COMMUNITY AND WORKFORCE TRAINING

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HOURS

Community and Workforce Training Office 541-440-4668

Regular Hours
Mon - Fri 8 a.m. - 5 p.m.

Welcome Center Registration Hours
Mon - Fri 8 a.m. - 5 p.m.

DATES

November
7 | Monday
Community Education Registration Begins (via phone or in person)

January
16 | Martin Luther King Day (campus closed)

February
20 | Presidents' Day (campus closed)

March
25 | End of Term

READING THE COMMUNITY AND WORKFORCE TRAINING SCHEDULE

Days of the Week

M	Monday	F	Friday
T	Tuesday	S	Saturday
W	Wednesday	U	Sunday
R	Thursday		

Class meets all days listed. For example:

TR = meets Tuesday AND Thursday
SU = meets Saturday AND Sunday
MTWF = meets Monday, Tuesday, Wednesday, Friday

REGISTRATION POLICIES & PROCEDURES

UCC Community Education Classes are open to the public. Classes are open to students 16 years and older unless otherwise stated. Youth and Family classes are specifically designed for young people, teens, or families. Community Education and Workforce Training classes are separate from credit offerings and do not count towards degrees, diplomas, or certificate programs.

PAYMENT

Payment is due at time of registration. Make checks payable to UCC. Visa, MasterCard and Discover Card are accepted.

REGISTRATION

Pre-registration for Community Education classes is strongly encouraged. Registration at the first class session cannot be guaranteed in cases where the class is full or cancelled due to low enrollment numbers.

4 WAYS TO REGISTER

1. Online – Go to umpqua.edu/cwt and select the "Register Here" button. You will be able to view and register for Community, Workforce Training, and Small Business Classes.
2. Phone – Call 541-440-4668 weekdays between 8:00 am – 5:00 pm. We accept Visa, Master Card and Discover.
3. Mail – Mail a completed Community Education registration form found on the next page with payment to: UCC Community & Workforce Training, P.O. Box 967, Roseburg, OR 97470. Do not send cash. Mail-in registration does not guarantee space. Fax to 541-440-7721.
4. In Person – Register at the UCC Workforce Training Center between 8 am – 5 pm, Monday through Friday. UCC is closed on Fridays from mid-June through mid-September.

REFUNDS

- Full refunds will be issued to all students if UCC must cancel a class.
- Students are eligible for a refund if they drop a class two business days prior to the class start date. To cancel a class, contact UCC Community & Workforce training at 541-440-4668.
- Financial credit towards future classes may be considered based on special circumstances but is not guaranteed. Requests based on special circumstances must be requested in writing to the Community Education and Workforce Training Office, 2555 NE Diamond Lake Blvd., Roseburg.

COMMUNICATION

Those registering online will receive immediate confirmation to the email entered in the system. Those registering by phone, in person, or by mail will receive confirmation after the payment is processed. We will also contact you if the class is cancelled, if there is a change in time, facility or location, or if the class is full.

INCLEMENT WEATHER

UCC Community Education Classes held on campus are closed when UCC is officially closed due to severe weather. If your class is held at a local school and the school is closed due to weather, your class will be cancelled for the evening. Listen to local radio stations or visit the UCC website www.umpqua.edu for weather closure information.

CAMPUS PARKING

Umpqua Community College provides ample parking spaces near and around all campus buildings. Students may park in any space, except for staff (green) and visitor (white) and those reserved for persons with a disabled person parking permit, which are marked in blue with signs. Stickers and placards required to park in disabled parking spaces are issued by the Oregon Division of Motor Vehicles. Please note that traffic citations will be issued for improperly parked vehicles. For more information, go to www.umpqua.edu/parking.

GOLD CARD PROGRAM — SENIOR DISCOUNT

20% GOLD CARD

Douglas County Residents who are 60 years of age or older, and Disability Gold Card holders are eligible for a **20% discount** off the costs of selected Community Education classes. Look for the symbol for classes that qualify for the Gold Card discount. ***Eligible residents should select the Gold Card class course number at time of registration.*** Information about the Gold Card program is available by calling 541-440-4668.

COMMUNITY AND WORKFORCE TRAINING STAFF

QUESTIONS? Call the numbers below for more information about Community Education and Workforce Training classes.

NAME	CONTACT INFORMATION	RESPONSIBILITIES
Lynne Smith	**541-440-7679** Lynne.Smith@umpqua.edu	General Information
Robin VanWinkle	**541-440-4651** Robin.VanWinkle@umpqua.edu	Program Administrator
Judy Ode	**541-440-7691** Judy.Ode@umpqua.edu	CPR/First Aid, Bus/Van Training, Driver Education, Flagger, OSHA, Pharmacy Technician, Phlebotomy, Business & Career Training, CDL
Candice Van Loon	**541-440-7650** Candice.Vanloon@umpqua.edu	Arts, Crafts, Fitness, Home & Garden, Special Interest, Discovery College for Kids, Matrix Classes for Middle/HS Students, Dance, Recreation, Languages, Writing, Genealogy
Susan Neeman	**541-440-4655** Susan.Neeman@umpqua.edu	Computers, Online, Photo Editing, Business & Career Training, CEUs, Special Interest, Workforce & Customized Training

REGISTRATION: 541-440-7744

Visit our website at www.umpqua.edu/cwt
Find us on Facebook "**UCC Community and Workforce Training**"

UCC
UMPQUA COMMUNITY COLLEGE

UMPQUA COMMUNITY COLLEGE
2555 NE Diamond Lake Blvd
Roseburg, OR 97470
(541) 440-4668

BIRTH DATE: (Required) _____

DATE:_____TERM: FA WI SP SU

SEX: MALE ☐ FEMALE ☐ UNITED STATES CITIZEN YES ☐ NO ☐

ETHNIC (Optional): WHTE ☐ ASIAN ☐ BLACK ☐ HISPANIC ☐ AMERICAN INDIAN ☐

COMMUNITY & WORKFORCE TRAINING

NAME: _____
Last First MI

MAILING ADDRESS: _____

_____
City State Zip

HOME PHONE: OTHER PHONE:

ENROLLMENT STATUS:

☐ ENROLLING FOR THE FIRST TIME
☐ RETURNING STUDENT

EMAIL:_____

Registration Confirmation/Receipts sent via email

	COURSE TITLE	FEE		COURSE TITLE	FEE

Student Signature: _____ Date: _____

TOTAL DUE_____ PAID BY: **CHECK (NO.)**_____**CASH**_____

MASTERCARD OR VISA NUMBER_____3-DIGIT CODE (BACK OF CARD)_____EXP DATE_____

_____ _____ _____
Student/Cardholder Signature Signifying Approval & Authorization Address if other than Student Date

In case of Refund: credit/debit cards will be credited. All other forms of refund payment will be issued to the student via check

ARTS & CRAFTS

CREATIVE ARTS

EXPLORING KNIT AND CROCHET - BEGINNING AND INTERMEDIATE

Come explore your talent! This class ranges from students who have never touched a knitting needle, to students who are already designing their next project! Instructor Lorna Ramberg will guide you as you learn the elements of the craft, including secrets to deciphering patterns. Students may bring work in progress, or problem projects. Please bring patterns and project ideas along with light solid colored yarn, knitting needles (size 4, 5, or 6) and crochet hooks (size F, G, or H). Questions? Call 541-378-7033. $39.

32616
1/12 - 2/9 R 9:30 - 11:30 am
Workforce Training Center 15
2555 NE Diamond Lk, Rsbg

MAKE YOUR OWN AFGHAN *new!*

Who doesn't enjoy a soft blanket or shawl? Make an Afghan! Learn how to knit or crochet your new favorite blanket! An afghan is a blanket of knitted or crocheted wool. It is sometimes also called a "throw". Come and join us to discover a relaxing and fun way to get a jump start on a beautiful gift for yourself, or others this year! Please bring your own supplies for your project. $39.

32613
2/16 - 3/16 R 9:30 - 11:30 am
Workforce Training Center 15
2555 NE Diamond Lk., Rsbg

SWEET GRASS BASKETS *new!*

Learn how to make a beautiful basket out of sweet grass! Local sweet grass grows in the Umpqua Forest and must be dried properly to keep its sweet fragrance. The sweet grass is green in color and holds special significance to the Native American. Please bring $10 for supplies. $35.

