

CONTINUING EDUCATION

Lifelong Learning & Personal Enrichment

SPRING 2025

CATALOG



North Dakota's
Polytechnic Institution

e
nrichment



BISMARCK
STATE COLLEGE

North Dakota's
Polytechnic Institution



Contents

- 3 COMPUTER/TECHNOLOGY**
- CREATIVE ARTS**
- 4 CULINARY ARTS**
- 5 HEALTHY LIVING**
- 6 HOME & GARDEN**
- MONEY MATTER**
- 7 RECREATION & LEISURE**
- 8 SPECIAL INTEREST**
- 9 ED2GO ONLINE CLASSES**
- 10 FREE MOVIES**
- 11 FREE ACTIVITIES**
- 12 OLLI LECTURES**
- 14 OLLI SERIES**
- 15 NON-CREDIT CAREER PATHWAYS**
- 18 INDEX**
- 19 REGISTRATION**

Important Details

- Classes require a minimum enrollment before they can run. If a class is canceled, participants will be contacted 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 in-person classes scheduled for that day are canceled and will be 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

A New Year, A New You!

The new year is the perfect time to embrace new adventures and unlock your potential. Whether you're eager to explore new hobbies, sharpen your professional skills, or simply indulge in the joy of learning, our Spring Catalog is your guide to a fulfilling and enriching season.

Inside, you'll discover a vibrant array of in-person and online courses designed to ignite your curiosity and expand your horizons. From captivating art classes and invigorating fitness programs to thought-provoking lectures and engaging workshops, there's something for everyone.

And don't forget to peek ahead! The end of this catalog features a sneak peek at our exciting summer enrichment programs and summer camps. It's never too early to start planning for the sunny days ahead, especially while we're enjoying the cozy warmth indoors and dreaming of warmer weather. Let's make this year your most enriching yet!

WE'RE HIRING

JOIN OUR TEAM OF INSTRUCTORS

Do you have a unique skill or hobby that you love to share? Whether it's painting, playing an instrument, coding, gardening, or anything in between, we want to hear from you!



We are looking for individuals to teach community enrichment classes in:

- OLLI/History
- Creative Arts
- Culinary Arts
- Healthy Living
- Home & Garden
- Special Interest
- Computers/Technology
- Professional Development

Share your passion,
apply now!



bismarckstate.edu/continuingeducation/personalandprofessional

COMPUTER/ TECHNOLOGY

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! Do you want to learn how to use 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, build creative content, and understand ethical/legal considerations using ChatGPT. There's no doubt that ChatGPT and similar AI systems will force the job market to evolve. Everyone must adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! *Please note you will join online using Zoom. You will need a computer, laptop, or smart device with video chat capability to participate. Registration closes on February 24 at 12 PM.*

2/27
Thu 4:00 PM - 6:00 PM

Online

Instructor: LeeAnne Krusemark
Fee: \$44
Course ID: 9200101

Beginning Excel 2021

Try the latest, most powerful spreadsheet application built for today's workplace - Microsoft Excel 2021. Designed for beginners, you will discover how to build, edit, and modify spreadsheets, design charts, and create basic formulas and functions. *Basic knowledge of Windows is recommended. The class fee includes course materials.*

2/11 - 2/25 (3xs)
Tue 5:30 PM - 7:30 PM
BSC NECE, Room 104
Instructor: Debbie Mantz
Fee: \$219
Course ID: 9200105

**OLLI MEMBERS RECEIVE 10% OFF
ENRICHMENT CLASSES ON
PAGES 3-9!**

See Page 10 For More Information

Intermediate Excel 2021

It's time to take your Excel skills beyond the basics. This class will have you working with multiple workbooks, outlining, subtotaling, sorting, filtering, and formatting your MS Excel data all within the MS Excel 2021 platform. From protecting data to working with lists, charts, pivot tables, and analyzing data, your Excel skills will be taken to the next level! *Basic knowledge of Excel is recommended. The class fee includes course materials.*

3/18 - 4/1 (3xs)
Tue 5:30 PM - 7:30 PM
BSC NECE, Room 104
Instructor: Debbie Mantz
Fee: \$219
Course ID: 9200104

Advanced Excel 2021

This Advanced Excel 2021 course will empower you to master complex data analysis. Learn to create dynamic pivot tables and charts, validate and consolidate data, and collaborate effectively. Discover the power of macros to automate tasks and streamline your workflow. By the end of this course, you will be able to tackle advanced data challenges and make informed decisions. *The class fee includes course materials. Registration closes on May 13 at 12 PM to allow for supplies to be purchased.*

5/27
Tue 9:00 AM - 4:00 PM
BSC NECE, Room 104
Instructor: Debbie Mantz
Fee: \$219
Course ID: 9200106

CREATIVE ARTS

Acrylic Painting for Beginners

Discover the joy of acrylic painting! This course is perfect for beginners. You will learn essential techniques, including color mixing, brush strokes, and composition. You will also explore the art of creating realistic skies and trees. You will put your newfound skills to the test by creating a beautiful still-life painting. *All supplies will be provided by the instructor.*

3/3
Mon 6:30 PM - 8:30 PM
BSC Larry C. Skogen Hall, Room 322
Instructor: Nina Loeks
Fee: \$59
Course ID: 9100269

Beginning Quilting

Have you always been interested in learning to quilt but had no idea where to start? This class is for you! Bring your sewing machine and we will cut, piece, and sew a quilt! Kathleen has designed and sewn over 200 quilts in her lifetime and is delighted to share her knowledge with you. *Participants will need to bring their own sewing machines, scissors, and seam rippers. A supply fee of \$42 is payable at the time of registration and will include the fabric and thread.*

3/4 - 3/18 (3xs)
Tue 6:00 PM - 8:30 PM
BSC NECE, Room 103
Instructor: Kathleen Clayton
Fee: \$79
Course ID: 9100167

New! Chalk Pastel Landscape

Learn the art of creating stunning landscapes with chalk pastels. This class will guide you through various techniques and methods to bring your artistic vision to life. Get ready to get a little messy as we explore the vibrant colors and expressive nature of this medium. By the end of the class, you will have completed your own beautiful chalk pastel masterpiece. *All supplies will be provided by the instructor.*

3/24
Mon 6:30 PM - 8:30 PM
BSC Larry C. Skogen Hall, Room 322
Instructor: Nina Loeks
Fee: \$54
Course ID: 9100270

Creative Crochet: Winter Hats

This class is part of Bismarck's VinterFest. Stay warm this winter with hats made with your two hands! Learn to crochet a winter hat and walk away with a beautiful winter accessory. In this class, you will learn how to read a pattern to create a hat using the single crochet stitch. You will need the following supplies for class: at least 1 skein of worsted-weight wool or acrylic yarn, one H or I crochet hook (5mm or 5.5mm), scissors, tape measure, and a tapestry needle. A basic understanding of crochet is recommended.

