



GREAT FALLS
COLLEGE

MONTANA STATE
UNIVERSITY

2023 SPRING CATALOG

COMMUNITY ENRICHMENT

SPRING

Is a Great Reminder
of How Beautiful
Change Can Be.



gfcmsu.edu/cet



**GREAT FALLS
COLLEGE**
MONTANA STATE
UNIVERSITY



Lifelong Learning would like to introduce our new department name: **Continuing Education & Training (CET for short)**.
We continue to align and support the mission of Great Falls College by providing services in two focus areas:
CAREER TRAINING AND COMMUNITY ENRICHMENT.

COMMUNITY ENRICHMENT REGISTRATION

PLEASE READ CAREFULLY COMPLETE ALL INFORMATION

2100 16th Ave South Great Falls, MT 59405 • Phone: 406-268-3734

ONLINE REGISTRATION AVAILABLE - visit our website at: www.gfcmsu.edu/cet

REGISTRATION INFORMATION - (See bottom section for PAYMENT OPTIONS)

Last Name _____ First Name _____ Date of Birth _____

Mailing Address _____

City _____ State _____ Zip _____

Best Contact Phone #(s) _____ Email Address _____

How did you hear about us? (Circle one):

Catalog Website Email Newsletter Radio/TV Social Media Other: _____

Course Title _____ Start Date _____ Instructor _____ Tuition \$ _____

Total Tuition \$ _____

PAYMENT INFORMATION - I HAVE READ THE CANCELLATION AND REFUND POLICY BELOW

I have read the cancellation/refund policy below.

We accept VISA, MasterCard and Discover, cash and checks (Make checks payable to: GFC MSU)
Register online at www.gfcmsu.edu/cet or call the Continuing Education and Training office at (406) 268-3734.

STUDENT SIGNATURE (REQUIRED) _____

CANCELLATION/REFUND ADJUSTMENT POLICY:

- If a class is dropped at least 1 business day prior to the first class, students will have the option of a refund adjustment* or refund.
- If a class is not dropped at least 1 business day prior to the first day of class, or the student enrolls and does not attend, NO refund adjustment or refund will be issued.
- If a class is cancelled, students will have the option of a refund adjustment* or refund.

**Refund Adjustment: Fees can be adjusted and applied to an alternative class. Any cost differences will be responsibility of the student to pay remaining amount after adjustment is applied. Email cet@gfcmsu.edu or call 406-268-3734 for details.*



- **Great Falls College: 2100 16TH AVE S**
- **Paris Gibson Education Center (PGEC)
2400 CENTRAL AVE**
- **First Congregational United Church
of Christ: 2900 9TH AVE S**

SPRING 2023

COURSE SCHEDULE

PLEASE NOTE: Some classes are offered at locations other than Great Falls College. We greatly appreciate our community partners for making it possible to offer such a variety of courses.

CULTURE

FUNDAMENTALS OF MUSICAL CREATION

Designed for the student with little or no musical background, this course introduces the fundamental elements of music reading and notation, including note and rhythmic reading, scales, intervals, and chords. Textbook required.

– [Cynthia Stevens](#)

> **Thursdays: 1/12-3/2** **Room B134**
> **8:45-10 am** **\$100**

GREAT FALLS COLLEGE COMMUNITY CHOIR

If you love to sing, this class is for you! The College/Community Choir is a mixed voice (soprano, alto, tenor, bass) vocal ensemble designed for those who wish to expand their musical experience. As part of the choral ensemble you will perform a range of choral music encompassing a variety of musical periods and styles. Throughout the term there will be several performances as you get the opportunity to light up the stage. – [Cynthia Stevens](#)

> **Thursdays: 1/12-5/4** **Heritage Hall/B101**
> **5:30-7:30 pm** **\$25**

PIANO LESSONS

Beginner piano lessons tailored for the young and young at heart! These lessons will be excellent for those who started piano as a child and have found themselves saying, “If only I had stuck with it!” or “I wish my folks had made me practice!” Especially for those who want to “get back to it!”

