COMMUNITY ENRICHMENT

2022 AUTUMN CATALOG

Cross the bridge to new opportunities

gfcmsu.edu/lifelonglearning
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/lifelonglearning

REGISTRATION INFORMATION - (See bottom section for PAYMENT OPTIONS)

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<th>Last Name</th>
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Mailing Address

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Best Contact Phone #(#s)  Email Address

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<th>How did you hear about us? (Circle one):</th>
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<thead>
<tr>
<th>Course Title</th>
<th>Start Date</th>
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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/lifelonglearning or call the Lifelong Learning Office at (406) 268-3734.

STUDENT SIGNATURE (REQUIRED) _______________________________________________________________

CANCELLATION/REFUND ADJUSTMENT POLICY FOR LIFELONG LEARNING:

• 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 Lifelong Learning cancels a class, 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 lifelonglearning@gfcmsu.edu or call 406-268-3734 for details.

WHERE TO FIND OUR CLASSES:

- Great Falls College
  2100 16TH AVE S

- Paris Gibson Education Center (PGEC)
  2400 CENTRAL AVE

- Nourish Teaching Kitchen - LOCATION TBA

- First Congregational United Church of Christ
  2900 9TH AVE S
CULTURE

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: 8/25-12/15
> 5:30-7 pm
> Heritage Hall/B101
> $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
> Make arrangements w/instructor
> Room TBA
> $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
> Make arrangements w/instructor
> Room TBA
> $35/hour

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: 9/15-12/15
> 7:15-8:15 pm
> FCUCC – 2900 9th Ave S
> $35

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: 10/27-12/15
> 8:45-10 am
> Room B134
> $100

THE INDIGENOUS NATIONS OF MONTANA
Within Montana there are seven Native reservations and twelve Native tribes. Together we will explore these communities - their history, present challenges and opportunities, and what the future might hold for them. – Dr. Darryl Stevens

> Wednesday: 10/26
> 11:30 am-1 pm
> Room G45/46
> $20

THE AMERICAN ANTEBELLUM REFORM MOVEMENT
The years just before the American Civil War were active with a wide variety of reform movements affecting all races, ages, and classes of American society. These included such movements as prohibition, abolition, women’s suffrage, labor reforms, and public education. Our current society has been greatly shaped by this fascinating time period of our history. We will explore why this era proved to be a fertile time period for reform, the movements themselves, and how our contemporary society continues to be influenced by them. – Dr. Darryl Stevens

> Wednesday: 11/2
> 11:30 am-1 pm
> Room G45/46
> $20

IMPRESSIONISM
Impressionist art burst onto the world stage in the mid-19th century and has been fascinating us ever since. Why

continued on page 4
CULTURE CONT’D

art (fine arts, music, and literature) continues to evoke such strong emotions almost 200 years after its development? We will explore the time period of its creation, some of the artists, and try to explain how this art form continues to affect contemporary society. – Dr. Darryl Stevens

> Wednesday: 11/16 Room G45/46
> 11:30 am-1 pm $20

New! QUO VADIS, EUROPE?
This class, from a historic perspective, will explore so-called EU-integration over the last two to three decades. Following the Fall of the Wall in Berlin in 1989, there had been considerable talk about EU-Europe developing its own army and forming an ever-more integrated bloc. With war raging in Ukraine nowadays, what will be the likely impact on Europe’s relations with Russia? Do EU member states, such as Germany, France, Italy or Poland see eye-to-eye regarding war in Ukraine or a common approach vis-à-vis Russia? What is the British role? Participants in this course will explore contemporary trends and developments in Europe and discuss likely scenarios for the future of Europe as a continent and as America’s allies.