2/18 - 2/25 (2xs)
Tue 6:30 PM - 9:30 PM
BSC NECE, Room 103
Instructor: Larissa Harrison
Fee: \$69
Course ID: 9100246

Crochet 101

It is time to discover crochet! In this class, beginners will learn the foundation of crochet from the chain to the double crochet stitch. Participants will learn how to chain, the single, half-double, and double crochet stitches by creating motifs that can be used as coasters or blanket squares. No prior crochet experience is needed - just patience and determination to have fun while learning! *The following supplies will be needed for class: 1 skein of any worsted weight wool, one H or I crochet hook (5mm or 5.5mm), scissors, tape measure, and a blunt tip needle with a large eye (tapestry needle).*

1/14 - 1/21 (2xs)
Tue 6:30 PM - 9:30 PM
BSC NECE, Room 103
Instructor: Larissa Harrison
Fee: \$69
Course ID: 9100174

New! Drop Spindle Spinning 101

Would you like to learn how to spin your own yarn? In this class, you will learn how to spin wool fiber into yarn on a drop spindle, a traditional hand tool used to twist fibers into thread. With a little patience, you can create your own custom yarn to knit, crochet, or weave with. During the final class, you will have an opportunity to transfer those skills to a spinning wheel if you would like. *A supply fee of \$30 is payable at the time of registration.*

3/10 - 3/24 (3xs)
Mon 7:00 PM - 9:00 PM
BSC NECE, Room 103
Instructor: Shayne Bjorndahl
Fee: \$29
Course ID: 9100268

Hot Headed Hat Workshop

Unleash your creative side and design your own custom hat in this fun, hands-on workshop! Choose your perfect hat color and get creative with a one-of-a-kind design. All the embellishments you need to personalize your masterpiece will be provided, from ribbons and leathers to lace, denim, and even chains and jewelry. Feeling artistic? You will be guided in the use of tools for pyrography design and distressing to add a unique touch. This class is the perfect way to express your style and create a lasting memory - a custom cowboy hat made entirely by you! *The class fee includes all supplies. Registration for this class closes on*

March 21 at 12 PM to allow for supplies to be purchased.

4/12
Sat 1:00 PM - 5:00 PM
BSC NECE, Room 103
Instructor: Brandy Johnson
Fee: \$199
Course ID: 9100266

New! Family Penguin Painting at Vinterfest

This class is part of Bismarck's VinterFest. Join us for a fun-filled family painting class for VinterFest! Let your inner artist shine as you paint adorable penguins on a 16x20 canvas. No experience necessary! You will be guided step-by-step, making it easy for everyone to create a masterpiece. This winter-themed class is perfect for all ages, so bring the whole family for a memorable painting adventure. All supplies are included.

2/13
Thu 6:30 PM - 8:30 PM
BSC Leach Music Center, Room 022
Instructor: Nina Loeks
Fee: \$35
Course ID: 9100271

Valentine Floral Arrangement

Unleash your inner florist this Valentine's Day! Under the guidance of a floral pro, dive into the vibrant world of flower arranging and craft a stunning bouquet for you or a loved one. Learn insider tips and tricks as you transform fresh blooms into a romantic masterpiece, perfect for expressing your love or brightening your home. This Valentine's Day, skip the store-bought arrangements and bloom your own! *A supply fee of \$35 is payable at the time of registration. Please note: class registration closes on January 29 to allow time for supplies to be purchased.*

2/12
Wed 6:00 PM - 7:00 PM
BSC NECE, Room 103
Instructor: Marlee Perez
Fee: \$29
Course ID: 9100262



New! Write Your Book in 2025

Have you always dreamed of writing a book? Or perhaps you have already penned a few and are eager to start your next project? Join Faith, a local storyteller and small business owner, for a supportive writing community. Together, we will delve into effective planning and writing techniques to help you bring your book to life in 2025. Each session combines hands-on activities with informative discussions.

2/5 - 2/26 (4xs)
Wed 7:00 PM - 8:00 PM
BSC NECE, Room 101
Instructor: Faith Harron
Fee: \$129
Course ID: 9100267

CULINARY ARTS

Aahh-Lefse!

This class is part of Bismarck's VinterFest. Fresh homemade lefse has a warm, snuggling hug for your taste buds and is traditionally made from potato-based dough that is hand-rolled. The most popular way to enjoy it is called "lefse-klining" - the simple delight of adding butter and sugar, then rolling it up. Lefse is often served alongside lutefisk, another traditional Norwegian delicacy, though one with more of an 'acquired' taste. Join us to learn more because there's no end to all the ways you can enjoy traditional lefse! A supply fee of \$15 is payable at the time of class registration.

1/27
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Fee: \$59
Course ID: 9960015

New! Gnocchi with Sausage Sage Sauce

Take your pasta night to the next level! Learn the art of making potato gnocchi from scratch. Chef Travis will guide you through the kneading, resting, and shaping process, and then finish with a decadent sausage, brown butter, and sage sauce. *Supplies are included in the class fee.*

2/20
Thu 5:30 PM - 7:30 PM
CHS, Room E100
Instructor: Travis Wong
Fee: \$79
Course ID: 9960041

New! Lobster Bisque

Learn the secrets to crafting a rich and decadent lobster bisque. This class will guide you through every step, from selecting the lobster to perfecting the velvety texture and complex flavors. You'll master the art of creating a culinary masterpiece that will impress your guests. Participants should bring an apron and a container to take leftovers home. A supply fee of \$18 is payable at the time of registration.

4/7
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Fee: \$59
Course ID: 9960042

Love Your Buns

Need buns for a birthday party, family dinner, or other special occasions? Here is your opportunity to learn to make your own. You will make a batch of buns and then be able to take them all home with you at the end of the evening. Come and have fun! Participants should bring an apron and a container to take buns home. A supply fee of \$15 is payable at the time of registration.

3/24
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Fee: \$59
Course ID: 9960024

New! Medovik: Honey Cake

Master the skill of making Honey Cake, a beloved multi-layered dessert with a rich history. You will learn the traditional recipe and techniques involved in crafting this intricate cake, from preparing the honey-based batter to assembling the layers and frosting the cake. Join Elena for a delightful culinary adventure and learn how to create this iconic Russian treat! A supply fee of \$15 is payable at the time of registration. Registration closes on April 2 at 12 PM to allow for supplies to be purchased.

4/9
Wed 5:30 PM - 7:30 PM
CHS, Room E100
Instructor: Elena Martinez
Fee: \$69
Course ID: 9960039

New! Pelmeni: Russian Dumplings

Discover the art of making Pelmeni, a traditional Russian dumpling filled with savory meat. Our expert instructor Elena will guide you through the entire process, from preparing the dough to shaping and filling the dumplings with a meat filling. Discover the perfect balance of flavors as you create your own Pelmeni creations. A supply fee of \$15 is payable at the time of registration. Registration closes on February 26 at 12 PM to allow for supplies to be purchased.

3/5
Wed 5:30 PM - 7:30 PM
CHS, Room E100
Instructor: Elena Martinez
Fee: \$69
Course ID: 9960040

Rosettes

The class is part of Bismarck's VinterFest. Learn how to make rosettes; sweet, crispy, fritter cookies traditionally dusted with confectioners' sugar. The name rosettbakkels comes from the Norwegian culture. Rosettes are typified by their lacy pattern. A supply fee of \$15 is payable at the time of registration.

2/10
Mon 6:00 PM - 8:00 PM
CHS, Room E100
Instructor: Karen Hook
Fee: \$59
Course ID: 9960027



HEALTHY LIVING

New! 70s, 80s, 90s Throwback Fitness Fun

Kick off the New Year with Loretta! Let's relive the best decades of music and fitness with energizing workouts that'll get you moving and grooving. This class meets twice a week, making it easy to incorporate fitness into your routine. Each week, we will focus on strength, flexibility, and mindfulness, ending with a moment of reflection to celebrate your progress and set small fitness goals for 2025. Participants should bring a filled water bottle and wear clothes geared to work out.

