

SPRING/SUMMER 2025



Shasta College

# COMMUNITY EDUCATION & BUSINESS TRAINING CENTER





# FIND *more*



## INSPIRATION



Tommy  
Shasta College Knight

I started Shasta College while in high school and struggled with some science classes, so I enrolled in fire tech, but it wasn't for me either. I had some buddies who were Explorers in the police department, and after joining them, I fell in love with Law Enforcement. I started in the Sheriff's office at 19 as a correctional officer, continued attending school, and at 22 I was promoted to Deputy Sheriff. Tragically, at 24, I ended up getting into an off-duty car accident, which left me with a severe traumatic brain injury. My short-term memory is shot. It's rough, but we're getting there. Every day is a gift.

Being back in school has just been scary 'cause, with this brain, it's hard. I'll do an assignment and can't tell you how I did it. I took a water restoration class and wanted to know more, and it just worked out that another water class was starting. Pam, my water instructor, has been incredibly helpful. I'll text her after hours or on the weekends about homework, and if she has the time, she'll spend another hour to re-walk me through it, or she'll make videos on her little whiteboard and show me how to do it. She's really held my hand and has been my biggest inspiration.

I graduated in May with an associate degree in industrial technology and all my certifications in water/wastewater treatment. This summer, I must complete my state boards so I can go to work. I'm not content with being disabled out. I've been talking to National University about their bachelor's in public administration with a focus on water and wastewater management.

It's scary looking at it before you start, but if you want it, go for it. Once you're here, it's a family, and everyone helps so much in every aspect. Your dreams are possible! You can see that with Shasta College, and I'm achieving it!

# EXPLORE YOUR FUTURE

SHASTA COLLEGE PROMISE

**2 YEARS** *Free*  
TUITION FOR **FULL-TIME** STUDENTS

Ask about our 8 week compressed classes for working adults.



**APPLY NOW:** [shastacollege.edu/Apply](https://shastacollege.edu/Apply)

# GENERAL INFORMATION

## INVEST IN YOURSELF!

Explore the opportunities with Shasta College's Community Education classes!

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**ACTIVITIES** ..... PAGE 5-11

- Introduction to Salsa Dance
- Introduction to Country Swing
- Ballroom Boogie Kid's Camp ages 10-13
- Ballroom Boogie Kid's Camp ages 14-17
- Beginning West Coast Swing - Level 1
- Beginning West Coast Swing - Level 2
- East Coast Swing - Level 1
- Waltz - Level 1
- The Art of Floral Design - Springtime
- Aqua Aerobics Deep Water Conditioning
- Aqua Aerobics
- Aqua Core Strengthening
- GET FIT! Hybrid Series: Video & In-person
- Yoga!
- Volleyball Camp: High School and Junior High School Camps
- Beginner Pickleball (Morning)
- Beginner Pickleball (Evening)
- Beginner Pickleball (Junior's) Ages 8-14

**PERSONAL GROWTH** ..... PAGE 12-16

- Pint Sized Past: Understanding Beer and it's Role in History
- Create a Website for Fun, Profit and Business
- Don't Throw it Away - Sell it Online!
- How Tax Planning Changes Through Four Stages of Retirement
- Making Government Benefits Work for You
- Investments, Annuities and Income in Retirement - Putting it All Together
- How to Start any Home Business +250 Home Business Ideas
- Beginner's Guide to Using Free ChatGPT (AI) for Writers
- Introduction to Journaling: A Beginner's Guide
- \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing
- Be a Better Writer: 10 Easy Tips to Improve Your Writing Now

**PROFESSIONAL DEVELOPMENT** ..... PAGE 17-25

- IV / Blood Withdraw Class:
- Introduction to Medical Terminology
- Beginning Excel 2016
- Intermediate Excel 2016
- Beginning Word 2016
- Intermediate Word 2016
- The Art of Great Leadership
- Steps to Start a Nonprofit Organization
- Techniques of Managing a Nonprofit Organization
- Strengthen The Effectiveness Of Your Nonprofit Board
- Effective Nonprofit Fundraising and Grant Writing
- Notary: 6 - Hour CA Notary Public Course and Exam
- Strengths to Success: CliftonStrengths for New Leaders
- Incident Safety Awareness for Hired Vendors
- Introduction to Chainsaws
- Certified Flagger Course
- OSHA 10
- AI Integration 101
- Trust-Building and Strategic Communication in the Digital Age
- Small Business AI Series - Introduction to AI - 1/3
- Small Business AI Series - AI for Brand Identity - 2/3
- Small Business AI Series - AI and Content Creation - 3/3
- Marketing your Small Business - Marketing 101 - 1/3
- Marketing your Small Business - Strategic Marketing - 2/3
- Marketing your Small Business - Digital & E-Commerce Marketing 3/3
- Small Business QuickBooks Series - Bookkeeping Basics & Getting Started with QuickBooks Online - 1/4
- Small Business QuickBooks Series - Setting Up QuickBooks and Creating Customized Forms - 2/4
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- San Francisco Golden Gate Park
- Shakespeare Festival - Julius Caesar - "The Evil That Men Do Lives After Them"
- Filoli Gardens
- Alcatraz
- Shakespeare Festival - As You Like It - "Love Will Find A Way"
- Free Travel Presentation
- Best of Eastern Canada
- Spain's Classics and Portugal
- New York City - Holiday
- Old World Sicily and Malta
- Tropical Costa Rica
- Greece Island Hopper

**ADVERTISEMENTS** ..... PAGE 30-31

# GENERAL INFORMATION

The Shasta-Tehama-Trinity Joint Community College District ("Shasta College") does not discriminate against any person on the basis of race, color, national origin, sex, religious preference, age, disability (physical and mental), pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), gender identity, sexual orientation, genetics, military or veteran status or any other characteristic protected by applicable law in admission and access to, or treatment in employment, educational programs or activities at any of its campuses. Shasta College also prohibits harassment on any of these bases, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking.

## REGISTRATION INFORMATION – HOW TO REGISTER

**ONLINE** – Visit <https://shastacollege.coursestorm.com>. In the Community Education online catalog, click the links to view courses in each category. To register for a class, click the "Register" link. Please note: if this is your first time using our online registration system, you will need to create a new account. You will be prompted through the registration process. In the future, you will not need to re-enter your information.

**QR CODE** – Open your phone's camera and click on the link that appears on the scanner.

*See Classes Now.*



**PAYMENT FOR CLASSES** – Payments for classes are due at registration. We accept most major credit cards. Pre-registration for a class is incredibly important. **Please note:** Class schedules are subject to change.

**CLASS CANCELLATION POLICY** – We do not like to cancel classes; however, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be cancelled. Every effort is made to notify registered students of the cancellation, by phone and/or by email. For this reason, we must have a current daytime phone number and email address on file. Your registration might be the one that enables the class to be held so **REGISTER EARLY!**

**REFUNDS** – Refunds will only be granted if your request is received by the Community Education office at least ten (10) days or more before the first-class meeting. **PLEASE NOTE:** a 10% processing fee per class will be retained on all student-initiated cancellations. If your registration was paid by credit card or debit card, the refund will go back on to the same card that was used in the transaction. **Important:** If a refund request is submitted less than the required ten (10) day minimum, refunds will not be granted - no exceptions. Refunds will not be granted once a scheduled class has begun. There are no refunds or prorated fees issued for missed classes or absences - **no exceptions.** Any classes or day trips that include a materials fee or ticket of admission that has been purchased on behalf of the customer will also be deducted from the refund amount.

## COORDINATOR'S CORNER

### LET'S MEET THE TEAM

If you have questions or need to contact us, please email [comm-ed@shastacollege.edu](mailto:comm-ed@shastacollege.edu) or call (530) 395-8563.

For business training related questions please email [BTC@shastacollege.edu](mailto:BTC@shastacollege.edu)

Hope to see you soon!  
*Alex and Shannon*



Alex Thiemann



Shannon Mantor



# ACTIVITIES

The “Activities” category of community education represents opportunities for people to learn, grow, or develop through DOING! This could be a summer camp, art class, fitness experience, or something else. But if you are creating a product or engaged in a stimulating activity, it will be listed in the course list below!



## THIS CLASS MEETS AT:

Lit From Within 1475 Placer St Suite D, Redding, CA 96001

Facilitator: Bobby Milhouse



## INTRODUCTION TO SALSA DANCE

Ever dreamed of learning to dance in a safe, non-judgmental space? If so, this introduction to salsa class is perfect for you. You'll have the chance to delve into the world of Salsa dancing as we explore rhythm, timing, and dance patterns. Join us to discover your hidden dancing talents. Each individual's skills will be considered as I lead the class, fostering a supportive atmosphere for learning.

