transformation begins here

Reframe "stuck at home" as an opportunity to improve your life! See inside for our incredible catalog of online personal development and community education classes.
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Winter Term registration begins Nov. 30
Campus will be closed and no classes will meet on the following dates of Winter Term: Jan. 18 & Feb. 15

Get to know us!

Meet Tatiana and Tina, multi-talented gurus who provide essential support to our LBCC Extended Learning programs.

Tatiana Wicke
Clerical Specialist

My role provides operational support across the team to align short and long-term goals – a dream job for me! Grounding my life are two amazing men (my husband and son), as well as living in the country and gardening. I like a strong cup of black tea and I make the best grilled cheese sandwiches!

Tina Leonard
Administrative Secretary

I’m an LBCC graduate and have worked at LBCC for almost 20 years! My husband and I have been married for nearly 30 years, have two fabulous children and our first granddaughter is on her way! I love to read, watch scary movies, and hang out with our two dogs.

541-917-4840

Our online registration form requires a credit card for payment. If you wish to use an alternate form of payment, please call and we can help you.
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 meeting at the start of class. Past Zoomers tell us it helps to have headsets 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 an application download through the college: linnbenton.zoom.us

For support tutorials about using Zoom, go to our LBCC Zoom Help Center: https://support.zoom.us/hc/en-us
Instructors: Tell us about yourself!
What makes your class special?

Cynthia McCain - Writing Instructor
I'm not an expert, I just love to write poetry! I've been writing for over 10 years, have published in journals and anthologies, and have two chapbooks—all backed by a lot of practice, but based on workshops and classes taught by other writers who love poems. What makes my classes special? The unique people who join in.

Leslie Knight - Health & Wellness Instructor
I have been meditating for 12 years. When I say it has completely changed my life for the better, I'm not exaggerating!

Edwin Wollert - History & Culture Instructor
You really have to love what you do. I've become a self-publisher (for the publishing seminar I do), and have graduate degrees in my other areas of expertise (history, philosophy, English). I'd say remote teaching is great way to communicate, especially during a pandemic, as well as a stress-less way to share ideas and learn new things.

Jack Dryden - Theatre Instructor
I have a Masters in Acting and Directing, and I just love teaching what I know. I’ve taught in different scenarios before—it is my students and a sense of play that makes each class special.

Monica Whipple - Fitness Instructor
I have taught BBB since 2008, Arthritis Foundation Exercise since 2010 and Tai Chi since 2011. I engage the students in more than just exercise, often with humor! I share aspects of my life with them, and in return, I get committed and engaged students.

Did you take a Community Education class last term? We would love to hear from you!
Share your experience on our Facebook group page: "I Took a Community Education Class"
facebook.com/LBCExtendedLearning
# 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

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<thead>
<tr>
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<tr>
<td>34327</td>
<td>W</td>
<td>1:00 PM-2:50 PM</td>
<td>Nazarenus, Vikki</td>
<td>13-Jan 10</td>
<td>$89 Fee</td>
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</table>

### WATERCOLOR PAINTING FOR EVERYONE NEW!
Delight in the color, brilliance and challenge of watercolor painting. Learn composition, perspective, reflections, shadows, and color theory with new and challenging techniques. This class is for all skill levels. See supplies to bring to class: linnbenton.edu/supplies

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<td>W</td>
<td>9:30 A.M.-11:20 A.M.</td>
<td>Hansen, Glee</td>
<td>13-Jan 10</td>
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### ACRYLIC PAINTING FOR FUN
Have fun painting with friends in the safety of your own home with Acrylic Painting For Fun. This course is designed for all skill levels, no experience required, and you can use whatever acrylic paints and brushes you have already. We will be painting on wood, glass, cloth, canvas, canvas boards, and anything else that sounds like fun. The goal of the class is to have fun and explore the versatility of the medium of acrylics. See supplies to bring to class: linnbenton.edu/supplies

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<td>14-Jan 8</td>
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### PASTEL PAINTING
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

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### 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 pencil and plain bond paper. Supply list available at first class or online: linnbenton.edu/supplies

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### 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. See supplies to bring to class: linnbenton.edu/supplies

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### 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

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### 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

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

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NATURE SKETCHING IN YOUR BACKYARD
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. See supplies to bring to class: linnbenton.edu/supplies

WEBCOMIC DIARIES NEW!
Dig in deep to take your stories from life or imagination and turn them into a digital webcomic. Get the scoop on comic creation, drawing practice, and work with digital drawing software. Learn about creative habits to make daily art a part of your life, and how to share your work with others. Perfect for beginners, this class is made to be an introduction to both comic creation and digital art, with helpful guidance and shared studio time. See supplies to bring to class: linnbenton.edu/supplies

HAND LETTERING NEW!
Want to learn a fun and way to create words with some flare? Build a new skillset or refresh your skills learning how to hand letter a variety of fonts for signage in the home, office, or parties. See supplies to bring to class: linnbenton.edu/supplies - View a video of all courses by Catherine Manning.

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

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. See supplies to bring to class: linnbenton.edu/supplies
34876 W 5:30 P.M.-7:20 P.M. 13-JAN 8 ZOOM
WISE, CARYN $89 FEE

ADVANCED MONO PRINTING TECHNIQUES
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
34875 F 12:00 P.M.-2:50 P.M. 29-JAN 4 ZOOM
JOYCE, PEGGY $79 FEE

COLOR MIXING FOR GEL PRINTING NEW!
Are you tired of seeing ‘muddy’ prints or colors that just don't look like you want them to? This is the class for you. Hands-on color mixing, color theory, and techniques to keep your colors vibrant, true and eye-catching. See supplies to bring to class: linnbenton.edu/supplies
34887 WF 10:00 A.M.-11:50 A.M. 13-JAN 1 ZOOM
JOYCE, PEGGY $39 FEE

COMPUTER SKILLS & TECHNOLOGY

FUNDAMENTALS OF 3-D: AUTODESK FUSION 360 NEW!
Have you ever had an idea for an item you'd like to have in your life, only to feel hopeless about it ever being made? Or perhaps you already know a bit about computer aided design (CAD), but want to hone your skills! Bring your ideas out of your head and into the real world by learning the fundamentals of 3-D modeling! See supply list for required free software and computer system requirements: linnbenton.edu/supplies
34944 MW 6:00 P.M.-7:20 P.M. 11-JAN 8 GOOGLE MEET
PRINE, KIERAN $149 FEE

CUSTOM MINECRAFT TEXTURES NEW!
Do you love Minecraft? Do you play on PC and always wanted to make your own cobble? We'll teach you the many tools and techniques available to create your own custom look for the game we spend too much time in.
34900 S 10:00 A.M.-11:20 A.M. 20-FEB 3 GOOGLE CLASSROOM
PETROCCIONE, COLE $59 FEE

