Lifelong Learning
2021 Fall Catalog

GFCMSU.EDU/LIFELONGLearning
LIFELONG LEARNING 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)

Last Name                                      First Name                                      Date of Birth

Middle Name                                      Previous Name

Personal 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/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.
FALL 2021 COURSE SCHEDULE

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

PROFESSIONAL DEVELOPMENT - COMPUTER SKILLS

>> 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 skills - a love of Excel (if Excel gives you anxiety, this is not the class for you). — Karen Vanni
> TUES/THURS: 10/26 & 10/28 $50
> B127 & Online 6-8 pm

>> 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: 9/30-10/14 $80
> B127 & Online 6-8 pm

>> MS EXCEL SERIES: (Beginner)
Learn basic Excel lingo and common uses, 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. — Karen Vanni
> THURSDAY: 9/30 $30
> B127 & Online 6-8 pm

>> 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. — Karen Vanni
> THURSDAY: 10/7 $30
> B127 & Online 6-8 pm

>> 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. — Karen Vanni
> THURSDAY: 10/14 $30
> B127 & Online 6-8 pm

>> MS EXCEL TIPS & TRICKS: (Intermediate to Advanced Users)
Do you know enough about Excel to get by, but realize there is so much more to learn? This class focuses on ways to work more efficiently while presenting your data in a visually appealing way. We will cover the most used formulas and many pro tips useful as you become the Excel guru in your office. Pre-requisite: Intermediate MS Excel skills (students should be able to confidently create spreadsheets and have a common knowledge of formulas). — Karen Vanni
> THURSDAY: 10/21 $40
> B127 & Online 5:30-8:30 pm

ONLINE REGISTRATION AVAILABLE AT GFCMSU.EDU/LIFELONGLEARNING

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ATTENTION MILITARY MEMBERS:

you can complete your general education requirements for your CCAF** degree online with us!

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we offer classes for academic credit in accounting, allied health, general education, trades, and technology.

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OFFICE OF ADMISSIONS  
(406) 268-3700 or admissions@gfcmsu.edu
PROFESSIONAL DEVELOPMENT  
- COMPUTER SKILLS CONT’D

>> MS WORD SERIES: TAKE ALL THREE
This three-part series will bring you from a novice data entry clerk to a word processing pro. 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
> TUESDAYS: 9/28-10/12  
> B127 & Online  
$80  
6-8 pm

>> MS WORD SERIES: (Beginner)
Learn to navigate Word, work with documents, basic formatting, how to use templates, shapes and pictures, and how to proofread using Editor. This class is offered online and face-to-face. — Karen Vanni
> TUESDAYS: 9/28  
> B127 & Online  
$30  
6-8 pm

>> MS WORD SERIES: (Intermediate)
Discover the advantages of document themes and formatting options, how to use the Styles options, and the ins and outs of tables, charts, SmartArt, and objects. You will also learn how to enhance a document, create a fillable form template, and use mail merge. This class is offered online and face-to-face. — Karen Vanni
> TUESDAY: 10/5  
> B127 & Online  
$30  
6-8 pm

>> MS WORD SERIES: (Advanced)
Master advanced Word features such as tracking changes, adding hyperlinks, creating a table of contents, working with bulleted lists, setting format, editing restrictions, and adding a digital signature. This class is offered online and face-to-face. — Karen Vanni
> TUESDAY: 10/12  
> B127 & Online  
$30  
6-8 pm

>> MS WORD TIPS & TRICKS:  
(Intermediate to 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
> TUESDAY: 10/19  
> B127 & Online  
$40  
5:30-8:30 pm

>> 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
> TUESDAY: 11/9  
> B127 & Online  
$30  
6-8 pm

QUICKBOOKS

>> PROCESSING PAYROLL  
IN QUICKBOOKS DESKTOP
One of the most useful tools within QuickBooks is its payroll accounting capability. This course will cover the basics from setting up your employees, to tracking and paying payroll liabilities and the many reports available. QuickBooks payroll is the way to go to save time and streamline the payroll functions for your business! This course is designed for QuickBooks desktop users. — Wendy Weissman
> THURSDAY: 12/2  
> B124  
$40  
9 am-12 pm

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**ONLINE REGISTRATION AVAILABLE AT**
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**QUICKBOOKS CONT’D**

>> **QUICKBOOKS IN A DAY: (Desktop)**
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: 10/15 $80
> B124 9 am - 5 pm