**DATES: JANUARY 28 – FEBRUARY 18, 2025**

4 – TUESDAYS, 6:30PM – 8PM | \$85

## THIS CLASS MEETS AT:

Shasta College Tehama Campus, 770 Diamond Ave, Red Bluff, CA 96080

Facilitator: Bobby Milhouse

## INTRODUCTION TO COUNTRY SWING

Ever dreamed of learning to dance in a safe, non-judgmental space? If so, this introduction to Country Swing class is perfect for you. You'll have the chance to delve into the fun world of Country Swing as we explore rhythm, timing, turns, and dance patterns. Join us to discover your hidden dancing talents. Each individual's skills will be considered as I lead the class, fostering a supportive atmosphere for learning.

**DATES: JANUARY 30 – FEBRUARY 20, 2025**

4 – THURSDAYS, 6:30PM – 8PM | \$85



**Bobby Milhouse**  
*Facilitator*

A seasoned dance instructor from Bradenton, Florida, has taught across the U.S., including Florida, New York, and Los Angeles. Known for his positivity and patience, he focuses on building confidence through personalized lessons and group choreography.



LIT FROM WITHIN STUDIO

# ACTIVITIES

## THESE FOUR CLASSES MEET AT:

Shasta County Arts Council Old City Hall Arts Center 1313 Market St., Redding, CA 96001

Facilitator: Bobby Milhouse



## BALLROOM BOOGIE KID'S CAMP AGES 10-13

Is your kid ready to experience the joy that comes with ballroom dancing? Join us this summer for a one-week Ballroom Boogie Kids Camp! We'll be focusing on individual ballroom dancing learning steps, rhythm, and timing. At the end of camp, we will invite parents in for a performance and Mommy/Daddy & Me social dance. Your "mini me" will leave camp ready to cha-cha through the summer!

**DATES: SESSION 1: JUNE 16 – JUNE 20, 2025**

MONDAY – FRIDAY, 9:00AM – 12:00PM | \$100

**SESSION 2: JULY 07 – JULY 11, 2025**

MONDAY – FRIDAY, 9:00AM – 12:00PM | \$100

## BALLROOM BOOGIE KID'S CAMP AGES 14-17

Is your teen ready to experience the joy that comes with ballroom dancing? Join us this summer for a one-week Ballroom Boogie Kids Camp! We'll be focusing on individual ballroom dancing learning steps, rhythm, and timing. At the end of camp, we will invite parents in for a performance and Mommy/Daddy & Me social dance. Your "mini me" will leave camp ready to cha-cha through the summer!

**DATES: SESSION 1: JUNE 16 – JUNE 20, 2025**

MONDAY – FRIDAY, 9:00AM – 12:00PM | \$100

**SESSION 2: JULY 07 – JULY 11, 2025**

MONDAY – FRIDAY, 1:00PM – 4:00PM | \$100

## THESE CLASSES MEET AT:

Shasta College Main Campus, 11555 Old Oregon Trail, Redding, CA 96003,

Cafeteria Stage | Facilitator: Ben Mason

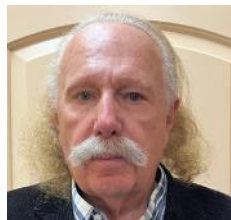
## BEGINNING WEST COAST SWING - LEVEL I

One of the most popular & universal dances in the world. Danced to a variety of different musical tastes: blues; swing; pop; country, and jazz. Fun and easy to learn. By the end of this Beginner-Level-1 class you'll not only have mastered the West Coast Swing basics, but you'll be impressing your friends on any dance floor you're on. This class will cover the critical dance skills of body-movement; lead and follow; frame; connection; dance etiquette; and foot-placement.

**NOTE:** you are not required to sign up with a partner. If you do not have a partner, one may be assigned to you for those dances that need a partner.

**DATES: FEBRUARY 3 – MARCH 10, 2025**

6 – MONDAYS, 6:00PM – 7:30PM | \$80



**Ben  
Mason**

*Facilitator*

Ben has 30 years of dance experience. His specialty is country and western and ballroom dance.

# ACTIVITIES



## BEGINNING WEST COAST SWING - LEVEL 2

By the end of this West Coast Level 2 class, you will not only have built upon and refined the skills you acquired in the previous Level 1 class, but you will have mastered more of the fundamental intricacies of the West Coast Swing. Specifically, we will build on the skills of dance-body movement; lead and follow; frame; connection; dance etiquette; and foot-placement that were learned in the Level 1 class—along with a variety of more impressive and difficult dance moves.

**NOTE:** you are not required to sign up with a partner. If you do not have a partner, one may be assigned to you for those dances that need a partner. Your shoes should either be suede or smooth leather bottoms.

**Suggestion:** bowling shoes are a great alternative.

**DATES:** APRIL 03 – MAY 08, 2025

4 – THURSDAYS, 6:00PM – 7:30PM | \$80

## EAST COAST SWING LEVEL I

The most popular and universal dance is danced literally everywhere and by everyone! More than half of the songs played at any wedding, party, or dance will be a swing dance that fits the rhythm of an East Coast Dance. If you want to be able to dance the evening away wherever you go, then this is the mandatory dance for you to learn! This class will cover the critical dance skills of body-movement; lead and follow; frame; connection; turns; dance-etiquette; and foot-placement in these swing dances. Additionally, class-members will learn a specific amalgamation of moves that they can use in any East Coast dance that they attempt.

**NOTE:** you are not required to sign up with a partner. If you do not have a partner, one may be assigned to you for those dances that need a partner.

**DATES:** APRIL 07 – MAY 12, 2025

6 – MONDAYS, 6:00PM – 7:30PM | \$80

## WALTZ LEVEL I

Learn the beautiful and ever popular American Waltz. Over many centuries the stately Waltz has been one of the most popular dances with all age groups. At the end of this class, you will be comfortable and confident dancing to any music that has a  $\frac{3}{4}$  beat. The Waltz is a slow, emotional dance that is danced to a variety of different musical tastes. This includes a large variety of Pop; Swing; Country, and traditional Ballroom music. In this Beginning Waltz class, you will conquer the dance floor with your new dance skills!

**NOTE:** you are not required to sign up with a partner. If you do not have a partner, one may be assigned to you for those dances that need a partner.

**DATES:** MAY 29 – JULY 03, 2025

6 – THURSDAYS, 6:00PM – 7:30PM | \$80

# ACTIVITIES

## THIS CLASS MEETS AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding Room: 4500 (farm) | Facilitator: Darlene Montgomery

## THE ART OF FLORAL DESIGN - SPRINGTIME

Learn the basics or brush up on your skills of everyday floral design with fresh flowers. Covering care and handling, design styles, techniques, and flower identification of some of the most commonly used cut flowers in floristry. Four weeks of fun and floral designs in every class that you can take home with you. English Garden, BoHo, Floral Impressionism, and Contemporary centerpiece. All styled with seasonal spring cut flowers and colors. Bring a friend and double your fun.

**DATES: MARCH 05 – MARCH 26, 2025**

4 – WEDNESDAYS, 6:00PM – 9:00PM | \$210

## THESE SIX CLASSES MEET AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding Shasta College Pool | Facilitator: Lisa McKinney

**Note:** Those with mobility issues are advised to call our Community Education Team to discuss the entry and exit points of the pool.

## AQUA AEROBICS DEEP WATER CONDITIONING 6 WEEK SESSION!

This class is a cross training and rehabilitation method using low impact resistance training which can produce aerobic results, improve full range of motion, increase strength, all without impacting joints. Participants wear a buoyancy belt also called an Aqua Jogger belt and move in various running motions suspended in deep water. ***This activity is not advised for the unskilled swimmer.*** Each participant will need to bring their own aqua jogger belt appropriate for their individual level of buoyancy. They can be found online. Prices will vary, \$35 and up depending on the source.

**DATES: SESSION 1: MAY 21 – JUNE 25, 2025**

6 – WEDNESDAYS, 12:00PM – 1:00PM | \$65

**SESSION 2: JULY 09 – AUGUST 20, 2025**

6 – WEDNESDAYS, 12:00PM – 1:00PM | \$65

## AQUA AEROBICS 6 WEEK SESSION!

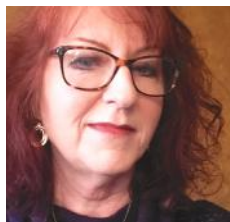
This aqua class choreographed with upbeat, inspiring music is fun and lively with programming designed for the shallow water four-foot-deep pool using light noodles for some of the movements. Beginning with a rhythmic stretch that flows into an easy warm up, the program takes participants through fun embedded aerobic intervals interspersed with periods of active recovery and core and neuromotor skill development. The class culminates with a cool down and gentle stretch. Each participant is encouraged to work at their individual level, and no previous experience is required.

**DATES: SESSION 1: MAY 21 – JUNE 25, 2025**

6 – WEDNESDAYS, 1:15PM – 2:15PM | \$65

**SESSION 2: JULY 09 – AUGUST 20, 2025**

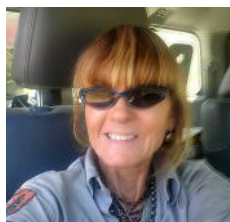
6 – WEDNESDAYS, 1:15PM – 2:15PM | \$65



**Darlene Montgomery**

*Facilitator*

A native to Redding, Darlene has worked in the world of flowers professionally for over 35 years, including having worked in nurseries, flower shops and teaching floral design.



