Center for Continuing Education
SPRING 2014 | Course Schedule

Want something fun, personal, and unique?
...Make it happen

Want to enhance your career?
...Make it happen

For all of your computer needs.
...Make it happen

COMPUTER COURSES | pages 4-7 |
CAREER ENRICHMENT | pages 9-13 |
PERSONAL ENRICHMENT | pages 14-21 |

JCC
JAMESTOWN COMMUNITY COLLEGE
SUNY

LEARNING FOR LIFE | www.sunyjcc.edu/continuing-education
The Center for Continuing Education
**Do You Like Unique Topics?**
- Your Inner Guide
- Copper Enamel Jewelry Making
- Geocaching
- Portrayals of the Underground Railroad
- Peyote Beaded Jewelry
- Evolution of Healing

**World’s Learning Center Program**
- Brazilian Cuisine
- Chautauqua County History Series
- Waterscapes in Watercolor
- Express Yourself with Digital Storytelling
- Egyptian Cuisine
- Drawing 102

**Are You a Technology Guru?**
- Gamification in the Classroom for Grades K-6 and 7-12
- Teaching with Edmodo
- Overview of Portable Devices
- iPad™, iPhone™ & iPod™ Training
- WordPress Development
- Mobile Mondays

**Want to Improve Your Workplace?**
- What Work Ethic?
- Why “Lean” for Healthcare?
- Using Humor and Creativity to Improve Our Work
- Notary Public Preparation Course
- OSHA and Safety Programs
- Building Creative Teams

**Health & Wellness Important to You?**
- Tai Chi
- Natural Healing Continued
- Special Occasion Dancing
- Yoga
- Natural Therapies for Stress
- Mat Pilates

**Enhance Your Job Skills**
- Women in Leadership—Create Your Own Success
- Coaching for Outstanding Performance
- Tap Into the Hidden Job Market
- Supervisory Training Series
- Communication Skills for Highly Effective Supervisors
- Social Media Marketing

**Do You Have a Green Thumb?**
- Spring Garden Day
- Indoor Winter Gardening
- Landscapes—Series
- Indoor Worm Composting

**Are You a Foodie?**
- Turkish Cuisine
- Your Next Brunch
- Haitian Cuisine
- South African Cuisine
- Eating Whole Foods w/o Spending Your Whole Paycheck
NEW PROGRAMS

Cattaraugus County Campus:
- Management Communication Skills: Achieving More Results

Jamestown Campus:
- Women in Leadership: Create Your Own Success

North County Extension Center:
- Safety Program Development

Warren Center:
- WordPress

This publication is also available online at www.sunyjcc.edu/continuing-education
You may discover additional courses added throughout the semester!

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Enhance Your Career

Barrier Precautions Classes
page 9

Computer Classes
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OSHA and Safety Programs
pages 10 & 11

Notary Public Classes
page 9

Online Classes
pages 7, 8, 9, 13 & 20

Technology Classes
pages 5, 6 & 7

Professional Development
pages 12 & 13

Enrich Your Life

All About U Classes
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Gardening Programs
page 17

Explore Local History
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Gourmet Dining Club
page 15

Health and Well-Being
pages 18 & 19

Traffic Survival Workshops
page 20

World’s Learning Center Programs
pages 6, 14, 15, 16 & 18
Computer Courses

The computer labs at each of our facilities will have Microsoft Windows 7 and Office 2010. Our community training is designed so that the skills learned will transfer nicely to previous versions of the software. In addition, many of our Continuing Education computer labs have the functionality to train with Office 2007 upon request. Please call the office nearest you for further details.

Word Processing

Intro. to Word Processing using MS Word-Part I
Microsoft Word is used to create, revise, and save documents for future use. Students will receive instruction on the Word 2010 Interface, creating and using autocorrect entries, spell and grammar check, thesaurus, and find and replace features. Also covered are how to insert and remove page breaks, adjust margins, change line spacing, set, modify and remove tabs, cut, copy, & paste text, and create a mail merge for letters, labels or envelopes.

Catt. Co. Campus in Olean
Jan. 21 & 23 Tues & Thurs. $77
1-4 p.m. C. Lopez TCCE 109
Crs. #5799 6 hrs.

North County Center
Apr. 9 Wed. $77
9 a.m.-3 p.m. K. Hendee NCTC 122
Crs. #5799 6 hrs.

Intro. to Word Processing using MS Word-Part II
Work with tables creating, sorting, performing calculations, and adjusting properties in a table. You will also create and edit documents which include Word Art, clip art, drop caps, auto shapes, text boxes and other objects. Use your creative side as you format a newsletter quickly trying out format changes using built-in and custom styles. Create and edit templates that will give your work a consistently professional look and save you time. Move around even the largest files and bring drab documents to life quickly by using the easy routines you learn in this class. Prerequisite: MS Word Part I.

Catt. Co. Campus in Olean
Feb. 11 & 13 Tues & Thurs. $77
1-4 p.m. C. Lopez TCCE 109
Crs. #5730 6 hrs.

North County Center
Apr. 16 Wed. $77
9 a.m.-3 p.m. K. Hendee NCTC 122
Crs. #5802 6 hrs.

MS Excel Part II
Topics include managing multiple worksheets; freezing headings and splitting worksheet windows; adding graphics to worksheets; creating, saving and using templates; locking and unlocking cells; applying worksheet protection by setting a password; attaching a digital signature; creating and managing multiple-sheet workbooks; copying formatting between worksheets; using linked formulas; creating hyperlinks to areas within the workbook and to other documents; creating and modifying tables that can be sorted and filtered; hiding detail data using the outline and grouping commands. Prerequisite: Working knowledge of Windows & MS Excel Part I.

Catt. Co. Campus in Olean
Feb. 20-27 Tues. & Thurs. $97
1-4 p.m. C. Lopez TCCE 109
Crs. #5732 9 hrs.

North County Center
Apr. 5-19 Sat. $97
9 a.m.-12 p.m. P. Allessi NCTC 122
Crs. #5832 9 hrs.

Intro. to Spreadsheets Using MS Excel—Part I
Microsoft Excel is used to manage, display, and save numerical data. Students will receive instruction on the Excel 2010 Interface, entering data into cells, viewing data, and printing out worksheets. Also covered are formatting numbers and text; using the format painter; inserting, deleting, and modifying rows and columns; creating and using formulas with fixed and relative referencing; creating and modifying charts.

Catt. Co. Campus in Olean
Jan. 30-Feb. 6 Tues & Thurs. $97
1-4 p.m. C. Lopez TCCE 109
Crs. #5731 9 hrs.

North County Center
Mar. 22 Sat. $97
9 a.m.-12 p.m. P. Allessi NCTC 122
Crs. #5806 9 hrs.

Attention CHAMBER Members

Chautauqua County:
A partnership between the Chautauqua County Chamber of Commerce and JCC. Chamber/MAST members qualify for a 15% discount on all computer and job-related programs offered at JCC’s Jamestown Campus and North County Center, except where indicated. Mention that you are a chamber member when you register. (Online courses do not qualify for this discount.)

Cattaraugus County:
Greater Olean and Salamanca Chamber members please call for details on your eligibility to receive a 15% discount on computer courses. 716.376.7506
Presentation

**MS PowerPoint**
Learn the elements of PowerPoint like the tools to create slides, handouts, and transparencies. Learn to apply a Theme to achieve a professional look. Learn how to insert and edit graphics, sound, video, charts, and text. Choose animations and slide transitions that work, insert bullets and numbering, and set spacing and alignment. Learn to deliver an electronic slideshow using manual or automatic timing, speaker notes, and other automated tools. Know how to save your file so audio and video work the day you present. And last, know what you can print. This is a must-have class for those who present.

**Catt. Co. Campus in Olean**
Feb. 24 & 26  Mon. & Wed.  $137
9 a.m.-12 p.m.  V. Goodwin  TCCE 109
Crs. #5854  6 hrs.

**QuickBooks II**
Learn the finer points of using QuickBooks including managing data, customizing forms, creating special reports, using advanced payroll features, making job cost reports, and dealing with other aspects of QuickBooks. 

**Catt. Co. Campus in Olean**
Mar. 24 & 26  Mon. & Wed.  $137
9 a.m.-12 p.m.  V. Goodwin  TCCE 109
Crs. #5855  6 hrs.

**Google Drive**
Work anywhere and collaborate with anyone using Google’s free word processing, spreadsheet and presentation tools. This course will enable you to harness the power of the cloud. Participants will need to have a Gmail account prior to starting class or will be given the opportunity to create one in class. Lunch (1/2 hr.) is on your own.

**Jamestown Campus**
Mar. 14  Wed.  $87
9 a.m.-3 p.m.  V. Sweeney  CARN 109
Crs. #5865  5.5 hrs.

**For Teachers**

**iPads in the Classroom**
This class will help educators learn how to effectively integrate iPads into their classroom. We will discuss introducing students to using the iPad, great education apps, and iPad to desktop integration.

**Jamestown Campus**
Feb. 12  Wed.  $87
9 a.m.-3 p.m.  K. Hendee  NCTC 122
Crs. #5841  5.5 hrs.

**Digital Photos**
Has the digital age passed you by? Are you interested in learning to use a digital camera? You will start with a basic understanding of “Digital” and then receive instructions on how to work with a Camera. You will then learn to share your photos and get printing assistance.

**Catt. Co. Campus in Olean**
Feb. 1  Sat.  $29
12:30-3:30 p.m.  C. Lopez  TCCE 109
Crs. #5735  3 hrs.

**QuickBooks I**
Learn to use this popular accounting package for small businesses to create customer invoices, record payments, prepare bank deposits, handle accounts payable, track credit card transactions, track and pay sales tax, manage inventory, run payroll, and more. **Price includes text.**

**Catt. Co. Campus in Olean**
Feb. 24 & 26  Mon. & Wed.  $137
9 a.m.-12 p.m.  V. Goodwin  TCCE 109
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**Jamestown Campus**
Feb. 12  Wed.  $87
9 a.m.-3 p.m.  K. Hendee  NCTC 122
Crs. #5841  5.5 hrs.

**Digital Storytelling in the Classroom**
Learn how to use a new and fun way to create and share stories online with images or video! This course will introduce digital storytelling as a tool to help students create stories with pictures and dialog. We will also discuss how digital storytelling can be used to help students in reading comprehension.

**North County Center**
Feb. 11  Tue.  $37
4-6 p.m.  K. Hendee  NCTC 122
Crs. #5838  2 hrs.

**Gamification in the Classroom for 7-12**
Learn how to improve the problem solving skills in grades 7-12 through gamification! Gamification involves using game thinking and game mechanics to increase student engagement. Participants will be shown how to incorporate computer games and applications into the classroom as learning tools. This class is perfect for parents who homeschool and teachers who are interested in new ways of engaging kindergarten through 8th grade students.