>> **QUICKBOOKS IN A DAY: (Online)**
This on-campus course will cover the basics of QUICKBOOKS ONLINE and include checks, accounts payable and receivable, invoices and 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: 11/12 $80
> B124 9 am - 5 pm

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**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

> TUESDAY: 9/28 $20/couple
> R280 6:30-8 pm

>> **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: 10/7 & 10/19 $50/couple
> R280 6:30-9:30 pm
> TUESDAYS: 10/12 & 10/1 $50/couple
> R280 6:30-9:30 pm

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**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: 11/2 & 11/4 $30
> B127 & Online 6-8 pm

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ONLINE REGISTRATION AVAILABLE AT
GFCMSU.EDU/LIFELONGLEARNING
>> 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: 10/12-10/13 $30  
> B124  6:30-8 pm

>> 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/WED: 10/5-10/6 $30  
> B124  6:30-8 pm

>> IPHONE/IPAD TIPS & TRICKS

Come learn some tips and tricks on your iPhone, from battery savers, to surfing, to organizing and space saving to privacy and best apps. — Katie Kotynski

> TUESDAY: 10/12 $30  
> Online  9 am-12 pm

>> LET’S TALK ABOUT FACEBOOK

Come learn the ins and outs of Facebook from posting pictures, adding text and hyperlinks to protecting your data and avoiding scams. We will also discuss Facebook Pages and Groups. — Katie Kotynski

> TUESDAY: 11/8 $20  
> Online  9-11:30 am

CULTURE

>> THE CIVIL WAR: THE AMERICAN CRUCIBLE

More American soldiers died in the U.S. Civil Wars than in all other American conflicts combined. In addition, the war ended the legality of slavery in our country. This controversial conflict of the 19th century continues to divide many Americans today - Confederate statues, etc. We will discuss the origins of the war, the conflict itself, and how it forever changed American society. — Dr. Darryl Stevens

> WEDNESDAY: 11/17 $20  
> G45/46  11:30 am-1 pm

>> PIANO CLASS FOR BEGINNERS

You and seven of your friends may participate in group piano lessons! Lessons will be given using electronic keyboards. We’ll start with the basics and progress as a group. — Cynthia Stevens

> TUESDAYS: 10/26-12/14 $200  
> B134  9-10 am

>> PIANO CLASS – Intermediate

Piano lessons with seven of your friends! The class is for piano players that are slightly more advanced than brand new beginners! If you already have some piano keyboard skills, and you want to build upon your experience, this may be the class for you! — Cynthia Stevens

> THURSDAYS: 10/26-12/14 $200  
> B134  2-3 pm

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CULTURE CONT’D

New! >> 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

> TBA: 8/23-12/17 $35/hour
> Make arrangements w/instructor

New! >> THE TUDORS: A FAMILY THAT CHANGED WESTERN CIVILIZATION
Although their dynasty lasted only 100 years, the five English monarchs of the Tudor family helped solidify England’s dominance of the western world. Yet they were a family like many others - troubled and extraordinarily dysfunctional. Come find out why these larger than life characters shaped western society and why their influence continues today. — Dr. Darryl Stevens

> WEDNESDAY: 9/22 $20
> G45/46 11:30 am-1 pm

New! >> 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

> TBA: 8/23-12/17 $35/hour
> Make arrangements w/instructor

New! >> WORLD WAR I: THE BIRTH OF THE MODERN WORLD
World War I was one of the most catastrophic events in human history. Millions of soldiers and civilians died as a result of the political ambitions of a few men. The resultant western society was forever changed in the areas of politics, literature, art, and religion. Come explore the origins of the conflict, the war itself, and how this single event affected our world. — Dr. Darryl Stevens

> WEDNESDAY: 10/13 $20
> G45/46 11:30 am-1 pm

HOBBIES

New! >> 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! — Denise Jackson

> MONDAYS: 10/4 - 10/25 $80
> B138 6:30-8 pm

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Online Learning with ed2go
Convenient - Affordable - Effective
For more information visit: ed2go.com/gfcmsu
Level-Up through Goal Achievement

This professional workshop will change your business and your life!

• SET and ACHIEVE your goals with an emphasis on success in 90 days
• Get over your fears or challenges that are holding you back
• Develop daily routines to keep your focus on how to ACHIEVE your goals
• Identify the FIVE (5) main areas of your life where goals should be SET
• Focus on the ONE (1) thing that will help you to achieve them
• Learn how to SET SMART goals, categories of goals (short, mid, & long term), how to set timelines & how to ‘stack’ or ‘combo’ your goals to ACHIEVE them faster
• Encourage & support one another to “Level-Up through Goal Achievement”!

