



FLATHEAD VALLEY COMMUNITY COLLEGE



CONTINUING EDUCATION

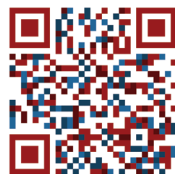


Discover a new hobby, master a new skill
and explore your passions with over
**200 classes and professional
development programs**

**FALL
2025**

FVCC Fall 2025 Non-Credit Course Catalog

Register for classes today at
fvcc.edu/ContinuingEducation



BEFORE YOU REGISTER

We've upgraded our online registration system to make the process easier and more efficient. The new platform features a cleaner design, improved navigation and account tools that make it simple to manage class details. **Creating a new account is required to register.** The updated system also supports registrations completed by employers or parents/guardians on behalf of students, making group and third-party sign-ups more streamlined. Questions? Please don't hesitate to reach out to ceinfo@fvcc.edu or 406.756.3832.

Have questions about courses or how to register online?
Call **406.756.3832**

Registration & Policy Information

Non-Credit Registration

Registration for non-credit classes is ongoing throughout the semester.

- Register online at fvcc.edu/ContinuingEducation.
- Early registration is encouraged, as class size is limited.
- Payment is due at the time of registration.

General Information

- With instructor's permission, students under age 16 may register for adult non-credit classes.
- Continuing Education classes do not qualify for financial aid.

Class Cancellations

- Classes that do not receive a minimum number of student enrollment may be cancelled.
- If a class cancels, you will be notified and a full refund will be processed.

Withdraw

If you are unable to attend a Continuing Education class or workshop for which you have registered, please call Continuing Education immediately to officially withdraw.

Refunds

- Cancellations received 14 calendar days prior to the start of a class or workshop will receive a full refund. Students must contact Continuing Education at 406.756.3832 or ceinfo@fvcc.edu to cancel and request the full refund.
- No refund is issued for cancellations received less than 14 calendar days prior to the start of the class or workshop.

Transfer

Requests to transfer from one class to another, made less than 14 calendar days prior to the start of the first class, may be subject to an additional fee.

General Interest & Professional Development

ACCOUNTING & FINANCE

Unlocking Financial Statements

As a decision-maker for your organization, you have powerful tools in your balance sheet, income statement and cash flow. Refine your understanding about generally accepted accounting principles and how to scan any financial report to quickly notice pertinent numbers.

Brien Kreps 1 session
Wed Oct 22 6-9pm \$54

Cash-Flow Management

Would you like to know how to increase the balance in your business checking account? Learn how the decisions you make daily affect your cash flow and what decisions you can make to improve your cash flow.

Brien Kreps 1 session
Wed Oct 29 6-8pm \$40

Personal Finance Classes - see page 12.

ANIMALS

Chickens & Eggs

This one-day class gives facts about chickens and eggs "gathered" from a lifetime of raising chickens. Learn about the aspects of economics, housing, feeding and equipment needed to start your own flock.

Emy Amy 1 session
Sat Sep 13 10am-1pm \$39

Why Does My Dog Do That?

Explore the latest discoveries in animal behavior, neuroscience and medical imaging to understand why our beloved pets do what they do. Bring your own perplexing pet behavior stories to share, and then practice identifying the underlying motives of canine behavior using evidence-based, positive-reinforcement strategies for low stress behavior adjustment.

Elise Poston 2 sessions
Tue Oct 7 & 14 6-7:30pm \$39



Photo courtesy of Racheal Vargas

Pet First Aid, CPR & Disaster Response LIBBY

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how to best handle disaster and response.

Racheal Vargas 1 session
Lincoln County Campus
Wed Oct 15 10am-2pm \$74

Pet First Aid, CPR & Disaster Response

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how to best handle disaster and response.

Racheal Vargas 1 session
Thu Dec 4 10am-2pm \$74

Advanced Animal Behavior NEW

Learn evidence-based tools for creating safe and productive interactions between humans and domestic animals. Although the class builds on the fundamentals of animal cognition and behavior from "Why Does My Dog Do That?", there are no prerequisites and everyone is welcome.

Elise Poston 4 sessions
Tue Oct 21-Nov 11 6-7:30pm \$59

K-9 Wilderness Emergency Care

Specifically designed for the Montana outdoor enthusiast who likes to share their outdoor adventures with their dog where access to veterinary care is delayed or communication is limited. Learn the necessary emergency first aid treatments for common injuries and illnesses and how to make appropriate evacuation decisions.

Racheal Vargas 1 session
Fri Dec 5 9am-5:30pm \$144

AGRICULTURE



Explore a variety of hands-on classes designed to enhance your knowledge of gardening, landscaping and sustainable land management. From soil health and seed saving to fall harvesting, these courses offer practical skills for creating thriving outdoor spaces.

Composting & Soil Health

Join us for an introductory guide to creating high quality compost and understanding how soil health impacts your success in the garden.

Giovanni Bevacqua 1 session
Sat Sep 13 1-4pm \$50

Harvesting Vegetable Crops: Fall NEW

Discover essential techniques for harvesting and storing vegetable crops with a focus on late-season varieties. This autumn session highlights winter squash, root crops, garlic and onions.

Dane Regan 1 session
Sun Sep 14 1-3pm \$40

Seed Saving From Your Garden

Learn how to save seeds from heirloom and open-pollinated plants to use in future gardens. As part of a three-part series (Seed Starting, Square Foot Gardening, and Seed Saving) this class equips gardeners to grow more sustainably.

Kathy Prim 1 session
Sat Oct 11 10am-12:30pm \$40

Crop Focus: Garlic

This in-depth course covers everything you need to know to successfully plant, care for and harvest garlic.

Dane Regan 1 session
Sat Oct 11 1-4pm \$50

Regenerative Orchards & Food Forests NEW

Explore the design and management of fruit tree growing systems that improve local ecology and fruit quality. Learn the regional considerations for selecting trees, planting, maintenance, pest control, harvesting, and design approaches that tie it all together.

Mark Cometti 1 session
Sat Oct 18 1-4pm \$50



Visit farm.fvcc.edu to learn more about the FVCC Campus Farm and join the mailing list.

ARTS

CREATIVE CRAFTS

Beginning Paper Flower Techniques

Learn foundational techniques and four essential methods for shaping and assembling realistic paper flowers of your choice. Finish with a creative display project, arranging flowers in a vase, frame or wreath. No prior experience needed.

Allyson Fraser	1 session
Wed Sep 10	6-8:30pm \$59
Wed Sep 24	6-8:30pm \$59

Felted Wool Appliqué

Create a seasonal table topper out of the rich, wool textures. Choose from a variety of templates and patterns for 12" or 18" scalloped edge bases, and personalize your design with dozens of shape and theme options. Learn essential wool techniques and 4-6 creative stitches to embellish and add texture.

Jan Shanahan	1 session
Sat Oct 4	10am-3pm \$66



Photo courtesy of Allyson Fraser. Handcrafted paper pumpkin luminaries by Leaf & Lotus.

Paper Pumpkin Luminaries

Create festive 3D pumpkin luminaries in this hands-on workshop for all skill levels. Learn paper assembly techniques, explore floral and leaf embellishments, and enjoy demos of basic flower-making methods to help you add creative finishing touches to personalize your project.

Allyson Fraser	1 session
Wed Oct 15	6-8pm \$54

Beginning Crochet

Learn about yarn, needles, pattern reading and the basic stitches and textures needed to create simple to intermediate projects. Bring a pattern if you have one, metal hook sizes G, H, I and J, one skein of acrylic worsted yarn, ruler or gauge guide and small scissors. Class includes practice yarn, yarn needle, "fun yarns" to try, and guidebook/pattern sample.

Jan Shanahan	1 session
Sat Oct 11	10am-3pm \$69
Sat Nov 15	10am-3pm \$69

Hand Embroidery

Learn to use embroidery thread to make the right size stitches, transfer designs to your surface and get creative with personal projects or gifts. Needles, thread, fabric choices and instruction booklet provided. Bring an embroidery kit or design if you have one.

Jan Shanahan	1 session
Sat Oct 18	10am-3pm \$69
Sat Nov 22	10am-3pm \$69

English Paper Piecing: The Calming Handwork

Learn about the traditional art form of English paper piecing and to cut, prep and hand-stitch fabric around paper templates to create a beautiful, geometric design. Finish a small (under 18") project in class or layout a larger one to complete at home. Bring scissors, ruler, needles and neutral sewing thread. Use your own fabric scraps or choose from those provided.