**Jamestown Campus**
Apr. 17  Thurs.  $49
5:30-8:30 p.m.  V. Sweeney  CARN 109
Crs. #5859  3 hrs.

www.sunyjcc.edu/continuing-education
Computer Courses

Miscellaneous Computer

Digital Footprints & Online Security
Where does your information go when you put it on the Internet? In this workshop, you’ll learn about your Digital Footprint—the trail of information that gets left behind once you start interacting online. You’ll also learn about online security and protecting your data. If you delete images or words that you post online, are they really gone? Come and find out! Students will be provided with booklets on best practices for online security. No tuition waivers for Warren course only.

Jamestown Campus
Mar. 5 Wed. $25
9 a.m.-12 p.m. V. Sweeney CARN 109
Crs. #5857 3 hrs.

Warren Center
Feb. 4 Tues. $25
1-4 p.m. V. Sweeney Curwen Bldg.
Crs. #5852 3 hrs.

WordPress Development
WordPress is typically associated with blogs, but did you know that some of the most popular sites on the Internet have been built with WordPress? It is a powerful and dynamic content management system that can handle all of your website needs. In this course, you’ll learn how to install WordPress on a server, how to choose and modify the right theme for your site, how to install plugins, how to set up your website’s navigation menu and much more! *Students are required to have a domain name and website hosting—please, call JCC Warren Center at 814-723-3577 for recommendations. No tuition waivers.

Warren Center
Feb. 4-25 Tues. $49
6:30-8:30 p.m. V. Sweeney Curwen Bldg.
Crs. #5661 8 hrs.

Advanced Web Development
Learn how to create a dynamic website using HTML, CSS and PHP. In this class you’ll learn how to use PHP to implement data and objects on multiple pages of your website without having to type out the code multiple times. Save development time and learn the basics of web database development! *Students will need a domain name and website hosting. Call the JCC Warren Center at 814-723-3577 for recommendations. No tuition waivers.

Warren Center
Mar. 4-Apr. 8 Tues. $59
9:11:30 a.m. V. Sweeney Curwen Bldg.
Crs. #5864 15 hrs.

Video Production Basics
Join our instructor, a commercial video-grapher, for this two-day workshop to learn the fundamentals of short form films from broadcast to web. Class will produce a 30 second TV commercial starting from developing a script, configuring your video camera, basic lighting techniques, choosing an appropriate soundtrack, adding a voice over, and basic editing techniques. No tuition waivers.

Warren Center
Mar. 22 & 29 Sat. $249
10 a.m.-4 p.m. E. Bernik Curwen Bldg.
Crs. #5653 12 hrs.

Overview of Cloud Services for Small Business
This workshop covers the basics of cloud computing and helps navigate what you need to know so that you can make an informed decision on which cloud services will work best for your business.

Catt. Co. Campus in Olean
Mar. 20 Thurs. $29
1-4 p.m. C. Lopez TCCE 109
Crs. #5736 3 hrs.

Overview of Portable Devices
Ever wonder what all the buzz is about smartphones, tablets, Nook, Kindle, iPads and iPads? This workshop will give you a chance to see all the possibilities and help you figure out which would be best for your needs.

Catt. Co. Campus in Olean
Mar. 25 Tues. $29
1-4 p.m. C. Lopez TCCE 109
Crs. #5737 3 hrs.

What is Cloud Computing?
Cloud computing is a technology trend that’s been making big news over the past few years, but what is it? Participants in this course will learn what “the cloud” is, where it is and how it differs from other ways of saving and storing information. Participants will also learn the pros and cons of cloud computing along with cloud security considerations.

Jamestown Campus
Apr. 23 Wed. $29
5:30-8:30 p.m. V. Sweeney CARN 109
Crs. #5861 3 hrs.

Digital Storytelling
Learn how to use a new and fun way to share stories online with images or video! This course will introduce digital storytelling as a tool to present media in compelling and engaging forms for both business and personal use. Participants will learn how to use online interactive programs to create and share their stories.

North County Center
Feb. 27 Thurs. $67
12-3 p.m. K. Hendee NCTC 122
Crs. #5836 3 hrs.

IPad, iPhone & iPod Training
Use our iPad or bring your own and learn to use it efficiently. Learn to download the most up-to-date, useful, least expensive, and downright fun apps available. Learn to use new apps and ask questions. . . all the questions you want to ask!

North County Center
Apr. 8 & 10 Tues. & Thurs. $47
6-8 p.m. R. Prince NCTC 122
Crs. #5844 4 hrs.

WordPress Websites
WordPress is a free content management system that has everything you need to build a website. Start with the quick (5 minute) easy installation then start building your website. Learn to manage local and remote servers, configure the site, add content, and monitor site usage. Working with WordPress, students will learn how to apply themes, edit existing themes, and create a unique theme. You will be able to get your site up and running during this workshop or take over the management of a website for your organization.

North County Center
Apr. 15 & 17 Tues. & Thurs. $67
6-8 p.m. R. Prince NCTC 122
Crs. #5842 4 hrs.

Photoshop
Photoshop is a graphics package used to create, modify, and correct pictures and images. You can also create new images, import images from other graphics applications and work with scanned images. You can merge and edit color images, create original artwork and collages for both print media and the Web. In this class you will learn how to zoom quickly, understand resolution, change the size of images and crop out unnecessary areas. Learning to select quickly and accurately will allow you to modify your images, eliminate clutter background and adjust colors in specific areas. Touching up portions using specialized tools such as an airbrush and making eye-catching text will also be taught as well as how to use layers to save time and energy.

North County Center
May 6 & 8 Tues. & Thurs. $115
6-9 p.m. R. Prince NCTC 122
Crs. #5843 6 hrs.
Computer Courses

Online Education

“Fun With Science”—an Online Course for Kids! (ages 9-13)
Are you a homeschool parent looking to provide your child with some type of interactive online activity? Are you a public or private school parent interested in providing your child with a fun learning experience outside of school? This course will introduce and familiarize your child with interactive online science experiments where he/she is able to enjoy learning with peers! Email address required upon registration. Registration deadline: January 15
Jamestown Campus—call to register
Jan. 21-Feb. 14 Online $59
Anytime A. Johnson
Crs. #5749 18 hrs.

Understanding Research Papers—Online (Middle School age appropriate)
Research papers—what are they and how do I even begin? Take this course online and learn how to prepare and set up research papers. This course is targeted toward middle school students and will help them to learn the proper way to put together a research paper—a valuable skill that they will use in high school and college. Email address required upon registration. Regis. deadline: January 22
Jamestown Campus—call to register
Jan. 27-Feb. 22 Online $39
Anytime L. Fabritius
Crs. #5748 6 hrs.

Content Marketing for Business
Is your business looking for a way to connect with buyers and engage customers online? If so, this six-week online class will teach you how to use content marketing strategies to engage customers and provide them with valuable information. Learn how to write relevant and meaningful web content with the ultimate goal of converting online interactions into sales. Participants can study at their own pace, Email address required upon registration. Regis. deadline: January 29
Jamestown Campus—call to register
Feb. 3-Mar. 17 Online $59
Anytime V. Sweeney Online
Crs. #5860 20 hrs.

Search Engine Optimization
Have you ever wondered why some web pages appear at the top of the search engine results while others don’t? Participants in this six-week online course will learn about search engine optimization techniques including: Title tags, meta descriptions, keywords, quality content guidelines, and other important factors. Study at your own pace. Email address required upon registration. Registration deadline: March 19
Jamestown Campus—call to register
Mar. 24-May 4 Online $59
Anytime V. Sweeney Online
Crs. #5862 20 hrs.

JCC’s Center for Continuing Education is proud to be an active partner with the Prendergast Library’s Public Computing Center, which provides FREE computer and workforce-related courses.

For more information on online courses and to register:
✓ Call (716) 484-7135 ext. 225
✓ Visit http://www.prendergastlibrary.org/

JCC’s Center for Continuing Education is proud to be an active partner with the Alexander Findley Community Library. A variety of classes for all ages are being planned. For more information on courses, and to register, either:
✓ Call: 716.769.6568
✓ Visit: http://findleylibrary.weebly.com/
✓ Email: findleylibrary@etny.rr.com

Mobile Mondays

Mobile Monday—Facebook
This class will show you how to quickly set up a Facebook account on a mobile device. Learn how to create your profile, post a status, comment, and find your friends and family. In addition, you will learn about Facebook’s privacy and security settings. Participants who do not have a mobile device will be able to set up their account on a computer.

Jamestown Campus
May 7 & 14 Wed. $67
3-5 p.m. V. Sweeney CARN 109
Crs. #5863 4 hrs.

Mobile Monday—iPads & iPhones
Learn how to use the powerful features on your iPhone or iPad. This class will show you how to install and use apps, access the internet, take photographs, and use your device to its fullest potential. Also learn how to access your email and your social media accounts. No iPhone or iPad? No problem—iPads will be provided for use during the class.

Jamestown Campus
May 5 & 12 Mon. $11
10-11 a.m. V. Sweeney CARN 108
Crs. #5745 1 hr.

Mobile Monday—Android Devices and Tablets
Bring your Android phone or tablet and learn how to unleash your device’s full potential. This class will show you how to easily install apps, connect to your social media accounts, take photographs, access the internet, surf the web and access your email. Participants who cannot bring their own Android device can still attend and learn how the popular operating system works.

Jamestown Campus
May 12 Mon. $11
10-11 a.m. V. Sweeney CARN 108
Crs. #5746 1 hr.

Mobile Monday—Using Your eBook Reader
Want to learn how to find and download books in electronic format? In this course, participants will learn how to access eBooks on their preferred device. Bring any eBook reader (or an iPad or Android Device) of your choice and learn how to install and set up popular applications that allow you to read your favorite books on a mobile device.

Jamestown Campus
May 19 Mon. $11
10-11 a.m. V. Sweeney CARN 108
Crs. #5747 1 hr.

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For more information on available courses and to register:
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✓ Visit http://www.prendergastlibrary.org/

Social Media Marketing
Are you looking for a free and easy way to market your business online? If so, this Social Media Marketing class is perfect for you! In this class, you’ll be shown how to set up social media accounts; learn what type of social media tool is best for your business, learn social media ethics and much more! Most of all, learn how to quickly engage your social media followers so that information about your business can spread.

Jamestown Campus
May 21 & 28 Wed. $67
3-5 p.m. V. Sweeney CARN 109
Crs. #5864 4 hrs.

Mobile Mondays

Mobile Monday—Facebook
This class will show you how to quickly set up a Facebook account on a mobile device. Learn how to create your profile, post a status, comment, and find your friends and family. In addition, you will learn about Facebook’s privacy and security settings. Participants who do not have a mobile device will be able to set up their account on a computer.

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May 7 & 14 Wed. $67
3-5 p.m. V. Sweeney CARN 109
Crs. #5863 4 hrs.

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Jamestown Campus
May 12 Mon. $11
10-11 a.m. V. Sweeney CARN 108
Crs. #5746 1 hr.

