



Shasta College

Fall/Winter 2025

# Community Education

## & Business Training Center

**Stir your  
creativity!**  
Discover our  
cooking classes  
on page 5



### What's inside...

Activities | Dance | Day Trips | Fitness & Wellness  
Finance | Professional Development | Tech Skills  
Trips & Travel **and much more...**

# FIND more



## INSPIRATION

After attending five high schools across two states, I graduated with the impression that I was “supposed to” go to college but had no clear vision. This led to several unproductive years at a university spent switching majors, failing classes, and wasting a lot of money. I relocated to Redding and eventually had my light bulb moment: I wanted to be a physical therapist, which requires a doctorate degree! This meant I had seven years of expensive schooling and a competitive admissions process ahead of me. I was tempted to give up before I even started. Thankfully, my friends encouraged me to start at Shasta College, where I was

“Pursue progress over perfection. Ask for help, utilize the resources available, and take care of yourself.”

fortunate to be part of EOPS as a first-generation college student. I relied heavily on this program (thank you, Jennine Meier!) and my academic advisor (thank you, Noehly Padilla!). I stayed engaged with class material and had many supportive professors (thank you, Dr. Croes!).

I moved on to CSU Sacramento after graduating from Shasta College with my associate degree. I completed my bachelor's degree and eventually graduated with my Doctor of Physical Therapy degree. I am now a licensed PT working in a hospital.

My advice to future graduates is to set a specific goal and then work toward it one step at a time. Pursue progress over perfection. Ask for help, utilize the resources available, and take care of yourself.

Good luck to everyone on their journey!



Amanda Oakes  
Shasta College Knight

# DISCOVER YOUR POTENTIAL

GET \$4K  
FOR 15 UNITS

ENROLL FULL-TIME IN  
15+ UNITS.\* TAKE MORE  
CLASSES, GET MORE AID,  
GRADUATE FASTER.



SHASTA COLLEGE PROMISE  
**2 YEARS**  
Free Tuition

FOR  
FULL-TIME  
STUDENTS

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

\*15+ units = \$4000/semester (\$8,000 per year), must be Cal Grant-eligible.





# Welcome to Fall/Winter 2025! Invest in yourself!

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



### 05 Activities

- 05 Cooking
- 05 Fitness & Wellness
- 06 LEGO®
- 07 Performing Arts
- 08 Visual Arts



### 10 Personal Growth

- 10 Finance
- 10 Language
- 10 Practical Insights
- 12 Writers' Circle



### 13 Professional Development

(brought to you by the Business Training Center)

- 14 Business Skills
- 14 Non-Profit Management
- 15 SBDC
- 17 Soft Skills
- 17 Workforce Development Training

### 19 Trips & Travel

- 19 Day Trips
- 20 Travel Classes
- 21 Domestic-International Travel



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.

## GENERAL INFORMATION

# Questions? and Answers!

### What is Community Education?

Community Education classes are offered as a complement to Shasta College's instructional programs and provide opportunities for personal growth and lifelong learning. These non-credit courses have no grades and are open to all. The Community Education program is a self-supporting branch of Shasta College and operates without the use of taxpayer funds. This free publication is brought to you by the Shasta College Community Education program and is released twice a year.

### How do I register?

Visit <https://shastacollege.coursestorm.com> or use the QR codes found throughout this catalog to register for a class. 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.

### How do I pay for a class?

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. Check the online registration portal for the most up to date class information.

### Are there minimum enrollments for these courses?

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 canceled. 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!**

#### HOW DO I USE A QR CODE?

Open your phone's camera and click on the link that appears on the scanner.



### Can I get a refund?

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.

### How do I participate online?

Many classes are conducted via Zoom or similar platforms. No special account is required—just join directly from your preferred web browser.

## Coordinator's Corner

### LET'S MEET THE TEAM



Alex Thiemann



Shannon Mantor

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

# 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!



## Cooking

### Sizzle's - Everyday Cooking

**In-Person:** Sizzle's Kitchen

**Facilitator:** Sam Borquez

**Fee:** \$100 per class

In this hands-on class, you'll learn how to prepare wholesome, flavorful meals using everyday ingredients.

**Aug 7, Sept 4, Oct 2, Nov 6, Dec 4**

Thursdays, 4:00pm – 7:00pm

### Sizzle's - International Kitchen

**In-Person:** Sizzle's Kitchen

**Facilitator:** Rotating Chefs

**Fee:** \$110 per class

Every week, we'll explore a different cuisine from around the world. The vibrant foods of Italian, Nigerian, and Caribbean cultures will all be part of this amazing cooking class!

**Aug 5, Sept 2, Oct 14, Nov 4, Jan 13, 2026**

Tuesdays, 4:00pm – 7:00pm

### Sizzle's - Sausage Making

**In-Person:** Sizzle's Kitchen

**Facilitator:** Furnari Sausage Company  
(Donny Dichirico)

**Fee:** \$100 per class

Each class, students will make their own sausage from start to finish. Additionally, we will prepare a side and dessert to create a full meal to share at the end.

**Aug 12, Sept 23, Oct 7, Nov 18, Jan 27, 2026**

Tuesdays, 4:00pm – 7:00pm



**Craving more adventure?**

**Check out our Day Trips  
on page 19**

## Fitness & Wellness

### Beginner Pickleball Morning and Evening

**In-Person:** Riverview Country Club

**Facilitators:** Damon Magana & Amy Brown

**\$80 per session (morning or evening)**

New to pickleball? This class is the perfect place to start! You'll learn the rules, basic strokes, court layout, and how to keep score—all in a relaxed and welcoming environment. No experience needed—just come ready to move and have fun!