Jan Shanahan	1 session
Sat Oct 25	10am-3pm \$62

Pine Needle Basketry

With a few basic supplies and some guidance, learn this traditional art and a variety of techniques to create one or two small pine needle baskets. Learn how to create the pine needle coils to stitch together to form a basket. Repeat students welcome: expand your expertise by bringing a started basket and learn something new such as adding handles, beads, creating a lid, advanced stitches, etc.

Susan Wagner	2 sessions
Sat Nov 1 & 8	9:30am-2:30pm \$94

Seasonal Paper Wreaths

Create a festive winter wreath using layered paper elements like winter greens, berries and poinsettias. Learn beginner-friendly shaping techniques with step-by-step guidance. All materials are provided including pre-cut pieces and a wreath base. No prior experience needed—just bring your holiday spirit!

Allyson Fraser	1 session
Sat Dec 6	6-8pm \$54

DANCE

Introduction to Modern Dance

Learn basic movement skills and techniques while connecting to rhythm, space and dynamics. Through creative exercises, develop your dance vocabulary and gain a deeper appreciation for how movement relates to self-expression in dance, music, sports and theater.

Katherine Averill	4 sessions
Thu Sep 4-25	7:15-8:15pm \$49

American Waltz

Considered by some as the "mother of present-day dances" of the ballroom, the waltz is the basis for many dances. Learn the steps of this smooth dance that is all about gliding in a lively manner, characterized by its rise and fall action.

Tom Reynolds	5 sessions
Mon/Wed Oct 6-Oct 20	7:35-9:05pm \$55

Jitterbug (Simple Step Swing)

The Jitterbug, an upbeat form of swing dancing, is associated with various dances such as the Lindy Hop, jive and East Coast Swing. Danced to all types of music and in all venues, the Jitterbug is a must-have in your dance repertoire.

Tom Reynolds	5 sessions
Mon/Wed Oct 6-Oct 20	6-7:30pm \$55
Mon/Wed Nov 10-Nov 24	6-7:30pm \$55



Irish Ceilis

Learn several Irish Ceilis, or party dances, in this fun and lively class. These dances are easy to learn and perfect for social events and celebrations. No partner or experience needed.

Crystal MacInnes	6 sessions
Tue Oct 14-Nov 18	6-7pm \$59

Nightclub Two-Step

Learn the versatile nightclub two-step, a partner dance originally developed for dancing to slower music. Enthusiastic instructors teach how to move in the "box" and move smoothly so you can dance confidently to most songs in any venue.

Tom Reynolds	5 sessions
Mon/Wed Nov 10-Nov 24	7:35-9:05pm \$55

Dance Fitness & Wellness - see page 5.

VISUAL ARTS & CERAMICS

**Introduction to Stained Glass**

Create your own stained glass sun catcher in this hands-on class. Learn basic stained glass skills like choosing and cutting glass and soldering your final product. All supplies and equipment provided, including sun catcher designs.

Emily Goodrich	2 sessions	
Mon Sep 8 & 15	5:30-8:30pm	\$149
Sat Sep 13 & 20	9:30am-12:30pm	\$149
Sat Oct 4 & 11	9:30am-12:30pm	\$149
Mon Oct 20 & 27	5:30-8:30pm	\$149
Sat Nov 1 & 8	9:30am-12:30pm	\$149
Mon Nov 10 & 17	5:30-8:30pm	\$149

Pottery for All Levels **LIBBY**

Open to all skill levels and both hand-built and wheel-thrown ceramics, this course helps build confidence by exploring the five basic elements of art and then applying them to projects through the seven principles of design.

Patty Rambo	6 sessions	
Lincoln County Campus		
Mon Sep 8-Oct 13	5:30-7:30pm	\$79

Watercolor Magic

Learn the basic techniques of watercolor painting and create a new piece each week. Explore a variety of methods to enhance your work and express your creativity. The final class is dedicated to creating a finished painting that brings together everything you've learned.

Dana Fraley	8 sessions	
Tue Sep 16-Nov 4	6-8pm	\$139

Color, Composition & Collage

Explore how color works and how to create dynamic, engaging compositions. Using collage, apply newly learned principles of color and composition to create original artwork.

Jill M.L. Kanewischer	6 sessions	
Tue Sep 23-Oct 28	2-4pm	\$99

Mixed Media Collage

Under the guidance of a contemporary narrative collage artist, explore a series of projects designed to boost creativity and teach techniques while helping you create a variety of mixed media collages. Bring your own supplies. Class meets every other Saturday.

Jill M.L. Kanewischer	4 sessions	
Sat Sep 27-Nov 8	9am-12pm	\$99

Plein Air Painting

Painting outdoors is a relaxing and rewarding experience. Learn to work with acrylic paint while composing and creating landscapes at scenic locations throughout the Flathead Valley.

Jill M.L. Kanewischer	4 sessions	
Fri Oct 3-24	9am-12pm	\$89

Basic Drawing: Level 1

Discover how to communicate through line, form, light and shading using graphite and pen. Develop keen observation and learn to draw accurately from what you see. This popular course now includes extended sessions to practice drawing skills in class. No previous experience necessary and all supplies provided.

Hillary Parker	7 sessions	
Thu Oct 16-Dec 4	9:30am-12:30pm	\$199

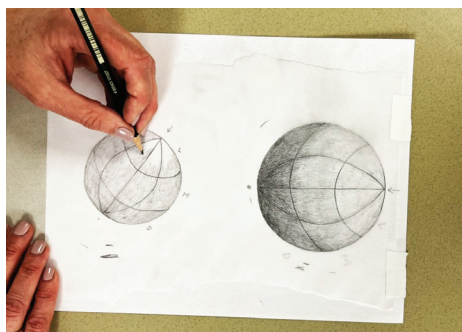


Photo courtesy of Hillary Parker

Botanical Watercolor Basics: Level 1

Learn basic drawing, painting and plant anatomy to create beautiful watercolor studies of flowers with accuracy. This popular course now includes extended sessions to practice drawing skills in class. No previous experience necessary and all supplies provided.

Hillary Parker	7 sessions	
Wed Sep 10-Oct 22	9:30am-12:30pm	\$199

Colored Pencil Basics

Learn the essentials of working with colored pencils including drawing techniques, color theory and colored pencil-specific methods as you create small nature compositions. No previous experience necessary and all supplies provided.

Hillary Parker	6 sessions	
Tue Nov 4-Dec 9	9:30am-12:30pm	\$169

Drawing Landscapes: Level 1

Learn to draw fall landscapes with accuracy and vivid color. Start with two classroom sessions focused on basic drawing skills, colored pencil techniques and understanding landscape composition. Then take your skills outdoors for two on-location classes. No previous experience necessary and all supplies provided.

Hillary Parker	4 sessions	
Fri Sep 12-Oct 3	1-4pm	\$119



Photo courtesy of Hillary Parker

Nature Journaling

Whether you are new to nature journaling or have some experience, develop skills to observe, reflect and record your beautiful fall surroundings through journaling, sketching and painting outdoors. The course begins indoors, then moves to a new outdoor location each week for on-site journaling. No previous experience necessary and all supplies provided.

Hillary Parker	7 sessions	
Tue Sep 9-Oct 21	9:30am-12:30pm	\$199

Painting Fall Leaves & Pumpkins in Watercolors

Learn to paint fall leaves and pumpkins in watercolors while exploring the rich colors of autumn. This course covers basic drawing and watercolor techniques, color theory and mixing to help you capture the beauty of the season's harvest. No previous experience necessary and all supplies provided.

Hillary Parker	4 sessions	
Fri Oct 10-31	1-4pm	\$119

Painting Holiday Cards & Gift Tags in Watercolors

Create beautiful and memorable holiday cards and gift tags using watercolors in preparation for the holiday season. No previous experience necessary and all supplies provided.

Hillary Parker	1 session	
Fri Dec 5	1-4pm	\$49

Watercolor Techniques: Mixing & Matching Colors

This fun and informative watercolors course takes the mystery out of mixing and matching colors. Learn practical color theory as well as how to use a simplified color palette to navigate the color wheel and mix colors with ease. No previous experience necessary and all supplies provided. No class Nov 26.