IMAGE PROCESSING & MANAGEMENT FOR SMALL BUSINESS NEW!
You know that your business needs stunning photos to catch people's attention but you may not know the path to those great images. This class will teach you how to know what pictures you need as well as the basic processing skills to make them exactly what you want!
34933 T 4:00 P.M.-5:50 P.M. 12-JAN 4 GOOGLE CLASSROOM
PETROCCIONE, COLE $99 FEE

GRAPHIC DESIGN FOR BUSINESS & PLEASURE NEW!
Graphic design has many uses, from marketing to branding to personal art projects! Come learn about the industry and get a better understanding of the Adobe Creative Suite and what programs to use when. Learn the basics of Photo editing, Digital illustration, Typography, and Layout Design!
34935 W 4:00 P.M.-5:50 P.M. 13-JAN 5 GOOGLE CLASSROOM
PETROCCIONE, COLE $99 FEE

Click here to register or call 541-917-4840

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MICROSOFT EXCEL LEVEL I
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. You do not have to purchase Excel to complete this course. We will be using the online version of Excel which is free.
34928 R 4:00 P.M.-6:50 P.M. 14-JAN 4 MS TEAM
OBRIEN, KATHLEEN $129 FEE

MICROSOFT EXCEL LEVEL II NEW!
Increase your knowledge of Excel! This course covers a wide variety of formulas and functions to manage and analyze information. Plus, you’ll learn to effectively use charts and pictures to make your data eye-catching and understandable. Using and creating large worksheets and templates will also be covered. Foundational knowledge of Excel or completion of Excel 1 is recommended.
34931 R 4:00 P.M.-6:50 P.M. 11-FEB 4 MS TEAM
OBRIEN, KATHLEEN $129 FEE

MS EXCEL FOR BUSINESS DATA
This course helps you to turn data (or information) into better business decisions, which may increase your business productivity. You can put what you learn into practice. See class details at: linnbenton.edu/supplies
34520 F 4:00 P.M.-5:50 P.M. 15-JAN 5 ZOOM
LEUNG, STANLEY $129 FEE

STATISTICS FOR BUSINESS & ECONOMIC DATA
This course helps managers and small business owners analyze business and economic data. You will learn statistical software skills and statistical methods that WILL help you make better business decisions. Working knowledge of Excel is required. Please bring a USB flash drive. See class details at: linnbenton.edu/supplies
34521 F 4:00 P.M.-5:50 P.M. 19-FEB 5 ZOOM
LEUNG, STANLEY $129 FEE

CONSUMER EDUCATION

LANDLORD-TENANT LAW DURING A PANDEMIC
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.
34920 M 6:00 P.M.-7:50 P.M. 1-MAR 1 ZOOM
TIERNEY, KEITH $29 FEE

ADVANCED LANDLORD-TENANT LAW DURING A PANDEMIC
This workshop will have a little deeper look into landlord tenant law, from writing the rental agreement to going to court.
34921 M 6:00 P.M.-7:50 P.M. 8-MAR 1 ZOOM
TIERNEY, KEITH $29 FEE

MAY 101: ONE-ON-ONE TELECOUNSELING
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 OCWCG. Call 541-812-0849 and make an appointment today!

CLASSES IN PARTNERSHIP WITH DEVNW
All DevNW Financial Wellbeing classes are web-based with live instructor(s). A $75 annual membership registration includes the class you are interested in, as well as other financial wellness workshops and financial counseling. You can register for all DevNW classes at www.devNW.org or 541-345-7106. If you need special accommodations contact DevNW at 541-345-7106 or 503-779-2680.

FINANCIAL FOUNDATIONS
You know the financial basics, but everyone can benefit from a refresher on money management. Learn ways to reach money goals, tackle debt, build credit, save, invest and plan for the future.
34457 T 5:30 P.M.-7:20 P.M. 5-JAN 4 ZOOM
STAFF
34466 S 9:00 A.M.-4:50 P.M. 23-JAN 1 ZOOM
STAFF
3457 T 5:30 P.M.-7:20 P.M. 2-FEB 4 ZOOM
STAFF
34958 MTWR 8:00 A.M.-9:50 A.M. 8-FEB 1 ZOOM
STAFF
34959 S 9:00 A.M.-4:50 P.M. 27-FEB 1 ZOOM
STAFF
34960 T 5:30 P.M.-7:20 P.M. 2-MAR 4 ZOOM
STAFF
34961 S 9:00 A.M.-4:50 P.M. 27-MAR 1 ZOOM
STAFF

Click here to register or call 541-917-4840

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## Homebuying Foundations
Learn about the steps of homebuying from financial preparation, downpayment assistance, and mortgages, to home inspections, escrow, and home insurance. This class is HUD-certified and meets education requirements for many downpayment assistance programs.

| 34959 | M | 9:00 A.M.-4:50 P.M. | 9-JAN | 1 | ZOOM
| 34964 | W | 5:30 P.M.-7:20 P.M. | 3-FEB | 4 | ZOOM
| 34965 | S | 9:00 A.M.-4:50 P.M. | 6-FEB | 1 | ZOOM
| 34966 | S | 9:00 A.M.-4:50 P.M. | 13-MAR | 1 | ZOOM

## Side Hustle Workshop
Are you interested to see if a passion can generate income? Side Hustles are great ways earn some side cash, make a life change, or explore starting a business with little risk.

| 34963 | R | 5:30 P.M.-7:20 P.M. | 7-JAN | 1 | ZOOM

## Extreme Couponing Workshop
Are you leveraging the countless ways to save with couponing? Learn about the best current apps, resources and strategies you can implement to save on monthly expenses.

| 34968 | R | 5:30 P.M.-7:20 P.M. | 21-JAN | 1 | ZOOM

## Wills & Advanced Directive Workshop
Do you have a plan for your loved ones if you die? We'll explore wills, beneficiary designations, durable power of attorney, advanced directives and more topics led by a local estate planning attorney.

| 34969 | M | 5:30 P.M.-7:20 P.M. | 25-JAN | 1 | ZOOM

## Home Energy Savings Workshop
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 apartment or house work more efficiently.

| 34970 | R | 5:30 P.M.-7:20 P.M. | 28-JAN | 1 | ZOOM

## Renter's Rights Workshop
Are you renting or planning to rent a home? Learn about your legal rights as a renter, community resources for renters.

| 34971 | R | 5:30 P.M.-7:20 P.M. | 4-FEB | 1 | ZOOM

## Love & Money Workshop
In this couples finance workshop, invest together in your money relationship and learn couples money frameworks. This workshop will stretch you as a couple in fun and collaborative ways.

| 34972 | R | 5:30 P.M.-7:20 P.M. | 11-FEB | 1 | ZOOM

## Student Debt Workshop
Do you have a plan for tackling student loans? Learn strategies you can implement today that will improve your financial capability and help you work to goals like homeownership.

| 34975 | R | 5:30 P.M.-7:20 P.M. | 25-FEB | 1 | ZOOM

## Home Maintenance Workshop
Basic maintenance is important to protect your home investment. From the exterior gutters and foundation to the interior HVAC and p-traps, learn from a local contractor how to upkeep and maintain your home.

| 34976 | R | 5:30 P.M.-7:20 P.M. | 4-MAR | 1 | ZOOM

## DIY Investing Workshop
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.

| 34977 | R | 5:30 P.M.-7:20 P.M. | 11-MAR | 1 | ZOOM

## Clases en Asociación con DevNW
Todas las clases de DevNW Financial Wellbeing serán en línea con instructor en vivo. Un registro de membresía anual de $75 incluye la clase que le interesa, talleres de bienestar financiero, y asesoramiento financiero. Puede registrarse para todas las clases de DevNW en http://www.devNW.org o 541-345-7106. Si necesita adaptaciones especiales, comuníquese con DevNW al 541-345-7106 o al 503-779-2680.