**Aug 13 – Sept 3**

Mornings: 4 – Wednesdays,  
10:00am – 11:00am

Evenings: 4 – Wednesdays,  
5:00pm – 6:00pm

### Intermediate Pickleball

**In-Person:** Riverview Country Club

**Facilitators:** Damon Magana & Amy Brown

**Fee:** \$80

Ready to level up your game? This class is for players who already know the basics and want to improve consistency, shot selection, and court strategy. We'll cover dinking, third shot options, partner communication, and smart positioning—everything you need to play more confidently and competitively. Come sharpen your skills and have fun doing it!

**Aug 14 – Sept 4th**

4 – Thursdays, 5:00pm – 6:00pm

### Fusion Yoga

**Hybrid:** Lit from Within

**Facilitator:** Rhonda Nelson

**Fee:** \$50

A blend of light cardio, strength training, pilates, and yoga.

**Oct 20, 27, Nov 3, 10, 17, Dec 1, 8, 15**

8 – Mondays, 5:30pm – 6:30pm

# ACTIVITIES

## Gentle Yoga

Hybrid: Lit from Within

Facilitator: Rhonda Nelson

Fee: \$50

Gentle yoga focusing on nurturing movements, deep stretching, and mindful breathing techniques to enhance relaxation and promote well being.

**Aug 18, 25, Sept 8, 15, 22, 29, Oct 6, 13**

8 – Mondays, 5:30pm – 6:30pm

## Get Fit!

Hybrid: Lit from Within

Facilitator: Rhonda Nelson

Fee: \$50

Hybrid fitness class, with online and in-person options. The workouts combine cardio, toning, strength training, yoga, and an all-around complete fitness program.

**Aug 20, 27, Sept 3, 10, 17, 24, Oct 1, 8**

8 – Wednesdays, 5:30pm – 6:30pm

**Oct 15, 22, 29, Nov 5, 12, 19, Dec 3, 10**

8 – Wednesdays, 5:30pm – 6:30pm

## LEGO®

### BAM™ LEGO Labs: Adults Only 16+

In-Person: Cobblestone Shopping Center

Facilitator: Bricks & Minifigs Redding

Fee: \$45 per class

BAM™ LEGO Lab: 90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Surprise Polybag, and MORE!

**Aug 11, Sept 1, 22, Oct 13, Nov 3,**

**Dec 1, Jan 5, 26, 2026**

Mondays, 5:15pm – 6:45pm

### BAM™ LEGO Labs: Family Night All Ages Welcome (1 Registered Adult required)

In-Person: Cobblestone Shopping Center

Facilitator: Bricks & Minifigs Redding

Fee: \$40 per class - minimum (2) registrants

BAM™ LEGO Lab: 90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Surprise Polybag, and MORE!

**Aug 14, Sept 4, 25, Oct 16, Nov 6, Dec 4,**

**Jan 8, 29, 2026**

Thursdays, 5:15pm – 6:45pm

### BAM™ LEGO Labs: Homeschoolers or School Field Trips Ages 6-17

In-Person: Cobblestone Shopping Center

Facilitator: Bricks & Minifigs Redding

Fee: \$45 per class

BAM™ LEGO Lab: 90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Surprise Polybag, and MORE!

**Aug 11, Sept 1, 22, Oct 13, Nov 3, Dec 1,**

**Jan 5, 26, 2026**

Mondays, 1:00pm – 2:30pm

### BAM™ LEGO Labs: Kids Ages 6-10

In-Person: Cobblestone Shopping Center

Facilitator: Bricks & Minifigs Redding

Fee: \$45 per class

BAM™ LEGO Lab: 90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Surprise Polybag, and MORE!

**Aug 13, Sept 3, 24, Oct 15, Nov 5, Dec 3,**

**Jan 7, 28, 2026**

Wednesdays, 3:30pm – 5:00pm



**Unlock Your Full Potential!**  
Check out our Personal Growth  
Classes on page 10

# ACTIVITIES

## **BAM™ LEGO Labs: Youth Ages 11-15**

**In-Person:** Cobblestone Shopping Center

**Facilitator:** Bricks & Minifigs Redding

**Fee:** \$45 per class

BAM™ LEGO Lab: 90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Surprise Polybag, and MORE!

**Aug 12, Sept 2, 23, Oct 14, Nov 4, Dec 2,  
Jan 6, 27, 2026**

Tuesdays, 3:30pm – 5:00pm

## **Performing Arts**

### **2-Step - Level 1**

**In-Person:** Shasta College Main Campus

**Facilitator:** Ben Mason

**Fee:** \$80

Come learn this all-time classic popular Country and Western dance.

**Aug 11 – Sept 15**

6 – Mondays, 6:00pm – 7:30pm

### **2-Step - Level 2**

**In-Person:** Shasta College Main Campus

**Facilitator:** Ben Mason

**Fee:** \$80

Continue to dance with us in this next level of the 2-Step Dance.

