

SUMMER 2025

CONTINUING EDUCATION CATALOG

Lifelong Learning & Personal Enrichment



BYC
BISMARCK
STATE COLLEGE
North Dakota's
Polytechnic Institution

e**nrichment**



BISMARCK
STATE COLLEGE

North Dakota's
Polytechnic Institution

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Important Details

- Classes require a minimum enrollment before they can run. If a class is canceled, participants will be notified as soon as possible.
- We encourage you to register early so that your favorite class isn't canceled! If you cannot attend a class for which you registered, please call our office at 701-224-5600/1-877-846-9387 at least five (5) business days before class to receive a refund. Full refund policy details can be found under the FAQ section at registeratbsc.com

In case of inclement weather, we will notify participants of rescheduling or cancellation at the earliest possible time. If BSC is closed due to weather, please note that all classes scheduled for that day will be canceled and rescheduled for the earliest possible date.

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NEED HELP WITH REGISTRATION?
CALL US TODAY AT 701-224-5600 OR 1-877-846-9387
bismarckstate.edu/continuingeducation

WELCOME TO CONTINUING EDUCATION

Get ready for a summer of discovery with OLLI and Enrichment at Bismarck State College! We know summer in North Dakota calls for sunshine and time spent outdoors, but that doesn't mean the joy of learning has to take a backseat. Summer is a time for being active, and your mind should be active too! As you map out your sunny adventures, don't forget the rewarding journey of intellectual exploration. Join us to discover something new, connect with curious minds, and make this summer both invigorating and intellectually stimulating with the Osher Lifelong Learning Institute (OLLI).

Whether you thrive in the atmosphere of a classroom or prefer the flexibility of learning from your device at home, our summer catalog offers a range of engaging options that cater to your style. Embrace the season and join us for enriching experiences that prove learning is a lifelong adventure!

Discover. Connect. Thrive.

Lifelong Learning with OLLI at BSC!



Enrich your life through learning and connection
with Osher Lifelong Learning Institute (OLLI) at BSC!

“
The OLLI program is truly a gift to the Bismarck community. It has enriched my life in retirement, and I look forward to every class and activity.
- OLLI Member Testimonial

OLLI members enjoy:

- Engaging Classes (online and in-person)
- Social Activities
- Travel Opportunities
- Campus and Community Discounts
- And More!



Start your journey
of lifelong learning!
Call 701-224-5600
bismarckstate.edu/OLLI



**No tests.
No grades.
No papers.**

Just learning
for the joy of it.

OLLI is a vibrant community where you can immerse yourself in a world of new experiences, informative classes, fun-filled activities, travel, and social gatherings - both online and in-person. Members discover new friends, expand their knowledge, and find new ways to bring meaning and enjoyment to life. Whether you're seeking intellectual stimulation, social connections, or simply a way to broaden your horizons, OLLI offers something for everyone. Your annual membership fee of \$40 is valid through June 30, 2026.

Annual membership includes the following benefits:

- Special pricing on campus and community events
- Free activities and events
- Exclusive access to OLLI offerings in this catalog
- Traveling opportunities
- Waived processing fees on OLLI offerings
- Campus and community discounts include:
 - 20% off a monthly membership at the Touchmark Health & Fitness club
 - Dakota Zoo - 1 free train ticket
 - Bismarck/Mandan Symphony - OLLI Discount
 - BSC Theater Productions - OLLI Discount
 - 10% off all Enrichment classes
 - 20% off at the BSC bookstore
 - \$1.00 off specialty drinks at any Mystic Java location

For more information on becoming an OLLI member, visit bismarckstate.edu/OLLI or call 701-224-5600.

Rediscover what you love at The Osher Lifelong Learning Institute at Bismarck State College!



**Stay
Curious!**

OLLI SERIES

The 30 Minute Stretch!

Kick off your summer wellness journey with a gentle 30-minute stretch class designed to enhance flexibility and balance, while sharpening your mind through focused breathing exercises. As we embrace the season, maintaining limberness and stability becomes paramount. This class blends easy stretches with calming breathwork, leaving you feeling refreshed, invigorated, and empowered to care for your body and mind.

