



GREAT FALLS  
COLLEGE

MONTANA STATE  
UNIVERSITY

# LIFELONG LEARNING

FALL 2016 || NON-CREDIT COURSE SCHEDULE



Continue to Grow & Learn

ONLINE REGISTRATION AVAILABLE AT

[GFCMSU.EDU/LIFELONGLEARNING](http://GFCMSU.EDU/LIFELONGLEARNING)



**GREAT FALLS  
COLLEGE**

**MONTANA STATE  
UNIVERSITY**



**2100 16th Ave S • Great Falls, MT 59405**  
**406.268.3734 • FAX 406.268.3714 • gfcmsu.edu/lifelonglearning**

# COURSE REGISTRATION FORM

{PLEASE READ CAREFULLY. COMPLETE ALL INFORMATION}

\_\_\_\_\_  
Last Name First Name Middle Name

\_\_\_\_\_  
Personal Mailing Address City State Zip

\_\_\_\_\_  
Home Phone Work Phone Email Address Date of Birth

COURSE TITLE	PRICE	START DATE

**STUDENT SIGNATURE (REQUIRED)** \_\_\_\_\_

***Payment Information: Register and pay online with a credit card,  
send check/money order to address above, or call with credit card.***

### **CANCELLATION and REFUND POLICY for Lifelong Learning courses**

If a course is dropped at least **3 working days** prior to the first day of course, the full amount of tuition and fees will be refunded. If a course is not dropped at least **3 working days** prior to the first day or the student enrolls and does not attend the course, the full amount of tuition and fees will not be refunded. In certain instances, exceptions to this policy may occur for drops occurring less than 3 working days prior to the first day of class. To be considered for an exception, an appeal stating the justification for this exception must be made in writing to the Lifelong Learning Director to the address above.

If the Center for Lifelong Learning cancels a course, students will receive a 100% refund on all tuition and fees.

**NOTE:** Great Falls College Montana State University is committed to the provision of equal opportunity for education, employment, and participation in all college programs and activities without regard to race, color, age, gender, marital status, disability, disadvantage, religion, political affiliation and/or national origin. The Affirmative Action Officer at the College is the Associate Dean of Student Services, 2100 16th Avenue South, Great Falls, MT 59405. Telephone: 406-771-5133.

Individuals with disabilities requiring accommodations should contact the Director of Disability and Learning Support Services office at 406-771-4311 (Voice/TDD). Please make accommodation requests 24 hours prior to the event.

**(ACCREDITED BY THE NORTHWEST COMMISSION ON COLLEGES AND UNIVERSITIES)**

# FALL 2016 COURSE SCHEDULE

Please note: some courses are offered at locations other than GFC MSU. We greatly appreciate our community partners for making it possible to offer such a variety of courses, including Great Falls Public Schools who work with us to bring you affordable and convenient community enrichment opportunities at their facilities.

## BUSINESS & PROFESSIONAL DEVELOPMENT

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Intro to QuickBooks+	\$49	none	Monday 9/12	6-9 pm	G122	Wendy Weissman
<i>Learn the basics of QuickBooks including navigating through QuickBooks, interpreting the many lists in QuickBooks and when to use them, writing checks, creating invoices, making deposits, and paying bills.</i>						
Working with the Media	\$45	none	Mondays 9/12-9/26	6-7:30 pm	B108	Jenn Rowell
<i>Tips and strategies for effective media relationships, how to write press releases and develop good press contacts, from a news reporter.</i>						
Using Social Media to Market Your Business+	\$19	bring a lunch	Wednesday 9/14	11 am-1 pm	G121	406 Marketing
<i>An in-depth look at how Social Media has a huge impact on your business.</i>						
Working with Windows 10+	\$19	bring your Windows PC computer	Monday 9/12	6-8 pm	B126	Katie Kotynski
<i>Come learn the tips and tricks and ins and outs of navigating Windows 10. (Note: This class will not be covering Microsoft Office: Word, PowerPoint, Excel, Outlook, etc and <b>please NO Macs</b>).</i>						
QuickBooks in a Day+	\$79	none	Thursday 9/15	9 am-5 pm	G122	Wendy Weissman
<i>Basic QuickBooks knowledge in one day - this course will cover the basics, including check writing and printing, accounts payable and receivable, invoices, and statements and business reports and graphs.</i>						
Intro to QuickBooks+	\$49	none	Tuesday 9/20	9 am-12 pm	G122	Wendy Weissman
<i>Learn how to navigate through QuickBooks, interpreting the many lists in QuickBooks and when to use them, writing checks, creating invoices, making deposits, and paying bills.</i>						
Webpage Design for Beginners+	\$59	none	Tuesdays 9/20-10/4	6-8 pm	B138	Denise Jackson
<i>With some simple tools, you can create a webpage to benefit your business.</i>						
QuickBooks Payroll+	\$49	none	Thursday 9/22	9 am-12 pm	G122	Wendy Weissman
<i>This course will cover the basics from setting up your employees, to tracking and paying payroll liabilities and the many reports available.</i>						
Savvy Social Security for Boomers^	\$19	none	Thursday 9/22	7-8:30 pm	R277	Keith Duncan
<i>Learn the in and outs of social security.</i>						
AutoCAD+	\$149	none	Mondays 9/26-11/14	5:30-7:30 pm	B126	Mark Yaegar
<i>This course will provide hands-on experience in this introduction to the world of computerized drafting.</i>						
Leadership Training: Operation S.T.A.R.T.	\$39	none	Tuesday 10/4	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>Following the concept of 'just put one foot in front of the other', Operation S.T.A.R.T. will help get the training and development ball rolling for you and your leadership team.</i>						
Human Resources 101	\$139	none	Thursdays 10/6-11/10	6-8 pm	B136	Deborah Jenkins, PHR, SHRM-CP
<i>Whether you are just entering the field of HR, or have been handling HR duties for years, this course will help you navigate the multi-faceted areas, provide updates and current trends, and broaden your network of professional peers.</i>						