Mon & Wed 5:15 PM - 6:00 PM
1/6 - 1/29 (8xs)
2/3 - 2/26 (8xs)
3/3 - 3/26 (8xs)
3/31 - 4/23 (8xs)
4/28 - 5/28 (8xs) Skip 5/12, 5/14, 5/26
BSC Leach Music Center, Room 022
Instructor: Loretta Benedict
Fee: \$79
Course ID: 9400162

T'ai Chi: An Introduction

T'ai Chi is an ancient Chinese martial art that helps to promote calmness, centeredness, and self-control. It combines meditation with physical exercise and can enhance energy, flexibility, balance, muscle, and strength while reducing stress. In this beginner's class, you will learn about the twenty-four forms of the Yang Style and experience meditation in motion. No prior experience is needed. Please wear comfortable clothing to class.

3/18 - 4/17 (10xs)
Tue, Thu 7:00 PM - 8:00 PM
BSC Leach Music Center, Room 022
Instructor: Craig Triplett
Fee: \$99
Course ID: 9400109

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ENRICHMENT CLASSES
ON PAGES 3-9!

SEE PAGE 10 FOR MORE INFORMATION.



HOME & GARDEN



New! Get Your Garden Started

Have you ever started a garden in the spring only to become overwhelmed by it a month or two later? Let garden consultant and coach Pamela teach you her tips and tricks to reduce weeding and watering, and increase the yield of yummy roots, fruits, and veggies in your garden. Together, you will create a successful garden plan you can take home to your own garden or raised bed.

3/6
Thu 7:00 PM - 9:00 PM
BSC NECE, Room 103

Instructor: Pamela Shoemaker
Fee: \$79
Course ID: 9450122

Pawsitively Obedient

We will be building on the exercises learned in the Pawsitively Puppy class; however, if your dog has not attended a puppy class and is not seriously aggressive towards other dogs, this class would be an option for you and your dog six months of age or older. If your dog has issues that prevent participation in this class, Betsy is willing to make other arrangements to work with you and your canine. Tasks taught using more structured techniques are sit, down, come when called, controlled walk, wait, stay, and much more including some Rally and Canine Good Citizen exercises. Equipment and requirements to attend this class are: VACCINATION RECORD ADMINISTERED BY A LICENSED VETERINARIAN ONLY (to include Distemper/Parvo series, Rabies and Bordetella), a collar (prefer no harnesses), a stationary leash (no flexi, chain or expandable leashes), soft training treats, a notebook if you want to write down the lessons, and most of all come enjoy the training journey with your canine family member. Any attendant under the age of 18 must be accompanied by an adult.

2/5 - 2/26 (4xs)
Wed 6:00 PM - 7:30 PM
BPS Career Academy, Room 200A

Instructor: Betsy Hamkens
Fee: \$99
Course ID: 9450001

Pawsitively Puppy

Puppies do a lot of learning in their early months. Join Betsy for this class focused on puppies six months and younger. Behavior training tasks to be covered are: engagement, biting, chewing, jumping, digging, barking, and more! Obedience training tasks to be introduced in a puppy style will be sit, down, come when called, controlled leash walk, wait, stay, and how to greet people. Equipment and requirements to attend this class are: VACCINATION RECORD ADMINISTERED BY A LICENSED VETERINARIAN ONLY (to include Distemper/Parvo series, Rabies if the puppy is old enough and Bordetella), a collar (prefer no harnesses), a stationary leash (no flexi, chain or expandable leashes), soft training treats, a small squeaker toy, a notebook if you want to write down the lessons, and most of all enjoy the training journey with your new canine family member. Any attendant under the age of 18 must be accompanied by an adult.

3/24 - 4/21 (4xs)
Skip 4/14
Mon 6:00 PM - 7:30 PM
BPS Career Academy, Room 200A

Multipurpose Room
Instructor: Betsy Hamkens
Fee: \$99
Course ID: 9450006

MONEY MATTERS

New! Build Your Small Business

Want to start or build your own business? In this class, you will use the tested 3PG technique (passion, problem, preferences, and goals) to refine your business idea, build a strategy, and understand what next steps make sense for you, all while learning to avoid common pitfalls. Join Faith, a small business owner who has helped both Fortune 500 companies and local Midwest businesses in this hands-on, community-focused class. Come with your ideas and dreams (or just yourself - we will figure it out together!) and we will build a fun, practical strategy for your very own small business.

2/27 - 3/13 (3xs)
Thu 6:30 PM - 8:00 PM
BSC NECE, Room 101
Instructor: Faith Harron
Fee: \$129
Course ID: 9600072

Retirement Planning Today

It takes more than money to live a rich life. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Discover what they did not teach you in school including: five strategies to manage investment risk, 11 ways to save money on this year's taxes, important questions to ask before buying insurance, how to invest in and take money out of your company's retirement plan, and determine the savings needed to retire. Participants may bring a spouse or guest at no additional charge. A \$30 materials fee is payable at the time of registration. Couples may share a workbook. Registration closes on February 6 at 12 PM to allow for supplies to be purchased.

Tue 2/4 - 2/11 (2xs) or
Thu 2/13 - 2/20 (2xs)
6:00 PM - 9:00 PM
BSC NECE, Room 101
Instructor: Russ Arman
Fee: \$54
Course ID: 9600010

Save Money with Extreme Couponing!

Learn how to save money every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you where to find different types of coupons, even for high-ticket items. You will also learn how to find the best coupon apps and websites and how to match coupons with sales for maximum savings. The workshop includes informative handouts for future reference. *Please note you will join online using Zoom. You will need a computer, laptop, or smart device with video chat capability to participate.* Registration closes on February 21 at 12 PM.

2/25
Tue 3:00 PM - 4:00 PM

Online
Instructor: LeeAnne Krusemark
Fee: \$34
Course ID: 9600063

Secure Your Legacy: Essential Estate Planning for Retirees

Join us for an engaging and comprehensive workshop designed specifically for retirees looking to secure their legacy, minimize taxes and ensure peace of mind for themselves and their loved ones. In this two-part series, you'll learn the crucial components of estate planning and gain practical tools to take control of your future.

4/15 - 4/22 (2xs)
Tue 6:00 PM - 7:30 PM
BSC NECE, Room 101
Instructor: Joshua Ross
Fee: \$39
Course ID: 9600071



New! Successful Job Searching

Are you ready to take the next step in your career? Whether you are searching for a new job or considering a career change, this class is for you! Join Faith, a seasoned small business owner and consultant, as she guides you through the essential steps to land your dream job. Learn how to create a powerful resume, optimize your LinkedIn profile, and ace your interviews. Through a combination of hands-on exercises and expert advice, you will gain the skills and confidence to succeed in today's competitive job market.

2/4 - 2/11 (2xs)
Tue 6:30 PM - 8:00 PM
BSC NECE, Room 103
Instructor: Faith Harron
Fee: \$89
Course ID: 9600073

Taxes in Retirement

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Learn what's involved in creating a retirement tax strategy to reduce your lifetime tax bill while maximizing investments, Social Security, Medicare and estate planning.