**Sept 29 – Nov 03**

6 – Mondays, 6:00pm – 7:30pm

### **West-Coast Level 1**

**In-Person:** Shasta College Main Campus

**Facilitator:** Ben Mason

**Fee:** \$80

This Beginner Level 1 Class will cover the critical dance skills of body movement, lead/follow, frame, connection, dance etiquette, and foot placement in the West Coast Swing Dance.

**Aug 14 – Sept 18**

6 – Thursdays, 6:00pm – 7:30pm

### **West-Coast Level 2**

**In-Person:** Shasta College Main Campus

**Facilitator:** Ben Mason

**Fee:** \$80

This class is a continuation of Beginning Basic Level 1 West Coast Swing Class

**Oct 02 – Nov 06**

6 – Thursdays, 6:00pm – 7:30pm

### **Beginners Country Swing**

**In-Person:** Shasta Arts Council

**Facilitator:** Bobby Milhouse

**Fee:** \$85

This beginner-friendly Country Swing class is the perfect next step for dancers who know the basics and are ready for more fun, flow, and footwork. We'll review the foundations, then explore new variations, rhythms, and partner connection to elevate your dancing.

**Sept 9 – 30**

4 – Tuesdays, 6:00pm – 7:15pm

### **Beginners Salsa**

**In-Person:** Shasta Arts Council

**Facilitator:** Bobby Milhouse

**Fee:** \$85

Take your salsa skills to the next level in this fun, beginner-friendly class that builds on the basics with fresh footwork and timing variations. We'll review the foundations, then dive into new rhythms and patterns that will keep you moving and challenged in the best way!

**Sept 9 – 30**

4 – Tuesdays, 7:15pm – 8:30pm

### **Intro to Country Swing**

**In-Person:** Shasta Arts Council

**Facilitator:** Bobby Milhouse

**Fee:** \$85

Kick up your boots and join us for a fun, high-energy intro to Country Swing — no partner or experience needed! Learn the basics, feel the rhythm, and get ready to spin, step, and smile your way through this upbeat social dance.

**Aug 12 – Sept 2**

4 – Tuesdays, 6:00pm – 7:15pm



# ACTIVITIES

## Intro to Salsa

**In-Person:** Shasta Arts Council

**Facilitator:** Bobby Milhouse

**Fee:** \$85

Get ready to move, groove, and feel the rhythm in this fun, high-energy intro to salsa class, perfect for dancers of all levels! No partner or experience needed — just bring your enthusiasm and get ready to light up the dance floor!

**Aug 12 – Sept 2**

4– Tuesdays, 7:15pm – 8:30pm

## Visual Arts

### Advanced Digital Photography

**In-Person:** Shasta College Community

**Leadership Center**

**Facilitator:** Avery Rosenthal-Murray

**Fee:** \$115 per class

This in-person advanced photography class is for creatives with a basic foundation who want to grow their artistic style and technical skills using a DSLR or mirrorless camera. The day includes an overview with coffee, hands-on instruction in manual settings, a guided shoot, and a supportive photo review and Q&A.

**Oct 25**

Saturday, 1:30pm – 5:30pm

**Nov 15**

Saturday, 1:30pm – 5:30pm

### Photography Basics with Your Smartphone

**In-Person:** Shasta College Community

**Leadership Center**

**Facilitator:** Avery Rosenthal-Murray

**Fee:** \$85 per class

An in-person photography introduction class that offers a hands-on learning experience covering the fundamentals of photography with a smartphone, including smartphone techniques, composition, and visual storytelling.

**Oct 25**

Saturday, 9:30am – 12:30pm

**Nov 15**

Saturday, 9:30am – 12:30pm

## The Art of Memory-Keeping: Creating your own Scrapbook

**In-Person:** Shasta County Arts Council

**Facilitator:** Cassie McEachen

**Fee:** \$150 per two day class

In this two-day workshop, you'll learn the art of memory-keeping through scrapbooking, creating a personalized 20-page, 12x12 scrapbook filled with cherished memories. Whether you're a beginner or experienced, you'll gain the skills to design layouts, incorporate photos, and use embellishments, leaving with a completed scrapbook and the ability to continue crafting at home.

**Sept 13 & 14**

Saturday/Sunday, 10:00am – 1:00pm

**Nov 15 & 16**

Saturday/Sunday, 10:00am – 1:00pm

### Collage

**In-Person:** Shasta Arts Council

**Facilitator:** Elizabeth McClellan

**Fee:** \$120

COLLAGE lets your creativity run wild. Put old and new, digital and handmade together in harmony. Paper, glue, and found materials.

**Sept 08 – 29**

4 – Mondays, 5:30pm – 7:00pm

### Drawing For The Mind

**In-Person:** Shasta Arts Council

**Facilitator:** Elizabeth McClellan

**Fee:** \$120

Find your calm, focus, and clarity through simple, beautiful drawing exercises.

**Aug 04 – 25**

4 – Mondays, 5:30pm – 7:00pm

**Ready to sign up?**

Scan the QR code  
to register.