Mobile Monday—Using Your eBook Reader
Want to learn how to find and download books in electronic format? In this course, participants will learn how to access eBooks on their preferred device. Bring any eBook reader (or an iPad or Android Device) of your choice and learn how to install and set up popular applications that allow you to read your favorite books on a mobile device.

Jamestown Campus
May 19 Mon. $11
10-11 a.m. V. Sweeney CARN 108
Crs. #5747 1 hr.

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For more information on available courses and to register:
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✓ Visit http://www.prendergastlibrary.org/
Choose from more than 300 online classes available

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It’s no wonder that many long-lasting friendships have formed in our lively discussion areas.

All courses run for six weeks (with a 10 day grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

How to Get Started:
1. Visit our Online Instruction Center: www.ed2go.com/jamestown
2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Requirements
All courses require Internet access, e-mail, the Microsoft Internet Explorer or Mozilla Firefox web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Jamestown Community College

Introduction to Windows Vista
Learn the important basic skills and concepts you need to take control of your Windows Vista PC.

Intro to Microsoft Excel
Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

Accounting Fundamentals
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be engaging in conversational Spanish in no time.

Network and Certification Prep
Prepare to take and pass the CompTIA Network+ Exam and begin a career as a network tech.

Write Like a Pro
A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story.

A to Z Grantwriting
Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Java for the Absolute Beginner
An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Intro to Microsoft Word
Learn how to create and modify documents with the world’s most popular word processor.

Discover Digital Photography
An informative introduction to the fascinating world of digital photography equipment.

Workers Compensation
Gain essential skills and a solid understanding of one of the fastest growing areas in law.

Principles of Sales Management
Master the art of managing sales teams from a sales management professional.

Intro to C++ Programming
Learn to program in C++, even if you have no prior programming experience!

Teaching Science Grades 4-6
Increase your effectiveness as a science teacher for children in fourth through sixth grades.

Java for the Absolute Beginner
An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Intro to Dreamweaver
Silicon Alley veteran shows you how to harness the power of the industry standard tool for Web designers.
Barrier Precautions

New York State law requires that persons licensed in identified health professions who practice in NYS must complete approved course work or training regarding infection control every four years to meet their licensing requirements.

Catt. Co. Campus in Olean
Mar. 12 Wed. M. Hutton TCCE 101
4-7 p.m. $30
Crs. #5714 3 hrs.

Jamestown Campus
Feb. 5 Wed. $30
1-4 p.m. Y. Carlson CARN 123
Crs. #5772 3 hrs.
Apr. 9 Wed. $30
1-4 p.m. Y. Carlson CARN 123
Crs. #5773 3 hrs.

North County Center
Jan. 8 Wed. $30
1-4 p.m. Y. Carlson NCTC 115
Crs. #5757 3 hrs.
May 14 Wed. $30
1-4 p.m. Y. Carlson NCTC 115
Crs. #5759 3 hrs.

Barrier Precautions Online
Complete this course at your convenience.
You must have basic computer skills, internet access and email. $40
For details: www.sunyjcc.edu/continuing-education Click selection: online non-credit

IV Therapy

This ‘didactic and classroom lab practice only’ course, approved by the Pennsylvania State Board of Nursing, is designed for LPNs and others who are licensed to administer IV Therapy. Upon completion of this course, students will be able to identify site selection and preparation for venipuncture, calculate IV fluid rates, learn equipment uses, describe infection control techniques, and more. Clinical hours and techniques related to this training must be performed in-house at place of employment. Class is limited to 20 students. ½ hour lunch on own. Feb. 22 class ends at 12 p.m.

Warren Center
Feb. 8-22 Sat. $179
8 a.m.-4:30 p.m. D. Triscari & HilEd
Crs. #5864 E. Rissel Curwen Bldg.
20 hrs.

Child Abuse Awareness Training
As of January 1991, any individual applying initially, or for the renewal of a license, registration, certificate, or limited permit for certain occupations, must provide documentation that he or she has completed the required Child Abuse Identification and Reporting course. The program meets the requirements of the New York State Education Department.

Catt. Co. Campus in Olean
Call 716.376.7506 for information to set up a class.

Why “Lean” for Healthcare

Our healthcare system is “financially constrained” and with all of the changes in insurance, reimbursements, and an aging population there seems to be no way to stop the loss. But—that’s not true! Come and learn how implementing “lean” concepts and a different accountability system can remove the constraints and turn loss into profit. During these 12 hours of training you will get to use your own issues and problems and be able to begin the design of a “lean” accountability system for your organization.

Catt. Co. Campus in Olean
Mar. 6-10 Thurs. $89
6-8 p.m. R. Franchina TCCE 101
Crs. #5646 12 hrs.

Professional Development

Notary Public
This seminar prepares individuals for the NYS test and provides a comprehensive view of the notary public office. Confusing laws, concepts, and procedures are clarified in plain English. Examples are provided to illuminate situations that the officer is likely to encounter such as avoiding conflicts of interest, maintaining professional ethics and much more. Tuition includes text.

Catt. Co. Campus in Olean
Jan. 30 Thurs. $80
9 a.m.-12 p.m. M. Morgan, Esq. TCCE 101
Crs. #5715 3 hrs.

Apr. 3 Thurs. $80
6-9 p.m. M. Morgan, Esq. TCCE 110
Crs. #5716 3 hrs.

Jamestown Campus
Mar. 3 Mon. $80
9 a.m.-12 p.m. M. Morgan, Esq. CARN 123
Crs. #5812 3 hrs.

North County Center
Apr. 7 Mon. $80
5-8 p.m. M. Morgan, Esq. NCTC 119
Crs. #5756 3 hrs.

Supervisory Training Series
This program consists of ten (10) two-hour sessions covering the basic principles of supervision for today’s present and newly promoted supervisors. Students will earn CEUs at the completion of this series.

Jamestown Campus
Feb. 7-Apr. 11 Fri. $299
1-3 p.m. Various CARN 123
Crs. #5811 20 hrs.

Tuition

Tap Into the Hidden Job Market
Learn to develop creative job search strategies, including increasing connections and to stay active throughout the job hunt. Expand your thinking in finding unique jobs and different employers. Be familiar in what employers want from the job seekers. No tuition waivers.

Warren Center
Mar. 11 Tues. $29
9 a.m.-12 p.m. S. Hileman ACC
Crs. #5668 3 hrs.

WHAT Work Ethic?! Generations in the Workplace
Have you ever heard, “I can’t believe it...he left for lunch and just didn’t come back!” Interviewing, on-boarding and training costs time and money! Are you looking for dependable, productive employees? This interactive workshop will provide a clearer understanding about the specific issues you have to overcome and share proven best practices to impact your bottom line! Class meets at Allegheny Community Center, 42 Clark St., Warren, PA. No tuition waivers.

New

Communication Skills for Highly Effective Supervisors
How to give employees feedback, resolve defensiveness if it occurs, and gain cooperation to improve their performance. Not a PowerPoint presentation; highly interactive and skill-based. Class held at WCCBI, 308 Market St., Warren, Pa. No tuition waivers.

Warren Center
Mar. 26-Apr. 9 Wed. $177
9 a.m.-12 p.m. R. Blake WCCBI
Crs. #5258 9 hrs.

Tap Into the Hidden Job Market

Supervisory Training Series

 кто-то отредактировал текст. Пожалуйста, проверьте его, прежде чем использовать.
Career Enrichment

Safety Program Development

What needs to be included in a company’s safety program? Who should be included in developing the company safety policies and procedures? What does OSHA look for? This program is based on the inspection process performed by OSHA. This program will assist companies in establishing their safety program safety process; such as, commitment, involvement, responsibilities, authority, hazard assessment, accident prevention, and training issues, just to name a few. Students will actively participate in the development of their facility’s safety program. The safety instructor will serve as a mentor to the evolving written safety program.

Catt. Co. Campus in Olean
Jan. 14-18
8 a.m.-3 p.m.
G. Zaczek
TCCE 101
Crs. #5849
18 hrs.

Jamestown Campus
Feb. 5-19
8 a.m.-3 p.m.
G. Zaczek
CARN 120
Crs. #5828
18 hrs.

North County Center
Mar. 5-19
9 a.m.-4 p.m.
G. Zaczek
NCTC 119
Crs. #5784
18 hrs.

Accident Investigation

Thousands of accidents occur throughout the United States everyday. The failure of people, equipment, supplies, or surroundings to behave or react as expected causes most of the accidents. Accident investigations determine how and why these failures occur. By using the information gained through an investigation, a similar or perhaps more disastrous accident may be prevented. Conduct accident investigations with accident prevention in mind. Investigations are NOT to place blame. Course topics include: determining causing level; fact finding; interviews; problem solving techniques- change analysis; problem solving techniques- job safety analysis; and report of investigation.

Jamestown Campus
Mar. 6
8 a.m.-12 p.m.
D. Jerge
CARN 125
Crs. #5829
4 hrs.

North County Center
Mar. 4
8 a.m.-12 p.m.
D. Jerge
NCTC 119
Crs. #5783
4 hrs.

OSHA 10-Hour General Industry Standards

The 10-hour General Industry Outreach Training Program is intended to provide entry-level general industry workers broad awareness on recognizing and preventing hazards on a general industry site. The training covers a variety of safety and health hazards which a worker may encounter at a general industry site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Lunch is included in price.

Catt. Co. Campus in Olean
Mar. 10 & 11
9 a.m.-3 p.m.
G. Zaczek
TCCE 101
Crs. #5853
10 hrs.

Jamestown Campus
Apr. 7 & 8
9 a.m.-3 p.m.
D. Jerge
CARN The.
Crs. #5830
10 hrs.

North Country Center
Feb. 26 & 27
9 a.m.-3 p.m.
D. Jerge
NCTC 119
Crs. #5792
10 hrs.

Emergency Response Refresher

OSHA requires a minimum of eight (8) hours of refresher instruction for employees that are members of Emergency Response Teams for their companies. This class provides the training to offensively handle an incident involving hazardous materials. Emphasis is placed on using the proper personal protective equipment as well as techniques for containing, clean up and disposal of the hazardous materials. Also included with this class is a hands-on drill. This class meets the OSHA regulatory requirements under 29 CFR 1910.120 (q) (6) (iii). Course topics to be covered include, but are not limited to: health effects; air monitoring instrumentation; termination procedures; incident command systems; decontamination; control/containment/ confinement operations; chemistry; PPE (dermal & respiratory); regulations; and hazard & risk assessment. Lunch is included in price.

Catt. Co. Campus in Olean
Feb. 24
8 a.m.-5 p.m.
G. Zaczek
TCCE 101
Crs. #5850
8 hrs.

Jamestown Campus
May 12
8 a.m.-5 p.m.
D. Jerge
CARN The.
Crs. #5831
8 hrs.