## Fundaciones Financieras (Español)
¿Cómo puede tomar el control de la administración de dinero? ¿Estás planificando para esos objetivos a largo plazo? Mapea tu camino hacia el éxito Financiero.

| 34958 | W | 5:30 P.M.-7:20 P.M. | 6-JAN | 4 | ZOOM
| 34962 | W | 5:30 P.M.-7:20 P.M. | 3-MAR | 4 | ZOOM

## El Programa Comunidad de Terrenos (Español) ¡Nuevo!
Conozca una forma asequible de ser propietario de una casa y el programa que ofrece DevNW.

| 34967 | R | 5:30 P.M.-7:20 P.M. | 14-JAN | 1 | ZOOM

## ITINS & Impuestos (Español) ¡Nuevo!
Aumenté su conocimiento del número de identificación conocido como ITIN. En este taller aprenderá como aplicar y/o renovar para el ITIN, como se usa el ITIN para el desarrollo de bienes y el propósito y beneficio de la declaración de impuestos con ITIN.

| 34973 | R | 5:30 P.M.-7:20 P.M. | 18-FEB | 1 | ZOOM

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

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FUNDACIONES DE COMPRAR VIVIENDA (ESPAÑOL)
¿Estás listo para comprar una casa? En esta clase, aprenderás sobre preparación financiera, hipoteca, inmobiliaria, inspecciones de hogar, el proceso de cerra y seguro de hogar.
34974  S  9:00 A.M.-4:50 P.M.  20-FEB  1  ZOOM
STAFF

ALQUILANDO Y SUS DERECHOS (ESPAÑOL) ¡NUEVO!
¿Estás alquilando o planeas alquilar una vivienda? Conozca sus derechos legales como inquilino, recursos comunitarios para inquilinos.
34978  R  5:30 P.M.-7:20 P.M.  18-MAR  1  ZOOM
STAFF

CUPONES EXTREMOS (ESPAÑOL) ¡NUEVO!
¿Está aprovechando las innumerables formas de ahorrar con cupones? Conozca las mejores aplicaciones, recursos y estrategias actuales que puede implementar para ahorrar en gastos mensuales.
34979  R  5:30 P.M.-7:20 P.M.  25-MAR  1  ZOOM
STAFF

FITNESS & DANCE
Better Bones & Balance with Maryam Hourmanesch Jones

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. See supplies to bring to class: linnbenton.edu/supplies
34386  MWF  11:30 A.M.-12:20 P.M.  11-JAN  10  ZOOM
POZZESI, LINDA
$89 FEE

BETTER BONES & BALANCE®: AFTER WORK
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. See supplies to bring to class: linnbenton.edu/supplies - View videos by instructors Angie Davenport, Maryam Hourmanesch Jones.
34387  MWF  7:00 A.M.-7:50 A.M.  11-JAN  10  ZOOM
BROWN, RACHEL $109 FEE
34388  MWF  7:00 A.M.-7:50 A.M.  11-JAN  10  ZOOM
HOURMANESH-JONES, MARYAM $109 FEE
34391  MW  9:00 A.M.-9:50 A.M.  11-JAN  10  ZOOM
DAVENPORT, ANGELA $89 FEE
34392  MW  10:30 A.M.-11:20 A.M.  11-JAN  10  ZOOM
POZZESI, LINDA $109 FEE
34396  TRS  8:00 A.M.-8:50 A.M.  12-JAN  10  ZOOM
WHIPPLE, MONICA $109 FEE
34397  TR  8:00 A.M.-8:50 A.M.  12-JAN  10  ZOOM
WHIPPLE, MONICA $89 FEE
34399  TR  9:00 A.M.-9:50 A.M.  12-JAN  10  ZOOM
DAVENPORT, ANGELA $89 FEE
34398  S  8:00 A.M.-8:50 A.M.  16-JAN  9  ZOOM
HOURMANESH-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. See supplies to bring to class: linnbenton.edu/supplies
34392  MWF  9:00 A.M.-9:50 A.M.  11-JAN  10  ZOOM
POZZESI, LINDA $109 FEE

BETTER BONES & BALANCE®: AFTER WORK
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. See supplies to bring to class: linnbenton.edu/supplies
34613  MW  5:15 P.M.-6:05 P.M.  11-JAN  10  ZOOM
WALKER, PAMELA $89 FEE

Click here to register or call 541-917-4840
M = Monday; T = Tuesday; W = Wednesday; R = Thursday; F = Friday; S = Saturday; U = Sunday
**BETTER BONES & BALANCE®: UPRIGHT FITNESS**
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. See supplies to bring to class: linnbenton.edu/supplies
34878 MW 10:15 A.M.-11:05 A.M. 11-JAN 10 ZOOM Davenport, Angela $89 Fee

**ARTHRITIS FOUNDATION EXERCISES**
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.
34877 TR 11:00 A.M.-11:50 A.M. 12-JAN 10 ZOOM Whipple, Monica $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.
34827 TR 6:00 P.M.-6:50 P.M. 12-JAN 10 ZOOM Ribeiro, Subbappa $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.
34336 MWF 11:00 A.M.-11:50 A.M. 11-JAN 10 ZOOM Rose, Mary $109 Fee
34612 TR 10:00 A.M.-10:50 A.M. 12-JAN 10 ZOOM McCarthy, Leigh $89 Fee

**YOGA BREATHING WORKSHOP** NEW!
Relieve stress, balance energy, and improve sleep. Yoga breathing is a safe and natural way to quickly affect your autonomic nervous system. Most of us are stuck on autopilot, and we’re getting bounced around by our environment, leaving us feeling wired but tired, imbalanced, and frazzled. Yoga breathing offers many of the same benefits as meditation, but it’s easier to learn, can be practiced anywhere, and the results are very predictable.
34890 W 12:00 P.M.-12:50 P.M. 13-JAN 10 ZOOM Cloud, Patricia $39 Fee
34892 W 7:00 P.M.-7:50 P.M. 10-FEB 4 ZOOM Cloud, Patricia $39 Fee

**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. View a video about this class.
34474 W 12:00 P.M.-12:50 P.M. 13-JAN 10 ZOOM Bille, Jessica $99 Fee

