Transformation begins here.

Schedule of Remote Classes
FALL 2020 | EXTENDED LEARNING
Get to know us!

Meet Nicole and Joani, the people in Extended Learning who answer your calls and help you register for Community Education classes.

Nicole Schukow
Enrollment Specialist

I’m a wife, mother, and a recent graduate of LBCC. When I’m not at work, I enjoy home-building projects, being outdoors, arts and crafts, teaching fitness, and fostering kittens. The best part of all these activities is getting to do them with my four wonderful children!

Joani Grossman
Enrollment Specialist

Albany has been my home for over 30 years. My husband Gary and I raised 3 amazing kids, and our first grand baby is on the way. We also own and operate Gary Grossman Concrete. I love to cook, entertain, look for beach treasures or quietly read a book with a glass of Pinot Noir.

Our online registration form requires a credit card for payment. If you wish to use an alternate form of payment, please call and we will help you register.

541-917-4840

Campus will be closed and no classes will meet on the following dates of Fall Term: November 11, 26 & 27

HOW TO READ THE CLASS LISTINGS

CRN stands for course request number. This is an identifying number for each course used in registering.

27233 JEPSON, DREW M 5:00 P.M.-5:50 P.M. $79 FEE 28-SEP 8 ZOOM

Instructor Day(s) indicates the day or days of the week the class meets.

Start Date: first class meeting date

Weeks: the number of weeks that the class meets.

Cost Time the class meets.

Type of online platform

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How to Zoom - Attending is Easy!

1. If you're worried about using Zoom, don't be. Your instructor will send you a Zoom link and password before the first day of class. All you have to do is "click" on the link and the application will prompt you to make a one-time download. After that, you can join the Zoom meeting by entering the class code and password. Sometimes there is no password required--your instructor will decide that ahead of time.

2. Click on your Zoom link 10-15 minutes before your first class, so you have plenty of time to enter the classroom. Our instructors will show you the most important tools of the Zoom at the start of class. Past Zoomers tell us it helps to have headphones with a microphone so you can hear and be heard more easily.

3. Try to locate yourself in good lighting that will illuminate your face--some people find a ring light helpful. Locate yourself away from pets and distractions. You can attend a Zoom class on any smart phone, but a tablet or computer screen is best for seeing what your teacher shares and general class participation!

Do you like Zoom and want to use it for your own meetings outside of class? Go to this LBCC login page and sign up for a Zoom account and application download through the college: [linnbenton.zoom.us](http://linnbenton.zoom.us)

For support tutorials about using Zoom, go to our LBCC Zoom Help Center: [https://support.zoom.us/hc/en-us](https://support.zoom.us/hc/en-us)
"A remote class? Hmmm, I'm not sure about it."

Lauren Ohlgren – Art Instructor
I get it. I thought the same thing. But there is no other option right now. And my students jumped at the chance to connect and create every week via Zoom. And it’s working. It keeps us all going creatively.

Drew Jepson – Music Instructor
With remote instruction we can record the classes and use them for reference throughout the week while we work on skills and ideas discussed in class. Everyone can take in the information at their own pace.

Michelle Schaefer – Fitness & Dance Instructor
Why Not!! You can take class anywhere you want! No one can see you if you don’t want them to! So just dance and have fun!

Tom Demarest – Music Instructor
Remote music classes offer a bit of anonymity--you can turn off your mic and avoid feeling like others may be judging your skill & ability.

Judy Juntunen – Writing Instructor
I had my doubts about teaching Write Your Life Story remotely. How would we handle the technology? We all miss meeting in person, but we are able to do what we have always done--have discussions, read our stories, and share our ideas.

What is your remote class experience?
Share your experience on our FB page!
www.facebook.com/LBCCExtendedLearning
ARTS & CRAFTS

ART

BEGINNING WATERCOLOR PAINTING
Learn traditional techniques including wet-into-wet, dry brush, lifting, glazing, color mixing, and much more. See supplies to bring to class: linnbenton.edu/supplies
27109 M 2:00 P.M.-3:50 P.M. 28-SEP 10 ZOOM NAZARENUS, VICTORIA $89 FEE

ADVANCED WATERCOLOR & WATER MEDIA PAINTING
Take your technique to the next level. Explore composition, perspective, reflections, shadows, and color theory with new and challenging techniques. Class builds on skills learned in Beginning and Intermediate Watercolor Painting. See supplies to bring to class: linnbenton.edu/supplies
27110 W 9:30 A.M.-11:20 A.M. 30-SEP 9 ZOOM HANSEN, GLEE $89 FEE

PAINTING WITH ACRYLICS
Learn the basics of design and acrylic painting while finding your own personal style. Create a floral, landscape, still life, figure, or abstract design. All levels welcome. See supplies to bring to class: linnbenton.edu/supplies
27108 R 2:00 P.M.-3:50 P.M. 1-OCT 10 ZOOM HANSEN, GLEE $89 FEE

PASTEL PAINTING NEW!
Pastels are unrivaled for their brilliance of color, versatility, and easy handling. They are the most direct form of painting media. With a little practice and experimentation, you can become proficient with this delightful painting medium. See supplies to bring to class: linnbenton.edu/supplies
27654 T 1:00 P.M.-2:50 P.M. 29-SEP 8 ZOOM HANSEN, GLEE $89 FEE

EXPRESSIVE WATER MEDIA
Focus on two perennial favorites: watercolor or acrylic. Demos will be done in all water media showing their strengths and range of visual effects. Hands-on exploration of color theory and design will be emphasized using still life, animal, landscape, and abstract subjects. Intended for beginners and intermediate painters. Have available a pencil and plain bond paper. Supply list available at first class or online: linnbenton.edu/supplies
27147 R 1:00 P.M.-2:50 P.M. 1-OCT 8 ZOOM ALLISON, MARK $89 FEE

COLOR & DESIGN STUDIO
An open studio class is an engaging and inspiring experience intended to foster creativity and experimentation. Instructor will be available for individualized informative technical and design instruction. Instructor will help students gain insights into their creative accomplishments, develop new skills, and explore their preferred styles. All levels welcome. Allowed mediums are watercolor, acrylic, gouache, casein, oil (using non-toxic solvent), graphite, charcoal, colored pencil, and oil pastels.
27145 M 1:00 P.M.-2:50 P.M. 28-SEP 8 ZOOM ALLISON, MARK $89 FEE

REALISTIC DRAWING
Designed for anyone, especially people who feel they cannot draw well, who may feel they have no “talent” for drawing, and may have little hope of learning how to draw. Take this class and be surprised! A useful class for any artist who wants to strengthen drawing and design skills. Need pencils and plain 8 1/2 x 11 white paper for first class. See supplies to bring to class: linnbenton.edu/supplies
27148 T 1:00 P.M.-2:50 P.M. 29-SEP 8 ZOOM ALLISON, MARK $89 FEE

NATURE SKETCHING IN YOUR BACKYARD NEW!
Sketching opportunities abound all year long on daily walks, in neighborhood gardens, and even from your kitchen window. Learn techniques in pen/ink, watercolor, and colored pencils for starting and maintaining a Nature Journal filled with observations of the natural world right out your front door. This fun, accessible class is appropriate for all skill levels. No drawing/sketching/painting skills needed to succeed. With weekly presentations, demos, and exercises, students will build a foundation for a continued practice in keeping a Nature Journal.
27712 W 1:00 P.M.-2:50 P.M. 30-SEP 8 ZOOM OHLGREN, LAUREN $89 FEE

URBAN SKETCHING FOR BEGINNERS
Join the growing global community of urban sketchers by learning to draw while traveling at home or abroad! Sketching tells our life stories, slows us down, and enhances our memories and experiences. To get you started we’ll practice techniques to sketch on location and from direct observation with pen and ink, watercolor basics, and colored pencil. Bring sketchbook and pen to first class.
27653 T 1:00 P.M.-2:50 P.M. 29-SEP 8 ZOOM OHLGREN, LAUREN $89 FEE