**Lisa McKinney**

*Facilitator*

Lisa McKinney, is all about the physical expression of movement. Trying new modalities, meeting new people through movement; dance, yoga, aqua. Enjoying the equilibrium it brings.



# ACTIVITIES

## AQUA CORE STRENGTHENING 6 WEEK SESSION!

This program is designed to build core strength in the water through the use of water noodles while working with fun and uplifting motivational music. The strength exercises will be interspersed with brief segments of light aerobic activity as well as neuromotor activities designed to build balance, agility, and coordination, also conducted on the noodle.

Water noodles will be provided, however, if you prefer to bring your own, please feel free to do so.

**DATES: SESSION 1: MAY 21 – JUNE 25, 2025**

6 – WEDNESDAYS, 2:30PM – 3:30PM | \$65

**SESSION 2: JULY 09 – AUGUST 20, 2025**

6 – WEDNESDAYS, 2:30PM – 3:30PM | \$65

## THESE TWO CLASSES MEET AT:

Shasta College Redding Campus, 11555 Old Oregon Trail, Redding Shasta College Gym Foyer | Facilitator: Rhonda Nelson

## GET FIT! HYBRID SERIES: VIDEO & IN-PERSON

Looking for a way to refresh, renew, gain strength, flexibility and balance, tone up and maybe even shed those few extra pounds? Rhonda Nelson's popular GET FIT! classes both online and in-person will help you achieve the fitness you desire in the manner that is most suitable for you. For those who wish to work out in the privacy of your own home, Rhonda will send out at least five videos a week to all participants for 8 weeks. Each video is approximately 20-55 minutes long and can be viewed at any time that is convenient for you. Set to fun music and beautiful backdrops, you will find yourself coming back for more! The video sessions are designed for all fitness levels and offer a complete workout with options for cardio, toning, strength training, and yoga. Internet access is required for private links to YouTube.

In addition to sending you the videos, Rhonda will teach 8 in-person classes.

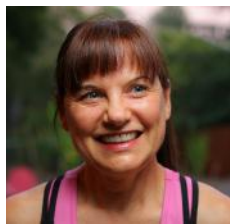
**Sign up with a friend** for a fun way to connect during the busy week! Bring your yoga mat and water bottle.

**DATES: SESSION 1: JANUARY 22 – MARCH 12, 2025**

8 – WEDNESDAYS, 5:30PM – 6:30 PM | \$45

**SESSION 2: MARCH 19 – MAY 14TH, 2025**

8 – WEDNESDAYS, 5:30PM – 6:30 PM | \$45 | (no class on April 16th for Spring Break)



**Rhonda Nelson**

*Facilitator*

A passionate fitness instructor with 15 years in Community Education, inspires others to find joy in fitness through her popular Get Fit! classes, which combine cardio, strength training, Pilates, and yoga, as well as gentle yoga sessions that promote relaxation and renewed focus.



# ACTIVITIES

## THESE TWO CLASSES MEET AT:

Shasta College Downtown Community Leadership Center, 1401 California St. Redding, CA 96001  
Room 9205 & 9206 | Facilitator: Rhonda Nelson

### YOGA!

This gentle yoga class offers a hybrid experience that blends the flexibility of online learning with the personal connection of in-person sessions. Designed for all levels, the class focuses on nurturing movements, deep stretching, and mindful breathing techniques to enhance relaxation and promote well-being. Rhonda will teach an in-person class each week, along with sending you two yoga video links each week that you can do at home or wherever you get the internet, at a time that is convenient for you. Treat yourself to some self-care and find the calm energy and focus just what you need to reset and de-stress. Bring your yoga mat and water bottle. Internet access is required for private links to YouTube.

**DATES: SESSION 1: JANUARY 27TH – MARCH 24TH, 2025**

*(no class on Feb 17th for President's day)*

8 – MONDAYS, 5:30PM – 6:15 PM | \$50

**SESSION 2: MARCH 31ST – JUNE 9TH, 2025**

*(no class on April 14th and 21st for Spring Break  
and May 26 for Memorial Day)*

8 – MONDAYS, 5:30PM – 6:15 PM | \$50

## THESE SESSIONS MEET AT:

Shasta College Redding Campus, 11555 Old Oregon Trail,  
Redding Shasta College Gym | Facilitator: Pablo Lana

### VOLLEYBALL CAMP: HIGH SCHOOL AND JUNIOR HIGH SCHOOL CAMPS 2 – 3 DAY SESSION

This is a fun, fast-paced, skill-oriented, character- and team-building experience! Correct technique and fundamentals will be taught and reinforced through practice.

All skill levels are welcome, and participants will receive group and individualized instruction according to their level of skill and experience. Specialized instruction will be made available for setters, middle blocker/hitters, outside hitters, and liberos/defensive players.

Basic through advanced instruction will be covered for the following skills:\*

Passing \* Setting/Overhand Passing \* Serving \* Spiking and Offensive Plays \*

Blocking \* Defense \* Game Strategies for Offense and Defense. Campers should wear comfortable clothing, athletic shoes, and knee pads. Please leave all jewelry and electronics at home.

**IMPORTANT:** the campus cafeteria will be closed in June and July. Campers should bring their own lunch, snacks, beverage, etc., and their own cooler.

**DATES: HIGH SCHOOL GIRLS CAMP**

JULY 1ST – 3RD | 9AM – 3PM

**JUNIOR HIGH GIRLS CAMP**

JULY 7TH & 8TH | 9AM – 3PM

JULY 9TH & 10TH | 9AM – 3PM

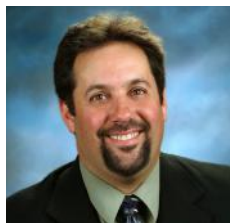
JULY 16TH & 17TH | 9AM – 3PM

**7 – 11TH GRADES BOY'S CAMP**

JULY 14TH & 15TH | 9AM – 3PM

**\$150 FOR HIGH SCHOOL GIRL'S CAMP.**

**ALL OTHER CAMPS ARE \$100.00**



**Pablo  
Lana**  
*Facilitator*

Beginning his coaching career in 1989, Pablo has led volleyball programs at Shasta College and Diablo Valley College.

# ACTIVITIES

## THESE SESSIONS MEET AT:

Riverview Country Club, 4200 Bechelli Lane, Redding, CA 96002

Facilitator: Amy Brown and Damon Magana

## BEGINNER PICKLEBALL (MORNING)

Join the fastest-growing sport in the nation with our Pickleball for Beginners class! Perfect for adults of all ages, this class introduces the basics of pickleball in a relaxed and supportive environment. Whether you're brand new to the game or looking to refine your skills, you'll learn the rules, techniques, and strategies while having fun and staying active. Pickleball is a low-impact, easy-to-learn sport that combines elements of tennis, badminton, and ping pong. It's great for fitness, socializing, and meeting new friends! All equipment is provided—just bring your energy and enthusiasm. Don't miss your chance to join the fun and see why everyone is talking about pickleball!

**DATES: SESSION 1: MARCH 26TH – APRIL 16TH, 2025**

**SESSION 2: MAY 07TH – MAY 28TH, 2025**

4 – WEDNESDAYS, 10:00AM – 11:00AM | \$80

## BEGINNER PICKLEBALL (EVENING)

Join the fastest-growing sport in the nation with our Pickleball for Beginners class! Perfect for adults of all ages, this class introduces the basics of pickleball in a relaxed and supportive environment. Whether you're brand new to the game or looking to refine your skills, you'll learn the rules, techniques, and strategies while having fun and staying active. Pickleball is a low-impact, easy-to-learn sport that combines elements of tennis, badminton, and ping pong. It's great for fitness, socializing, and meeting new friends! All equipment is provided—just bring your energy and enthusiasm. Don't miss your chance to join the fun and see why everyone is talking about pickleball!

**DATES: SESSION 1: MARCH 26TH – APRIL 16TH, 2025**

**SESSION 2: MAY 07TH – MAY 28TH, 2025**

4 – WEDNESDAYS, EVENING SESSION 5:00PM – 6:00PM | \$80

## BEGINNER PICKLEBALL (JUNIOR'S) AGES 8-14

"Get ready for fun and excitement with our Kids Pickleball Class for ages 8-14! Pickleball is an easy-to-learn sport that combines elements of tennis, badminton, and ping pong. In this class, kids will learn the basics of the game, develop hand-eye coordination, and build teamwork skills—all while having a blast with new friends. Our supportive and interactive lessons ensure every child feels confident and has fun on the court. Whether they're new to sports or looking to try something different, this is the perfect way for kids to stay active and engaged!"