6/10 - 6/26 (6 Sessions)
Tue & Thu 11:30 AM - 12:00 PM
BSC Leach Music Center, Room 022
Instructor: Loretta Benedict
Fee: \$35
Course ID: 7070132

OLLI LECTURES

The History of Ellis Island

Since the early 1600s, when the Mohegan people, native to this area, called it Gull Island, the history of Ellis Island has been filled with fascinating stories—about its buildings, the immigrants who arrived, and the people who worked there. The Ellis Island Immigration Station opened on January 1, 1892, and welcomed over 12 million immigrants. Today, nearly 40 percent of Americans can trace at least one ancestor back to Ellis Island.

6/12
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Fee: \$25
Course ID: 7070153

The History of the Coca-Cola Company: The Pause that Refreshes

On May 8, 1886, Dr. John S. Pemberton sold the first glass of Coca-Cola at Jacobs' Pharmacy in downtown Atlanta. From its humble beginnings of serving only nine drinks per day in its first year, Coca-Cola, one of the world's best-known beverages, has risen to become the classic it is today! Join Ann as she shares the fascinating history of her "personal favorite" soft drink, Coca-Cola. Feel free to bring a Coke to enjoy during class—you can be sure Ann will have one too! *Join us after class for a Coke Social in LaMont's Pit Stop, BSC's nostalgic Coca-Cola concession room.*

6/19
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Fee: \$25
Course ID: 7070154

Coca-Cola®



Sky Watching

Unlock the secrets of the cosmos! This lecture describes the major constellations of Earth's night sky and unveils the enchanting legends and rich mythology associated with them. From not only the Greek and Roman traditions but also the fascinating stories from diverse cultures around the globe.

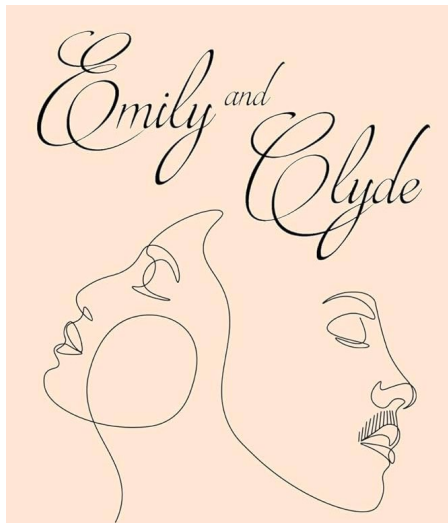
This class will be held virtually using Zoom. Participants can join from a computer or device with internet capability. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the class.

6/23
Mon 1:00 PM - 2:30 PM
Online or BSC NECE, Room 101
Instructor: Stephenie Slahor
Fee: \$25
Course ID: 7070151

The Sioux (Lakota) Campaign of 1876

The Battle of the Little Big Horn or the Battle of Greasy Grass looms large in the American story. However, it was but one day out of a larger campaign that involved thousands of U.S. soldiers, Native men, women, and children, untold deprivations, huge swaths of contested land, and lasted months. The Custer episode is much overplayed. This class will provide students with a big picture of campaign strategies and blunders and Native engagement during the larger campaign of 1876.

7/17
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Larry Skogen
Fee: \$25
Course ID: 7070147



Out of the Woods: A Midsummer Night's Dream Premiere

Dreaming of Shakespeare but feeling lost in the woods? Fear not, fellow mortals! Join us for a two-hour whirlwind tour through the enchanting world of 'A Midsummer Night's Dream.' Forget tangled plots and confusing language – we'll magically unravel the play's whimsical setting, explore its vibrant characters from mischievous fairies to bumbling rustics, and navigate the hilarious chaos of love and mistaken identities. This crash course will equip you with the essential knowledge to fully immerse yourself in Capital Shakespeare's upcoming production of 'A Midsummer Night's Dream.' Think of it as your fairy guide to a night of theatrical enchantment! Following the class, join us for Capital Shakespeare's performance.