Click here to register or call 541-917-4840
DRAWING FOR FUN
Explore different drawing tools and the technical aspects of drawing. Make drawings realistic while at the same time allowing for the individual expression. Draw a variety of subjects: still life, landscape, and life drawing using a variety of media. See supplies to bring to class: linnbenton.edu/supplies
27105  W  1:00 PM.-2:20 PM.  30-SEP  8  ZOOM
NAZARENUS, VICTORIA  $79 FEE

THE HARLEM RENAISSANCE NEW!
Explore the art and artists of the Harlem Renaissance (1920-1930) and create your own artwork based on their style and technique. This is a history as well as an art course, in which visual artists are the main focus, with a touch of musicians and poets. Your mind will be enlightened while your art skills are expanded. Best of two worlds!
27711  W  10:00 A.M.-11:50 A.M.  30-SEP  8  ZOOM
KAHN, JULIE  $89 FEE

ART AS PROPAGANDA NEW!
Examine how artists have used their talents to promote their political and social ideals over the last three centuries. Eugene De La Croix, Jaques Louis David, Francisco Goya, Honore Daumier, Picasso, Bansky, and other contemporary artists will be covered in this class. After each class presentation, students will have the opportunity to create their own work of art in relation to the topic of the day.
27713  R  10:00 A.M.-11:50 A.M.  1-OCT  8  ZOOM
KAHN, JULIE  $89 FEE

CRAFTS
THE ART OF MONO PRINTING
Yummy yellows, fiery reds, elegant purples smothered under texture, glazes, patterns, and shimmery metallic paints - If you love color and patterns and are willing to have fun while creating lively and stunning images on paper this beginner class using a gel printing plate is for you! This fun class will teach the basics of gel plate printing for bookmaking, mixed media, tiny houses and more. Supply list available online: linnbenton.edu/supplies
27249  F  12:30 P.M.-2:20 P.M.  2-OCT  4  ZOOM
JOYCE, PEGGY  $69 FEE

ADVANCED MONO PRINTING TECHNIQUES NEW!
Get creative with Gellie Plate Printmaking! The class introduces advanced printmaking techniques like design concepts, limited color palette, creating double images, double stencil printing, and binding prints into hand sewn art journals as part of a final project. Supply list available online: linnbenton.edu/supplies
27715  F  12:30 P.M.-2:20 P.M.  30-OCT  4  ZOOM
JOYCE, PEGGY  $69 FEE

Click here to register or call 541-917-4840
THE ART OF QUILLING
Paper quilling is an ancient art form that is gaining a resurgence in popularity today. It is the art of coiling paper and arranging the coils into shapes to create beautiful designs and pictures. Supplies will be discussed at the first class: linnbenton.edu/supplies

27710 W 5:30 P.M.-7:20 P.M. 30-SEP 8 ZOOM
WISE, CARYN $89 FEE

FOLDED BOOK ART
Give your favorite books new life! Get inspiration and learn techniques to turn your best book friends into beautiful conversation pieces for display in your home. See supplies to bring to class: linnbenton.edu/supplies

27652 M 5:30 P.M.-7:20 P.M. 28-SEP 2 GOOGLE MEET
HAASEN, LEAH $39 FEE

VECTOR POWERED ART
Digital illustration extends the power of art into the world of screens we exist in now. Learn how to use vector-based programs like Adobe Illustrator to create infinitely scalable artworks like logos and simple characters.

27646 M 6:00 P.M.-7:50 P.M. 5-OCT 4 GOOGLE SUITE
PETROCCIONE, COLE $89 FEE

YOUR FIRST WEBSITE NEW!
A strong online presence is a vital communication tool between you and your community. Starting your own website can be overwhelming and it can be hard to understand what you actually need to get started. From understanding and choosing hosting services to learning about the many tools available for designing, this course will take us through the steps while providing many additional resources for managing and designing your site.

27669 S 2:00 P.M.-3:50 P.M. 3-OCT 3 GOOGLE SUITE
PETROCCIONE, COLE $69 FEE

MICROSOFT EXCEL LEVEL 1
Learn or update basic spreadsheet skills with Microsoft Excel. The class will cover creating and editing simple spreadsheets as well as how to enter values and formulas, format spreadsheets, and use multiple tabs for creating more than one worksheet in a workbook.

27640 R 2:00 P.M.-4:50 P.M. 8-OCT 4 SKYPE
OBRIEN, KATHLEEN $129 FEE

CONSUMER EDUCATION

LANDLORD-TENANT LAW DURING A PANDEMIC NEW!
Discussion of landlord-tenant law in general and Oregon’s new rent control law. Plus discussion on the new rules put in place during COVID-19. Class also covers tenancy types and eviction laws. Instructor is Keith Tierney, Director of Civil Rights for Seniors, and current faculty member at LBCC.

27674 M 6:00 P.M.-7:50 P.M. 16-NOV 1 ZOOM
TIERNIE, KEITH $29 FEE

27676 M 6:00 P.M.-7:50 P.M. 7-DEC 1 ZOOM
TIERNIE, KEITH $29 FEE

MEDICARE 101: ONE-ON-ONE TELECOUNSELING NEW!
The Senior Health Insurance Benefits Assistance (SHIBA) program is a statewide network of trained volunteers who educate and advocate for people of all ages who have Medicare. SHIBA volunteers currently provide 1:1 appointments via telecounsel in Linn, Benton, and Lincoln Counties which is sponsored by the Retired & Senior Volunteer Program (RSVP) of the OCWCOG. Call 541-812-0849 and make an appointment today!

Learn about designer Cole Petroccione

COMPUTER SKILLS & TECHNOLOGY

SAY MORE WITH GRAPHICS!
Learn about why art is so vital within marketing and visual communication and what tools you can use to create a strong message. We’ll use the Adobe Creative Suite to discuss core graphic design skills and industry standards.

27644 R 6:00 P.M.-7:50 P.M. 1-OCT 5 GOOGLE SUITE
PETROCCIONE, COLE $99 FEE

PERFECT YOUR PIXELS!
Wrap your head around the confusing world of resolution and pixel editing and learn how image manipulation programs work. We’ll use Adobe Photoshop to explore these concepts and image editing skills that can be applied to many image editing tools!

27642 W 6:00 P.M.-7:50 P.M. 30-SEP 4 GOOGLE SUITE
PETROCCIONE, COLE $89 FEE

Click here to register or call 541-917-4840
FINANCIAL FOUNDATIONS
Are you challenged with managing money and a budget? Would you like to learn how to improve your credit report and score? Are you curious about easy-to-follow steps that create the habit of saving? Everyone can benefit from being smarter about managing money. Join Willamette Neighborhood Housing Services, a local, non-profit housing agency, you will use hands-on tools and group discussions, you'll learn how to master money management skills to reach your financial goals, tackle debt, plan for the future and strengthen your credit. The $75.00 per-household registration buys your household the workshop, and one year of one-on-one financial coaching with certified credit and budget specialists. Pre-registration is required through: Willamette Neighborhood Housing Services at www.devNW.org, info@w-nhs.org, or by phone at 541-752-7220.

**HOMEBUYING FOUNDATIONS**
Buying a home can be one of the most stressful transactions you will go through. Partnering with Willamette Neighborhood Housing Services, a local, non-profit housing agency, will greatly improve your chances of successfully buying and owning your first or next home. Join our workshop to hear housing specialists talk about credit basics, shopping for a home, loan and down-payment assistance programs, understanding lender requirements and loan documents, and to gain insight into the insurance, title/escrow, and home inspection processes. The $45.00 per-household registration fee covers workshop participation, a detailed workbook, and one-on-one support from a certified housing specialist. Pre-registration is required through: Willamette Neighborhood Housing Services at web site: www.devNW.org, electronic mail: info@w-nhs.org, or by phone at 541-752-7220, Ext 300.