**YANG TAI CHI II** NEW!
Yang Tai Chi II includes the second half of a Yang Style short form and goes further in depth exploring mind/body harmony while moving internal qi energy. We will practice new moves that promote improved mobility and balance, calm relaxation, and overall good health. Yang Tai Chi is a prerequisite. View a video about this class.
34889 R 12:00 P.M.-12:50 P.M. 14-JAN 10 ZOOM Bille, Jessica $99 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.
34839 TR 5:15 P.M.-6:05 P.M. 12-JAN 10 ZOOM Powell, Jennifer $89 Fee

**CLASSICAL PILATES II** NEW!
The intermediate Classical Pilates class incorporates a system of exercises based upon the teachings of Joseph Pilates. Exercises are geared towards a full body workout and are designed to strengthen mind and body by working them in tandem. This class is for individuals seeking challenge beyond the fundamentals.
34888 MW 3:30 P.M.-4:20 P.M. 11-JAN 10 ZOOM Powell, Jennifer $89 Fee

**TOTAL BODY AT HOME**
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. View a video about this class.
34879 MW 6:15 P.M.-7:05 P.M. 11-JAN 10 ZOOM Schaefer, Michelle $89 Fee

**ZUMBA® GOLD**
A dynamic, exciting, and effective fitness program perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. It is designed to introduce easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination.
34494 TR 9:00 A.M.-9:50 A.M. 12-JAN 10 ZOOM Farrar, Kris $89 Fee

**Click here to register** or call 541-917-4840
ZUMBA® IGNITE NEW!
Zumba® Ignite is a 30-minute intense classic Zumba class mixed with hip hop and fitness moves. Come get your heart rate up and join the fun and feel the beat! View a video about this class.
34891 MW 5:30 P.M.-5:50 P.M. 11-JAN 10 ZOOM
SCHAEFER, MICHELLE $69 FEE

MASH FOAM ROLLING
Deep-tissue massage you perform on yourself using a foam roller. Myofascial tissue compression techniques require student to get down on the floor and some upper body strength. Modifications are available for most positions.
34624 MR 7:00 P.M.-7:50 P.M. 11-JAN 10 ZOOM
JOHNSON, ROBBI $69 FEE

FOOD & DRINK

COOKING

CLASSIC SOUPS & STEWS
Curl up this Winter with your very own homemade soup and stew! Join Chef Audrey as she teaches you how to make everyone's favorite, classic Chicken Noodle soup, and that's not all! To STIR things up a bit, you will also earn to make a delicious Butternut Squash Stew. See supplies for class: linnbenton.edu/supplies
34906 R 5:30 P.M.-8:20 P.M. 14-JAN 1 ZOOM
ANDERSON, AUDREY $59 FEE

CHICKEN POT PIE WITH LATTICE CRUST NEW!
Make two chicken pot pies, one for now and one to freeze or give away! We will cover homemade pie dough, filling from scratch, and putting it all together with a lattice pattern (or plain if you prefer). See supplies for class: linnbenton.edu/supplies
34903 S 9:00 A.M.-11:50 A.M. 16-JAN 1 ZOOM
BENDER, LILY $59 FEE

UNDER PRESSURE NEW!
Does your electric pressure cooker scare you? Let's ease that anxiety and erase the mystery! In this class you will get a basic understanding of your pressure cooker and learn easy techniques so you can understand its benefits. Participants will come away with several dishes ready to cook when the time is right. See supplies for class: linnbenton.edu/supplies
34905 S 2:00 P.M.-3:50 P.M. 23-JAN 1 ZOOM
EWANCHYNA, ADRIENNE $59 FEE

CULINARY TOUR NEW!
We can't travel right now, but that doesn't mean we can't eat like we are! This 5 week class will make pit stops in India, Mexico, Greece, Thailand, and Italy, where we will learn to make a dish from the area. See supplies for class: linnbenton.edu/supplies
34904 M 7:00 P.M.-8:20 P.M. 1-FEB 5 ZOOM
EWANCHYNA, ADRIENNE $199 FEE

PORK KATSU & MISO SOUP NEW!
Learn how to make fried Japanese pork katsu with special dipping sauce from scratch (this can also be made with chicken). Served alongside steamed rice, shredded cabbage salad and simple miso soup. A great complete winter meal that everyone will love! See supplies for class: linnbenton.edu/supplies
34902 S 1:00 P.M.-2:50 P.M. 6-FEB 1 ZOOM
BENDER, LILY $59 FEE

HOMESTYLE KOREAN FOODS NEW!
Cooking Korean food at home is easier than you think! All it takes is preparation and marinating time! In this class, we will be preparing traditional, authentic Korean foods—Hawaiian-style. You'll learn how to make a basic Korean marinade and turn chicken, pork or beef into a delicious main dish. You'll make delicious noodle dishes, kimchee (pickles/fermenting), and banchan (small side dishes) which are found typically in a Korean restaurant. Learn a little bit of history of Koreans in Hawaii as well as how to stock your pantry so you can make delicious Korean food any day of the week! See supplies for class: linnbenton.edu/supplies
34907 S 6:00 P.M.-7:50 P.M. 20-FEB 2 ZOOM
YONEMURA, JOANN $69 FEE
DESSERT

GLUTEN FREE BAKING  NEW!
Is someone in your family allergic to gluten? Are you curious about different gluten-free flours and not sure how to bake with them? Come discover a new way to bake using rice flour, almond flour and coconut flour. You'll be making brownies, a sponge cake, and coconut cookies from well-known baker Alice Medrich - Gluten-Free Flavor Flours Cookbook. This cookbook is James Beard Foundation Book Award winner. See supplies for class: linnbenton.edu/supplies

NEW-BEES: GETTING STARTED RAISING HONEY BEES  NEW!
What you need to know to take your first steps in raising honey bees. Class will cover how to site your hive, hive equipment and tools, basic bee behavior and life cycle, and how to install a new colony into a hive. This class will focus on Langstroth hives, but will touch on other options.

CLASSIC CAKES & BUTTERCREAMS
Just in time for Valentines Day or to impress your family! Join Chef Audrey as she takes you step by step in making Red Velvet Cake, Vanilla White Cake, Swiss Buttercream with Cream Cheese and American Standard Buttercream. The focus on the first day is in making the cake, and the second day is focused on making the buttercream, decorations, icing and assembly. See supplies for class: linnbenton.edu/supplies

GARDEN, NATURE & OUTDOOR

HOME & GARDEN

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.

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.

HEALTH & WELLNESS

MIND BODY MEDICINE: HISTORY & RELEVANCE FOR TODAY'S CHALLENGES  NEW!
Join Dr. Anna Looney in this two-hour workshop providing an overview of Mind Body Medicine. MBM is a phrase often seen in news and social media. You will be given resources to understand how/why this new approach to health emerged, the research and evidence of its effectiveness, and ways MBM can positively impact individual health and well-being. This workshop lays the foundation for subsequent workshops offered this Winter Term about specific self-care practices. The workshop will focus on the hard-wired connection between the mind and the body and will point to ways we can mitigate anxiety, depression, isolation, and trauma.
### MIND BODY MEDICINE: LEARNING EMPOWERING TOOLS FOR SELF-CARE NEW!
Join Dr. Anna Looney in this two-hour workshop, where you will learn some basic Mind Body Medicine tools for reducing stress, depression, and loneliness, while increasing resilience and peace of mind. You will learn about the connection between the mind and the body, how MBM can positively impact individual health and well-being, and calm the Sympathetic Nervous System. Discover how enjoyable and accessible self-care can be!