– Dr. Michaela Hertkorn-Paeffgen

> Thursday: 11/10 Room G45/46
> 6:30-8 pm $20

New! EUROPE – PERCHED BETWEEN THE UNITED STATES AND RUSSIA
In the years following September 11, 2001, Russia joined the so-called NATO-Russia Council. For a while, it looked like the United States and Russia were going to work together on matters of international security. By 2013-2014, the European Union extended an invitation of EU-membership to Ukraine, a former republic of the former Soviet Union. In early 2022, Russia invaded Ukraine. Has Russia mainly been pursuing its own national interests, or are larger geo-political issues involved? What is or has been the role of the United States of America?

Students, participants in this course will take a look into Europe’s energy relations with Russia. We will also explore the geo-political concept of ‘Eurasia’ and brainstorm, what troubled relations between Russia and the US mean for Europe and Europe’s future.

– Dr. Michaela Hertkorn-Paeffgen

> Thursday: 11/3 Room G45/46
> 6:30-8 pm $20

New! WAR IN UKRAINE: THE SHADOW OF EU AND NATO ENLARGEMENT
Both the headquarters of North Atlantic Treaty Organization (NATO) and the seat of the Commission of European Union (EU) have been located in Brussels, Belgium since the aftermath of World War II. Following the end of the Cold War in 1989-1990, NATO and EU expanded east, inviting more and more Central and Eastern European countries as members - including Ukraine. We will take a look at the corresponding countries and address the questions: What likely impact will war in Ukraine have on Europe’s security architecture and on transatlantic relations? Will NATO at the side of America, be drawn into a larger conflict with Russia? And, what might this imply for American society?

– Dr. Michaela Hertkorn-Paeffgen

> Thursday: 11/10 Room G45/46
> 6:30-8 pm $20

HOBBIES

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: 9/12-10/17 Carpentry Bay
> 6:30-9 pm $105
> Mondays: 11/7-12/12 Carpentry Bay
> 6:30-9 pm $105

INTRO TO BEEKEEPING
This class is your opportunity to learn the terms, definitions, tools, equipment and expectations of working with honeybees. NOTE: No live bees will be handled during this course.

– Brian Rogers

> Saturday: 9/24 Room G45/46
> 9 am-4 pm $50

BEGINNING WOOL SPINNING
Have you ever wanted to learn how to spin your own yarn? It’s fun, it’s relaxing and Denise can show you how! Students will need to purchase their own drop spindle. One can be purchased from Etsy, Amazon, The Woolery, or one of the local yarn shops. Other supplies will be provided.

– Denise Jackson

> Mondays: 10/3-10/24 Room B138
> 6:30-8:30 pm $90

WHY REGISTER EARLY YOU ASK?

• SOME CLASSES FILL QUICKLY
• FEWER CLASSES CANCELLED
• WE CAN CREATE NEW SECTIONS FOR HIGH DEMAND CLASSES
GREETING CARD BOXES & MORE
Ever wondered what to do with used greeting cards? Create small boxes out of previously used greeting cards, perfect as small gift packages or as hostess gifts for parties. Using traditional origami techniques, create a star that will be used as an ornament or to decorate gifts. Also, create a small waste bin for your scraps as you craft. Please bring several previously used greeting cards with a design on the front cover. Other supplies will be provided. – Linda Swan

> Wednesday: 10/19  
> 5:30-7:30 pm  
> Room B138  
> $30

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

> Thursday/Friday: 10/20-10/21  
> 5:30-8:30 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

> Saturday/Sunday: 10/22-10/23  
> 9 am-3 pm  
> Welding Shop  
> $160

New! METAL/WELDING SKILLS WORKSHOP
This course is designed for students with some metal/welding skills who need assistance or access to specialty tools to complete metal projects. Students can also build welding skills on different processes, with feedback from the instructor, on what they already know. Students will provide their own materials and PPE. Consumable supplies and tools provided. – Joel Sims

> Thursday: 10/27-12/8  
> 5:30-8:30 pm  
> Welding Shop  
> $280

BASIC TECH SKILLS

IPHONE BASICS FOR APPLE USERS
This class is a beginner course for “new” Apple users. If you are new to an iPhone or iPad, this class will teach you the basics and other topics dictated by student requests. – Denise Jackson