**FUNDACIONES FINANCIERAS**
¿Cómo puedes tomar el control de la administración de dinero? ¿Estás planeando para esos objetivos a largo plazo? Traza tu camino hacia el éxito financiero. Invierte en tu bienestar financiero. Ya sea que desees comprar una casa, iniciar un negocio, comprar un automóvil, planificar para la educación postsecundaria, ahorrar para la jubilación o simplemente invertir en su bienestar financiero, Fundaciones Financieras es el lugar para comenzar. Tu membresía de $75 cubre los talleres y un año de asesoría financiera individual con un especialista certificado en crédito y presupuesto. Se requiere una registración previa a través de Willamette Neighborhood Housing Services en el sitio Web www.devNW.org Correo electrónico: info@w-nhs.org o por teléfono al 541-752-7220.

**FUNDACIONES DE COMPRA DE VIVIENDA**
¿Qué puedo hacer hoy que me ahorre en mi hipoteca mañana? ¿Qué busca un prestamista para calificarlo para un préstamo? ¿Qué debe buscar cuando está buscando préstamos? ¿Cómo priorizar, cuando la accesibilidad es apretada? Trace su camino a la compra de vivienda. Conozca los diferentes productos de préstamos y cómo los préstamos estudiantiles afectan su preparación para préstamos. Conozca los pasos a seguir para estar listo para la compra de activos más grande de su vida. Su membresía de $75 le compra a usted y a su hogar los talleres y un año de asesoría financiera individual con un especialista certificado en crédito y presupuesto. Se requiere una registración previa a través de DevNW en el sitio Web www.devNW.org. Correo electrónico: hello@devNW.org o por teléfono al 541-752-7220.

**INVESTMENT PROPERTY WORKSHOP NEW!**
Are you interested in buying a rental property to build assets over time? How do you get started? Learn the basics from local real estate investors who were once in your shoes...just getting started. In this workshop, we'll explore & analyze properties, investment financing, your responsibilities as a landlord and learn from a panel of investors who share their experiences, strategies and advice. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

**Click here to register** or call 541-917-4840
SIDE HUSTLE WORKSHOP NEW!
Is there something you love doing? Are you interested to see if this passion can generate income? In this two-part workshop, you will take the first steps to starting a Side Hustle. Side Hustles are great ways to generate some side income, make a life change, or explore starting a business with little risk. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

SOCIAL SECURITY PLANNING WORKSHOP NEW!
Do you have a plan for withdrawing Social Security? How does Social Security fit in your overall financial planning? How are Social Security benefits taxed in retirement? Proper Social Security Planning positively impacts your retirement. This two-hour workshop covers the fundamental aspects of Social Security, focusing on the filing options given the current laws. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

INVESTING WORKSHOP NEW!
How can you get started investing on your own? How do you avoid excessive fees? In this workshop, we will explore some of the basic considerations and philosophies when researching and choosing long-term investments. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

YOUTH FINANCIAL FOUNDATIONS NEW!
Map a path to your financial goals. Are you working to save for a car, education or your first apartment? Youth Financial Foundations class will give young adult participants techniques and mobile tools to build to manage money, build emergency savings and create savings goals for big purchases, build and repair credit, and make smart decisions about taking on loans. It’s time to #adulting with your money. In this class series, we will explore: Money Management, Building Credit, Avoiding Debt, Build to Goals and Savings, and Thinking Big for the Future. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

WILLS & LIFE PLANNING NEW!
Do you have a plan for your loved ones if you die? Do you have a plan if a parent or spouse passes on? Especially if you have dependents, Estate Planning is important for everyone. In this workshop, we’ll explore wills, beneficiary designations, durable power of attorney, advanced directives, and more estate planning topics. You’ll leave this workshop with some small, clear, action steps. Bring questions for our guest attorney instructor. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

STUDENT DEBT WORKSHOP NEW!
Do you have a plan for tackling student loans? Do you have student loans and want to buy a home? How will your student loans affect your eligibility? In this workshop, you will dive deeper into dealing with student loans and learn strategies you can implement today that will support your financial capability and your loan-readiness. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

HOME ENERGY SAVINGS WORKSHOP NEW!
Saving energy means more money in your pocket. Learn from a local energy conservation professional an array of tips and tricks you can implement to make your home work more efficiently. Whether you’re a renter or a homeowner, you leave this workshop with some energy savings measures you can implement right away. Pre-registration is required through: DevNW at www.devNW.org, hello@devNW.org or by phone at 541-752-7220.

Click here to register or call 541-917-4840
FITNESS & DANCE

FITNESS

BETTER BONES & BALANCE®: FIRST STEPS
Exercises are adapted for individuals needing improvement in balance and strength, who may have limited mobility, and/or difficulty standing for long periods of time. Balance aids will be used. Focus on lower and upper body strength, improving balance, and strengthening your core. The benefits? Reduce your risk of falls, increase your strength, and improve overall mobility and fitness.

27184 MWF 11:30 A.M.-11:50 A.M. 28-SEP 11 ZOOM
POZZESI, LINDA $89 FEE

BETTER BONES & BALANCE®
Based on OSU Bone Research Lab studies, this exercise program has been shown to slow the rate of bone loss in adults of all ages. Improve your balance and coordination, reduce your risk for falls, and see an increase in muscle tone and overall body fitness.

27170 MWF 7:00 A.M.-7:50 A.M. 28-SEP 11 ZOOM
BROWN, RACHAEL $109 FEE
27172 MWF 7:00 A.M.-7:50 A.M. 28-SEP 11 ZOOM
HOURMAJISH-JONES, MARYAM $109 FEE
27173 MWF 8:00 A.M.-8:50 A.M. 28-SEP 11 ZOOM
BROWN, RACHAEL $109 FEE
27175 MW 9:00 A.M.-9:50 A.M. 28-SEP 11 ZOOM
DAVENPORT, ANGELA $89 FEE
27176 MWF 10:30 A.M.-11:20 A.M. 28-SEP 11 ZOOM
POZZESI, LINDA $109 FEE
27180 TR 8:00 A.M.-8:50 A.M. 29-SEP 11 ZOOM
WHIPPLE/HOURMANISH-JONES $109 FEE
27181 TR 8:00 A.M.-8:50 A.M. 29-SEP 11 ZOOM
WHIPPLE, MONICA $89 FEE
27183 TR 9:00 A.M.-9:50 A.M. 29-SEP 11 ZOOM
DAVENPORT, ANGELA $89 FEE
27185 TR 11:30 A.M.-12:20 P.M. 29-SEP 11 ZOOM
FARRAR, KRIS $89 FEE
27187 TR 8:00 A.M.-8:50 A.M. 3-OCT 9 ZOOM
HOURMANISH-JONES, MARYAM $49 FEE

BETTER BONES & BALANCE®: ACCELERATED
Stay fit for life. Achieve full body fitness by strengthening your muscles and conditioning your cardiovascular system. Enjoy a dynamic mix of high intensity cardio intervals, weight lifting, and core strengthening activities. Round out your routine with lower body exercises proven to prevent or minimize bone loss. This is not a slow-paced class.

27185 MWF 9:00 A.M.-9:50 A.M. 28-SEP 11 ZOOM
POZZESI, LINDA $109 FEE

BETTER BONES & BALANCE®: AFTER WORK NEW!
Based on OSU Bone Research Lab studies, this exercise program has been shown to slow the rate of bone loss in adults of all ages. Improve your balance and coordination, reduce your risk for falls, and see an increase in muscle tone and overall body fitness.

27195 MW 6:15 P.M.-6:55 P.M. 28-SEP 11 ZOOM
WALKER, PAMELA $89 FEE
27187 TR 5:30 P.M.-6:20 P.M. 29-SEP 11 ZOOM
BROWN, RACHAEL $89 FEE

BETTER BONES & BALANCE®: UPRIGHT FITNESS NEW!
Based on OSU Bone Research Lab studies, this exercise program has been shown to slow the rate of bone loss in adults of all ages. Improve your balance and coordination, reduce your risk for falls, and see an increase in muscle tone and overall body fitness. This class is designed to keep you upright - no mats.

27714 MW 10:15 A.M.-11:05 A.M. 28-SEP 11 ZOOM
DAVENPORT, ANGELA $89 FEE

YOGA
A beginning and intermediate level class where students learn basic yoga poses and are given options so that they can work at their own level. Strengthening, stretching, balancing, and relaxing are focused on in class. Benefits include greater flexibility and strength and reduced stress.