7/17
Thu 3:30 PM - 5:30 PM
BSC NECE, Room 101
Instructor: Pat Pins
Fee: \$25
Course ID: 7070148

Behind the Scenes of Emily and Clyde: A Writer's Guide

Join us to explore the literary world through the lens of Francis Miller's novel, Emily and Clyde. This course will delve into the intricate art of storytelling and analyze excerpts from Emily and Clyde. Whether you're an aspiring author or simply a passionate reader, this class offers a unique opportunity to explore writing techniques and insights into getting a story published. Participants are strongly encouraged to read Emily and Clyde prior to the start of the course. Each participant will receive a copy of Emily and Clyde. *You can pick up your book from the Continuing Education office before the class begins if you'd like to read it prior to class.*

7/21
Mon 1:00 PM - 3:00 PM
BSC NECE, Room 101
Instructor: Francis Miller
Fee: \$25
Course ID: 7070138

Grand Canyon Geography

Prepare to be amazed! While Arizona's Grand Canyon is world-renowned for its incredible geology, its geography holds secrets just as captivating, especially when you stack it up against Earth's other breathtaking natural wonders. Uncover the Grand Canyon's immense scale and the unique geographic forces that carved its mile-deep expanse.

This class will be held virtually using Zoom. Participants can join from a computer or device with internet capability. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the class.

7/30
Wed 1:00 PM - 2:30 PM
Online or BSC NECE, Room 101
Instructor: Stephenie Slahor
Fee: \$25
Course ID: 7070150

OLLI Field Trip: Exploring the International Peace Gardens

Discover the serene beauty and spirit of the International Peace Gardens on this day trip. We'll begin our visit with lunch at the café before embarking on a guided walking tour. Starting at the Upper Terrace, we'll stroll through the stunning Formal and Sunken Gardens, admire the iconic floral flags, visit the Eastern Star Peace Chapel and 9/11 Memorial, and conclude our tour at the Conservatory and Carillon Bell Tower. Afterwards, you'll have the opportunity to explore the Cacti and Succulent Collection and browse the Gift Shop, with an optional visit to the North American Game Warden Museum.

This tour will require a few hours of walking. Please wear comfortable shoes and dress appropriately for the weather. Participants must bring a passport or a driver's license and birth certificate. The bus will leave from the NECE south parking lot at 8:30 AM sharp. Please arrive early. We will return to Bismarck at approximately 8 PM. Registration closes on August 1 at 12 PM.

8/5
Tue 8:30 AM - 8:00 PM
BSC NECE, South Parking Lot
Fee: \$75
Course ID: 7070149

The Birth of the Atomic Age: WW2, Los Alamos, and Nuclear Proliferation

What was it like to live in WWII Los Alamos, New Mexico, where the world's first atomic bomb was built? What considerations went into using the bomb on Hiroshima and Nagasaki exactly 80 years ago? Based on research for her historical novel, Galina Vromen will explore this pivotal moment in history and discuss its impact on the state of nuclear proliferation today.

This class will be held virtually using Zoom. Participants can join from a computer or device with internet capability. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the class.

8/13
Wed 1:00 PM - 2:30 PM
Online or BSC NECE, Room 101
Instructor: Galina Vromen
Fee: \$25
Course ID: 7070152

FREE ACTIVITIES

Travel Presentation - Holland and Belgium Springtime River Cruise

Collette's Holland and Belgium springtime river cruise offers a scenic journey through picturesque waterways, showcasing blooming tulip fields, iconic windmills, and charming cities like Amsterdam and Bruges. Travelers can expect cultural experiences, guided tours, and opportunities to explore gardens, historical sites, and local traditions in both countries. *This session will be held virtually using Zoom. Participants can join from a computer or device with internet capability. Information to join the Zoom session will be sent prior to the presentation. This Zoom session will be streamed in Room 101 of the National Energy Center on the BSC campus for those who do not have internet capability and want to attend the presentation.*

6/23
Mon 10:00 AM - 11:00 AM
Online or BSC NECE, Room 101
Course ID: 7090047



Step Into Summer: OLLI Walking Group

Join us for a summertime social stroll! Our OLLI Walking Group will meet once a month for a leisurely 30-minute walk. This is a great opportunity to get some exercise, enjoy the fresh air, and socialize with fellow OLLI members. We'll explore different areas of Bismarck each month, so you can discover new hidden gems or revisit old favorites. Lace-up your shoes and get ready for some summertime fun! Be sure to register so that you receive notifications of any changes due to weather.