> Monday/Wednesday: 9/26 & 9/28  
> 6-8 pm  
> Room B124  
> $30
> Tuesday/Thursday: 10/11 & 10/13  
> 6-8 pm  
> Room B124  
> $30

OBTAIN YOUR CDL Training

Specifics for application requirements, class format, class schedules, and funding opportunities will be provided at the monthly Informational Sessions:

Dates:  
August 22  
September 19  
October 17  
November 07  
December 12  
January 17

Times: 10:00 am or 5:30 pm

Great Falls College MSU Center for Lifelong Learning  
2100 16th Avenue South, Room G45/46  
(Park in the south parking lot and enter Door 6)

For More Information  
Call: 406.771.2290

ATTENDANCE at an informational session is REQUIRED to be eligible for CDL Training Registration

Business Partners Needed!
Our innovative training model incorporates immediate job placement for trainees and cost savings for business partner employees.  
For details, call: 406.771.5104
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. 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
> Monday/Tuesday: 10/10-10/11 Room B136
> 6-8 pm $30
>Monday/Tuesday: 11/14-11/15 Room B136
>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

Step into Office Computer Class
- Word - PowerPoint
- Excel - Outlook
8 - week course / FREE
Sessions Begin on:
- September 9, 2022
- November 4, 2022
Class meets Fridays: 9:00 am - 11:30 am
At Great Falls College MSU, G122

Complete all eight classes and receive a completion certificate.
For More Information: (406) 791-5800

FEATURED INSTRUCTOR
Ron Crowder
He has been wood carving for over 20 years and has a diverse collection of projects. Ron loves the craft of wood carving and enjoys exploring new techniques to make his pieces unique. He is always open to new ideas and loves to share the unexpected with his students through their adventures in wood carving!

Do you have a Skill or Talent to share?
Consider Community Enrichment Instruction

Interested? 406.268.3734 | gfcmsu.edu/lifelonglearning

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: 10/6 Room B127 & Online
> 6-8 pm $30

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: 10/6-10/20 Room B127 & Online
> 6-8 pm $80

COMPUTER BASICS - PROFESSIONAL DEVELOPMENT
MS EXCEL SERIES: BEGINNER
> Monday/Tuesday: 10/10-10/11 Room B124
> 6-8 pm $30
> Monday/Wednesday: 11/7 & 11/9 Room B124
> 6-8 pm $30

Interested? 406.268.3734 | gfcmsu.edu/lifelonglearning
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: 10/13
> 6-8 pm
Room B127 & Online
$30

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: 10/20
> 6-8 pm
Room B127 & Online
$30

BEGINNING WEB & BUSINESS BRANDING
Now that businesses are opening up again, we need to re-evaluate our brand. What do we stand for? What are our business ethics? Are my ethics and values the same as my business ethics and values? How do we determine what these are? In this class we will delve into the how’s and why’s these are important in today’s working world in order to remake your niche again.
– Denise Jackson
> Thursdays: 11/3-11/17
> 6-8:30 pm
Room B124
$75

FINANCIAL PLANNING
AVOIDING THE TAX TRAPS OF RETIREMENT
For the vast majority of Americans, the single biggest expense they will have in retirement will be taxes. People often pay more tax in retirement than expected because of a confusing system that contains hidden taxes traps and penalties. Learn how to avoid the unintended consequences of paying more tax than necessary. In this class you will learn strategies to help you keep more of your valuable retirement resources.
– Keith Duncan
> Thursday: 9/29
> 6:30-8 pm
R281
$20

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
> Thursdays: 10/6 & 10/13
> 6:30-9:30 pm
Room B127 & Online
R281
$65/couple
> Tuesdays: 10/11 & 10/18
> 6:30-9:30 pm
R281
$65/couple

QUICKBOOKS
QUICKBOOKS IN A DAY – DESKTOP VERSION
Basic QuickBooks knowledge in one day. This course will cover the basics of the desktop version of QuickBooks including check writing and printing, accounts payable and receivable, invoices and statements and business reports and graphs.
QUICKBOOKS DESKTOP Version ONLY!
– Wendy Weissman
> Friday: 10/7
> 9 am-5 pm
Room B124
$80