## WELLNESS | MOVEMENT | COMMUNITY

In the Heart of Downtown Redding



Event Venue Rental



Natural Teeth Whitening



Community Events  
& Workshops



Infrared Sauna &  
Light Therapy



Yoga / Dance / Fitness  
Pilates / Breathwork  
Sound Healing



Ultrasonic Body  
Contouring



Organic Airbrush Tan



Shiftwave Biofeedback  
Therapy

Scan Now to Explore All Our  
Current Services and Programming



800-674-8423



ash@litfromwithin.life



1475 Placer St. Suite D



www.litfromwithin.life



# 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.



## Finance

### Investments, Annuities and Income in Retirement - Putting it All Together

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45

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

**Sept 23**

Tuesday, 6:00pm – 8:00pm

### How Tax Planning Changes through Four Stages of Retirement

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45

Learn a “Retirement Tax Strategy” that manages your assets for an “optimal draw down” so you pay as few taxes as necessary.

**Sept 9**

Tuesday, 6:00pm – 8:00pm

### Making Government Benefits Work for You

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45

Learn how Social Security and Medicare fit into your retirement income plan. This class covers the basics of Medicare, including Original Medicare and Medicare Advantage, in clear, practical terms.

**Sept 16**

Tuesday, 6:00pm – 8:00pm

## Language

### Introduction to American Sign Language

**In-Person:** TBD  
**Facilitator:** Tami Lucé  
**Fee:** \$65

Whether you're an educator, healthcare worker, retail employee, or a family member of someone who is Deaf or Hard of Hearing, this introductory class will provide the foundational skills you need to communicate with confidence.

**Sept 10 – Oct 29**

8 – Wednesdays, 6:00pm – 7:00pm

## Practical Insights

### Prediabetes action plan: simple steps for lasting change

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Erika Bishop, MPA, RD  
**Fee:** \$115

Have you been told you're at risk for diabetes by a doctor or family member? You're not alone—and there *\*is\** something you can do. Join our Prediabetes Action Plan: Simple Steps for Lasting Change

**Sept 18 – Oct 30**

7 – Thursdays, 5:30pm – 7:30pm

**Got a Passion for Business?**  
Check out our new Business  
Classes on page 14

# PERSONAL GROWTH

## Create Your Website for Fun, Profit, and Business!

Online: Zoom Class

Facilitator: Kevin Boyd

Fee: \$65

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Traps, Dos and Don'ts of website design.

**Oct 7**

Tuesday, 6:00pm – 9:00pm



## Don't throw it Away - Sell it Online!

Online: Zoom Class

Facilitator: Kevin Boyd

Fee: \$65

Discover the best phone apps to sell your used "stuff" and get paid. Learn the most popular selling apps for each of the top categories including Furniture, Electronics, Clothing, Books, Art, and much more. Includes photography tips, dos and don'ts, tips and strategies to determine the best apps to sell your items.

**Oct 16**

Thursday, 6:00pm – 9:00pm

## Sell it on eBay!

Online: Zoom Class

Facilitator: Kevin Boyd

Fee: \$100

Learn how to create a seller account, upload photos, accept online payments, and create a listing. Includes insider tips, tricks and traps, what to sell, photography, plus the best strategies for selling antiques and collectibles.

**Oct 6 & 8**

Monday & Wednesday, 6:00pm – 9:00pm

## \$Monetize\$ Websites, Blogs, and Social Media With Affiliate Marketing

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$50

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.

**Oct 15**

Wednesday, 2:00pm – 4:00pm

## Save \$Money\$ with Extreme Couponing!

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$30

Learn how to save \$\$\$ every day with extreme couponing.

**Oct 14**

Tuesday, 4:00pm – 5:00pm

## Age in Place, What is it? And how can you do it?

In-Person: Shasta College Community Leadership Center

Facilitator: Mike Mitchell

Fee: \$30 per 1.5 hr class

As we get older, we would like to be able to live our lives in our own homes. Learn how some important improvements to your home can be beneficial in being able to stay in your own home as long as possible.

**Aug 21**

Thursday, 10:00am – 11:30am

Thursday, 4:00pm – 5:30pm

**Oct 22**

Wednesday, 10:00am – 11:30am

Wednesday, 4:00pm – 5:30pm

**Dec 10**

Wednesday, 10:00am – 11:30am

Wednesday, 4:00pm – 5:30pm



## Writers' Circle

### Beginner's Guide to Using Free ChatGPT (AI) for Writers

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$50

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.

**Oct 7**

Tuesday, 3:00pm – 5:00pm

### How to Write Your Life Story (for fun or for profit)

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$70

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others.

**Oct 4**

Saturday, 8:00am – 11:00am

### Introduction to Screenwriting for TV or Movies

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$50

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen.

**Oct 3**

Friday, 2:00pm – 4:00pm

### Write a Riveting Mystery, Suspense, or Crime Story

Online: Zoom Class

Facilitator: LeeAnne Krusemark

Fee: \$50

Become a mystery writer for fun or profit! You will discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters.

**Oct 2**

Thursday, 2:00pm – 4:00pm

**Ready to sign up?**

Scan the QR code  
to register.





# Welcome to The Business Training Center



We provide affordable employee training to businesses of all sizes. To learn more, go to:

[ShastaCollege.edu/BUSINESSTRAINING](https://ShastaCollege.edu/BUSINESSTRAINING)



# PROFESSIONAL DEVELOPMENT

**“Professional Development”** is brought to you by our Business Training Center (BTC). The BTC has a laser focus on training, upskilling, and developing the work-force 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.



## Business Skills

### Engaging and Retaining Talented Employees

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Karl Burch  
**Fee:** \$95 per class

When employees feel empowered and excited about their work, productivity, morale, and business performance improve. As a leader, you can boost engagement and retention by focusing on three key drivers of job satisfaction: meaningful work, a positive environment, and a sense of individual value.

