

## **Ogallala Spring 2017 Community Education Classes**

### **YOGA WITH PAT**

An introduction to the basic yoga warm-ups, postures and breathing techniques. Build strength, flexibility, increase balance and stamina. Also, a guided deep relaxation to reduce stress and increase overall wellbeing. All levels welcome.

8:30-9:30 a.m. Saturdays and/or 6-7 pm Wednesdays. Six –week sessions begin Jan. 14, Feb. 25 and April 8.

Instructor: Pat Neumann, Yoga Alliance certified instructor.

Cost: \$65 per session.

### **Level 1 Kayak: Kickstart Your Kayak (for youth ages 8-13)**

Youth ages 8-13 can learn the basics of kayaking in the Goodall Recreation Center swimming pool. Kayaks and lifejackets provided.

9 a.m. – noon, Jan. 21 at Goodall Rec Center.

Instructor: Scott Eveland, American Canoe Association certified instructor.

Cost: \$29.

### **CARD SHARKS**

Bring your cribbage board and a deck of cards, or just the cards, and play your favorite card game. Whether you like a good game of pitch, rummy or cribbage, share your love of the game with others.

6-8 pm the first and third Wednesdays of each month, Jan. 18-May 17.

No cost!

### **QPR (QUESTION, PERSUADE AND REFER) for SUICIDE PREVENTION**

This class trains people to recognize a suicide crisis, and because of the training, know how and where to find help. QPR is intended to teach warning signs, clues and suicidal communications of people in trouble so one can act vigorously to prevent a possible tragedy.

6-8 pm Wednesday, Jan. 25.

Instructor: Brenda Peterson.

Cost: No fee. (Sponsored by Region II Human Services, the Substance Abuse and Mental Health Services Administration, and Nebraska DHHS, Division of Behavioral Health)

### **SECRETS OF A BEEHIVE**

This short course will cover a year in the life of a honeybee hive. See hive makeup, equipment used in harvesting honey and learn what to do to promote honeybees in your landscape. Honey sampling also.

6-8 p.m. Thursday, Jan. 26.

Instructor: Carol Kraus.

Cost: Free!

### **OIL PAINTING WITH KAREN POCHOP**

Painters of all levels are invited to participate in this step-by-step oil painting class, "Soft Pink Roses." At class completion, painters will take home their completed, ready-to-frame painting.

9 am – 3 pm, Saturday, Feb. 4.

Instructor: Karen Pochop

Cost: \$75, includes supplies.

### **OPEN WATER DIVING CERTIFICATION**

Planning a trip to Mexico in late spring? Be a certified diver! Get your scuba diving certification with this Professional Association of Diving Instructors Open Water Diver course. Course includes independent and classroom study, confined water dives and open water dives. After successfully completing open water dive 4, you've earned your certification. The classroom session will be held 4-8 pm, Thursday, March 30. Confined water dives will be held from 9 am – 1 pm April 2 and April 9 in the Goodall Recreation Center indoor pool. Open water dives are scheduled for May 7 and May 14 at Lake McConaughy, weather and water temperature permitting.

Instructor: Deland Humpherys, PADI certified instructor

Cost: \$429. (Mask, snorkel and fins required prior to open water dives)

### **HOW TO GAIN FINANCIAL PEACE**

We all need a plan for our money. Dave Ramsey's *Financial Peace University* is that plan. Through video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, and spend and save wisely.

6-8 p.m. Mondays, Feb. 6-April 3. (Must register by Jan. 16 to receive materials)

Facilitator: Danielle McChesney.

Cost: \$59 per household.

### **48 DAYS TO THE WORK YOU LOVE**

Learn to recognize new opportunities in the workplace, create a plan and then move with confidence to higher levels of success and accomplishment by participating in Dan Miller's 12-week training program designed for people of all ages, academic backgrounds and work experiences.

6:30-8 p.m. Thursdays, Feb. 9- March 30.

Facilitator: Mary Lawson

Cost: \$119, includes materials.