A small investment for you and/or your business to “Level-Up” your company, your life, your job, your relationships & more!

Tuesdays: 10/5, 10/12, 10/19, 10/26
Time: 9:15 -11:15 am
Cost: $495 (Includes two (2) books and all materials)
Instructors: Shane Etzwiler & Jayson Olthoff
Register: http://gfcmsu.edu/lifelonglearning
>> BOLD PASTELS
Working with soft pastels you will work from still life to paint bold colorful works, using fruit and flowers as your inspiration. You will learn composition, and work with color to define and build unique artworks. Working in a large format will enable you to experience the quality of pastels and learn various techniques, and begin to explore your artistic side. Supplies included. — Brenda Wolf
> TUESDAYS: 11/2-11/30 $155
> B141 5:30-8 pm

>> FIBER PREP 101 – SHEEP TO PRE-SHAWL
Are you new to spinning wool and are interested in processing from the beginning? Then this is the ideal class for you. We will cover the basic types of wool and the various ways to process your own fiber. Supplies included. — Denise Jackson
> MONDAYS: 9/13-9/27 $50
> B138 6:30-8 pm

New! >> GREAT DRAWING BASICS
Learn the backbone of drawing. Working from still life to understand shape and shadows, and the importance of line and concepts, you will learn what makes up a composition. It’s fun, it’s easy and you will leave with the knowledge of what it takes to create a drawing. Supplies included. — Brenda Wolf
> THURSDAYS: 9/30-10/28 $155
> B141 5:30-8 pm

>> GETTING YOUR GAME ON!
Local video game studio, Team KAIZEN, will teach students the basics of game design using easy-to-pick-up game design tools such as LittleBigPlanet and Dreams. — Team KAIZEN
> SATURDAYS: 10/2-11/6 $100
> B108 12-2 pm

New! >> GREETING CARD BOXES
Ever wondered what to do with used greeting cards? Learn this easy origami craft to make an innovative box for gifts! Please bring several previously used greeting cards with a design on the front cover. Other supplies will be provided. — Linda Swan
> TUESDAY: 10/19 $35
> B138 6:30-8 pm

New! >> NALBINDING MADE EASY
Before knitting and crochet, there was nalbinding. With one needle and one yarn, we wove strong, solid pieces of clothing. In our workshop, we will use bulky yarn to make a simple wristlet. Supplies included.
— Denise Jackson
> MONDAYS: 11/1-11/15 $50
> B138 6:30-8 pm

Low Pressure Steam Boiler and 3rd Class Boiler Operator Training
October 11 - 14, 2021
8:00 AM - 5:00 PM
$400
Includes book
Info & Registration:
406.268.3734
gfcmsu.edu/lifelonglearning
If you are interested in learning more about wood grain and joinery, this class is for you. Join The Good Wood Guys for an introduction to basic woodworking education and a few evenings of fun. We will discuss basic wood terminology including book-matching, as well as tool safety before putting our knowledge to work. Students will watch demonstrations on various tools including the jointer, planer, bandsaw, and chop saw. They will have hands-on practice with the bandsaw, chop saw, and planer. They will also practice gluing, assembly, sanding, and finishing techniques and will leave with their own hardwood book matched charcuterie board approximately 10” x 18” in size. — The Good Wood Guys

> **TUES & FRI: 11/2 & 11/5**
> **816 20th St N**
> **$135**
> **5:30-8:30 pm**

Know someone who loves their homebrew? Join The Good Wood Guys for a lesson in joinery and make some cool gifts for tasty beverage lovers everywhere. We will discuss basic joinery terminology and practical applications, then use your knowledge to create your gifts for your beer lover. Students will leave with a Good Wood hardwood bottle caddy and cap-catcher and lots of new knowledge about joining hardwood. — The Good Wood Guys

> **FRIDAY: 12/3**
> **816 20th St N**
> **$110**
> **5:30-9 pm**

Ever wonder what to do with the extra sawdust from a project? We do! Join The Good Wood Guys for an introduction to making sawdust hypertufa, rustic, textured pots made from Portland cement, sawdust, and water. We will discuss basic terminology and various recipes before putting our knowledge to work on a project. Students will leave with their own hypertufa pot, perfect for the house or patio. — The Good Wood Guys