North Country Center
Apr. 9
8 a.m.-5 p.m.
D. Jerge
NCTC 119
Crs. #5788
8 hrs.

Performing Residential Electrical Work Safely and Properly

This course will examine the basic safety procedures, wiring and troubleshooting methods required for successfully performing residential electrical work. Key topics include: establishing and confirming a de-energized condition, proper wiring methods for new and old work, evaluating wiring system conditions, planning system upgrades, and meeting codes and safety regulations. This course is appropriate for anyone interested in increasing their knowledge of modern residential wiring methods, practices, and systems on any level.

Catt. Co. Campus in Olean
Apr. 1 & 3
8-9 p.m.
S. Quelet
TCCE 101
Crs. #5819
6 hrs.

Jamestown Campus
Apr. 8 & 10
9-10 p.m.
S. Quelet
CARN A
Crs. #5813
6 hrs.

Safety: Root Cause Analysis of Accidents

The course begins with a discussion of what accidents and injuries are (they are different). Company practice in conducting a Job Safety Analysis and Equipment Safety Analysis are reviewed. The focus of the course is on how to identify potential causes of an accident, and then confirm the root cause by asking specific questions that gather the data necessary to make decisions and prevent future accidents.

Catt. Co. Campus in Olean
Feb. 13
9 a.m.-12 p.m.
J. Stevens
TCCE 101
Crs. #5722
3 hrs.

www.sunyjcc.edu/continuing-education
OSHA requires that all employees, including maintenance and contractor employees, and supervisors involved with hazardous chemicals must fully understand the safety and health hazards of the chemicals and processes with which they work for the protection of themselves, their fellow employees, and the citizens of nearby communities. The following two programs meet the requirements.

Hazard Communication for Supervisors
This four (4) hour training program is conducted in compliance with 29 CFR 1910.1200 and will help supervisors to be more knowledgeable about the chemicals they work with, and the OSHA/EPA regulations. It will also familiarize them with the new Globally Harmonized System of Chemical Classification & Labeling System that has been adopted that involves new Material Safety Data Sheets, and new labeling systems. Methods and observations to detect the presence of hazardous chemicals, and establishing internal policies and procedures for action will also be covered.

Catt. Co. Campus in Olean
Apr. 14 Mon. $75
8 a.m.-12 p.m. K. Salzman TCCE 101
Crs. #5851 4 hrs.

Hazard Communication—Right to Know
This two (2) hour training program is conducted in compliance with 29 CFR 1910.1200 and will help employees to be more knowledgeable about the chemicals with which they work. It will also familiarize them with the new Globally Harmonized System of Chemical Classification & Labeling System that has been adopted that involves new Material Safety Data Sheets, and new labeling systems.

Catt. Co. Campus in Olean
Apr. 14 Mon. $35
1-3 p.m. K. Salzman TCCE 101
Crs. #5852 2 hrs.

Manufacturing is Essential!
- Grows the economy. Every $1.00 in manufactured goods generates an additional $1.37 worth of additional economic activity - more than any other economic sector.
- Invents the future. Manufacturers are responsible for more than 70 percent of all business R&D.
- Competes internationally. The United States is the world's 2nd largest exporter; 61 percent of all U.S. exports are manufactured goods, double the level of 10 years ago.
- Generates productivity increases. Over the past two decades manufacturing productivity gains have been more than double (actual figure 2.5 times) that of other economic sectors.
- Provides rewarding employment. Manufacturing compensation averages more than $65,000, the highest in the private sector, and manufacturers are leaders in employee training.

Upgrade the technical skills of your workforce with Jamestown Community College through programs such as:
- Fundamentals of Manufacturing Technology
- Welding Technology
- Machine Tool Technology
- Industrial Maintenance Technology
- Digital Electronics

Here is a sample of some of the customized trainings we can provide to your company or organization:
- AC Electricity
- Basic Auto CAD
- Basic Electrical
- Basic Forklift Operator Training
- Basic Hydraulics/Pneumatics
- Basic Math
- Blueprint Reading
- CNC Programming
- DC Electricity
- Digital Electronics
- Electrical Devices and Circuits
- Electronic Instrumentation
- Engineering Drawing
- Gauging
- Machine Theory and Operation
- Measurement and Gauging
- Press Brake Operator
- Programmable Logic Controllers
- Shop Math
- Welding

To discuss Manufacturing Technology Training Opportunities, contact the Center for Continuing Education nearest you:
Jamestown Campus 716.338.1005
Olean Campus 716.376.7506
North County Center 716.363.6500
Warren Center 814.723.3577

www.sunyjcc.edu/continuing-education
Crs. #5721
Feb. 6                    Thurs.                         $59
Catt. Co. Campus in Olean that your time is being spent well.
focused. Take control of your day, knowing
interruptions, and stay motivated and
effectively schedule, prioritize, manage
training presents strategies that will move
can't have more time in a day, but you can
require a plan that works with your style. You
Fast paced, ever changing environments
advice as a means of helping people ―learn
while offering guidance and direction ONLY
people grow in a job by being supportive
employee to take on new responsibilities,
build confidence and competence in
Coaching helps supervisors and managers
Coaching for Outstanding
Professional Development
Career Enrichment
Using Humor and Creativity to
Improve Our Work
CHANGE. You've heard of it. The six letter
word that shakes up every organization now
then. In today's world, it is the one constant
every business can count on. Regardless of
whether or not you are "ready" for it, it is
coming your way. Did you know that your ability
to use creativity and humor is the essence of
your ability to continuously re-invent yourself in
response to changing times? If you can master
the art of humor, imagination, and creativity you
can help lead your organization down the path
of evolution and progress it deserves! The
business leaders who learn to reward creative
effort; encourage mistakes which can be turned
into opportunities; and respond to change with
innovation, will see a spike in employee
productivity and a dramatic decrease in
workplace stress and tension. Give your
organization the competitive edge it needs by
learning how to use humor to strengthen
morale, increase productivity and deal with
these changing times. This session is a hands-
on chance to experience the impact of creativity
and humor. After attending this session, you
will be able to offer your organization a
renewed energy and healthy perspective on
critical business issues. You'll learn how to stop
taking yourself so seriously which will help you
to accomplish things you never thought
possible in your organization!
Catt. Co. Campus in Olean
Feb. 20                    Thurs.                         $59
Crs. #5723  3 hrs.
Managing Change in an
Emotionally Intellligent Way
First class: Change is inevitable, the only thing
we can count on is that things are going to
keep changing. As a Manager, how do you
assure that instead of change being disruptive
to you, your employees and your organization,
that it is means to learn and grow stronger. In
this class we will study different change
theories and emotional intelligence strategies
for the different phases of change. Participants
will have a better understanding of the
reactions to change and how to respond to
desire to learn and grow stronger. In
these reactions in a positive, proactive
way.
Second class: Change is happening all around
you, all the time. The people and organizations
that learn to thrive on change will not only
survive, they will thrive. In this class we will use
emotional intelligence strategies to recognize
opportunities to make the most of the changes
happening in our organizations. Participants will
come away with methods to communicate
effectively about change to direct reports, and
up the ladder about the impact of change and
how change can be implemented in the most
effective way for the productivity and ongoing
positivity of the organization and the people
who work in it.
Catt. Co. Campus in Olean
Feb. 27 & Mar. 6          Thurs.                             $118
9 a.m.-12 p.m.        K. Ebersole TCCE 101  6 hrs.
Crs. #5724

Management
Communication Skills:
Achieving More Results
This seminar is for supervisors and managers
who want to improve the results they achieve
with their employees, but often don't know
how to communicate with them in order to do
so. Some of the skills that this seminar helps
develop are:
• What employees want most from
managers.
• Determining how managers and
employees can work together effectively
and comfortably; an ongoing 2-way
communication skill.
• Setting expectations and communicating
about performance that doesn't meet
them.
• Making it safe for employees to go to their
manager with a mistake.
• Stay interviews; retaining employees.
During the first session, participants will
provide input about the skills and work
situations they most want to work on. These
requests will be incorporated into the
seminar.
Catt. Co. Campus in Olean
Mar. 13-27                Thurs.                             $177
9 a.m.-12 p.m.       R. Blake  TCCE 101  9 hrs.
Crs. #5725

Delivering Positive
Discipline
The course begins with a discussion of what
discipline is. Most people believe it is a
means of punishment, and thus look at
discipline in a negative light. This course uses
video examples and participant role play
exercises. It is designed to help supervisors
in redirecting behavior while using a positive
approach. The key is gaining employee
commitment to improving performance.
Catt. Co. Campus in Olean
Apr. 10                    Thurs.                             $59
9 a.m.-12 p.m.            J. Stevens TCCE 101  3 hrs.
Crs. #5726

Building Creative Teams
Creative individuals are good; creative teams
are great! In this interactive session
participants will learn the four steps involved
in boosting creativity and innovation in
individuals and groups, using the FourSight™
model. Participants will complete an
individual assessment and learn about their
creative problem solving preferences.
Participants will also learn how to leverage
the insight from learning creative problem
solving preferences in order to support and
expand individuals' and teams' contributions
to solution-finding. FourSight™ is a valid,
research-based assessment tool designed to
boost critical and creative problem-solving
skills in individuals and groups.
Catt. Co. Campus in Olean
Apr. 17                    Thurs.                             $59
9 a.m.-12 p.m.             J. Fischer  TCCE 101  3 hrs.
Crs. #5727

GIFT CERTIFICATES
Want a wonderful idea for a birthday
gift, anniversary gift, or any other
special occasion? If so, then purchase
a gift certificate for a non-credit
course! Contact the Center for
Continuing Education nearest you to
request a certificate for the course of
your choice. Not sure which course
would be best for your friend or loved
one? Just state a dollar amount that
can be applied to any of our offerings.
What better way is there to say that
you care?
Beyond the Divide in the Workplace
Participants will explore the underlying and often unnoticed perceptions of men and women in the workplace that can limit potential and effectiveness. Finally, participants will learn strategies that will allow men and women to reach their full potential and work together comfortably.

Catt. Co. Campus in Olean
Apr. 24-May 8  Thurs.  $177
9 a.m.-12 p.m.  M. Marvin & C. Lopez
Crs. #5728  9 hrs.

Women in Leadership
Create Your Own Success
Knowledge is power. Understanding the historical context of Women in Leadership as well as current trends and emerging opportunities can provide women in the workplace with further insight to develop their own comprehensive Personal Leadership Development plan. Participants will learn how to create opportunities for their success while at the same time, anticipate and avoid pitfalls along the same path. Participants can take classes individually or as a series, but because each session builds on the previous one, we encourage you to take the series. Register for and attend all three courses and receive a $45 gift certificate good toward the cost of a future Continuing Education class. Continental breakfast included.

Personal Development Strategies
Do you know what you need to do in order to develop yourself as a female leader? Participants taking this session will focus on cultivating their personal development including: understanding women’s leadership issues and opportunities related to personal development, cultivating self-development toward leadership success, personally defining yourself as a leader, and creating a personal development action plan.