– [Cynthia Stevens](#)

> **Start anytime** **Room TBA**
> **Make arrangements w/instructor** **\$35/hour**

VOICE LESSONS

Voice lessons for the beginner, intermediate and more advanced student! These one on one lessons will be perfect for the high school student working on competition/audition selections, for the choir member who wants to feel more productive, and for the person who wants to feel more confident with their singing abilities. – [Cynthia Stevens](#)

> **Start anytime** **Room TBA**
> **Make arrangements w/instructor** **\$35/hour**

New! CONSTITUTION ALIVE!

Take a crash course on the Constitution of the USA right from Independence Hall. Discover the importance of

studying, understanding, and upholding the timeless principles established by our founding fathers in the Constitution. Gain an awareness of what our founders risked to uphold the documents they created and learn what you can do to honor their sacrifices. Know your rights! Learn tangible action steps for preserving liberty. Be informed about the historical and constitutional foundation of freedom. – [Marcia Lennick](#)

> **Thursdays: 1/12-2/16** **Room B135**
> **6:30-8:30 pm** **\$20 book fee**
> **Thursdays: 3/16-4/20** **Room B139**
> **6:30-8:30 pm** **\$20 book fee**

New! INTRODUCTION TO HANDBELLS

Discover the musical art and joy of handbell ringing! In this course, we will learn proper ringing techniques and special handbell notation used in a musical score. Ringers are assigned 2-4 bells, each representing one note on the staff, and will combine to form one unique musical ensemble. No prior experience necessary, but ringers should know the fundamentals of reading music. The tradition of ringing handbells started in England, where almost every church has a steeple or separate bell tower. Ringing the bells in sequence without repeating a sequence required hours of practice. This practice led to the manufacture of handbells that could be rung without going outside. Bell ringing gradually evolved into ringing tunes and became an art form of its own. – [Karen Spencer](#)

> **Thursdays: 1/12-4/20** **FCUCC – 2900 9th Ave S**
> **7:15-8:15 pm** **\$35**

New! EUROPE: HISTORY REPEATING ITSELF?

World War I and World War II for a long time seemed to have been a matter of the past. However, as of late, talk about World War III seems to be growing. Some US generals have emphasized the ‘big one’ was coming; it was not a matter of if, but when. So, how likely is war with Russia? Will Europe be the main battlefield, again? In this course, students will look at specific economic, political and societal trends and dynamics that preluded the outbreak of World Wars I and II. Are we witnessing similar patterns, such as increased ‘great power’ rivalries, mobilization of armies or increased military spending nowadays? We will go back in time and examine the power struggles that have been so typical among European nations in the early and mid-20th century, discussing the different foreign and security policy needs of individual European nation-states. – [Dr. Michaela Hertkorn-Paeffgen](#)

> **Tuesdays: 1/24 & 1/31** **Room B135**
> **6:30-8 pm** **\$30**

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CULTURE CONT'D

New! THE FOUR REVOLUTIONS OF THE 18TH CENTURY

The 18th century was a time of great change in western society. Four revolutions took place which transformed the world: the American Revolution, the French Revolution, an industrial revolution, and a scientific revolution. Alone, each of these had a significant impact on global societies; however, taken together they have absolutely created the modern world as we know it. Come and let us explore each of these important episodes in our history and how we are still affected by them.

– *Dr. Darryl Stevens*

> **Wednesday: 2/15** Room B136
> **12-1:30 pm** \$20

New! THREE LITTLE KNOWN WARS IN U.S. HISTORY

Three wars in our nation's history simply do not get the attention that other "major" conflicts receive. These are: the War of 1812, the Mexican American War, and the Spanish American War. Yet each had lasting effects on our society. (In fact our national anthem was written during a battle of one of these wars!) Come and let us explore these little known wars and why they deserve more attention! – *Dr. Darryl Stevens*

> **Wednesday: 2/22** Room B136
> **12-1:30 pm** \$20

New! THE WINDSORS: THE STORY OF THE ROYAL FAMILY OF GREAT BRITAIN

On May 5, 2023, Charles Windsor will be crowned the king of the United Kingdom and the Commonwealth of Nations. Although the line of kings and queens of this historic country extends for hundreds of years, the royal family only began using the Windsor name as a result of World War I. Come and let us explore this family, who have been the constitutional monarchs of the UK for more than 100 years.