Hillary Parker	5 sessions	
Wed Nov 5-Dec 10	9:30am-12:30pm	\$149

Japanese Traditional Art: Shodo (Japanese Calligraphy)

"Shodo" is the ancient Japanese art of handwriting often translated as "the way of artistic handwriting." Learn how to write your name in Japanese and Kanji (Chinese characters representing meanings) with brush and ink on a decorative scroll.

Yoshimi Yamamoto-Derks	1 session	
Thu Nov 20	6-8:30pm	\$34

Art Business classes - see page 10.

COMMUNICATIONS & CUSTOMER SERVICE

Communicate Effectively in the Age of AI NEW

As more communication happens through screens and algorithms mediate much of our interaction, develop tools to connect authentically, listen actively and express empathy online. Learn how to use language, tone and digital presence to make others feel heard and valued. These skills are essential for building relationships, leading effectively and collaborating in today's digital world.

Phil Quigley 1 session
Thu Sep 25 9-11am \$40

Communicating Across Generations

Join us for an engaging session focused on the dynamic differences between generational characteristics and communication styles. Learn how to better understand each other and work more effectively together.

Lisa Jones 1 session
Wed Oct 1 2-4pm \$40

Negotiation Skills

In life, you don't get what you deserve, you get what you negotiate. Learn strategies to bridge differences, find common ground and create practical solutions. Practice getting to "yes" in any negotiation by focusing on objective issues and mutual gain.

Phil Quigley 1 session
Tue Oct 7 9-11am \$40

Dealing Effectively with Difficult People

Learn powerful tools to understand and work with demanding people when stakes are high. Recognize and apply four primary behavioral styles to adapt your communication and help calm tense situations when tempers rise.

Phil Quigley 1 session
Wed Oct 15 9-11am \$40

StrengthsFinder Workshop NEW

Join millions of people discovering how to thrive at work and in life. This hands-on CliftonStrengths workshop helps unlock your unique talents for a more rewarding career, stronger relationships and personal growth. A CliftonStrengths assessment and customized report is required for an additional \$24.99. A web link will be provided after registration.

Paul Genovese 1 session
Thu Nov 20 9-11am \$40

Generous Listening and Humor in the Workplace - see page 9.



COMPUTERS & TECHNOLOGY

Becoming Tech Savvy

Learn at a relaxed pace with a compatible group of beginning computer users. Gain a fundamental understanding of how computers operate, creating and managing computer files, writing letters and emails, using the internet, and navigating Windows 11 and Office 365.

Amelia Ward 5 sessions
Mon/Wed Oct 6-20 5:30-7:30pm \$139

Windows 11 Features

Learn the basics of Windows 11 including the Edge browser, task view and Snap Assist for windows management. Customize your workspace, manage user accounts and familiarize yourself with the Windows voice controlled assistant, Cortana.

Shannon Hanson 1 session
Tue Oct 7 1-4pm \$69

Use AI to Build & Market Your Business (Zoom Only)

The era of artificial intelligence (AI) is here and can be intimidating. Demystify this new technology and learn practical ways to make it work for you and your business. Explore various AI tools and their best uses; discuss best practices and pitfalls to beware of; and then roll up your sleeves and use AI to create usable content for your business website.

Benj Burke 1 session
Tue Oct 7 6-8pm \$40

Start & Grow Your YouTube Channel

Learn the essentials to be successful with your own YouTube channel: realities, niche, channel name, camera and sound options, editing, dashboard and analytics. Walk away with tips for growing your channel.

Chris Tempel 3 sessions
Wed Oct 8-22 6-8pm \$84

Introduction to Video Editing

Editing is an art form and the most important part of the video creation process. Learn how to take raw footage, stills and music, and then make a finished video to share with peers, family and friends.

Chris Tempel 3 sessions
Wed Nov 5-19 6-8pm \$84

Google Suite

Google Suite contains numerous applications to help us function in our high tech world. Learn about Gmail, Sheets (spreadsheets), Docs (word documents), Slides (slide presentation) and Meet (video conferencing). Create each one while learning the ins and outs of using Google.

Shannon Hanson 2 sessions
Thu Nov 6 & 13 1-5pm \$120

QuickBooks Online (Online Course)

The introduction course focuses on key features of QuickBooks Online like creating invoices, receipts and statements; tracking payables, inventory and receivables; generating reports; and more. The intermediate course shows how to set up accounts for different types of businesses, enter budgets and how to track situations in which the owner uses or invests company funds.

24 or 48 hours / 6 or 12 weeks - \$156 each or \$280 for both. Register at ed2go.com/fvccce.

FVCC offers team training for your business, from technical skills to leadership development.

Call 406.756.3833

to consult with Jodi Smith on training packages.
fvcc.edu/business-industry | jsmith@fvcc.edu

MICROSOFT OFFICE

Learn to produce professional documents and spreadsheets with guidance from an industry expert. Classes taught on Office 365. Classroom or Zoom seats available.

Instructed by Allison McCarthy
1-4pm \$69 each session

Excel Level I

Explore the basics of spreadsheet functions. Learn shortcuts to assist in data entry, how to create formulas and basic formatting. Prerequisite: experience with basic Windows functions.

Tue Oct 14 (Zoom Option)

Tue Oct 28 (Zoom Option)

Excel Level II

Learn to manage an Excel workbook including data organization, cross-sheet formulas and working with multi-sheet books. Walk away with tips and tricks to speed up your layout, linking, formatting and printing. Prerequisite: Excel Level I or some knowledge of Excel.

Tue Oct 16 (Zoom Option)

Thu Oct 30 (Zoom Option)

Excel Level III

Learn to create and format line, column and pie charts. Build complex formulas, use the sorting and filtering functions in list management and learn about trend lines. Prerequisite: Excel Level I and Excel Level II.

Mon Nov 3 (Zoom Option)

Excel Level IV

Learn to use advanced filtering to build accurate, duplicate-free lists that you can then send to a separate file for emailing. Combine the power of pivot tables with accurate lists to create summary level reports. Prerequisite: Excel Level III.

Wed Nov 5 (Zoom Option)

Microsoft Word: A Powerful Tool with Hidden Features

Reduce your time, effort and energy by leveraging the most popular word processing program in the world. Even lifelong Word users will leave with new skills. Learn your way around the normal template, keyboard techniques, formatting, the clipboard, indentations, lists and inserting photos. Save time with shortcuts and custom settings. Taught on Office 365.

Tue/Thu Oct 21 & 23 (Zoom Option) \$129

WEB DESIGN**WordPress: Easy Website Design**

WordPress is the easiest and most powerful blogging and website builder today. Learn how to set up an entire website with WordPress. No programming skills needed. Recommended prerequisite: Resizing Images for Print & Web - see page 12.

Shannon Hanson **3 sessions**
Wed Sep 24-Oct 8 1-5pm \$159

Advanced WordPress Web Design

Designed for those responsible for the administration of a WordPress website or who just want a deeper understanding of how it works. Learn about themes, plugins, installation and registration as well as backing up your site and moving to a new host.

Shannon Hanson **3 sessions**
Wed Oct 15-29 1-5pm \$159

FITNESS & HEALTHY LIVING**SHiNE**

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet and is the perfect balance of cardio and toning to ensure you receive a full-body workout.

Donna Bryant **7 sessions**

Tue Sep 9-Oct 21 6-7pm \$64

Donna Bryant **8 sessions**

Tue Oct 28-Dec 16 6-7pm \$74

Ashley Gramlich **6 sessions**

Wed Oct 1-Nov 5 6-7pm \$59

Wed Nov 12-Dec 17 6-7pm \$59

**UPLIFT**

Uplift™ is a full-body workout that combines traditional strength moves with iconic music and some booty-shaking fun to create a unique fitness experience. Classes feature engaging playlists, high energy and measurable results using a combination of free weights, bands, balance and mat work to build muscular strength and endurance.

Donna Bryant **7 sessions**

Thu Sep 11-Oct 23 6-7pm \$64

Thu Oct 30-Dec 18 6-7pm \$64

Donna Bryant **8 sessions**

Mon Oct 27-Dec 15 6-7pm \$74

**Introduction to Forest Bathing (shinrin-yoku)**

Forest bathing, also known as shinrin-yoku and forest therapy, offers a way of experiencing nature for health and well-being with positive physiological and psychological benefits. Slow down and focus your senses on the natural world to help address daily stresses. Learn how to tap into this simple yet powerful practice so you can do it anytime and anywhere.