Jamestown Campus
Jan. 21  Tues.  $49
8:30-11:30 a.m.  L. Latour  CARN 120
Crs. #5808  3 hrs.

Interpersonal Strategies for Success
We all know that honing our interpersonal skills will help us as we move along in our career, but there are certain interpersonal skills that are critical and that every woman should cultivate. Participants taking this session will focus on cultivating interpersonal strategies for success including: understanding women’s leadership issues and opportunities regarding interpersonal relationships, identifying three key interpersonal strategies toward leadership success, defining an interpersonal acceleration plan, and creating an interpersonal acceleration action plan.

Jamestown Campus
Jan. 28  Tues.  $49
8:30-11:30 a.m.  L. Latour  CARN 120
Crs. #5809  3 hrs.

Personal Leadership Plan
Creating a personalized leadership plan is key and focuses on getting women to move from vision to strategic planning to execution. Participants taking this session will focus on a personal leadership plan including: understanding women’s leadership issues and opportunities related to a personal leadership plan, developing a successful personal leadership plan, defining yourself as a leader through a personal leadership plan, and creating a personal leadership action plan.

Jamestown Campus
Feb. 4  Tues.  $49
8:30-11:30 a.m.  L. Latour  CARN 120
Crs. #5810  3 hrs.

Career Enrichment
The Smart Start to Your Business!

Business Basics
On-Line Course
What makes a successful entrepreneur?
Where do I find information?
Do I have everything I need?
Finance  Marketing
Attorneys  Accountants
Regulations  Business Plans
Forms of Business Organizations  Record Keeping  Resources & More
For more information go to: http://www.sunyjcc.edu/sbdc
or call SBDC at (716) 338-1024

Attention CHAMBER Members
Chautauqua County:
A partnership between the Chautauqua County Chamber of Commerce and JCC. Chamber/MAST members qualify for a 15% discount on all computer and job-related programs offered at JCC’s Jamestown Campus and North County Center, except where indicated. Mention that you are a chamber member when you register. (Online courses do not qualify for this discount.)

Cattaraugus County:
Greater Olean and Salamanca Chamber members please call for details on your eligibility to receive a 15% discount on computer courses. 716.376.7506
Personal Enrichment

All About “U” Series

Join us for these unique and personally enriching classes where participants will have the opportunity to enhance their life and learn “All About U.”

*Natural Healing Continued

Living one’s life in a more holistic way is beneficial because it gives you knowledge about yourself and how your body interacts and reacts. In this informative class, participants will learn: how energy works in the body and how it flows, why it’s beneficial to know the energy of each organ, what type of energy each organ puts out, and how our organs’ energy affects us. Understanding all of this can promote healing and equips individuals with the tools to ask better informed questions. This course is a continuation of the Natural Healing course offered last September, but anyone can attend.

Jamestown Campus

Jan. 28

6-9 p.m.

R. Sarber

CARN A

Crs. #5791

2 hrs.

$27


Peyote Beaded Jewelry

Peyote stitch, named after Native American beadwork, is one of the most versatile off-loom bead weaving methods known. In this introductory jewelry making class, participants will be working with fishing line and small beads to make a peyote beaded bracelet. Have fun as you learn the basics of peyote stitch, how to weave beads, and how to finish your bracelet. All supplies will be provided.

Jamestown Campus

Feb. 25 & Mar. 4

6-9 p.m.

J. Thies

CARN 116

Crs. #5793

6 hrs.

$59


*Express Yourself with Digital Storytelling

Learn how to create an engaging personal story with digital media production. Participants will use online software, photographs, music and animation to create fun and interactive videos that can then be shared with friends and family. Vacation photos and family photos are perfect for this project! Participants are asked to bring a USB flash drive with at least 15 photos. Photos must belong to the class participant.

Jamestown Campus

Mar. 26

5:30-8:30 p.m.

V. Sweeney

CARN 109

Crs. #5794

3 hrs.

$39


The Evolution of Healing

Have you ever wondered where the term healing comes from and how it has progressed throughout time? Take this interactive class where participants will learn about healing practices from the 1800’s through today. Learn about the Indian medicine man, the priest/physician, and the healing medicines of Egypt as well as discuss hands-on healing methods and quantum healing. Additionally, participants will be given an overview of healing herbs and their properties.

Jamestown Campus

Apr. 9

6-9 p.m.

R. Robertson

CARN 120

Crs. #5795

3 hrs.

$39


*Your Inner Guide

There is a power in each of us which gives us strength, comfort, and peace. We use this power to some degree in our daily lives, yet few realize its full potential. In this class, learn how to use your intuition to receive guidance, wisdom, and daily upliftment; focus on your goals; understand events from a spiritual perspective; and increase awareness of your personal inner journey of enlightenment. In-class exercises will include a guided meditation and examples of how to develop your conscious spiritual connection.

Jamestown Campus

Apr. 30

6-8 p.m.

W. White

CARN 120

Crs. #5796

2 hrs.

$29


Understanding Your Aura

Everyone has an aura, which is the energy field that surrounds our body and holds important information about our physical, emotional, and spiritual well being. By understanding the energy that surrounds you, you can begin to see and experience sensing auras. This is an interactive workshop designed for beginners where you will learn the basics about auras, practice how to see and sense auras, understand the meaning of the different colors, and discover ways in which you can cleanse and clear your aura for better health.

Jamestown Campus

May 7

6-8 p.m.

W. White

CARN 120

Crs. #5797

2 hrs.

$29


*The Chautauqua County Visitors Bureau (CCVB) has partnered with a number of different organizations in an effort to provide expanded leisure learning opportunities for visitors and residents throughout Chautauqua County. This new initiative is called the World’s Learning Center and JCC’s Center for Continuing Education is proud to be a part of this effort. We have developed some new and different programming that will appeal to both visitors and residents. These courses can be found throughout this publication and are designated wherever you see the World’s Learning Center logo. Visit: www.tourchautauqua.com

*Courses to Look For:

*iPad, iPhone & iPod Training
*Express Yourself with Digital Storytelling
*Iranian Cuisine
*Ethiopian Cuisine
*Moroccan Cuisine
*Chautauqua County History Series
*Drawing 102

*Natural Healing Continued
*Your Inner Guide
*Brazilian Cuisine
*Egyptian Cuisine
*Israeli Cuisine
*Digital Storytelling
*Waterscapes in Watercolor
Gourmet Dining Club

Cooking Around the World

Middle Eastern food is some of the most wonderfully rich food in taste, heritage, and culture! Learn about different cultures and traditions as you make recipes that these countries are famous for. Many of these recipes are new or fairly new to most people, so enjoy as you explore foods other countries have loved for years! Anyone who registers for and attends all eleven courses in the series will receive a $50 gift certificate good toward the cost of a future Continuing Education class. Because food supplies need to be purchased for these classes, it’s greatly appreciated if you can register three days prior to a class start date.

Spanish Cuisine

Want to learn to make a dish that will dazzle your guests? Then take this class where participants learn to make paella (a rice dish that originated on the east coast of Spain). Enjoy an evening in this hands-on class as participants prepare this famous meat, including cutting the meat, preparing the sofrito, and cooking the rice.

Jamestown Campus

Jan. 30 9 p.m. T. Mills CSCE 113/114
Crs. #5814 3 hrs.

* * *

*Chautauqua

Indian Cuisine

Spend the evening with our chef as he explores the intricate cuisine of Iran. Specifically, Polow, an opulent layered rice dish, which is flavored with pistachios, dill, and saffron and cooked with butter and yogurt, forming a delicious golden crust called tah-dig. This hands-on class will give you the skills to take any meal from ordinary to extraordinary!

Jamestown Campus

Feb. 6 9 p.m. T. Mills CSCE 113/114
Crs. #5816 3 hrs.

* * *

Brazilian Cuisine

Feijoada, a stew of beans with beef and pork, is a typical dish in Portugal and former Portuguese colonies, such as Brazil, Macau, and Mozambique. Let our chef walk you through the preparation of this succulent multi-meat and bean stew, as well as the traditional farofa topping.

Jamestown Campus

Feb. 13 9 p.m. T. Mills CSCE 113/114
Crs. #5817 3 hrs.

* * *

*Ethiopian Cuisine

Doro Wett, one of the best known chicken stews, is a staple of Ethiopian cooking consisting of chicken pieces, on the bone, cooked in a thick, spiced red sauce. Participants will prepare this classic dish, popular in both Ethiopian homes and restaurants, which is packed full of the spices that give Ethiopian cooking its characteristic rich flavor.

Jamestown Campus

Feb. 20 9 p.m. T. Mills CSCE 113/114
Crs. #5818 3 hrs.

* * *

*Egyptian Cuisine

"The rich man's breakfast, the shopkeeper's lunch, the poor man's supper." This traditional Arabic saying describes the Egyptian dish Ful Medames. This rustic bean stew is Egypt's national dish, eaten by Egyptians from every walk of life and at all times of day. Learn firsthand how to make this delectable dish along with traditional side dishes.

Jamestown Campus

Feb. 27 9 p.m. T. Mills CSCE 113/114
Crs. #5819 3 hrs.

* * *

South African Cuisine

With its aromatic spices and bits of almonds and dried fruit spiking the meat mixture, Bobotie is perfect for anyone who has ever found meatloaf boring. Adding even more flavor are the rice pilaf and tangy chutney served alongside. Get a hands-on experience as you begin to understand and appreciate the unique mix of European and Asian influences in South African cooking.

Jamestown Campus

Mar. 6 6 p.m. T. Mills CSCE 113/114
Crs. #5820 3 hrs.

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*Moroccan Cuisine

Beef or lamb with prunes is a classic Moroccan dish that combines sweet prunes and meat with the fragrant spices of ginger, saffron, cinnamon, and pepper. This dish is commonly served at special occasions or when entertaining. It’s exceptionally tasty and is also quick and easy to put together on short notice if using a pressure cooker. Participants taking this class will prepare this dish and traditional side dishes.

Jamestown Campus

Mar. 13 9 p.m. T. Mills CSCE 113/114
Crs. #5821 3 hrs.

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Turkish Cuisine

Take this palate pleasing class where you will learn to make Kofta kabobs (Turkish meatballs), with Lahana Salata (Turkish cabbage salad).

Jamestown Campus

May 1 9 p.m. T. Mills CSCE 113/114
Crs. #5826 3 hrs.

Personal Enrichment

Turkish Cuisine—continued

Kofta is a Middle Eastern, South Asian, and Balkan meatball or meatloaf usually made of lamb or beef. The richly-spiced flavors used in this dish aren’t the burn-your-mouth kind, but are a delicious change from the usual.

Jamestown Campus

Mar. 20 9 p.m. T. Mills CSCE 113/114
Crs. #5822 3 hrs.