27704 TF 6:00 P.M.-6:50 P.M. 29-SEP 11 ZOOM
RIBEIRO, SUBRAPPA $89 FEE

GENTLE YOGA
Increase strength, flexibility, and reduce stress while learning techniques to calm your mind and soothe your spirit. Learn yoga poses that develop strength, balance, proper breathing, and relaxation. Students will need a yoga mat and blanket.

27195 MWF 11:00 A.M.-11:50 A.M. 28-SEP 11 ZOOM
ROSE, MARY $109 FEE
27261 TR 10:00 A.M.-10:50 A.M. 29-SEP 10 ZOOM
MCCARTHY, LEIGH $89 FEE

VINYASA YOGA NEW!
Vinyasa Flow is based on flowing, dynamic sequence of movements which are synchronized with the breath and also includes static postures, balances, and stretches. Increase strength, flexibility, and endurance while improving circulation, balance, and alignment/posture. Relax your mind, body, and soul. All levels welcome.

27705 MW 1:00 P.M.-1:50 P.M. 28-SEP 11 ZOOM
VEGA, KIMBERLY $89 FEE

Click here to register or call 541-917-4840
YANG TAI CHI
Tai Chi is a form of movement, meditation, and martial art that originated in China. Participants learn mind/body harmony and how to cultivate our internal energy or ‘chi’. Promotes balance, flexibility, relaxation, calm focus, and improved general health. All levels welcome.

27201  W  12:00 P.M.-12:50 P.M.  30-SEP  10  ZOOM
BILLEY, JESSICA  $69 FEE

CLASSICAL PILATES
A system of exercises based upon the teachings of Joseph Pilates. The exercises can be modified so any student is able to achieve the workout. There is a progression of challenge as we introduce new exercises as the body becomes stronger and the mind is more knowledgeable about the correct muscles to be used.

27192  MW  3:30 P.M.-4:20 P.M.  28-SEP  11  ZOOM
POWELL, JENNIFER  $89 FEE

27193  TR  7:30 A.M.-8:20 A.M.  29-SEP  11  ZOOM
POWELL, JENNIFER  $89 FEE

27125  TR  5:15 P.M.-6:05 P.M.  29-SEP  11  ZOOM
POWELL, JENNIFER  $89 FEE

BODY CONDITIONING NEW!
Focus on improving your overall fitness as you challenge yourself to achieve the changes you desire in a fun and motivating environment. Classes will include a variety of exercises that aim to increase strength, endurance and flexibility, with an emphasis on proper form.

27164  TR  8:30 A.M.-9:20 A.M.  29-SEP  11  ZOOM
POZZESEE, LINDA  $89 FEE

TOTAL BODY AT HOME NEW!
Get a total body workout in two days with this at-home exercise program. Using weights and/or household items, each day will focus on working specific muscle groups that tone the body and increase your confidence.

27717  TR  6:00 P.M.-6:50 P.M.  29-SEP  10  ZOOM
SCHAFFER, MICHELLE  $89 FEE

ZUMBA®
Zumba® is a dynamic, exciting, and effective fitness program featuring easy to follow, low-impact aerobic/fitness interval training with a combination of fast and slow rhythms. Latin and international dance music create fun and even party-like classes. Achieve long term goals and benefits of improved agility, flexibility, cardio, and muscular strength. Join the fun and feel the beat!

27718  MW  6:00 P.M.-6:50 P.M.  28-SEP  10  ZOOM
SCHAFFER, MICHELLE  $89 FEE

27719  TR  9:00 A.M.-9:50 A.M.  29-SEP  10  ZOOM
FARRAR, KRIS  $89 FEE

BALLETCORE NEW!
A combination of ballet, stretching, and core work to develop strength, flexibility, and balance. Ballet Core involves ballet exercises at the barre, core strengthening workouts, and stretching, as well as routines in the center to develop a range of skills. The use of light weights throughout the class creates an additional challenge and adds to the goal of achieving a full body workout. No previous dance experience required.

27715  TR  6:00 P.M.-6:50 P.M.  29-SEP  10  ZOOM
LAUKKAINEN, KAISA  $89 FEE

ARTHRTIS FOUNDATION EXERCISES NEW!
Gentle, joint-safe exercises developed specifically by the Arthritis Foundation for people with arthritis or musculoskeletal conditions, fibromyalgia, COPD, and anyone who is recovering from injury with limited or impaired joint mobility. This program will help relieve pain and stiffness, strengthen muscles, and improve balance and mobility. Low-impact exercises are done while sitting and/or standing. Led by an Arthritis Foundation certified instructor.

27703  TR  11:30 A.M.-11:50 A.M.  29-SEP  8  ZOOM
WHIPPLE, MONICA  $89 FEE
MODIFIED EXERCISE WITH CHAIRS
Modified exercise for older adults: chair exercises, walking, limited dance movement, and stretching. Open to all seniors and everyone in the community.
27188 TR 9:00 A.M.-9:50 A.M. 29-SEP 11 ZOOM
WALKER, PAMELA $89 FEE

DANCE
LINE DANCE
Line dancing is easy, fun, and great exercise. Learn some dances and enjoy a wide variety of music including country music. No partner needed. Wear shoes with leather soles or shoes that you can slide in. Come join the fun!
27254 T 1:30 P.M.-2:50 P.M. 29-SEP 8 ZOOM
GREEN, VICKIE $69 FEE

FOOD & DRINK
COOKING
ROLL YOUR OWN FRESH ROLL/SUMMER ROLL NEW!
Learn how to make this fresh rice paper roll with custom ingredients! Can easily be made vegan, vegetarian, or meat/fish! These are quick to roll and a great light meal or appetizer. See supplies for class: linnbenton.edu/supplies
27862 S 9:00 A.M.-10:50 A.M. 3-OCT 1 ZOOM
BENDER, LILY $49 FEE

HANDMADE PASTA NEW!
There are over 400 shapes and types of pasta, and before it was produced commercially, it was all done by hand! In this class, you will learn to make the dough, roll, and shape different pastas. We will learn methods that just use your hands, as well as with equipment. There is nothing like fresh and homemade pasta! See supplies for class: linnbenton.edu/supplies
27680 S 2:00 P.M.-3:50 P.M. 3-OCT 1 ZOOM
EWANCHYNA, ADRIENNE $49 FEE

PIEROGIES! PIEROGIES! NEW!
There are many recipes for pierogies as there are Babas (Ukrainian Grandmas), but whichever one you settle on, it is comfort food at its best, and always best made by hand. We will learn how to make the dough and filling, as well as how to fill them and of course, serve them. See supplies for class: linnbenton.edu/supplies
27678 S 2:00 P.M.-3:50 P.M. 24-OCT 1 ZOOM
EWANCHYNA, ADRIENNE $49 FEE

HAWAII “PLATE LUNCH” LOCO MOCO NEW!
Learn how to make an entire Hawaii “Plate Lunch” Loco Moco! From the rice to the mac salad, hamburger patty, and gravy all over, you will learn to make a full “Plate Lunch”! See supplies for class: linnbenton.edu/supplies
27683 S 9:00 A.M.-10:50 A.M. 7-NOV 1 ZOOM
BENDER, LILY $49 FEE

MAKING SOUP WITHOUT A RECIPE NEW!
You don't need a recipe to make a great soup, just a basic knowledge of how to compose different ingredients and the techniques to put it together. We will learn some basic knife skills while preparing our ingredients. This will be an interactive class where the students will help decide what direction our soups will go. Be prepared to get creative! See supplies for class: linnbenton.edu/supplies
27681 S 2:00 P.M.-3:50 P.M. 7-NOV 1 ZOOM

DESSERT
BAKED GOODIES FOR FALL NEW!
You'll bake a variety of goods that will put you in the mood for Fall! The class will inspire you to bring out the best in fall fruits, add a little spice in your life, and make it easy enough for a weeknight baking session. Scones, coffee cakes, quick breads, and galette will be among the baked goodies that will be demonstrated. See supplies for class: linnbenton.edu/supplies No class 10/16.
27684 F 6:00 P.M.-8:20 P.M. 9-OCT 2 ZOOM
YONEMURA, JO ANN $69 FEE

GARDEN, NATURE & OUTDOOR
HOME & GARDEN
YEAR-ROUND VEGETABLE GARDENING
Vegetable gardening in the Willamette Valley can truly be a year-round activity. This class is a month-by-month walk through of the gardening season. For each month we will discuss what you can plant, techniques to make your garden more successful, as well as information on diseases, pests, harvest times, and tips and techniques to simplify starting your own transplants from seed.
27622 R 2:30 P.M.-4:20 P.M. 1-OCT 1 ZOOM
MORGAN, DARREN $29 FEE
27623 S 6:30 P.M.-8:20 P.M. 3-OCT 1 ZOOM
MORGAN, DARREN $29 FEE

Click here to register or call 541-917-4840
BASICS OF BACKYARD BEEKEEPING
This class will cover the basics of beekeeping in your own backyard. Students will learn about the necessary equipment, how to install a new hive, hive maintenance, pest and disease recognition, and mite treatment options. Additionally, we will explore the process of honey extraction and hive management through the different stages of honey production.