– *Dr. Darryl Stevens*

> **Wednesday: 3/15** Room B136
> **11:30 am-1 pm** \$20

HOBBIES

New! ALTERED BOOKS/COLLAGES

Express yourself, have fun, and recycle a book headed for the shredder into an object of art. There are no rules, and it can lead to a discovery of the artist within. Many artists get involved with making these books and journals to relax and get ideas for other art projects. Students will learn how to create a collage, how to choose and prepare a book for altering, how to explore ideas for a theme, and how to use several techniques for decorating the book. Most materials are provided, but please bring a pair of sharp scissors and a craft knife (Xacto knife). – *Sue Supola*

> **Wednesdays: 1/18-2/8** Room B141
> **6:30-8:30 pm** \$75

WOODCARVING

In this class, you will learn carving techniques and use of hand tools. All levels and ages 10+ are welcome! Supplies included.

– *Ron Crowder*

> **Mondays: 1/23-3/6**

> **6:30-9 pm**

> **Mondays: 3/27-5/1**

> **6:30-9 pm**

Carpentry Bay

\$105

Carpentry Bay

\$105

METALWORKS

BASIC CREATIVE WELDING

This course will provide a basic understanding of welding for the hobbyist as it applies to art-type projects. Supplies included. – *Joel Sims & Ralph Gallo*

> **Saturday: 3/4**

> **9 am-3 pm**

Welding Shop

\$80

ADVANCED CREATIVE WELDING

Take your creative welding skills to the next level! Students will need to supply their own material and project. Students are encouraged to bring in their welder if they have one to get help setting it up. Pre-requisite: Basic Creative Welding

– *Joel Sims & Ralph Gallo*

> **Sun/Mon/Tues: 3/5-3/7**

> **9 am-3 pm (Su); 5:30-8:30 pm (M/Tu)**

Welding Shop

\$160

OUTDOORS



FAMILY ARCHERY FOR THE BEGINNER

This class is designed for the beginning archer. The class will consist of one

adult family member paired with one or more of their own children, age 9-16. Bow safety, basics and shooting will occur every class. All equipment is provided; participants cannot bring their own equipment. Genesis® bows will be used, both adult and mini size will be available. This class is made possible through the generosity of Scheels and in cooperation with MT Fish, Wildlife and Parks. Any questions, please call 406-868-3824. – *Drew Uecker*

> **Mondays: 1/23-2/27**

> **6-8 pm**

PGEC Gym

No cost

BUGS OF THE MISSOURI

You see the bugs on the river, but have no idea what they are. You can learn about the aquatic insects of the Missouri River and the flies used to imitate them. – *Kevin Lyons*

> **Tues/Thurs: 2/9-2/21**

> **5:30-7:30 pm**

Room B108

\$60

PROSPECTING & GEM HUNTING

You will learn all about gold panning, fossil digging, gem mining, and even metal detecting. There will be hands-on activities. Supplies included. – [Ron Crowder](#)

> **Wed/Thurs/Sat: 3/29, 3/30, 4/1** Room G122
> **6-8:30 pm (W/Th); 10 am-4 pm (Sat)** \$110

BASIC TECH SKILLS

ANDROID DEVICES (SMART PHONE & TABLET TUTORIAL)

Many of us remember the days of the rotary-dial phone fondly and are leery to jump into today's technologically driven world. In this two-part class you will learn how to use a smartphone as a phone then as a mini-computer. We will start at the beginning, assuming you know nothing and slowly show you the ropes. Day one we will cover the essential functions of the phone, day two we will cover the most used functions of your android device, be that a tablet or a phone. You will receive step-by-step instructions with helpful pictures as a future reference. You will be confidently using your smartphone to keep in touch with your families and friends in days. – [Karen Vanni](#)

> **Tues/Thurs: 1/24 & 1/26** Room B139
> **6-8 pm** \$30
> **Tues/Thurs: 2/28 & 3/2** Room B139
> **6-8 pm** \$30

IPHONE BASICS FOR APPLE USERS

This class is a beginner course for "new" Apple users. If you are new to an iPhone or iPad or just want some tips on how to get the most out of it, this class will teach you the basics and other topics dictated by student requests. – [Denise Jackson](#)