**DATES: SESSION 1: MARCH 26TH – APRIL 16TH, 2025**

**SESSION 2: MAY 07TH – MAY 28TH, 2025**

4 – WEDNESDAYS, 4:00PM – 5:00PM | \$80



**Amy Brown & Damon Magana**

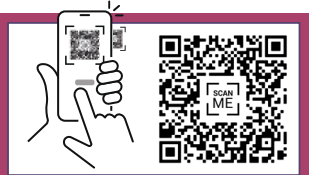
*Facilitator*

As newlywed tennis and pickleball coaches with 15+ years of experience, we're passionate about helping players of all levels achieve their goals and grow the sport in Redding, CA. Whether you're a beginner or refining your skills, we're here to guide you!



# PERSONAL GROWTH

The “**Personal Growth**” category offers interdisciplinary classes designed to inspire lifelong learning. From practical topics like personal finance to enriching subjects like history and literature, these courses aim to rekindle your love for learning and provide valuable insights for daily life.



## THIS CLASS MEETS AT:

Westside Tap & Cork, 1321 Butte St, Ste 140, Redding, CA 96001

Facilitator: Tim Orr

## PINT SIZED HISTORY: UNDERSTANDING BEER AND ITS ROLE IN OUR PAST

This class is designed to be an interactive historical course. Each class session will focus around a particular style of beer. During the hour-long session, we will both explore the history of this beer and how it emerged from a particular context, but we will also get to enjoy the beer itself. We often think of history as something that happened, but this is an opportunity to recognize, and enjoy, the very real ways that history is still with us and to acknowledge that, oftentimes, there is so much more depth and import to the mundane things in our lives.

**DATES: FEBRUARY 04 – FEBRUARY 25, 2025**

4 – TUESDAYS, 7:00PM – 8:30PM | \$80



**Tim Orr**

*Facilitator*

Timothy J. Orr is an Associate Professor of History at Simpson University, specializing in early-modern European history.

## THESE TWO CLASSES MEET ONLINE:

A link will be sent out prior to the class starting

Facilitator: Kevin Boyd

## CREATE A WEBSITE FOR FUN, PROFIT AND BUSINESS

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Included is a complete comparison review of the top Website and E-commerce Store builders. Determine the best planning and layout for your site's specific requirements, with an attention-grabbing Initial Focal Point. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Traps, Dos and Don'ts of website design. Discover the #1 Secret to a successful website! Taught by a multi award-winning instructor and published author from Seattle.

**Note:** the instructor will email the Zoom link to participants prior to the start of class.

**DATES: MARCH 4, 2025**

TUESDAY, 6:00PM – 9:00PM | \$65



**Kevin Boyd**

*Facilitator*

A former Bell Labs engineer and VP of a leading cardiology software company, is a published author who teaches at over 40 colleges across the U.S. and Canada. His work focuses on educating online sellers and equipping them with skills for entrepreneurial success.

# PERSONAL GROWTH



## DON'T THROW IT AWAY- SELL IT ONLINE!

Get rid of your “stuff” and get paid! There are several phone apps and platforms that provide an excellent way for you to generate revenue by selling your unwanted used items or by creating a new e-commerce business. This class presents the most popular yet easy to use apps for each of the top categories including Furniture, Electronics, Clothing, Books, Art, and more. Learn which used items sell best and what can't be sold. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs and how you get paid. So, determine which apps are the best match for the items you want to sell.

**DATES: MARCH 13, 2025**

THURSDAY, 6:00PM – 9:00PM | \$65

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## THESE THREE CLASSES MEET AT:

1401 Tehama Street, Shasta College Community Leadership Center,  
Room: 9205 | Facilitator: Ric Komarek

## HOW TAX PLANNING CHANGES THROUGH FOUR STAGES OF RETIREMENT

You have to know what your “after-tax” retirement savings picture looks like BEFORE retiring and watch out for Social Security and Medicare “tax traps.” Learn a “Retirement Tax Strategy” that manages your assets for an “optimal draw down” so you pay as few taxes as necessary.

**DATES: FEBRUARY 25, 2025**

TUESDAY, 6:00PM – 8:00PM | \$45

## MAKING GOVERNMENT BENEFITS WORK FOR YOU

As you approach retirement, it is more important than ever to understand the role that Social Security benefits can and should play in your overall retirement income plan. This class explains what you need to know about Medicare in simple, practical terms. It includes a description of today's Medicare health plan choices including original Medicare and Medicare Advantage.

**DATES: MARCH 4, 2025**

TUESDAY, 6:00PM – 8:00PM | \$45



**Ric Komarek**  
*Facilitator*

Ric Komarek is a CERTIFIED FINANCIAL PLANNER™ and became licensed as an investment advisor in 2007. In 2010 he launched his own Registered Investment Adviser firm. Ric teaches popular classes at Shasta College on retirement, social security, and medicare. He is also the co-host of the radio show Retirement Lifestyles with Patrick McNally.

# PERSONAL GROWTH

## INVESTMENTS, ANNUITIES AND INCOME IN RETIREMENT - PUTTING IT ALL TOGETHER

Learn how to better manage your investments, avoid costly mistakes, and develop an income plan that can provide income security for life.

**DATES:** **MARCH 11, 2025**  
TUESDAY, 6:00PM – 8:00PM | \$45



### THESE FIVE CLASSES MEETS ON ZOOM:

A zoom link will be sent before the class launches

Facilitator: LeeAnne Krusemark

### HOW TO START ANY HOME BUSINESS +250 HOME BUSINESS IDEAS!

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover:

- more than 250 legitimate home business ideas
- mandatory legal documentation
- many ways to market your product/service
- how to take tax deductions (this workshop included!)

Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a Chamber of Commerce Past President, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

**DATES:** **SESSION 1: MARCH 04, 2025**  
**SESSION 2: JULY 30, 2025**  
MONDAY & WEDNESDAY, 4:00PM – 6:00PM | \$50



**LeeAnne Krusemark**  
Facilitator

LeeAnne Krusemark is an adjunct online Professor of Publishing at Harvard and over 1,000 institutions worldwide. She speaks nationally on entrepreneurship and publishing, having lectured at 200+ venues.



# PERSONAL GROWTH

## BEGINNER'S GUIDE TO USING FREE CHATGPT (AI) FOR WRITERS

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to:

- register for a FREE ChatGPT account
- input effective writing prompts to avoid nonsense responses
- build creative content, from stories to marketing copy
- determine its capabilities and limitations
- understand ethical/legal considerations using ChatGPT

There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in the class fee. The webinar login information will be emailed the day before class.

**DATES: SESSION 1: FEBRUARY 27, 2025**

**SESSION 2: JULY 24, 2025**

THURSDAY, 2:00PM– 4:00PM | \$50

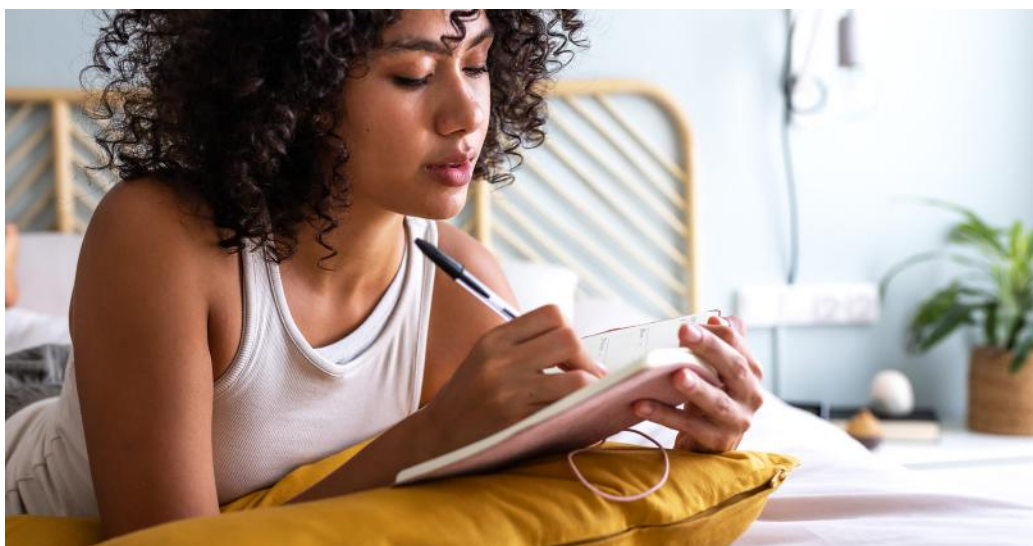
## INTRODUCTION TO JOURNALING: A BEGINNER'S GUIDE

Journaling is simply recording your thoughts, feelings, and insights in a written, drawn, or typed format. It can be done on paper or on a computer, and it's a low-cost way to improve your mental health. Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk. You'll learn how to start journaling (even when you don't know what to write), the 10 most popular types of journaling, how to kick-start self-reflection and self-discovery, and track your progress and personal growth. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in the class fee. The webinar login information will be emailed the day before class.