**FEE:** $29

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<tr>
<td>M</td>
<td>12:00 PM-1:50 PM</td>
<td>LOONEY, ANNA</td>
<td>$29</td>
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**SELF-CARE FOR CAREGIVERS USING THE MIND BODY MEDICINE APPROACH NEW!**
Join Dr. Anna Looney, as she specifically addresses needs of caregivers by introducing the Mind Body Medicine perspective. Anyone caring for small children, aging or ill parents, family members with chronic conditions or disabilities knows how hard it is to find time for self-care. Yet caregivers need self-care time to restore energy, release worry and stress, and feel renewed and re-energized. This two-hour workshop presents easy-to-use MBM tools for reducing stress, depression and loneliness. While the content builds on information provided in the foundational MBM workshop (January 25), it is not required. Discover how enjoyable self-care can be!

**FEE:** $29

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**Focused or Frazzled: Stress Management with Carole Cliffe**

### FOCUSED OR FRAZZELED: STRESS MANAGEMENT NEW!
How do you handle the impact of the pandemic on your daily routine, family, friends, and work-related relationships? This class will provide attendees with important stress prevention resources, advice, and tools needed to identify and manage stress when going through uncharted waters dealing with the stay home, stay safe situation. We will look at how worry, anxiety, anger, isolation, grief, and situational fears affect our stress levels. New positive, creative, stress management strategies are available to you; come join us.

**FEE:** $29

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<td>S</td>
<td>10:00 A.M.-11:50 A.M.</td>
<td>CLIFFE, CAROLE</td>
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### DIY MEDITATION
Have you ever thought about meditating but weren't sure how to begin? We will explore the nuts and bolts of mediation, stumbling blocks to practicing it, and working with persistent thoughts and difficult emotions. Each class will include a question and answer period and an opportunity to meditate. View a video about this class.

**FEE:** $59

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<tr>
<td>W</td>
<td>10:00 A.M.-10:50 A.M.</td>
<td>KNIGHT, LESLIE</td>
<td>$59</td>
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### PANDEMIC LEVITY & PERSPECTIVE
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 social and government response to the virus.

**FEE:** $59

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<tr>
<td>W</td>
<td>6:00 P.M.-7:50 P.M.</td>
<td>PARSON, PATRICK</td>
<td>$59</td>
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### MASH FOAM ROLLING
Deep-tissue massage you perform on yourself using a foam roller. Myofascial tissue compression techniques require student to get down on the floor and some positions. Modifications are available for most positions.

**FEE:** $89

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

### YOGA BREATHING WORKSHOP NEW!
Relieve stress, balance energy, and improve sleep. Yoga breathing offers many of the same benefits as meditation, but it's easier to learn, can be practiced anywhere, and the results are very predictable. View a video about this class.

**FEE:** $29

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

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HISTORY, CULTURE, RELIGION & ETHICS

HISTORY

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.

34487  R  10:00 A.M.-11:50 A.M.  14-JAN  3  ZOOM
BURGESS, LOUISE-ANNETTE  $59 FEE

CULTURE

SCHOOL OF TAO: ANCIENT CHINESE PHILOSOPHY IN A MODERN WORLD  NEW!
To understand Chinese culture, we have to understand ancient Chinese philosophy. The course focuses on the second major school of ancient Chinese philosophy: Tao school of thought, and examines its profound influences on Chinese culture, past and present. Current examples are used throughout the course when appropriate.

34938  F  11:00 A.M.-12:50 P.M.  15-JAN  5  ZOOM
LEUNG, STANLEY  $79 FEE

SCHOOL OF CONFUCIUS: ANCIENT CHINESE PHILOSOPHY IN THE MODERN WORLD  NEW!
To understand Chinese culture, we have to understand ancient Chinese philosophy. This course focuses on a major school of ancient Chinese philosophy: Confucian school of thought, and examines its profound influences on Chinese culture, past and present. Current examples are used throughout the course when appropriate.

34937  F  6:00 P.M.-7:50 P.M.  15-JAN  5  ZOOM
LEUNG, STANLEY  $79 FEE

RELIGION

HISTORIC CRIMES IN OREGON  NEW!
There are many types of criminal activity, and Oregon is not immune. Join one of LBCC’s criminal justice faculty for an overview of the various types of crime, some theories to explain the behavior, and take an in-depth look at the most notorious examples from Oregon’s history. What’s covered? Bad behavior from cultural genocide, to mass murders, to cults throughout the 1900’s and earlier in our own home state.

34925  T  6:00 P.M.-6:50 P.M.  12-JAN  8  ZOOM/GOOGLE
CLSRIM  McKIRDY, MONICA  $69 FEE

DISCOVERING THE OLD TESTAMENT  NEW!
The Old Testament/Hebrew Bible is one of the most important documents in the Judeo-Christian tradition, and yet it remains one of the most ignored and least-understood. Join Dr. Sheldon Greaves and explore the background, context, and content of the Hebrew Bible. We will outline the historical and cultural concepts needed to better understand this rich, multi-faceted book.

34951  W  3:00 P.M.-4:50 P.M.  13-JAN  5  ZOOM
GREAVES, SHELDON  $79 FEE

SERIAL SURVIVAL  NEW!
In this course, True Crime fans will view presentations of serial killers, and their few heroic survivors. At the end of the course, students will be presented with hypothetical scenarios and work together to plan their next moves in hopes of surviving. The rest of the class will decide: Did they survive? (A fun spin on the ‘escape room’ phenomenon). View a video about this class.

34926  R  6:00 P.M.-6:50 P.M.  14-JAN  6  ZOOM/GOOGLE
CLSRIM  McKIRDY, MONICA  $59 FEE

Discovering the Old Testament with Sheldon Greaves

Click here to register or call 541-917-4840

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ETHICS

ALL YOU WANTED (AND NEEDED) TO KNOW ABOUT ETHICS
We all have to make moral decisions, which almost always affect others, and yet most people receive no actual training in the philosophical subject of ethics. Come join us as we explore what ethics is and what it means, and consider different types of ethics and why each matters.

HOME & DIY

HOME

Emergency Preparedness and Food Storage with Catherine Manning

EMERGENCY PREPAREDNESS  NEW!
Our recent history has demonstrated a need to respond and prepare for a variety of emergencies - from financial to weather and wildfires and a global pandemic. Regardless of what you do or where you live, everyone should be prepared for the unexpected. We will cover a variety of emergencies and help prepare individualized and personal plans for each student tailored to your own situation.