> **Tues/Thurs: 3/28 & 3/30** Room B124
> **6-8 pm** \$30
> **Tues/Thurs: 4/18 & 4/20** Room B124
> **6-8 pm** \$30

COMPUTER BASICS FOR BEGINNERS

This computer class is for brand new users with little or no experience. You will learn the very basics from how to start up the computer, find and use programs, explore the Internet, and how to email friends and family. – [Denise Jackson](#)

> **Tues/Wed: 4/11-4/12** Room B124
> **6-8 pm** \$30

PROFESSIONAL DEVELOPMENT - COMPUTER SKILLS

MS EXCEL SERIES: TAKE ALL THREE

This three-part series will build a strong foundation of Excel skills, bringing you the confidence to build spreadsheets, use formulas, and manipulate data with ease. Take all three classes to earn a certificate of completion or if you are confident you possess the skills, jump into the class(es) that best suit your needs. This class is offered online and face-to-face. – [Karen Vanni](#)

> **Thursdays: 2/9-2/23** Room B127 & Online
> **6-8 pm** \$80
> **Thursdays: 3/9-3/23** Room B127 & Online
> **6-8 pm** \$80

MS EXCEL SERIES: BEGINNER

Learn basic Excel lingo and common uses of Excel, how to create a spreadsheet from scratch, basic formatting techniques, how to manipulate data, how to use the AutoSum button, and the ins and outs of filtering vs. sorting. This class is offered online and face-to-face.

> **Thursday: 2/9** Room B127 & Online
> **6-8 pm** \$30
> **Thursday: 3/9** Room B127 & Online
> **6-8 pm** \$30

MS EXCEL SERIES: INTERMEDIATE

Discover how to work with reports, charts, and graphs and how to use Excel for calculations, formulas, and functions. Also, learn to use freeze panes and how to format data as a table. This class is offered online and face-to-face.

> **Thursday: 2/16** Room B127 & Online
> **6-8 pm** \$30
> **Thursday: 3/16** Room B127 & Online
> **6-8 pm** \$30

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Continuing Education and Training



New business programs

PROGRAMS

1-year: Office support

2-year: Office management and supervision

"It has everything I need to know to be working in business office administration."

~ SANDRA ORTIZ



Admissions 406.268.3700

Advising 406.771.5100

Kerry Dolan 406.771.4380

kerry.dolan@gfcmsu.edu



GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY

New academic program!

Substance abuse & addictions counseling



GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY

"My personal journey with my own recovery from addiction makes me personally invested and hopefully helps me help others seeking recovery and maintaining their sobriety." -Ashley Haley



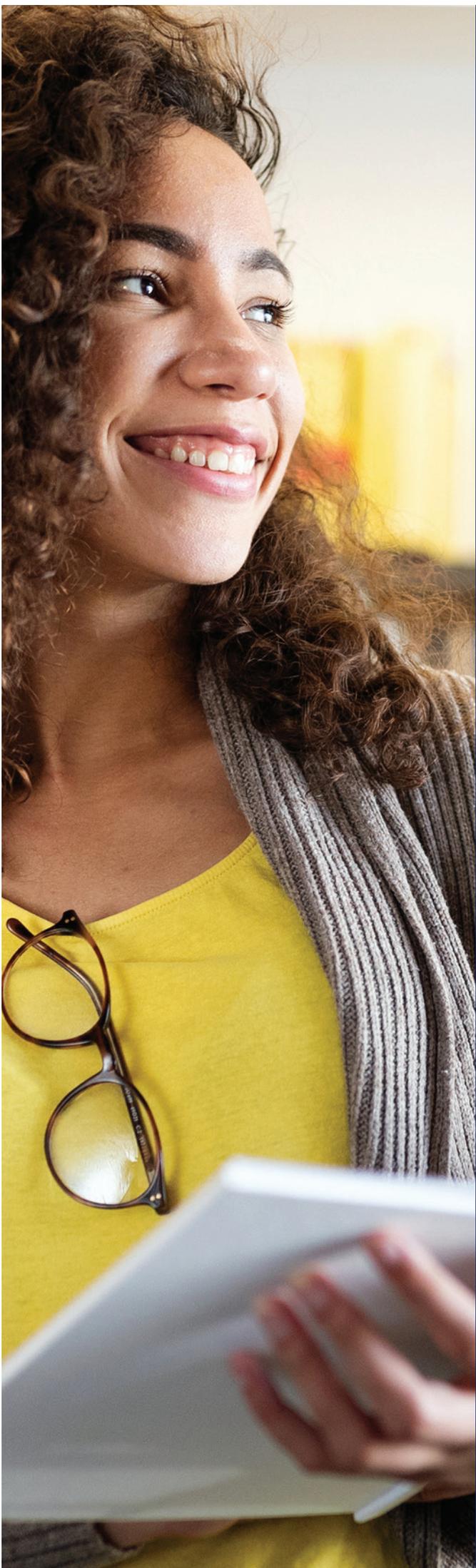
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Advising 406.771.5100