**Sept 10**

Wednesday, 9:00am – 12:00pm

**Oct 01**

Wednesday, 9:00am – 12:00pm

**Nov 12**

Wednesday, 9:00am – 12:00pm

### The Five Point Process to Ultimate Sales Success with DiSC Assessment!

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Mike Mitchell  
**Fee:** \$250

The Pesona-Pathway Pro Sales Process for the 21st Century is a dynamic and personalized approach to sales that leverages the insights gained from personality assessments. This method aims to tailor every interaction to the unique preferences and communication style of each prospective client, enhancing the overall sales experience and increasing the likelihood of a successful outcome.

\*DiSC Assessment included!!!

**Sept 3 – Oct 1**

5 – Wednesdays, 5:00pm – 6:30pm

**Oct 9 – Nov 6**

5 – Thursdays, 9:00am – 10:30am

## Leading with Purpose

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Stephen Campbell  
**Fee:** \$195

Engage with other leaders in this dynamic course designed to explore six critical components that will strengthen and grow your leadership.

**6–week session: Sept 18 – Oct 23**

Thursdays, 9:00am – 10:30am

**2–week session: Nov 7 – Nov 14**

Fridays, 8:00am – 12:30pm

## Nonprofit Management

### Strengthen The Effectiveness of Your Nonprofit Board

**Online:** Zoom Class  
**Facilitator:** Bob Reich  
**Fee:** \$60

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.

**Oct 16**

Thursday, 6:30pm – 8:30pm

### Effective Nonprofit Fundraising and Grant Writing

**Online:** Zoom Class  
**Facilitator:** Bob Reich  
**Fee:** \$110

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.

**Nov 3, 10, 17**

3 – Mondays, 6:30pm – 8:30pm

# PROFESSIONAL DEVELOPMENT



## SBDC

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

### SBDC - Making 2025 the Year to Update Your Business Plan

**In-Person:** Trinity Campus

**Facilitator:** Lani Lott

**Fee:** \$30

This two-hour workshop provides a focused opportunity to revisit, revise, or rewrite your business plan for the next two years.

**Nov 06**

Thursday, 3:00pm – 5:00pm

### SBDC - Marketing that Works - Series

**In-Person:** Trinity Campus

**Facilitator:** Lani Lott

**Fee:** \$30 per class

#### Class 1: Creating Customer Personas for Laser-Focused Marketing

Understanding your target customer is essential to effective marketing. Buyer personas transform data into relatable profiles that help teams connect with ideal customers.

**Sept 11**

Thursday, 3:00pm – 5:00pm

## A Nonprofit IS A Business And Needs To Be Operated That Way

**Online:** Zoom Class

**Facilitator:** Bob Reich

**Fee:** \$45

Many people do not view nonprofits as a business, which can create problems. A nonprofit MUST be run in a business-like manner to ensure success and survival. This workshop will discuss how nonprofits are a business, and the variations from a for-profit business.

**Oct 30**

Thursday, 6:30pm – 8:00pm

## Techniques Of Managing A Nonprofit Organization

**Online:** Zoom Class

**Facilitator:** Bob Reich

**Fee:** \$110

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.

**Sept 22, 29, Oct 6**

3 – Mondays, 6:30pm – 8:30pm

## Are You Thinking About Starting A Nonprofit Organization?

**Online:** Zoom Class

**Facilitator:** Bob Reich

**Fee:** \$45

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

**Sept 11**

Thursday, 6:30pm – 8:00pm

**Ready to sign up?**

**Scan the QR code to register.**



# PROFESSIONAL DEVELOPMENT

## **Class 2: Kickstart Your Social Media Advertising to Build Your Audience**

Social media advertising can feel overwhelming—new terms, platforms, and strategies. In this two-hour session, we'll break it down, explain why it matters, how it works, and share tips to make your ads stand out. We'll also walk through creating a Facebook Ad Campaign in eight simple steps.

**Sept 25**

Thursday, 3:00pm – 5:00pm

## **Class 3: The Significance of Traditional Marketing in Today's World**

Traditional marketing—like print, TV, and direct mail—still works in a digital-first world. This session shows when to use these channels, how they pair with digital strategies, and how to find the best ROI for your business.

**Oct 16**

Thursday, 3:00pm – 5:00pm

## **Class 4: Putting It All Together – Crafting Your 18-Month Marketing Strategy and Budget**

Now it's time to put your knowledge into action. In this final session, you'll create a personalized 18-month marketing plan with goals, metrics, tactics, and a budget—guided by an SBA template and tailored to your business.

**Oct 23**

Thursday, 3:00pm – 5:00pm

## **QuickBooks Series**

**In-Person: TBD**

**Facilitator: Rebecca Lehamn**

**Fee: \$60 per class**

## **Class 1: Bookkeeping Basics & Getting Started with QuickBooks Online**

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

**Sept 17**

Wednesday, 6:00pm – 8:00pm

**Level Up Your Leadership!**  
Don't miss our new *Leading with Purpose* class on **page 14**

## **Class 2: Small Business QuickBooks Series - Setting Up QuickBooks and Creating Customized Forms**

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.

**Sept 24**

Wednesday, 6:00pm – 8:00pm

## **Class 3: Small Business QuickBooks Series - Accounts Receivable in QBO**

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.