3/27 or
5/13
Thu 6:00 PM - 8:00 PM
BSC NECE, Room 101
Instructor: Joshua Ross
Fee: \$29
Course ID: 9600069

RECREATION & LEISURE

Be a Better Writer: 10 Ways to Improve Your Writing

We write everyday: emails, social media, work projects, and even creative writing. Improving is a matter of knowing simple tricks to make your writing more impactful and readable. 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 maintaining reader interest. You will leave with a workbook full of writing tips and tricks. 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. *Please note you will join online using Zoom. You will need a computer, laptop, or smart device with video chat capability to participate. Registration closes on February 27 at 12 PM.*

3/1
Sat 3:00 PM - 6:00 PM
Online
Instructor: LeeAnne Krusemark
Fee: \$49
Course ID: 9650144

DSLR Photography Bootcamp

If you want an intensive introduction to your DSLR camera or would just like a refresher on topics like controlling exposure, focus, white balance, and using JPEG vs. RAW, then this is the class for you. We will be doing a lot of practice with the various settings on your camera to capture fast-moving and slow-moving objects, creating a photo with a soft blurred background, and understanding how lenses affect your images. *Please come to class with your camera and a fully-charged battery.*

3/20 - 4/3 (3xs)
Thu 6:00 PM - 8:00 PM
BSC NECE, Room 103
Instructor: Brian Matthews
Fee: \$89
Course ID: 9650069

New! What Camera Should I Buy?

Do you want to get into photography but the options for cameras and features are confusing and seem like a different language? Are you looking at possibly upgrading your current camera and wondering what the best options are based on your needs? We will start by assessing your photography goals and skill level. From there, we will dive into the world of cameras, exploring different types, features, and price points. We will even discuss specific models that match various needs, ensuring you find the perfect camera to capture your vision.

2/20
Thu 5:30 PM - 8:30 PM
BSC NECE, Room 103
Instructor: Brian Matthews
Fee: \$59
Course ID: 9650143

New! Introduction to Journaling

This class will guide you through the art of self-discovery, stress reduction, and personal growth. Discover the power of journaling as a tool for self-expression, reflection, and positive transformation. From the basics of journaling to exploring various techniques, you'll learn how to unlock your creativity and deepen your understanding of yourself. With expert guidance from LeeAnne Krusemark, a seasoned journalist and author, you'll gain valuable insights and practical tools to make journaling a meaningful part of your life. The workshop includes informative handouts for future reference. *Please note you will join online using Zoom. You will need a computer, laptop, or smart device with video chat capability to participate. Registration closes on May 1 at 12 PM.*

5/3

Sat 3:00 PM - 5:00 PM

Online

Instructor: LeeAnne Krusemark

Fee: \$44

Course ID: 9650142

Partner Dance: Wedding Dance Workshop

Master 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!

3/1 - 3/22 (4xs)

Sat 5:00 PM - 6:00 PM

or

4/4 - 5/2 (4xs)

Fri 6:30 PM - 7:30 PM

Northern Plains Dance, Studio

Instructor: Taryn Johnson

Fee: \$49

Course ID: 9650140

Classes on pages 10-13 require an OLLI Membership.

Register at Bismarckstate.edu/OLLI or call our office at 701-224-5600.

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 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 ten weekly lessons. Lessons are available Tuesdays, Wednesdays, and Thursdays between 10 AM to 5 PM. Participants will work with the instructor to schedule ten one-on-one lessons which must be complete by May 9. *Registration closes February 10 at 12 PM. By registering for this class, participants agree to allow BSC to provide their contact information to the instructor.*

Self- Paced

Leach Music Center, Room 181

Instructor: Douglas Klein

Fee: \$209

Course ID: 9650134

Instant Piano for Hopelessly Busy People (Virtual)

In just a few hours, you can learn enough secrets of the trade to provide years of musical enjoyment. Learn to play piano the way professionals do by using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. The fee includes the online book, online follow-up lessons, a recording of the class, and an optional periodic question-and-answer session. *The class is held online using Zoom and is partly hands-on instruction and lecture demonstration. Registration closes on March 13 at 12 PM.*

3/17

Mon 6:30 PM - 9:30 PM

Online

Instructor: Craig Coffman

Fee: \$89

Course ID: 9650130



SPECIAL INTEREST

Introduction to Voiceovers

Explore the craft of voiceovers! This class will provide an overview of the voiceover industry, explain the different types of voiceovers, and discuss the tools needed to find success in the growing remote work industry as a voice actor. Also discussed will be current trends and opportunities. You will read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. This class is a one-time, 90-minute, one-on-one, video chat class! Upon registration, you will be contacted by VFA to schedule your class for a day and time of your convenience.

Online

Instructor: Alicia Midgley

Fee: \$49

Course ID: 9750026

Private Pilot Ground School

The Private Pilot Ground School is designed to teach those new to aviation the knowledge necessary to pass the FAA Private Pilot Written Exam. Participants will also gain the ability to apply that knowledge toward flight training for safe operations in the National Airspace System as a Private Pilot. In this course, students will study aviation-related topics including aerodynamics, aircraft instruments, airspace rules, weather, and how to plan a complete cross-country flight plan. The course will include the Jeppesen Private Pilot Guided Flight Discovery textbook, workbook, flight computer, plotter, and sectional chart to give students the resources needed to begin their aviation journey. If you have ever wondered about obtaining your pilot's license, this course is for you.

2/4 - 3/27 (16xs) or

4/22 - 6/12 (16xs)

Tue, Thu 6:00 PM - 8:30 PM

BSC NECE, Room 102

Instructor: Clint May

Fee: \$450

Course ID: 9750034

New! Wet Plate Photography

Dive into the world of 19th-century photography! Students enrolled in the course will have a unique opportunity to learn the historic wet plate collodion process, an alternative and analog form of photography. Each week, Shane Balkowitsch will hold his one-hour lectures on the BSC campus, and then students will participate in two-hour lab sessions at his studio, Nostalgic Glass Wet Plate Studio in Bismarck. *This class follows the BSC academic schedule and will include non-credit and degree-seeking students.*

1/14 - 5/8
Tue 2:00 PM – 2:50 PM
BSC Larry C. Skogen Hall, Room 202
Thu 2:00 PM - 3:50 PM
Lab Time in Studio
Instructor: Shane Balkowitsch
Fee: \$655
Course ID: 9750040

Spanish for Healthcare

This beginner-level Spanish class will focus on teaching participants how to collect clinical data from Spanish-speaking patients such as medical history and symptoms. Participants will also learn Spanish vocabulary for body parts, body systems, child illnesses, and more. In the Fall semester, we will offer a Spanish for Healthcare Part 2. *Registration closes on January 6 at 12 PM. This class fee includes textbooks.*

1/13 - 5/8
Mon-Thu 8:00 AM - 8:50 PM
BSC Schafer Hall, Room 304 or **Online**
Instructor: Ryan Pitcher
Fee: \$1,092
Course ID: 5200832



Introduction to QuickBooks Online

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more. *This class does not qualify for the OLLI discount.*

the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$139

Discover Sign Language

This course offers an immersive experience in silence, allowing you to gain a deeper understanding of the perspective of the Deaf community and build your confidence in signing. Through video demonstrations, you will learn not only how to make signs but also how to communicate with facial expressions effectively. By taking this course, you can develop your skills and enhance your ability to communicate with the hard of hearing community. *This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.*

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$115

Speed Spanish

Whether you are just starting to learn Spanish or need to improve your conversational skills for an upcoming trip, this online Spanish course is the best way to learn Spanish fast! You will learn simple formulas for joining Spanish words and phrases together to build sentences and have conversations. *This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course ID.*

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$125

Growing Your Business with Digital Marketing

Reach your business goals with the strategies needed for success. In this course, you will develop a digital marketing plan for your business that incorporates SEO, SEM, advertising, email, social media, and more. *This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.*

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$135

Computer Skills for the Workplace

Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace. *This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.*

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$129

Keyboarding

Improve your speed and confidence at the keyboard. This course will help you learn how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview. *This class does not qualify for the OLLI discount. To register, visit ed2go.com/bscceti and search using the Course title.*

Online

Instructor Led Classes Begin: 1/15, 2/12 & 3/12
Self-paced: Begin Anytime, 3-month access
Fee: \$125





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 \$20 is valid through June 30, 2025.