### **WOODCARVING**

From chip carving to more advanced carving, this might be just the hobby you're looking for. Come learn techniques to help you become a great woodcarver.

5-7 p.m. Thursdays, Feb. 16 and 23, March 2 and 9.

Instructor: Archie Silvrants.

Cost: \$29.

### **HUMAN TRAFFICKING: YES, IT HAPPENS IN NEBRASKA**

Nebraska is no stranger to modern day slavery. Human trafficking is a \$32 billion industry, and sex and labor trafficking is the faster growing crime. Learn about this crime and the efforts put forth by the Salvation Army and the Nebraska Human Trafficking Task Force to help survivors and stop traffickers.

7-8 p.m. Thursday, Feb. 16.

Instructor: LeeAnn Nielsen, human trafficking specialist

Cost: Free.

### **ADULT MENTAL HEALTH FIRST AID**

Learn the risk factors and warning signs of mental illnesses, understand their impact and gain an overview of common supports. Learn how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. Also, learn common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia.

8 a.m. – 5 pm Monday, Feb. 20.

Instructor: Michelle Rhoades

Cost: Free. (Sponsored by Region II Human Services, the Substance Abuse and Mental Health Services Administration, and Nebraska DHHS, Division of Behavioral Health)

### **ADULT KAYAKING**

Learn to kayak during the winter months so you'll be ready for the open water in the summer! American Canoe Association certified instructor Scott Eveland will teach the basics of kayaking, with all the equipment (kayaks and life jackets) provided.

9 am – noon, Saturdays, Jan. 28 and Feb. 4 at the Goodall Recreation Center swimming pool.

Cost: \$29.

### **SELF-DEFENSE FOR FEMALES**

A basic self-defense training class that includes demonstration and active participation. Learn the pressure points and striking areas to use on an assailant. Being aware of your surroundings and helpful hints on ensuring one's safety also will be discussed.

1-6 pm, Saturday, March 4. (Also offered at MPCC Imperial Feb. 25)

Instructor: Bill Redinger, retired Nebraska State Patrol.

Cost: \$85 or \$125 mother/daughter team

### **RESTART YOUR HEALTH**

Want to change your diet? Want to detox from sugar and learn how to use real food to boost energy and cut sugar and carb cravings? Restart, a five-week nutritional class, sugar detox program and support group can help and empower participants to take charge of their health.

4:30-6:30 p.m. Wednesdays, March 8 – April 6.

Instructor: Cindy Arnold

Cost: \$139. Materials provided.

### **OGALLALA'S HISTORIC HOMES**

Learn about the construction of the Mansion on the Hill, one of Ogallala's most historic homes, as well as the home's earliest inhabitants and their lives in the community. The class also focus on several other historic homes in which affluent families once lived. See rare photos of these homes and their residents, and learn about their lives.

6:30-8:30 pm Thursday, March 9.

Instructor: Tomas England

Cost: \$5.

### **YOUTH MENTAL HEALTH FIRST AID**

Learn the unique risk factors and warning signs of mental health problems in adolescents and build an understanding of the importance of early intervention. Learn how to help an adolescent in crisis or experiencing a mental health challenge. Through role-playing and simulations, learn how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

8 am – 5 pm, Tuesday, March 14.

Instructor: Michelle Rhoades

Cost: Free. (Sponsored by Region II Human Services, funding provided under grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration and the U.S. Department of Health and Human Services.

### **ATV SAFETY FOR YOUTH**

This course is designed to provide youth (6-16) proper rider safety and handling techniques. Students also will learn about proper safety equipment and all-terrain vehicle pre-ride safety checks. ATVs and helmets provided for the class. Participants younger than 10 must be accompanied by a parent for the class. Class will be held at the Nebraska Department of Roads lot at Ogallala.

Times: Session 1: 9 am – 12 pm, Session 2: 1-4 pm. Dates: May 20

Instructor: Dennis Holz

Cost: Free!