6/13
Fri 10:00 AM - 10:30 AM
Clem Kelley Parking Lot
We will go north along the Riverfront Trail Loop.
Course ID: 7090032

7/11
Fri 10:00 AM - 10:30 AM
The Landing Parking Lot
We will head north on the Riverfront Trail to Pioneer Park.
Course ID: 7090032

8/8
Fri 10:00 AM - 10:30 AM
BSC Health Sciences Parking Lot
We will go east to the George Bird Rotary Arboretum.
Course ID: 7090032

Bismarck Historical Society Programs

OLLI at BSC has partnered with the Bismarck Historical Society to fulfill their Mission "to learn, preserve and share the history of Bismarck." Enjoy a free program each month. No registration or membership required for these events.

The Early History of Bismarck Parks & Recreation District: 1926-1972

6/11
Wed 6:30 PM
Instructor: Ann Vadnie
Farwest Rotary Community Center at New Generations Park
1021 Mustang Drive, Bismarck

The History of Fraine Barracks

7/9
Wed 6:30 PM
Fraine Barracks
Fraine Barracks Road, Bismarck

The History of the Dakota Zoo

8/13
Wed 6:30 PM
Dakota Zoo
602 Riverside Park Road, Bismarck

The History of the Belle Mehus

9/10
Wed 6:30 PM
Instructor: Susan Lundberg and Stephanie Delmore
Belle Mehus Auditorium
201 N 6th Street, Bismarck



For more information about the Holland and Belgium Springtime River Cruise, see page 9.

FREE MOVIES

71

In the tense thriller '71, a young British soldier is accidentally abandoned by his unit during a riot in Belfast at the height of the Troubles in 1971. Lost and alone in a hostile landscape, he must fight to survive the night while navigating a world where friend and foe are indistinguishable. Rated R

6/27

Fri 1:00 PM - 2:45 PM
BSC NECE Auditorium, Room 304
Course ID: 7090044

Forrest Gump

A simple man unwittingly becomes involved in some of the key moments of the 20th century. Meanwhile, as the remarkable parade of his life goes by, Forrest never forgets Jenny, the girl he loved as a boy, who makes her own journey through the turbulence of the 1960s and '70s that is far more troubled than the path Forrest happens upon. Rated PG-13

7/25

Fri 1:00 PM - 3:30 PM
BSC NECE Auditorium, Room 304
Course ID: 7090045

The Great Debaters

Based on a true story set in the Jim Crow South, The Great Debaters follows Professor Melvin B. Tolson as he coaches a determined debate team from Wiley College, a historically Black institution, ultimately leading them to challenge the reigning champions, Harvard University. Rated PG-13

8/29

Fri 1:00 PM - 3:15 PM
BSC NECE Auditorium, Room 304
Course ID: 7090046



OSHER ONLINE

Summer in Bismarck is buzzing with activity, and finding time for learning might feel like a challenge. That's where Osher Online steps in as a fantastic addition to the Osher Lifelong Learning Institute at Bismarck State College (OLLI at BSC)! Now, you can connect and learn alongside fellow OLLI members from campuses nationwide, all from the convenience of your laptop, tablet, or smartphone. So, whether you're relaxing on the patio, traveling, or simply have a few spare moments, Osher Online makes it easy to pursue your intellectual curiosity wherever life takes you this summer.

Are you an OLLI member looking to expand your learning horizons? Look no further than Osher Online! This program offers engaging online courses taught by subject-matter experts. Osher Online classes provide a chance to learn alongside OLLI members from across the country from the comfort of your home. These classes are offered online only.

After you register for Osher Online classes, you will receive a welcome email from the Osher National Resource Center. This email will include an Osher Online username and password as well as a link to the Osher Online Website, through which you will access your classes. You will also have access to a pre-class orientation on July 1 at 1 PM, where you'll get helpful information for accessing your class.

Each Osher Online class is 6 weeks in length and costs \$60. Registration for these classes closes on June 20 at 12 PM.

Behind Those Baby Blues: The Films of Paul Newman

Paul Newman, the embodiment of charisma, captivated movie audiences with his iconic baby blue eyes, striking features, and powerful screen presence. Known for his multiple Academy Award-nominated performances in films like *Cat on a Hot Tin Roof* (1958), *The Hustler* (1961), and *Absence of Malice* (1981), Newman ultimately won an Oscar for *The Color of Money* (1986), the sequel to *The Hustler*. Alongside his acting career, he pursued a parallel path as a race car driver and dedicated significant time to entrepreneurial and philanthropic endeavors. This course will trace the timeline of Newman's remarkable career, from his legendary collaborations with Robert Redford in *Butch Cassidy and the Sundance Kid* (1969) and *The Sting* (1973) to his final roles in *Road to Perdition* (2002), *Empire Falls* (2005), and *Cars* (2006), where he voiced the retired race car Doc Hudson. *Registration closes on June 20 at 12 PM.*