27621 F 6:30 P.M.-7:50 P.M. 9-OCT 4 ZOOM
MORGAN, DARREN $59 FEE

BEES IN THE BACKYARD
Explore the world of pollination in your backyard! Three different types of bees will be discussed: Bumble Bees, Honey Bees, and Mason Bees. Learn how to make an inviting habitat for bees in your backyard; the level of work required to keep each type of bee; and how families can participate together in keeping bees. At the end of this series you will be provided with supply lists and support resources for new beekeepers.

27701 T 11:00 A.M.-12:20 P.M. 3-NOV 4 ZOOM
BURGESS, LOUISE-ANNETTE $59 FEE

YOUR HOME ORCHARD
Fruit and nut trees, as well as small fruits and exotics will be discussed. Each class covers site selection; basic crop info such as harvest seasons and top varieties; and how to properly prune, feed, and care for your orchard. We will cover identification and organic treatment of common pests and disease problems.

27624 S 6:30 P.M.-7:50 P.M. 10-OCT 2 ZOOM
MORGAN, DARREN $39 FEE

27625 R 3:00 P.M.-4:20 P.M. 29-OCT 2 ZOOM
MORGAN, DARREN $39 FEE

NATIVE PLANTS FOR HOME LANDSCAPES
This course will cover the varying definitions of ‘native’ in horticulture, and cover a range of native trees, shrubs, and perennials plants selected for their ornamental value, ease of use in residential landscapes, and general availability.

27626 S 2:30 P.M.-3:50 P.M. 24-OCT 1 ZOOM
MORGAN, DARREN $39 FEE

27627 F 6:30 P.M.-7:50 P.M. 6-NOV 1 ZOOM
MORGAN, DARREN $39 FEE

Click here to register or call 541-917-4840
PSYCHOLOGY OF SURVIVAL NEW!
Learn steps to manage stress through breathing, mindfulness, and to develop adaptability. Utilize fear to avoid panic. See supplies for class: linnbenton.edu/supplies

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<tr>
<td>27660</td>
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<td>1:00 PM-2:50 P.M.</td>
<td>$39</td>
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<tr>
<td>27667</td>
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<td>1:00 PM-2:50 P.M.</td>
<td>$39</td>
<td>STARK, JEREMIAH</td>
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BACKPACKING & HIKING PREP NEW!
Get ready for the great outdoors! Topics will include: pre-planning your trips, minimizing survival situations, and personal outdoor management. Walk away feeling more confident, safe, and ready to hit the trails on your next adventure.

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<td>27661</td>
<td>F 9-OCT</td>
<td>4:00 PM-5:50 P.M.</td>
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<td>4:00 PM-5:50 P.M.</td>
<td>$29</td>
<td>STARK, JEREMIAH</td>
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HEALTH & WELLNESS

HEALTHY DIET/HEALTHY PLANET!
Imagine if you could make a lifestyle change that would significantly reduce our risk of developing diseases like stroke, heart disease, cancer, and diabetes, while potentially eradicating the threat of ~70% of future global pandemics? Now, imagine if this same lifestyle change could also significantly reduce greenhouse gases, decimate air, water, and soil pollution while being the ultimate solution to saving our planet’s fellow species from habitat loss and extinction? Believe it or not, there is a solution and this class will place you on the pathway to good health and a sustainable future!

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<tr>
<td>27320</td>
<td>M 12-OCT</td>
<td>6:00 PM-7:50 P.M.</td>
<td>$59</td>
<td>STOUT, MICHAEL</td>
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</tbody>
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SLEEP WELL! BE WELL!
Each of our bodily systems rely upon our ability to get adequate sleep to function properly. By contrast, quality sleep occurs when we have a functional balance within our bodily systems. Most sleep disorders are symptoms of a disruption within one or more of these bodily systems. We will explore our most common sleep disorders and their origins. By modifying our lifestyle choices, we can achieve a balance between good sleep and overall wellness!

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<td>6:00 PM-7:50 P.M.</td>
<td>$49</td>
<td>STOUT, MICHAEL</td>
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PRACTICING THE ART OF MINDFULNESS NEW!
This course is foundationally based off the Palouse Mindfulness course on MBSR-Mindfulness Based Stress Reduction. We will explore different tools, including Eckhart Tolle’s “Practicing the Power of Now” and other techniques to aid in disconnecting, in a healthy way, from our turbulent reactive emotions to live a less stressful and more peaceful life within ourselves and through our relation to others.

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<tr>
<td>27693</td>
<td>MW 28-SEP</td>
<td>9:00 A.M.-9:50 A.M.</td>
<td>$69</td>
<td>BUTTERFIELD, MELINDA</td>
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</table>

AWAKEN TO YOUR PURPOSE NEW!
Have you ever wondered why you were born and what your higher purpose is? Learn your roles and the archetypes you are designed to live and learn throughout this lifetime, as we explore the ancient wisdom from I Ching, as well as the more current teaching systems from Gene Keys and Human Design together. These create an expansive synthesis of practical wisdom to help guide you to a deeper understanding of yourself and your true potential.

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<tr>
<td>27695</td>
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<td>9:00 A.M.-9:50 A.M.</td>
<td>$69</td>
<td>BUTTERFIELD, MELINDA</td>
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SELF DEEP-TISSUE MASSAGE NEW!
Deep-tissue massage you perform on yourself using a foam roller. Myofascial tissue compression techniques require student to get down on the floor and use upper body strength. Modifications are available for most positions.

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<tr>
<td>27745</td>
<td>TR 29-SEP</td>
<td>7:00 P.M.-7:50 P.M.</td>
<td>$89</td>
<td>JOHNSON, BOBBI JO</td>
</tr>
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</table>

PANDEMIC LEVITY & PERSPECTIVE NEW!
With the coronavirus affecting the lives of almost the entire American population (and much of the rest of the world), this class focuses on the positive side of the pandemic. While acknowledging the seriousness of the disease, ‘Pandemic Levity & Perspective’ is geared to look at peoples’ sometimes whimsical reaction to the virus and the social and government response to the virus.

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<tr>
<td>27866</td>
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<td>6:00 P.M.-7:50 P.M.</td>
<td>$59</td>
<td>PARSON, PATRICK</td>
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HISTORY & CULTURE

ANCIENT THINKERS, ANCIENT THOUGHTS
The ancient philosophers actually remain with us: questions of what to believe, whether life has meaning and what such might be, how to be happy, how to confront our own mortality, how to live a moral life. If there existed fixed answers to these no need would remain to study these thinkers of old, yet their influences has never dwindled. Since most of us do not get the opportunity to study them directly, this is a perfect chance to consider them cross-culturally.