Ellen Horowitz **1 session**

Thu Sep 11 10am-12:30pm \$34

Thu Sep 25 10am-12:30pm \$34

Wed Oct 8 10am-12:30pm \$34

Wed Oct 22 10am-12:30pm \$34

Beginning Zumba

Get your heart pumping and your face smiling as you dance your way to fitness. This is a fun interval workout with cardio and Latin inspired dance and a combination of fast and slow rhythms. No class Oct 4.

Caitlin Amy Jensen **6 sessions**

Sat Sep 13-Oct 25 10-11am \$59

Oula One

Oula One is a heart-based, musically-inspired yoga dance fusion class. Each session is done barefoot on the mat, with no jumping or impact. Journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Join us for a great way to rejuvenate mind, body and soul.

Donna Bryant **6 sessions**

Mon Sep 15-Oct 20 6-7pm \$59

Harmony Within: Mindfulness & Meditation for Inner Peace

Discover the power of mindfulness, creating a foundation for living with greater intention and peace in the present moment. Learn to develop skills to manage stress, enhance clarity of mind and promote overall well-being.

Silvi Winthrop **6 sessions**

Wed Sep 24-Oct 29 10-11:15am \$69

Register online today!

fvcc.edu/ContinuingEducation



Chair Yoga
Join us for gentle chair yoga designed for seniors, people with issues which prevent getting up/down from the floor and for those looking for a yoga workout without equipment. Class includes safe strengthening, flexibility techniques, ideas for short yoga breaks for those sitting at a desk all day as well as breathing tips to increase your endurance and focus.
Linda Miller 6 sessions
Tue Oct 14-Nov 18 9:30-10:30am \$64

FOOD & BEVERAGE

Japanese Traditional Cuisine: Shumai & Suratan Soup
Learn how to make Shumai, one of Japan’s popular appetizers. This dish is typically made with ground pork, finely chopped onion and flavored with seasonings, enclosed in a wonton wrapper, tossed with green pea and dipped in sauce. Also learn to make Suratan soup.
Yoshimi Yamamoto-Derks 1 session
Fri Sep 12 10am-1pm \$64

Japanese Traditional Cuisine: Gluten Free Karaage & Miso Soup
Karaage is one of the most popular Japanese cuisines. It is the Japanese version of fried chicken nuggets enjoyed as an appetizer or a meal. Learn how to prepare flavored chicken with soy sauce, sake, ginger and garlic to make juicy and crispy Karaage. Also learn to make Miso soup.
Yoshimi Yamamoto-Derks 1 session
Wed Sep 17 5:30-8:30pm \$64

Cake Decorating
Learn to bake and frost cakes and cupcakes like a pro. Make a cake from scratch, whip up delicious frosting and fillings, and master simple yet stunning decorating techniques. Impress yourself (and others!) with your amazing creations.
Jane Dalton 3 sessions
Tue Sep 23-Oct 7 6-9pm \$99
Thu Sep 25-Oct 9 6-9pm \$99

Basics of Home Canning
Stock your pantry with home-canned foods after you learn the practical water bath method. Good for most fruits, jam, salsa and pickles. Learn tips and techniques for canning your garden tomatoes.
Emy Amy 1 session
Sat Sep 20 10am-2pm \$69

Preserving Jams & Jellies
Learn basic techniques to can and preserve jams and jellies. These jewel-toned beauties not only make wonderful homemade treats for your family but also make tasty gifts. Basic canning knowledge is helpful.
Emy Amy 1 session
Sat Sep 27 10am-2pm \$69

What’s for Dinner? **NEW**
Make delicious comfort foods from everyday items found in your pantry. Whether it’s a main dish, side, soup, salad or dessert, you will be amazed at what you can create without a grocery run. Bring your apron and your appetite to this fun, hands-on class.
Emy Amy 1 session
Sat Oct 4 10am-1:30pm \$64

Simple Butter & Cheese
Learn to make creamy hand-churned butter and fresh mozzarella cheese. Become familiar with the history and equipment used as you step back in time to learn the old skills of the trade. With new twists to accommodate today’s busy lifestyle, add these delicious homemade staples to your kitchen.
Emy Amy 1 session
Sat Oct 11 10am-1:30pm \$64

Basic Bread Making
Learn to bake fresh, homemade bread even with a busy schedule. Discover simple tips and techniques for creating a variety of favorites including classic loaves, cinnamon rolls, two types of biscuits and English muffins.
Emy Amy 1 session
Sat Oct 18 10am-1:30pm \$64

Sausage Making
Appreciate the satisfaction that comes from making homemade sausages. In this hands-on class, learn to make a breakfast-style sausage and then take home samples.
Emy Amy 1 session
Sat Oct 25 10am-1:30pm \$79



Wine Workshops		
All wine workshops are presented by Raymond Dickinson, owner of Brix Bottleshop. Must be 21 or older to attend. All workshops are 1 session and meet on Wednesdays, 6-8pm.		
Sep 10	Exploration of End of Summer Sippers	\$74
Sep 24	Blind Sensory & Evaluation	\$74
Oct 1	Exploration of Walla Walla Wines	\$74
Oct 8	Exploration of Piedmonte, IT	\$74
Oct 22	Exploration of Syrah	\$74
Nov 5	Wines for Thanksgiving & the Holidays	\$74
Nov 19	Exploration of Burgundy, FR	\$74
Dec 3	Exploration of Cabernet, FR	\$74
Dec 10	Celebration of Bubbles	\$74

Soups, Stews & Chowders

Warm up the cold weather seasons with everyone's favorite one-pot comfort food. Learn to make a variety of healthy and economical soups perfect for dinners of any size. Bring an apron and your appetite to this fun, hands-on class.

Emy Amy 1 session
Sat Nov 1 10am-1:30pm \$64

Pies: Sweet & Savory

Making your own pies from scratch is both rewarding and delicious. In this hands-on class, learn tips and tricks to make pie crust and filling, including savory pies.

Emy Amy 1 session
Sat Nov 8 10am-1:30pm \$64

HEALTH CARE & EMERGENCY MEDICINE

**Certified Clinical Medical Assistant (CCMA Noncredit)**

If you are currently employed in health care, advance your clinical skills and knowledge to prepare for the Certified Clinical Medical Assistant (CCMA) exam through the National Healthcareer Association (NHA). The self-paced online curriculum includes up to 20 hours of live remote coaching and support. Students have up to 12 months to complete the program, but may complete it in as few as 6 months as long as the participating employer provides appropriate skills labs training. All hands-on training and simulations required by the employer are to be provided by the employer on site.

For more information, contact **Hannah Kimmel**, Program Director at 406.752.4582 or hkimmel@fvcc.edu

Basic Life Support for Health Care Providers

The American Heart Association's Basic Life Support course reflects new science from the 2020 AHA Guidelines Update for CPR and Emergency Cardiovascular Care. This video-based, instructor-led course teaches single rescuer and team basic life support skills for application in both in-facility and pre-hospital settings.

Racheal Vargas 1 session
Wed Oct 8 9am-12pm \$64
Tue Nov 4 2:30-5:30pm \$64

Health Care Refresher Courses

These instructor-led sessions provide hands-on skills practice, team scenarios and skills testing. Before attending, you must complete AHA's online prerequisite via HeartCode, including the course exam, and present proof of current or expired certification along with your completion certificate. Find additional details for each course online.

Instructors: Amanda Horelick (M.Ed., BS, NR-P), Michael Shelton (BSN, CCRN), Kyle Krebs (MA, BS, NR-P)

Basic Life Support (BLS) Health Care Provider Refresher

Sep 18	10am-12pm	\$150
Oct 16	10am-12pm	\$150
Nov 20	10am-12pm	\$150

Advanced Cardiac Life Support (ACLS) Refresher

Sep 18	1-3pm	\$150
Oct 16	1-3pm	\$150
Nov 20	1-3pm	\$150

Pediatric Advanced Life Support (PALS) Refresher

Sep 18	3:30-5:30pm	\$150
Oct 16	3:30-5:30pm	\$150
Nov 20	3:30-5:30pm	\$150

Heartsaver® Total (CPR, AED & First Aid)

This course from the American Heart Association is designed for anyone with little or no medical training and wants to prepare to act in an emergency at work or home. Learn CPR skills for adults, children and infants. Receive a completion card after finishing the first aid and/or CPR training.