7/8 - 8/12 (6 Sessions)
Tue 2:00 PM - 3:30 PM
Online Only
Instructor: Arnold Blumberg
Fee: \$60
Course ID: 7200030

The Economics of Public Policy

Economics plays a central role in shaping every aspect of society. This course examines a series of prominent policy issues with economics at their core. We will explore the origins of these issues, the underlying data and evidence, and the policy tools available to address them. Each lecture will be standalone, delivered by a subject matter expert with a Ph.D. in economics. Potential topics include climate change, healthcare economics, economic inequality, and more, with final selections based on the most relevant and timely issues at the start of the course. *Registration closes on June 20 at 12 PM.*

7/8 - 8/12 (6 Sessions)
Tue 12:00 PM - 1:30 PM
Online Only
Instructor: Geof Woglom
Fee: \$60
Course ID: 7200038



**OLLI MEMBERS RECEIVE 10% OFF
ENRICHMENT CLASSES
ON PAGE 8!**

SEE PAGE 8 FOR MORE INFORMATION.

Demystifying Energy Security

Energy is essential for both national and economic security, underpinning all aspects of life. Yet discussions of energy security often exclude the public, reducing complex issues to simplistic narratives like Green is Good or Oil is Evil, which provide little actionable insight. In this course, you will engage in a comprehensive examination of energy's role in human development. Topics include the unmatched importance of hydrocarbons (oil and more); advancements in electricity, the past, present, and future of nuclear energy; and the potential of renewables. We will explore how these energy sources impact national security, economic stability, industrial production, transportation, and daily life. Join this course for a balanced, realistic assessment of energy security, a critical issue of our time. *Registration closes on June 20 at 12 PM.*

7/9 - 8/13 (6 Sessions)

Wed 12:00 PM - 1:30 PM

Online Only

Instructor: Beth Hill-Skinner

Fee: \$60

Course ID: 7200031

Enjoying the Past and Present New York City: A History of Recreation in the Big Apple

This course will explore the history of Manhattan, emphasizing the unique traits that drew into its harbor millions of immigrants and millions more tourists seeking its many resources, rich culture, and complex history. Together, we will explore the history of New York City's parks, city shopping, entertainment venues, museums, and concerts. We will also discuss the social and arts movements that grew out of the city. Gain an appreciation of what the city has to offer its visitors and an insight into the history behind the tourist attractions. *Registration closes on June 20 at 12 PM.*

7/9 - 8/13 (6 Sessions)

Wed 10:00 AM - 11:30 AM

Online Only

Instructor: Adam Kocurek

Fee: \$60

Course ID: 7200036

100 Years of Magic: The Disney Legacy and Influence

How did Walt Disney's life and vision shape the creation of an entertainment empire? How did early challenges influence the company's identity and creative output? And how did Disney grow into a global powerhouse? This course explores these questions and more as we delve into the 100-year history of the Walt Disney Company, tracing its evolution from humble beginnings to a global entertainment giant. Topics include the rise of Disney animation and theme parks, the company's 1990s revival, and the strategic acquisitions that transformed Disney into a media conglomerate. We will also examine Disney's future and gain insights into what it's like to work behind the scenes at the company. Throughout the course, we will consider diverse perspectives—from those who revere the Magic Kingdom to those who critique it and everywhere in between. This course offers a comprehensive look at how Walt Disney's vision became a cultural force shaping today's entertainment industry. *Registration closes on June 20 at 12 PM.*

7/10 - 8/14 (6 Sessions)

Thu 6:00 PM - 7:30 PM

Online Only

Instructor: Maria Massad

Fee: \$60

Course ID: 7200034

Architectural Oddities: An Off-the-Beaten Path Look at Unconventional Architecture

Architectural history follows a canon of both traditional and eclectic styles from ancient to contemporary times. But what happens when a mix of whimsy, eccentricity, humor—and sometimes the creator's genius—insert themselves into the mix? Occurring throughout time and in various parts of the world, these unconventional structures exist to serve the cultures they were created for, from ancient religious sites to modern car-culture merriment. This course explores a myriad of structures set against the backdrop of the societies in which they existed, the construction methods used, the patrons for whom these structures were constructed, and the notions of the builders and architects who created them. *Registration closes on June 20 at 12 PM.*