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<tr>
<td>27867</td>
<td>T 29-SEP</td>
<td>6:00 P.M.-7:50 P.M.</td>
<td>$89</td>
<td>WOLLERT, EDWIN</td>
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HISTORY OF CINEMA IN CORVALLIS
Take a step back in time and discover the rich history of early cinema in downtown Corvallis. In this fascinating class, you will tour the theaters of yesterday from your seat in the front row! You will see pictures of some of the oldest buildings in downtown, while also learning about some of those that are no longer standing. You'll see an example of historic preservation in action and learn about some of the lost architectural gems that once lined the streets of Corvallis and entertained the people.

27375 R 1:00 P.M.-2:50 P.M. 1-OCT 3 ZOOM
BURGESS, LOUISE-ANNETTE $59 FEE

HOME & DIY

CHRISTMAS DÉCOR CROCHET ALONG NEW!
Christmas is approaching, and now is the time to start your crocheted decorations! Students will dabble in many crochet techniques to create a Christmas tree skirt, ball ornaments, a stuffed Christmas hippo, 8' peppermint candy baubles, a Santa gift bag, and a stocking. Be prepared to spend several hours per week outside of class to complete weekly projects. Students must have a working knowledge of basic crochet techniques - this is not a course for a beginner. See supplies for class: linnbenton.edu/supplies

27687 S 10:00 A.M.-10:50 A.M. 3-OCT 11 ZOOM/GOOGLE CLASSRM
MCKIRDY, MONICA $79 FEE

INTRO TO AMIGURUMI CROCHET NEW!
Amigurumi is Japanese for 'crocheted or knitted stuffed toy.' Students will branch out from the basics in this course and crochet an amigurumi robot! Students must have a working knowledge of the crochet basics: chains, single crochet, and double crochet stitches. Need help learning to read patterns or assembling pieces? You'll learn all of that in this course! Be prepared to spend several hours a week outside of class to complete weekly assignments. See supplies for class: linnbenton.edu/supplies

27688 S 11:00 A.M.-11:50 A.M. 3-OCT 11 ZOOM/GOOGLE CLASSRM
MCKIRDY, MONICA $79 FEE

LANGUAGE

CONVERSATIONAL FRENCH LANGUAGE & CULTURE NEW!
In this fun and interactive class, you will learn an introduction to French language and culture. For those with previous French experience, this class is an opportunity to brush up on the language, learn basic phrases, and gain a better understanding of the French culture.

27691 TR 11:00 A.M.-11:50 A.M. 29-SEP 8 ZOOM
SCHUMAKER, SOPHIE $99 FEE

BEGINNING GERMAN II
This class is for students who have started and want to finish learning the basics of the German language and culture. Students should already be familiar with basic word order, “early” vocabulary (introductions, letters, numbers/telling time, family, hobbies/free-time, schooling, foods, and drinks), basic pronunciation, and be familiar with and able to conjugate various types of verbs. This class will allow students to learn the rest of the vocabulary and concepts that are typical in the first year German classes.

27396 TR 4:30 P.M.-5:50 P.M. 29-SEP 8 ZOOM
CARD, SCOTT $109 FEE

Click here to register or call 541-917-4840
INTERMEDIATE GERMAN II NEW!
Designed for students who have base German skills and who have also started learning more intermediary concepts (like the ones in Intermediate German I). Move into higher-level German-language creation and understanding, by building upon previously practiced concepts. Topics include animals, comparative/superlative phrases, reflexive speech, healthy living, healthy eating, daily routines, the full set of German conjunctions, extra layers of complication in past tense, and German slang if time allows.

27702 TR 6:00 PM-7:20 PM. 29-SEP 8 ZOOM
CARD, SCOTT $109 FEE

ITALIAN, BEGINNING
Introduction to speaking Italian with emphasis on essential travel phrases. Listen, practice speaking, read, write, and sing in Italian as you learn basic language structure. Textbook required and available for purchase at the Benton Center.

27390 T 6:30 PM-8:20 PM. 29-SEP 8 ZOOM
HAFEZ SULIMAN, MAZEN $99 FEE

ITALIAN, INTERMEDIATE
Introduction to speaking Italian with emphasis on essential travel phrases. Listen, practice speaking, read, write, and sing in Italian as you learn basic language structure. Textbook required and available for purchase at the Benton Center.

27698 R 6:30 PM-8:20 PM. 1-OCT 8 ZOOM
HAFEZ SULIMAN, MAZEN $99 FEE

CONVERSATIONAL ITALIAN
Practice speaking Italian in class using what you've already learned. Improve your vocabulary, explore verb tenses, and gain confidence to carry on everyday and travel conversations. Basic understanding and beginning facility with Italian required. Textbook information to be discussed at first class.

27391 W 2:00 PM-3:50 PM. 30-SEP 8 ZOOM
MAHRAOCCINI, BARBARA $99 FEE

SPANISH FOR SENIORS
Have fun as you practice Spanish conversation with essential words, songs, and phrases! Get ready to travel more confidently in Spanish-speaking countries. Students will learn present, past, and future verb tenses, household items, store items, how to move in a city, and writing letters.

27126 T 2:30 PM-3:50 PM. 29-SEP 8 ZOOM
PARSON, TERESA $79 FEE

SPANISH FOR SENIORS II NEW!
Dive deeper into the Spanish language! We will extend beyond the basics in a fun and engaging way and will learn such topics as medical terms, verbs and tenses, the arts, holidays and activities, and history to mention a few. Students should have foundational Spanish skills in order to feel successful.

27690 T 5:00 PM-6:20 PM. 29-SEP 8 ZOOM
PARSON, TERESA $79 FEE

CONVERSATION IN SPANISH NEW!
Take your Spanish conversational and linguistic skills to the next level! Get ready to travel more confidently in Spanish-speaking countries. “Conversation” topics include history, books, animals, plants, merchandise, cuisine, and how to buy and sell in many countries. Previous Spanish experience required.

27689 R 2:30 PM-3:50 PM. 1-OCT 8 ZOOM
PARSON, TERESA $69 FEE

SPANISH NOW! A FOR DAILY USE
Basic conversation for everyday use. For students with little or no previous Spanish experience.

27649 TR 3:00 PM-4:20 PM. 29-SEP 4 ZOOM
SCHLECHTER, MONICA $99 FEE

SPANISH NOW! B FOR DAILY USE
For students who have completed Spanish NOW! A, and would like to continue learning the basics of the Spanish language.

27649 TR 3:00 PM-4:20 PM. 27-OCT 4 ZOOM
SCHLECHTER, MONICA $99 FEE

SPANISH, INTERMEDIATE/ADVANCED
Speak entirely in Spanish as you study grammar and practice Spanish conversation in groups. Explore culture and language through stories, proverbs, poems, and songs of Latin America and Spain.

27392 W 9:00 AM-10:50 AM. 30-SEP 10 ZOOM
PLATT, DORIS $109 FEE

LEARN AMERICAN ENGLISH, INTERMEDIATE TO ADVANCED
This advanced class is an opportunity to continue learning English in the context of real-life situations. Activities may include long readings or attending local events. Refine your public speaking skills, vocabulary, writing skills and pronunciation. This course is great if you have completed fast-track English or have had a lot of instruction already. Class may be repeated. Content varies each term. Instructor will recommend a course text for purchase the first day of class. See supplies for class: linnbenton.edu/supplies

27139 M 7:15 PM-8:35 PM. 19-OCT 6 ZOOM
JAKUB, JANA $79 FEE

Click here to register or call 541-917-4840
MUSIC

BEGINNING GUITAR
Explore the possibilities of the most popular instrument in the world! Adult (16+) beginning guitar class ranging from an introduction to your guitar to basic chords and strumming patterns through learning simple popular songs. Explore harmony and melody with additional material for more advanced players.

- **27706** M 6:00 P.M.-7:20 P.M. 28-SEP 8 ZOOM
  - Demarest, Thomas
  - $89 Fee

- **27227** R 7:00 P.M.-7:50 P.M. 1-OCT 8 ZOOM
  - Jepson, Drew
  - $79 Fee

BEGINNING BASS GUITAR
This is the perfect class to learn to play the bass guitar (or double bass guitar) and build upon one’s basic experience. Walk away with a better understanding of the instrument including basic chords, finger placement, and tuning.