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
> Wednesday: 11/9
> 9 am-5 pm
Room B124
$80

PROFESSIONAL DEVELOPMENT
INTRODUCTION TO CONFLICT RESOLUTION
In this course of three consecutive sessions, students will obtain a solid overview of theory, concepts and case studies in conflict resolution. We will explore approaches in mediation and distinguish negotiation from conflict resolution. Students will have an opportunity to explore and discuss how to apply conflict resolution to their own professions, workplaces and personal life. We will also take a look at conflict resolution practices in international affairs.
– Dr. Michaela Hertkorn-Paefgen
> Thursdays: 10/6-10/20
> 6:30-8 pm
Room B124 & Online
$45

HR 101 BOOTCAMP (TAKE ALL FIVE)
This series is perfect for those considering a career in human resources, those new to the profession, and established HR professionals will also benefit from each segment. Areas that will be discussed include the evolution of human resources and different HR professions, as well as responsibilities, career preparation, compliance issues, staffing strategies, recordkeeping, and change management. Sign up for one, or take all five at a discount!
– Deborah Jenkins
> Monday-Friday: 10/17-10/21
Online
$85

HR 101 – GENERAL OVERVIEW
This course will give an overview glance at the human resources profession. Topics that will be reviewed include: understand what human resources is, determine who all hold human resource management (HRM) responsibilities, explore different
areas of HRM, decide how to best prepare for an HR career, recognize HR compliance items, learn where to go for answers.

> Monday: 10/17  Online  $20

> Tuesday: 10/18  Online  $20

**>> STAFFING STRATEGIES – RECRUIT, INTERVIEW, HIRE SUCCESSFULLY**
Recruiting, selecting, and retaining great employees increases the bottom line. We will discuss staffing practices in this class to help your organization.

> Tuesday: 10/18  Online  $20

**>> HR RECORDKEEPING (PART 1) – EMPLOYEE INDIVIDUAL FILES**
Document, document, document they say! But that creates paperwork right! What do you do with it all? Who should have access? How long do you need to keep it? Through review of compliance regulations and best practices, learn how to effectively and efficiently design your HR recordkeeping process for employee individual files.

> Wednesday: 10/19  Online  $20
> 12-1 pm  $20

**>> HR RECORDKEEPING (PART 2) – HR BATCH FILES**
Human Resource Professionals oversee so many different aspects of employee management and this includes both individual and company-wide group activities. As with both, document management is essential. This course will focus on the batch files that are required and recommended to be maintained. We will review compliance guidelines as well as best practices and discuss the importance of risk mitigation practices.

> Thursday: 10/20  Online  $20
> 12-1 pm  $20

**>> CHANGE MANAGEMENT – BECOMING AN AGILE PIVOT MASTER**
Do you struggle with adapting to changes in the workplace? Do you have staff that give pushback for any changes you try to implement? This is a common human reaction. Come and learn about the psychological processing curve how to work through the difficult time.

> Friday: 10/21  Online  $20
> 12-1 pm  $20

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**START YOUR HEALTHCARE CAREER HERE!**

*Individuals completing a training listed below & continue their education in a degree program at Great Falls College MSU can receive a discount on tuition.*

<table>
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<th>Program</th>
<th>Duration</th>
<th>Course Fee</th>
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| **CNA**          |          | $850        | - Instruction-MT State Licensure Exam  
- Healthcare CPR Certification  
- State Exam Fees  
- Books  
- Work Ethic Skills  
- Job Placement Assistance |

| **HHA**          |          | $250        | - Books  
- Instruction-MT Approved Endorsement  
- Skills Competency Checklist  
- Work Ethic Skills  
- Job Placement Assistance (C.N.A. License required) |

| **MA1** Medication Aide-I |          | $400        | - Books  
- Instruction-MT Licensure Exam  
- Skills Competency Checklist  
- State Exam Fees  
- Work Ethic Skills  
- Job Placement Assistance |

| **MA2** Medication Aide-II |          | $550        | - Books  
- Instruction for MT State Licensure Exam  
- Skills Competency Checklist  
- State Exam Fees  
- Work Ethic Skills  
- Job Placement Assistance (C.N.A. License required) |

| **PFA** Paid Feeding Aide |          | $175        | - Books  
- Instruction for Approved Training  
- Skills Competency Checklist  
- Work Ethic Skills  
- Job Placement Assistance |

