

# CommunityScope 2016 Schedule

## 9:00-9:35

Class Title	Instructor	Location
Dining Etiquette	Nancy Lovin	WDC 1400
401(k) and Retiring or Switching Employers	Carol Burroughs	WDC 1402
Managing Your Suddenly Single Finances	Ann Higgins	WDC 1403
Get that First Job - Youth & Adult	Eric Hoss	WDC 1601
Creating the Life You Want	Ron Maier	WDC 3004
Breads, Quick!	Ellen Vega	SCB 1802
Space Mission (9-10:25AM)	Stacey Shrewsbury	CLC

## 9:45-10:20

Class Title	Instructor	Location
Face Drawing Basics	Julie F. Callahan	WDC 1400
Conversational Russian	Olya Cochran	WDC 1401
Essential Oils	Shari Weitekamp	WDC 1402
Maximizing Your Social Security Benefits	Ann Higgins	WDC 1403
Removing Doubt in a Job Interview	Eric Hoss	WDC 1601
Explore Welding	Dennis Ludwig	WDC 1605
Build Your Own PC - Youth & Adult	Matt Meins	WDC 2007
Green Cleaning	Larissa Armstrong	WDC 3002
Free Yourself From Negative Emotion	Ron Maier	WDC 3004
Autumn Harvest: Cultivating Meaning for Retirement	Maggie McCormick	WDC 3601
Play the Recorder	Lisette Kielson	WDC 3603
Baking with Sourdough	Zoe Guzman	SCB 1802

## 10:30-11:05

Class Title	Instructor	Location
The Actor's Workshop	Terri Whisenhunt	WDC 1006
Snowy Scene Painted Postcard	Julie F. Callahan	WDC 1400
Medicare	Carol Burroughs	WDC 1402
Managing Your Suddenly Single Finances	Ann Higgins	WDC 1403
LEGO MindStorm - Youth	Brad Mueller	WDC 1404
Intro to Ayurveda	Ashlesha Raut	WDC 3602

## 10:30-11:05

Class Title	Instructor	Location
Retirement University	Bernie Wrezinski	WDC 1405
Explore Welding	Dennis Ludwig	WDC 1605
Build Your Own PC - Youth & Adult	Matt Meins	WDC 2007
Social Media 101	Jennifer Flaig	WDC 3002
Meditation & Mindfulness	Ron Maier	WDC 3004
Autumn Harvest: Cultivating Meaning for Retirement	Maggie McCormick	WDC 3601
Digital Photography Portraiture	Ricardo Williams	WDC 3602
Decorative Bows	Anuja Deshpande	WDC 3603
Truffles	Zoe Guzman	SCB 1802

## 11:15-11:50

Class Title	Instructor	Location
Essential Oils	Shari Weitekamp	WDC 1402
Maximizing Your Social Security Benefits	Ann Higgins	WDC 1403
LEGO MindStorm - Youth	Brad Mueller	WDC 1404
Build Your Own PC - Youth & Adult	Matt Meins	WDC 2007
Twitter for Everyone	Jennifer Flaig	WDC 3002
Creating the Life You Want	Ron Maier	WDC 3004
Changing Seasons:Navigating Career Transitions	Maggie McCormick	WDC 3601
Community Education Instructor Recruitment	HCC Program Coordinators	WDC 3603
Decorating Cupcakes	Kelly Mathy	SCB 1802

## Special Presentations

### 10:00-12:00

How to Get Your Records in Order NOW - Sonja Reece ACEC 2400

### 10:30-12:00 Open House

Heartland Energy Dashboard Q&A - Larissa Armstrong WDC Pregracke Center

## Open Throughout the Morning in the WDC Atrium

3-D Printing Demo - Open Source Instructor  
Mind Games - Cristina Prestin-Latham

Essential Oils Display - Shari Weitekamp  
Reiki 101 - Karen Ridinger  
Needle Felting - Kara Kirchner

Antiques: What's in Your Attic? - Cheryl Bradley  
Model Railroading - David Gentry

# Mini-Class Descriptions

*Class sizes are limited and first-come, first-served.*

**3-D Printing Demo** – Watch a 3-D printer in action and Q & A.

**401(k) and Retiring or Switching Employers** – Learn what 401(k) options are available to you when retiring or switching employers.