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!**

FREE MOVIES

Flags of our Fathers

Flags of Our Fathers is a historical drama film that explores the lives of the six men who raised the flag on Mount Suribachi during the Battle of Iwo Jima and the aftermath of their fame. Rated R.

2/21

Fri 1:00 PM - 3:15 PM
BSC NECE Auditorium, Room 304
Course ID: 7090039

A Man Called Otto

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. Rated PG-13.

3/21

Fri 1:00 PM - 3:15 PM
BSC NECE Auditorium, Room 304
Course ID: 7090040

Thirteen Days

President John F. Kennedy deals with a bickering, backbiting staff while trying to avert a nuclear war with the Soviet Union during the Cuban Missile Crisis in October 1962. Rated PG-13.

4/25

Fri 1:00 PM - 3:30 PM
BSC NECE Auditorium, Room 304
Course ID: 7090037

Elvis

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. Rated PG-13.

5/23

Fri 1:00 PM - 3:45 PM
BSC NECE Auditorium, Room 304
Course ID: 7090038



FREE ACTIVITIES

Crossings: 200 Years of Norwegian Immigration

This class is part of Bismarck's VinterFest and does not require an OLLI membership. Celebrate 200 years of Norwegian heritage in America! Join us as we delve into the captivating story of the first Norwegian immigrants. Discover the reasons behind their daring journey across the vast ocean, the challenges they faced, and the triumphs that shaped their legacy. Join us as we discover the story as history tells it!

1/30

Thu 5:30 PM - 7:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Course ID: 7090042

President Kennedy's Assassination

How did President Kennedy and Lee Harvey Oswald both end up in Dealey Plaza on November 22, 1963? Coincidence or conspiracy? This class will include video interviews with David Lifton, still photos of the Zapruder film, recent work by Doug Horne and David Mantik on JFK's autopsy photos and X-rays, as well as the bombshell admission in 2023 by former Secret Service agent Paul Landis regarding his handling of the 'magic bullet.' Additional insights will be shared in this interactive discussion with attendees.

2/24

Mon 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Jon Martinson
Course ID: 7090041



The Craft of Poetry

Have you ever wanted to express yourself through poetry? In this three-part class, participants will be introduced to the craft of poetry and the writing process. Participants will be introduced to a variety of conventions and tools for writing original poems. Throughout the three sessions, participants will practice writing poems and sharing them in a supportive environment, provide and receive feedback, and learn how to respond to the feedback to complete polished work. This workshop series is for all levels of experience. Ignite your creativity with poetry! This class meets every other week.

3/19 - 4/16 (3xs)

Wed 3:30 PM - 5:30 PM
BSC Larry C. Skogen Hall, Room 209
Instructor: Michael Tomanek
Course ID: 7090043

Bismarck Historical Society Programs

OLLI 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.

Archeology in Bismarck

2/12

Wed 6:30 PM
Instructor: Damita Engel
Bismarck Veterans Memorial Public Library, Meeting Room A

History of Cashman Nursery

4/9

Wed 6:30 PM
Instructor: Dan "The Tree Man" Cashman
Bismarck Veterans Memorial Public Library, Meeting Room A

Founder's Day - Bismarck Trivia Night

5/12

Mon 6:00 PM
Laughing Sun Brewing Co.

BookTalk at BSC 2025 – Unmoored

BookTalk at BSC is an annual book discussion series hosted by Bismarck State College Library. The 2025 theme, "Unmoored," explores the complex issue of displacement and forced migration. Through discussions of three selected novels, participants will delve into the far-reaching consequences of individuals and communities being forced to leave their homes due to various factors like war, violence, and natural disasters. No registration or membership required for these events.

The Beekeeper of Aleppo by Christy Lefteri

This book tells the story of a Syrian refugee couple, Nuri and Afra, as they flee their war-torn country in search of safety and a better future.

2/2

Sun 1:00 PM – 3:00 PM
BSC Larry C. Skogen Hall, Room 204
Discussion leader: Dr. Brian Palecek

Exit West by Mohsin Hamid

Two young lovers, Nadia and Saeed, flee their war-torn city using magical doors that transport them to different parts of the globe, forcing them to confront the challenges of displacement and the search for a new home.

3/2

Sun 1:00 PM – 3:00 PM
BSC Larry C. Skogen Hall, Room 204
Discussion leader: Michael Tomanek



OLLI LECTURES

Historic Walls: Good Fences Make Good Neighbors

Throughout history, walls have been built to keep out invaders and protect lands. This presentation will examine the construction, purpose, and cultural significance of various walls, from the ancient fortifications of Babylon and China to the modern-day barriers of the Atlantic Wall, the Berlin Wall and even the newest walls.

2/6
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Fee: \$25
Course ID: 7070143

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. Copies of the book can be purchased online or locally at Seeds of Hope. Check with our office to inquire if books are available to checkout.

2/12
Wed 1:00 PM - 3:00 PM
BSC NECE, Room 101
Instructor: Francis Miller
Fee: \$25
Course ID: 7070138

Bismarck's Early Power Couples

Meet the dynamic duos who helped build Bismarck! A power couple is defined as two people considered a couple who are each influential or successful. From the 1870s to the 1940s, influential couples left their mark on Bismarck. Join Ann as she explores the stories of these "power couples" and their contributions to the town's growth and development.

2/13
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Fee: \$25
Course ID: 7070141

Mark Twain: The Father of American Literature

Mark Twain, born Samuel Clemens, witnessed America's dramatic transformation—from westward expansion to technological marvels. With a keen eye and a sharp wit, he chronicled the nation's evolution, sharing his observations and opinions. This course will investigate his life, from his humble beginnings to his literary successes, his one love and their family, where he lived, successes and failures, his extensive travels, and his writings. Meet Mark Twain ... and of course, Tom Sawyer and Huck Finn might just "tag along" for the adventure!

2/20
Thu 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Ann Vadnie
Fee: \$25
Course ID: 7070142

Introduction to Artificial Intelligence (AI)

Artificial intelligence is all around us! This class aims to explore the fascinating realm of Artificial Intelligence (AI), including its definition, applications, and ethical implications. This course is designed for beginners who wish to gain a basic understanding of AI. Some computer knowledge is recommended.

3/11
Tue 1:00 PM - 3:00 PM
BSC NECE, Room 104
Instructor: Lynette Borjeson Painter
Fee: \$25
Course ID: 7070111

Introduction to Artificial Intelligence (AI) Part 2

Expand your understanding of artificial intelligence beyond the basics. This class is designed for participants of the Introduction to Artificial Intelligence class who want to dig deeper into AI topics. This class will explore additional AI applications, current AI topics, and ethical implications inherent with AI use. This course is designed for beginners who wish to enhance their understanding of AI. Some computer knowledge is recommended.

