

FALL 2025

September
through December

CULTIVATE YOUR CURIOSITY



**NEW &
UPDATED
COURSES**

**HIGHLY-
RATED
FAVORITES**





Enrichment Classes



NEW! The Most Basic Watercolor Painting

Whether you've never painted with watercolor before, or you have limited experience and want to further your skills, get ready to expand your painting horizons. We will learn about materials, cover basics of color mixing, pick up some tricks and techniques for putting what you see onto paper.

Loren Kovich, AWS. 4 wks: Tues, Sept 9 - 30; 6-9 pm. \$165/\$148.50 sr + some materials

Materials: bring a few brushes of various sizes; a pencil; and simple sketchbook. We will provide some basic paints and paper and discuss it all so you can make informed purchases.

Next Steps with Watercolor

Build on your skills and confidence, and walk away with some great paintings.

Loren Kovich, AWS. 6 wks: Tues, Oct 7 - Nov 18; 6-9 pm. \$165/\$148.50 sr + some materials



Introduction to Drawing

In this drawing class for beginners and intermediate artists, you will explore many different techniques and media. You can find a pencil and something to draw on – paper, napkin, receipt, etc... – almost anywhere. No need for fancy

materials or the perfect studio setting to be an artist. This class is designed to introduce artists to pencils and other dry drawing media, along with different types of paper and surfaces to draw on. We will explore distinct subject matter each week, sometimes venturing out and drawing plein air.

Christina Barbachano, MFA. 6 wks: Mon, Sept 8 - Oct 13, 6-8 pm. \$150/\$135 seniors 65+

NEW! Fly Tying Essentials Series

Part 1: Beginner Techniques

Learn the foundational skills of fly tying in a relaxed, hands-on environment. We'll cover essential tools, materials, and techniques—everything you need to get started at the vise with confidence.

Materials: for the first night, come with what you have, if you already own any. We will discuss the pros and cons of different tools so you can make informed decisions for your budget.



Part 2: Practical Patterns

Put your skills into action by tying a selection of proven, fishable fly patterns. This class focuses on practical application, helping you understand how and why each fly works on the water.

Steve Lane. Part 1: 3 wks: Thurs, Sept 11 - 25, 6:30 - 8:30 pm. \$75/\$67.50 sr 65+

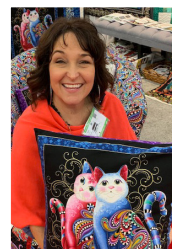
Steve Lane. Part 2: 4 wks: Thurs, Oct 23 - Nov 13, 6:30 - 8:30 pm. \$95/\$85.50 sr 65+



NEW! Moving Into Health: Qigong and Tai Chi

Qigong and tai chi are ancient Chinese exercise disciplines that focus on slow, meditative movements. Published studies have shown that these exercises can improve balance, reduce arthritic pain, lower blood pressure, improve cognition, and help reduce anxiety and depression. You will learn a variety of qigong and tai chi routines (known as flows) that will improve your health. The exercises can be done standing or seated. Video links will be provided after each session so that you may practice at home. Join us and move into health!

Dr. David Krainacker and Nina Heinzinger, PhD. Both are certified in Tai Chi, and David is also certified in Qigong. 8 wks: Wed, Sept 17 - Nov 12 (no class Oct 15), 6-7:30 pm. \$80/\$72 sr 65+



Learn to Sew

Bring your sewing machine and learn from an expert from The Sewing Palace – how to clean, maintain, and USE your machine, no matter the make or model. If you haven't yet purchased a machine, there are a limited number

available to borrow.

You'll create a simple zippered pouch, a decorative pillow, and a shopping tote. All the materials, thread, and fabric for the three projects will be included in a kit purchased from the instructor.

Jenny Yannone. 4 wks: Wed, Oct 8 - 29; 5:30-7:30 pm. \$100/\$90 seniors + \$30 materials. Please inquire if you need to borrow a machine.



Fundamentals of Welding

Learn how to repair and connect metal around your farm, yard, or business – either for practical application or

for artistic use. Learn the essentials of safety, rod identification, electrical theory, oxyacetylene cutting, and plasma cutting. Use various shop machinery in a controlled environment in order to gain confidence in your skills. You'll need your own personal protective equipment and either scrap or new materials for producing a final project.

Cindy Galbavy. 30 hrs (5 wks.) Mon/Tues, Oct 27 - Nov 25 (class in-session Veterans Day); 6-9 pm. \$240/\$216 sr 65+ incl. expendable materials.