32611
2/11 S 9 am - Noon
Technology Center 101 UCC Campus

DRAWING & PAINTING

THE ART OF COMICS *new!*

Storytelling through comics! Learn the processes of creating a comic in this class! Design the layout and thumbnail sketches, compose cells and pages, draw rough and final drafts, ink and letter your drawings, and finish with coloring. Through this process, you will learn to use sequential images as a powerful tool to express ideas through storytelling. Please bring sketch pads and drawing utensils to first day of class. $65.

32682
1/24 - 2/28 S 4 - 5 pm
Workforce Training Center 2
2555 NE Diamond Lk., Rsbg

PHOTOGRAPHY

BEGINNING NATURE PHOTOGRAPHY

Are you tired of blurry, grainy pictures you took of that amazing sunset or wildlife encounter? Local nature photographer Isaac Ashby will show you how to turn that poor, barely-recognizable picture into something that you will proudly frame! This class will focus on the basics of nature photography including: camera functions, how to capture and use light and beginning composition! All cameras welcome! $59.

32666
2/23 - 3/9 R 6 - 8 pm
Wayne Crooch Hall 16 UCC Campus

COMPUTERS

BASIC SKILLS

COMPUTER ESSENTIALS 1

GOLD CARD 20%

Do you want to learn more and feel more comfortable with computers? This class is for you. Learn basic commands and terminology, use a mouse or keyboard and multitasking with Windows 8.1. You will also learn to keep track of all your information by using Windows file management. Explore keyboard shortcuts and media player. This class is recommended for people who do not have computer experience. Early registration is encouraged for this popular class. Instructor: K. Miller. $89. Gold Card $71.20.

32633
1/23 - 2/1 M, W 4 - 6 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

COMPUTER ESSENTIALS 2

GOLD CARD 20%

This class is the next step in getting comfortable with and understanding your computer. Explore the Microsoft store and learn about applications; how to install, launch and customize their privacy. You will explore the Internet and dive into word processing, spreadsheets, sticky notes and much more. Learn to use the personalization settings and make your computer your own. Early registration is encouraged for this popular class. Instructor: K. Miller. $89. Gold Card $71.20.

32634
2/6 - 2/15 M, W 4 - 6 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

WINDOWS 10

GOLD CARD 20%

Learn the ins and outs of the new Windows 10 operating system. If you have purchased a new computer, or recently upgraded your operating system, this is the class for you. Get your questions answered and learn what this new product from Microsoft has to offer. A laptop with Windows10 is required or be prepared to upgrade to Windows10 after first class. Limited number of laptops available. Call Susan at 541-440-4655 to reserve a laptop. Basic computer skills required. Instructor: E. Gilley. $75. Gold Card $60.

32646
1/9 - 1/11 M, W 4 - 6 pm
Workforce Training Center 1
2555 NE Diamond Lk., Rsbg

MAC COMPUTER 101

new!

Learn the basics and get comfortable using a Mac computer! Whether you're transitioning from a PC to a Mac or you're just starting to get interested in computers, this is the class for you. We'll be getting familiar with the computer hardware, figuring out the operating system, learning how to install new applications, and customizing our Macs. This class is recommended for people who do not have computer experience. A MacBook with OS X is required at all class sessions. Instructor: E. Gilley. $59.

32642
3/6 - 3/13 M, W 4 - 6 pm
Workforce Training Center 15
2555 NE Diamond Lk., Rsbg

SOFTWARE APPLICATIONS

EXCEL BASICS

Learn more about what the popular MS Excel program can do for you! In this Basic Excel class, learn features such as creating, navigating, formatting and editing worksheets and workbooks. Enter various types of data, work with common formulas and functions, and create a simple chart. Learn the shortcuts. Instructor: L. Way. $69.

32636
1/23 - 1/30 M, W Noon - 2 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

EXCEL - BEYOND THE BASICS

Go beyond the basics and learn to link and manage worksheet information as well as use shortcuts to become more efficient. You will learn functions like SUM, MIN, MAX, SUBTOTAL, SUMIFS, COUNTIF and more. You will also leave class with the ability to organize, process and analyze worksheet data, link to Word and Power Point documents and much more. Instructor: L. Way. $69.

32637
2/8 - 2/15 W, W 9 - 11 am
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

NEXT LEVEL EXCEL

This class is for the more advanced user. You will develop an understanding of pivot tables, conditional formatting, basic macros, and other functions. You will also learn to work across several worksheets and workbooks. Take your Excel knowledge to the next level with this class. Prior Excel experience is necessary. Instructor: L. Way. $79.

32630
2/22 - 3/1 M, W 9 - 11 am
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

MICROSOFT WORD PART 1

This class is your roadmap to creating documents. You will focus on the basics and learn how to use the ribbon, tabs, toolbars and how to manipulate and format text. Explore page layout options, how to utilize headers and footers as well as create columns and more. Hands-on and casually paced. Students should have already completed "Computer Essentials" classes. Early registration is encouraged for this popular class. Instructor: C. McCormick. $69.

32647
2/6 - 2/14 M, T 4 - 6 pm
Wayne Crooch Hall 12 UCC Campus

MICROSOFT WORD PART 2

Continue your Microsoft Word experience with this class. You will delve into tables, bulleted and numbered lists, heading styles and how to use and create templates. This class will also teach you how to use mail and label merge. Learn to create fillable forms and to convert Word files to PDF files. Hands-on and casually paced. Students should have already completed "Word Part 1". Early registration is encouraged for this popular class. Early registration is encouraged for this popular class. Instructor: C. McCormick. $69.

32648
2/27 - 3/7 M, T 4 - 6 pm
Wayne Crooch Hall 12 UCC Campus

MICROSOFT WORD PART 1 AND 2

Take both Microsoft Word Part 1 and Part 2 for one low price. Instructor: C, McCormick. $99.

2/6 - 3/7 M, T 4 - 6 pm
Wayne Crooch Hall 12 UCC Campus

CONSUMER ELECTRONICS

IPAD PART 1

Come and discover the framework of the iPad. In this class you will explore both the hardware, settings, built in features, how to add/delete/group/move icons, use your command center, update your contacts and discover how understanding Apple logic will help make working with an "I" device easier across the board. Bring your iPad to class. Some iPads available for use, call 541-440-4655 to reserve an iPad. Instructor: L. Way. $39.

32639
1/23 M 9 am - Noon
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

IPAD PART 2

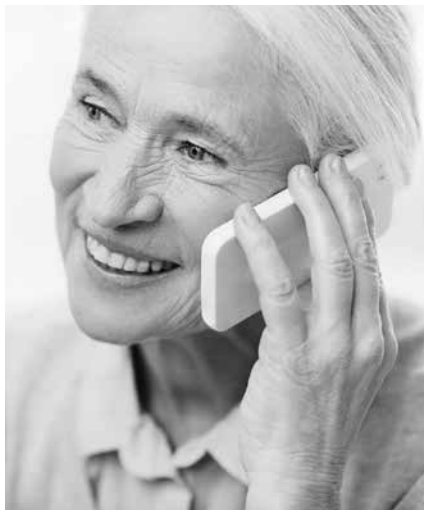
Discover more about working with the iPad. Explore iTunes, the App Store to download movies, books & music, learn the in's and out's of Safari, discover what questions you can ask Siri and more. Bring your iPad to class. Some iPads available for use, call 541-440-4655 to reserve an iPad. Instructor: L. Way. $39.

32640
1/30 M 9 am - Noon
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

IPAD PART 3

Do you want to take better pictures with your iPad or learn what imessage is? In this class you will discover how to take better pictures with your iPad camera, explore facetime, email, imessage, air drop, air play and more! Bring your iPad to class. Some iPads available for use, call 541-440-4655 to reserve an iPad. Instructor: L. Way. $39.

32641
2/6 M 9 am - Noon
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg



IPAD THE SERIES

Take all three iPad classes for one low price by signing up for iPad the Series. Bring your iPad to class. Some iPads available for use, call 541-440-4655 to reserve an iPad. Instructor: L. Way. $89.

1/23 - 2/6 M 9 am - Noon
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

DIGITAL CAMERA BASICS

GOLD CARD 20%

Jump out of the automatic setting rut! Understand and operate your digital camera to take better pictures! Explore the settings and features of this amazing technology. Bring your camera and the instruction manual to class and be ready to have some fun. Instructor: L. Way. $79. Gold Card $63.20.

32635
1/14 - 1/21 S 9 am - 1 pm
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

SAMSUNG/ANDROID TABLET

Bring your Android tablet to this class and see what it's capable of. You will move through the device's settings and principal functions. This class will also explore fun apps using the Google Play Store, show you how to sync your device with your Google account, and explore how to connect to your home computer to upload and share pictures and videos. Instructor: K. Miller. $59.