Admissions 406.268.3700

Dr. Neber 406.771.4325

elfriede.neber@gfcmsu.edu



FIND YOUR *Advantage*

With a wide array of academic programs and innovative learning opportunities, Great Falls College MSU offers a unique and customizable educational experience for you.

Why should you choose us?



WE'RE AFFORDABLE.

Tuition is below the national average at less than \$1,800 a semester.



WE'RE FLEXIBLE.

The **8-Week Advantage** allows you to complete classes on-campus, online or hybrid in just eight weeks, making it easier to juggle school, family and work obligations.



WE'RE BY YOUR SIDE.

Great Falls College's low student-to-faculty ratio of 11:1 means you are able to develop close relationships with your classmates and instructors with personalized attention.



WE'RE WHERE YOU START.

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COMPUTER SKILLS CONT'D

MS EXCEL SERIES: ADVANCED

Master how to use conditional formatting, drop-down boxes, formulas, and the quick analysis tool. Also, learn to use PivotTables and PivotCharts, and how to share and protect worksheets and workbooks. This class is offered online and face-to-face.

- > **Thursday: 2/23** **Room B127 & Online**
- > **6-8 pm** **\$30**
- > **Thursday: 3/23** **Room B127 & Online**
- > **6-8 pm** **\$30**

BEGINNING WEB PAGE DESIGN

Wanting a web page presence but don't know where to start? Come to this low-key class where learning is enjoyable. We use a web based platform that is easy to use and portable. We go through the why's and the where's for your web page success. – *Denise Jackson*

- > **Tues/Wed/Thurs: 3/14-3/16** **Room B124**
- > **6-8 pm** **\$60**

EXTREME EXCEL (ADVANCED USERS)

As an avid user of Excel, you know there is always more to learn. This class covers valuable formulas and nesting them to achieve even more, manipulating data using PowerQueries and PowerPivots and getting the most out of conditional formatting. Pre-requisite: Intermediate to advanced MS Excel

CHAMBER MEMBERS RECEIVE 10% OFF CLASSES!!!

CALL CONTINUING EDUCATION & TRAINING
@ 406-268-3734 FOR MORE DETAILS

skills - a love of Excel (if Excel gives you anxiety, this is not the class for you). – *Karen Vanni*

- > **Thursdays: 4/6 & 4/13** **B127 & Online**
- > **6-8 pm** **\$50**

MS WORD TIPS & TRICKS (ADVANCED USERS)

MS Word is so much more than the word processor it once was. Learn the techniques you need to create documents, reports and text files quicker and better. You will be more efficient and more professional. Pre-requisite: Intermediate MS Word skills (students should be able to confidently create and save documents and make common formatting changes). – *Karen Vanni*

- > **Thursday: 4/20** **B127 & Online**
- > **6-8 pm** **\$30**

POWERPOINT TIPS & TRICKS (ADVANCED USERS)

Whether you currently use PowerPoint to conduct meetings, provide instruction or trainings, or to sell a new product, you could be doing it better. This class provides advanced tips and tricks to help you deliver memorable, interesting and informative presentations. Topics include advanced animation builds, outside-the-box design options, special effects, ways to manipulate shapes, and a look at several features new to PowerPoint. Pre-requisite: Intermediate PowerPoint skills (students should know how to create a presentation and use the application) – *Karen Vanni*