Beginning Digital Photography

Are you using your digital camera to its full potential? If you are new to digital photography or looking to improve your skills, don't rely on the AUTO setting to get the most out of your photographs. From understanding camera operation, to professional composition and lighting techniques, take your photos further! You'll need a digital camera capable of shooting in fully manual mode. Point-and-shoot cameras or phones are NOT recommended.

Chris McGowan. 5 wks: Mon, Sept 8 - Oct 6, 6-8 pm. \$115/\$103.50 sr 65+.



Intermediate Digital Photography

Take your skills to the next level! Focus will be on more advanced lessons in exposure, composition, and lighting techniques to achieve different effects. Subjects include flowers, architecture, portraiture, and more. We will review and critiquing examples. A portion of class may be spent off site photographing different subjects. You should have a basic understanding of aperture and shutter speed. Beginning Digital Photography is a prerequisite. A digital SLR camera and tripod are essential.

Chris McGowan. 4 wks: Mon, Nov 3 - 24, 6-8 pm. \$135/\$121.50 sr 65+.

Hand Building Vessels in Clay

Work with artist and sculptor Christina Barbachano, Executive Director of the Holter Museum, to learn and practice hand building techniques. We will create multiple vessels (candlestick holder, mug, platter, beer stein, and flower vase) in a fast-moving and fun workshop! Learn how to do impressions on surfaces, coiling, slab building, sgraffito, and bas relief techniques to make some impressive vessels that you can take home and show off to family and friends or give as gifts.

Christina Barbachano, MFA. 4 wks: Mon, Nov 3 - 24, 6-8 pm. \$175/\$157.50 seniors + \$20 to the instructor for a firing fee. All materials provided.



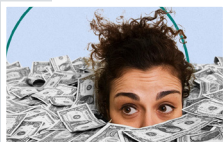
Teach a class. Inspire your community!

If you have an area of expertise to share with others, please consider working with us! Community Education instructors are employed on a part-time, as-needed basis. Most courses meet once or twice a week, usually in the evening or on Saturdays and may last from 2 to 30 hours. Instructors may not act as representatives of their place-of-business, and may not promote any products or services that they may sell, offer, design, or build.

You need a passion for your subject, expertise or skill in that area, and a desire to share that knowledge with others. A sense of humor, as well as good communication and people skills, is also important. You must be flexible and have a desire to educate people of all ages and backgrounds. Please complete a Course Proposal Form at <https://bit.ly/HC-CourseProposal> (or scan the code, right). Questions? Email: Christy.Stergar@HelenaCollege.edu or call 406-447-6945.

Helena College Community Education Course Proposal





Planning For Your Future

Women & Investing

Can looking at your budget now change your financial future? Take an evening examining your budget and discover areas you may be able to improve. Look at your current spending, where you want to be, and find out how you could get there. We will cover basic knowledge of stocks, bonds, and mutual funds. Learn the rule of 72, differences between ROTH and Traditional IRAs, ways to make retirement money last, ways to gift money to children, grandchildren, and charity.

Erin Bradshaw, FA. 3 hrs: Wed, Oct 22, 5:45-8:45 pm. \$15.

Avoiding Tax Traps of Retirement

Discover how the "One Big Beautiful Bill Act," signed by President Trump on July 4th, reshapes the American fiscal landscape. Learn key strategies to reduce your taxes and boost your after-tax income—whether you're working or retired. The Act's sweeping tax changes, including no tax on tips, overtime, and car loan interest, have major implications for every household. Find out what these changes mean for you!

Keith Duncan. Tues, Sept 23, 6:30-8 pm. \$15. Spouse or significant other for free (RSVP).

Medicare 101

While obtaining Medicare coverage is something most of us will experience eventually, it can be confusing to know how to make this transition. Medicare rules and benefits change every year. This course is not only for those approaching Medicare eligibility, but also their children and potential POAs, or anyone else who needs to assist others in obtaining healthcare and planning for their healthcare needs in retirement. Seminars are compliant with Medicare rules. General information will be discussed – but no sales pitch!

Grace Wagoner, CLTC. Choose one: Tues, Sept 16 OR Oct 21, 5:30-7:30 pm. \$15. Spouse or significant other for free (RSVP).

Preparing Your Estate Plan

You may have never considered putting together an estate plan. You may think, "I don't have an 'estate.' Estates are what rich people have." What

we're referring to is what happens to your minor children, your assets, and your own healthcare decisions if something happens to you. In this basic overview, we will discuss account registration, beneficiary designation, Will, Trust, tax information, life insurance and TOD (Transfer on Death).

Tony Dalton of Silverman Law Office, PLLC. Choose: Wed, Sept 24, OR Tues, Oct 28, 6-7:30 pm. \$15. Spouse or significant other for free (RSVP).

