

LAKE TAHOE COMMUNITY COLLEGE

CONNECT

COMMUNITY EDUCATION

FALL 2022



Register online:
ltccconnect.com



PLANT-BASED TAHOE COOKING CLUB

Join the cooking club community and discover many ways to make whole plant-based food taste delicious and appealing for the entire family. This interactive virtual cooking workshop includes demonstrations, knife skills, introduction to popular kitchen gadgetry, and handfuls of seasonal, delicious recipes. Receive a full cookbook for each class! Additionally, learn the latest research on a whole food plant based lifestyle from a Medical Doctor and Registered Dietician Nutritionist. Participants will enjoy the food that was prepared in their own kitchens for dinner!

Dates: Thursdays, September 29th, November 3rd, December 8th

Time: 5:00-6:30pm

Location: Zoom

Facilitator: Certified Plant-Based Instructors

Fee: \$65 per class or \$180 for all three

Register online:
ltccconnect.com



CREATIVE ARTS

SKETCH YOUR WAY AROUND THE WORLD

Join us as we document our travels through a virtual world tour.

With this class, students will take their travel sketchbook drawings to the next level. We will focus on landscapes, cityscapes, and people in these environments. We will paint photo references from the Netherlands, Italy, Thailand, Japan, New Zealand, and the Caribbean.

This class requires some knowledge of watercolors. We will also touch on using gouache. Students will be provided with the photographs in advance so that they may prepare the initial sketch as we will need the entire class time to focus on painting.

Dates: Thursdays, October 13th-November 17th

Time: 6:00-7:30pm

Location: Zoom

Facilitator: Yolanda Nussdorfer

Fee: \$125

Register online:
ltccconnect.com

HIKE & PAINT

Discover the joy of capturing Tahoe's beautiful backcountry through art. Hikes will range from 3-6 miles. Learn basic drawing skills, watercolor techniques, and the practical application of composition, perspective, and dimension principles. All painting levels are welcome, whether you're a seasoned artist or a beginner, come enjoy the peace and tranquility of making art in nature!

Dates: Sundays, September 11th, 18th, & 25th

Time: 9:00am-12:00pm

Location: Rubicon Trail, Fallen Leaf Lake, Dardanelles Lake

Facilitator: Sue Arkell

Fee: \$75/class or \$200 for bundle

KNITTING: LEARN TO KNIT & BEYOND!

This creative and fun-filled workshop begins with essential lessons for new knitters: choosing supplies, casting on, knitting, purling and binding off. Learn how to increase, decrease, knit lace, block, seam and read patterns. Join this group of fun, enthusiastic, and passionate knitters and discover a host of useful techniques that make knitting both exciting and enjoyable.

Dates: Mondays, Oct. 17th & 24th, Nov. 7th, 14th & 28th, Dec. 5th

Time: 5:00-7:00pm

Location: LTCC Campus

Facilitator: Lauren Zebo

Fee: \$145

KNITTING CLUB

For experienced knitters to join the knitting community fun!

Dates: Mondays, November 7, 14 & 28, December 5

Time: 5:00-7:00pm

Location: LTCC Campus

Facilitator: Lauren Zebo

Fee: \$85



HEALTH/FITNESS/WELLNESS

CONNECT WELLNESS

The CONNECT Wellness Program focuses on the body/mind/spirit approach to wellness, incorporating fitness, food and fun in one complete program. This unique, one of a kind program includes: cooking classes with health and science based lectures, fitness classes 6 days per week, weekly contact and support check-in's, weekly group meetings, pre & post lab work (included in the price), behavior coaching and much more to help keep you on track to meeting your goals!

All of the cooking and fitness are recorded, which allows you to watch at your own convenience, should the class times not fit into your schedule on any particular day.

Most importantly, this program is supported and in alignment with medical research, influence and expertise. Behavior change coaching, support partners, and group meetings are some of the many tools offered, that will support you through your journey.

Dates: September 26th-December 7th

Time: Weekly wellness meetings, Wednesdays 5:00-6:00pm

Location: Zoom

Facilitator: Certified Instructors

Fee: \$599

CONNECT FIT

Join us for a 14-week virtual fitness session with workouts Monday-Saturday (excluding holidays). The zoom link and password will be emailed to students upon completion of registration. Please see enclosed schedule for class times and days.
*Now offering two in-person classes per week on LTCC Campus! Yoga (Mondays) and Barre (Wednesdays) at noon!