406-268-3734  
lifelonglearning@gfcmsu.edu  
GFCMSU.EDU/LIFELONLEARNING

Classes Offered Regularly
In-Person & Hybrid Options
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 yoga mat and water bottle! – Debra Burns (Tues/Thurs) & Kristen Perry (Mon/Wed)

> Mondays: 9/12-12/12  Weaver Library
  > 5:30-6:30 pm  $100

> Tuesdays: 9/13-12/13  Weaver Library
  > 5:30-6:30 pm  $100

> Wednesdays: 9/14-12/14  Weaver Library
  > 5:30-6:30 pm  $100

> Thursdays: 9/15-12/15  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 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: 9/13-12/22  Online
  > 3:30-4 pm  $80

> Tues/Wed/Thurs: 9/13-9/29  Online
  > 3:30-4 pm  $20

> Tues/Wed/Thurs: 10/4-10/27  Online
  > 3:30-4 pm  $25

> Tues/Wed/Thurs: 11/1-11/30  Online
  > 3:30-4 pm  $25

> Tues/Wed/Thurs: 12/1-12/22  Online
  > 3:30-4 pm  $20

continued on page 10
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: 10/12 Room B136
> 5:30-7:30 pm $30

COOKING & DRINKS
KITCHEN KNIFE SKILLS
Knowing how to use knives skillfully is the foundation of all cooking, and doesn’t have to be scary or frustrating. This class will remedy any issues you have with a knife. You will learn how to slice, dice, chop and much more in the safest and most efficient manner. Cost of this class includes supplies and a basic knife set that you get to take home.
– Cassie Campbell
> Tuesday: 10/18 PGEC Room 126
> 5:30-7:30 pm $80

MOROCCAN DINNER
Take a trip to the tropics of Morocco and learn some of the country’s classic dishes. Escape for one evening into the tropics before winter comes to Montana! Supplies included.
– Cassie Campbell
> Friday: TBA PGEC Room 126
> 6-8 pm $65

PICKLED VEGGIES: VINEGAR AND TRADITIONAL
Learn the difference between the two ways of “pickling” veggies, the benefits and uses of each, and make one of your choice to take home! Vinegar or salt-brined, they are delicious! Supplies included. – Lyndsay Gutierrez
> Monday: 10/24 TBA
> 5:30-7:30 pm $50

HALLOWEEN COOKIE DECORATING
Learn to make amazing Halloween-themed decorated cookies like those you see in magazines! Supplies included.
– Cassie Campbell
> Thursday: 10/27 PGEC Room 126
> 5:30-7:30 pm $55

LADIES’ NIGHT OUT
We’re adding flavor to your fall with a special menu and custom adult beverage pairing with a special guest. Supplies included.
– Lyndsay Gutierrez
> Friday: 10/28 TBA
> 6-8 pm $60

SEASONAL SOUP: PUMPKIN CHILI
Time for a seasonal twist on a favorite classic. Soups are a great way of using what you have, what is in season, and what sounds good. Supplies included. – Lyndsay Gutierrez
> Monday: 10/31 TBA
> 5:30-7:30 pm $50

MAKE YOUR OWN SAUSAGE
Making your own sausages for breakfast or brats for that summer cookout is not that difficult, and in this class we will show you how it’s done. Supplies included. – Cassie Campbell
> Tuesday: 11/1 PGEC Room 126
> 5:30-7:30 pm $65