DIY

FOOD STORAGE  NEW!
We all need food - in it's various forms. But had you thought of how to keep a stock laid up for longer periods of time? In this class we will learn about different forms of food storage and students will be able to leave class with a plan on what to store for their own family.

LANGUAGE

BEGINNING GERMAN I
Beginning German is a great way to learn basics in the German language and culture! In this class, you will practice the four main elements to language learning - reading, writing, speaking, and listening to develop skills that will make you a solid beginning German speaker.

ADVANCED GERMAN I  NEW!
Designed for students who have completed Beginning and Intermediate German classes and/or are already proficient in the German language/culture. Writing, reading, listening, and speaking skills continue to be developed using higher-level exercises, practices, and texts. Texts include more complicated German phrasing, and require a stronger foundation of German linguistics than in prior classes. Students will also read short, but fully structured, mystery stories for German comprehension practice.

ITALIAN, GRAMMAR INTERMEDIATE
Using Living Language Intermediate Italian textbook, you will learn important grammatical structures such as present, future, and past tenses, all while exploring a bit of Italian culture. Speaking mostly in Italian, you will grow your reading, writing, listening, and speaking skills, while enriching your vocabulary for use in a variety of situations in everyday life.

Click here to register or call 541-917-4840

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## Italian, Grammar Advanced NEW!
Using the Living Language Advanced Italian textbook, you will take your Italian even further with a comprehensive look at irregular verbs, advanced verb tenses, and complex sentences all while exploring a bit of Italian culture. Speaking exclusively in Italian, you will sharpen your reading, writing, listening, and speaking skills while enriching your vocabulary for use in a variety of situations in everyday life.

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<tr>
<th>Course Code</th>
<th>Days</th>
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<th>Start Date</th>
<th>Duration</th>
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<td>14-Jan</td>
<td>8</td>
<td>ZOOM</td>
<td>Hafez Suliman, Maz</td>
<td>$99 FEE</td>
<td>$99 FEE</td>
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## 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.

<table>
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<td>13-Jan</td>
<td>8</td>
<td>ZOOM</td>
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## Spanish Now! A for Daily Use
Basic conversation for everyday use. For students with little or no previous Spanish experience. Textbook required Spanish Now, level 1 with audio CD/MP3 CD-7th or 8th edition.

<table>
<thead>
<tr>
<th>Course Code</th>
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<td>TR</td>
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<td>12-Jan</td>
<td>4</td>
<td>ZOOM</td>
<td>Schlechter, Monica</td>
<td>$99 FEE</td>
<td>$99 FEE</td>
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## 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. Textbook required Spanish Now, level 1 with audio CD/MP3 CD-7th or 8th edition.

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<tr>
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<tr>
<td>34496</td>
<td>TR</td>
<td>5:00 P.M.-6:20 P.M.</td>
<td>9-Feb</td>
<td>4</td>
<td>ZOOM</td>
<td>Schlechter, Monica</td>
<td>$99 FEE</td>
<td>$99 FEE</td>
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</table>

## Spanish Now! C for Daily Use
Spanish Now! C is a continuation of the Spanish NOW! series and is meant for students that have successfully completed Spanish Now! A & B or who have instructor approval. The class will build one's Spanish language conversational skills. Textbook required Spanish Now, level 1 with audio CD/MP3 CD-7th or 8th edition.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
<th>Book Cost</th>
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<tr>
<td>34501</td>
<td>TR</td>
<td>3:00 P.M.-4:20 P.M.</td>
<td>12-Jan</td>
<td>4</td>
<td>ZOOM</td>
<td>Schlechter, Monica</td>
<td>$99 FEE</td>
<td>$99 FEE</td>
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</tbody>
</table>

## Spanish Now! D for Daily Use
Spanish Now! D is the final course in the Spanish NOW! series and is meant for students that have successfully completed Spanish Now! A, B, & C or who have instructor approval. The class will build one's Spanish language conversational skills. Textbook required Spanish Now, level 1 with audio CD/MP3 CD-7th or 8th edition.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>34502</td>
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<td>3:00 P.M.-4:20 P.M.</td>
<td>9-Feb</td>
<td>4</td>
<td>ZOOM</td>
<td>Schlechter, Monica</td>
<td>$99 FEE</td>
<td>$99 FEE</td>
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## Spanish, Intermediate/Advanced
Speak entirely in Spanish as you study grammar and practice Spanish conversation in groups. We will also explore culture and language through stories, proverbs, poems, and songs of Latin America and Spain.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
<th>Book Cost</th>
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<tr>
<td>34503</td>
<td>W</td>
<td>9:00 A.M.-10:50 A.M.</td>
<td>13-Jan</td>
<td>10</td>
<td>ZOOM</td>
<td>Platt, Doris</td>
<td>$109 FEE</td>
<td>$109 FEE</td>
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</tbody>
</table>

## Conversation in Spanish
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.

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<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Duration</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>34573</td>
<td>T</td>
<td>5:30 P.M.-6:50 P.M.</td>
<td>12-Jan</td>
<td>8</td>
<td>ZOOM</td>
<td>Parson, Teresita</td>
<td>$89 FEE</td>
<td>$89 FEE</td>
</tr>
</tbody>
</table>

Click here to register or call 541-917-4840

M = Monday; T = Tuesday; W = Wednesday; R = Thursday; F = Friday; S = Saturday; U = Sunday
**MUSIC**

**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.

34375 M 9:00 A.M.-9:50 A.M. 11-Jan 8 ZOOM
MUSIC FUNDAMENTALS I 39.99
JEPSON, J. DREW

**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. View a video about this class.

34352 M 6:00 P.M.-6:50 P.M. 11-Jan 8 ZOOM
BEGINNING GUITAR 39.99
JEPSON, J. DREW
34376 R 6:00 P.M.-7:50 P.M. 14-Jan 8 ZOOM

**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.

34380 R 7:00 P.M.-7:50 P.M. 14-Jan 8 ZOOM
BEGINNING BASS GUITAR 39.99
JEPSON, J. DREW

**PLAY SOME JAZZ GUITAR**
Time to bring out your guitar and experience a series of group lessons designed to accomplish skill building and knowledge of the importance of music theory in playing Jazz Guitar. Basic guitar skills are needed because of the broad scope of this class. View a video about this class.

34375 W 6:00 P.M.-7:50 P.M. 13-Jan 8 ZOOM
PLAY SOME JAZZ GUITAR 39.99
DEMAREST, THOMAS

**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+

34454 M 5:00 P.M.-5:50 P.M. 11-Jan 8 ZOOM
UKULELE BASICS 79.99
JEPSON, J. DREW

**UKULELE BASICS II NEW!**
The follow up class to Ukulele basics! Develop a deeper understanding of the fundamentals of the Ukulele, including learning more chords, playing more songs, and learning how to read chord charts so you can play with bands!