Dates: September 26th-December 31st

Time: Varied

Location: Zoom

Facilitator: Certified Fitness Instructors

Fee: \$175

SPIN & STRENGTH

This workshop utilizes indoor cycling equipment to improve participants' cardiovascular fitness and endurance level. Individuals will be precision fit to their bikes for comfort and injury prevention and taught proper cycling technique. Participants will also learn the most current nutrition information as it pertains to athletic performance, increasing longevity, achieving optimal health, ideal body weight, as well as disease prevention and reversal. Participants will receive balance, strength, and core training. In addition, each class will include stretching and flexibility.

*Included in this workshop, is one week FREE of the CONNECT Fit virtual program (12 classes offered weekly).

Dates: Tuesdays & Fridays, September 26th-December 16th

Time: 9:15-10:30am

Location: LTCC Campus, Physical Education Building, Dance Studio

Facilitator: June Denney & Terre Poland

Fee: \$155

CONNECT *Fit*

MONDAY

6AM

TOTAL BODY
CONDITIONING

Terre

7:30AM

MOVEMENT &
MODIFICATION

Michelle

NOON

YOGA FLOW

Megan

TUESDAY

7AM

SPIN &
STRENGTH

June

WEDNESDAY

6AM

BODY PUMP

Terre

7:30AM

MOVEMENT &
MODIFICATION

Michelle

NOON

BARRE

Megan

THURSDAY

7AM

SPIN &
NUTRITION

June

FRIDAY

6AM

20/20/20
CARDIO-
SCULPT-YOGA

Terre

SATURDAY

8AM

SPIN 30/30

Terrell/Wanda/June

Register online
LTCCONNECT.COM



LIFE ENHANCEMENT

INTRODUCTION TO AROMATHERAPY

This class is designed to immerse students into the world of essential oils. Students will learn how they interact with the body, how oils are procured, the therapeutic benefits of them, safety information and how to create individual blends. Students will learn 16 different essential oils that help with pain, sleep, relaxation, and boosting the immune system.

*Participants will leave this workshop with four unique oil blends!

Date: Saturday, October 22nd

Time: 11:00am-2:00pm

Location: LTCC Campus

Facilitator: Jody Pesapane of Mindful Mixtures

Fee: \$85

TAHOE HISTORY

This workshop surveys the history of the area around Lake Tahoe from its geologic formation and first inhabitants through its 19th and 20th century developments. Events both inside and outside the basin will be studied for their impact on the region. The workshop will include concurrent United States, California and Nevada historical events where Tahoe was involved. Participants will have a thorough understanding of Tahoe History to share with visitors, friends and families that visit our area.

Date: Thursdays, Sept. 22th & 29th, Oct. 6th & 27th, Nov. 3rd & 10th

Time: 6:00-7:30pm

Location: LTCC Campus, Room B103

Facilitator: David Borges

Fee: \$145



Register online:
ltccconnect.com



PROFESSIONAL DEVELOPMENT

CPR & FIRST AID CERTIFICATION

Learn the important and lifesaving skills of CPR, first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Upon successful completion of the course requirements, students will receive Heartsaver First Aid & CPR certifications from American Heart Association (AHA).

*Heartsaver First/Aid online pre-course is required at <https://shopcpr.heart.org/heartsaver-first-aid-online> for an additional fee of \$15.

Please send the certificate of completion to ksmadsen@mail.ltcc.edu prior to the start of the workshop.

*A textbook is required for the class for an additional fee of \$16. Textbooks can be purchased at <https://shopcpr.heart.org/bls-provider-manual> in either hard copy (print) or e-book form.

Date: Wednesday, October 5th

Time: 5:00-9:00 pm

Location: LTCC Campus

Facilitator: Kendall Madsen, AHA Certified CPR & First Aid Instructor

Fee: \$110

FUNDAMENTALS OF WILDERNESS FIRST AID

This 2-day workshop covers the basic principles of first aid for outdoor enthusiasts. Learn how to help and prevent injuries in the wilderness via assessment drills and scenarios. Learn to treat fractures, wounds, critical bleeding, and more. Learn to treat environmental injuries and the basics to help with a medical emergency. Gain confidence in your ability to make safer decisions in the backcountry in this short course that will challenge your thinking and inspire your wilderness medical skills.