7/10 - 8/14 (6 Sessions)

Thu 12:00 PM - 1:30 PM

Instructor: Eleanor Schrader

Fee: \$60

Online Only

Course ID: 7200035

The Rehnquist Court, 1986-2005: Moves Toward Small Federal Government

Chief Justice William Rehnquist led the U.S. Supreme Court for nearly 19 years (1986–2005), overseeing cases on privacy, civil rights, the environment, the First Amendment, and states' rights. Under his leadership, the Court actively struck down federal statutes and precedent, often with conservative outcomes. However, as its composition shifted, some conservative rulings diminished. This course examines the legacy of the Rehnquist Court, as well as his 15 years as an associate justice under Chief Justice Warren Burger. We will explore landmark cases, including *Woodson v. North Carolina* (1976), *Craig v. Boren* (1978), *Miller v. Johnson* (1995), *Bush v. Gore* (2000), *Atkins v. Virginia* (2001), and *Lawrence v. Texas* (2002). *Registration closes on June 20 at 12 PM.*

7/14 - 8/18 (6 Sessions)

Mon 10:00 AM - 11:30 AM

Online Only

Instructor: Lauren Andersen, JD

Fee: \$60

Course ID: 7200039

Stories of Adventure: The Norse Sagas

Are you interested in stories rich with murder, intrigue, and sharp wit? This course will explore the Norse sagas, which are medieval tales rooted in Old Norse mythology, written in Iceland centuries after the Viking era. These stories range from realistic travel chronicles to epic sword-and-sorcery adventures, and they offer a fascinating glimpse into "Dark Age" swashbuckling. In this course we will also discuss how these stories continue to profoundly influence modern culture. *Registration closes on June 20 at 12 PM.*

7/16 - 8/20 (6 Sessions)

Wed 2:00 PM - 3:30 PM

Online Only

Instructor: Vic Peterson

Fee: \$60

Course ID: 7200037

SUMMER ENRICHMENT

Lace up & Level Up: Outdoor & Indoor Fitness Fusion

Get moving around Bismarck/Mandan! Switch up your workout routine with a dynamic blend of outdoor and indoor fitness. Each week, we'll tackle two different workouts, one focused on full-body strength and cardio on the bike trails, and the other targeting your arms, glutes, and core. By dedicating just two hours a week to this diverse fitness plan, you'll keep your body guessing and your workouts exciting. We'll decide together whether to train outdoors, indoors, or a combination of both, depending on the weather and group preference.

6/2 - 6/25 (8 Sessions)
6/30 - 7/23 (8 Sessions)
7/28 - 8/20 (8 Sessions)
8/25 - 9/22 (8 Sessions) skip 9/1

Mon, Wed 5:15 PM - 6:00 PM
BSC Leach Music Center, Room 022
Instructor: Loretta Benedict
Fee: \$79
Course ID: 9400164

Partner Dance: Wedding Dance Workshop

Mastering the art of partner dance for fun or any occasion. Have you ever dreamed of gliding across the dance floor with confidence? This beginner-friendly class is your perfect first step! Northern Plains Dance is offering a comprehensive course that covers all the basics of Waltz, East Coast Swing, Two-Step, and Argentine Tango. Register with your dance partner or solo and get ready to dance the night away!

6/4 - 6/25 (4 Sessions)
Wed 6:00 PM - 7:00 PM
Northern Plains Dance, Studio
Instructor: Taryn Johnson
Fee: \$49
Course ID: 9650140



Intro to Golf

With all of the beautiful golf courses around North Dakota, why not take up a new hobby or improve your game? Learn the fundamentals of your grip, stance, swing, and posture from golf coach, Bruce Rauser. Learn the basics now and be ready to tee off when the warm weather arrives! *If you are interested in registering but do not have clubs, Prairie West has several sets available for loan.*

6/16 - 6/24 (4 Sessions)
Mon, Tue 5:30 PM - 6:45 PM
Prairie West Golf Course, Driving Range
Instructor: Bruce Rauser
Fee: \$89
Course ID: 9650014

Golf Clinic

Golfers, get your clubs out! Summer brings several beautiful months to be out on the greens. Practice your grip, stance, and swing under the watchful eye of golf coach, Bruce Rauser. Learn how to adjust your swing to make the shot you want and plan to have your best season yet!

