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

Keyword: Zumba

April 5-June 7 NE City, AWC, Group X	T Farmer	5:30-6:30 p.m. AREA-8715-NCSB	\$59
May 3-June 2 NE City, AWC, Group X	T, Th Wetrosky	8:30-9:30 a.m. AREA-8715-NCSB	\$59

Senior Stretch & Flex

Enjoy a morning workout and improve your health. This active-aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes in your body.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Stretch

April 4-May 2 NE City, AWC, Group X	M Carlson	9:45-10:30 a.m. AREA-8415-NCSA	\$29
--	--------------	-----------------------------------	------

Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

Keyword: Fit

May 17-June 21 LIVE Online, Zoom	T Waters	5:30-6:15 p.m. AREA-8593-TCSWA	\$29
-------------------------------------	-------------	-----------------------------------	------

LET'S DO LUNCH SERIES

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

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.

Keyword: Gardening

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

NEW! LDL: Tips for Home Maintenance

Spring is here! Time to make sure you have the basics covered on home maintenance.

Keyword: Home

April 6 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSFD	\$10
------------------------------	---	--------------------------------	------

 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.

April celebrates Administrative Professionals Day. This lunch series focuses on personal and professional development suitable for administrative professionals or anyone who wants to learn something new!

NEW! LDL: Meditative Mandalas

Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.



Keyword: Meditative

April 7 LIVE Online, Zoom	Th Roseberry-Keiser	Noon-1 p.m. AREA-6665-TCSWA	\$10
------------------------------	------------------------	--------------------------------	------

NEW! LDL: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



Keyword: Metabolic

April 14 LIVE Online, Zoom	Th Toma	Noon-1 p.m. AREA-6665-TCSWB	\$10
-------------------------------	------------	--------------------------------	------

NEW! LDL: How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Coping strategies, techniques and tools will be presented and discussed.



Keyword: Tame

April 21 LIVE Online, Zoom	Th Toma	Noon-1 p.m. AREA-6665-TCSWC	\$10
-------------------------------	------------	--------------------------------	------

NEW! LDL: How to Manage Your Personal Finances

Budgeting tips, checking your credit score, and how to start a savings plan for your retirement will be discussed.



Keyword: Manage

April 28 LIVE Online, Zoom	Th Toma	Noon-1 p.m. AREA-6665-TCSWD	\$10
-------------------------------	------------	--------------------------------	------

NEW! LDL: How Does TeleHealth Work

Learn how to schedule a telehealth visit, how they work, and why they are right for some people.



Keyword: TeleHealth

May 4 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSHA	\$10
----------------------------	---	--------------------------------	------

NEW! LDL: Take Your Pet to Lunch!

Learn more about pet love and care in this fun class! Pets are welcome to attend!



Keyword: Lunch

May 18 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSFE	\$10
-----------------------------	---	--------------------------------	------

LDL: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



Keyword: Business

June 1 LIVE Online, Zoom	W Lenhoff	Noon-1 p.m. AREA-6665-TCUFA	\$10
-----------------------------	--------------	--------------------------------	------

Location Key

NE City, AWC Ambassador Wellness Center, 1240 N. 19th

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

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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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. 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. www.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.