> **SATURDAY: 9/25**
> **9-11 am or 1-3 pm**
> **$50**
> **816 20th St N**

What makes bark fall off wood? Join The Good Wood Guys for a lesson in the biology of the tree, and how it applies to craft projects. We will discuss basic terminology and practical applications, then use our knowledge to create our own craft- Good Wood Porch Pumpkins. Students will leave with their own Porch Pumpkin and lots of new knowledge about trees and hardwood. — The Good Wood Guys

> **SATURDAY: 10/9**
> **816 20th St N**
> **9-11 am or 1-3 pm**
> **$55**

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: 9/20-11/1**
> **6:30-9 pm**
> **Carpentry Bay**
> **$105**
> **MONDAYS: 11/8-12/13**
> **6:30-9 pm**
> **Carpentry Bay**
> **$105**

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: 10/23-10/24**
> **9 am-3 pm**
> **Welding Shop**
> **$150**

METALWORKS

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>> 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: 10/21-10/22 $80
> Welding Shop 5:30-8:30 pm

>> BLACKSMITHING BASICS & BEYOND
Learn the basics of blacksmithing or take your skills to the next level! Both returning and new students are welcome! Supplies included. — John Stuker
> SAT/SUN: 11/6-11/7 $160
> Welding Shop 9 am - 3 pm

OUTDOORS

New! ☀️
>> BEST FALL HIKES AROUND GREAT FALLS
Let’s explore the best fall hikes around Great Falls, ones with views and lots of fall-color foliage. — Katie Kotynski
> MONDAY: 9/13 $20
> Online 10 am-12 pm

New! 🌿
>> USING AVENZA MAPS AND CALTOPO FOR HIKING
Come learn how to use the free Avenza app while hiking and to plan hikes. We will learn how to find and download maps for offline use, how to find out how long a hike is, how to track your hike, create waypoints and upload photos. We will also take a look at Caltopo. — Katie Kotynski
> MONDAY: 11/1 $20
> Online 9-11 am

WELLNESS

>> BASIC ESSSENTIAL OILOLOGY
There is an oil for everything, and we will cover the basics with the Who, What, Where, When, Why, and How of essential oils. Essential Oils are life-changing, the all-natural life blood of the plant in all of its purity - truly amazing if you’re using oils properly. — Joan Redeen
> TUESDAY: 9/28 $25
> B138 6:30-8:30 pm

>> BEGINNER RESISTANCE-SPRINGBOARD PILATES
Springboards are simple to use, but have varied benefits. Get all the core work of a traditional Pilates mat class with the push/pull resistance of the super smooth springs. Springboard is especially great for hip and lower back stability and shoulder mobility. — Dani Rubino
> TUES & THURS: 9/14-12/16 $160
> 1602 2nd Ave N 6:20-7:20 pm

>> CLUTTER BUSTER
Are you sick and tired of the piles of items in your home, office, and car? Do you feel like you’ve tried everything to sort, organize, and rid your clutter, but instead of shrinking it is growing? Clearing clutter can feel like a never-ending battle and it doesn’t have to be. What if have the right system, support and accountability would make all the difference? Are you ready to address your clutter in a new way? Here is the course which will provide you information, coaching and support in interactive and fun way. What is your clutter costing you? — Devorah Werner
> WEDNESDAY: 10/6 $30
> B136 5-7 pm

>> TAI CHI
Returning and new students welcome. You will learn the Guang Ping Yang Tai Chi form. — Kia Mathews
> WEDNESDAYS: 9/15-12/15 $60
> Heritage Hall 6-7 pm

>> 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

*COOKING & DRINKS*

>> **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

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>> **HALLOWEEN COOKIE DECORATING**
Learn to make amazing Halloween-themed decorated cookies. Supplies included. — Cassie Campbell

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>> **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

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>> **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

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>> **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

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>> **GREEK CHICKEN SHEET PAN DINNER**
Learn the basics of a fantastic, quick and easy dinner standby- the sheet pan dinner! You’ve probably seen the videos on social media and they’re popular for a reason! Check out this Greek chicken version and learn how to adapt it for dinners all month long! Supplies included. — Lyndsay Gutierrez

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>> **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

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>> **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. — Lyndsay Gutierrez

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>> **MAKE YOUR OWN SALSA AND HOT SAUCE!**
Tomatoes and tomatillos are HERE! Learn how to make salsas and hot sauces to savor that summer flavor all through the cold, long winter. Supplies included. — Lyndsay Gutierrez

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continued on page 14
**COOKIES & DRINKS CONT’D**

**New!**

>> **MOM/DAD & ME HEALTHY HOLIDAY COOKIES**

Holidays are a time for family and for treats, but both of these can be stressful! Learn how to make a healthy, allergy-friendly treat with your kids without having to clean up your kitchen! Supplies included.