6/16 - 6/24 (4 Sessions)
Mon, Tue 7:00 PM - 8:30 PM
Prairie West Golf Course, Driving Range
Instructor: Bruce Rauser
Fee: \$89
Course ID: 9650009

Recliners to Relevé

This month long workshop is for anyone who has ever wanted to learn ballet, but felt like they were too old, too inexperienced, or too out of shape, to step into the studio. At NPD's Recliners to Relevé Workshop, there are no teens wearing Taylor Swift t-shirts with their legs wrapped around their heads. No intimidating crowded rooms where everyone already seems to know the warm-up. Join us for four days of friendly, fun, informative dance training in a non-competitive environment geared towards adult learners.

7/2 - 7/23 (4 Sessions)
Wed 6:15 PM - 7:15 PM
Northern Plains Dance, Studio
Instructor: Taryn Johnson
Fee: \$49
Course ID: 9400163

Private Lessons: Guitar & Bass Guitar

Starting a new hobby or wanting to improve your skills? These guitar lessons are available for all levels of instruction, beginner through advanced. Whether you are new to playing or you want to advance your current level of playing, these one-on-one lessons will help you reach your potential. Students will need their own acoustic or electric guitar or electric bass. The instructor will work with you to schedule eight weekly lessons. Lessons are available Tuesdays, Wednesdays, and Thursdays between 10 AM to 5 PM. *Please note all lessons must be complete by August 1. Class registration closes June 4 at 12 PM.*

To Be Scheduled (8 Sessions)
BSC Leach Music Center, Room 181
Instructor: Douglas Klein
Fee: \$169
Course ID: 9650134



Travel with OLLI



Next Stop...

Holland and Belgium Springtime River Cruise

April 7 — April 15, 2026



Experience a breathtaking 7-night springtime river cruise through Holland and Belgium, featuring Amsterdam's canals, the dazzling Keukenhof Gardens, Arnhem's history, Middelburg's charm, a scenic sail through Belgium's waterways, the medieval beauty of Bruges and Antwerp, and the iconic Kinderdijk Windmills.

For more information, visit
gateway.gocollette.com/link/1266089



GATEWAY TO HEALTH

NO COST TO ATTEND!

JOIN US IN BISMARCK
SAT.
AUGUST 23,
2025

Join us for *Gateway to Health 2025* - a fun and interactive community event in partnership with North Dakota Health and Human Services, Bismarck State College and North Dakota's Gateway to Science. Now in its third year, this exciting event offers FREE admission to Gateway to Science exhibits during your registered two-hour time slot, along with hands-on health booths and engaging interactive exhibits. Registration is recommended, but not required!

Expect a day full of:

- Exciting exhibits
- Games and prizes
- Food trucks (not free, but delicious!)
- Learn about services and resources
- Swag bags: Get one while they last!

Location:

Gateway to Science
1600 Canary Ave
Bismarck, ND 58501

Registration: Open until Aug. 21, 2025

Bring your friends and family for a day of discovery, fun and health-focused learning!

BROUGHT TO YOU BY:

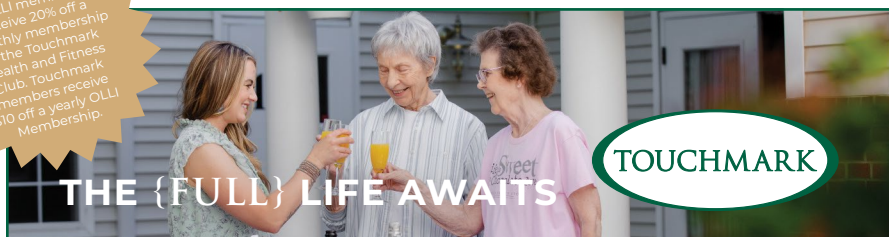


Health & Human Services



LEARN MORE

OLLI members receive 20% off a monthly membership to the Touchmark Health and Fitness Club. Touchmark members receive \$10 off a yearly OLLI Membership.