*Italian Cuisine

Learn to make the classic Italian dish, Osso Buco and Risotto Milanese, which consists of braised veal and creamy saffron and cheese risotto. Osso Buco is an Italian meal specialty made from cross cutting veal shanks (or shin) braised with vegetables usually accompanied with white wine and broth. Bone marrow is the central substance of Osso Buco and gives this dish its distinctive rich flavor and glossy appearance.

Jamestown Campus

Mar. 27 9 p.m. T. Mills CSCE 113/114
Crs. #5823 3 hrs.

*Israeli Cuisine

Want to create a unique dining experience for your guests? Make them the traditional dish of Falafel and Hummus. Falafel is a deep-fried ball or patty made from ground chickpeas, fava beans, or both. Often times it’s served with hummus. Participants taking this class will learn how to make the classic Middle Eastern Hummus and Israeli Falafel as well as typical Israeli accoutrements.

Jamestown Campus

Apr. 3 9 p.m. T. Mills CSCE 113/114
Crs. #5824 3 hrs.

Haitian Cuisine

Of all the Haitian recipes, Griot (fried pork) with Sour Orange, is without a doubt the most popular. Take this class where participants will learn to make this quintessential Haitian dish and wow anyone you have over for dinner!

Jamestown Campus

Apr. 10 9 p.m. T. Mills CSCE 113/114
Crs. #5825 3 hrs.

Your Next Brunch

Looking for something that’s unique and different to serve guests? Let’s talk brunch! In this class we will prepare unique and time saving brunch recipes including: Eggs Florentine, Potatoes Anna, Ham Asparagus and Cheese Strata, and Monkey Bread. No brunch is complete without Mimosas. This class is not a part of the eleven course series.

Jamestown Campus

May 1 9 p.m. T. Mills CSCE 113/114
Crs. #5826 3 hrs.
Personal Enrichment

Miscellaneous

France, French & Frog Legs II
The objective of this class will be to function well in practical contexts in French-speaking environments. Students will practice speaking French and continue to learn about the various cultures of the language. Topics to be covered include shopping for items; currency in France; health issues while travelling or living abroad; working in France; everyday language of France; and using the French media.

Jamestown Campus
Mar. 3-Apr. 7  Mon.  $60
6:30-8:30 p.m.  M. Gerring CARN 120
Cr. #5790  12 hrs.

Swedish Just For Fun-Level II
Have you always wanted to study Swedish culture and customs, and how to speak Swedish? Take this class where you'll combine exploring Swedish culture with learning the basics of this language giving you the recipe for a great class! This is an intro Swedish language course that will incorporate many aspects of Sweden such as its history, culture, customs, and contemporary society. Pre-requisite: Past enrollment in JCC Swedish Level I or other introductory level Swedish language experience/knowledge is required.

Jamestown Campus
Mar. 4-Apr. 8  Tues.  $60
6:30-8:30 p.m.  J. Kroon CARN 120
Cr. #5789  12 hrs.

ESL Course
This class will provide non-English speakers English language learning in a relaxed atmosphere. Students will learn grammar, reading, writing and conversation skills on a beginner to intermediate level. A range of learning activities will be employed using real-life applications. Materials included in price.

Catt. Co. Campus in Olean
Jan. 13-Feb. 27  Tues. & Thurs.  $85
6-7:15 p.m.  C. Strauch TCCE 110
Cr. #5073  17.5 hrs.

Jan. 21-Mar. 5  Tues.  $85
6-7:15 p.m.  C. Strauch TCCE 110
Cr. #5074  17.5 hrs.

Ace the SAT
Critical reading and math are taught along with tips on how to study and prepare for the Scholastic Aptitude Test (SAT). Course cost includes text.

Catt. Co. Campus in Olean
Apr. 21-May 1  Mon.-Thurs.  $65
6-8 p.m.  E. Snyder & M. Zias
Cr. #5706  16 hrs.

Beginning Knitting & Crocheting
This course is for the beginning knitter and crocheter and includes the more advanced. Students will learn to cast on, knit and purl, and follow a pattern. They will learn to do all of the basic stitches and advance from there. Students need to bring: worsted weight yarn, scissors, and a small notebook. Crochet—hook size H. Knitters—needles size 8, 10 in. long.

Jamestown Campus
Feb. 3-3 Apr. 7  Mon.  $54
7-9 p.m.  G. Peterson CARN 125
Cr. #5776  20 hrs.

Feb. 4-Apr. 4  Tues.  $54
7-9 p.m.  G. Peterson CARN 125
Cr. #5777  20 hrs.

Copper Enamel Jewelry Making
Copper enameling is the process of applying ground glass powder onto copper metal shapes and then firing them in an enameling furnace. We will be creating a variety of pendants, earrings and pins using this process.

Catt. Co. Campus in Olean
Feb. 26  Wed.  $29
6-9 p.m.  C. Lacy TCCE 101
Cr. #5707  3 hrs.

Genealogy
This is a class for people that have a limited knowledge of their family's past, as well as those bitten by the genealogy bug. Learn how to understand the daily lives and motivations of your ancestors by learning more about their historical period. Where does my family represent larger historical activities? How far back in time can I go? Where can I obtain historic photos of my ancestors? How can I get the quickest and biggest value on the Internet? Where can I obtain free genealogical support? Students completing this course will find answers to these questions and more, and will be well equipped to further their own family genealogy project. Feel free to bring in laptop computers and other electronic devices that you may want to use.

Catt. Co. Campus in Olean
Apr. 16  Wed.  $19
6-8 p.m.  S. Jay-Edwards TCCE 109
Cr. #5709  2 hrs.

Drawing
Through careful observation, students will produce an understanding of value and spatial relationships of objects. The fee does not include supplies. Upon registration participants will receive a supply list. Please contact JCC North County Center at 363.6500 for details.

North County Center
Jan. 29-Mar. 5  Wed.  $85
6-8:30 p.m.  J. Harvey NCTC 115
Cr. #5751  15 hrs.

Adult Beginner Guitar
Designed for the adult student with little or no previous experience with the guitar. The course will cover tuning, chords, scales, chord progression and culminates in learning a song as a group. This is less than $10 per class! Guitars are not provided—you must bring an acoustic or electric guitar to class.

Jamestown Campus
Jan. 27-Feb. 24  Mon.  $49
7-8 p.m.  S. Drake CARN 123
Cr. #5781  5 hrs.

Retirement Planning Today
This course will give you information to help you plan for your retirement. The class will discuss types of plans, securities, bonds, life insurance and investment options to help you make an informed choice. This is not a sales course. It provides information on options available to you to help you plan your retirement. Price includes a workbook.

Catt. Co. Campus in Olean
Apr. 29 & May 6  Tues.  $42
6:15-9:15 p.m.  M. Hendrix, CFP TCCE 101
Cr. #5705  6 hrs.

Jan. 29-Mar. 5  Wed.  $85
6-8:30 p.m.  J. Harvey NCTC 115
Cr. #5751  15 hrs.

Waterscapes in Watercolor
This is a great class for beginners or those with watercolor experience. The class will get a chance to paint some landscapes and offer project ideas to the instructor for future classes. We will explore many different techniques using the watercolor media. There will be plenty of painting time during class so that you can practice the techniques. The fee does not include supplies. Upon registration participants will receive a supply list. Please contact JCC North County Center at 363.6500 for details.

North County Center
Jan. 21-Feb. 25  Tues.  $85
6:30-8:30 p.m.  R. Lafferty NCTC 115
Cr. #5752  15 hrs.

Pampered Pet Pastries
What a reward for your pampered pet, to get their own homemade treats! There are also benefits to making your own because you can control what goes into the recipe making sure they are safe and nutritious with no unhealthy additives. You and your child can have fun learning how to make peanut butter treats, basic dog biscuits, and a few gourmet treats as well.

Jamestown Campus
Feb. 22  Sat.  $29
10 a.m.-1 p.m.  T. Mills CSCE 113/114
Cr. #5827  3 hrs.
**Gardening**

**Landscapes—Succession of Blooms**

Is there life after hostas and impatiens? Explore an amazing array of plants for any site in this slide-illustrated class and discover how to plan for a continual bloom all year long.

**Jamestown Campus**

Feb. 12       Wed.  $19
6:30-8:30 p.m. A. Ploss CARN 123
Crs. #5785  2 hrs.

**Landscapes—Versatile Herbs**

Discover how to plan an herb garden and incorporate herbs into the landscape. This class also discusses preserving and propagating herbs, growing them in containers and maintaining them in the landscape.

**Jamestown Campus**

Feb. 19       Wed.  $19
6:30-8:30 p.m. A. Ploss CARN 123
Crs. #5782  2 hrs.

**Landscapes—Ground Covers**

Groundcovers cloak gardens in beauty, discourage weeds, and lock in moisture. Explore great groundcovers to add to your landscaping repertoire in this slide-illustrated class.

**Jamestown Campus**

Feb. 26       Wed.  $19
6:30-8:30 p.m. A. Ploss CARN 123
Crs. #5786  2 hrs.

**Landscapes—Small Flowering Trees**

Explore landscaping ideas for your garden with a variety of small flowering trees in this workshop. This class focuses on selection, siting, culture, and design uses of small trees that are winter-hardy, pest-tolerant, showy, and have great foliage.

**Jamestown Campus**

Mar. 5        Wed.  $19
6:30-8:30 p.m. A. Ploss CARN 123
Crs. #5787  2 hrs.

**Spring Garden Day**

A day of exciting educational opportunities for home gardeners at all interest levels from the casual gardener to the Advanced Master Gardener. Attendees will have an opportunity to hear and talk to regionally renowned authorities on various aspects of garden design, maintenance and plant selection.

**Jamestown Campus**

Mar. 1        Sat.  $40
8 a.m.-4 p.m. Master Gardeners CARN The.
Crs. #5866  8 hrs.

**Indoor Worm Composting**

Reduce food waste and make your own compost indoors by vermicomposting, or composting with worms. Learn how easy it is to get started and how to maintain your compost bin without any problems. **Class meets at Penn St. Coop, 100 Dillon Dr., Youngsville, PA. No waivers.**

**Warren Center**

Jan. 23    Thurs.  $5
6-8 p.m. J. Enfield Penn St. Coop
Crs. #5663  2 hrs.

**Indoor Winter Gardening**

Learn how to build and use a cold frame to continue harvesting fresh vegetables later into the fall and earlier in the spring. Learn basic techniques for growing plants indoors including lighting and temperature requirements. **Class meets at Penn St. Coop, 100 Dillon Dr., Youngsville, PA. No waivers.**

**Warren Center**

Feb. 20    Thurs.  $15
6-8:30 p.m. J. Enfield Penn St. Coop
Crs. #5655  2.5 hrs.

**Squirrel Boxes**

Do you have flying squirrels in your attic or backyard? Join us to learn exciting information about these nocturnal critters and how installing a squirrel box can be beneficial. Conclude the program by building your own box to install at home. **No waivers. Minimum of 6 registrations, minimum reg.**

**Warren Center**

Apr. 12  Sat.  $7
1-3 p.m. J. Moore Chapman State Park
Crs. #5656  2 hrs.