**DATES: SESSION 1: THURSDAY, MARCH 6TH, 2025**

**SESSION 2: TUESDAY, JULY 22, 2025**

THURSDAY, 2:00PM – 4:00PM | TUESDAY, 1:00PM – 3:00PM | \$50



# PERSONAL GROWTH

## \$MONETIZE\$ WEBSITES, BLOGS, AND SOCIAL MEDIA WITH AFFILIATE MARKETING

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

**DATES: SESSION 1: FEBRUARY 27, 2025**  
**SESSION 2: JULY 24, 2025**  
THURSDAY, 4:00PM – 6:00PM | \$50

## BE A BETTER WRITER: 10 EASY TIPS TO IMPROVE YOUR WRITING NOW

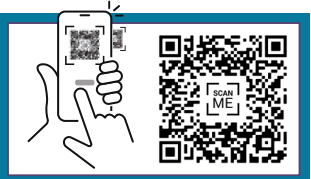
We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

**DATES: SESSION 1: SATURDAY, MARCH 01, 2025**  
**SESSION 2: THURSDAY, JULY 10, 2025**  
SATURDAY 1:00PM – 4:00PM | THURSDAY 4:00PM – 7:00PM | \$50



# PROFESSIONAL DEVELOPMENT

The “**Professional Development**” category is brought to you by our Business Training Center (BTC). The BTC has a laser focus on training, upskilling, and developing the workforce of the North State. These trainings are of benefit to our local businesses as well as job seekers that are looking to add additional skills to their skillset.



## THIS CLASS MEETS AT:

**Shasta College Health Sciences Building: 1400 Tehama St, Redding, CA 96001 | Facilitator: Nancy Skaggs and Elaine Carmena**

## IV / BLOOD WITHDRAW CLASS

The course is offered in a three-day format for VN graduates and LVN's who require the certification. This course is also a great option for LVN's and RN' who would like additional practice and training. 30 continuing education credits (CEU's) through the bvnpt and brn will be offered. The class is interactive, engaging, and informative, and information is taught through evidence-based practice, realistic patient care scenarios and case studies. Information will focus on building skills and knowledge related to IV insertion and phlebotomy techniques, improved assessment skills, early identification of complications, documentation, and the nursing process. Extensive practice and testing with supportive, knowledgeable instructors in a realistic lab setting. Extensive, informative outline created from reputable resources and no textbook required. Supply bag with practice and testing supplies included with course fee.

**DATES: MAY 19, 20, 21, 2025**  
7:00AM – 7:30PM | \$425

## THIS CLASS MEETS ON ZOOM:

**A zoom link will be sent before the class launches**  
**Facilitator: LeeAnne Krusemark**

## INTRODUCTION TO MEDICAL TERMINOLOGY

Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No prior experience is necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. You will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. This comprehensive course is taught by longtime educator LeeAnne Krusemark, and Credentialed Medical Professional Vanessa Grinnell, RRT. The webinar login information will be emailed the day before class.

**DATES: SESSION 1: MONDAY, MARCH 03, 2025**  
**SESSION 2: WEDNESDAY, JULY 09, 2025**  
4:00PM – 7:00PM | \$70



**Shasta College**

### **Nancy Skaggs and Elaine Carmena**

*Facilitators*

Nancy and Elaine are veteran faculty members of the Shasta College Health Sciences Program. They are experts in their field and excited to provide this training cert for health care professionals in the North State.



### **LeeAnne Krusemark**

*Facilitator*

LeeAnne Krusemark is an adjunct online Professor of Publishing at Harvard and over 1,000 institutions worldwide. She speaks nationally on entrepreneurship and publishing, having lectured at 200+ venues.



# PROFESSIONAL DEVELOPMENT

## THESE FOUR CLASSES MEET AT:

Shasta College Health Sciences Campus, 1400 Market Street, Suite 8111 Redding, CA 96001

Facilitator: Melissa Ray

### BEGINNING EXCEL 2016

Create and save a workbook. Enter cell data. Create formulas and insert functions. Insert, delete and adjust cells, columns, and rows. Apply text and number formats. Align cell contents. Apply styles, themes, and basic conditional formatting. Preview and print a workbook. Set up the page layout. Create headers and footers.

**Important registration deadline:** Please register by February 7, 2024

**DATES: FEBRUARY 25, 27, MARCH 4, 6, 2025**

TUESDAYS/THURSDAYS, 6:00PM – 8:00PM | \$155

### INTERMEDIATE EXCEL 2016

Work with specialized, logical, date, time, and text functions. Work with ranges. Sort and filter data. Query data with database functions. Outline and subtotal data. Create and modify tables. Apply intermediate and advanced conditional formatting. Create, modify, and format charts. Use advanced chart features. Create a PivotTable. Filter data using timelines and slicers.

**Important registration deadline:** Please register by March 01, 2024

**DATES: MARCH 18, 20, 25, 27, 2025**

TUESDAYS/THURSDAYS, 6:00PM – 8:00PM | \$155

### BEGINNING WORD 2016

Create, edit, save, and print documents. Manage and customize workspace. Format text and paragraphs. Use bulleted and numbered lists. Apply borders and shading. Align text using tabs. Sort and format lists. Insert, modify, and format tables. Insert symbols, special characters, and images. Add page borders, headers, footers, and watermarks. Check spelling and grammar.

**Important registration deadline:** Please register by March 11, 2025

**DATES: APRIL 1, 3, 8, 10, 2025**

TUESDAYS/THURSDAYS, 6:00PM – 8:00PM | \$155

### INTERMEDIATE WORD 2016

Sort table data. Create a chart. Add an Excel table. Create and modify text styles. Create custom list or table styles. Apply themes. Use a template. Create and modify a template. Insert columns and section breaks. Simplify and manage long documents. Use mail merge to create letters, envelopes, and labels.

**Important registration deadline:** Please register by April 04, 2025

**DATES: APRIL 22, 24, 29, MAY 01, 2025**

TUESDAYS/THURSDAYS, 6:00PM – 8:00PM | \$155

# PROFESSIONAL DEVELOPMENT

## THESE SESSIONS MEET AT:

1400 Market Street, Health Sciences building, Room 8111

Facilitator: Stephen Campbell

## THE ART OF GREAT LEADERSHIP

Leadership can often feel like a tricky juggling act, and then someone throws a running chainsaw into the mix! While hundreds of books have been written on the subject, wouldn't it be great to dialogue and connect with other leaders as you explore some basic fundamental principles of great leadership?! This 6-session course is designed to accomplish that goal through dynamic facilitation and interactive conversation.

**DATES: SESSION 1: FEBRUARY 06 – MARCH 13, 2025**

**SESSION 2: MARCH 20 – APRIL 24, 2025**

6– THURSDAYS, 9:00AM – 10:30AM | \$180

## THESE CLASSES MEET ON ZOOM:

Facilitator: Bob Reich | *Note:* The instructor will email all students the Zoom link and instructions prior to the start of each class.

## STEPS TO START A NONPROFIT ORGANIZATION

Do you want an overview of the needs, processes, requirements, and planning for creating, incorporating, and applying for nonprofit status with the IRS and state for an organization? This workshop will provide information to understand what lies ahead.

**DATES: WEDNESDAY, FEBRUARY 12, 2025**

6:30 PM – 8:00 PM | \$45

## TECHNIQUES OF MANAGING A NONPROFIT ORGANIZATION

Do you want an overview to learn, understand or review the techniques and functions of operating and managing a nonprofit organization? This class can be valuable for staff, volunteers, Board members, and those considering starting a nonprofit organization.

**DATES: 3 – TUESDAYS, FEBRUARY 18, FEBRUARY 25, & MARCH 4, 2025**

6:30 PM– 8:30 PM | \$110

## STRENGTHEN THE EFFECTIVENESS OF YOUR NONPROFIT BOARD

How does your board function? The board is legally and functionally responsible for everything in the organization, yet many board members do not know or understand their roles and responsibilities. This class will cover the basic information to improve your board. Valuable for board members, Executive Directors and anyone considering joining a nonprofit board.

**DATES: WEDNESDAY, MARCH 19, 2025**

6:30 PM – 8:30 PM | \$60



**Stephen Campbell**

*Facilitator*

Stephen has over 35 years of experience guiding individuals, teams, and organizations toward renewed vision and purpose. He earned a Doctorate in Leadership in 2007, specializing in tools for modern leadership, and is a Professional Certified Coach (PCC) with the International Coaching Federation.



**Bob Reich**

*Facilitator*

Bob Reich, Executive Consultant at Brainstorm Bob Consulting, leverages over 30 years of expertise in nonprofit organizational management, board development, fundraising, and strategic planning to provide consulting, training, and workshops for nonprofits and professional organizations.