Racheal Vargas 1 session
Tue Sep 30 9am-2pm \$79
Tue Oct 14 1-6pm \$79
Tue Nov 4 9am-2pm \$79

**Family & Friends® CPR**

Learn to perform CPR and save lives. This class is designed for family members, grandparents or anyone wishing to learn the basics of CPR and choking hazard/danger/skills or have a quick refresher. Taught by a Certified American Heart Association Instructor.

Racheal Vargas 1 session
Thu Nov 13 10am-1pm \$39
Thu Dec 11 10am-1pm \$39

Stop the Bleed®

Learn to Stop the Bleed, apply a basic wound dressing, pack a deep laceration, apply a chest seal, apply a tourniquet and basic injury assessment. Stop the Bleed encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. Includes certification.

Racheal Vargas 1 session
Thu Nov 13 1:30-2:45pm \$34
Thu Dec 11 1:30-2:45pm \$34

Basic Wilderness First Aid for Women

Learn to understand and avoid wilderness hazards and provide emergency care in the wilderness. For an additional fee, obtain NASAR certification by completing the required forms at the end of class for submission by the instructor. Certification is an additional \$30, payable in class by cash or check.

Racheal Vargas 1 session
Fri Nov 14 9am-5:30pm \$94

For Animal Health Care, see **ANIMALS**.

HISTORY, LANGUAGE & GLOBAL AFFAIRS

Ireland Through Film

In recent decades, filmmakers have delved deeply in Irish history and culture to create beautiful stories and make unique contributions to global cinema. Join us as we view and discuss a variety of Irish films: drama, comedy, history, myth and legend. Films include "The Siege of Jadotville" (2016), "Once" (2007) and "Wolfwalkers" (2020).

Jon Hatch 3 sessions
Tue Sep 16-30 6-8:30pm \$69

American Sign Language 1

Explore the world of speaking with your hands. Course includes receptive and expressive fingerspelling, sign vocabulary, ASL structure, conversational behavior and various aspects of the Deaf culture. A textbook is required (by the second class): "Talking With Your Hands, Listening With Your Eyes" by Gabriel Grayson. OPI Renewal Units available.

Katie Halling 12 sessions
Tue Sep 23-Dec 9 6:30-8:30pm \$159

Chinese Language for Beginners NEW

Begin with the fundamental sounds of Chinese pronunciation using the pinyin system, then build your skills with characters, words and everyday expressions. Along the way, discover Chinese history, geography and culture through engaging stories, food, art and music.

Yuyu Wang 16 sessions
Mon/Thu Sep 22-Nov 13 6-8pm \$220

Introductory Topics in Chinese Culture **NEW**

Explore aspects of long-standing and magnificent Chinese culture through lectures, media and activities. Learn about rich traditions including poetry, opera, folk songs, food, martial arts, calligraphy and painting, as well as basic language pronunciation. No experience of Chinese language is required.

Yuyu Wang 4 sessions
Wed Oct 1-22 6-8:30pm \$84

Historical Origins of the Bible

Explore the Bible from a historical perspective. Topics include divine inspiration, revelation, the formation of the Old and New Testaments, and how transcription shaped the text. Taught by an instructor with more than 45 years of teaching experience and a background in psychology and theology.

Sam Hebert 6 sessions
Wed Sep 24-Oct 29 10am-12pm \$89

Anatomy of a Federal Corruption Investigation

How do the US Department of Justice and FBI investigate, put together and successfully prosecute an allegedly corrupt, high-ranking government official? A former federal prosecutor illustrates this process through the case example of former Louisiana governor Edwin W. Edwards, who was convicted at a five-month-long jury trial of racketeering, extortion and bribery. Discuss the role of informants, wiretaps, grand jury, accomplice cooperation, net worth analysis, pre-trial maneuvering and the vicissitudes of jury trial.

Peter Strasser 1 session
Thu Oct 2 4-6pm \$29

Living Together Well: An Introduction to Conflict Resolution

From friends to families to foreign countries, conflicts seem very easy to start but very complicated to get over. Using examples from around the world, this course explores how conflicts start, what sustains them and the process of bringing them to an end, as well as what resources coexist in the aftermath.

Jon Hatch 6 sessions
Tue Oct 7-Nov 11 6-7:30pm \$79

Contemporary Literature of Montana

Montana's literary tradition continues to thrive across this state, and in this discussion-based literary book club, we'll read some of the best contemporary writers beneath the Big Sky. Join us for a four-week series reading the state's finest writers of fiction, creative nonfiction and poetry.

Maggie Doherty 4 sessions
Tue Oct 7-Oct 23 12-2pm \$74

Gaelic Literature **NEW**

Learn about the fascinating world of Gaelic Literature from ancient times to the modern era from an instructor who recently finished her master's in Gaelic Literature and Culture from the University College of Cork.

Jill M.L. Kanewischer 6 sessions
Mon Sep 29-Nov 3 2-3pm \$59

Gaelic Poetry **NEW**

Learn about the unique art of poetry of Ireland and Scotland. Who was Pangur Bán? What influenced the poetry of these amazing places? What is a waulking song? Do you sit up for a wake? Discover the answers to these questions and many more and learn to write poems of your own.

Jill M.L. Kanewischer 4 sessions
Thu Oct 23-Nov 13 6-7pm \$49

Japanese Language & Culture: Advanced Beginner I

Become more fluent with Japanese vocabulary and expressions through writing, reading, listening and speaking exercises. Explore Japanese culture and customs, and sample some Japanese food. Last class includes a cultural activity to create traditional art and cuisine. Recommended book, "Nihongo Fun & Easy," is available through Amazon. Prerequisite: some previous studies or the ability to read the Japanese Alphabet Hiragana.

Yoshimi Yamamoto-Derks 6 sessions
Mon Nov 3-Dec 8 6-8pm \$114

INDUSTRY TRAINING & SAFETY**HUMAN RESOURCES****SHRM Certification Preparation Course**

This seminar presents a comprehensive and detailed review of the current SHRM Body of Competency & Knowledge™ (SHRM BoCK™). While these sessions should not be your only preparation for certification, they are a valuable component to help focus your study efforts and maximize your results. The SHRM Learning System is not included. 3 sessions

Cindy Carpenter, FV-Chapter SHRM
Wed-Fri Nov 12-14 8:30am-4:30pm \$200

INDUSTRIAL**FVCC Building & Construction Trades**

Start your path to a rewarding career in the building industry. Explore construction trades and develop your skills in safety, framing, communication and critical thinking.

Contact Arthur Morken at 406.756.4584 or amorken@fvcc.edu.

**Haas Certification: Basic Mill Operator**

This hands-on certification, designed by Haas Automation, verifies your ability to safely and effectively operate a Haas CNC milling machine. The certification exam covers essential skills including safety, machine setup, material handling and basic control panel functions. Those who pass the exam earn a Haas Certificate of Competency, nationally recognized by employers and a strong foundation for advanced CNC certifications. Completion of the online portion of the exam is required before taking the practical exam.

Dave Sturgis 1 session
3rd Friday each month
10am-12pm or 1-3pm \$150

**SERVSAFE****ServSafe® Food Safety for Managers Training & Certification Program**

Learn what you need to know to pass the ServSafe Food Protection Manager Certification. The exam is part of the session.

Flathead City-County Health Dept Staff

1 session
Thu Sep 18 8:30am-5pm \$95
Thu Oct 30 8:30am-5pm \$95
Tue Dec 2 8:30am-5pm \$95



Thank you to McDonald's and the Flathead City-County Health Department for their sponsorship to keep the cost of this course low.

ServSafe® Food Safety Exam Proctoring

Visit fvcc.edu/testingcenter to schedule an appointment to take the exam. Questions? Email proctor@fvcc.edu.

LEADERSHIP

Humor in the Workplace

Discover how humor can boost morale, improve teamwork and support well-being at work. Learn when and how to use humor effectively through examples from companies like Google, Zappos and Southwest Airlines. A well-timed laugh can be a powerful tool for building a stronger, more resilient workplace.

Phil Quigley 1 session
Wed Oct 29 9-11am \$40

Generous Listening: Building Lasting Relationships

Listening is an active skill and a powerful tool for building credibility as a communicator. Learn techniques to create empathy, understanding and support for your ideas. Good leaders listen to understand, not just respond.