## BUSINESS & PROFESSIONAL DEVELOPMENT CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Excel Basics+	\$79	none	Friday 10/7	11 am-1 pm	G121	Deby Gunter
<i>This course covers the basics of Microsoft Excel. Students should be familiar with the keyboard and Microsoft Windows 8.1.</i>						
Change Management - It's not a #\$\$%^ Four Letter Word	\$39	none	Tuesday 10/11	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>This presentation will outline areas of frequent workplace changes, what the causes are, why we should adapt to change, and how to ensure employee support and participation towards positive changes.</i>						
Corporate Culture: Establishing and Cultivating	\$39	none	Tuesday 10/18	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>The atmosphere you create at work, including how employees interact and collaborate with one another, is all contingent on the corporate culture, or "personality" of your business.</i>						
Communications: Say it with Tact, Clarity, and Respect	\$39	none	Tuesday 10/25	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>This course will give you some guidelines as to what is appropriate, tactful, and respectful in various business communication settings, giving recognition to varying styles, preferences and personalities.</i>						
The Ins and Outs of Facebook^	\$29	none	Wednesday 10/26	5-8 pm	G121	Katie Kotynski
<i>So you signed up for Facebook but aren't sure about everything it does or the safety aspects. This class will show you everything from privacy to how to use it on your phone.</i>						
Retirement Planning TODAY ^	\$49	includes book	Tuesdays 10/25-11/1	6:30-9:30 pm	R276	Keith Duncan
<i>This comprehensive course helps you see the "big picture." It examines many aspects of personal finance and explains how they all can work together to create an integrated retirement plan. All ages welcome!</i>						
Retirement Planning TODAY ^	\$49	includes book	Thursdays 11/3-11/10	6:30-9:30 pm	R277	Keith Duncan
<i>This comprehensive course helps you see the "big picture." It examines many aspects of personal finance and explains how they all can work together to create an integrated retirement plan. All ages welcome!</i>						
Online Resume and Web Presence	\$39	bring resume	Tuesday & Thursday 10/25 & 10/27	5:30-7:30 pm	G121	Katie Kotynski
<i>This class will show you how you can control your online presence, make sure your employer finds job-related information on you, and mitigate anything harmful. We will set up a personal webpage and post your resume to it.</i>						
Seniors Conquering Computers^	\$39	none	Tuesdays & Thursdays 10/25 -11/3	5:30-7:30 pm	PGEC 201	Susan Quinn
<i>Learn computer basics including how to use the mouse and its functions (right/left click, single/double click), the Windows environment, Start Menu, Control Panel (volume, desktop background), saving/retrieving, printing, and basic keyboarding manipulations.</i>						
Critical Thinking Skills: Problem Solving at Its Finest	\$39	none	Tuesday 11/1	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>Recognizing the importance of critical thinking skills, encouraging independent discernment, and empowering your staff to cultivate these rational observation skills will produce progressive and valuable ideas, solutions, and end results.</i>						
Creating Memes and Graphics	\$19	bring photos on a flash drive	Thursday 11/3	5:30-7:30 pm	G121	Katie Kotynski
<i>Do you ever wonder about the Facebook memes you see and how they were created? Come to this class to learn how easy it is to create your own from a photograph.</i>						
Leadership by Example: Showing the Way+	\$39	none	Tuesday 11/8	6-8 pm	B135	Deborah Jenkins, PHR, SHRM-CP
<i>Effective leaders inspire, motivate, educate, and empower their teams to perform at their best and become leaders in their own respective roles. Stimulate your team towards individual and organizational success by providing top level leadership.</i>						
Beginning Photoshop+	\$79	none	Tuesdays 11/8-11/29	6-8 pm	G121	Alissa Kline
<i>This course will take your photo editing to the next level whether for home or professional use. Amateurs welcome.</i>						