34893 W 6:00 P.M.-6:50 P.M. 13-Jan 8 ZOOM
UKULELE BASICS II 79.99
JEPSON, J. DREW

**MANDOLIN FOR BEGINNERS NEW!**
Come learn the skills and techniques of how to play the mandolin. In a group instruction format, one can learn the basics of playing the mandolin. Intermediate players could refresh and reinforce their abilities. The class is designed to educate, inspire and challenge anyone who has ever had the desire to play this fun stringed instrument. View a video about this class.

34894 W 6:00 P.M.-7:50 P.M. 11-Jan 8 ZOOM
MANDOLIN FOR BEGINNERS 79.99
DEMAREST, THOMAS

**PERSONAL ENRICHMENT**

**KEYS TO GENE KEYS: UNLOCKING THE HIGHER PURPOSE IN YOUR DNA NEW!**
Have you ever wondered why you were born and what your higher purpose is? The Gene Keys, by Richard Rudd, helps you gain a deeper understanding of yourself and your true potential. As we explore the Gene Keys, you will learn the roles and archetypes you are designed to live and learn throughout this lifetime.

34930 TR 9:00 A.M.-9:50 A.M. 12-Jan 5 ZOOM
KEYS TO GENE KEYS: UNLOCKING THE HIGHER PURPOSE IN YOUR DNA 69.99
BUTTERFIELD, MELINDA

**STARTING A MOTHER/DAUGHTER BOOKCLUB NEW!**
Are you interested in starting a mother/daughter book club? Using experience from a successful 8-year bookclub, the workshop will provide tips on format and content, and share stories from a group that went from 4th grade to 12th. It’s fun and a great way to get to know your kids and friends on a new level. The bookclub can also be adapted to Zoom!

34895 S 1:00 P.M.-2:20 P.M. 23-Jan 1 ZOOM
STARTING A MOTHER/DAUGHTER BOOKCLUB 29.99
MCCAIN, CYNTHIA

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

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INTRODUCTION TO ASTROLOGY
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.

34883 R 6:00 P.M.-6:50 P.M. 14-JAN 6 ZOOM
MCCARTHY, MARLEY $59 FEE

PROFESSIONAL GROWTH

MICROSOFT EXCEL LEVEL I
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. You do not have to purchase Excel to complete this course. We will be using the online version of Excel which is free.

34899 R 4:00 P.M.-6:50 P.M. 14-JAN 4 MS TEAMS
OBRIEN, KATHLEEN $129 FEE

MICROSOFT EXCEL LEVEL II NEW!
Increase your knowledge of Excel! This course covers a wide variety of formulas and functions to manage and analyze information. Plus, you'll learn to effectively use charts and pictures to make your data eye-catching and understandable. Using and creating large worksheets and templates will also be covered. Foundational knowledge of Excel or completion of Excel I is recommended.

34932 R 4:00 P.M.-6:50 P.M. 11-FEB 4 MS TEAMS
OBRIEN, KATHLEEN $129 FEE

MS EXCEL FOR BUSINESS DATA
This course helps you to turn data (or information) into better business decisions, which may increase your business productivity. You can put what you learn into practice. See class details at: linnbenton.edu/supplies

34529 F 4:00 P.M.-5:50 P.M. 15-JAN 5 ZOOM
LEUNG, STANLEY $129 FEE

IMAGE PROCESSING & MANAGEMENT NEW!
You know that your business needs stunning photos to catch people's attention but you may not know the path to those great images. This class will teach you how to know what pictures you need as well as the basic processing skills to make them exactly what you want!

34934 T 4:00 P.M.-5:50 P.M. 12-JAN 4 GOOGLE CLASSROOM
PETROCCIONE, COLE $99 FEE

GRAPHIC DESIGN FOR BUSINESS & PLEASURE NEW!
Graphic design has many uses, from marketing to branding to personal art projects! Come learn about the industry and get a better understanding of the Adobe Creative Suite and what programs to use when. Learn the basics of Photo editing, Digital illustration, Typography, and Layout Design!

34936 W 4:00 P.M.-5:50 P.M. 13-JAN 5 GOOGLE CLASSROOM
PETROCCIONE, COLE $99 FEE

FUNDAMENTALS OF 3-D: AUTODESK FUSION 360 NEW!
Have you ever had an idea for an item you’d like to have in your life, only to feel hopeless about it ever being made? Or perhaps you already know a bit about computer aided design (CAD), but want to hone your skills! Bring your ideas out of your head and into the real world by learning the fundamentals of 3-D modeling! See supply list for required free software and computer system requirements: linnbenton.edu/supplies

34945 MW 6:00 P.M.-7:20 P.M. 11-JAN 8 GOOGLE MEET
PRINCE, KIERAN $149 FEE

STATISTICS FOR BUSINESS & ECONOMIC DATA
This course helps managers and small business owners analyze business and economic data. You will learn statistical software skills and statistical methods that WILL help you make better business decisions. Working knowledge of Excel is required. Please bring a USB flash drive. See class details at: linnbenton.edu/supplies

34530 F 4:00 P.M.-5:50 P.M. 19-FEB 5 ZOOM
LEUNG, STANLEY $129 FEE

Click here to register or call 541-917-4840

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THEATRE & PERFORMING ARTS

ACTING FOR EVERYONE  NEW!
Ever been curious about being on stage or screen? Looking to increase your Zoom presence in the age of remote everything? Are you an actor who feels out of practice? This is the class for you! Great for beginners but open to any level of experience, this is a space for us to creatively explore. We will play together through exercises and texts to activate the imagination, overcome performance anxiety, and enrich our lives.

34954 W 3:00 P.M.-5:50 P.M. 13-JAN 6 ZOOM O'BRIEN, KASEY $109 FEE

INTRODUCTION TO ACCENTS & DIALECTS  NEW!
Ever wanted to sound like a cast member of Downton Abbey, fool a cashier at the grocery store, or just learn more about how to use your voice? If you answered yes (in your head or especially out loud), this class is for you! This crash course in accent work promises to create a foundation of tools and techniques for students approaching voice work from any background. You’ll learn how to talk like a Brit, how to listen to and imitate others, and most importantly, how to sound more like yourself.

34955 W 1:00 P.M.-2:20 P.M. 13-JAN 6 ZOOM DRYDEN, JACK $89 FEE

VEHICLE OPERATION & MAINTENANCE

DRIVER PERMIT 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.

34541 M 5:30 P.M.-7:20 P.M. 25-JAN 2 GOOGLE MEET DUBEAU, SHARON $35 FEE

GETTING INTO THE FLOW 1: ESSENTIAL SKILLS FOR DRIVERS  NEW!
Did you or someone you know recently get their driving permit? Did you take the requisite picture in front of the DMV and warn all your friends on social media? Guess what, that piece of paper means YOU have been given the responsibility of teaching them how to drive, or to learn yourself, and we are here to help. Whether you are just embarking on this new adventure or have been learning to drive for a while and need some help, these workshops are built for you! Take one or all three to develop a firm foundation of safe driving skills and techniques that are proven to reduce the possibility of a crash or collision.