SOUTH AFRICAN DINNER
South African food is a mix of many influences from

THE CENTER FOR LIFELONG LEARNING OFFERS CUSTOMIZED TRAINING FOR YOUR EMPLOYEES
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around the world. Come experience some of this rich culinary diversity and learn to make some unique and flavorful dishes. Supplies included. — Cassie Campbell

> Friday: 11/4  
> 6-8 pm  
> PGEC Room 126  
> $65

**BREAD BAKING: LAMINATED DOUGHS**
If you’ve ever wished you could make flaky pastries like croissants and Danishes, this class is for you! Bring your own rolling pin. Supplies included. — Cassie Campbell

> Wednesday: 11/9  
> 5:30-8:30 pm  
> PGEC Room 126  
> $65

**COMPOUND HERB BUTTERS & INFUSED OILS**
Make those fresh summer herb flavors last all winter long! Learn how to turn your harvest into easy oils and butters to use all winter in whatever you’re cooking! Supplies included.

— Lyndsay Gutierrez

> Monday: 11/14  
> 5:30-7:30 pm  
> TBA  
> $50

**FRENCH MACARONS**
Macarons are simple airy sandwich cookies that are so delicate and delicious that you can’t have just one, but the art of making them is sometimes intimidating. In this class we will conquer those fears and make the perfect macarons. Supplies included. — Cassie Campbell

> Wednesday: 11/16  
> 6-8:30 pm  
> PGEC Room 126  
> $60

**THANKSGIVING PIE**
Get a jump start on your Thanksgiving meal preparations by taking an evening to focus on making a delicious pie for your family and guests to enjoy. Bring your own pie plate and rolling pin. Other supplies included. — Cassie Campbell

> Tuesday: 11/22  
> 5:30-8:30 pm  
> PGEC Room 126  
> $70

**KOMBUCHA BASICS**
For far less than you spend at the store, you can create and flavor your own and have (often) a much tastier product! Come learn how and why to make your own kombucha! Supplies included. — Lyndsay Gutierrez

> Monday: 11/28  
> 5:30-7:30 pm  
> TBA  
> $50

**ÉCLAIRS & CREAM PUFFS**
There is nothing more decadent than an éclair, especially when they are fresh. In this class you will learn the art of making Pâte à choux and piping the perfect éclair or cream puff, and with the simple custard to fill them to surprise your loved ones with. Supplies included. — Cassie Campbell

> Wednesday: 11/30  
> 5:30-7:30 pm  
> PGEC Room 126  
> $55

**MAKE YOUR OWN GNOCCHI!**
Pasta is fun, but gnocchi is next level! These little pillows of potato pasta goodness are sure to impress your next dinner guest, or just your own palate! We will make gnocchi and eat them in a simple, classic sauce. Supplies included. — Lyndsay Gutierrez

> Monday: 12/5  
> 5:30-7:30 pm  
> TBA  
> $50

**HOT CHOCOLATE BOMBS**
Come learn how to make hot chocolate bombs! In this fun-filled class you will learn tips and tricks to melt your chocolate, fill the molds, and then load them with hot cocoa mix and marshmallows. Supplies included. — Cassie Campbell

> Thursday: 12/8  
> 5:30-7:30 pm  
> PGEC Room 126  
> $55

**MOM/DAD & ME PIZZA CLASS**
What’s more fun than cooking with your kids? Not doing it in your own kitchen, maybe! Bring the kids out and learn to make pizzas from scratch, top them how you want, and then eat them together! Price of class is for one child and one adult guardian. Supplies included. — Lyndsay Gutierrez

> Monday: 12/12  
> 5:30-7:30 pm  
> TBA  
> $65/pair

**BREAD BAKING: SOURDOUGH BREAD**
This class will focus on the basics of risen sourdough recipes to make bread and rolls. Bring your own rolling pin. Supplies included. — Cassie Campbell

> Wednesday: 12/14  
> 5:30-8:30 pm  
> PGEC Room 126  
> $65
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