+ These classes may count for OPI credit and/or movement on the salary schedule, but check with your district.  
^ If you are a senior (age 60+), you will receive a 10% discount on any class marked with this.

## You May Qualify for a Discount

- CHAMBER MEMBERS: 10% off classes
- SENIORS (60+): 10% off classes marked with ^
- EARLY BIRD: \$5 off any classes before 9/5  
(Use promo code EARLY when registering online)

**CALL LIFELONG LEARNING @  
406-268-3734 FOR MORE DETAILS**

## Low Pressure Steam Boiler & 3rd Class Boiler Operator Training



**GREAT FALLS  
COLLEGE**  
MONTANA STATE  
UNIVERSITY

**October 13<sup>th</sup>  
through  
October 16<sup>th</sup>**

**\$350.<sup>00</sup> Fee  
Includes All Books!**

**Call Lifelong Learning for more info:**

**406.268.3734**

**Register Online at:**

**[lifelonglearning.gfcmsu.edu](http://lifelonglearning.gfcmsu.edu) - under events**

Great Falls College MSU  
2100 16th Av S  
Great Falls, MT 59405  
[www.gfcmsu.edu](http://www.gfcmsu.edu)



## BUSINESS & PROFESSIONAL DEVELOPMENT CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Computers for Beginners	\$49	none	Mon., Tues., Thurs. 11/21, 11/28-29 & 12/1	5:30-7:30 pm	PGEC 201	Susan Quinn

*This class is for individuals who have had little or no experience with word processors or who are converting from another word processing program. Students should be familiar with the keyboard and windows.*

Setting Up Your New Computer	\$39	bring your Windows PC computer	Monday & Wednesday 12/12 & 12/14	6-8 pm	B108	Katie Kotynski
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*So you got a computer or plan to get one for Christmas? This class will walk participants through the setting up their PC laptop or Microsoft Surface. (NO Macs or tablets).*

Getting to Know Your Android Device <sup>^</sup>	\$39	+Bring your own Android phone/tablet	Mondays 10/3-10/17	6-8 pm	B108	Jeff Demarais
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*This beginner-level course focuses on getting started with an Android smartphone. Students will learn the basic functions of their phones as well how to customize. (Android only- NO Apple products).*

## ARTS, CRAFTS & HOBBIES

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Prospecting & Gem Hunting	\$109	none	Wed., Thurs., & Sat. 8/24, 8/25 & 8/27	5:30-8:30 pm Wed. & Thurs., 10 am-4 pm Sat.	G117	Ron Crowder

*You will learn all about gold panning, fossil digging, gem mining, and even metal detecting. There will be hands-on activities.*

Intermediate Watercolor: Landscapes	\$129	bring your supplies	Wednesdays 9/7-10/5	6-9 pm	B141	Sherry Tuss
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*Students will learn the basics of creating many Montana landscapes, while learning and using different watercolor techniques. You are required to have had the beginning watercolor class.*

Projects for Basic Woodworkers	\$109	none	Mondays & Wednesdays 9/12-9/21	6-8 pm	North Middle School Shop	Pat Volkmar
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*Have you always wanted to learn how to make things out of wood? This is an introductory class for you to learn about hand and basic power tools for the woodshop.*

Beginning Woodcarving <sup>^</sup>	\$105	none	Mondays 9/12-10/24	6:30-9 pm	PGEC 117	Ron Crowder
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*In this class you will learn carving techniques, use of hand tools, and start on your way to making fantastic works of art out of wood. No experience is required.*

Intermediate Woodcarving <sup>^</sup>	\$105	none	Tuesdays 9/13-10/25	6:30-9 pm	PGEC 117	Ron Crowder
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*Similar to the Beginning Woodcarving class, this course explores the art and practice of woodcarving, but you will be introduced to more advanced carving techniques, a larger project, and you will further your skills under the guidance of a true woodcarving artist.*

Oil Painting	\$109	none	Thursdays 9/15-10/6	6-9 pm	G117	Bonnie Flaherty
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*In this class you will create original oil paintings that you are proud to hang or give as gifts!*

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**Register before Sept. 5 and receive \$5 off. Use promo code EARLY when registering online  
GFCMSU.EDU/LIFELONGLEARNING**

+ These classes may count for OPI credit and/or movement on the salary schedule, but check with your district.