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Memory Support • Memory Care

**Call 701-557-9289 to learn more and
schedule a tour.**

TOUCHMARK ON WEST CENTURY   
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NONDISCRIMINATION STATEMENT

Bismarck State College is an equal opportunity institution that does not discriminate on the basis of race, color, sex, gender, gender identity, national origin, age, religion, sexual orientation, information protected by the Genetic Information Nondiscrimination Act (GINA), marital status, disability, veteran's status or any other status protected by law in its admissions, student aid, employment practices, education programs or other related activities.

Inquiries concerning Title VI, Title VII, Title IX, Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA), and the Age Discrimination and Employment Act may be referred to the Chief Human Resources Officer, Bismarck State College, BSC Meadowlark Building, 1700 Schafer Street, Bismarck, ND 58501, (701) 224-5427, bsc.humanresources@bismarckstate.edu or to the Office for Civil Rights/ Chicago, U.S. Department of Education, Citigroup Center, 500 W Madison Street, Suite 1475, Chicago, IL 60661. Tel: (312) 730-1560, Fax: (312) 730-1576, TDD: (800) 877-8339, email: OCR.Chicago@ed.gov, website: www.ed.gov/ocr/

FREQUENTLY ASKED QUESTIONS

- When does registration begin?
- What if I cannot attend a course as planned?
- What is the refund/drop policy?
- Can a class be canceled because of low enrollment?

Find the answers to these, and many more questions, at registeratbsc.com

Bismarck State College assumes no liability for accidents that occur while participating in Continuing Education classes. It is understood that participation is voluntary and Bismarck State College is not responsible for injuries or accidents and all liability against them is waived.

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4 EASY WAYS TO REGISTER!

Online Registration

The easiest and most convenient way to register for class is online at: **bismarckstate.edu/continuingeducation**, click **REGISTER NOW**.

- ▶ **New Students:** You will need to create a user profile before you can register for a class. We are part of the North Dakota University System, so many of the terms used on the registration site refer to "student." This term refers to anyone participating in an Enrichment class.
- ▶ **Returning Students:** If you have already created a user profile, simply sign-in with your username and password.
- ▶ Scan QR Code to register.



In-Person

National Energy Center of Excellence
1200 Schafer Street
1st Floor, Suite 107 (Door D)
Bismarck, ND

Phone Registration

701-224-5600
1-877-846-9387

Mail

Continuing Education
PO Box 5587
Bismarck, ND 58506

**Denotes required information*

*First name _____ Middle name _____

*Last name _____

*Address _____

*City _____ *State _____ *Zip _____

*Phone (daytime) _____ Additional phone _____

*Email address _____

Birth date (mm/dd/yyyy) _____

Stay connected and informed!

Signing up for text message alerts will keep you up to date on any class changes.

*Would you like to receive class updates/notifications via text message? ☐ Yes ☐ No

If yes, please indicate your preferred mobile phone number _____

If purchasing a 2025-2026 OLLI Membership, which applies to you: ☐ Renewing Member ☐ New Member

Course ID	Course Title	Start Date	Time	Course Fee	Supply Fee
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Membership Fee (if applicable): _____

Total paid \$ _____

Residential Customer

Explore all BSC has to offer this summer!

This summer, Bismarck State College invites you to discover a wealth of career pathways through engaging programs designed for both future professionals and dedicated educators.

BSC Career Quest (Grades 9-12)

June 10 - 12 or June 17 - 19

Unlock your future and explore exciting career pathways available at Bismarck State College. Each day focuses on a different industry sector, offering hands-on activities and engaging presentations.

- **Week 1:** Transportation & Construction, Automation, Manufacturing & Energy, Agriculture, Engineering Technology, UAS & GIS
- **Week 2:** Cybersecurity & AI, Communication, Mass Communication & Graphic Design Business, Marketing, Finance, Entrepreneurship & Education

Students can register for individual days or attend all three days of a chosen week. Dorms are available.

Initiative Choice Ready Teacher Workshop

June 24 - 26

Empower your students for future success! This three-day professional development workshop immerses teachers, administrators, and school counselors in North Dakota's in-demand career fields, providing hands-on experiences and strategies to seamlessly integrate real-world pathways into curriculum, making students choice-ready and excited about their opportunities.

A \$500 stipend is available to the first 20 registered educators.

Visit bismarckstate.edu/CAMPS to register and to see more of our camp offerings!