# PROFESSIONAL DEVELOPMENT

## EFFECTIVE NONPROFIT FUNDRAISING AND GRANT WRITING

Whether you are seeking organizational contributions, writing grants, selling school fundraising items, putting on an event, or other requests, is asking for and bringing in funds to support your organization a challenge? In this course you will learn fundraising and grant techniques for your project or organization. This workshop is valuable for staff, boards, volunteers, and anyone involved with raising funds for a nonprofit organization.

**DATES: 3 TUESDAYS, APRIL 8, 15, 22, 2025**  
6:30 PM – 8:30 PM | \$110

### THESE SESSIONS MEET AT:

Shasta College Main Campus, 11555 Old Oregon Trail, Redding, CA 96003  
1600 Building RM 1632 | Facilitator: Tracy Boyum

## 6- HOUR CA NOTARY PUBLIC COURSE AND EXAM

This course is designed to provide students with the knowledge and professional skills necessary to become a proficient California notary public and prepare for the State's examination.

In addition, this course will satisfy the California State's mandatory education requirement of reviewing notary laws and practices for current notary public professionals seeking reappointment. The successful applicant will become a more valuable employee or be able to start his/her own community business.

California State Proctors will administer the Notary Examination at the end of the class.

**Facilitator: Tracy Boyum, Masters Notary Academy**  
**\$125 (includes materials)**

**DATES: SESSION 1: FRIDAY, JANUARY 31, 2025**  
**SESSION 2: FRIDAY, APRIL 11, 2025**  
8:00AM – 5:30PM | \$125  
STATE PROCTORED NOTARY EXAM: 4:30PM TO 5:30PM

### THESE SESSIONS MEET AT:

Downtown Shasta College: 1401 California St. Redding, CA 96001  
Room 9205 & 9206 | Facilitator: Christopher Orozco

## STRENGTHS TO SUCCESS: CLIFTONSTRENGTHS FOR NEW LEADERS

New leaders can often face challenges like building effective teams, navigating conflict resolution, and managing employee performance. Understanding your unique talents and strengths can help you overcome these challenges and lead with confidence. This engaging and interactive course is designed to empower new leaders with the transformative insights of the CliftonStrengths assessment and discover how to identify and develop your most powerful natural talents to maximize your leadership potential. As part of this course, you will receive the CliftonStrengths Top 5 report, create a personalized leadership development plan, and have access to a 30-minute one-on-one coaching session with a Gallup-Certified Strengths Coach following the course.

**DATES: SESSION 1: WEDNESDAY, MARCH 05, 2025**  
**SESSION 2: WEDNESDAY, MAY 07, 2025**  
MARCH 05, 2025 @ 6:00PM – 8:00PM  
MAY 07, 2025 @ 10:00AM – 12:00PM | \$70



**Tracy Boyum**  
*Facilitator*

Tracy Boyum is a certified California notary instructor and loan signing agent. She resides in coastal Humboldt County, and strives to bring notary education to other remote and rural areas of the state.



**Christopher Orozco**  
*Facilitator*

Christopher Orozco is a seasoned HR and leadership development professional dedicated to improving workplaces. A Gallup-Certified Strengths Coach and executive coach, he is passionate about unlocking potential through leadership development.



# PROFESSIONAL DEVELOPMENT

## THESE SESSIONS MEET AT:

Shasta College Main Campus, 11555 Old Oregon Trail, Redding, CA 96003  
5000 Building RM 5006 | Facilitator: Greg McFadden

## INCIDENT SAFETY AWARENESS FOR HIRED VENDORS

Description: This course provides an awareness of fireline and incident safety to hired vendors who plan to engage in wildland fire suppression and other incident support activities. It includes an overview of hazards and safety issues, entrapment avoidance, incident organization, how to recognize and mitigate risk, maintain safe work practices while working under an agency supervision, fire shelter deployment, and case studies.

**Designed For:** Hired vendors working with the California Department of Forestry and Fire Protection (CAL FIRE) or the United States Forest Service (USFS) on any active incident, including water tender operators, heavy equipment drivers or operators, crew bus drivers, vehicles with a driver, mechanics, fallers, and swampers.

**Authority:** California Department of Forestry and Fire Protection (CAL FIRE) and United State Forest Service (USFS) agreements

**Standard:** State Fire Training (SFT) requires every student to attend the entire course, participate in classroom and group discussions, complete and pass all activities, and complete an oral evaluation.

**DATES:** MARCH 15, APRIL, 05, MAY 17, JUNE 21, JULY 19, 2025  
8:00AM – 5:00PM | \$225 | (INCLUDES \$75 SFM DIPLOMA)



**Greg  
McFadden**  
*Facilitator*

Greg McFadden, retired CAL FIRE Northern Region Assistant Chief with 37 years of fire service experience, is Co-owner of North Valley Training Associates. His company offers certified training in Incident Safety, OSHA-compliant confined space operations, Fire/Rescue, First Aid/ CPR/AED, and on-site consulting. He is dedicated to safety, leadership, and effective communication.

## THESE CLASSES MEET AT:

Shasta College Main Campus, 11555 Old Oregon Trail, Redding, CA 96003  
Building/Room: TBA | Facilitator: Korey Conry

*\*Reduced fee brought to you by Strong Workforce Program funding.*

## INTRODUCTION TO CHAINSAWS

The TCIA Chainsaw Specialist class is ideal for individuals looking to enhance their skills in chainsaw operation, maintenance, and safety. By taking this course, participants gain hands-on experience and in-depth knowledge that can improve job performance and reduce the risk of accidents while working with chainsaws in tree care or related industries.

**DATES:** FRIDAY, MARCH 15, 2025  
8:00AM – 5:00PM | \$200 \$100\*

## AMERICAN HEART CPR, FIRST AID, AED

CPR, First Aid, and AED is important to a community because it helps outfit individuals with life-saving skills that can be used in emergency situations, often used before professional medical help arrives. Immediate intervention, such as performing CPR or using an AED during a cardiac arrest, can increase the chances of survival and hopefully recovery. These skills give a community member a way to act confidently during accidents, injuries, or sudden health crises, having a safer and more resilient environment.

**DATES:** SESSION 1: FRIDAY, FEBRUARY 14, 2025  
SESSION 2: FRIDAY, APRIL 11, 2025  
8:00AM – 12:00PM | \$150 \$75\*



**Korey  
Conry**  
*Facilitator*

Korey, a Field Safety Supervisor/Trainer at Mountain F Enterprises, brings over five years of tree industry experience. An ISA Utility Certified Arborist, Flagger Instructor, CPR Instructor, and OSHA Authorized Trainer, he excels in training new hires and fostering a strong safety culture.

# PROFESSIONAL DEVELOPMENT



## CERTIFIED FLAGGER COURSE

Learn how to be a safe and effective flagger with ATSSA's certified flagger training courses. Understand why proper flagger operations are important and learn the standard skillset of a good flagger. Apply and identify standard work zone flagger control references and learn standard flagger practices for various situations.

**DATES:** **SESSION 1: SATURDAY, FEBRUARY 15, 2025**  
**SESSION 2: SATURDAY, APRIL 12, 2025**  
8:00AM – 12:00PM | \$150 \$75\*

## OSHA 10

This course provides students with knowledge of workplace safety and health standards as shown by the Occupational Safety and Health Administration (OSHA). Over 10 hours of instruction, students will learn to identify and mitigate common hazards, including electrical, chemical, and ergonomic risks, and know the rights and responsibilities of employees and employers. Those entering the workforce in different industries, this course emphasizes safety awareness and incident prevention. Upon completion, students will receive an OSHA 10-Hour General Industry completion card.

**DATES:** **SESSION 1: FRIDAY, FEBRUARY 14, & FRIDAY, FEBRUARY 21, 2025**  
**SESSION 2: FRIDAY, APRIL 18 & FRIDAY, APRIL 25, 2025**  
1:00PM – 6:00PM | \$250 \$125\*

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## THESE CLASSES MEET AT:

Shasta College CLC Building 1401 California St. Redding, CA 96003, Floor 2  
Room 9205 | Facilitator: Emiliano Cornejo-Jimenez

## AI INTEGRATION 101

The future of work is here, and it's driven by Artificial Intelligence (AI). In today's rapidly evolving technological landscape, the question is no longer if your organization will adopt AI, but when and how. This practical, hands-on course demystifies AI technology, providing leaders with the knowledge and confidence to leverage AI effectively in their organizations. Whether you're concerned about disruption or excited about the possibilities, you'll leave with actionable strategies to thrive in the AI era.

**DATES:** **MONDAY, FEBRUARY 03 & FEBRUARY 10, 2025**  
9:00AM– 12:00PM | \$210.00



**Emiliano Cornejo-Jimenez**  
*Facilitator*

Emiliano Jimenez-Cornejo leverages his expertise in economics, data analytics, and leadership development to guide organizations in adopting AI solutions while fostering stronger, more effective teams.