<sup>^</sup> If you are a senior (age 60+), you will receive a 10% discount on any class marked with this.



## ARTS, CRAFTS & HOBBIES CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Photography Basics for DSLR	\$49	bring your camera	Friday 9/16	6-9 pm	PGEC 108	Sara Young
<i>Photography Basics is intended for DSLR users that want to learn the basics of how to shoot better with their camera.</i>						
Beginning Watercolor^	\$149	none	Tuesdays 9/20-10/18	6-9 pm	G117	Sherry Tuss
<i>Learn about the brushes, tools, and various techniques used in watercolor painting as you complete your own unique and beautiful paintings.</i>						
Pastel Painting	\$59	none	Tuesday 9/20	6-8:30 pm	B141	Brenda Wolf
<i>You will leave this class with a new understanding of the capabilities of pastels, and the confidence to use them.</i>						
Natural Light Portrait Photography for DSLR users	\$49	bring your camera	Friday 9/30	6-9 pm	PGEC 108	Sara Young
<i>This would be a good follow up class after Photography Basics, with a focus on taking portraits in natural light.</i>						
Artistic Welding+	\$89	none	Saturdays 10/15 & 10/22	1-5 pm	Welding Shop	Doug Zander
<i>Learn how to use a plasma torch and angle grinder; leave the class with your own work of art!</i>						
Sewing 101	\$109	need a sewing machine	Tuesdays 10/4-11/1	6-8 pm	G122	Alissa Kline
<i>In this introduction to sewing course you will learn important lifelong skills! You will meet the first class at JoAnn Fabrics for a formal tour and a chance to choose the fabrics for your sewing projects. At JoAnn's, you will purchase your materials to make your own unique project.</i>						
Easily Made Xmas Gifts from the Woodshop	\$99	none	Mondays & Wednesdays 10/5-10/19	6-8 pm	North Middle School Shop	Pat Volkmar
<i>Get a jumpstart on your holiday gifts by making your own gifts in the woodshop. Learn the tools and safety of the shop.</i>						
Fall Fly Fishing	\$99	list provided	Thurs. & Mon-Thurs. & Sat. 10/6, 10/10-10/13, 10/15	5:30-8:30 pm Mon.-Thurs., 8-11 am Sat.	R173	Kevin Lyons

*This course is a beginner's level introduction to fly fishing the beautiful waters of Montana. There will be five evenings of classroom instruction followed by an actual fishing day on one of our local streams.*

# Why Register Early You Ask?...

- Some classes fill quickly • Fewer classes cancelled •
- We can create new sections for high demand classes •

## ARTS, CRAFTS & HOBBIES CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
The A, Bee, C's of Bees	\$49	none	Saturday 10/8	9 am-3 pm	G117	Brian Rogers
<i>This class is your opportunity to learn the terms, definitions, tools, equipment and expectations of working with honeybees. NOTE: No live bees will be handled during this course.</i>						
Basic Drawing	\$55	none	Tuesday 10/11	6-8:30 pm	G117	Brenda Wolf
<i>This course introduces the fundamentals of drawing with consideration for line, form, space, and perspective in rendering of three-dimensional shapes, in still life set ups, utilizing a variety of drawing materials.</i>						
Intermediate Watercolor: Flowers	\$129	bring your supplies	Wednesdays 10/12-11/9	6-9 pm	B141	Sherry Tuss
<i>Students will learn how to paint a variety of flowers using multiple techniques in watercolor. You are required to have had the beginning watercolor class.</i>						
Creative Portrait Photography for DSLR users	\$49	bring your camera	Friday 10/14	6-9 pm	PGEC 108	Sara Young
<i>This is an advanced photography class to follow Photography Basics and Natural Light Portrait Photography. Once you're getting comfortable using manual mode and have an understanding of how to work with natural light, it's time to add some artistic elements.</i>						
Aquaponics in a Day!	\$49	none	Saturday 10/22	9 am-3 pm	PGEC 120 & 204	Brian Rogers
<i>This class is a concentrated introduction into the world of Aquaponics (growing fish and plants together on any scale) from square zero. Includes a tour(s) to see some local sample systems in action.</i>						
Quilting	\$129	bring your supplies	Saturdays 10/22-11/19	1-4 pm	G117	Barb Hardy
<i>This class will guide students through the process while teaching many time saving tricks and techniques. Complete supply list available at first class session, use of own sewing machine preferred, not required.</i>						
Beginning Wool Spinning	\$75	none	Saturdays 10/22-11/5	1-3 pm	B135	Denise Jackson
<i>Join me in the magic of spinning wool. We will learn the basics of spinning, some of the physics (don't panic, we will work through this), experiment with success and laugh at our failures - even mine.</i>						
Basic Figure Drawing	\$55	none	Tuesday 11/1	6-8:30 pm	G117	Brenda Wolf
<i>Understanding of the proportions, movements and nuances of the human form will help you to acquire the basic competence in developing more accurate drawings and representations.</i>						
Digital Cameras & Editing Photos^	\$79	bring your camera	Mondays & Wednesdays 11/2-11-16	6-9 pm	PGEC 201	Pat Volkmar
<i>Grab your digital camera and learn how to use. Once you have taken a bunch of photos, jump on the computer and learn how to edit them.</i>						
Create a Family Tree Webpage	\$59	bring family photos/info	Tuesday 11/15	8:30 - 11 am 12:30-3:30 pm	B138 & B126	Katie Kotynski
<i>Do you have information on your family that you would like to share with others, perhaps relatives you do not even know yet? The best way is to set up a webpage and start posting information about your family.</i>						
Ice Fishing for Beginners	\$39	none	Mon. & Wed. 12/12 & 12/14	6-8 pm	North Middle School RM307	Pat Volkmar
<i>Get out on the ice and start fishing with this basic course - learn where to go, what you need and much more!</i>						