Text: The Field Guide of Wilderness & Rescue Medicine by Jim Morrissey.

This is a required text. Please bring it with you to the entirety of the workshop. This text is a small, waterproof Field Guide which is meant to become part of your First Aid kit and accompany you on all future adventures.

Available for \$24.95 via <https://www.wildmed.com>

Date: Saturday & Sunday, November 5th & 6th

Time: 8:00am-5:00pm

Location: LTCC Campus

Facilitator: Jim Bitner

Fee: \$195

VOICE OVERS: NOW IS YOUR TIME!

This class will show students how to begin using their speaking voice for commercials, films, videos, and more. This introductory class will provide an outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead!

Date: Wednesday, October 19th

Time: 6:00-8:00pm

Location: LTCC Campus

Facilitator: Lisa Foster

Fee: \$55

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BABYSITTING READINESS

Attention young adults! Get ready to start a successful babysitting business. In this workshop, participants will not only learn tips on how to create a successful babysitting business, but also what to expect from children ages birth to ten, how to guide children's behavior, and child safety and emergency preparedness. Young participants will be introduced to fun activity ideas and learn how to make healthy and nutritious snacks for kids. Workshop includes CPR/First Aid certification for infants, children, and adults through the American Heart Association. AHA certification cards are included in the price of the workshop.

*Heartsaver First/Aid online pre-course is required at <https://shopcpr.heart.org/heartsaver-first-aid-online> for an additional fee of \$15.

Please send the certificate of completion to ksmadsen@mail.ltcc.edu prior to the start of the workshop.

*A textbook is required for the class for an additional fee of \$16. Textbooks can be purchased at <https://shopcpr.heart.org/bls-provider-manual> in either hard copy (print) or e-book form.

Ages: 12-14

Date: Sunday, September 18th

Time: 9:00 am-3:00pm

Location: LTCC Campus

Facilitator: Kendall Madsen, AHA Certified CPR & First Aid Instructor

Fee: \$125

THE BRIDGE LANGUAGE ACADEMY

The Bridge Language Academy is a Spanish immersion enrichment program for pre-kindergarten through second grade children. All activities in this workshop will be conducted in Spanish with the facilitator employing a wide variety of instructional strategies to support participants in their understanding and learning.

Dates: September 6th-December 16th
(Off Labor Day, Veterans Day, and Thanksgiving Week).

Facilitator: Belen Garza

Location: LTCC Campus, Early Learning Center

De Colores (3-4 year olds):

Days & Times: Tuesday/Thursday, 1:00-4:00pm

Fee: \$635

De Colores (3-4 year olds):

Days & Times: Fridays, 9am-12pm

Fee: \$405

Semillas (5-7 year olds)

Days & Times: Monday/Wednesday, 3:30-5:30pm

Fee: \$450

Spanish Social Hour (De Colores)

Days & Times: Fridays, 12:00-1:00pm

Fee: ??



Connecting the community through shared language

"These workshops are still in the planning process and will be updated on this catalogue and on our website when more information becomes available!*

CLIMBING: INTERMEDIATE WEEKEND

This weekend workshop is designed to support young climbers who have already been exposed to climbing and are ready to take it to the next level. The focus is on improving all aspects of outdoor rock climbing skills from bouldering to roped climbing. Kids will learn movement techniques and belaying skills. Participants will increase their self-confidence while enhancing their self-awareness.

Ages: 7-13

Dates: TBD

Time: TBD

Location: TBD

Facilitator: TBD

Fee: TBD

FALL SOCCER DEVELOPMENT

LTCC Youth Soccer Development programs are designed to provide opportunities to increase players' individual skills and level of play. The goal is that these opportunities lead to an overall enjoyment of the game for years to come. Through participation in weekly practices, players learn sportsmanship, how to work as a team, and how to build quality relationships with players and coaches in the program. Players will learn functional skills that will prepare them for team soccer seasons. The program focuses on soccer related skills, drills, and scrimmages. Players will be placed into groups according to their experience and skill level.

Ages: 2-10

Date: TBD

Time: TBD

Location: LTCC Campus

Facilitator: Bailey Flood

Fee: TBD

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