Phil Quigley 1 session
Thu Nov 6 9-11am \$40

What Were They Thinking? Leadership Case Studies

Why do smart, hard working leaders sometimes make disastrous mistakes? Analyze famous blunders like Harley Davidson Cologne, New Coke and Boeing's 737 Max 8 to understand how companies can avoid such pitfalls. Learn how fostering open dialogue and encouraging healthy dissent can help leaders make better decisions and achieve stronger results.

Phil Quigley 1 session
Wed Nov 12 9-11am \$40

Mentorship Matters: Building a Culture of Growth & Guidance

NEW

Discover the tools to establish a thriving mentoring culture that drives employee engagement, growth and retention. Learn the fundamentals of effective mentorship including goal setting, role clarity and mentor-mentee matching. Understand the practical steps for introducing a program from securing leadership buy-in to creating communication plans and ongoing support.

Phil Quigley 1 session
Tue Nov 18 9-11am \$40

Communicate Effectively in the Age of AI, Negotiation Skills and StrengthsFinder Workshop - see page 4.



**Register
online
today!**

JUMP START for Supervisors and Managers

"A leader's job is not to do the work for others; it's to help others figure out how to do it themselves, to get things done and to succeed beyond what they thought possible." - Simon Sinek

Oct 14-Nov 10 (See dates below) 10am-12pm \$299
Instructor: Allison McCarthy

Transition to Supervising (Tue Oct 14)

Lay the groundwork for supervisory success by exploring different management styles, setting appropriate expectations and learning four habits that make a great boss.

Communication Tools (Thu Oct 16)

Learn how processing styles impact communication, practice listening and asking questions effectively, and understand the keys to talking like a performance coach.

Keys to Conflict Management (Tue Oct 21)

Discuss key elements of conflict resolution and consider multiple techniques for guiding contentious situations to positive outcomes.

A Culture of Accountability (Thu Oct 23)

Lead with accountability to clarify goals, establish expectations, build confidence and achieve your desired results.

Performance Coaching (Tue Oct 28)

Provide faster and more positive feedback to enhance employee skills and help them meet performance goals while finding their work rewarding.

Time Management (Thu Oct 30)

Focus on strategies to maximize your work time to feel productive and reduce stress including the art of delegation and recognizing time drains.

Taking Charge of Change (Mon Nov 3)

By understanding typical human reactions to change, reduce misunderstandings and anxiety, help employees accept changes more quickly and minimize decreased productivity.

Creating Strong Teams (Wed Nov 5)

Focus on steps that help the members of your team connect with each other and work more productively together.

Developing a Leadership Mindset (Mon Nov 10)

Broaden your perspective on how to create strategy, keep yourself sharp and visualize a profitable future for your organization.



Allison McCarthy brings a powerful combination of high energy and practical tools with overwhelmingly rave reviews, both through her business and as an instructor for FVCC Continuing Education. Allison began her career working for several large corporations in a variety of leadership positions. Since 1995, she has been running her own management and computer training business, having effectively instructed thousands of people on technical computer, interpersonal and management skills.

BUSINESS DEVELOPMENT

The Entrepreneurs Journey

NEW

Investigate how businesses get started, how to identify something to sell and how to launch successfully. Learn from a successful entrepreneur on what to expect along the way. Discover tips for making it work and enjoying the journey of business ownership.

Jim Trevino 1 session
Tue Oct 14 9-11:30am \$50

Digital Marketing Essentials for Small Business

NEW

Learn how to claim, verify and optimize your Google Business profile to improve visibility in local searches and on Google Maps. Explore budget-friendly website tools, understand how search engines work and discover simple strategies to boost your online ranking. Learn how to keep your audience engaged and build your brand across platforms. Register online at <https://mtsbdc.ecenterdirect.com/events/6116>

Montana SBDC - Rich Gannon 1 session
Tue Oct 21 9-11am **FREE**

Selling With Integrity **NEW**

In today's competitive market, businesses need more than just social media to grow. Explore why traditional sales training often falls flat, what truly drives sales success and how to reframe your approach to increase revenue.

Rob Driscoll **1 session**
Tue Oct 28 9-11:30am \$50

Start Your Own Safety Program **NEW**

Understand Montana safety compliance regulations and core principles of building a safety culture. Learn how to conduct a basic risk assessment, identify hazards and build a safety manual. Explore available resources and critical training components to help you develop a comprehensive safety program action plan.

Kellie Trudgeon **3 sessions**
Fri Sep 19, Oct 3 & Oct 17 9-11am \$105

Small Business Development Center

Business counseling, marketing, financial projections, startup assistance and more—free of charge.

- Start a New Business: Turn your business idea into reality.
- Business Finance Assistance: Understand your finances and increase your profits.
- Business Plans: Get help writing your business plan.



Schedule an appointment online at sbdc.mt.gov/kalispell or contact Rob Driscoll, Kalispell SBDC Director, at 406.609.9496 or rdriscoll@fvcc.edu.



The Montana SBDC Network offers a wide variety of training and workshops for small businesses in all phases of business development from start-ups to those looking at growth and expansion. Scan here for a list of popular trainings offered in the SBDC Network.

SBA's online learning programs are designed to empower and educate small business owners. Visit learn.sba.gov to learn more.

FVCC offers team training for your business, from technical skills to leadership development.

Call 406.756.3833
fvcc.edu/business-industry
jsmith@fvcc.edu

PROJECT MANAGEMENT**Project Management for Non-Project Managers (Zoom Only)**

Join for an overview of key project management concepts for beginners or those who don't usually manage projects. Understand the project manager's role, how to adjust when projects go off track, the difference between Waterfall and Agile approaches, and the basics of initiating, planning and closing your projects.

Ashleigh Clark **1 session**
Tue Sep 23 9am-4pm \$200

Conflict Resolution for Project Managers (Zoom Only)

Join for practical strategies for managing and resolving conflicts. Learn to identify common sources of conflict, understand different conflict styles and address complex issues. Explore the stages of conflict and psychological factors that contribute to misunderstandings, turning conflicts into opportunities for collaboration and growth.

Ashleigh Clark **1 session**
Thu Oct 2 1-3pm \$80

Procurement & Negotiation Skills (Zoom Only) **NEW**

Learn the procurement process from start to finish and develop essential skills needed for successful negotiation. Understand how to manage procurements, navigate contract types and handle contract bidding. Discover how to set and achieve negotiation goals that align with your objectives.

Ashleigh Clark **1 session**
Wed Oct 8 1-3pm \$80

Prioritizing Projects for Maximum Impact (Zoom Only) **NEW**

Learn the tools and strategies to effectively prioritize work, resolve conflicts and align efforts with organizational goals. Walk away ready to implement actionable guidelines tailored to your team's unique needs, enabling you to focus on what truly matters.

Ashleigh Clark **1 session**
Wed Oct 22 1-2pm \$60

Streamlining Resource Management for Project Success (Zoom Only) **NEW**

Master the art of tracking assignments and planning headcount to set your team up for success. Learn to manage availability, set utilization goals, adjust allocations, assign tasks and navigate timesheets. Develop a strategic approach to resource planning and gain skills to forecast future headcount and ensure project success.

Ashleigh Clark **1 session**
Thu Oct 30 1-3pm \$80

Driving Continuous Improvement With Project Retrospectives (Zoom Only)

Explore the importance of reflecting on past projects to improve future efforts. Learn how to create a well-structured agenda, navigate the three essential components of a retrospective and establish ground rules for open communication. Discover best practices for conducting retrospectives, identifying actionable items and determining next steps.

Ashleigh Clark **1 session**
Tue Nov 4 1-2pm \$60

MARKETING**Pricing & Marketing Your Art & Handmade Products**

Whether you sell directly, on consignment, wholesale, or through galleries and stores, learn to calculate prices for your products. Once priced right, learn to identify your target audience and some marketing tips to reach them.

Jan Shanahan **1 session**
Sat Sep 27 10am-2pm \$65
Wed Nov 19 4:30-8:30pm \$65

Create Your Art Business Calendar for Financial Success **NEW**

Learn to set goals by forecasting sales and creating a simple marketing and sales calendar. Use it to plan what you can afford for marketing, art shows, retail or wholesale activities and other events that help you move beyond making the products to sell.

Jan Shanahan **1 session**
Thu Oct 16 4:30-8:30pm \$65

Digital Marketing Essentials for Small Business and Selling With Integrity - see page 9.**MUSIC****The Basics of Songwriting**

Explore the elements of songwriting including lyrics, form, melody, rhythm and harmony through conceptual understanding, listening and immersion in the creative process. Bring a notebook and pen. Musical experience is helpful but not required.