32632
1/10 - 1/17 T, R 6 - 8 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

SAMSUNG/ANDROID PHONE

Do you have an Android smartphone? Are you considering buying one? Bring your fully charged Android phone to class and learn about the device's core functions and settings. Discover fun apps using the Google Play store, sync your device with your Google account, and explore how to connect your home computer to upload and share pictures and videos. Enroll in this class and learn how to get the most from the computer in your pocket. Instructor: K. Miller. $59.

32631
2/7 - 2/14 T, R 6 - 8 pm
Workforce Training Center 15
2555 NE Diamond Lk., Rsbg

WEB-BASED APPLICATIONS

MAKE MONEY SELLING ON THE INTERNET GOLD CARD 20%

Do you want to successfully make money selling your items on the internet? Join this class and learn how to sell your items by using the most popular website such as EBay, Craig's List, Amazon.com and others. You will learn which sites work best for your items and which items are prohibited or potentially illegal to sell. You will also become aware of communication and security issues, as well as some of the problems encountered when posting an ad. Instructor: C. McCormick. $75. Gold Card $60.

32645
1/17 - 1/26 T, R 4 - 6 pm
Wayne Crooch Hall 12 UCC Campus

GOOGLE THE CLOUD

Do you want to easily access your documents, photos, and videos from any computer, tablet, or smartphone? Google Drive is a safe, cloud-based, place for all of your files that allows them to go where you go. You will learn how to upload your files and share them instantly with others, create documents using the word processor, spreadsheet and presentation tool. You will also get a glimpse into other cloud applications such as One Drive and Dropbox. Instructor: K. Miller. $49.

32638
1/19 - 1/26 T, R 6 - 8 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

PICMONKEY: DIGITAL PHOTO EDITING MADE EASY *new!*

Do you like to take pictures but are unsure of how to edit and organize them? Using this free, web-based application, you will learn how to quickly sort and organize your photos. You will also learn how to edit your digital photography. Discover how to remove red-eye, crop your photos, add text to a picture, adjust the color, retouch images and many more interesting effects. Please bring photos to class on a flash drive or laptop. Instructor: C. Gilley. $39.

32644
3/13 - 3/20 M 10 am - Noon
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

CPR/FIRST AID

The American Heart Association strongly promotes knowledge and proficiency in BLS/ACLS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

FOR HEALTH CARE PROFESSIONALS

INSTRUCTOR COURSE - HCP/FA/CPR

This course teaches prospective teachers of First Aid/CPR for both Healthcare Providers and the Lay Responder how to prepare for the class. Pre-requisite for this class is a current provider card in the discipline you will be teaching. Instructor Manual not included in course fee, but can be purchased through the Community Ed office or online through World Point. For more information call: Sarah 541-440-4660 or Judy 541- 440-7691. $249.

32465
2/11 S 8:30 am - 4 pm
Wayne Crooch Hall 15 UCC Campus

ACLS SKILLS CHECK

A three-hour skills check designed to evaluate healthcare professionals in the management of cardiac arrest and near-arrest patients. Must have current BLS/HCP certification and have basic knowledge of rhythm identification and cardiac pharmacology. Student must have completed the online portion of the class before scheduling the skills check. To access the online portion, go to onlineAHA.org. For more information and to arrange date and

time, call Sarah, 541-440-4660, or Judy, 541-440-7691. $249.

32467
Call to arrange session

HEALTHCARE PROVIDER SKILLS CHECK

The Skill Check session is for people completing the online AHA Healthcare Provider Course (onlineaha.org). At the end of the online session, you will need to print the certificate of completion. Call Sarah, 541-440-4660 or Judy, 541-440-7691 to set the day and time for your skills check. Skills check takes about one hour. Online and Skills Check must be completed before you will be issued a AHA Healthcare Provider Card good for 2 years. $60.

32466
Call to arrange date and time

HEALTHCARE PROVIDER RECERTIFICATION

This course teaches CPR, AED use, relief of choking in adults and children and infant CPR and relief of choking and the use of barrier devices for all ages. This class is designed for the professional rescuer/ provider requiring recertification. This course can be offered at specific work locations on request. For more information call Sarah at 541-440-4660 or Judy at 541-440-7691. $79.

32471
1/14 S 9 am - 1:30 pm
Wayne Crooch Hall 15 UCC Campus

32473
2/7 T 5:30 - 9:30 pm
Wayne Crooch Hall 15 UCC Campus

32472
3/11 S 9 am - 2 pm
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

HEALTH CARE PROVIDER CPR

This class is for Healthcare Providers. The course covers the Emergency Cardiovascular Care Guidelines including the use of Automatic External Defibrillators and Bag Valve Mask Devices. Adult, child and infant CPR will be covered. This class can be delivered at specific work locations on request. For more information call Sarah 541-440-4660 or Judy 541-440-7691. $79.

32468
1/25 W 5 - 9:30 pm
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

32469
2/27 M 5 - 9:30 pm
Workforce Training Center 1
2555 NE Diamond Lk., Rsbg

32470
3/22 W 5 - 9:30 pm
Workforce Training Center 14
2555 NE Diamond Lk., Rsbg

FOR COMMUNITY MEMBERS & FAMILIES

CPR TRAINING

This course teaches CPR, AED use, relief of choking in adults and children and infant CPR and relief of choking, and the use of barrier devices for all ages. Book included in course fee. For more information call Sarah, 541-440-4660 or Judy, 541-440-7691. $59.

32477
1/9 M 5:30 - 9:30 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

32478
2/8 W 5:30 - 9:30 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

32479
3/4 S 8:30 am - 12:30 pm
Wayne Crooch Hall 15 UCC Campus

FIRST AID/CPR/AED

This American Heart Association Heartsaver First Aid course teaches how to manage illness and injuries for adults and children in the first few minutes until professional help arrives. Book included in course fee. This class teaches CPR, AED use, relief of choking and use of barrier devices for all ages. Students must attend both evenings to receive a FA/CPR card. For more information call Sarah at 541-440-4660 or Judy at 541-440-7691. $79.

32474
1/9 - 1/10 M, T 5:30 - 9:00 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

32475
2/8 - 2/9 W, R 5:30 - 9:00 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

32476
3/4 S 8:30 am - 4:30 pm
Wayne Crooch Hall 15
2555 NE Diamond Lk, Rsbg

DRIVER EDUCATION

DRIVER PERMIT TEST PREPARATION

Having trouble passing the permit test or just need help studying? This course covers the Oregon Driver Manual and what you need to know to pass the Oregon Driver permit test. Information: J. Ode 541-440-7691. $59.

32481
1/11 W 5 - 9 pm
Workforce Training Center 1
2555 NE Diamond Lk, Rsbg

DRIVER EDUCATION FOR HS STUDENTS WITH PERMIT

UCC's High School Driver Ed program is ODOT approved; all instructors are State certified. The course includes 30 hours of classroom instruction and 12 hours in the car. Drive times are scheduled the second night of class and are in addition to the classroom time. Parent(s)/guardians are an important part of the process and must attend the first night of the driver training class. Students must have their Oregon permit before class starts. Information: J. Ode 541-440-7691. *If your student qualifies for free or reduced lunches, please call 541-440-7691 for info on a discount. If your student is 18 or older, or has a license, see the Adult Driver Education section.* $199.