- > **Thursday: 4/27** **B127 & Online**
- > **6-8 pm** **\$30**

QUICKBOOKS IN A DAY – ONLINE VERSION

This on-campus course will cover the basics of QUICKBOOKS ONLINE and include checks, accounts payable and receivable, invoices, statements and reporting. Topics such as payroll, budgeting, time tracking and inventory may be covered as time allows. QUICKBOOKS ONLINE Version ONLY! – *Wendy Weissman*

- > **Friday: 5/5** **Room B124**
- > **9 am-5 pm** **\$80**

PROFESSIONAL DEVELOPMENT

New! CONFLICT RESOLUTION IN YOUR DAILY LIFE

How can we deal with and solve conflicts in a more constructive way in our personal and professional life? Whether we are coping with stressful situations, be it at work or within our own family, knowing the 'nuts and bolts' of effective communication (such as empathic listening, setting healthy

boundaries) can be an important skill set. In this course, we will explore theoretical approaches in conflict resolution, mediation, and negotiation. We will discuss relevant concepts in conflict studies and apply to our own life contexts. What is the role of 'social conflict' in society with regard to change and innovation? Which role does conflict management play in professional relationships? How important is reconciliation in our personal interactions? These are just a few key questions we will try to address in class. While theory is one important aspect - equal emphasis will be on how to apply what we studied, challenging real-life interpersonal relationships.

- **Dr. Michaela Hertkorn-Paeffgen**

> **Tuesdays: 1/10 & 1/17** **Room B135**
 > **6:30-8 pm** **\$30**

New! MANAGING YOUR TEAM

Managing employees can be very stressful and complicated. This course addresses stress, employee development, compliance, and leadership skills. Understanding these areas will give you the tools you need to be a successful manager. - **Deborah Jenkins**

> **Tuesday: 1/24** **Online**
 > **12-1:30 pm** **\$30**

New! MOTIVATING YOUR EMPLOYEES

You hire rock stars, but then they show up to work as anything but. How you motivate your employees from the start of their employment with you sets the stage for long term and

successful retention. Three key components to motivate your team include communication, consistency and commitment. When you use the BRUHA approach, watch the sparks ignite inspiration, enthusiasm, and production. - **Deborah Jenkins**

> **Wednesday: 2/8** **Online**
 > **12-1:30 pm** **\$30**

FINANCIAL PLANNING

START INVESTING YOUNG

This is a beginner class for teens and young adults to learn about investing early. We will discuss what options are available for starting investing, explore mutual funds, ETF's and stocks. We will discuss why starting young has so much potential for success. Parents, grandparents can learn how they might encourage and assist their young investor too. - **Devorah Werner**

> **Wednesday: 1/18** **B139**
 > **5:30-7:30 pm** **\$30**

SAVVY SOCIAL SECURITY FOR BOOMERS

It has been called the Choice of a Lifetime. For the average American, Social Security will amount to about 40% of their retirement income. With over 2800 rules related to the claiming of Social Security benefits it is very easy to make a mistake that can cost thousands and thousands of dollars. - **Keith Duncan**

> **Wednesday: 1/25** **R281**
 > **6:30-8 pm** **\$20/single; \$35/couple**

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Healthcare Training Opportunities

CNA
 Certified Nursing Assistant
 Course Fee: \$850

HHA
 Home Health Aide
 Course Fee: \$250
 (C.N.A. License required)

MA1
 Medication Aide-I
 Course Fee: \$400

MA2
 Medication Aide-II
 Course Fee: \$550
 (C.N.A. License required)

Fee Includes:

- Books
- Instruction for:
 - ~ MT State Licensure Exam
 - ~ MT Approved Endorsement
- Skills Competency Checklist
- State Exam Fees
- Work Ethic Skills
- Job Placement Assistance

**Classes Offered Regularly
 In-Person & Hybrid Options**

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cet@gfcmsu.edu



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- Path to Higher Education*
- Path to Employment*
- Path to Citizenship*



By collaborating with our education & training partners, various business sectors, and multiple service organizations, we are able to create numerous pathway opportunities. Our partnership engagement and impact in serving our community plays a key role in developing our current and future workforce.

