

Mind & Body

Fall 2022

Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses and more.

Keyword: Astrology

Sept. 27-Oct. 18	T	6:30-8:30 p.m.	\$69
Lincoln, CEC, 406	Moorehead	LLLX-2018-CEFA	

Herbal Support in Cold & Flu Season

Let's focus on healing herbs and a medicinal mushroom to help keep you and yours healthy through the cold and flu season. We will focus on prairie plants that can be cultivated or found locally to emphasize a connection to the ecosystem in which we live. Recipes and information will be shared to support you in expanding your home apothecary.

Keyword: Herbal

Oct. 3-4	M, T	5:30-7 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-1673-CEFA	

T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes.

Keyword: Chi

Oct. 3-Nov. 21	M	6-7 p.m.	\$69
Lincoln, CEC, 304	Rybij	LLLX-1712-CEFA	

Qigong

Qigong is an ancient practice that helps to improve strength, balance and flexibility. Step on the path of self-healing with Qigong. Perform gentle and slow movements using both chair and standing positions. All ability levels welcome.

Wear comfortable clothing.

Keyword: Qigong

Sept. 28-Nov. 16	W	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Foreman	LLLX-1720-CEFA	



Energize Your Body, Mind & Spirit

Friday, March 10, 2023

Partnership event with:





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

Oct. 4-Nov. 22	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304		LLLX-1701-CEFA	

6th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The Puzzle Derby is our sixth jigsaw puzzle race. Register as a four-person team, two-person team or individual (must be 16 years or older to participate). The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles provided by SCC. All details of the Puzzle Derby (rules, registration forms, deadlines, and more) are available online at <https://bit.ly/2023sccpuzzletournament>. You also can stop by the Continuing Education Office at 301 S. 68th St. Place, Lincoln, and pick up a set. Check-in begins at 12:30 p.m. Registration deadline is Jan. 24 or until the room is full (whichever comes first).

Four-Person Team: 1,000-Piece

Feb. 4	S	12:15-5 p.m.	\$59/team
Lincoln, CEC, 302			

Four-Person Team: 750-Piece

Feb. 4	S	12:15-5 p.m.	\$49/team
Lincoln, CEC, 302			

Two-Person Team: 500-Piece

Feb. 4	S	12:15-5 p.m.	\$29/team
Lincoln, CEC, 302			

Individual: 400-Piece

Feb. 4	S	12:15-5 p.m.	\$19/person
Lincoln, CEC, 302			

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place

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

Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at facebook.com/SCCNebCE



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 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"/> 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. 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 * 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.