Retirement Planning Today

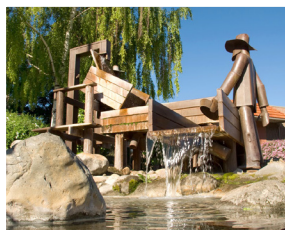
You went to school to prepare for your career, now it's time to prepare for your retirement. Learn about the many ways to save for retirement and the advantages and disadvantages of each. Save money on taxes, manage investment risks, and protect your assets from long-term care expenses. Above all, assess your financial situation and develop a plan to achieve your goals.

Keith Duncan. 6 hrs: Thurs, Oct 2 & 9 OR Tues, Oct 7 & 14; 6:30-9:30 pm. \$59 incl. one textbook. Spouse or significant other for free (RSVP).

Planning for Your Home: Reverse Mortgages, Estate Plans, and Probate

Your home is likely one of your most valuable assets, and knowing how to handle it as you age or after you pass away is critical. In this course, Kelly DeWolf with Mutual of Omaha will explain how reverse mortgages work and when they might make sense. Attorney Tony Dalton will discuss how to plan for your home in your will or trust and what happens during the probate process. This is a practical session for homeowners looking ahead to the future.

Tony Dalton and Kelly DeWolf. Thurs, Nov 6, 6-8 pm. \$15.



Get up-to-speed FAST!

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals. \$143.

Accounting Fundamentals

You will get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. \$146.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. \$147.

Discover Sign Language

Learn to master American Sign Language through immersive, silent instructional videos that emphasize proper sign techniques and facial expressions for effective communication. You will become skillful at fingerspelling and an array of signs to engage in conversations confidently. \$131

Medical Terminology: A Word Association Approach

If you have ever had trouble memorizing medical terms, this course (and word association approach) is for you. You'll learn medical terminology from an anatomical approach by looking at each root term, its origin, a combined form, and an example of non-medical everyday usage. \$154.

Introduction to QuickBooks Online

Manage the financial aspects of your small business quickly and efficiently. Gain hands-on experience recording income and expenses; entering checks and credit card payments; tracking payables, inventory, and receivables; and much more. \$156.



Choose the option that fits YOU!

OPTION 1: Self-Paced Tutorial

- Start whenever you like
- Work at your own pace, for up to 3 months

OPTION 2: Instructor-Moderated

- Classes start 2nd Wednesday of the month
- 2 lessons each week for 6 weeks
- Interact with instructor and other students via message board



Helena College has been proud to partner with Ed2Go for over 15 years

Introduction to MS Excel 365

Become proficient in Microsoft Excel. Discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently. \$163.

Intermediate MS Excel 365

Take your Microsoft Excel skills to the next level. Master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features. \$163.

Introduction to Microsoft Word 365

Conquer Microsoft Word 365 and create professional documents effortlessly. From basics to advanced features, formatting, collaboration, and automation, gain practical tips and step-by-step guidance to enhance your Word experience. This training is suitable for all skill levels so you can get started with no prerequisites. \$163

Project Management Fundamentals

Master the essentials of project management with an experienced Project Management Professional as your guide. This course provides the concepts you need to plan, implement, control and close any type of project. \$154

Introduction to Artificial Intelligence

Gain a foundational knowledge of the science behind creating computer systems that can perform tasks typically requiring human intelligence in this introductory artificial intelligence (AI) course. \$146

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ONLINE Career Training Medical Billing and Coding

Medical billing and coding is a growth area in the healthcare field today. This online course will prepare you to start a career in this high-demand occupation and earn the medical billing and coding professional certification that best aligns with your interest and career goals. You'll learn about the different certifications available to you and receive a voucher for the certification exam of your choice: CPC, CCA or CBCS. Additionally, you'll gain hands-on practice using medical billing and coding software. Medical Billers and Coders process patient data including medical records and related insurance. You will code a patient's diagnosis and then request payment from the patient's insurance company. This is an important role in ensuring that healthcare providers are accurately paid.

Up to 12 months to complete - 370 course hrs.
\$3295 <https://careertraining.ed2go.com/hc>

Professional Bookkeeping with QuickBooks Online

Regardless of the industry, all businesses can benefit from using QuickBooks to organize in their finances, stay on top of invoices, pay bills on time and track expenses efficiently. This 100% online course will teach you how to use QuickBooks Online for basic accounting, recording income and expenses, and entering checks and bank transfers. Once you complete this course, you will be prepared for the QuickBooks Certified User Exam. Experienced bookkeepers can earn well over \$56,000 annually. QuickBooks® has replaced the manual entry functions of traditional bookkeeping. However, the organization, reporting and use of financial data still rely heavily on human input and processing. Knowing how to automate your bookkeeping practice with QuickBooks is an important aspect to staying competitive in today's job market.