Call us today to get started!
 406.771.5108

LEARNING IS A PROCESS THAT LEADS TO CHANGE

RETIREMENT PLANNING TODAY

This comprehensive course helps you see the "big picture." It examines many aspects of personal finance and explains how they all can work together to create an integrated retirement plan. Topics include saving money on taxes, managing investment risk, Social Security claiming strategies and protecting your assets from long-term care expenses. Above all, helping you assess your financial situation so you can develop a plan to achieve your goals. All ages welcome! Cost of class includes a comprehensive retirement manual. – *Keith Duncan*

- > **Tuesdays: 1/31 & 2/7** **R281**
- > **6:30-9:30 pm** **\$50/couple**
- > **Tuesdays: 2/9 & 2/16** **R281**
- > **6:30-9:30 pm** **\$50/couple**

CREDIT EDUCATION

Let's dive into the fundamentals of credit! Credit is more important than ever; learn how to use utilize it for your benefit. You will learn about the three credit bureaus, what makes up a credit score, tips for improving your score and so much more. – *Jackie Owens*

- > **Wednesdays: 3/15 & 3/22** **B139 & Online**
- > **1-2:30 pm** **\$30**

WELLNESS

YOGA

This is a challenging yet relaxing fitness class focusing heavily on proper alignment and breathing techniques. These

exercises will increase your total body flexibility, balance, and strength while cultivating a sense of well-being through focused breathing and active meditation. You will notice improved posture, stamina, and often a decrease in existing back/neck pain. Some knowledge of Yoga or Pilates, or a moderate level of physical fitness will increase your success in this class. We occasionally focus on student-requested areas such as upper body strength, tight hamstrings, etc. Bring your mat and water bottle!

– *Debra Burns (Tues/Thurs) & Kristen Perry (Wed)*

- > **Tuesdays: 1/10-5/9** **Weaver Library**
- > **5:30-6:30 pm** **\$100**
- > **Wednesdays: 1/11-5/10** **Weaver Library**
- > **5:30-6:30 pm** **\$100**
- > **Thursdays: 1/12-5/11** **Weaver Library**
- > **5:30-6:30 pm** **\$100**

YOGA SPECIAL – 2 CLASSES FOR \$160

> Receive a discount for signing up for two evening Yoga classes. Please note that you must indicate which two classes you are enrolling in at the time of registration.

New! 7TH INNING STRETCH

NEW FITNESS CLASS ANYONE CAN DO! Instead of reaching for that candy bar in mid-afternoon, reach for the sky! Take a SHORT 30-minute afternoon break, 3 days a week, from wherever you are and join this virtual class for some easy stretching, strengthening, and resetting your energy level. No fitness equipment is needed. You can participate standing or sitting and just need a small area to move

CDL Training

Informational Sessions

Learn how to obtain your license while getting paid. Attendance is required to be eligible.

Dates: **December 12** **March 13**
 January 17 **April 10**
 February 13 **May 15**

Times: **10:00 am** **OR** **5:30 pm**

Location: **Great Falls College MSU**
2100 16th Ave. S., Rm. G45/46
(Park in the south parking lot and enter Door 6)



GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY

Continuing Education and Training

For More Information
Call: 406.771.2290
Email: cet@gfcmu.edu



about, an open mind to experience this new mild exercise class, and an interest in being kind to your body. Sign up for the whole term, or by the month. – [Deborah Jenkins](#)

- > **Tues/Wed/Thurs: 1/10-4/27** Online
- > **3:30-4 pm** \$80
- > **Tues/Wed/Thurs: 1/10-2/2** Online
- > **3:30-4 pm** \$25
- > **Tues/Wed/Thurs: 2/7-3/2** Online
- > **3:30-4 pm** \$25
- > **Tues/Wed/Thurs: 3/7-3/23** Online
- > **3:30-4 pm** \$20
- > **Tues/Wed/Thurs: 4/11-4/27** Online
- > **3:30-4 pm** \$20