- **27651** M 6:00 P.M.-6:50 P.M. 28-SEP 8 ZOOM
  - Jepson, Drew
  - $79 Fee

ADVANCED TOPICS FOR GUITAR PLAYERS NEW!
Advanced themes will include the studying functional analysis of chord progressions, improvisation methods, song forms, and right-hand techniques using the genres of Blues, Folk, Jazz, & Rock.

- **27707** R 6:00 P.M.-7:20 P.M. 1-OCT 8 ZOOM
  - Demarest, Thomas
  - $89 Fee

UKULELE BASICS
Explore music with the small, but mighty, ukulele. The course will cover a lot of ground—starting with holding and tuning the instrument and will touch on beginning note-reading, chord-strumming, and learning simple songs. Discover the joy of the instrument’s simplicity while uncovering the surprising depth of capability it possesses. Come and join us on the musical journey—wherever you currently may be. Welcome students 16+.

- **27233** M 5:00 P.M.-5:50 P.M. 28-SEP 8 ZOOM
  - Jepson, Drew
  - $79 Fee

MUSIC FUNDAMENTALS I
Music Fundamentals is an interactive course for all beginning musicians regardless of instrument. Basic knowledge of notation, terminology, intervals, rhythm, scales and modes, and chord structures will be presented. Open to ages 16 and above, this course will lay the foundation for further study in music.

- **27229** R 6:00 P.M.-6:50 P.M. 1-OCT 8 ZOOM
  - Jepson, Drew
  - $79 Fee

APPRECIATING BLACK MUSIC: AMERICA'S ARTISTIC HERITAGE NEW!
An examination and exploration of contributions made to music in the Americas by members of the African Diaspora. Topics will include: the influences of African musical styles and practices in the development of original American music such as Jazz, Blues, Soul, and R&B; the role of Black musicians in synthesizing European and African music; the changing effects of technology on music consumption and practice; and an overview of various iconic styles of the Western Hemisphere, including the African influenced music of Brazil and the Caribbean.

- **27708** T 6:00 P.M.-7:20 P.M. 29-SEP 8 ZOOM
  - Hein, Lukas
  - $89 Fee

PERSONAL ENRICHMENT

NAVIGATING THROUGH THE SEAS OF CHANGE NEW!
During this time of turbulent transition, how do we learn to navigate in a way that will enhance our day to day living into a space of peace, tranquility, and proactivity? Join us as we explore strategies on self-care, present moment awareness, vulnerability, self-empowerment, and deep healing.

- **27692** W 6:30 P.M.-8:20 P.M. 30-SEP 4 ZOOM
  - VanWetter, Catherine
  - $59 Fee

Click here to register or call 541-917-4840
PRACTICING THE ART OF MINDFULNESS
NEW!
This course is foundationally based off Palouse Mindfulness course on MBSR-Mindfulness Based Stress Reduction. We will explore different tools, including Eckhart Tolle’s “Practicing the Power of Now” and other techniques to aid in disconnecting, in a healthy way, from our turbulent reactive emotions to live a less stressful and more peaceful life within ourselves and through our relation to others.

27694  MW  9:00 A.M.-9:50 A.M.  28-Sep  5  ZOOM
BUTTERFIELD, MELINDA  $69 Fee

AWAKEN TO YOUR PURPOSE NEW!
Have you ever wondered why you were born and what your higher purpose is? Learn your roles and archetypes you are designed to live and learn throughout this lifetime, as we explore the ancient wisdom from I Ching, as well as the more current teaching systems from Gene Keys and Human Design together. These create an expansive synthesis of practical wisdom to help guide you to a deeper understanding of yourself and your true potential.

27696  TR  9:00 A.M.-9:50 A.M.  29-Sep  5  ZOOM
BUTTERFIELD, MELINDA  $69 Fee

INTRODUCTION TO ASTROLOGY NEW!
Explore the realm of astrology by learning essential skills needed to understand astrological signs, planets, and other aspects of astrology. The class will culminate in reading a tropical astrology chart

27719  R  6:00 P.M.-6:50 P.M.  1-Oct  6  ZOOM
MCCARTHY, MARLEY  $59 Fee

PROFESSIONAL GROWTH

SAY MORE WITH GRAPHICS!
Learn about why art is so vital within marketing and visual communication and what tools you can use to create a strong message. We’ll use the Adobe Creative Suite to discuss core graphic design skills and industry standards.

27645  R  6:00 P.M.-7:50 P.M.  1-Oct  5  GOOGLE SUITE
PETROCCIONE, COLE  $99 Fee

PERFECT YOUR PIXELS!
Wrap your head around the confusing world of resolution and pixel editing and learn how image manipulation programs work. We'll use Adobe Photoshop to explore these concepts and image editing skills that can be applied to many image editing tools!

27643  W  6:00 P.M.-7:50 P.M.  30-Sep  4  GOOGLE SUITE
PETROCCIONE, COLE  $89 Fee

VECTOR POWERED ART
Digital illustration extends the power of art into the world of screens we exist in now. Learn how to use vector based programs like Adobe Illustrator to create infinitely scalable artworks like logos and simple characters.

27647  M  6:00 P.M.-7:50 P.M.  5-Oct  4  GOOGLE SUITE
PETROCCIONE, COLE  $89 Fee

YOUR FIRST WEBSITE NEW!
A strong online presence is a vital communication tool between you and your community. Starting your own website can be overwhelming and it can be hard to understand what you actually need to get started. From understanding and choosing hosting services to learning about the many tools available for designing, this course will take us through the steps while providing many additional resources for managing and designing your site.

27672  S  2:00 P.M.-3:50 P.M.  3-Oct  3  GOOGLE SUITE
PETROCCIONE, COLE  $69 Fee

MICROSOFT EXCEL LEVEL 1
Learn or update basic spreadsheet skills with Microsoft Excel. The class will cover creating and editing simple spreadsheets as well as how to enter values and formulas, format spreadsheets, and use multiple tabs for creating more than one worksheet in a workbook.

27641  R  2:00 P.M.-4:50 P.M.  8-Oct  4  SKYPE
O’BRIEN, KATHLEEN  $129 Fee

Click here to register or call 541-917-4840
VEHICLE OPERATION & MAINTENANCE

DRIVER PERMIT PREPARATION
Having trouble passing the permit test or just need help studying? This course covers the Oregon Driver’s Manual and what you need to know to pass the Oregon Driver Permit test.

27358 M 5:30 P.M.-7:20 P.M. 19-OCT 2 GOOGLE MEET DUBEAU, SHARON $35 FEE

TEACHING YOUR TEEN TO DRIVE
Come join us for this fun and informative session on techniques and options for helping your teen learn to drive while you retain your sanity.

27351 M 5:30 P.M.-8:20 P.M. 2-NOV 1 GOOGLE MEET HANSEN, LEAH $15 FEE

DRIVER ED WITH PERMIT
This ODOT approved program includes mandated 30 hours classroom instruction, parent/student orientation at first meeting, plus 12 hours on the road driving and observation. Driving will be one student and one instructor in the vehicle at a time. Registration packets are available online at linnbenton.edu/driver-education or by requesting one at richeym@linnbenton.edu

Required at registration: completed packet, fee, and photocopy of students driver permit. Class must be dropped 72 hours prior to start date for refund. Materials are included in fees and will have to be picked up at the Albany Campus, more information will be provided after the student is registered. Parents and students are required to read the parent/student handbook: linnbenton.edu/driver-education Students must have reliable internet, camera, microphone capability, and access Google Classroom for assignments.

27361 U 1:00 P.M.-3:50 P.M. 27-SEP 11 GOOGLE SUITE HANSEN/TABOR $265 FEE
27347 T 4:30 P.M.-7:20 P.M. 29-SEP 11 GOOGLE SUITE DICKENS/DUBEAU $265 FEE

WRITING

AOK WRITING (ACTS OF KINDNESS) NEW!
Writers in this course will create original short works of writing. Simple notes are expected, but a range of creativity is encouraged - including photos, poems, tributes, and other alternative forms. The class is expected to be engaging and collaborative and students will share their work with an authentic audience.