**Antiques: What's in Your Attic** – Bring in some treasures from home and talk about them with antiques expert, Cheryl Bradley.

**Autumn Harvest: Cultivating Meaning for Retirement** – Turn your talents, interests and values into new opportunities for yourself.

**Baking with Sourdough** – The magic of sourdough doesn't have to remain a mystery. See how starters are made and used.

**Breads, Quick!** – Learn some tips for making breads, quick!

**Build Your Own PC** – Learn that you can build a computer from the ground up. See various computer parts and their functions.

**Changing Seasons: Navigating through Career Transitions** – Be better prepared for new opportunities during career transitions.

**Community Education Instructor Recruitment** – Learn how you can join the Community Education team as an instructor.

**Conversational Russian** – Explore the language and culture of Russia.

**Creating the Life You Want** – Reclaim your side-tracked dreams, develop achievable goals and marshal support for success.

**Decorating Cupcakes** – Kelly Mathy of Kelly's Bakery and Cafe will show you how to decorate cupcakes with pizzazz.

**Decorative Bows** – See the twists and loops needed to make your own decorative bows.

**Digital Photography Portraiture** – Learn tricks to take better portraits.

**Dining Etiquette** – Learn the key dining skills that will put you at ease in social gatherings around the table.

**Essential Oils** – Learn how you can use essential oils to promote better health and wellness.

**Explore Welding** – Tour our welding lab and learn some of the tools and equipment used in welding.

**Face Drawing Basics** – Learn the basic techniques to draw a face.

**Free Yourself from Negative Emotion** – Learn simple techniques to drop bad habits and reduce anxiety.

**Get that First Job** – This engaging class is perfect for job seekers under 18 and will be a fun and real look at how to get hired.

**Green Cleaning** – You can make household cleaning healthier for your family and the planet, while saving yourself some money.

**Heartland Energy Dashboard Demo** – See Heartland's new energy dashboard and learn about the College's sustainability initiatives.

**How to Get Your Records in Order NOW** – Hear what to records assemble in a Grab and Go format for an emergency or life change.

**Intro to Ayurveda** – Learn the ancient medical science that studies the art of living to achieve the highest potential of optimal health.

**Lego MindStorm** – Investigate how you can build a robot that you can program using LEGO MindStorm kits.

**Managing Your Suddenly Single Finances** – Suddenly single due to divorce or loss of a spouse? Learn the next steps for your finances.

**Maximizing Your Social Security Benefits** – Learn what benefits are available to you with Social Security and what is available to you.

**Medicare** – If you will have 65 candles on your next birthday cake then you have a whole new world ahead of you when it comes to healthcare.

**Meditation & Mindfulness** – Discover what meditation is and how it can benefit and fit into your lifestyle.

**Mind Games** – Ever wonder why the worst song ever is stuck in your head? Learn how psychology plays a part in your everyday life.

**Model Railroading** – See the wonder of model railroading with live running trainsets.

**Needle Felting** – Needle felting is a fun way to create soft sculptures for your home or as gifts. See how you can learn to turn fluff into art.

**Play the Recorder** – Learn some basics of playing the recorder.

**Reiki 101** – Learn about Usui Reiki - a safe, hands-on and natural energy technique used for stress reduction, relaxation and healing.

**Removing Doubt in a Job Interview** – Prepare for that next job interview and learn how to bring your best self to the interview.

**Retirement University** – Make sure you know everything you need in order to retire responsibly.

**Snowy Scene Painted Postcard** – Create a wintry snow scene postcard and practice new painting skills.

**Social Media 101** – Get a quick introduction to Facebook, LinkedIn and Twitter and decide which one is right for you.

**Space Mission** – Come see what it is like to go on your very own space mission with the Challenger Learning Center.

**The Actor's Workshop** – Go behind the scenes and explore some secrets every actor uses to bring their characters to life.

**Truffles** – Learn to make chocolate truffles.

**Twitter for Everyone** – Learn about hashtags and how to use them.