DRIVER EDUCATION FOR HS STUDENTS WITH PERMIT-SOUTH UMPQUA

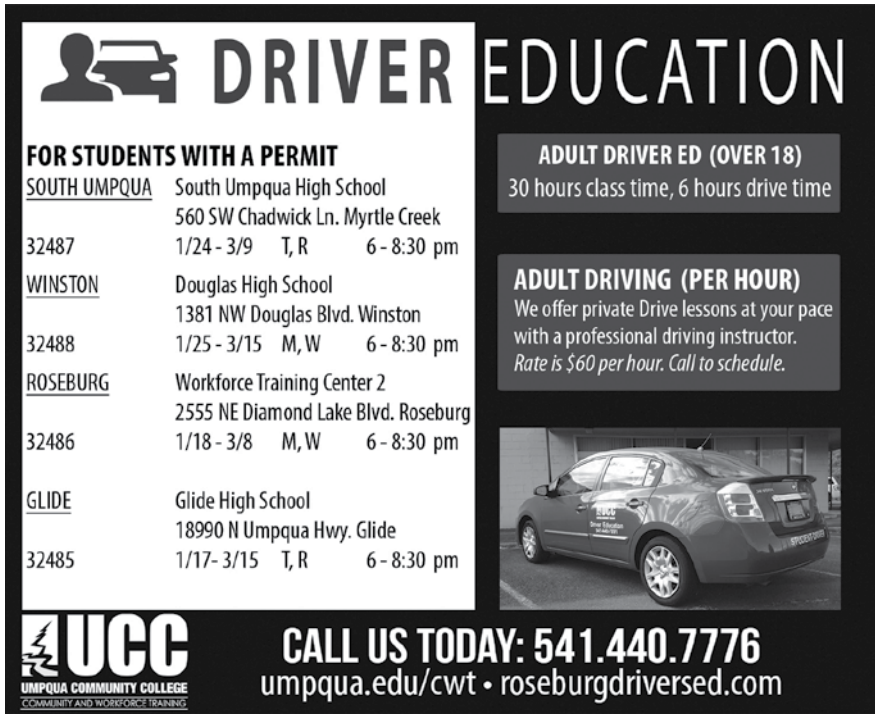
32487
1/24 - 3/9 T, R 6 - 8:30 pm
S Umpqua High School Admin Module
560 SW Chadwick, Myrtle Creek

DRIVER EDUCATION FOR HS STUDENTS WITH PERMIT-WINSTON

32488
1/25 - 3/15 M, W 6 - 8:30 pm
Douglas High School
1381 NW Douglas, Winston

DRIVER EDUCATION FOR HS STUDENTS WITH PERMIT-ROSEBURG

32486 (No class 2/20)
1/18 - 3/8 M, W 6 - 8:30 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg



DRIVER EDUCATION FOR HS STUDENTS WITH PERMIT-GLIDE

32485
1/17 - 3/15 T, R 6 - 8:30 pm
Glide High School
11381 Tiller Trail Hwy, Days Creek

ADULT DRIVER EDUCATION

This class is for anyone with a driver license or for students 18 and up. The course will cover Driver-Vehicle readiness, keeping the car in balance, reference points, interacting courteously with others, and much more. This course includes 30 hours of classroom instruction and 6 hours in the car. Driving is done in a UCC driver training car and behind the wheel lessons are scheduled the second night of the class. Drive times are scheduled in addition to classroom time. Students must have their Oregon permit or a valid Driver License before class starts. Class fee includes books. Information: J. Ode 541-440-7691. $379.

32482
1/18 - 3/8 M, W 6 - 8:30 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg

FITNESS/HEALTH

EXERCISE

PERSONAL FITNESS TRAINING

Maximize your workout with a Personal Trainer. Your Trainer will customize your exercise program, demonstrate proper execution of exercises, and motivate you to meet your fitness goals. Contact Trainer Scott Leonard at 541-440-7868 to schedule training times. Cost: $30 per 1/2 hour, $50 per hour, $120 for five, 30-minute sessions. Contact trainer for registration.

See above for class fee
Fitness Center UCC Campus

LOW IMPACT BOOT CAMP

Need a little encouragement in your workout? This class will introduce you to a variety of workout methods to improve your health in a non-competitive group environment. Classes will include stretching, resistance training and aerobics using various types of exercise equipment. All fitness levels are welcome. Strengthen your heart and lungs as you get fit. Wear loose-fitting clothes and bring water to class. Instructor: S. Leonard. NO CLASS 1/16 & 2/20. $49.

32595
1/9 - 3/15 M, W 5 - 5:50 pm
Physical Education 14 UCC Campus

NEW YEAR, NEW YOU

new!

Learn new habits for your body this New Year! Longtime fitness instructor Cheryl Yoder will help you in transitioning your body to meet your fitness goals. This class will focus on core strength, flexibility and endurance. Accomplish your resolutions and keep the promises you made for yourself! $65.

32512
1/10 - 3/16 T, R 10 - 11 am
Physical Education 14 UCC Campus

PRIME TIME FITNESS

new! GOLD CARD 20%

Get in shape with fantastic instructor, Cheryl Yoder! Join her in reaching your fitness goals this winter! Cheryl will motivate you to stay healthy and active in your golden years. She will focus on core strength, stretching and balance. $65. Gold Card $52.

32506
1/10 - 3/16 T, R 9 - 10 am
Physical Education 14 UCC Campus

GET MOVING, GET FIT!

GOLD CARD 20%

This comprehensive exercise program is ideal for all ages and will focus on strength training and overall fitness. Participants will enjoy the benefits of improved flexibility, coordination, strength, and balance, without the stress of high-impact aerobics. Please bring an exercise mat and 1 lb. to 5 lb. weights. Instructor: J. Helliwell. No class 1/16. $49. Gold Card $39.20.

32504
1/9 - 2/10 M, W, F 8:30 - 9:30 am
Glide Community Center
20062 N Umpqua Hwy, Glide

32505 (No class 2/20)
2/13 - 3/17 M, W, F 8:30 - 9:30 am
Glide Community Center
20062 N Umpqua Hwy, Glide

$89. Gold Card $71.20.

1/9 - 3/17 M, W, F 8:30 - 9:30 am
Glide Community Center
20062 N Umpqua Hwy, Glide

CHI-KUNG/TAI-CHI

Chi-Kung/Tai-Chi techniques rest the mind and strengthen and work the body. This ancient physical form uses stretching, deep breathing and invigorating circular motion to awaken and loosen the entire body. You will tone and strengthen the muscles and clear and relax the mind while increasing your natural energy flow. Beginning and intermediate students of all ages are welcome. Instructor: D. Robison-Bryan. $49.

32502
1/10 - 3/14 T 11 am - Noon
Roseburg Dance Studio
865 SE Court St., Roseburg

32503
1/12 - 3/16 R 11 am - Noon
Roseburg Dance Studio
865 SE Court St., Roseburg

Take both days for one low price! $69.

1/10 - 3/16 T, R 11 am - Noon
Roseburg Dance Studio
865 SE Court St., Roseburg

AIKIDO

Develop self defense skills, improve balance and physical conditioning! Aikido is a modern Japanese martial art in which cultivation of internal power is more important than physical strength. The goal of Aikido is not to defeat the opponent, but to defeat the negative aspects within ourselves. Training takes place in an environment of cooperation and support. Students ages 13 to 100 are welcome. Instructor: B. Smith. $45.

32501
1/17 - 3/23 T, R 6 - 7 pm
Physical Education 14 UCC Campus

YOGA BASICS & BEYOND

Accept our invitation to join a stress-free environment that promotes physical strength, balance and flexibility! This yoga course is your opportunity to familiarize yourself with the asanas (poses), and experience pranayama (breath practice). Discover an appreciation for yoga's relaxing and meditative qualities in a space that is engaging, informative, and appropriately challenging. Please bring a yoga mat, a blanket, and the curiosity to explore where yoga may lead you. See you on the mat! Nanci Pritchard, RYT - 200, Curvy Yoga Certified Instructor. $59.

32661
1/10 - 2/28 T 5:30 - 6:30 pm
Roseburg Dance Studio
865 SE Court St., Roseburg
32662
1/12 - 3/2 R 5:30 - 6:30 pm
Glide Community Center
20062 N. Umpqua Hwy., Glide

BIG BAND SWING DANCE EXERCISE

GOLD CARD 20%

Put on your dance shoes! It is time to boogie- Big Band Swing Style! Similar to Zumba, this class will incorporate transitional swing type dance movements into a routine that will get your heart rate up and burn those pesky calories! Music from jazz artist greats such as Count Basie and Artie Shaw will be played! $39. Gold Card $31.20.

32669
2/7 - 3/2 T, R 4 - 5 pm
Roseburg Dance Studios
865 SE Court St, Roseburg

BETTER BONES & BALANCE

GOLD CARD 20%

Reap the benefits OSU Bone Research Lab studies have shown. This exercise program will significantly slow the rate of bone loss in adults of all ages. It is recommended for students who are new to fitness, or returning to exercise following an accident or illness. Develop increased muscle tone and overall body fitness. Improve your balance, flexibility, and coordination to help maintain your independence. Wear athletic shoes and bring water. Instructor: J. Helliwell. $89. Gold Card $71.20.

32614
1/10 - 3/16 T, R 9 - 10 am
Hucrest Community Church
2075 NW Witherspoon Ave, Rsbg

HEALTH

INTRODUCTION TO MINDFULNESS

new!

Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. If you have been interested in becoming more mindful, whether to reduce stress, improve your ability to pay attention, or to be more present in your relationships this class is for you! In this class we will explore facets of mindful awareness in practical and applicable ways to bring a quality of greater equanimity and attentiveness into your daily life. Instructor: Meredith Krugel: RN, LCSW, Certified Mindfulness Instructor. $65.

32508
1/17 - 2/7 T 6 - 8 pm
Science 17 UCC Campus

DAILY ENERGY ROUTINE

The Daily Energy Routine is a set of simple movements that assist in keeping the body's energy systems in balance. Keeping the body in balance promotes health and wellbeing. In this class you will learn the movements that will assist in keeping your body, mind, and spirit healthy. Doing these movements over time builds stamina, improves health, and brings vitality into your life. Wear comfortable clothing. Julie Stump, RN, BC, EEM-CP. $29.

32510
1/19 R 6 - 8:30 pm
Science 17 UCC Campus

MUSCLE TESTING

new!

Learn how to muscle test yourself and others. Muscle testing is a noninvasive way of evaluating your body's imbalances and assessing its needs. It involves testing your body's responses when applying slight pressure to a large muscle. This provides information on energy blockages, the functioning of your organs, nutritional deficiencies, and food sensitivities, among other things. Muscle testing is used to assess the body's responses to herbs and other remedies. Bring small samples of items for testing, such as: foods, jewelry, crystals or artwork. Julie Stump, RN, BC, EEM-CP. $29.

32509
1/26 R 6 - 8 pm
Science 17 UCC Campus

WORKING THROUGH GRIEF

Learn the basic stages of grief as personal stories are shared. This class will focus on allowing a safe venue for releasing grief. Come share your story and learn helpful energy techniques to release and work through your grief. Julie Stump, RN, BC, EEM-CP. $29.

32511
2/9 R 6 - 8 pm
Science 17 UCC Campus

AURA

The aura is a biofield of energy that surrounds your body. This energy field protects you and also acts as an antenna by bringing in other's energies. The auric field can be severely disrupted and can be torn or ripped when you experience trauma. This class will teach basic concepts of what the aura is, and will teach specific self-care exercises to keep your aura strong and healthy. Julie Stump, RN, BC, EEM-CP. $29.

32507
2/16 R 6 - 8 pm
Science 17 UCC Campus

ENERGY SERIES

Take all four classes taught by Julie Stump for a discounted rate: Aura, The Daily Energy Routine, Muscle Testing and Working Through Grief! $89.

R 1/19, 1/26, 2/9 & 2/16 6 - 8 pm
Science 17 UCC Campus

HERBAL AIDS FOR DIGESTIVE ISSUES

Feeling stomach pain? Don't want to take medication? This course will help students to identify effects of common digestive issues and find creative ways to utilize herbs as an aid for the discomfort and support for better digestive health. Leaky gut syndrome will be discussed, along with other digestive issues. $39.

32615
2/6 - 2/9 M, R 6 - 8 pm
Wayne Crooch Hall 14 UCC Campus

HERBAL AIDS FOR CHILDREN

Worried about using medications on your child? This course will help students to creatively use herbs to better children's health issues. Explore the benefits of natural remedies. Instructor: MH Chris Hart. $39.

32577
2/13 - 2/16 M, R 6 - 8 pm
Wayne Crooch Hall 14 UCC Campus

HOME & GARDEN

GARDEN

SMARTMOVES *new!* GOLD CARD 20%

Whether you are swinging an ax or threading a needle your whole body is doing the job. Learn to do your daily activities in the best, healthiest, most comfortable way you can. SmartMoves will teach you how! We'll look at your ordinary daily activities and learn to perform them in a new, more efficient way. You'll feel an increase in strength and flexibility along with a decrease in body stress and muscle tensions. You'll feel more sure-footed and balanced. Join us in this class as we explore the skills we need to live actively in our ever-changing bodies. Instructor: Alixe Dancer, M.S. in Dance, BCDMT, Ameri. Assoc. of Dance Therapy. $49. Gold Card $39.20.

32610
1/25 - 3/15 W 9 - 10:30 am
Hucrest Community Church
2075 NW Witherspoon Ave, Rsbg

FOOD & BEVERAGE

TRULY TRUFFLE-IFIC *new!*

Truffle troubles no more! Join long-time pastry chef Jay Ervin in this tasty hands-on class! Learn the basics to making these beautiful, bite-sized treats. He will guide you in every step of creating delicious delicacies, perfect for Valentine's Day, or impressing your guests. All supplies included! $39.

32513
F 2/10 6 - 9 pm
Campus Center Bistro UCC Campus

FUN!-DAMENTALS OF PASTA *new!*

Make pasta and sauce from scratch! Learn the basics of pasta and how to create the best tasting Italian food around. Chef Jay will teach you the fundamentals of pasta, along with home-made, delicious sauces to pair it with. Bring out your inner Italiano in this specialized class! This is very "hands-on". All supplies included. $45.

32514
W 1/18 5 - 8 pm
Campus Center Bistro UCC Campus

INTRODUCTORY BEER MAKING *new!*

Calling all Beer Lovers! Instructor Sayer Johnston has been brewing beer for over 10 years! Let his passion become yours! He will teach you about the brewing process, various flavors, different styles of beer, the bottling process, and some beer history via trivia. If you have any questions about the class, call Steve 541-679-4524. All supplies included. $49.

32573
3/11 - 3/18 S 5 - 7 pm
Harvest Grocery
501 NW Douglas Blvd., Winston

BREAD & SOUP - THE PERFECT COMFORT FOOD

new!

This is a wonderful class for the dead of winter, when hot soup and warm fresh bread make the perfect meal! Instructor Cheryl Stokes will teach you how to prepare five amazing soups along with five different types of delicious homemade breads. Recipes will be included. Chicken Gumbo with 12-hour rolls, Tortilla Soup with corn masa tortillas, Potato Kale with Brick Oven Olive bread, Cheesy Creamy Chicken and homemade noodles with regular white wheat, and Tom Kha Gai with Thai roti bread will all be on the menu! $49. Gold Card $39.20.

32724
1/11 - 2/8 W 4 - 5 pm
Roseburg High School Cooking Classroom
400 W Harvard, Roseburg

HOME

ORGANIZE YOUR PAPER CLUTTER!

new!

Solve your paper organizing challenges once and for all with this interactive class! If you have paper clutter then stress, tension, and worry are a part of your daily life! It is hard to relax when you have a nagging feeling that something important is being neglected… somewhere in your piles of paperwork! There is a better way! Learn what to keep, what to toss and how to take action! Bring a sack lunch, class includes a ½ hour lunch break. $49.

32516
2/25 S 10 am - 2:30 pm
Science 17 UCC Campus

TOO MUCH STUFF!

new!

Overwhelmed? Want to "lighten up"? Time to downsize? In this interactive lass you will learn benefits, real solutions, action steps, and maintenance tips to help you weed out and let go. Maybe it's time to change some habits and create more structure in your home and life? Gain decision-making tools to help you pare down and weed out! $49.

32515
3/1 - 3/8 W 6 - 8 pm
Science 17 UCC Campus

SHOP

WOODWORKING

GOLD CARD 20%

Make something beautiful with wood. Students will learn woodworking techniques that encompass all aspects of project design, types of materials and their selection, joinery, and safe use of woodworking machinery and hand tools. Assistance in project selection will be provided, or you may choose your own! Students supply their own wood, safety glasses, and hearing protection. All levels of students are welcome. Safety orientation will be conducted the first day of class. If you are a new student, please show up an hour early for the first day. Instructor: J. Brokenborough. $89. Gold Card $71.20.

32594
1/26 - 3/23 R 6:30 - 8:30 pm
Riddle High School Wood Shop
147 Main St, Riddle

LANGUAGES

BEGINNING CONVERSATIONAL SPANISH

GOLD CARD 20%

Gain practical knowledge and basic conversational skills in this fun and relaxed class that is based on instruction and role play of formal and informal expressions, introductions, basic vocabulary, useful verbs in the present tense, and sentence structure. This class is ideal for the new students or those who want to review the basics. $79. Gold Card $63.20.