**Oct 1**

Wednesday, 6:00pm – 8:00pm

## **Class 4: Small Business QuickBooks Series - Accounts Payable, Reconciliations, Reports in QBO**

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.

**Oct 8**

Wednesday, 6:00pm – 8:00pm



## **Siskiyou EDC - Launching Cottage Food Businesses**

**Hybrid: COS Weed Campus**

**Facilitator: Quintin Gaddy**

**Fee: \$30 per class**

This two-part course is structured to support entrepreneurs in Siskiyou County who want to learn how to start and grow a cottage food business.

**Class 1: Nov 5**

**Class 2: Nov 12**

Wednesday, 6:00pm – 8:00pm



# PROFESSIONAL DEVELOPMENT

## Siskiyou EDC - Small Business Finance Bootcamp

Hybrid: COS Weed Campus

Facilitator: Quintin Gaddy

Fee: \$30 per class

This two-part series will cover the basics of small business financial management and understanding how to improve profitability.

**Class 1: Aug 6**

**Class 2: Aug 13**

Wednesday, 6:00pm – 7:30pm

## Siskiyou EDC - Wildland Firefighting Procurement

Hybrid: COS Weed Campus

Facilitator: Quintin Gaddy

Fee: \$65 per class

Are you interested in being a vendor for Cal Fire or the US Forest Service? Join us for this two-part session on becoming a certified wildland firefighting vendor.

**Class 1: Dec 3**

**Class 2: Dec 10**

Wednesday, 4:00pm – 6:00pm



## Soft Skills

### From Stuck to Unstoppable: Discover the Mindset That Moves You Forward

In-Person: TBD

Facilitator: Mark Putnam

Fee: \$90

Are limiting beliefs and negative thought patterns holding you back? This transformative course is designed to help you break free from mental barriers and unlock the power of a growth mindset.

**Nov 4, 11, 18**

3 – Tuesdays, 10:00am – 12:00pm

**Nov 6, 13, 20**

3 – Tuesdays, 5:00pm – 7:00pm

## Workplace Integrity Essentials 101: Ethics, Professionalism, and Decision-Making for Career Success

In-Person: TBD

Facilitator: Mark Putnam

Fee: \$120

Whether you're launching your own business or stepping into your first professional role, Workplace Integrity Essentials 101 equips you with the foundational skills to navigate the workplace with ethics, professionalism, and confidence.

**Oct 7, 14, 21, 28**

4 – Tuesdays, 10:00am – 12:00pm

**Oct 9, 16, 23, 30**

4 – Thursdays, 5:00pm – 7:00pm

## YOU University: Turn Your Passion into an Online School of Influence and Income

In-Person: TBD

Facilitator: Mark Putnam

Fee: \$120

Turn your skills and passions into a powerful online course. This program helps coaches, creatives, and professionals educate others, grow a personal brand, and launch a profitable e-learning platform.

**Sept 12, 19, 26, Oct 3**

4 – Fridays, 10:00am – 12:00pm

**Oct 10, 17, 24, 31**

4 – Fridays, 5:00pm – 7:00pm

## Workforce Development Training

### Ethanol Emergencies

Online: Asynchronous online class

Facilitator: Frank Friend

Fee: \$80

Considering that most vehicles run on a blend of ethanol in their fuel, emergency responders need to know how to deal with these emergencies. This course will give responders a better understanding of ethanol, its properties, and tactics that may be used during responses.

**Sept 22 – Oct 3, (2 weeks)**

24/7 access during the dates presented

# PROFESSIONAL DEVELOPMENT

## Mass Casualty Incidents, Management, and Triage

Online: Asynchronous online class

Facilitator: Frank Friend

Fee: \$40

Mass Casualty Incidents are becoming all too common in today's world. Learn how to respond to and manage these incidents through a review of triaging patients, the incident command system, national incident command system, interactive triage practices, and case studies.

**Sept 15 – 19**

24/7 access during the dates presented

## Incident Safety Awareness for Hired Vendors - INTEREST LIST

In-Person: TBD

Facilitator: Greg McFadden -  
North Valley Training Associates

Fee: \$225

This course introduces fireline and incident safety for vendors involved in wildland fire suppression and support. Topics include hazard awareness, entrapment avoidance, risk mitigation, safe work practices, fire shelter use, incident organization, and case studies.

**Date: TBD**

Time: TBD

## American Heart CPR, First Aid, AED

In-Person: Main Campus & Tehama Campus

Facilitator: Korey Conry

Fee: \$150 \$75\*

CPR is required at most companies as a part of employment and is needed to be renewed every two years. This certification is good for two years.

**Sept 12, Tehama Campus**

Friday, 8:00am – 12:00pm

**Oct 17 & Nov 21, Main Campus**

Friday, 1:00pm – 5:00pm

## Certified Flagger Safety Training

In-Person: Main Campus & Tehama Campus

Facilitator: Korey Conry

Fee: \$150 \$75\*

Most major contracts will require a flagging group on-site while any type of road work is being performed to keep liability to a minimum. Certification is good for four years.

**Oct 17 & Nov 21, Main Campus**

Fridays, 8:00am – 12:00pm

**Oct 31, Tehama Campus**

Friday, 8:00am – 12:00pm

## OSHA 10

In-Person: Main Campus & Tehama Campus

Facilitator: Korey Conry

Fee: \$250 \$125\*

An OSHA 10 general industry card is good for any entry-level general industry (non-construction) worker. OSHA 10 courses promote workplace safety and health and inform workers about their workplace safety rights.