3/12
Wed 1:00 PM - 3:00 PM
BSC NECE, Room 104
Instructor: Lynette Borjeson Painter
Fee: \$25
Course ID: 7070134

Celtic Misadventure

Irish lore is more than snakes and saints. There are women who shift into seals, sorrowful tales you might hear at the pub, and lyric poems of lost love. Through folklore of her Scots-Irish heritage, Debi Rogers, a wee sprite of a woman, will open your heart to the Irish soul. Hear a wire-strung harp played like the Bards of olden days, give ear to sweet whistles, and voice a Celtic air. Be ready for new stories, songs and an Irish dance!

3/14
Fri 1:00 PM - 3:00 PM
BSC NECE Auditorium, Room 304
Instructor: Debi Rogers
Fee: \$25
Course ID: 7070110

Minerals We Eat and Use

Beyond their industrial and aesthetic uses, certain minerals play a crucial role in our health. Let's delve into the world of these vital minerals and discover how they contribute to our well-being. 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 BSC NECE Room 101 for those who do not have internet capability and want to attend the class. Registration closes on March 24 at 12 PM.

3/25
Tue 1:00 PM - 2:30 PM
Online or BSC NECE, Room 101
Instructor: Stephenie Slahor
Fee: \$25
Course ID: 7070139

Those Crazy Crusades

Take a trip back in time to the Middle Ages as we delve into the complex tapestry of the Crusades. Pat will explore social, economic, political, and religious factors that ignited these "holy" wars between Christians and Muslims. We will gain a deeper understanding of the deep-seated religious divisions of the era and the enduring message that violence is never a path to peace.

3/27

Thu 1:00 PM - 3:00 PM

BSC NECE, Room 101

Instructor: Pat Pins

Fee: \$25

Course ID: 7070137

Who's Game? Exploring the World of Competitive Esports

Esports, or electronic sports, is more than just playing video games. It's a highly competitive, organized sport with its own set of rules and strategies. Join the esports team for a fun night of learning and competition! The Esports athletes and coaches will mentor you and help you participate in an esports competition, giving you insight into the skills and communication required at a competitive level. After the competition, enjoy some pizza with the team! This event is all about having fun and understanding what goes into esports and playing games competitively. If you've never played a game before, no worries! We can't wait for you to join us for a fun night.

3/31

Mon 4:00 PM - 6:00 PM

BSC Student Union

Instructor: Lance Geving

Fee: \$25

Course ID: 7070144



Seeds of Peace: The International Peace Garden's Past, Present, and Future

North Dakota proudly states we are the Peace Garden State. How did North Dakota and Manitoba become the home of the International Peace Garden? The Garden is a dream that began in 1928 after a meeting of the National Association of Gardeners attended by horticulturalist Dr. Henry J. Moore of Islington, Ontario, and Joseph Dunlop, of South Euclid, Ohio. Together they envisioned a botanical garden commemorating the long, peaceful coexistence of the people of Canada and the United States. Four years later, in 1932, Dr. Moore and Mr. Dunlop were standing on the North Dakota and Manitoba border in the middle of North America, participating, along with more than 50,000 people from Canada and the USA, in the official opening of the International Peace Garden. This session will provide an overview of the history of the International Peace Garden and future plans for the Garden.

4/8

Tue 1:00 PM - 3:00 PM

BSC NECE, Room 101

Instructor: Lisa Kudelka

Fee: \$25

Course ID: 7070145

Mining in the Old Days

Discover the rugged reality of life as a miner in "The Old Days". The American West has rich mining histories, but mining in the old days was a unique, dangerous and difficult job. This lecture looks at what life was like for miners, the work they did, how they lived, and how mining helped open the West for settlers. 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 BSC NECE Room 101 for those who do not have internet capability and want to attend the class. Registration closes on April 15 at 12 PM*

4/17

Thu 1:00 PM - 2:30 PM

Online or BSC NECE, Room 101

Instructor: Stephenie Slahor

Fee: \$25

Course ID: 7070140

The Franklin Expedition: A Tragic Tale of Exploration and Mystery

While the US was embroiled in a Civil War, Sir John Franklin set out to find the North-West Passage. He took a crew and two ships—the HMS Erebus and the HMS Terror. Both ships and over 100 men who crewed them were lost in the Arctic. In 2014 and 2016, the ships' wrecks were discovered, but their discovery raised more questions than it answered. Using the book Sir John Franklin's Erebus and Terror Expedition: Lost and Found and Dan Simmons' 2007 novel The Terror as a guide, we'll discuss Franklin's voyage, the recovery of the wrecks, and the tragic story's continued presence in popular culture.

4/21

Mon 1:00 PM - 3:00 PM

BSC NECE, Room 101

Instructor: Kim Crowley

Fee: \$25

Course ID: 7070146

Custer: The Story Behind the Story

George Armstrong Custer: even today the mention of his name can start an argument, but how much do we really know about this fascinating man? Why did his death at the Little Big Horn in 1876 capture the public's imagination and why did he become an American guilt symbol? Join Jeff to discard the myths and delve into the lesser-known aspects of Custer's adventurous life, violent death, and mythic afterlife. Explore his infancy and childhood, get to know his family, meet those closest to him, and gain an understanding into the cast of characters in both his life and death.

5/8

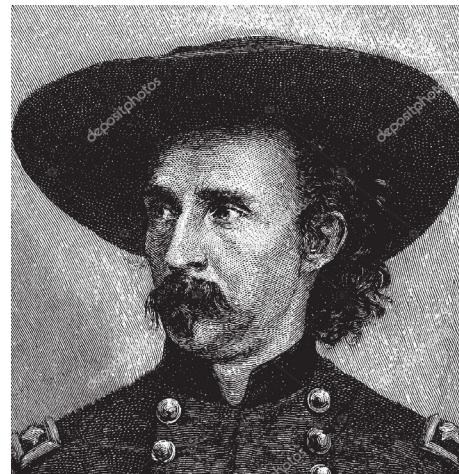
Thu 6:00 PM - 8:00 PM

BSC NECE, Room 101

Instructor: Jeff Hoffer

Fee: \$25

Course ID: 7070135



OLLI SERIES

Building Blocks for Abstract Painting: A Drawing Workshop

This two-part class is designed to provide a solid foundation in drawing techniques that can be applied to abstract painting. In the first session, participants will explore the fundamentals of drawing, including composition, perspective, elements of drawing and painting, and essential equipment. The second session will build upon the knowledge learned in the first, allowing participants to put their knowledge into practice through drawing exercises. By the end of this course, students will have a grasp of the essential tools and techniques needed to embark on their abstract painting journey. *Class supplies will be provided.*

3/24 - 3/31 (2xs)
Mon 1:00 PM - 2:30 PM
BSC NECE, Room 101
Instructor: Francis Miller
Fee: \$35
Course ID: 7040044

OLLI isn't just about learning – it's about living!

It's a vibrant community where you can feed your curiosity, spark new passions, and make lifelong friends. From fascinating lectures to lively discussions, OLLI keeps your mind sharp and your spirits high. Ready for fun and learning? Dive into the exciting world of OLLI and connect with a vibrant community.



“The OLLI program is truly a gift to the Bismarck community; It has enriched my life in retirement and I look forward to all classes and activities”

  BISMARCK STATE COLLEGE
North Dakota's Polytechnic Institution

OLLI and Continuing Education are proud to partner on Vinterfest! Classes marked with  are part of this event.