32519
1/17 - 3/14 T 5:30 - 7:30 pm
Workforce Training Center 1
2555 NE Diamond Lk, Rsbg

PRIMO ITALIANO

GOLD CARD 20%

Ciao amici! This class offers students an opportunity to gain a speaking knowledge of the basics of the Italian language in a relaxed environment, with Italian "extras" such as discussions about Italian geography, traditions, history and music. Whether you will be traveling to Italy soon, or just want to become acquainted with the beautiful "language of love," this class will have you speaking and understanding basic Italian by term's end. Instructor: J. Melo, BA MLA. $69. Gold Card $55.20.

32683
1/11 - 3/15 W 6:30 - 7:40 pm
Wayne Crooch Hall 15 UCC Campus

SIGN LANGUAGE

BEGINNING SIGN LANGUAGE

Sign language is the third most common "foreign" language in the United States, and can be used right here in the Northwest. Learn finger spelling and signs for 350-450 words in this welcoming environment. Class includes a fun field trip to practice your new skills. Instructor Heather Vreeland has taught sign language for UCC for over 35 years and interprets for the deaf. $65.

32574
1/17 - 3/14 T 5 - 7 pm
Workforce Training Center 15
2555 NE Diamond Lk, Rsbg

CONTINUING SIGN LANGUAGE

Pick up speed and expand your signing vocabulary with immersion practice. Learn 350 words and become a better communicator. Class will include two field trips. Instructor Heather Vreeland has taught sign language for UCC for over 35 years and interprets for the deaf. No class 2/20. $65.

32575
1/23 - 3/20 M 7 - 9 pm
Workforce Training Center 15
2555 NE Diamond Lk, Rsbg

RECREATION

DANCE

INTERMEDIATE AMERICAN FOX TROT

We will continue our study of Bronze level Foxtrot patterns with an emphasis on improving technique! Newcomers are welcome to join our more experienced students in taking this class! We will review technique and selected patterns introduced in the fall term Foxtrot class. As technique is strengthened even the most basic pattern will be danced, not walked. Please register with a partner (each partner must register). Instructors: R & D Patterson. $55.

32517

1/19 - 3/9 R 6 - 7:15 pm
Roseburg Dance Studio
865 SE Court St., Roseburg

BEGINNING SAMBA

Ready to be a part of the same culture the Olympians experienced? This dance from Brazil is written in 2/4 time and is counted "ah one, ah two". Samba is a lively dance, but not fast, and is readily identified by the pulsating music and unique samba hip action! Please register with a partner (each partner must register). Instructors: R & D Patterson. $55.

32518

1/19 - 3/9 R 7:15 - 8:30 pm
Roseburg Dance Studio
865 SE Court St., Roseburg

MIDDLE EASTERN BELLY DANCE

Belly dance is a great activity to develop physical strength, muscle awareness, and mind-body connection. It incorporates a wide array of styles and movements from the Middle Eastern cultures into a great overall body toning exercise. Mezdulene Reed is a nationally known instructor who has studied, performed, and taught all over the country. Rhythm and coordination are not required to take this class. Wear comfortable clothing and bring water. $55.

32665

1/24 - 3/14 T 6 - 7 pm
Roseburg Dance Studio
865 SE Court St., Roseburg

OUTDOOR RECREATION & SPORTS

OUTDOOR NAVIGATION

In 2014, there were 2,044 search and rescue operations in Oregon alone. If you spend any time in the outdoors, you need to know how to find your way! Don't become a statistic! This class will teach you how to use a map and compass to navigate in the wilderness. This is a 2 part class with a classroom day, and a field day- where you will apply the skills in the woods with realistic scenarios! Instructor is Isaac Ashby of Tyee Outdoor Experience. $69.

32668

1/21 S 2 - 5 pm
1/28 S Field Trip
Wayne Crooch Hall 16 UCC Campus

FAMILY WILDERNESS SURVIVAL

new!

One of the top concerns for parents when going into the outdoors is safety! In this class you and your family will learn how to have a safe outdoor experience, including: how to plan for an excursion, what to do when lost, and how to handle a life-threatening situation. Come join us so your family can have a safe, meaningful outdoor experience. Instructor is Isaac Ashby of Tyee Outdoor Experience. Use the discount "WILDFAMILY" to receive 10% off at registration (only applicable if registering 2 or more students at one time). $25.

32667

3/18 S 2 - 4 pm
Wayne Crooch Hall 16 UCC Campus

SAFETY

HANDGUN SAFETY AND SELF DEFENSE

During the classroom session on Thursday evening you will gain the knowledge and proficiency to properly use and care for handguns, from a nationally certified instructor. Saturday morning class will meet at the Workforce Training Ctr., to carpool/caravan to the practice site where we will practice safety and marksmanship, utilizing a series of targets. For the field segment of the workshop, provide your own hearing protection, handgun, if available, and 50 rounds of factory-loaded ammunition. If you don't have a handgun, purchase 50 rounds of ammunition for one of the following weapons: .22 caliber, .38 or 9mm. Upon completion, participants will be eligible to apply for a Concealed Weapon Permit. More info or to register contact J. Ode 541-440-7691. Instructor: T. Troutt

32494

3/9 - 3/11
3/9 R 6 - 9 pm WTC 14
3/11 S Field Trip
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

BOATER

BOATER SAFETY

Get practical and relevant instruction from a trained boater safety instructor. Students who pass the course can apply for their boater education card as required by Oregon's mandatory Boater Education Program. The course will cover practical boating safety information, regional and local boating rules and regulations, as well as tips and techniques for making boating more fun and enjoyable. Boater Handbook must be requested and completed prior to class. All operators of 10 hp or larger powerboats are required to carry the Boater Education Card. Information and to request book contact J. Ode 541-440-7691.

32006
1/9 M 5 - 9 pm
Workforce Training Center 15
2555 NE Diamond Lk, Rsbg

32007
2/6 M 5 - 9 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

32008
3/6 M 5 - 9 pm
Wayne Crooch Hall 14 UCC Campus

SPECIAL INTEREST

WINTER DOG GROOMING

Learn what is best for your dog! Winter grooming is an essential part of being a dog owner. If you do your grooming at home, or take your dog to a salon, this information will help you maintain your pet's comfort and look great all the time! Please inform instructor what kind of dog you are looking to receive information on, so this class can be personalized for you and your best friend. E-mail: LindaB97462@yahoo.com. $39.

32664
2/4 S 9:30 am - 12:30 pm
Grooming by Linda B
1947 SE Stephens, Roseburg

GENEALOGY

BEGINNING GENEALOGY FAMILY HISTORY GOLD CARD 20%

Do you know who you are? Let's find out! Start developing research and organizational skills to find your family roots! This is a great class for beginning genealogy students. Trace back your family history and climb your family tree with the help of Instructor Shannon Agee. NO CLASS 1/16, 2/20. $69. Gold Card $55.20.

32592
1/9 - 3/20 M 6 - 8 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg

GENEALOGY RESEARCH & LAB

Hitting a brick wall? Let us help you answer questions! Get away from daily distractions as you work toward your research goals. Have fun brainstorming with your instructor and classmates, while learning more about yourself and your family history. You must have previous genealogy experience to take this class. Instructor S. Agee. $79.

32593
1/11 - 3/15 W 6 - 8 pm
Workforce Training Center 13
2555 NE Diamond Lk, Rsbg

YOUTH & FAMILY

PARENTING CLASSES

MAKE PARENTING A PLEASURE - ROSE

Parents are their child's first and most important teacher! Learn techniques to help your child learn and grow through positive parent-child interactions and modeling expected behavior. Take Root (www.parenteducation.org) and UCC present this class for parents and caregivers of children birth to 9 years of age. A representative will contact you before class to arrange your childcare needs. Class is free of charge; donations will be accepted to help cover program costs. Instructor: Grogan & Jeanmard.

32677
1/10 - 3/14 T 6 - 8 pm
Rose Elementary School
948 SE Roberts Ave., Roseburg

NURTURING PARENTING - GREEN

Explore the topics of child development and behavior to better understand age-appropriate practices to develop limits, routines, and positive discipline techniques. Take Root and UCC present this class for parents and caregivers of children birth to 9 years of age. A representative will contact you before class to arrange childcare needs. Class is free of charge; donations will be accepted to help cover program costs. Instructor: M. LaVerne.

32678
1/11 - 3/15 W 6 - 8 pm
Green Elementary
4498 Carnes Rd., Roseburg

WE READ! EXPLORING CHILDREN'S LITERACY

Reading to young children is one of the best ways to get their brains to start making connections. Learn ways to engage your child while you read with them, and enrich their minds during story time. Take Root, Family Connections and UCC present this class for parents and caregivers of children 0-5 years of age. Cost to participants is $10; fee waivers may be available. Participants need to make their own childcare arrangements. Call Family Connections at (541) 440-7705 to register. Instructor: S. Leedom.