If you're an expert in the latest version of QuickBooks, you can walk into any small business and immediately organize their finances. QuickBooks is the top-rated accounting software for small businesses, you likely know a company that already uses it.

6 months to complete - 100 course hrs. \$2625
<https://careertraining.ed2go.com/hc>

About Our Partnership with the Helena School District

The Helena Adult Learning Center, located in the Helena College Donaldson Campus, focuses on preparing students for employment and/or college readiness. This includes preparation for the HiSET (High School Equivalency Test).

Adult Learning Center Services include:

- Career or College Pathway Plans
- Preparation for Higher Education, including: trade programs, certification, and 2 year or 4 year institutions
- Increase skills required for employment
- Build Literacy and Math Proficiency
- Preparation for HiSET

Orientation, advising, and minimum hours of attendance are part of a student's obligation for accessing the FREE services provided by the Adult Learning Center.

The District also helps fund the Community Education Program and the courses in this catalog.



In-Person OSHA Courses

Helena College serves as a Host Training Organization for the Mountain West OSHA Education Center. Courses are held in-person on our campus. Tuition includes course materials (including a copy of the pertinent regulations), coffee/snack breaks, and course credits.

If you want more details or registration, please scan the QR code to visit the Mountain West OSHA Education Center or call 801-626-6600.

#2455 Safety and Health Management Program; Mon - Wed, Aug 25 - 27, 8 am - 4:30 pm. \$705

#510 Standards for the Construction Industry; Mon - Thurs, Sept 22 - 25, 8 am - 4:30 pm. \$795

#7410 Managing Excavation/Trenching Operations; Fri, Sept 26, 8 am - 4:30 pm. \$185



OSHA CLASSES

ONLINE REGISTRATION

www.HelenaCollege.edu/CommunityEd

You can view our available classes online, including full descriptions, dates, times, prices, and seats available. Many feature a bio and headshot of your instructor.

To register, you must sign in and create a user name for each person. If registering someone other than yourself (child, spouse, employee), enter the information for that person. You can use the same email for multiple family members.

Questions or registering by phone?

Call 406-447-6945 from 9am - 5:15pm

We can answer your questions and walk you through the registration process. If you would rather register by phone, want help with our website, or would like to know more about a class, give us a call! If we don't answer right away, please leave a message.

PAYMENT OPTIONS

You can pay online with credit or debit Visa, Master Card, Discover, and American Express. While we do accept checks, refund checks are very difficult, so credit and debit are our preferred methods of payment.

Mailing your registration?

Please note that local mail can take up to four days, and it is possible for a class to fill while your registration is in the mail. We must receive your registration at least three days before class begins. If you have not received a confirmation call or email two days before class, please reach out! CE@HelenaCollege.edu

Helena College Donaldson Campus

Mail: Helena College Community Ed
1115 North Roberts Street
Helena, MT 59601

Office location: check in with our friendly Welcome Desk staff

Who can attend classes?

Helena College Community Education classes are open to all Helena-area adults. In most cases, students under 18 will be permitted only with prior consent of the parent, instructor, and staff. Most

Frequently Asked Questions

classes are intended for adults, but in some cases, students under 16 may enroll with a paying adult. Please ask!

Do I have to register in advance?

YES! Some last-minute registrations are possible, but sooner is better than later! Many of our popular classes fill early. All classes have a minimum number of participants in order to run, and if we have not met the minimum number three days before the start of the class, we may have to cancel. On the first day of class, we print a final roster and prepare other paperwork a few hours in advance. Our instructors do not take registration or payment at class.

What if I have to cancel?

Please contact our office as soon as possible. If you cancel three or more business days before the first class meets, we will refund your registration, minus 10% for processing. If you cancel less than three days out, we may be able to give a partial refund, or transfer your tuition, depending upon the circumstances.

What about parking?

Parking permits are required from 8 am until 5 pm weeknights. If your class begins before 5 pm, you will be given a temporary pass, which will be sent via email, or can be picked up at the first session. If visiting campus before 5 pm and do not have a pass, please park along the street (Livingston, Sanders, or Townsend) to avoid being ticketed.

How will I know where to go?

We send out a final confirmation email 2-3 business days before your class starts. Everything you need to know, and a map, will be included in that email. Yes, that email comes from a real human! If you happen to miss the email, feel free to reach out to us by phone or email CE@HelenaCollege.edu