**Sept 05 – 06, Tehama Campus**

Friday & Saturday, 8:00am – 1:00pm

**Nov 14 – 15, Main Campus**

Friday & Saturday, 8:00am – 1:00pm

## Notary Public Certification

In-Person: TBD

Facilitator: Tracy Boyum

Fee: \$150

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.

**Aug 29**

Friday, 8:30am – 5:00pm

**Jan 30, 2026**

Friday, 8:30am – 5:00pm

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

## Want a more interactive experience?

Flip through the catalog like a real book—right on your phone or tablet! **Scan the QR code to view.**



# 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

### Mt. Shasta Blackberry Music Festival

**Location:** Mt. Shasta

**Facilitator:** Shannon Mantor

**Fee:** \$75

The event is held at beautiful Shastice Park with spectacular views of Mt. Shasta. Along with the famous and hugely popular blackberry pie sales, music offerings, and children's games, food and craft vendors will join as well in the expanded space Shastice Park provides.

Sunday | **Aug 31**

### Dahlia Farm Tour

**Location:** Pastures of Grace

**Facilitator:** Darlene Montgomery

**Fee:** \$125

The Pastures of Grace Dahlia Farm in Siskiyou County is a true gem. Join us for a private tour of the farm, a "you-pick" experience with over \$100 in flowers, and a lunch stop in Mt. Shasta!

Saturday | **Sept 06**

### San Francisco Fleet Week

**Location:** San Francisco

**Facilitator:** Darlene Montgomery

**Fee:** \$130

Join us for a day of fun-filled activities! Fleet Week is an annual event in the Fisherman's Wharf district that features the Fleet Week Humanitarian Village, a full air show over the SF Bay featuring the Blue Angels and Canadian Snowbirds, the Parade of Ships, and shipboard tours.

Sunday | **Oct 12**

### Half Moon Bay Art and Pumpkin Festival

**Location:** Half Moon Bay

**Facilitator:** Darlene Montgomery

**Fee:** \$130

The world-famous Half Moon Bay Art and Pumpkin Festival is the season's signature event, drawing hordes of visitors to the "World Pumpkin Capital" for an epic festival on historic Main Street.

Sunday | **Oct 19**

### The Great Dickens Christmas Fair

**Location:** Cow Palace

**Facilitator:** Darlene Montgomery

**Fee:** \$150

The Great Dickens Christmas Fair is a one-of-a-kind immersive adventure into Victorian London—an elaborate holiday party with hundreds of costumed players performing and interacting with patrons in over 140,000 square feet of theatrically-lit music halls, pubs, dance floors, and festive shops.

Saturday | **Nov 22**

### Historic Nevada City Victorian Christmas

**Location:** Nevada City

**Facilitator:** Darlene Montgomery

**Fee:** \$125

Welcome the holiday season in Nevada City. It's a magical setting of hilly streets with authentic gas lamps, wandering carolers dressed in Victorian attire, and visitors sharing holiday cheer and good tidings.

Sunday | **Dec 07**

### Got questions?

Check out our Questions and Answers on **page 4**

# TRIPS AND TRAVEL

## Travel Classes

### Exploring Travel

**Location:** TBD

**Facilitator:** Avanti Travel

**Fee:** \$35

Explore the many ways to travel—by land, sea, river, and air—and discover which options best suit your style and interests. Join us for engaging sessions on navigating today's travel opportunities and planning your next adventure!

**Nov 4**

Tuesday, 6:30pm – 8:00pm

**Nov 18**

Tuesday, 6:30pm – 8:00pm

### Designing Your Ideal Travel Experience

**Location:** TBD

**Facilitator:** Avanti Travel

**Fee:** \$35

This course will help you identify and understand your unique travel preferences. Whether you seek comfort, adventure, or the freedom to explore without a fixed plan, this class provides the tools to craft a trip that aligns with your interests and desires. By the end of the course, you'll have a clear sense of what type of traveler you are and the resources needed to plan and book your dream journey.

**Sept 9**

Tuesday, 6:30pm – 8:00pm

**Sept 16**

Tuesday, 6:30pm – 8:00pm



### Tips For Travelers

**In-Person:** Shasta College Community Leadership Center and Tehama Campus

**Facilitator:** Nancy Shaw (AAA Travel Counselor)

**Fee:** \$35

Designed for all experience levels, this class covers essential travel systems, helpful information sources, and how to obtain key documents like passports, visas, international driver's licenses, TSA PreCheck, and more.

**Aug 2, CLC Building**

Saturday, 10:00am – 12:00pm

**Aug 23, Tehama Campus**

Saturday, 10:00am – 12:00pm

**Sept 20, CLC Building**

Saturday, 10:00am – 12:00pm

**Oct 4, Tehama Campus**

Saturday, 10:00am – 12:00pm

### Free Travel Presentation

**In-Person:** Shasta College Community Leadership Center

**Facilitator:** Jay Fehan

**FREE**

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.

**July 24**

Thursday, 5:00pm

**Sept 22**

Monday, 6:00pm





# TRIPS AND TRAVEL

**Collette Travel and Shasta College Community Education** have partnered to bring amazing travel opportunities to the North State. Each of these trips includes: airfare, round-trip transportation to the airport, lodging, and an amazing hosted experience. For more information make sure to visit our website!