1/19 R 6 - 8 pm
Douglas ESD
1871 NE Stephens, Roseburg

HEALTHY BEGINNINGS

You've brought baby home to a perfectly prepared house, and you're ready to see to any physical needs your child may have, but what about your child's social and emotional health? This workshop delves into child development, and how you can

help start your child on the road to positive social and emotional health. Take Root, Family Connections and UCC present this class for parents and caregivers of children 0-5 years of age. Cost to participants is $10; fee waivers may be available. Participants need to make their own childcare arrangements. Call Family Connections at (541) 440-7705 to register. Instructor: B. Tenneson.

1/24 T 6 - 8 pm
Douglas ESD
1871 NE Stephens, Roseburg

CARING FOR CHILDREN WITH ADHD

Life with a child with ADD/ADHD can be frustrating and overwhelming, but as a parent or caregiver there is a lot you can do to help control and reduce the symptoms. Take Root, Family Connections and UCC present this workshop that offers ideas on ways you can help your child overcome daily challenges, channel his or her energy into positive arenas, and bring greater calm to your family. Participants need to make their own childcare arrangements. $10 fee to participate. Call Family Connections at (541) 440-7705 to register, fee waivers may be available. Instructor: A Swanson.

2/22 W 6 - 8 pm
Douglas ESD
1871 NE Stephens St., Roseburg

HAPPY MONSTER, SAD MONSTER

Young children experience big feelings on a daily basis and need our guidance to develop social emotional competency. Discover fun ways to cultivate your child's emotional intelligence through the use of children's literature and related activities. Take Root, Family Connections and UCC present this workshop for parents and caregivers of children birth to 9 years of age. Participants need to make their own childcare arrangements. A $10 fee will be charged. Call Family Connections at 541-440-7705 to register, fee waivers may be available. Instructor: B. Tenneson.

2/28 T 6 - 8 pm
Douglas ESD
1871 NE Stephens, Roseburg

CAREER & CONTINUING EDUCATION

COMPUTER

EXCEL BASICS

Learn more about what the popular MS Excel program can do for you! In this Basic Excel class, learn features such as creating, navigating, formatting and editing worksheets and workbooks. Enter various types of data, work with common formulas and functions, and create a simple chart. Learn the shortcuts. Instructor: L. Way. $69.

32636
1/23 - 1/30 M, W Noon - 2 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

EXCEL - BEYOND THE BASICS

Go beyond the basics and learn to link and manage worksheet information as well as use shortcuts to become more efficient. You will learn functions like SUM, MIN, MAX, SUBTOTAL, SUMIFS, COUNTIF and more. You will also leave class with the ability to organize, process and analyze worksheet data, link to Word and Power Point documents and much more. Instructor: L. Way. $69.

32637
2/8 - 2/15 M, W 9 - 11 am
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

NEXT LEVEL EXCEL

This class is for the more advanced user. You will develop an understanding of pivot tables, conditional formatting, basic macros, and other functions. You will also learn to work across several worksheets and workbooks. Take your Excel knowledge to the next level with this class. Prior Excel experience is necessary. Instructor: L. Way. $79.

32630
2/22 - 3/1 M, W 9 - 11 am
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

MAC COMPUTER 101 *new!*

Learn the basics and get comfortable using a Mac computer! Whether you're transitioning from a PC to a Mac or you're just starting to get interested in computers, this is the class for you. We'll be getting familiar with the computer hardware, figuring out the operating system, learning how to install new applications, and customizing our Macs. This class is recommended for people who do not have computer experience. A MacBook with OS X is required at all class sessions. Instructor: E. Gilley. $59.

32642
3/6 - 3/13 M, W 4 - 6 pm
Workforce Training Center 15
2555 NE Diamond Lk., Rsbg

GOOGLE THE CLOUD

Do you want to easily access your documents, photos, and videos from any computer, tablet, or smartphone? Google Drive is a safe, cloud-based place for all of your files that allows them to go where you go. You will learn how to upload your files and share them instantly with others, create documents using the word processor, spreadsheet and presentation tool. You will also get a glimpse into other cloud applications such as One Drive and Dropbox. Instructor: K. Miller. $49.

32638
1/19 - 1/26 T, R 6 - 8 pm
Workforce Training Center 13
2555 NE Diamond Lk., Rsbg

STRATEGIC SELLING WITH SOCIAL MEDIA *new!* *online*

Social media and digital technologies, when understood and leveraged effectively, can enable you to find new clients and motivate these clients to take action in more efficient and strategic ways. Social media sales solutions can help you save time, save money and make money throughout the sales cycle from prospecting to referrals to closing sales. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $145.

32654
2/6 - 3/3
Online

INTRODUCTION TO CODING *new!* *online*

After taking this course in "Introduction to Coding", you will be introduced to the basics of computer programing and various programing languages. New technologies allow people outside of the computer science field to be able to create their own web pages using code. Students will learn the basics of HTML, CSS, and Java Script in this course, as well as the practical uses for each. Call Susan at 541-440-4665 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $195.

32653
2/6 - 3/3
Online

WEB DESIGN *online*

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Discover the basics of web design using HTML and CSS. The No prior knowledge of HTML or web design is required. Come away knowing how to implement web pages by writing HTML and CSS code. Discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. Call Susan at 541-440-4665 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $245.

32658
2/6 - 3/3
Online

SKILL ENHANCEMENT

GRANT WRITING FOR NON-PROFIT PROFESSIONALS

This 2-session workshop, from research to review, is designed specifically for those working with non-profit organizations or for those who want to hone their professional grant writing skills. This workshop will help participants refine their proposals, and have an opportunity for actual foundation members to provide feedback. Grant writing experience is necessary along with some pre-workshop preparation. Early registration is advised due to limited seating. Instructor S. Ramsey-Watson. $119.

32670
3/3 - 3/10 F 9 am - 1 pm
Workforce Training Center 13
2555 NE Diamond Lk, Rsbg

THE BASICS OF BOOKKEEPING *new!* *online*

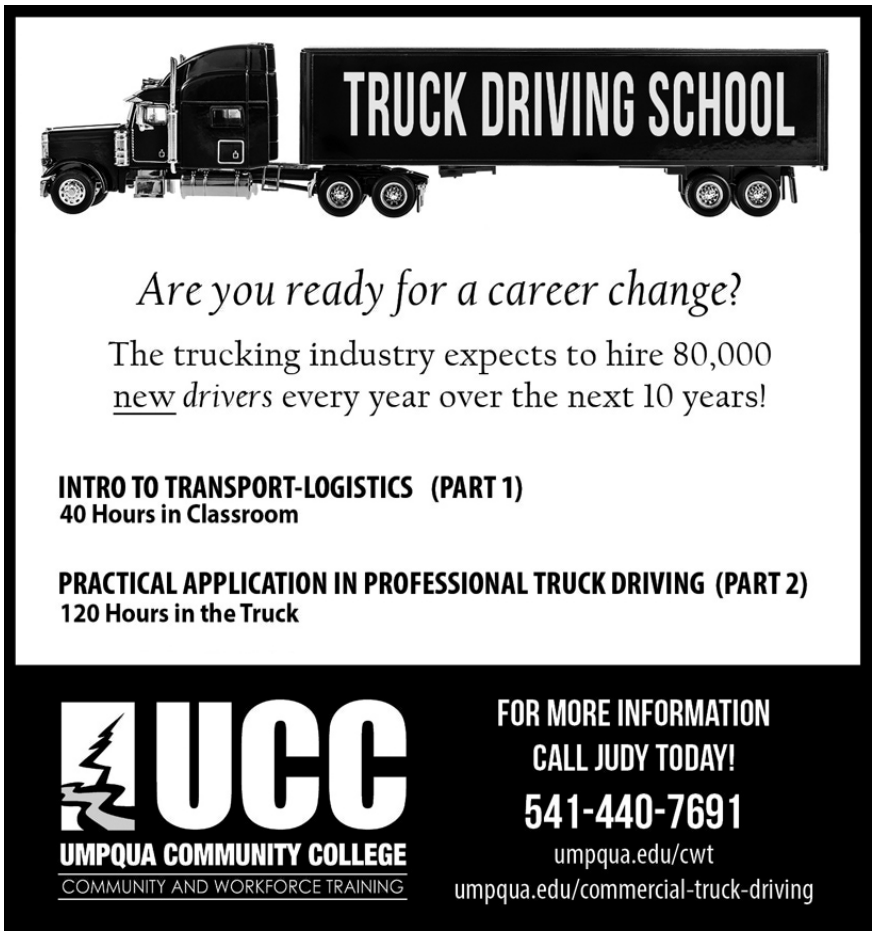
How do you keep track of the day-to-day financial transactions of a business? Whether you are looking to advance in your career, or you're an entrepreneur, (or maybe you are a part of a family business), this course will help you if you are looking to understand the numbers. The Basics of Bookkeeping course will help you understand and know how to record every penny that comes into your business and every penny that goes out of your business. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $195.