## COOKING & DRINKS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Knife Skills	\$37	none	Tuesday 9/13	6-8 pm	Electric City Coffee	Electric City Coffee
<i>Knowing how to use knives skillfully is the foundation of all cooking, and doesn't have to be scary or frustrating. This class will remedy any issues you have with a knife. You will learn how to slice, dice, chop and much more in the safest and most efficient manner.</i>						



## COOKING & DRINKS CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
German Food	\$37	none	Tuesday 9/20	6-8 pm	Electric City Coffee	Electric City Coffee
<i>Just in time for Oktoberfest—learn how to throw your own Oktoberfest party. In class, you will learn how to make spaetzle, currywurst, sauerkraut, and German potato salad. For dessert a nice apple cake.</i>						
Wine 101	\$59	wine tasting	Wednesdays 9/21-10/26	6-7pm	Eagle Beverage Warehouse	Cathie Williamson
<i>Impress your friends with basic wine knowledge, how wine is made, different wine countries/regions, and varietals. You will gain this knowledge through sampling different wines. Must be 21+.</i>						
Indian Food	\$37	none	Tuesday 10/4	6-8 pm	Electric City Coffee	Electric City Coffee
<i>We will give you the detailed descriptions of spices, sauces and what goes with what and how to flavor the dishes. After that we will prepare curries which are very authentic with vibrant tastes and textures of this rich and fascinating cuisine. We will make pappadums and some lassi drinks.</i>						
Beginning to Homebrew	\$99	none	Thursdays & Sat. 10/8, 10/20 & 10/22	12-4 pm 10/8 6-8 pm 10/20 12-2 pm 10/22	B146	Josh Wulf
<i>Intro to brewing beer at home. Learn various beer styles. You will brew a group batch of extract beer and be able to take your knowledge and samples home with you. Must be 21+.</i>						
Cooking with Fire	\$59	none	Monday & Wednesday 10/17 & 10/19	6-9 pm	The Kiln Yard The Square	Cast Iron Queens
<i>Just in time for hunting season! This class will teach you how to eat better at camp than most do at home. Learn how to select, season and use cast iron. Beginners, intermediates, and lawn chairs welcome!</i>						
Holiday Baking	\$39	none	Tuesday 10/18	6-8 pm	Electric City Coffee	Electric City Coffee
<i>Get ready for the holiday season by learning new holiday recipes or brushing up on your holiday baking skills.</i>						

## KIDS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
LittleBigPlanet	\$139	none	Saturdays 9/17-10/22	1-4 pm	G122	Add-A Tudez Entertainment Co. Team KAIZEN
<i>Montana's 1st PlayStation Certified Game Studio, Team KAIZEN, teaches participants how to design games inside the powerful -yet accessible- LittleBigPlanet 3 game development software.</i>						

## HEALTH & FITNESS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Yoga	\$99	Bring Mat	Mondays 8/29-12/12 (no class 9/5)	5:15-6:15 pm	PGEC:The Hub	Rosanne Mares
<i>This is a challenging yet relaxing fitness class focusing heavily on proper alignment and breathing techniques. These exercises will increase your total body flexibility, balance, and strength while cultivating a sense of well-being through focused breathing and active meditation.</i>						