— Lyndsay Gutierrez

> MONDAY: 12/6
> 220 Central Ave

$60

5:30-7:30 pm

> MONDAY: 12/6
> 220 Central Ave

$60

5:30-7:30 pm

**New!**

>> **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 and and then eat them together! Price of class is for one child and one adult guardian. Supplies included.

— Lyndsay Gutierrez

> MONDAY: 10/25
> 220 Central Ave

$60

5:30-7:30 pm

**New!**

>> **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: 11/15
> 220 Central Ave

$45

5:30-7:30 pm

**New!**

>> **THANKSGIVING CUPCAKE DECORATING**

Learn to create beautiful Thanksgiving-themed cupcakes, just in time for the holiday! Supplies included.

— Cassie Campbell

> TUESDAY: 11/16
> PGEC 126

$45

6-8 pm

**START YOUR HEALTHCARE CAREER HERE!**

- Certified Nursing Assistant (C.N.A.)
  - Course Fee: $850
  - INCLUDES:
    - Books
    - Instruction for MT State Licensure Exam
    - State Exam Fees
    - Healthcare CPR Certification
    - Work Ethic Skills Training
    - Job Placement Assistance

- Home Health Aide (H.H.A.)
  - Course Fee: $250
  - INCLUDES:
    - Books
    - Instruction for MT State Approved Endorsement
    - Skills Competency Checklist
    - Job Placement Assistance
    (Must possess current C.N.A. License)

- Paid Feeding Assistant (P.F.A.)
  - Course Fee: $175
  - INCLUDES:
    - Books
    - Instruction for Approved Training
    - Skills Competency Checklist
    - Job Placement Assistance

Classes Offered Monthly
Pre-Assessment Required

406-268-3734
lifelonglearning@gfcmsu.edu

**Individuals who complete the above training and continue their education in a degree program at Great Falls College MSU can receive 50% off tuition and fees for their first 6 credits**

pg.14
Start Your IT Career Here!

BOOT CAMP

Register: gfcmsu.edu/lifelonglearning

CompTIA A+ $300 October 8/9 & 15/16

Microsoft Server $300 October 22/23 & 29/30

Call 406-268-3734

Both courses will help students prepare for Certification!

Microsoft C# programming is considered one of the top five programming languages!

Class starts September 28 $400

Tuesday & Thursdays 6:00pm – 7:30pm

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Connecting Education to Your Goals

Our learning community will assist you on your:
~ Path to Higher Education
~ Path to Employment
~ Path to Citizenship
~ Path to High School Equivalency

Program designed to serve all types of Immigrant Visas
Enroll in Group Online Classes: (406) 590-1055

- Become part of a learning community while improving Language skills
- Learn about the rights and responsibilities of U.S. Citizens
- Naturalization Process
- Explore local resources:
  - Government Agencies
  - Public Libraries
  - Local Businesses
- Use Technology for workforce needs
- Higher Education Pathways
- Workforce Preparation & Training
  - Integration through a variety of

Great Falls CCRC provides individuals with pathway options to change their future and connect education to their goals.

Contact the CCRC for more information
(406) 771-5108 - gfccrc@gfps.k12.mt.us - fb.gfccrc.com- gfps.k12.mt.us/GFCCRC

A proud partner of the American Job Center network
Check Out Our NEW Classes Inside!

PROCESSING PAYROLL IN QUICKBOOKS DESKTOP
THE CIVIL WAR: THE AMERICAN CRUCIBLE
PIANO LESSONS • VOICE LESSONS
WORLD WAR I: THE BIRTH OF THE MODERN WORLD
THE GOOD WOOD GUYS: BOOK MATCHED CHARCUTERIE BOARD
THE GOOD WOOD GUYS: PORCH PUMPKINS
USING AVENZA MAPS AND CALTOPO FOR HIKING
BEGINNER RESISTANCE-SPRINGBOARD PILATES
GREEK CHICKEN SHEET PAN DINNER
MAKE YOUR OWN SALSA AND HOT SAUCE!
MOM/DAD & ME HEALTHY HOLIDAY COOKIES