May 10  Sat.  $7
1-3 p.m. J. Moore Chapman State Park
Crs. #5658  2 hrs.

**Spring Garden Day**

A day of exciting educational opportunities for home gardeners at all interest levels from the casual gardener to the Advanced Master Gardener. Attendees will have an opportunity to hear and talk to regionally renowned authorities on various aspects of garden design, maintenance and plant selection.

**Jamestown Campus**

Mar. 1        Sat.  $40
8 a.m.-4 p.m. Master Gardeners CARN The.
Crs. #5866  8 hrs.

**Let's Talk**

During this workshop, instructors will provide information on healthy communication styles and what triggers discussions to go awry. **No tuition waivers.**

**Warren Center**

Jan. 14  Tues.  $15
6-8 p.m. N. Drauschak Curwen Bldg.
Crs. #5668  2 hrs.

**Helping Children Through the Divorce/Break-up**

Divorces/break-ups are hard on all family members, but how do you discuss this with your children? This workshop gives parents tips for talking to children and resources available to help them through this tough time. **No tuition waivers.**

**Warren Center**

Jan. 21  Tues.  $15
6-8 p.m. N. Drauschak Curwen Bldg.
Crs. #5669  2 hrs.

**Talking to Teens**

Teenagers are becoming more independent and interacting more with peers instead of family members, but you still want to have a relationship with them. This workshop gives parents a chance to seek support and tips for talking to and maintaining a positive relationship with their teenagers. **No tuition waivers.**

**Warren Center**

Jan. 28  Tues.  $15
6-8 p.m. N. Drauschak Curwen Bldg.
Crs. #5670  2 hrs.

**Ties that Bind—Connecting Generations Through Communication**

This two-hour workshop is designed to give a brief overview of communication tools that can enhance your relationships with adult children, grandchildren, and older parents. The focus will be on providing participants with practical information about communication to create strong relationships. Participants will also be given exercises that build communication skills that are known to strengthen relationships. **Class meets at Allegheny Community Center, 42 Clark St., Warren, PA. No tuition waivers.**

**Warren Center**

Feb. 27  Thurs.  $15
1-3 p.m. R. Darbee ACC
Crs. #5662  2 hrs.
Personal Enrichment

Explore Local History

Explore the Revolutionary War: A Walking Tour of Olean
The Olean area was not a very habitable area during the time of the Revolutionary war, but its founder, Major Adam Hoops, who bought a sparsely populated track of land in Cattaraugus County, New York in 1804, and named and founded the town of Olean, was a Revolutionary War Continental Army Officer. Hoops personally knew many of the great Generals of the Revolutionary War, including President and General George Washington, Mad Anthony Wayne and one of the best strategists in the Continental Army General Nathaniel Green. Hoops wanted to honor these men so he named the streets of Olean after them. This walking classroom follows the street signs to look at the Revolutionary War and these great men who won it, with some history of Olean and its founder. (Class is scheduled for May 10 with a rain date of May 17.)

Catt. Co. Campus in Olean
May 10* Sat. $19
2-5 p.m. S. Jay-Edwards TCCE 101
Crs. #5708 3 hrs.
*Rain date of May 17 if needed.

Civil War: Cattaraugus County Goes to War
As we celebrate the 150 years that have passed since the Civil War, we may wonder about the contributions that local citizens played in the war. Learn about the most famous "Unknown Soldier" of the Civil War, of how the tintype he clutched in Gettysburg led to his identity as a Portville man and the role his family played in helping other widows and orphans. Follow local regiments like the 154th "Hardtack Regiment" against Stonewall Jackson in his last stand, through the gallant defense at Gettysburg and as they marched with Sherman to the sea and through the Carolinas to Washington. Learn the fate of the 85th NY Infantry, for the Olean Company that escaped the doom of the rest of the "Plymouth Pilgrims" in Andersonville.

Catt. Co. Campus in Olean
Mar. 19 Wed. $19
6-8 p.m. S. Jay-Edwards TCCE 101
Crs. #5710 2 hrs.

The Foundations of Rock & Roll
Who put the bomp in the bomp bomp bomp bomp? What was the first rock and roll song? What was the last rock and roll song? Spend eight weeks this spring listening to the roots of rock and roll and its evolution through the British Invasion. Answer the burning questions: who gave birth to the iconic American sound? Did the Beatles kill rock and roll? Did the Ramones revive it? From the earliest days of music that rocked, to the days of Disco...listen, watch, and discuss the music that provided the sound track of our lives. Conclude the course with a trip to The Rock and Roll Museum and Hall of Fame in Cleveland, Ohio.

Catt. Co. Campus in Olean
Mar. 12-May 7 Wed. $169
6:30-8:30 p.m. A.M. Rae TCCE 101
Crs. #5847 26 hrs.

Chautauqua County History Series
This program is a three-part series of topics introducing public history and types of historical resources. The first presenter will discuss the impact of the War of 1812 in Chautauqua County. The second presenter will discuss Transportation, Commerce and Early Settlement in Chautauqua County. A highlight will be the viewing of a recently discovered county map of 1814 in the PowerPoint presentation. The last presenter will discuss the life of early settler Nathan Brown, "Elizah's Great Adventure", along with other fascinating stories of early county settlers.

Jamestown Campus
Apr. 23-May 7 Wed. $59
6-8 p.m. Fenton History Ctr. CARN A
Crs. #5779 6 hrs.

Portrayals of the Underground Railroad
Meet the players, hear their words, and understand why Chautauqua County played such a pivotal role in this historical movement. Portrayed by local actors, you will feel and see the action, feel and see the intrigue. The program will be followed by a small meal of period foods and a question and answer session with local historians. Co-sponsored with the Fenton History Center and the Jamestown Juneteenth Committee.

Jamestown Campus
Jun. 15 Sun. $39
1-4 p.m. Actors CARN
Crs. #4050 3 hrs. Theater

Health/Well-Being

Eating Whole Foods Without Spending Your Whole Paycheck
Eating healthily on a budget is possible. Guided by a local professional chef, participants will learn how to prepare a healthy and balanced meal using locally grown produce and whole grains while at the same time learning the benefits of supporting local and regional farmers. Materials included.

Catt. Co. Campus in Olean
Mar. 6 Thurs. $29
6-9 p.m. S. Darrow Warming House
Crs. #5713 3 hrs.

Natural Therapies for Menopause
In this class we'll explore natural therapies and remedies that can help with hot flashes, mood swings, insomnia and other symptoms of menopause. You will also learn some tools to use to figure out which therapy might be best for you.

Catt. Co. Campus in Olean
Apr. 2 Wed. $14
6-7:30 p.m. A. Bush TCCE 110
Crs. #5711 1.5 hrs.

Special Occasion Dancing
Do you have a wedding, anniversary, birthday or other special occasion coming up where you'd like to show off your dance skills? If so, take this class where participants will learn general techniques and practical applications of dancing, as well as learn leading and following techniques. Class will feature four types of dance: polka, waltz, electric slide, and the stroll. Make any occasion, a special occasion for dancing!

Both couples and individuals are encouraged to sign up. No dance experience necessary. Wear comfortable, snug fitting shoes with a smooth bottom.

Jamestown Campus
Jan. 19-Mar. 2* Sun. $33
5-6 p.m. A. Weisbrod CSCE 129
Crs. #5800 6 hrs.
*No class on Feb. 2
Health/Well-Being/Exercise

The Art of Social Dancing

Dance your way into this class as participants expand upon basic and practical applications of social dancing. Learn to fine tune your technique as well as your lead and following skills as you learn fast tempo dances such as the Mambo, Swing, Jitterbug, Cha Cha, and Rumba. Both couples and individuals are encouraged to sign up. No dance experience necessary. Wear comfortable, snug fitting shoes with a smooth bottom.

Jamestown Campus
Jan. 19-Mar. 2* Sun. $33
6-7 p.m. A. Weisbrod CSCE 129
Crs. #5801 6 hrs.
*No class on Feb. 2

Lunchtime Yoga

Learn basic yoga poses and breathing techniques that are designed to ease tension, improve flexibility and increase strength. Participants will practice relaxation techniques, such as guided meditation to enhance overall body awareness. No experience is necessary, but mobility must include getting down to a mat. A yoga mat is recommended.

Catt. Co. Campus in Olean
Jan. 7-May 29 Tues. & Thurs. $150
12:10-12:50 p.m. L. Yohon TCE 110
Crs. #5701 28 hrs.

Yoga Thursdays

Same description as Lunchtime Yoga (above).

Catt. Co. Campus in Olean
Jan. 9-Feb. 27 Thurs. $40
5:30-6:30 p.m. L. Yohon TCE 110
Crs. #5702 9 hrs.

My Personal Yoga

This style of yoga adapts to you and to your individual needs. It is very gentle as it stretches and strengthens your entire body, allowing both mind and body to reach deep relaxation. The poses learned build strength, flexibility, and balance and the breathing techniques will increase lung capacity. No previous yoga experience is required, and anyone (regardless of physical condition) can take and benefit from this class. Wear comfortable clothes, and bring a blanket and/or mat to class.

Jamestown Campus
Jan. 28-Apr. 8 Tues. $59
5:30-6:30 p.m. V. DiCarlo CSCE 129
Crs. #5803 11 hrs.

Lunchtime Yoga

This mid-day pick-me-up restores your sanity as well as your energy. This class will teach you how to stretch and relax light sore muscles and strengthen both body and lungs while relieving your stress. Participants will improve balance as well as lung capacity. This series is designed for people with little or no previous experience with yoga. Wear comfortable clothes and bring a blanket and/or a mat to class.

Jamestown Campus
Jan. 29-Apr. 9 Wed. $59
11:45 am-12:45 p.m. V. DiCarlo CSCE 129
Crs. #5805 11 hrs.

Stress-Busting Yoga

Conclude your week by releasing pent up stress while experiencing gentle and restorative yoga. Learn deep relaxation through especially mild yoga poses and breathing practices. Participants will learn easy, gentle techniques that will enable them to calm mind and body. These classes are intended for those who want to let go of stress, and require no previous experience with yoga. Wear comfortable clothes, and bring a blanket and/or mat to class.

Jamestown Campus
Jan. 30-Apr. 17* Thurs. $59
4:30-5:30 p.m. V. DiCarlo CSCE 129
Crs. #5807 11 hrs.
*No class on Apr. 3

Mat Pilates

Do you want to build strength, have a toned body, and develop the mind-body connection? Then Mat Pilates is for you! Learn the basic Pilates movements and how the body is connected. These exercises focus on the abdominal and back muscles. Explore this stress relieving class.