Elizabeth Busch Letourneau **5 sessions**
Tue Sep 9-Oct 7 6:30-8:30pm \$84

Beginning Guitar: Basic Note Reading

Learn simple note reading and playing to fun songs in addition to chords and strums. Bring your own guitar. Booklet provided.

Dee Fleming **6 sessions**
Tue Oct 28-Dec 2 6:30-8pm \$84

Beginning Guitar: Basic Chords

Learn basic chords, various types of strums, music theory and proper playing position on the guitar using fun, familiar melodies. Bring your own guitar. Booklet provided.

Dee Fleming 6 sessions
Tue Sep 16-Oct 21 6:30-8pm \$84

Beginning Guitar II: Chords

Learn more advanced chords, various types of strums and techniques, simple scales and music theory. Bring your own guitar. Booklet provided.

Dee Fleming 6 sessions
Wed Sep 17-Oct 22 6:30-8pm \$84

Intermediate Guitar

Learn intermediate chords and strums, fingerpicking, scales, riffs and music theory. Booklet provided. Bring your own guitar.

Dee Fleming 6 sessions
Thu Sep 18-Oct 23 6:30-8pm \$84

Beginning Ukulele: Basic Note Reading

Learn simple note reading and playing to fun melodies as well as some simple chords and strums. Bring your own soprano, concert or tenor ukulele. Booklet provided.

Dee Fleming 6 sessions
Mon Oct 27-Dec 1 6:30-8pm \$84

Beginning Ukulele: Chords

Learn to play fun songs using chords, strums and music theory. Bring your own soprano, concert or tenor ukulele. For ages 16 and up.

Dee Fleming 6 sessions
Mon Sep 15-Oct 20 6:30-8pm \$84

**Intermediate Ukulele**

Learn more advanced ukulele chords and strums, some note reading to fun songs and music theory. Prerequisite: Beginning Ukulele or must be able to play 7 chords. Bring your soprano, concert or tenor ukulele. Booklet provided.

Dee Fleming 6 sessions
Wed Oct 29-Dec 3 6:30-8pm \$84

Echoes of the Isles: A Journey Through Celtic Music NEW

Explore the rich and evocative world of Celtic music in this four-week course designed for music lovers and cultural enthusiasts alike. From ancient ballads to modern interpretations, trace the evolution of Celtic musical traditions across Ireland, Scotland, Wales and Brittany. Gain a deeper appreciation for the instruments, rhythms, scales and stories that define this genre.

Misty Koyunco 4 sessions
Wed Sep 10-Oct 1 6-8pm \$74

Global Rhythms: Exploring the Music of the World

Explore the diverse sounds, instruments and traditions of world cultures. From the rhythms of West Africa to the meditative ragas of India, experience how music reflects the identity, history and spirit of people across continents. No musical experience required.

Misty Koyunco 6 sessions
Fri Sep 5-Oct 17 1-3pm \$94

Women Composers of Classical Music

Discover prominent women composers of each musical era along with sociological and cultural factors that shaped their lifestyles and the music they created.

Misty Koyunco 4 sessions
Mon Sep 8-29 6-8pm \$74

History of Rock & Roll

Explore the history of rock music and prominent musicians of each era along with sociological, economic and cultural factors that shaped the different styles of rock music.

Misty Koyunco 4 sessions
Mon Oct 6-27 6-8pm \$74

History of Classical Music NEW

Explore the historical and stylistic development of music and composers in Western music from the Middle Ages, Renaissance, Baroque, Classical, Romantic and the 20th Century. Gain an understanding and identify style characteristics, genres and composers from the various periods.

Misty Koyunco 4 sessions
Wed Oct 8-29 6-8pm \$74

Private Music Instruction

Learn from professional instructors as you build your skills and confidence to prepare for college-level music programs, ensembles and orchestras. Musicians of all ages and levels develop their technique and talent during individual music instruction. Lesson dates and times arranged with the instructor.

14 weeks (Sep 8-Dec 19)

Griffin Browne Cello
Leo Chen Violin
Wai Mizutani Cello, Viola, Violin
Rebecca Tseng Flute, Piano, Violin
Call 406.756.3832 or visit fvcc.edu/
ContinuingEducation to learn more.

NONPROFIT DEVELOPMENT**Grants & AI for Nonprofits Series** NEW

No prior experience with AI tools or grant writing required. Participants leave with sample prompts, resources and examples you can immediately apply to upcoming projects.

Foundations First: Crafting Competitive Grants With AI Support (Zoom Option)

Understand the key components of grant proposals and learn how AI tools like ChatGPT can support drafting and brainstorming. Get hands-on with AI-generated outlines and sample narratives.

Zen Parry 1 session
Thu Sep 25 3:30-5pm \$49

Smarter Searches: Using AI to Find Funders & Tell Better Stories (Zoom Option)

Learn to use AI assistants to identify aligned funding opportunities and customize your narratives per funder. Understand how to train AI to reflect your organization's tone and mission.

Zen Parry 1 session
Thu Oct 23 3:30-5pm \$49

From Chaos to Clarity: Automating Grant Workflows With AI (Zoom Option)

Gain expertise to build an AI-supported grant calendar and tracking system. Use AI to create board updates, email reminders and evaluation summaries. Learn to train small teams to use AI ethically and efficiently.

Zen Parry 1 session
Thu Nov 20 3:30-5pm \$49

Plan & Implement a Successful Year-End Giving Season

Intended for nonprofits, leave this in-depth workshop with actionable year-end plans, reviewed year-end appeal letters and best practices to implement for a successful year-end giving season.

Chany Ockert, Certified Fundraising Exec (CFRE) 2 sessions
Tue Sep 30 & Oct 7 5-6:30pm \$49

I'm Expected to Fundraise—Help!

Board members are often expected to fundraise, yet asking for donations may be outside their comfort zone. This course outlines the role of Board members in fund development, discusses effective Board governance and gives practical ways to help your 501(c) (3) nonprofit succeed and raise more funds.

Chany Ockert, Certified Fundraising Exec (CFRE) 2 sessions
Tue Oct 21 & 28 5:30-7:30pm \$70

PERSONAL ENRICHMENT

Genealogy: I'm Related to Whom?

Discover your family's background, stories and ethnicity through engaging activities and online research tools. Learn how to preserve treasured memories and keep them accessible for you and your family. Studies show that knowing your roots positively supports the well-being of the next generation.

Diane Denney 3 sessions
Wed Sep 10-24 10am-12pm \$59

BRIDGE

Beginning Bridge

Learn to play bridge for the first time. If you have played party bridge before, learn duplicate bridge and to improve your bidding and playing.

Cathy Barbouletos 8 sessions
Tue/Thu Sep 9-Oct 2 5-7pm \$99

Beginning Bridge II

Improve your bidding, playing and defensive skills to play bridge with confidence.

Cathy Barbouletos 8 sessions
Tue/Thu Oct 14-Nov 6 5-7pm \$99

Beginning Bridge III

You've learned all the basics, now learn a few of the conventions to complete a successful game. Class meets at the Flathead Valley Bridge Center.

Cathy Barbouletos 8 sessions
Sat Sep 13-Nov 1 10am-12pm \$99

Two Over One "2/1" Bridge

When you have mastered Standard American Bridge (Beginning Bridge I, II and III), then move to a more precise bidding system. Class meets at the Flathead Valley Bridge Center.

Cathy Barbouletos 8 sessions
Wed Sep 10-Oct 29 10am-12pm \$99

PERSONAL FINANCE

Maximizing Your Social Security Benefits

Learn everything you need to know to maximize Social Security benefits for the primary worker and spouse. Understand your options including the optimal age to start benefits and how divorce, widowhood, pension income and Medicare can affect your payments. Discuss how benefits are taxed, strategies for minimizing taxes and the required documents to claim benefits.

Ben Reppond 2 sessions
Mon/Wed Oct 6 & 8 6:30-8:30pm \$54

Understanding the Basics of Stock Market Investing

Explore how portfolios are developed and how to make changes to suit your goals and objectives. Learn about stocks and bonds, mutual funds versus ETFs, risk and reward, portfolio assembly, tax-free or tax deferred investment strategies, fund expenses and advisor fees, and measuring results. Bring your own laptop if you have one but not required.