27709 T 7:00 P.M.-7:50 P.M. 29-SEP 4 ZOOM HAAG, TIM $49 FEE

AOK Writing (Acts of Kindness) with Tim Haag
CREATIVE WRITING WORKSHOP
Sharpen, strengthen, and improve your creative writing skills. The guided approach of this class will focus on the elements of fiction: character, setting, dialogue, plot, etc. In the end, you will submit an original piece of work to the class to be critically examined with the goal of producing the best story possible.

27141 W 6:00 P.M.-7:50 P.M. 30-SEP 8 ZOOM
SULLIVAN, ROBERT $89 FEE

WIZARDS & ROBOTS: LEARNING TO BUILD A SCI-FI FANTASY
Science Fiction and Fantasy Writing is a writing workshop course. Students will study masterworks of Sci-Fi/Fantasy, practice writing short fiction, editing, revision, and constructive criticism with a group of their peers.

27699 R 6:00 P.M.-7:50 P.M. 1-OCT 5 GOOGLE SUITE
CAMPBELL, CODY $59 FEE

WRITE YOUR LIFE STORY
Your own life stories and those of your family members are treasures that need to be preserved as carefully as photos. Recall and recount family history in your narrative style with enhancement of detail, description, and dialogue.

27212 F 1:00 P.M.-2:50 P.M. 2-OCT 8 ZOOM
JUNTEEN, JULIA $79 FEE
BUSINESS FOUNDATIONS - SERIES NEW!
Whether you are just embarking on your new business adventure or have been in business a few years and need a refresher, these webinars were built with you in mind! Take all five to get a solid foundation on which to grow and thrive in today’s market. Uses Zoom platform.

IDENTIFYING YOUR IDEAL CUSTOMER
27631 T 5:00 P.M.-5:50 P.M. 29-SEP 1 ZOOM
MEDELLIN, GEORGE $39 FEE

SALES STRATEGIES THAT WORK
27632 T 5:00 P.M.-5:50 P.M. 6-OCT 1 ZOOM
FULLER, STEPHEN $39 FEE

DIGITAL MARKETING STRATEGIES
27633 T 5:00 P.M.-5:50 P.M. 13-OCT 2 ZOOM
WHITTINGTON, ANNE $39 FEE

HOW TO PRICE YOUR PRODUCT OR SERVICE
27634 T 5:00 P.M.-5:50 P.M. 20-OCT 1 ZOOM
SHORT, MELINDA $39 FEE

WHAT YOU MUST KNOW ABOUT CASH FLOW
27635 T 5:00 P.M.-5:50 P.M. 27-OCT 1 ZOOM
PETERSON, JOE $39 FEE

REAL ESTATE BROKER PRE-LICENSE
This course is designed as an accelerated pre-license course to prepare you for the Oregon Real Estate Brokers’ License Exam and is the fastest way to qualify to take the exam. This 150-hour class has most course content online. Students are expected to have online capability, to attend all class sessions, and to attend a 9-5 study session. This class will be offered through Zoom video conferencing.

GOING INTO BUSINESS
In this FREE seminar, you will get basic information needed to begin planning your successful business. Rules, regulations, financing, customers, markets, feasibility, and more will all be discussed. The seminars are offered through Zoom video conferencing.

COMO EMPEZAR UNA EMPRESA
Está contemplando empezar una empresa? En este curso se hablará de reglas, regulaciones, financiamiento, mercado, clientela & factibilidad.

SMALL BUSINESS MANAGEMENT-SBM
Has your business hit that plateau where the excitement of opening has faded but the “to-do” list keeps growing along with your stress level? The Virtual Small Business Management (SBM) program can help you find a clear path to creating income stability, profitability, and help you feel in control of your business. This is a nine-month program that includes education and up to two hours of private advising sessions with a Small Business Development Center advisor. Meets every other week. Classes are offered through Zoom video conferencing.
GUIDED TOUR QUICKBOOKS
Whether you are new to accounting computer programs or you want to learn some new tips and tricks for using QuickBooks, this four-hour course will provide you with a tour of how to navigate QuickBooks, a basic review of accounting terms, and an overview of various functions within the software in a fun environment. This class is slower paced so students new to QuickBooks can become more comfortable with the software. This course is monitored by the instructor and Q&A will be provided via the classroom chat. Students will receive an invitation to connect before class begins. Students are strongly encouraged to attend the classroom tour on October 13, at Noon PST/3pm EST. Class will be open on October 13, following the classroom tour, and you can join the class until November 3. The class is self-paced and must be completed by December 4. Uses Google Classroom.
22828 TBA SELF-STUDY 13-OCT 8 GOOGLE CLASSROOM
SHAW, JACKIE $219 FEE

QUICKBOOKS 1
From creating a new QuickBooks file to running reports, this class will walk you through examples of QuickBooks desktop functionality. This ten-hour course is designed to provide you with the scope of capabilities available in QuickBooks. You will be introduced to basic functions including chart of accounts, bank reconciliations, accounting terminology, customizing & using reports, and more in a fun environment that encourages Q&A. This course is fast-paced so experience navigating software and previous exposure to computer-based accounting is highly recommended. Users new to QuickBooks may need to watch the classroom videos more than once as needed. This course is monitored by the instructor and Q&A will be provided via the classroom chat. Students are encouraged to bring questions from their own experiences to class. Students will receive an invitation to join before class begins. Students are strongly encouraged to attend the classroom tour on October 13, at Noon PST/3pm EST. Class will be open on October 13, following the classroom tour, and you can join the class until November 3. The class is self-paced and must be completed by December 4. Uses Google Classroom.
26451 TBA SELF-STUDY 13-OCT 8 GOOGLE CLASSROOM
SHAW, JACKIE $449 FEE

QUICKBOOKS 2
The goal of this class is to introduce accounting clerks and bookkeepers to Controller level accounting processes. This twelve-hour course is designed to provide you with advanced QuickBooks desktop and bookkeeping skills. You will be introduced to month end and year end closing processes, locating and fixing errors, comparing how QuickBooks Desktop and QuickBooks Online function and more in a fun environment. Prequalification includes taking QuickBooks 1 and at least 1 year of computer-based accounting experience. Students will receive an invitation to join before class begins. Students are strongly encouraged to attend the classroom tour on October 13, at Noon PST/3pm EST. Class will be open on October 13, following the classroom tour, and you can join the class until November 3. The class is self-paced and must be completed by December 4. Uses Google Classroom.
26452 TBA SELF-STUDY 13-OCT 8 GOOGLE CLASSROOM
SHAW, JACKIE $549 FEE

Request for Special Needs or Accommodations
Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone (541) 917-4789 or via Oregon Telecommunications Relay TTD at (800) 735-2900 or (800) 735-1232. Make sign language interpreting or real-time transcribing requests 2-4 weeks in advance. Make all other requests at least 72 hours prior to the event. LBCC will make every effort to honor requests. LBCC is an equal opportunity educator and employer.

LBCC Comprehensive Statement of Nondiscrimination
LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our Board Policies and Administrative Rules. Title II, IX, & Section 504: Scott Rolen, CC-108, (541) 917-4425; Lynne Cox, T-107B, (541) 917-4806, LBCC, Albany, Oregon. To report: linnbenton-advocate.symplicity.com/public_report
Classes are online, via Zoom!

Your first step:

Attend a FREE Orientation Session online
**To be eligible for ABS programs you must live permanently in the United States and attend a mandatory orientation session.

Visit www.linnbenton.edu/ela to learn about the ELA (English Language Acquisition) program, and visit www.linnbenton.edu/ged for more information about the GED® program.

Still have questions?

Email us:  GED@linnbenton.edu
          ELA@linnbenton.edu
          spanishGED@linnbenton.edu

Call us:
      541-917-4710
      Hablamos Español: 541-917-4712

Kirsten is your ABS Student Navigator!

Megan is your Orientation and Data Specialist. ¡Ella habla español!
Developmental growth is the process of taking in new ideas and concepts. Growing through learning more.

Transformation on the other hand, is about reconfiguring what you believe to be true about the world.

Begin your transformation with LBCC Extended Learning.