North County Center
Jan. 21-Apr. 15* Tues. $60
7-8 p.m. L. Liedke NCTC 117
Crs. #5754 12 hrs.
*No class on 3/18

Jan. 23-Apr. 17* Thurs. $60
7-8 p.m. L. Liedke NCTC 117
Crs. #5755 12 hrs.
*No class on 3/20

Jan. 21-Apr. 17* Tues & Thurs. $120
7-8 p.m. L. Liedke NCTC 117
Crs. #5753 24 hrs.
*No class on 3/18 & 3/20

Tai Chi—Beginning

Join us in learning about the benefits in practicing Tai Chi. You will hear about the philosophy of the movement style and practice gentle exercises designed to stretch and tone muscles. Benefits include stress reduction, increased endurance, higher energy levels, general well being and a better focus. The form that will be taught is Chinese Chi Gung Healing Form. Quota is 24...register early...no exceptions. (This Tai Chi class is for beginners ONLY. Skill level may be determined by instructor and/or Cont. Ed. Office.)

Jamestown Campus
Jan. 28-May 6 Tues. $70
4:15-5:15 p.m. P. Ellis CSCE 113
Crs. #5760 15 hrs. & 114

Tai Chi—The Next Level

The following 3 classes, Tai Chi “The Next Level” are for students who have taken at least one Tai Chi class. NO beginners. Red Sarber has over 43 years of experience having studied in the U.S. and China.

Jamestown Campus
Jan. 27-May 5 Mon. $70
6-7 p.m. R. Sarber CSCE 113
Crs. #5761 15 hrs. & 114
Jan. 29-May 7 Wed. $100
6-7:30 p.m. R. Sarber CSCE 113
Crs. #5764 22.5 hrs. & 114

White Crane Gung Fu

This course consists of stretching and self-defense and is considered to be a totally non-aggressive art.

Jamestown Campus
Jan. 28-May 6 Tues. $100
5:30-7 p.m. R. Sarber CSCE 113
Crs. #5762 22.5 hrs. & 114

Zumba

Be a part of the fastest growing fitness program in the country and take Zumba. It's exercise in disguise! Zumba is a Latin-inspired, dance-fitness program that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness program. It gives participants a full-body workout, targeting areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body; the heart. Come join the fun! Wear comfortable clothes, athletic footwear, and bring water to class.

Jamestown Campus
Jan. 27-Apr. 9 Mon. & Wed. $115
5:30-6:30 p.m. S. Gullo CSCE 129
Crs. #5798 22 hrs.
Did you know...

Traffic Survival can be taken by all licensed drivers who are listed as a primary operator of a vehicle on the insurance policy.

- Do you have two or more licensed family members on the same auto insurance policy?
- Are each listed as a primary driver of a vehicle on the policy?
- Each person should attend traffic survival and EACH of you will save up to 10% off the liability, no-fault and collision for three years!

Traffic Survival Workshops

The Point/Insurance Reduction Program, offered through the National Traffic Safety Institute and approved by the Department of Motor Vehicles, offers participants a way to reduce driver record violation points and/or insurance premiums. Saturday and daytime classes have a 1/2 hour lunch on your own. Please bring your driver's license to class.

Note: Students must arrive at this class promptly by 9 a.m. or 6:00 p.m. If you are late, you will not be admitted. We strictly adhere to this policy. This applies to every JCC location.

Catt. Co. Campus in Olean

Jan. 18 Sat. $35 9 a.m.-3:30 p.m. D. French TCCE 101
Crs. #5682 6 hrs.

Feb. 19 & 20 Wed. & Thurs. $35 6-9 p.m. B. Aiello TCCE 101
Crs. #5683 6 hrs.

Mar. 15 Sat. $35 9 a.m.-3:30 p.m. D. French TCCE 101
Crs. #5685 6 hrs.

Apr. 23 & 24 Wed. & Thurs. $35 6-9 p.m. B. Aiello TCCE 101
Crs. #5687 6 hrs.

May 17 Sat. $35 9 a.m.-3:30 p.m. D. French TCCE 101
Crs. #5688 6 hrs.

Jamestown Campus

Jan. 25 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello CARN 123
Crs. #5766 6 hrs.

Feb. 17 Mon. $35 9 a.m.-3:30 p.m. D. Cappiello CARN 123
Crs. #5767 6 hrs.

Mar. 22 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello CARN 123
Crs. #5769 6 hrs.

Apr. 26 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello CARN 123
Crs. #5771 6 hrs.

May 3 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello CARN 123
Crs. #5773 6 hrs.

North County Center

Jan. 11 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello NCTC 115
Crs. #5765 6 hrs.

Feb. 15 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello NCTC 115
Crs. #5767 6 hrs.

Mar. 4 & 6 Tues. & Thurs. $35 9-6 p.m. D. Cappiello NCTC 115
Crs. #5774 6 hrs.

Mar. 15 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello NCTC 115
Crs. #5775 6 hrs.

Apr. 12 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello NCTC 115
Crs. #5778 6 hrs.

May 17 Sat. $35 9 a.m.-3:30 p.m. D. Cappiello NCTC 115
Crs. #5780 6 hrs.

DMV Pre-Licensing

5-hour Pre-Licensing Course

This is the five-hour NYS Department of Motor Vehicles' pre-licensing course for students who are in the process of applying for their NYS motor vehicle license. You must bring your photo permit to class.

Catt. Co. Campus in Olean

Jan. 15 Wed. $25 4:30-9:30 p.m. Wm. Bathurst TCCE 101
Crs. #5696 5 hrs.

Feb. 5 Wed. $25 4:30-9:30 p.m. Wm. Bathurst TCCE 101
Crs. #5697 5 hrs.

Mar. 12 Wed. $25 4:30-9:30 p.m. Wm. Bathurst TCCE 101
Crs. #5698 5 hrs.

Apr. 23 Wed. $25 4:30-9:30 p.m. Wm. Bathurst TCCE 101
Crs. #5699 5 hrs.

May 14 Wed. $25 4:30-9:30 p.m. Wm. Bathurst TCCE 101
Crs. #5700 5 hrs.

JCC offers the EMT Basic Program and EMT Refresher Program at the Jamestown Campus

Applicants must be:
- At least 18 years of age.
- Physically able to function as an EMT, meeting ADA requirements.
- Able to read at least at the 11th high school grade level.

Academics:
- Students must pass all aspects of the course to be eligible to sit for the state certifying exam.
- Physical Condition: Some EMT training is strenuous. Applicants should consult their physician if conditions exist that may prevent them from full participation.

BASIC Program—earn 7 college credits.

Contact the Center for Continuing Education for details on both. (716) 338-1005
Come join us for learning and fun during your winter break!
...take one class
...two classes
...or three classes and spend the day with us!

**Virtues vs. Voldemort**
Come learn the real story behind the fall of “He who must not be named.” **Ages 8-14**

Catt. Co. Campus in Olean
Feb. 17-20  Mon.-Thurs.  $39
8:30-10:30 a.m.  C. Matejka &  TCCE 101
M. Marvin
Crs. #5738  8 hrs.

**Creative Cafe**
Come create short fiction or poetry to perform in a café atmosphere, where you will use your imagination to spin a story or write in rhythm, and then capture your audience with a flourish of words and stylish delivery. Food and beverages will be served, tables will be arranged, and friends and family can be invited to join us for the last class on Thursday, the Creative Café. **Ages 8-14**

Catt. Co. Campus in Olean
Feb. 17-20  Mon.-Thurs.  $39
10:30 a.m.-  E. Snyder  TCCE 110
12:30 p.m.  C. Matejka &  TCCE 101
M. Marvin
Crs. #5740  8 hrs.

**Power of Positive Publishing**
This is a class devoted to finding and sharing good news about the people in our lives. We’ll learn to find the good things about ourselves, our friends, our families, and even our teachers. Then we’ll use computers to share all of our good news with a newsletter and website. **Ages 8-14**

Catt. Co. Campus in Olean
Feb. 17-20  Mon.-Thurs.  $39
10:30 a.m.-  C. Matejka &  TCCE 101
12:30 p.m.  M. Marvin
Crs. #5741  8 hrs.

**Dog Training**
Work and socialize with dogs that have been saved by area rescue agencies. Meet the people from the SPCA and Rescue groups who save and care for these dogs and find out all that they do. **Ages 8-14**

Catt. Co. Campus in Olean
Feb. 17-20  Mon.-Thurs.  $39
1-3 p.m.  S. Phillips  TCCE 101
Crs. #5742  8 hrs.

**Outer Space Vacation**
Get out of the snow and up into space! JCC and The Challenger Learning Center of the Twin Tier team up for a fun week of Space, Science and Engineering…ending with a trip to Mars! Topics and activities include; simple machines, rocket design, overview video for a Mars mission, and a simulated mission to Mars. **Ages 8-14**

Catt. Co. Campus in Olean
Feb. 17-20  Mon.-Thurs.  $39
1-3 p.m.  F. Welch  Challenger Learning Center
Crs. #5848  8 hrs.
The college reserves the right, whenever it deems advisable, to change its schedule of tuition and fees; to withdraw, cancel, reschedule, or modify any course, program of study, degree, requirement or policy. Jamestown Community College is sponsored by a regional board of trustees representing Cattaraugus County, Chautauqua County, and the City of Jamestown. Jamestown Community College does not discriminate on the basis of color, sex, sexual orientation, race, creed, religion, national origin or citizenship, age, marital status, military status, disability, family status, domestic violence victim status, arrest or conviction record, or predisposing genetic characteristics. This policy applies to access to all activities and programs under the college sponsorship as well as to application and selection for admission, employment, and all other personnel procedures within the college. This material can be made available in alternative media upon request for those with disabilities.

Cancelled Courses
If a class is cancelled, we will notify you prior to class.

Refunds
JCC refunds 100% up to three (3) business days prior to the start of the class or before the advertised deadline. Your refund will be issued in check form approximately two weeks after you drop the course(s). JCC does not refund via cash and does not credit a credit card transaction.

Weather
If it should become necessary to cancel classes or close the college because of inclement weather, the announcement will be made over:
Jamestown: WJTN, MIX 93.3, WKSN, WHMU, WQFX
Warren: WRRN, WKNB
Cattaraugus County Campus: WHDL, WPIG, WIMX, WOEN
North County Center: WDOE, WBKX
Weather notifications are also posted on the JCC website: www.sunyjcc.edu

Registration
Don't wait to register! We need a minimum number of registrants for each course in order to run it. Sometimes your registration will make the difference between running the class or canceling it, or you may lose a spot because a course is full.
Look what participants are saying about us...

"Instructor gave real life examples which made the material easier to understand and apply."
- Nancy R., course participant

"I loved the hands on. The instructor was so patient with us.

THANK YOU!"
- Fred B., course participant

"It was refreshing to learn forward thinking ways to be a better leader through communication, listening, understanding,

The material was well thought out."
- Management/Work program participant

"Coming out feeling a lot less intimidated by code and picking up a lot of useful tips along the way."
- Intro to Web Design course participant