# PROFESSIONAL DEVELOPMENT

## TRUST-BUILDING AND STRATEGIC COMMUNICATION IN THE DIGITAL AGE

In today's rapidly evolving workplace, effective communication isn't just about what you say—it's about how you connect, listen, and respond to others. Based on Chris Voss's proven negotiation methodology, this course introduces powerful techniques for building trust, managing difficult conversations, and creating stronger professional relationships. Through a unique combination of field-tested communication strategies and cutting-edge AI technology, participants will master essential skills for building rapport, de-escalating tensions, and navigating high-stakes conversations. This innovative approach provides not just in-class learning, but also access to a personal AI coach that participants can use anytime to continue practicing and improving their skills.

**DATES: MONDAY, MARCH 10, 2025**

9:00AM – 12:00PM | \$105.00

## SBDC: SMALL BUSINESS DEVELOPMENT CENTER



### THESE THREE CLASSES MEET AT:

Shasta College CLC Building 1401 California St. Redding, CA 96003 Floor 2 Room 9205 | Facilitator: Zack Barton

**NOTE:** This class is hybrid zoom class with a remote instructor

The local SBDC has partnered with Shasta College to bring a series of professional development courses. These courses are beneficial to anyone with a small business or those looking to start a small business. Funded in part through a cooperative agreement with the U.S. Small Business Administration, and grants with the California Office of the Small Business Advocate. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA or the California Office of the Small Business Advocate. Reasonable accommodations for persons with disabilities will be made if requested at least 72 hours in advance of this event; please send an email with the subject header ACCOMMODATION REQUEST to Shasta-Cascade SBDC, Alexander@siskiyoucounty.org, (530) 222-8323



**Zack Barton**  
Facilitator

Zack has over 16 years of professional experience working with online businesses small and large.

## SMALL BUSINESS AI SERIES - INTRODUCTION TO AI - 1/3

Join us for an engaging introduction to Artificial Intelligence (AI) and discover how this revolutionary technology can benefit your small business. During this webinar, SBDC business advisor Zack Barton will explain the basics of AI and provide tips for using essential AI tools, as well as provide examples of real-world applications and starting points for incorporating AI into your business. No technical background required – just bring your curiosity and willingness to learn.

**DATES: WEDNESDAY, APRIL 09, 2025**

2:00PM – 3:00PM | \$40.00

## SMALL BUSINESS AI SERIES - AI FOR BRAND IDENTITY - 2/3

**Note:** This is a hybrid zoom class with a remote instructor

Discover how AI can help you uncover and amplify your authentic brand voice. In this webinar, SBDC business advisor Zack Barton will explore practical techniques for using AI to define your brand identity and craft consistent messaging. Whether you're starting fresh or refining your existing brand, this free training will help you develop a stronger, more authentic brand presence while saving time and maintaining consistency across all platforms. Join us to discover how AI can amplify your brand's authentic voice.

**DATES: WEDNESDAY, APRIL 16, 2025**

2:00PM – 3:00PM | \$40.00

# PROFESSIONAL DEVELOPMENT



## SMALL BUSINESS AI SERIES - AI AND CONTENT CREATION - 3/3

**Note:** This is a hybrid zoom class with a remote instructor

Transform your digital presence with the power of AI. Join SBDC business advisor Zack Barton for this webinar on leveraging artificial intelligence for content creation. Learn practical strategies for using AI to build engaging websites, create compelling social media posts, and design eye-catching marketing materials. This free training session will demonstrate how to harness AI tools for generating images, videos, and written content that resonates with your target audience. Whether you're looking to enhance your business's online presence or streamline your content creation process, you'll be equipped with the knowledge and tools to confidently incorporate AI into your content strategy.

**DATES: WEDNESDAY, APRIL 23, 2025**  
2:00PM – 3:00PM | \$40.00

## THESE THREE CLASSES MEET AT:

Shasta College CLC Building 1401 California St. Redding, CA 96003 Floor 3  
Room 9301 | Facilitator: Laura Velasquez

## MARKETING YOUR SMALL BUSINESS - MARKETING 101 - 1/3

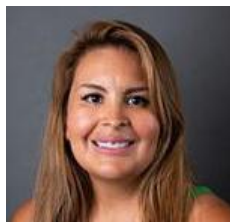
This course provides an introduction to marketing. We dive into core concepts that give the learner terminology and basic principles.

**DATES: MONDAY, FEBRUARY 10, 2025**  
6:00PM – 8:00PM | \$20.00

## MARKETING YOUR SMALL BUSINESS - STRATEGIC MARKETING - 2/3

This course will teach students how to apply strategic marketing principles and skills to business situations and allow for growth initiatives through innovative marketing approaches.

**DATES: MONDAY, FEBRUARY 24, 2025**  
6:00PM – 8:00PM | \$40.00



**Laura Velasquez**  
Facilitator

Laura Velasquez is a business professor and entrepreneur and has been working in the marketing world for over 10 years.



# PROFESSIONAL DEVELOPMENT

## MARKETING YOUR SMALL BUSINESS - DIGITAL & E-COMMERCE MARKETING 3/3

This course will cover everything from Digital Marketing skills, including SEO, Google Search Ads, Social Media, Content Marketing, and Email Marketing.

**DATES:** MONDAY, MARCH 03, 2025  
6:00PM – 8:00PM | \$40.00

### THESE FOUR CLASSES MEET AT:

Shasta College CLC Building 1401 California St. Redding, CA 96003 Floor 2  
Room 9205 | Facilitator: Rebecca Lehman

## SMALL BUSINESS QUICKBOOKS SERIES - BOOKKEEPING BASICS & GETTING STARTED WITH QUICKBOOKS ONLINE - 1/4

This 2-hour class covers accounting 101, terminology, debits/credits, Chart of Accounts and then which QuickBooks online is best for your business.

**DATES:** THURSDAY, FEBRUARY 27, 2025  
6:00PM – 8:00PM | \$60.00

## SMALL BUSINESS QUICKBOOKS SERIES - SETTING UP QUICKBOOKS AND CREATING CUSTOMIZED FORMS - 2/4

This 2-hour class offers how to completely set up your QuickBooks with best practices, finding your way around and getting ready to do business in QuickBooks.

**DATES:** THURSDAY, MARCH 06, 2025  
6:00PM – 8:00PM | \$60.00

## SMALL BUSINESS QUICKBOOKS SERIES - ACCOUNTS RECEIVABLE IN QBO - 3/4

This 2-hour class offers a complete AR process from, making sales in QuickBooks, invoicing vs sales receipts, receiving payments, using credit cards and bank feeds

**DATES:** THURSDAY, MARCH 13, 2025  
6:00PM – 8:00PM | \$60.00

## SMALL BUSINESS QUICKBOOKS SERIES - ACCOUNTS PAYABLE, RECONCILIATIONS, REPORTS IN QBO - 4/4

This 2-hour class offers a complete AP process from entering and paying bills in QuickBooks, cutting checks in QuickBooks, paying bills through bank and credit cards. Then we reconcile bank accounts and end with a review of all the cool reports that QuickBooks gives you and why reports are important.

**DATES:** THURSDAY, MARCH 20, 2025  
6:00PM – 8:00PM | \$60.00



**Rebecca  
Lehman**  
*Facilitator*

As a Certified QuickBooks Pro Advisor she specializes in everything "QuickBooks".



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# TRIPS AND TRAVEL

The “**Trips and Travel**” category is probably one of our favorites. This is a chance to learn through experience. We offer both regional Day Trips, as well as Domestic and International Travel through our partners at Collette! These adventures provide unique opportunities to explore, connect, and create lasting memories.



## DAY TRIPS

**Travel Host:** Darlene Montgomery

**Location Redding:** All trips meet at and depart from the Shasta College Redding Main Campus, North Parking Lot by the Gymnasium.

**Location Red Bluff:** All Red Bluff passengers will be picked up at the Adobe Chevron & Mini Mart on North Main Street, Red Bluff.

**NOTE:** trip return times are estimated and may vary depending on traffic conditions.

**Dinner Stops:** All trips will have a dinner stop, except for the two Shakespeare plays.



**Darlene Montgomery**  
*Travel Host*

Darlene has been hosting Community Education day trips for years. Her warm personality will make both the travel, and the destination, something to look forward to.

## SAN FRANCISCO GOLDEN GATE PARK

Golden Gate Park is a sprawling urban park located in San Francisco, California, stretching over 1,017 acres from the city's western edge near the Pacific Ocean to the vibrant neighborhoods closer to downtown. The park is rich with cultural landmarks, natural beauty, and recreational spaces. Among its most iconic attractions are the de Young Museum, which showcases fine arts, and the California Academy of Sciences, a world-renowned museum that houses a planetarium, an aquarium, and a natural history museum all under one roof. The Japanese Tea Garden, with its serene ponds, pagodas, and meticulously landscaped gardens, provides a peaceful retreat, while the San Francisco Botanical Garden boasts over 8,000 different kinds of plants from around the world.

**Note:** We will stop in Red Bluff to pick up and drop off Red Bluff passengers. We will be making a dinner stop on the way back.