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## HEALTH & FITNESS CONT'D

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Yoga	\$99	Bring Mat	Wednesdays 8/31-12/14 (no class 11/23)	5:30-6:30 pm	PGEC-The Hub	Debra Burns
<i>This is a challenging yet relaxing fitness class focusing heavily on proper alignment and breathing techniques. These exercises will increase your total body flexibility, balance, and strength while cultivating a sense of well-being through focused breathing and active meditation.</i>						
Yoga - 2 Nights	\$160	Bring Mat	Mondays & Wednesdays 8/29-12/14	See other yoga times	PGEC-The Hub	See other instructors
<i>Receive a discount for signing up for both of our Yoga classes. (Only good for evening yoga)</i>						
Oula	\$79	none	Wednesdays 8/31-12/14 (no class 11/21)	5:30-6:30 pm	Indian Health Fitness Center	Bethany Chabot
<i>OULA is an easy to follow, high cardio, dance fitness class that can be done at any intensity level making it great for people of all ages, shapes, dance experience, and ability.</i>						
Lunchtime Yoga	\$69	Bring Mat	Fridays 9/9-12/9 (no class 11/11 & 11/25)	12-12:45 pm	B108	Rosanne Mares
<i>End your week with a sense of well-being through focused breathing and active meditation.</i>						
Intro to Rock Climbing/ Bouldering	\$119	includes equip. fees	Saturdays 9/10-10/15	9-10 am	Hi-Line Climbing Cntr	Hi-Line Climbing Cntr
<i>This course is designed to introduce participants to the sport of rock climbing and the various ways in which it is performed through hands on learning with the help of skilled instructors.</i>						
Meditation for Opening Your Heart and Soul	\$49	none	Mondays 9/12 & 9/19	6:30-8:30 pm	G122	Janine Tillman
<i>In these powerful classes, you will discover your true soul essence and learn how to raise your vibration and frequency, to create inner love, peace, harmony, joy, happiness and transform every aspect of your life!</i>						
Self Defense	\$119	none	Mondays 9/12 - 10/10	6-8 pm	PGEC 205/206	Claude Smith
<i>Did you know there were 1,165,383 violent crimes reported in the United States in 2014? This course is designed to help you NOT become a statistic by teaching you to become more aware, a hardened target and skilled in basic street self-defense!</i>						
Gift of Botanicals	\$65	none	Saturday 11/5	1-4 pm	G122	Mandi Newton
<i>Make your own healthy &amp; healing gifts for your friends and family this holiday season!</i>						
Adventure in the Snow	\$19	none	Monday 12/5	6-8 pm	B108	Katie Kotynski
<i>This class will introduce snowshoeing to those beginning in the sport. Equipment, clothing, best buys, as well as where to go will be covered. We will be prepared to join a snowshoe walk on Winter Trails Day Feb. 4.</i>						

## MUSIC, DANCE & CULTURE

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
GFC Children's Choir	\$150	cost of shirt	Tuesdays 8/30-12/6	5:30-7 pm	B101	Cindy Stevens
<i>This vocal ensemble has been created especially for singers grades K-8. The focus will be to provide children with excellent vocal training and performance opportunities in the Great Falls area and surrounding communities.</i>						
GFC Community Choir+	\$25	cost of shirt	Thursdays 9/1-12/8	5:30-8 pm	B101	Cindy Stevens
<i>If you love to sing, this class is for you! The College/Community Choir is a mixed voice (soprano, alto, tenor, bass) vocal ensemble designed for those who wish to expand their musical experience.</i>						
Guerrilla Filmmaking Smartphone Style	\$99	bring your smartphone	Thursdays 9/15-10/27	7-9 pm	G45/46	Keern Haslam
<i>Ever wanted to be your own filmmaker? Learn the seven components of filmmaking that will turn your smartphone into a production studio. Plan, cast, direct, shoot and edit your own films with the tools you acquire in this class.</i>						
Beginning Guitar I	\$79	bring your guitar	Mondays 9/19-10/17	6-7 pm	R278	Jeni Dodd
<i>Learn to play guitar from a local musician.</i>						
Discount Travel^	\$19	none	Thursday 10/20	6-7:30 pm	G122	Summer Red
<i>Learn the tricks of the trade to travel on a dime.</i>						



## MUSIC, DANCE & CULTURE CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Beg. Music Theory	\$115	none	Mondays 9/19-11/21	7-8 pm	B135	Tim Bass
<i>Have fun learning the basics of music with notation, time signatures, key signatures, number system, and more. Great class for the curious, or for those needing a refresher!</i>						
Beg. Guitar II	\$79	bring your guitar	Mondays 10/24-11/21	6-8 pm	B108	Jeni Dodd
<i>This class is for those who are no longer a beginner but not quite on to advanced guitar.</i>						

**WRITER'S SERIES** We are lucky to have amazing writers in our community. Take one or all of these seminars to learn more about the craft of writing and how to be published.

