

Eastern Laramie County Outreach Center

607 Elm Street • P.O. Box 580 • Pine Bluffs, Wyoming 82082 • 307.432.1678 • KKashin@lccc.wy.edu

CREDIT CLASSES

Wyoming History

3 Credits

Students study Wyoming's economic, political, constitutional, and social history from preterritorial days to the present. Students analyze the constitutions of the United States and Wyoming. Prerequisite: Completion of ENGL 0810 or placement into ENGL 1010.

HIST 1251.750 W 06:00PM-09:05PM ELCC 1
SESSION: 1 \$99 09/11/17-12/15/17 Paula Taylor

COMPUTER CLASSES IN A DAY

Microsoft Excel 2013 Basic

0.7 CEUs

ELCS 0414.750 F 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 08/25/17 Janice Cheever

Microsoft Excel 2013 Intermediate

0.7 CEUs

ELCS 0426.750 F 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 09/22/17 Janice Cheever

Microsoft Excel 2013 Advanced

0.7 CEUs

ELCS 8957.750 F 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 10/20/17 Janice Cheever

Microsoft Publisher 2013 Basic (NEW)

0.7 CEUs

ELCS 0461.750 T 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 10/03/17 Janice Cheever

Microsoft Word 2013 Basic

0.7 CEUs

ELCS 0416.750 T 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 10/24/17 Janice Cheever

Google Docs

0.7 CEUs

ELCS 0495.750 F 09:00AM-04:00PM ELCC 2
SESSION: 1 \$99 09/08/17 Janice Cheever

Basic Computers

0.3 CEUs

ELCS 8958.750 T 01:00PM-04:00PM ELCC 2
SESSION: 1 \$49 09/26/17 Janice Cheever

LEADERSHIP/PROFESSIONALISM

Enhancing Project Management (NEW)

0.4 CEUs

Is there a "method to your madness"? Do you have a plan for accomplishing tasks? This course encourages participants to identify their strengths and challenges as a project manager and to build skills that will assist them with planning and implementing the results of their efforts.

ELCS 0518.750 T 08:00AM-Noon ELCC 1
SESSION: 1 \$139 10/03/17 Melissa Martin

Problem Solving & Making Decisions (NEW)

0.4 CEUs

How many decisions did you make in a day? What is your preferred method of solving problems? Are you involving others in this process? Participants will explore a variety of methods to assist with this aspect of leadership and identify their strengths and areas for growth as it relates to collaborative decision making and involving others when seeking solutions.

ELCS 0520.750 T 01:00PM-05:00PM ELCC 1
SESSION: 1 \$139 10/03/17 Melissa Martin

Crucial Conversations 1-Day

0.7 CEUs

Based on the bestselling book *Vital Smarts*, this course teaches the practice and skills for having difficult conversations. Relationships are strengthened and intractable problems are resolved through conscious use of these techniques. A certificate of completion will be awarded upon successful participation in this training.

ELCS 0549.750 F 09:00PM-05:00PM ELCC 1
SESSION: 1 \$99 12/15/17 Melissa Martin

LIFE ENRICHMENT

Alzheimer's Disease Overview (NEW)

This overview of the most prevalent dementia in older individuals is frequently misunderstood and much feared. This common sense class is presented in easy to understand terms. A basic understanding of what Alzheimer's disease is (and is not) is presented. An overview of the medications and current research is discussed. Practical approaches in dealing with individuals with Alzheimer's disease are offered. Discussion on dealing with dementia and driving is also undertaken.

LIFE 8010.750 M 06:30PM-08:30PM ELCC 1
SESSION: 1 \$10 10/02/17 Charlie Simoneo

Kids Crafts

Participants in grades K-6 will make crafts that are themed based on the time of year or an approaching holiday or season. All materials will be provided to complete the planned craft project. Registration is required seven days in advance of class so that we can have sufficient materials on hand.

Crafts Theme: Halloween (Grades K-3 and Grades 4-6)

LIFE 8007/8.750 Sa 09:00AM-11:00AM ELCC 1
SESSION: 1 \$10 10/21/17 Staff

Crafts Theme: Thanksgiving/Fall (Grades K-3 and Grades 4-6)

LIFE 8007/8.751 Sa 09:00AM-11:00AM ELCC 1
SESSION: 1 \$10 11/11/17 Staff

Crafts Theme: Holiday/Winter (Grades K-3 and Grades 4-6)

LIFE 8007/8.752 F 09:00AM-12:00AM ELCC 1
SESSION: 1 \$10 12/08/17 Staff

Learn to Use Your Camera

Learn how to take your camera out of "Program" and use the features you paid good money for. Knowing what each function does is the first step to taking better photos – photos the way you want them to look, rather than the way your camera thinks you want them to look. Please bring your digital camera.

LIFE 8012.750 T 06:00PM-09:00PM ELCC 1
SESSIONS: 4 \$50 09/05/17-09/26/17 Ty Stockton

Zumba in Pine Bluffs (NEW)

A physically active class encouraging fitness and expression through dance with focus on Latin steps including: Cumbia, Reggaeton, Salsa, Dance Hall, Merengue and others. The dances use different steps which are repeated throughout the song, which makes it easy to follow. A great workout where Fitbit addicts will get between 5,000-7,000 steps in one hour. Calories are left in sparkling droplets on the floor, the most fun you will have slaying calories! All levels welcome.

LIFE 8003.750 (September) MW 06:00PM-07:00PM Gym
SESSIONS: 7 \$35 09/06/17-09/27/17 Lisa Williams

LIFE 8003.751 (October) MW 06:00PM-07:00PM Gym
SESSIONS: 9 \$45 10/02/17-10/30/17 Lisa Williams

LIFE 8003.752 (November) MW 06:00PM-07:00PM Gym
SESSIONS: 8 \$40 11/01/17-11/29/17 Lisa Williams

LIFE 8003.753 (December) MW 06:00PM-07:00PM Gym
SESSIONS: 6 \$30 12/04/17-12/20/17 Lisa Williams

OTHER SERVICES OFFERED IN PINE BLUFFS:

- Customized Business Training
- High School Equivalency Certificate (HSEC) Preparation
- English Language Acquisition (ELA) program
- Career and Job Readiness Coaching
- Placement Testing (McCann/ALEKS)
- Test Proctoring for LCCC & Other Institutions
- Computer Lab
- Meeting Rooms with Audio/Visual Capabilities

Please call 307.432.1678 or email KKashin@lccc.wy.edu

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25