**DATES:** **SATURDAY, MAY 10, 2025**  
6:00AM – 10:00PM | \$130

## SHAKESPEARE FESTIVAL - JULIUS CAESAR - “THE EVIL THAT MEN DO LIVES AFTER THEM”

Julius Caesar returns to the heart of Rome victorious from war. But as he ascends to power, Brutus and the conspiring Cassius join forces to murder Caesar and save the great city from a dangerous dictator. In Shakespeare's famed political thriller, upheaval begets more upheaval, and traitorous actions threaten the very stability of Rome. Known for their dynamic, physical storytelling, upstart crew collective returns with a bold all-female and nonbinary cast, which, under the direction of Associate Artistic Director Rosa Joshi, illuminates this tale's ancient themes of power, loyalty, and betrayal.

**DATES:** **SATURDAY, APRIL 19, 2025**  
8:00AM– 9:00PM | \$150

# TRIPS AND TRAVEL

## FILOLI GARDENS

Join us on our day trip to the Filoli Gardens. See all the Incredible Springtime Splendor when the grounds are all in bloom. Recognized as one of the finest remaining country estates of the early 20th century, Filoli welcomes the public to this remarkable 654-acre property, including the 54,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. This trip is a "self-guided" tour of the grounds and mansion, with plenty of time to spend shopping in their wonderfully unique gift shop, and time to enjoy a no-host lunch of delicious dining at the Filoli Cafe. A 90+ page illustrated guidebook will be provided and is a souvenir to take home.

We will be traveling in style and comfort on one of Shasta College's own motor coaches. This trip fills fast! Sign up today to secure your seat!

**Note:** We will stop in Red Bluff to pick up and drop off Red Bluff passengers. We will be making a dinner stop on the way back.

For more information about the Filoli Gardens and all its splendor, please visit: <https://filoli.org>

**DATES: SUNDAY, MAY 18, 2025**  
6:00AM – 9:00PM | \$150

## ALCATRAZ

Tour Alcatraz Island and Explore Pier 39

Ferry to Alcatraz Island. Tour the inside of the Alcatraz prison cell house. Step back in time and experience the legendary island that has been a civil war fort, a military prison, and one of the most notorious federal penitentiaries in US history. Also included: Enjoy the historical gardens of Alcatraz, views of San Francisco Bay, and the exhibit: Red Power on Alcatraz: Perspectives 50 years later on display in the new Industries Building. You can spend as much time as you would like to explore the island.

PIER 39 is a 45-acre waterfront complex that is a gathering place for millions of San Francisco locals and visitors. In addition to its 13 full-service restaurants, 90+ shops and popular attractions, PIER 39 is home to a five-acre waterfront park and a 300-berth marina. PIER 39 is known for its spectacular views of San Francisco Bay, including the Golden Gate Bridge, Bay Bridge, and Alcatraz, as well as the world-famous California sea lions on K-Dock.

**\*Note\***- Please note that this trip involves a significant amount of walking and may not be suitable for individuals with mobility challenges. We recommend wearing comfortable shoes.

**DATES: SATURDAY, JULY 19, 2025**  
6:00AM – 10:00PM | \$130

## SHAKESPEARE FESTIVAL - AS YOU LIKE IT - "LOVE WILL FIND A WAY"

The Forest of Arden comes to life in the Thomas Theatre when Rosalind and her cousin Celia escape an oppressive uncle and take to the wilderness. Disguised as a man, Rosalind searches for her true love, Orlando—who doesn't recognize her in her new persona. But anything can happen in the forest, including poems in the trees, star-crossed shepherds, and a band of exiles who become family. Identities are lost and true selves are found in Shakespeare's beloved comedy, bringing its magic to our most intimate theatre in this song-filled, 1960s-infused production by director Lisa Peterson (Hamlet, 2016).

**DATES: SUNDAY, JUNE 01, 2025**  
8:00AM – 9:00PM | \$150

# TRIPS AND TRAVEL

## DOMESTIC/INTERNATIONAL TRAVEL

### COMMUNITY MEMBER TESTIMONIAL

*"It is a WONDERFUL service that Collette provides us Redding folks with transport to/from the airports. When I initially met you at the Music Cities Meeting in January 2024; and you told us that Collette would provide the transport—I knew immediately this was a positive "game-changer" for me and would allow me to travel more freely and safely. So, I am thrilled to experience travel with Collette and look forward to many adventures with them." — Debra M*

### FREE TRAVEL PRESENTATION

**Location:** Shasta College Main Campus, 11555 Old Oregon Trail,

Redding, CA 96003 Building 2000 Room 2165

**Facilitator:** Jay Fehan, Collette Travel Representative

**Please RSVP.** Seating is limited, please sign up for this free presentation to reserve your seat.

If you would like to learn more about these trips before making the commitment, join us for an entertaining, colorful, and informative trip preview. Our Collette Travel representative will be present to provide all the information about the travel arrangement, travel destinations, accommodation, prices, what is included, and much more.

We will be covering the Best of Eastern Canada, Spain & Portugal, New York City- Christmas Holiday, Sicily & Malta- Italy, and Finally Costa Rica. Come learn more about these exciting new trips.

We will be covering: the Best of Eastern Canada, Spain & Portugal, New York City- Christmas Holiday, Sicily & Malta- Italy, and finally Costa Rica. Come learn more about these exciting new trips.

**DATES: SESSION 1: JANUARY 28TH HYBRID/ZOOM –**

TUESDAY, 5:00PM – 6:00PM

(Jay will be virtual, but you are welcome to come see us at the CLC Building in Room 9205)

**SESSION 2: MARCH 18TH IN-PERSON**

TUESDAY, 5:00PM – 6:00PM

(Jay will be in-person for this presentation and we will be in the CLC Building in Room 9205)

### BEST OF EASTERN CANADA

**Locations Visited:** Toronto, Niagara Falls, Niagara-on-the-Lake, Thousand Islands, Indigenous Heritage Farm Visit, Quebec City, Choice on Tour: Quebec City by Bus or Walking Tour of Old Quebec City, Montmorency Falls, Maple Sugar Shack, Montreal

**\*Must sign up before March 26, 2025\***

**DATES: 09/26/2025 – 10/04/2025 – 9 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301202>

DOUBLE: \$4,069PP | SINGLE: \$5,169PP | TRIPLE: \$4,019PP

### SPAIN'S CLASSICS AND PORTUGAL

**Locations Visited:** Barcelona, La Sagrada Familia, Valencia, Paella Experience, Granada, The Alhambra, Seville, Choice on Tour: Seville Walking Tour or Guadalquivir River Boat Ride, Flamenco Show, Cordoba, Madrid, The Prado Museum, Winery Tasting, Elvas, Lisbon, Belém, Obidos

**\*Must sign up before April 26, 2025\***

**DATES: 10/25/2025 – 11/08/2025 – 15 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301247>

DOUBLE: \$5,969PP | SINGLE: \$7,269PP | TRIPLE: \$5,869PP



# TRIPS AND TRAVEL

## NEW YORK CITY- HOLIDAY

Greenwich Village, Wall Street, Christmas Spectacular at Radio City Music Hall, Statue of Liberty, Ellis Island, 9/11 Memorial, 9/11 Museum, Broadway Show

*\*Must sign up before June 08, 2025\**

**DATES: 12/08/2025 – 12/12/2025 – 5 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301215>

DOUBLE: \$3,469PP | SINGLE: \$4,269PP | TRIPLE: \$3,439PP

## OLD WORLD SICILY AND MALTA

Malta, Grand Harbor Cruise, Valletta, Impact Moment, Ferry to Sicily, Aromatic Herb Farm Tour, Ragusa-Ibla, Siracusa, Choice on Tour: Ancient Siracusa Archeological Site or Ancient Siracusa Archeological Museum, Taormina's Greek Theatre, Mount Etna Off-Road Excursion. \*A Small Group Tour averaging only 19 travelers.

*\*Must sign up before August 12, 2025\**

**DATES: 05/11/2026 – 05/22/2026 – 12 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301277>

DOUBLE: \$5,599PP | SINGLE: \$6,299PP | TRIPLE: \$5,549PP

## TROPICAL COSTA RICA

San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour: Monteverde Hanging Bridges or Canopy Adventure, Guanacaste

*\*Must sign up before July 29, 2025\**

**DATES: 01/29/2026 – 02/06/2026 – 9 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301272>

DOUBLE: \$3,069PP | SINGLE: \$3,569PP | TRIPLE: \$3,039PP

## GREECE ISLAND HOPPER

Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

*\*Must sign up before August 07, 2025\**

**DATES: 04/08/2026 – 04/16/2026 – 9 DAYS!**

**LINK:** <https://gateway.gocollette.com/link/1301271>

DOUBLE: \$4,999PP | SINGLE: \$5,999PP | TRIPLE: \$4,949PP



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**Shasta College**

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Redding, CA 96001

(530) 395-8563

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