Ben Reppond 2 sessions
Mon/Wed Sep 29 & Oct 1 6:30-8:30pm \$49

Navigating the Home Buying/Selling/Financing Process

Learn how to prepare for the home buying/selling process, understand mortgage options, work with real estate professionals and avoid common pitfalls. Come for an overview of the entire process including essential financing considerations and leave equipped to make informed decisions.

Anu Jakkam & Sheila Siegel 1 session
Wed Sep 10 6-8pm \$34

PHOTOGRAPHY & PHOTO EDITING



Digital Cameras: Get Off Auto

Understand what your different camera settings do and when to use them. Bring your own digital camera with your instruction CD or manual, charged battery and memory card.

Marita Combs 1 session
Thu Sep 25 1-5pm \$65
Thu Nov 6 1-5pm \$65
Sat Nov 8 1-5pm \$65 (Eureka)

Resizing Images for Print & Web

Learn to print high-quality pieces, optimize images for the web, and a few technical basics to save time and get the best result when using Photoshop, Lightroom, Photoshop Elements or WordPress. Recommended prerequisite for WordPress: Easy Website Design.

Marita Combs 1 session
Mon Sep 29 6-7:30pm \$39

Introduction to Outdoor & Nature Photography

Learn photography fundamentals from award-winning wildlife photographer Nick Fucci. Explore camera functions, exposure, depth of field, composition, lighting, photography ethics and much more. Course includes six classroom sessions, one field session, weekly image critiques and tips for choosing camera gear without breaking the bank.

Triple D Wildlife 7 sessions
Tue Nov 11-Dec 16 6:30-8:30pm \$450

Adobe LightRoom

Learn how to import pictures into Adobe Lightroom and Adobe Lightroom Classic, and how these products help you organize, edit, print, post and share your photos. Basic knowledge of a camera including how to export your photos is required. Bring some of your photos on a USB drive or SD card, or bring your camera and a USB cable.

Shannon Hanson 2 sessions
Thu Dec 4 & 11 6-8pm \$70

SCIENCE & TECHNOLOGY

Basic Astronomy for Montana Skies

Take advantage of Montana's dark skies and explore the night sky. Use star charts to find and identify constellations, meteor showers, satellites and much more. On clear nights, observe the moon and planets through an 8-inch reflecting telescope. Learn about celestial events like northern lights, eclipses and colorful sunsets.

Don Bumgardner 3 sessions
Tue Sep 30-Oct 14 7-9pm \$59

Biotech Bootcamp for Educators: Amazing Algae

Gain hands-on experience observing photosynthesis and cellular respiration using algae beads in this one-day workshop intended for K-12 life science educators or pre-service education majors. Explore ways to extend the lab activity through case studies and independent inquiry. Eligible for District 5 PIR credit or OPI Renewal Units.

Ruth Wrightsman 1 session
Sat Oct 4 9am-1pm \$20



**Register
online
today!**

AVIATION

Fixed-Wing Private Pilot Ground Course

Learn the skills required to become a safe, proficient pilot in this ground course designed to help you earn your Private Pilot license (certificate). Geared toward fixed-wing but can also be done in support of a helicopter license. Course includes the required books, tools and a 30-minute fix-wing introductory flight at Red Eagle Aviation. Costs to take the FAA Knowledge Test for Private Pilot Certification, required flight hours and in-flight instruction (with any training organization) not included.

Red Eagle Aviation 10 sessions
Tue Sep 9-Nov 11 6:30-8:30pm \$499

Fixed-Wing Instrument Ground Course

Learn the skills required to become a safe, proficient pilot in this ground course designed to prepare you for the Instrument Knowledge Exam. Review basic instrument flying and flight instruments, IFR regulations, procedures, navigation charts and flight planning necessary for flying under IFR conditions. Course includes required books, tools and a 30-minute instrument flight at Red Eagle Aviation. Costs of the knowledge exam, required flight hours and in-flight instruction (with any training program) not included.

Red Eagle Aviation 10 sessions
Thu Sep 11-Nov 13 6:30-8:30pm \$499

VETERANS UPWARD BOUND

Veterans Upward Bound is a Department of Education program designed to help military veterans refresh their academic skills and successfully complete postsecondary education. Classes also help veterans seeking to build personal skills. Services and classes are free to eligible veterans.

Intro to Computers

Gain a comprehensive understanding of Windows 11 and Microsoft Office 365 including word processing, spreadsheets and presentation programs. Learn how to store data, manage files and folders and effectively use the internet. Build your keyboarding skills, increase your knowledge in formatting and learn how to set up simple reports.

Amelia Ward 6 sessions
Tue/Thu Oct 28-Nov 13 3-5pm FREE

Intro to College Math & Algebra

Review basic math skills and receive an introduction to algebraic concepts. Learn mathematical symbols and vocabulary and how to use a graphing calculator. Using an online homework platform, apply these tools to functions and graphing concepts that are critical to success in college-level math classes.

Steve Phillips 8 sessions
Tue/Thu Oct 21-Nov 13 5-7pm FREE

WRITING

Plan Your Writing Quarter

Writers need a concrete plan to get their creative work done. Learn four do-able steps to map out your writing quarter and how to stick to it: Choose What Matters, Learn How You Write, Be Realistic About Your Quarter, and Evaluate & Adjust.

Kathy Dunnehoff 5 sessions
Tue Sep 9-Oct 7 11am-1pm \$84

Exercises in Creativity: Poetry Workout

Share your poems and create new ones in a supportive and positive workshop-based class. Explore innovative techniques and diverse sources of inspiration to take your poetry to a new level. Learn surefire ways to get "unstuck." Each class features creative revision techniques, in-class writing exercises, writing prompts and ideas to inspire.

Valerie Vadala Homer 7 sessions
Wed Sep 17-Oct 29 1-3:30pm \$99

The Art of the Personal Essay

The essence of the personal essay is what you think about—on any topic from the ridiculous to the sublime—filtered through the lens of your personal experience. Learn techniques for crafting personal essays, imbued with your unique voice and observations.

Maggie Doherty 5 sessions
Tue Oct 7-Nov 4 12:30-2:30pm \$89

Intro to College Writing & Grammar Review

Learn the rules of English grammar, sentence structure and mechanics. Become familiar with the steps of the writing process and move through writing effective paragraphs. Learn citation techniques for research papers and begin a research paper process.

Lindsey Groves 6 sessions
Mon/Wed Oct 27-Nov 12 5-7pm FREE

For more information or to register, please contact the Center for Veterans Education and Training Services at 406.272.2604 or visit vubmt.com. Free tuition scholarships for many additional non-credit classes are available for first time participants.



Start Your Screenplay Today

Do you have an idea for a movie but aren't sure where to begin? This course covers the basics from ideas to scenes to understanding the basic structure of a screenplay. When you break it down, it's easy to start your screenplay today.

Kathy Dunnehoff 5 sessions
Tue Oct 14-Nov 11 11am-1pm \$84

Story vs. Plot

We tell stories to gain clarity, to make art from the human and mundane, or to leave a record of "what happened." Clever plots enhance the artistic endeavor. A unique situation, well described, clarifies. Stories are found not in plots and situations, however, but in what a character does with them. This one-day class explores the craft of storytelling through lecture, writing from a prompt, and critiques of the opening pages of participants' works in progress.

Glenn Schiffman 1 session
Sat Oct 18 10am-4pm \$59

10 Ways to Polish Your Professional Writing

Whether you're writing emails, reports, social media posts or grants, there are easy ways to up your game. Learn ten ways to make your writing professional and effective.

Kathy Dunnehoff 1 session
Wed Oct 22 5:30-6:30pm \$29

The Novel Challenge (Zoom Only)

Celebrate National Novel Writing Month with fellow writers and work on your novel every day for 30 days. The weekly classes discuss the craft of writing and the challenges of keeping the words flowing. Spend the last class celebrating and looking ahead to revising.

Kathy Dunnehoff 5 sessions
Mon Oct 27-Nov 24 5:30-7:30pm \$84

YOUTH



Safe Sitter Essentials With CPR

This one-day workshop prepares you to be a safe and confident sitter. Learn to handle emergencies, choking safety, first aid, CPR and basic child development and behavior management while gaining the skills needed to care for younger siblings or babysit successfully. Bring a lunch. Grades 5-8

Racheal Vargas 1 session
Thu Oct 16 9am-3:30pm \$74

Flathead Valley Community College

Continuing Education

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