



Photo by Derek Vincent

## Lane Community College Cottage Grove Center Fall 2020

### Career Development

#### Microsoft Excel Level 2

Increase your knowledge of Excel! Covers a wide variety of formulas and functions to manage and analyze information. Plus, learn to effectively use charts and pictures to make your data eye-catching and understandable. You should have foundational knowledge of Excel or have completed Microsoft Excel I. Workbook/Reader is provided and yours to keep. Details on workbook distribution provided upon registration. This is a Virtual Live class. M 6:00 - 8:30 PM, Nov 9-Dec 7 (\$139)

#### Microsoft Excel Series Bundle

This is a bundle of our Microsoft Excel 1 and Microsoft 2 classes, at a discounted rate. For specific details, please see the descriptions for each class. This is a Virtual Live class. See "Please Read" below&nbsp;for additional information. M 6:00 - 8:30 PM, Oct 5-Dec 7 (\$259)

Starts Soon!

#### TTF - Excel 16 L1

Reg by 10/9

Become familiar with or increase your efficiency using Excel 2016. This is an online self-paced class designed to work around your schedule. E-mail, textbook and internet access required. Instructions for purchasing the textbook and accessing the class will be sent with introduction e-mail. Online (\$129)

#### TTF - Quickbooks 2018 for PC

Reg by 10/9

Become familiar with or increase your efficiency using Quickbooks 2018. This is an online self-paced class designed to work around your schedule. E-mail, textbook and internet access required. Instructions for purchasing the book and accessing the class will be sent with introduction e-mail. Online (\$129)

#### TTF - Word 16 L1

Reg by 10/9

Become familiar with or increase your efficiency using Word 2016. This is an online self-paced class designed to work around your schedule. E-mail, textbook and internet access required. Instructions for purchasing the textbook and accessing the class will be sent with introduction e-mail. You will have 8 weeks to complete this course. Online (\$129)

#### Flagger Certification

Prepare to be a Flagger for work zone traffic control. Learn the basics of flagging and traffic control. Class concludes with an assessment to earn State of Oregon Department of Transportation Credentials for Flaggers, valid for three years in Oregon, Washington, Idaho and Montana. Textbook will be provided. Must be 18 or older. This is a contracted class, Registration, payment and scheduling is handled by the instructor. For details or to schedule contact Linda Merritt at merrittL@lanecc.edu.

### Personal Enrichment

Starts Soon!

#### Acrylic Painting Introduction & Continuing

Are you a beginner who wants to paint your own masterpieces? Or have some experience, but need some guidance? We'll dabble in perspective, explore color, light, composition, drawing and painting techniques, and demystify some art history. Have fun in a safe, non-judgmental environment! Come solo or enroll with your friends, family, and/or partner. Launch your creativity! This is a Virtual, Live class.

T 6:15 - 8:45 PM, Oct 6-Nov 24 (\$129)

## Self-Publishing on Amazon

Starts Soon!

Self-Publishing is an opportunity to share your work with the world. Where do you begin? Get step by step info on how to format the interior, create an attractive cover, and avoid common pitfalls. Learn about marketing and how to promote your work to hook readers. Bring your files on a thumbdrive, or learn through working with instructor-provided sample exercises. Requires computer proficiency. This is a Virtual Live class.

T 6:00 - 8:30 PM, Oct 6-Nov 17 (\$99)

## Zoom 101 How to Attend a Zoom Class

FREE Class! Are Zoom classes for you? Learn the basics to confidently attend classes that meet using zoom. You will gain an understanding of account types, safety features, joining, and controls available to you while attending class using Zoom. This is a self-study course with a live small group Zoom session facilitated by the instructor. Live Zoom sessions will be scheduled as needed. Session will be relaxed so grab a cup of coffee, tea, or glass of wine and experience Zoom first hand. Participants will need internet access, a computer or laptop, and an e-mail account. This is a 2hr self-study course so you can register anytime between Aug 29-Oct 23. (\$0)

## Aging Well: Ayurveda

Join Kathy Murphy, RN, CHPN, to learn about the principles and focus of Ayurvedic healing; bio-individuality as it relates to the science of Ayurveda; the three energies (doshas) of the body and how balancing these energies positively impacts our health, and how to apply Ayurvedic strategies to your daily diet and exercise/movement for improved aging.

T 3:30 - 4:30 PM, Nov 10 (\$0)

## Aging Well: Infection Prevention in the COVID-19 Era

Join Kathy Murphy, RN, CHPN, to examine the chain of infection and general infection prevention at home and in the community; compare the therapeutic benefits of natural remedies for infections; identify proactive ways to keep your immune system strong, and learn how to apply this knowledge to increase your ability to fight infections.

T 3:30 - 4:30 PM, Oct 13 (\$0)

## Aging Well: Supporting Brain Health As We Age

Join Kathy Murphy, RN, CHPN, to examine the effects of aging on the brain; identify neurotoxins

and learn how to decrease exposure and detoxify; identify proactive ways to support brain health, including nutrition, exercise and mental stimulation, and learn how to apply this knowledge to increase your brain health on a daily basis.

T 3:30 - 4:30 PM, Dec 8 (\$0)

## Primary Food

Primary food goes beyond what's on your plate; it's about what feeds you – mind, body and spirit. Join Kathy Murphy, RN, CHPN, to discover what primary food and its components are; explore the concept of nourishment outside of the food we eat; learn how making primary food a priority is essential to health and wellness, and learn how to apply primary-food principles to your individual needs and health issues. Scheduled every other week, this class will discuss these core elements: meaningful spiritual practice; regular and enjoyable physical activity; an inspiring career or retirement activities, and honest and open relationships that feed your soul.

T 3:30 - 4:30 PM, Oct 20-Dec 1 (\$25)

## The Moon: Symbolically, Mythologically, Astrologically

In this two hour overview, the class will discuss the Moon and how it symbolically affects our lives, emotions, timing and attitudes. After exploring how the Moon has been viewed and used in culture and history, we will move into how the 8 Moon Phases are seen through the lens of astrology and the keeping of time and the seasons. Students will also learn what Moon Phase they were born under and what that means.

M 2:00 - 4:00 PM, Nov 30 (\$15)

## American Sign Language Beginning 1

Covers grammar, syntax and cultural information. Includes readings, regular tests and final project with focus on vocabulary. Class workbook reader is yours to keep. Please bring writing materials to first class. This is a Virtual Live class.

M 6:00 - 8:30 PM, Oct 5-Nov 23 (\$129)

## French Conversation and Culture, Beginning I (Evening)

You'll acquire the building blocks of French conversation in this fun class, including common phrases such as greetings and leave-takings, asking for directions, and telling time. Emphasis is on pronunciation and comprehension. While exploring the language, you'll get acquainted with French

