

Mind & Body

Summer 2023

NEW! Living Landscape: Getting to Know Common Landscaping Plants as Food, Medicine & More

It is so easy to overlook the food and medicine that is hiding in plain sight all around us. It may seem as though there are more options in the country or on a farm than there are in the city, but that isn't necessarily true. There are many popular landscaping plants that are so much more than ornamental. We will look at common landscaping plants you can eat or safely use in food for their beauty, work with medicinally and those that are dangerous to consume and how to identify them.

Keyword: Landscape

July 15 Lincoln, CEC, 404	S Moorhead	10 a.m.-Noon LLLX-0221-CEUA	\$29
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Herbal Elixirs

Join the fun and learn to make refreshing and uplifting herbal elixirs. Through storytelling, botany and folklore we will get to know a few local plants. Then participants will mix up their own elixirs as we raise a toast to summer.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

July 17 Lincoln, CEC, 102	M Svoboda	6:30-8:30 p.m. LLLX-2033-CEUA	\$29
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Crafting Herbal Remedies

You'll be making medicinal teas and tinctures for your home apothecary. You will assemble your own 4 ounce fresh plant tincture to take home.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

Aug. 8 Lincoln, CEC, 102	T Svoboda	6:30-8:30 p.m. LLLX-2034-CEUA	\$29
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Caring for a Loved One

Helping can be a struggle when debilitating factors strike a loved one. Learn how to balance both your own and their lives, increase their ability to make tough decisions and locate helpful resources.



Keyword: Caring

Aug. 9 LIVE Online, Zoom	W Billings	7-8:30 p.m. AREA-7652-TCUWA	\$29
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NEW! Play of the Hand: Part II

Once a team has arrived at a final contract, some people sigh with relief thinking, "I am so glad I am not playing this hand." If this thought has crossed your mind, come join us for some great tips on how to play a No Trump hand as well as a suit contract. This class varies from Play of the Hand: Part I, which is not a prerequisite for this class. Playing tips include counting and establishing winners, counting and disposing of losers, specific strategies on promotion through length and the value of a five-card side suit, a variety of finessing techniques, ruffing and cross-ruffing, creating an end play, and nifty deception and psychological plays.

Keyword: Hand

June 13-29 Lincoln, CEC, 414	T, Th Kepler	6-8 p.m. LLLX-0952-CEUA	\$79
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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.

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

Guide by the Side Bridge

Have you ever been sitting at the bridge table looking at your hand thinking, "What in the world do I do with this hand?" That is a situation that happens to all bridge players. The intent of this class is to offer bridge players a bidding and playing tip at the beginning of each class and then play random hands.

You will have a bridge mentor walking around the classroom to offer guidance and to answer questions. This class is designed for players who have mastered bridge fundamentals.

Keyword: Bridge

Aug. 8-24 Lincoln, CEC, 414	T, Th Kepler	9:30-11:30 a.m. LLLX-0434-CEUA	\$79
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Mah-Jongg Strategies

So you know the basics of Mah-Jongg but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand, and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play.

Keyword: Mah-Jongg

Aug. 15-17 Lincoln, CEC, 414	T, Th Kepler	3-5 p.m. LLLX-0958-CEUA	\$29
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NEW! Fundamentals of Competitive Video Games: Adults

Discover the world of esports video gaming. This class is designed for "NEW" adult gamers interested in competitive esports.

This is the same format as the clinic for youth, however, you will be able to play mature-rated games. Register for the platform you would like to use.



Keyword: Games

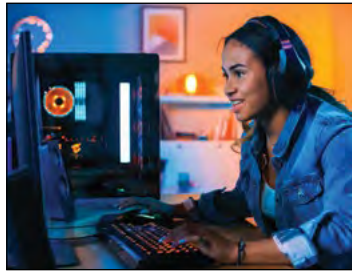
Nintendo			
July 14 Lincoln, LNK, B-16	F Cummins	5:30-9:30 p.m. LLLX-2017-LNUA	\$59
Xbox			
July 14 Lincoln, LNK, B-16	F Cummins	5:30-9:30 p.m. LLLX-2017-LNUB	\$59
Playstation			
July 14 Lincoln, LNK, B-16	F Cummins	5:30-9:30 p.m. LLLX-2017-LNUC	\$59
PC			
July 14 Lincoln, LNK, B-16	F Cummins	5:30-9:30 p.m. LLLX-2017-LNUD	\$59

Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College,
Lincoln Campus, 8800 O St.

NEW! Fundamentals of Competitive Video Games: Youth

Ages 10+ for NEW gamers
Let us introduce your child to the most popular video games and platforms available for competitive video gaming. This clinic is designed for "NEW" gamers who are interested in competitive esports. Your child will be in a safe, controlled environment with the coach of esports at SCC and will be playing with members of the SCC esports team in the room, learning the fundamentals. Space is limited, so don't wait to register.



Register for the platform in which your child would like to play. Bring a brown bag lunch.

Keyword: Games

Nintendo

July 15 Lincoln, LNK, B-16	S Cummins	10 a.m.-4 p.m. LLLX-2016-LNUA	\$59
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Xbox

July 15 Lincoln, LNK, B-16	S Cummins	10 a.m.-4 p.m. LLLX-2016-LNUB	\$59
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Playstation

July 15 Lincoln, LNK, B-16	S Cummins	10 a.m.-4 p.m. LLLX-2016-LNUC	\$59
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PC

July 15 Lincoln, LNK, B-16	S Cummins	10 a.m.-4 p.m. LLLX-2016-LNUD	\$59
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DANCE

Please register each student for couples' classes. Please note that any refunds for a dropped couple's class will be issued to each student equally.

Ballroom Dance

Fun for you and your partner as you discover the waltz, fox trot, swing and polka in a relaxed, informal atmosphere.

Wear hard sole shoes. No flip flops or loose shoes. Class is held in partnership with Pla Mor Ballroom. Complete a registration for each partner.

Keyword: Dance

July 12-Aug. 16 Lincoln, PLA	W	6:45-7:45 p.m. LLLX-1549-OCUA	\$89/couple
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Line Dance

It's not a party until everyone is line dancing! Easy to learn, you don't need a partner and great fun.

Wear hard sole shoes. No flip flops or loose shoes.

Keyword: Dance

July 12-Aug. 16 Lincoln, PLA	W	7:45-8:45 p.m. LLLX-1527-OCUA	\$45/person
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Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College, Lincoln Campus,
8800 O St.

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/SCCNeb**

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.



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

Today's Date

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.

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**. **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.



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