INTERMITTENT FASTING – NOT A DIET, A LIFESTYLE

This class will discuss basic aspects of intermittent fasting. You will learn if this lifestyle is right for you. You will learn how to start a program. We will discuss resources to support your learning and this lifestyle. – [Devorah Werner](#)

- > **Wednesday: 1/11** Room B139
- > **5:30-7:30 pm** \$30

New! SOULFUL LIVING – LETTING GO AND MOVING ON

Facilitated in a non-clinical setting, the first part is a guided meditation of compassion. The second part is an art project. This workshop allows for emotional and artistic self-expression, catharsis. The end of the workshop includes analyzing, insights, reflection on your artwork. Art supplies provided, but feel free to bring your own. – [Marcy Wolff](#)

- > **Saturday: 1/28** Room B138
- > **12:30-3:30 pm** \$40
- > **Saturday: 2/25** Room B138
- > **12:30-3:30 pm** \$40
- > **Saturday: 3/25** Room B138
- > **12:30-3:30 pm** \$40
- > **Saturday: 4/29** Room B138
- > **12:30-3:30 pm** \$40

COOKING & DRINKS



SAUERKRAUT AND KIMCHI BASICS

If you've only ever had it out of a can, you've never had sauerkraut! This tangy treat is fantastic for you and really easy and fun to make! Kimchi is the kicked up version that's equally delicious and fun. Supplies included.

- [Lyndsay Gutierrez](#)
- > **Monday: 1/23** PGEC 126
- > **5:30-7:30 pm** \$50

DATE NIGHT

Try a new twist on steak and potatoes! We're making flank steak with chimichurri and roasted vegetables (GF, DF, allergy friendly). Supplies included. – [Lyndsay Gutierrez](#)

- > **Friday: 2/17** PGEC 126
- > **6-8 pm** \$130/couple

INDIAN KEEMA MATER

Indian beef (keema) and pea (matar) curry is one of the top requests on the Nourish truck and a favorite at home, too! Rich, spiced, and quick to make in the pressure cooker or on the stove! Supplies included. – [Lyndsay Gutierrez](#)

- > **Monday: 2/27** PGEC 126
- > **5:30-7:30 pm** \$50

YOGURT BASICS

Making your own yogurt at home is simple and fun! While preparing your yogurt, you will learn simple flavoring techniques, troubleshooting, along with options for once your yogurt is finished! Supplies included. – [Lyndsay Gutierrez](#)

- > **Monday 3/20** PGEC 126
- > **5:30-7:30 pm** \$50

MOM/DAD & ME PASTA

Learn how to make pasta from scratch with your kids! We will make pasta dough, roll and cut it, make a basic tomato sauce and enjoy dinner together! Supplies included. Price is for one adult guardian and one child. – [Lyndsay Gutierrez](#)

- > **Monday: 3/27** PGEC 126
- > **5:30-7:30 pm** \$65/student pair

LADIES' NIGHT OUT

We're spicing up your spring with an Indian menu and custom beverage pairing. Supplies included. – [Lyndsay Gutierrez](#)

- > **Friday: 4/14** PGEC 126
- > **6-8 pm** \$60

CHICKEN COCONUT CURRY DINNER

You've seen it on the Nourish food truck, come learn how to make it! Curry is an excellent dish for using whatever you have or whatever is in season. Come learn this style of soup, help cook, and enjoy! Supplies included. – [Lyndsay Gutierrez](#)

- > **Monday: 4/17** PGEC 126
- > **5:30-7:30 pm** \$50

SOURDOUGH BASICS

Learn why you would want to put in the time, why it's worth doing it yourself, how to care for a starter, what all can be made with sourdough and make a recipe in class! Samples and starter included. Supplies included. – [Lyndsay Gutierrez](#)

- > **Monday: 4/24** PGEC 126
- > **5:30-7:30 pm** \$50





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WHY REGISTER EARLY YOU ASK?

- SOME CLASSES FILL QUICKLY
- FEWER CLASSES CANCELLED
- WE CAN CREATE NEW SECTIONS FOR HIGH DEMAND CLASSES

Committed to providing educational access and learning opportunities for individuals in pursuit of personal enrichment, career advancement, and pathways to college.