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Basic Writing+	\$89	none	Saturdays 10/1, 10/15 & 10/29	10 am-12 pm	G122	Cori De Biase & Lisa Schmidt
<i>This is a 3-session course with homework. You will learn the fundamentals of writing fiction and non-fiction, including vivid descriptions, voice, grammar trip-ups, and much more!</i>						
Traditional vs. Self-Publishing+	\$29	none	Thursday 10/6	7-9 pm	Ursuline Centre	Eileen Clarke
<i>Learn the advantages, disadvantages and expectations for authors before you choose to self-publish or contract with a traditional publisher.</i>						
Self-Publishing an E-book	\$29	none	Saturday 10/8	10 am - 12 pm	G121	Suzanne Waring
<i>Learn to drop your manuscript into a template for self-publication. If you have a manuscript, bring it in either PDF or Word format on a flash drive.</i>						
Songwriting/Poetry	\$29	none	Saturday 10/15	2-4 pm	Bass Clef School of Music	Tim Bass
<i>In this seminar, you will be introduced to the art of writing songs and poetry, laws governing such, and publishing.</i>						
Write Great Fiction+	\$29	none	Saturday 10/22	10 am - 12 pm	Cassiopeia Books	Cori De Biase
<i>This course will explore the elements that make fiction new, engaging and lasting. The session will be hands-on, and students will be asked to write and share their work, and think critically about the work for their fellow students.</i>						
Researching for Publication or for Writing about Your Family	\$29	none	Saturday 11/5	10 am - 12:30 pm	G121	Suzanne Waring
<i>In this workshop you will learn about research Internet sites that are free and those that are available through subscription.</i>						
Write for Magazines & Newspapers+	\$29	none	Saturday 11/12	10 am - 12 pm	G122	Lisa Schmidt
<i>Learn the basics of the freelance writing industry, from query letters, AP writing style, and photography to contracts, networks and deadlines.</i>						

# Early Bird Discount

Register before Sept. 5 and receive \$5 off. Use promo code EARLY when registering online

[gfcmsu.edu/lifelonglearning](http://gfcmsu.edu/lifelonglearning)



## BUILDING YOUR NON-PROFIT BOARD - LUNCH & LEARN SERIES

Bring your lunch and learn more about creating great non-profit boards. Take the whole series or the seminars you need. Taught by Comprehensive Professional Resources (CPR) and Heidi Gibson. Executive directors, board members, staff, volunteers and donors are invited to a unique opportunity to discuss how to make the most out of your organization.

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Governance and Board Member Selection	\$19	bring your lunch	Tuesday 9/13	11:30 am - 1 pm	G122	CPR

*The Governance Committee (GC) is the most important committee for nonprofit leadership. A critical responsibility of the Governance Committee (GC) is the strategic recruitment and selection of board members.*

Board Member Orientation	\$19	bring your lunch	Tuesday 9/20	11:30 am - 1 pm	G122	CPR
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*An orientation is the process of giving people training and information about the organization. The purpose of an orientation is to help assimilate new board members and provide them with the information to be effective and empowered board members.*

Board Agendas	\$19	bring your lunch	Tuesday 10/4	11:30 am - 1 pm	G122	CPR
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*A board agenda is the building block for a governance calendar. A thoughtfully built agenda will prepare the board to maximize meaningful time to address the strategic plan.*

## BUILDING YOUR NON-PROFIT BOARD - LUNCH & LEARN SERIES CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Strategic Planning & Budget	\$19	bring your lunch	Tuesday 10/11	11:30 am - 1 pm	G122	CPR
<i>Strategic planning is an organization's process of defining its strategy, or direction, and making decisions about allocating its resources to pursue this strategy.</i>						
Assessment	\$19	bring your lunch	Tuesday 10/18	11:30 am - 1 pm	G122	CPR
<i>A board assessment provides review and reflection to help determine whether the board and organization are meeting goals and making progress towards accomplishing the mission.</i>						
Volunteers	\$19	bring your lunch	Wednesday 10/26	11:30 am - 1 pm	G122	Heidi Gibson
<i>Is volunteer power underutilized in your organizations? Learn how to recruit, train and retain both young and seasoned volunteers to increase your organization's potential.</i>						
Fundraising Friendly	\$19	bring your lunch	Wednesday 11/9	11:30 am - 1 pm	G122	Heidi Gibson
<i>Whether you are organizing a signature event or launching a capital campaign, this is for you. This course will help take the mystery out of making the right ask at the right time - a must for staff and board members.</i>						
Grants+	\$19	bring your lunch	Wednesday 12/7	11:30 am - 1 pm	G122	Heidi Gibson
<i>Research, writing and reporting is the formula for establishing a credible grant program. Learn how to infuse more grant dollars in your operating budget.</i>						