Solstice Walk | Snow painting | Rosettes | Dog Days of Winter | Rosemaling | Snowshoe Lacing Workshop

vinterfest

An Entire Month of Winter Activities
January 19th - February 16, 2025

Vinterfest is a month-long celebration of winter, here on the Northern Plains. The festival seeks to promote educational, recreational, and cultural heritage programming throughout central North Dakota for the public's enjoyment. From artisan workshops to cross-country skiing, Vinterfest invites you to learn new hobbies and share in time-honored traditions.



vinterfest.org

Scan to view calendar of events



[Winter Hike](#) | [Luminary Ski](#) | [Aaahh-Lefse!](#) | [Crochet Winter Hats](#) | [Learn-to-Curl](#) | [Evergreen Crown Making](#)

NON-CREDIT CAREER PATHWAYS

For more information on all Non-Credit Career Pathways, visit bismarckstate.edu/continuingeducation.

Certified Nurse Assistant (CNA)

Bismarck State College's Nursing Assistant Training Program students gain the knowledge and technical skills needed to secure a job as a certified nursing assistant (CNA) in a skilled nursing facility, acute care, or home health care. The 76-hour program includes classroom instruction, supervised practical training and clinical practice, and can be taken for college credit or as non-credit training.

Class Date Options:

2/3 - 2/28

3/3 - 3/27

4/7 - 5/2

BSC Donna S. Thigpen Center for Health Sciences

Mon - Fri 6:00 PM - 10:00 PM

Fee: \$689

Course ID: 3100001

Certified Medical Assistant

Medical Assistants are versatile healthcare professionals who perform both administrative and clinical duties. In various settings, they handle tasks like scheduling appointments, managing patient records, billing, and assisting with procedures like taking vitals and preparing patients for examinations. This course equips students with the essential knowledge and skills to excel as professional Medical Assistants. *For more information visit bismarckstate.edu/medicalassistant. Registration closes January 27.*

Online Theory (144 hours): 2/10 - 8/8

Lab (8 hours each day): 5/17, 6/7, 6/21, 7/12, 7/26

Practicum (40 hours): 7/17 - 8/2 or 8/3 - 8/8

Fee: \$3,385

Certified Medication Assistant II (CMA)

A Certified Medication Assistant II is able to deliver routine, regularly scheduled medication for individuals or groups of individuals with stable conditions which are administered on a routine basis and do not require determination of need, drug calculation, or dosage conversion. A CMA II can be employed in a setting where the licensed nurse is either scheduled regularly or not regularly, including Skilled Nursing Facilities, Assisted Living Facilities and Basic Care Facilities. Class meets during the day on Tuesdays and Thursdays.

2/18 - 4/12

BSC Tech Center, Room 246

Tue, Thu 9:00 AM - 3:30 PM

Fee: \$849

Course ID: 3200001

Wildland Firefighter

This Firefighter Type 2 training program is designed to prepare students for a career as a wildland firefighter. The program covers topics such as incident command systems, human factors in wildland fire service, firefighter training, wildland fire behavior, and national incident management systems. Students will gain the skills and knowledge necessary for the entry level wildland firefighter position through a combination of classroom instruction and hands-on training. *For more information, visit bismarckstate.edu/wildlandfirefighter*

Intro to Medical Pathways (ESL)

This 18-hour course will help to build vocabulary and basic understanding of medical careers available in healthcare today. Students will gain a better understanding of the wide scope of terminology used primarily in nursing assistant training and their role in long-term care. The course will include conversation practice, worksheets, practice quizzes, and more. This program will focus on English as a Second Language (ESL) students and aims to help improve their English language abilities and equip them to be successful in a potential healthcare career. *All instruction will be in English.*

Class Date Options:

4/7 - 4/24

7/14 - 7/31

BSC Tech Center, Room 246

Tue, Thu 6:00 PM - 9:00 PM

Fee: \$ 250

Course ID: 3430004



ND PUBLIC HEALTH CONFERENCE

Save the Date

MAY 19-21, 2025

Bismarck Event Center,
Bismarck, North Dakota

Join us as we come together to engage, collaborate, and explore innovative programs and share insights that will shape the future of public health. This inaugural conference will bring together professionals across a variety of public health disciplines including environmental health, infectious disease, immunizations, alcohol, tobacco and other drugs, community health and public health leadership. We hope you'll join us at this educational opportunity to learn from your peers, be inspired by today's leaders and network with partners.

REGISTRATION: \$149

(IN-PERSON OR VIRTUAL)

Exhibitor and sponsor opportunities are also available!



Learn more: ndphconference.com

Looking ahead to Summer

Summer Enrichment & Kids Camps

HEALTHY LIVING

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 xs)
6/30 - 7/23 (8 xs)
7/28 - 8/20 (8 xs)
8/25 - 9/22 (8 xs) Skip 9/1

Mon, Wed 5:15 PM - 6:00 PM
BSC Leach Music Center, Room 22
Instructor: Loretta Benedict
Fee: 79
Course ID: 9400164

Partner Dance: Wedding Dance Workshop

Master 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 xs)
Wed 6:00 PM - 7:00 PM
Northern Plains Dance, Room Studio
Instructor: Taryn Johnson
Fee: \$ 49
Course ID: 9650140

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 Releve 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 xs)
Wed 6:15 PM - 7:15 PM
Northern Plains Dance, Room Studio
Instructor: Taryn Johnson
Fee: \$ 49
Course ID: 9400163

RECREATION & LEISURE

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

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.*

6/2 - 6/10 (4 xs)
6/16 - 6/24 (4 xs)
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 xs)
Mon, Tue 7:00 PM - 8:30 PM
Prairie West Golf Course, Driving Range
Instructor: Bruce Rauser
Fee: \$ 89
Course ID: 9650009

STEM CAMPS

MedAdventure Camp (Grades 1-4)

Have you ever wondered how food gives you energy or how your bones hold you up? How do "bugs" make you sick? And how does your body heal when you have a cut or scrape? Join us for a week to experience a variety of health careers and the connection to wellness, science, skills, and knowledge! Each day will feature a different topic - from muscles and bones to the brain and nervous system. You get to try a simple (vegetable) surgery, casting with plaster, making fake blood and chyme, and much more. Meet nurses, dietitians, exercise physiologists, paramedics, music therapists, child life specialists, and

more real-life people in the healthcare neighborhood! This camp is for students who have completed grades 1-4.

5/27 - 5/30 (4 xs)
Tue, Wed, Thu, Fri 9:00 AM - 12:00 PM
BSC Leach Music Center, Room 22
Instructor: Linae Enockson
Fee: \$ 59
Course ID: 9150032

MedAdventure Camp (Grades 5-8)

Come to camp to walk in the shoes of those working in our healthcare setting. Dive deeper into health science careers with hands-on activities based on health science! Learn about a variety of health careers from people who work in nursing, respiratory therapy, radiation technology, emergency services, dietetics, and a medical lab. Activities may include: taking vitals, suturing, creating compounds, typing blood samples, inflating pig lungs, practicing intubation (on a manikin), exploring how X-rays are taken, drilling and filling cavities, and much more! You will not want to miss this opportunity to explore careers you did not know existed in the medical world. *This camp is for kids who completed grades 5-8.*

5/27 - 5/30 (4 xs)
Tue, Wed, Thu, Fri 1:00 PM - 4:00 PM
BSC Leach Music Center, Room 22
Instructor: Linae Enockson
Fee: \$ 59
Course ID: 9150039