32649
2/6 - 3/3
Online

LEADERSHIP PRINCIPALS *online*

Come and discover the key concepts of being a leader and the best strategies for developing your leadership skills and influence. Learn the unspoken secrets that leaders know and the strategies they employ/exhibit for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don't's; what to say, what not to say; what to do, what not to do. Instructor: W. Draves. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must by registered by 2/10/17. $145.

32651
2/6 - 3/3
Online



POWERFUL PRESENTATIONS & EFFECTIVE SPEAKING TECHNIQUES

online

Nearly every job or business has an element of speaking, presentations, or sales. This course will allow you to master all three and accelerate your success. From the board-room, to the class-room, to speaking for thousands of people, there are several critical factors that every speaker must master. Learn how to effectively deliver a presentation to one person across the table, a large audience, and host tele-seminars or webinars online. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $145.

32655
2/6 - 3/3
Online

DEVELOPING HYBRID COURSES

new! online

Whether developing new or modifying an existing class, this session will help you take advantage of classroom and online instruction. Use the strength of the face-to-face engagement and the power of the Internet to deliver great content, reach broader audiences and support different learning styles. The Hybrid or blended classroom encourages students to learn at their own pace while also building on the unique exchanges that can happen in both the face-to-face class and on-line. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 3/10/17. $195.

32652
3/6 - 3/31
Online

COLLABORATIVE MANAGEMENT

online

Whether you manage or lead people, collaborative skills are essential to help harness the energy of groups and teams for maximum performance and productivity. Knowledge of collaborative skills will enable you to gain participation quickly, get input and buy-in for building consensus and plan for cooperation to get crucial projects completed. This course will help you explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $245.

32650
2/6 - 3/3
Online

RETIRE RICH: SMART RETIREMENT STEPS FOR 20 AND 30-SOMETHINGS

new! online

Do you want to achieve financial independence and true freedom to indulge in whatever makes you happy? Do you want to live life to the fullest, while only working when you want to? This course will show you how. I know investing can be intimidating – especially if you have never done it before. No one is born knowing how to be smart with money. This course will show you how to budget, plan, and invest for a comfortable, successful retirement and future. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 2/10/17. $195.

32656
2/6 - 3/3
Online

CONTINUING EDUCATION FOR TEACHERS

STUDENTS WITH ASD (AUTISM SPECTRUM DISORDER)

online

Every school in America has students who have been diagnosed with ASD (Autism Spectrum Disorder). The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate ASD. Take away strategies for working effectively with ASD students, and will find out how to work effectively with parents to create the most positive learning environments for students with this disorder. Contact Susan at 541-440-4655 to register or online at www.umpqua.edu/cwt. Must be registered by 3/10/17. $145.

32657
3/6 - 3/31
Online

CHILD CARE

INTRODUCTION TO CHILD CARE TAX RETURNS

new!

If you have recently started a child care business, this class will introduce you to the unique tax reporting requirement of in home Child Care Providers. Get your questions answered from a Licsensed Tax Consultant who has many child care providers as tax clients. Find out which forms to file and some of the unusual aspects of child care provider tax reporting. Cost $15.00 (which includes Family Child Care Record Keeping Guide Book). To register, call 541-440-7705.

1/28 S 9 am - Noon
Technology Center 119 UCC Campus

PESTICIDE APPLICATORS

LAWS AND SAFETY

a review of federal and state pesticide laws and regulations

March 18, 2017
CRN 32643 $119
Saturday 8 am - 5 pm
Workforce Training Center 1
2555 Diamond Lake Blvd, Roseburg

EXAM:
Monday, March 20th
UCC Campus Testing Center
(additional $35 fee to the testing center)

Information: 541-440-4655 • Registration: 541-440-7744
umpqua.edu/cwt • facebook.com/umpquacwt

UCC UMPQUA COMMUNITY COLLEGE
COMMUNITY AND WORKFORCE TRAINING

FAMILY CHILD CARE OVERVIEW

Overview is a requirement for becoming licensed as a registered family child care provider. The overview gives those interested in becoming licensed information about how to become registered, the Oregon rules, local CCR&Rs and an introduction to other agencies and supports for registered providers. For more information or to register, call Family Connections of Lane and Douglas County, 541-440-7705.

2/9 R 10 am - 1 pm
Technology Center 120
UCC Campus

RECOGNIZING AND REPORTING CHILD ABUSE AND NEGLECT

Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process of reporting incidents of child abuse or neglect for which they have reasonable cause to believe have occurred. Pre-registration is required and there is a $10 fee per student. For more information or to register, call Family Connections of Lane and Douglas County, 541-440-7705.

2/16 R 6 - 8 pm
Technology Center 120 UCC Campuss

OCCUPATIONAL & LICENSING

PESTICIDE APPLICATORS: LAWS AND SAFETY

Review Federal and State pesticide laws, regulations and safe use to prepare for the Oregon commercial pesticide certification exim in Laws and Safety. Exam to be held on 3/20/17 at the UCC Campus testing center for an additional $35 paid directly to the testing center. Required Text: Oregon Pesticide Safety Education Manual (EM 8850). Instructor: TBA. $119.

32643
3/18 S 8 am - 5 pm
Workforce Training Center 1
2555 NE Diamond Lk, Rsbg

MEDICAL PROFESSIONAL

PHARMACY TECH TRAINING

UCC will be offering a comprehensive 51-hour course to prepare students to enter the pharmacy field and take the Pharmacy Technician exam. The course includes pharmacy specific medical terminology, reading and interpreting prescriptions and defining drugs by generic and brand names. Students learn dosage calculations, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing, and reimbursement. Book is included in the course fee and will be distributed first night of class for more information call 541-440-4655. No class 1/18 and 2/15. $649

32520
1/9 - 3/13 M, R 6 - 9 pm
Wayne Crooch Hall 15 UCC Campus

FLAGGER

CERTIFIED FLAGGER TRAINING

Prepare to be a flagger for work zone traffic control. Learn the basics of flagging and traffic safety. Receive Oregon Department of Transportation Credential for Flaggers, valid for three years in Oregon, Washington, Idaho and Montana. Class fee includes books. Must be 18 or older to get a job as a Flagger. Information: J. Ode 541-440-7691. $95.

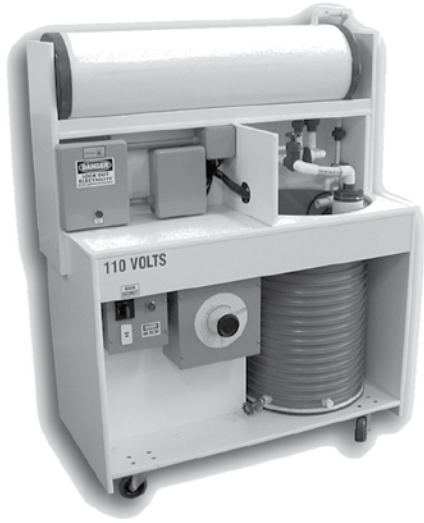
32490
1/10 T 4:30 - 10 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg

32491
2/7 T 4:30 - 10 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg

32492
3/7 T 4:30 - 10 pm
Workforce Training Center 2
2555 NE Diamond Lk, Rsbg

SP17 - 42075
4/4 T 4:30 - 10 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg

SP17 - 42076
5/2 T 4:30 - 10 pm
Workforce Training Center 14
2555 NE Diamond Lk, Rsbg



CONTRACTORS

LIMITED PUMP INSTALLERS CONTRACTORS LICENSE

This course is for people wanting a Limited Pump Installer Contractors License. It is a 30-hour course, 10+ hours of which are hands on. Limited space available. Information: J. Ode, 541-440-7691. $899.

32493
2/1 - 2/4 W, R, F, S
Workforce Training Center 1
2555 NE Diamond Lk, Rsbg