34980 M 6:00 P.M.-7:50 P.M. 8-FEB 1 GOOGLE MEET HANSEN, LEAH $29 FEE

GETTING INTO THE FLOW 2: ESSENTIAL SKILLS FOR DRIVERS  NEW!
Join us as we build on the basic foundation that students learned in Getting Into The Flow 1. We will look at night time driving, highway/freeway, inclement weather, basic vehicle maintenance, and building a safety cushion around your vehicle. Take one or all three courses to become a safer driver. Open to any skill level.

34981 M 6:00 P.M.-7:50 P.M. 22-FEB 1 GOOGLE MEET HANSEN, LEAH $29 FEE

GETTING INTO THE FLOW 3: ESSENTIAL SKILLS FOR DRIVERS  NEW!
Students will build on the skills they learned in Getting Into The Flow 1 & 2. We will delve deep into defensive driving techniques, distracted driving, interacting with others, passenger safety, and more. Take one or all three courses to become a safer driver. Open to any skill level.

34982 M 6:00 P.M.-7:50 P.M. 8-MAR 1 GOOGLE MEET HANSEN, LEAH $29 FEE

Click here to register or call 541-917-4840

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A POET’S NOTEBOOK  NEW!
If you enjoy writing poetry or want to find a new way to express yourself, this class is for you! Bring momentum to your writing practice by using weekly sessions of prompts and creativity exercises applied in this course. The class will include a lot of time to write and opportunities to share. The focus will be on process; not a critique group.

34896  W  7:00 P.M.-8:20 P.M.  13-JAN  8  ZOOM
MCCAIN, CYNTHIA
$69 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.

34373  F  1:00 P.M.-2:50 P.M.  15-JAN  8  ZOOM
JUNTUNEN, JULIA
$79 FEE

EVERYTHING YOU WANTED TO KNOW ABOUT SELF-PUBLISHING
Okay, so you’ve been wondering if your beloved grandparent’s memoirs or your own short story collection might be up to getting in print, whether it’s just to distribute copies at parties and family gatherings, or if you really want to try and make some money in one of the world’s most neurotic industries. Come work with us to learn about what to do and not to do in order to bring that special project into print, and into the hands of book shoppers.

34555  T  6:00 P.M.-7:50 P.M.  18-FEB  2  ZOOM
WOLLERT, EDWIN
$59 FEE

WIZARDS & ROBOTS: HOW TO WRITE SCIENCE FICTION/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.

34511  R  6:00 P.M.-7:50 P.M.  18-FEB  5  GOOGLE MEET/CLASSROOM
CAMPBELL, CODY
$59 FEE
SMALL BUSINESS DEVELOPMENT CENTER

BUSINESS FOUNDATIONS - SERIES
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 four to get a solid foundation on which to grow and thrive in today's market. Uses Zoom platform.

IDENTIFYING YOUR IDEAL CUSTOMER
34913  T  MEDELLIN, GEORGE  3:00 PM - 3:50 PM  26-JAN  1  ZOOM

DIGITAL MARKETING STRATEGIES
34914  T  WHITTINGTON, ANNE  3:00 PM - 3:50 PM  2-FEB  1  ZOOM

HOW TO PRICE YOUR PRODUCT OR SERVICE
34915  T  SHORT, MELINDA  3:00 PM - 3:50 PM  9-FEB  1  ZOOM

WHAT YOU MUST KNOW ABOUT CASH FLOW
34916  T  PETERSON, JOE  3:00 PM - 3:50 PM  16-FEB  1  ZOOM

REAL ESTATE BROKER PRE-LICENSE
This is an accelerated pre-license course designed to prep you for the Oregon Real Estate Broker’s License Exam. Students are expected to have on-line capability, to self study, to attend all class sessions, and to attend a 9-5 study session on Saturday, March 13. This course is the fastest way to qualify to take the State exam. The area’s real estate market is beginning to turn around and now is the time to position yourself for the up-turn. This class will be offered through Zoom video conferencing.

PROPERTY MANAGER PRE-LICENSE
Get prepared to take the State of Oregon Property Manager License Exam. This course is the fastest way to qualify to take the exam which covers the role of property managers, tenant relations, fair housing, lease agreements and more. You must attend all evening class sessions through Zoom, and have online capacity to complete the self-study portion of this course.

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

Click here to register or call 541-917-4840
COMO EMPEZAR UNA EMPRESA
Esta contemplando empezar una empresa? En este curso se hablará de reglas, regulaciones, financiamiento, mercado, clientela & factibilidad.
34620 T 12:00 P.M.-12:50 P.M. 23-FEB 1 ZOOM STAFF FREE

SMALL BUSINESS MANAGEMENT-SBM 1 ESSENTIALS
Are you stressed by your business 'to-do' list? Design a clear path to stability and profitability. One-on-one advising to personalize the topics to your business is provided. Meets for nine months, twice a month on Tuesday, January-June and continues again September-November 2021. Classes are offered through Zoom video conferencing.
32010 T 4:00 P.M.-5:20 P.M. 19-JAN 9 ZOOM MEDELLIN, GEORGE FREE

SMALL BUSINESS MANAGEMENT-SBM 2 GROWTH
Ready to grow your business? Focus on the priorities to grow your business. There will be discussion, networking, and one-on-one advising to customize the topics to your business. Meets nine months, first and third Wednesdays, January-June, and continues September-November 2021. Classes are offered through Zoom video conferencing.
34912 W 2:30 P.M.-3:50 P.M. 26-JAN 9 ZOOM WHITTINGTON, ANNE FREE

GUIDED TOUR OF 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 are strongly encouraged to bring questions from their own experiences to class. Students will receive an invitation to join before class begins. Students will receive an invitation to join before class begins. Students will receive an invitation to join before class begins. Students will receive an invitation to join before class begins.

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 January 12, at 1 PST/4pm EST. Class will open on January 12, following the classroom tour, and you can join the class until February 11. The class is self-paced and must be completed by March 12. Uses Google Classroom.
31286 T SELF-STUDY 12-JAN 9 GOOGLE CLSRM 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 January 12, at 1 PST/4pm EST. Class will open on January 12, following the classroom tour, and you can join the class until February 11. The class is self-paced and must be completed by March 12. Uses Google Classroom.
34919 T SELF-STUDY 12-JAN 9 GOOGLE CLSRM SHAW, JACKIE $549 FEE

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, 6 Section 504: Scott Rolien, CC-108, (541) 917-4425; Lynne Cox, T-507B, (541) 917-4805; LBCC, Albany, Oregon. To report: linnbenton-advocate.simplicity.com/public_report

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) 917-4799 or via Oregon Telecommunications Relay TTD at (800) 735-2960 or (800) 735-1333. 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.
Attend Classes via Zoom!

Adult Basic Skills

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](http://www.linnbenton.edu/ela) to learn about the ELA (English Lanaguage Acquisition) program, and visit [www.linnbenton.edu/ged](http://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!
"I would like to personally thank each and every one of our students, instructors, local business owners, clients, and community partners for your support. You are the reason our mission exists: Growing Businesses, Careers, Lives."

Registration begins November 30