BSC Career Quest

BSC Career Quest is a two-week summer program designed for 9th-12th graders to explore exciting career pathways available at Bismarck State College. Each day focuses on a different industry sector, offering hands-on activities and engaging presentations. Students can register for individual days or attend all three days of a chosen week. *On-campus dorms are available only for students who register for all three days of either week. If you would like to register for all three days with no dorms, you will need to register for each day individually.*

Week 1: 6/10 – 6/12

- Day One (June 10): Transportation & Construction
- Day Two (June 11): Automation, Manufacturing & Energy
- Day Three (June 12): Agriculture, Engineering Technology/UAS/GIS

Week 2: 6/17 – 6/19

- Day One (June 17): Cybersecurity & AI
- Day Two (June 18): Communication, Mass Communication, Graphic Design
- Day Three (June 19): Business, Marketing, Finance, Entrepreneurship, & Education

Tues, Wed, Thur 8:00 AM – 4:00 PM
BSC Advanced Technology Center
Instructor: BSC Faculty
Fees: \$25 per individual day or
\$150 for all 3 days with dorms
Course ID: 9150042

Welding Camp

This hands-on camp offers children aged 12-15 the chance to discover the exciting world of welding. If your child enjoys creative hands-on work, welding might be their perfect career path. This skilled trade impacts our daily lives profoundly, from the cars we drive to the products we use. The camp covers welding fundamentals, including safety, math, materials, and techniques. Participants will experience firsthand the crucial role welding plays in our world. Don't miss this opportunity to explore a career that combines skill and creativity. Sign up today! *Registration for this camp closes on June 13 at 12 PM to ensure that all the necessary supplies and protective gear are purchased.*

6/23 - 6/27 (5 xs)
Mon-Fri 9:00 AM - 12:00 PM
BSC Mandan Campus, Room 113 A/B
Instructor: Benjamin Rohrich
Fee: \$ 199
Course ID: 9150016



2025 GenCyber Camp

Calling all future cyber defenders! Bismarck State College's FREE GenCyber Camp is your chance to crack the code on cybersecurity. This 5-day adventure for students entering grades 6-8 is packed with fun, hands-on activities led by expert instructors. Learn online safety, explore the world of tech, and discover exciting careers in cybersecurity! This camp is funded by the National Security Agency and National Science Foundation making it free to students. Breakfast, lunch, and snacks are included. Space is limited to 80 recruits, so register now!

7/28 - 8/1 (5 xs)
Mon-Fri 8:15 AM - 4:15 PM
BSC, NECE Stateroom 415
Instructor: Nicklos See
Fee: \$0
Course ID: 9150040

UAS/Drone Camp

Calling Junior and Senior High School girls! Dive headfirst into the exciting world of Unmanned Aerial Systems (UAS), also known as drones! Get ready for an unforgettable experience where you'll build your very own drone from the ground up. You'll learn the secrets of flight, master the art of drone programming, and take to the skies with your own creation!

4/4
Fri 8:30 AM - 4:00 PM
BSC NECE
Instructor: Angie Milakovic
Fee: \$0
Course ID: 9150044

GIS Camp

Calling Junior and Senior High School girls! Everyone loves maps! Join us for a day of empowering learning where you'll explore the power of Geographic Information Systems (GIS). Create interactive maps, go on exciting geocaching expeditions, and learn how location plays a crucial role in solving real-world challenges. This hands-on experience will equip you with valuable skills and inspire you to make a difference in our world.

4/5
Sat 8:30 AM - 4:00 PM
BSC NECE
Instructor: Angie Milakovic
Fee: \$0
Course ID: 9150043

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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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.

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/

INDEX

#	70s, 80s, 90s Throwback Fitness Fun	5
A	Aaahh-Lefse!.....	4
	Acrylic Painting for Beginners	3
	Advanced Excel 2021.....	3
B	Be a Better Writer: 10 Ways to Improve Your Writing	7
	Beginner's Guide to Using Free ChatGPT (AI) for Writers	3
	Beginning Excel 2021.....	3
	Beginning Quilting	3
	Build Your Small Business	6
C	Chalk Pastel Landscape	3
	Computer Skills for the Workplace	9
	Creative Crochet: Winter Hats.....	3
	Crochet 101	4
D	Discover Sign Language.....	9
	Drop Spindle Spinning 101	4
	DSLR Photography Bootcamp.....	7
F	Family Penguin Painting at Vinterfest.....	4
	Free Movies	10
	Free Activities	11
G	Get Your Garden Started.....	6
	Gnocchi with Sausage Sage Sauce	4
	Growing Your Business with Digital Marketing	9
H	Hot Headed Hat Workshop.....	4
I	Instant Piano for Hopelessly Busy People (Virtual)	8
	Intermediate Excel 2021	3
	Introduction to Journaling.....	8
	Introduction to QuickBooks Online	9
	Introduction to Voiceovers	8
K	Keyboarding	9
L	Lobster Bisque.....	5
	Love Your Buns	5
M	Medovik: Honey Cake	5
N	Non-Credit Career Pathways.....	15
O	OLLI	10
	OLLI Lectures.....	12
	OLLI Series	14
P	Partner Dance: Wedding Dance Workshop	8
	Pawsitively Obedient.....	6
	Pawsitively Puppy	6
	Pelmeni: Russian Dumplings	5
	Private Lessons: Guitar & Bass Guitar.....	8
	Private Pilot Ground School	8
R	Retirement Planning Today	6
	Rosettes	5
S	Save Money with Extreme Couponing!	7
	Secure Your Legacy: Essential Estate Planning for Retirees	7
	Spanish for Healthcare	9
	Speed Spanish	9
	Successful Job Searching	7
	Summer Enrichment & Kids Camp	16
T	T'ai Chi: An Introduction	5
	Taxes in Retirement	7
V	Valentine Floral Arrangement	4
W	Wet Plate Photography	9
	What Camera Should I Buy?	7
	Write Your Book in 20250	4



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This summer, we are proud to offer camps for grades 1-12 designed to grow students' knowledge through hands-on activities. These are the perfect experiences to help them engage in fields THEY are interested in. Visit bismarckstate.edu/CAMPS to register today!

MedAdventure

Camp - May 27 - 30

Grades 1 - 4 9 a.m. - 12 p.m.

Explore different topics in science and health to learn what makes us work! Hear from different medical professionals and try out different activities, such as casting with plaster, performing simple (vegetable) surgery, and much more!

Grades 5 - 8 1 p.m. - 4 p.m.

In this immersive camp, step into the shoes of those in the healthcare industry. Discover all the different careers in the medical sector and experience firsthand what healthcare is all about!

2025 GenCyber

Camp - July 28 - Aug. 1

Grades 6 - 8 8 a.m. - 4 p.m.

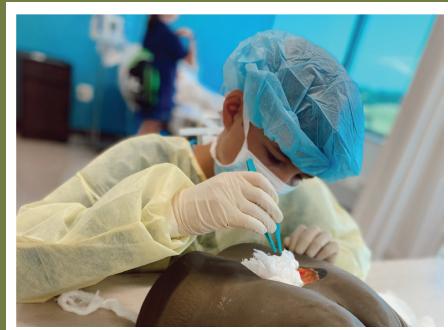
Gear up for the next generation of innovative tech with our five-day cybersecurity academy. Learn everything hardware and software in this FREE camp funded by grants from the National Security Agency (NSA) and the National Science Foundation (NSF).

Welding Camp - June 23 - 27

Ages 12 - 15 9 a.m. - 12 p.m.

Do you have creative skills and want to spark your career? Learn the fundamentals of welding and open the door for a successful future.

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



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