## WELDING

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Basic Welding	\$155	none	Saturdays 10/1 & 10/8	8 am - 4:30 pm	Welding Shop	Joel Sims
<i>Designed for students wanting to learn more about welding or explore a welding career.</i>						
Advanced Welding	\$155	none	Saturdays 12/3 & 12/10	8 am - 4:30 pm	Welding Shop	Joel Sims
<i>Designed for students wanting to expand their welding knowledge and skill.</i>						

## SENIOR ACADEMY

In partnership with the Grandview at Benefits, the following classes are being offered at the Grandview with a discount for their residents. However, the public is welcome to attend any of the classes. If you are a senior (age 60+), you will receive a 10% discount on any class marked with a ^. Anyone else can attend at full price.

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
The Concertgoer's Guide to Classical Music <sup>^</sup>	\$79	none	Mondays 9/12-10/31	9 am - 10:30 am	Grandview - Town Square	Sam Krahn
<i>Listen to and discuss a range of Western classical music from 8th-century Gregorian chant through the works of 21st-century contemporary composers, using recordings, videos, and live classroom performances. Selections will be based on repertoire from concerts happening in Great Falls.</i>						
Getting to Know your iPhone/iPad <sup>^</sup>	\$29	bring own iPhone/iPad	Tuesday 9/13	6 - 8 pm	Grandview - Town Square	Katie Kotynski
<i>If you are new to an iPhone or iPad or just want some tips on how to get the most mileage from one, this class will teach you the ins and outs of them. <b>Apple devices ONLY</b> - if unsure, please call to ask.</i>						
Birds of the 'Hood <sup>^</sup>	\$39	none	Tues. & Thurs. 10/18-10/27	6 - 7 pm	Grandview - Town Square	Liz Larcom
<i>Get to know 40 of our feathered neighbors while you feast your eyes on photos.</i>						
Puzzle Mastery <sup>^</sup>	\$39	none	Tuesdays 11/1 & 11/8	5:30 - 7:30 pm	Grandview - Town Square	Katie Kotynski
<i>You will be solving Cryptoquotes, Sudoku and the Jumble in no time and keeping your brain in shape!</i>						

+ These classes may count for OPI credit and/or movement on the salary schedule, but check with your district.

<sup>^</sup> If you are a senior (age 60+), you will receive a 10% discount on any class marked with this.



# Great Falls Adult Education

## Choices · Chances · Changes

We offer a variety of  
Pathway Opportunities  
specific to your GOALS!

- Path to HSE (High School Equivalency)
- Path to Higher Education
- Path to Employment



*Great Falls Adult Education provides the following:*

- TABE Placement
- HSE Testing
- Reading, Math & Language Skill Building
- Digital Literacy Skills
- ELA (English Language Acquisition)
- College Preparation
- Career Exploration
- Work Ethic Proficiency
- Employment Skills
- Life Skills Development
- **And much more!**

**Our program is all about the NEXT STEP by...**

**CREATING CHOICES  
IMPROVING CHANCES  
MOTIVATING CHANGES**

These services are provided by Great Falls Public Schools at **NO CHARGE!**

For more information, please call:

**406.771.5108**

The Adult Education and HiSET Testing Centers are located at  
Great Falls College MSU  
2100 16th Ave South, Great Falls, MT 59405

[www.facebook.com/GFPSAdultEducation](http://www.facebook.com/GFPSAdultEducation) • [www.adultedgfps.weebly.com](http://www.adultedgfps.weebly.com)

**LET US HELP YOU!**

# Non-Credit Online Ed2Go Courses



- Instructor-Facilitated
- Online Discussion Areas
- 24-Hour Access
- 6 Weeks of Instruction

*Our instructor-facilitated online courses through Ed2Go are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office – any time of the day or night.*

## FEATURES:

- Courses run for six weeks (with a 10-day grace period at the end)
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more.



## Let Us Build Training Customized to Your Business

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The **Center for Lifelong Learning**  
at Great Falls College MSU is proud to continue its  
partnership with **Great Falls Public Schools**  
to offer affordable and convenient learning opportunities  
for the community.



*Continue to Grow & Learn*



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