## Domestic- International Travel

### Old World Sicily and Malta (Small Group Trip)

Collette Travel



Malta, Grand Harbour Cruise, Valletta, Impact Moment, Ferry to Sicily, Aromatic Herb Farm Tour, Ragusa-Ibla, Siracusa, Choice on Tour: Ancient Siracusa Archeological Site or Ortigia Guided Walking Tour, Taormina's Greek Theatre, Mount Etna Off-Road Excursion.

**Mar 11 – 22, 2026 • 12 Days • 15 Meals**

For best rates, please sign up before August 12

### Tropical Costa Rica

Collette Travel



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

**Jan 29 – Feb 6, 2026 • 9 Days • 14 Meals**

For best rates, please sign up before July 29

### Greece Island Hopper

Collette Travel



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

**Apr 6 – Apr 16, 2026 • 11 Days • 14 Meals**

For best rates, please sign up before August 7

### Discover American Heritage

Collette Travel



Smithsonian Museums, Twilight Monument Tour, Arlington National Cemetery, Greenbrier Bunker Tour, Monticello, Colonial Williamsburg, Mount Vernon, Tavern Dinner.

**April 10 – April 17, 2026 • 8 Days • 11 Meals**

For best rates, please sign up before October 10

**Master something new!**

**Check out our Activities  
Classes on page 5**

# Ready for a *Change?*

We can help open doors to training, education, financial aid, or a job promotion.



**CAREER  
EDUCATION  
TRAINING**



**HIGH  
SCHOOL  
DIPLOMA**



**ENGLISH AS  
A SECOND  
LANGUAGE (ESL)**



**G.E.D.  
or  
HISET**



**MOST SERVICES  
ARE FREE OR  
VERY LOW COST**



**Services  
available in:**  
Shasta,  
Tehama,  
and Trinity counties

[www.better.jobs](http://www.better.jobs)  
[lheck@shastacollege.edu](mailto:lheck@shastacollege.edu)

530.242.7750



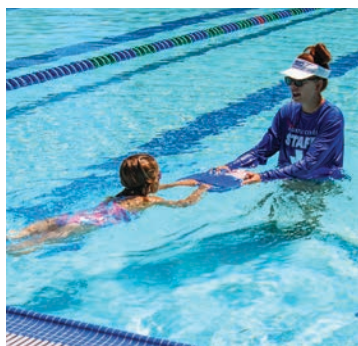
**BETTER.JOBS**  
A HELPING HAND TO YOUR CAREER

*Redding Recreation*

## SWIM LESSONS



***For All Ages & Skill Levels!***



- Certified Instructors
- Group & Private Lessons
- Ages 6 Months to Adults
- Build Water Confidence
- Flexible Sessions
- Affordable Pricing

***Learn more at***  
**ReddingRecreation.org**

# Online Courses for Career and Personal Development

## ADVANCED CAREER TRAINING

Explore a wide range of online courses through our educational partner, ed2go. Learn in-demand skills taught by industry experts and prepare for industry certification around your schedule.

### POPULAR COURSES:

- Medical Billing and Coding
- Certified Clinical Medical Assistant (CCMA)
- Freight Broker/Agent Training
- Certified Paralegal
- Pharmacy Technician
- Certified Professional Life Coach
- HVAC/R Technician
- Residential Electrician
- Veterinary Assistant
- CompTIA Certification Training: A+, Network+, Security+



View all **Advanced Career Training** courses:  
[careertraining.shastacollege.edu](https://careertraining.shastacollege.edu)

## FUNDAMENTALS

Gain new personal and professional skills in the learning style that works best for you. **Instructor-moderated courses** allow you interact with a cohort over a six-week schedule. **Self-guided courses** are for the independent learner and provide access to all lessons immediately with up to three months to complete.

### POPULAR COURSES:

- Speed Spanish
- Discover Sign Language
- HIPAA Compliance
- Accounting Fundamentals
- Human Anatomy and Physiology
- Project Management Fundamentals
- Computer Skills for the Workplace



View all **FUNDAMENTALS** courses:  
[ed2go.com/communityedshasta](https://ed2go.com/communityedshasta)



**Shasta College**

Community Education  
PO Box 496006  
Redding, CA 96049

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
REDDING, CA  
PERMIT NO. 420

ECRWSS EDDM

RESIDENTIAL CUSTOMER

Visit us online at  
[www.ShastaCollege.edu/](http://www.ShastaCollege.edu/)  
**CommunityEducation**



## Looking for Talented Presenters!

**Have a skill you can share? A new course idea you're interested in?** Let us know! Pass on what you've learned and earn some extra cash—all in a fun, interactive teaching environment! We value your feedback and are always looking for qualified, passionate instructors. Drop us a quick email at: [Comm-Ed@shastacollege.edu](mailto:Comm-Ed@shastacollege.edu) and one of our coordinators will personally reach out to schedule a meeting!



**Shasta College**

[www.shastacollege.edu](http://www.shastacollege.edu)

1401 California Street  
Redding, CA 96001

(530) 395-8563

[Comm-Ed@ShastaCollege.edu](mailto:Comm-Ed@ShastaCollege.edu)

[www.ShastaCollege.edu/CommunityEducation](http://www.ShastaCollege.edu/CommunityEducation)