



The Redmond Senior Center and COCC Continuing Education are thrilled to partner to offer a variety of online classes to Redmond area community members. Online learning is a great way to stay engaged and learn something new.

"The opportunity to visually have a "Trip Around the World" in a COCC online class is filling my void of travel and interacting with new people during the COVID-19 isolation. Really enjoyed the food and wine, history and highlights of each country. I highly recommend checking the classes offered by the Redmond Senior Center with COCC. Stay safe and be connected!" – **Jo Anne Sutherland, Retired City Manager, Redmond Senior Center Board Member and Redmond area resident**

Helping Elderly Parents

Discover how to appreciate and cherish your aging parents. This course will help you learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help as your parent or loved ones transition into their golden years.

Online Course through Ed2Go
Begins August 12
Six-Week Course
\$115

[REGISTER HERE](#)

Creative Writing: Build a Scene

Scenes are the building blocks of our writing. In this workshop, we'll learn the elements of scene-building that effectively move the plot, tell a story, and develop characters. [Technical requirements for course.](#)

Instructor: [Michael Cooper](#)

Saturday, August 15
10:00 am to 1:00 pm
Online ZOOM
\$39

[REGISTER HERE](#)

You don't have to live in Central Oregon to take an online course. Sign up today! Share with a friend.

[View all of our course options.](#)

Quick Links

[How to Register](#)
[Campus Maps](#)
[Teach for Us](#)

Contact Us

COCC Continuing Education
Chandler Lab
1027 NW Trenton Ave
Bend 97703
541.383.7270
ceinfo@cocc.edu

Summer Office Hours

Monday-Thursday
9:00am to 5:00 pm

Friday
9:00am to 1:00 pm

NOTE: We currently have staff answering our main phone line from 9:00 am-12:30 pm (M-Th). If you are unable to call during these hours, we can be reached by email at ceinfo@cocc.edu or leave a voice message at 541.383.7270. We will



Healthy Frozen Treats With Your Child or Grandchild

This class is a fantastic opportunity to spend time with a kid you love this summer! Parents, grandparents, or other special adults can partner with a child (ages 9-13) and work as a team to learn about and create three different plant-based frozen treats to satisfy your sweet tooth. Learn how to make snacks like Strawberry Dreamsicles, Choco-Banana Bonbons, and Fudgy Date Caramels, while using dairy and gluten-free ingredients. These snacks will keep you and your family healthy and cooled off during the summer afternoons. Chef Holly will interact with you live via Zoom from her own home kitchen to demonstrate the recipes while you prepare them alongside your child. Recipes and shopping list will be provided prior to class. Registration covers one adult and one child. Second child may register for an additional \$10. Maximum 2 children per single adult registration. Children must be ages 9-13. [Technical requirements for course](#). Instructor: [Holly Hoeksema](#)

Wednesday, August 19
3:00 to 5:00 pm
Online ZOOM
\$49

[REGISTER HERE](#)

Mindful Morning Guided Practice

Start your mornings intentionally with a short mindfulness practice. Tune in and get present each Tuesday and Thursday by calling in via Zoom for a live, guided practice to kick off a great day. Use your phone, computer or tablet. No video necessary. Each session will be recorded and posted for you to access later. You'll also receive resources for guided reflections and encouragement. [Technical requirements for course](#). Instructor: [Rachel Knox](#)

Tuesdays & Thursdays, September 15 - 29 (5 sessions)
8:30 to 8:45 am
Online ZOOM
\$19

[REGISTER HERE](#)

respond to you as soon as possible. Thank you for your understanding.

Add your name to our [Continuing Education Interest List](#) to receive information via email about upcoming classes.

[Follow us on Facebook](#)

[Follow us on Instagram](#)



In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.



Tuesdays & Thursdays, October 1 - 29 (10 sessions)

8:30 to 8:45 am

Tuesday, October 1

5:30 to 6:30 pm

(interactive lecture)

Online ZOOM

\$45

[REGISTER HERE](#)

The A B C's & D's of Medicare

Medicare is a critical source of health insurance for 44 million Americans. You need in-depth information on the often confusing process of the Medicare system to make informed choices with your own, or a loved one's, health insurance. For most of us - whether we're on Medicare or not - decisions about health insurance are often difficult because they affect the kind of care we get and our financial security. Be informed so you can make the best decisions. Space is limited and registration is required for this free class. [Technical requirements for course](#). *Instructor: Emily Carrick*

Tuesday, September 22

10:30 am to 12:00 pm

Online ZOOM

FREE

[REGISTER HERE](#)

Conversational Spanish I

Conversational Spanish I is for the true beginner or novice, with little or no Spanish language instruction. Students will learn the Spanish alphabet, basic grammar construction and vocabulary to help provide a foundation for conversational skills in practical situations. By the end of the class, students will be able to introduce themselves, talk about their family and weekly activities using ser, tener estar and other common verbs, as well as ask simple questions to discover information. Class time focuses on listening and speaking skills through a variety of activities. Homework will develop reading and writing skills. Course taught in both English and Spanish to better support the new learner's comprehension. Instructors



will strive to move to a full immersion experience by the end of the session. Textbook is required for this class. [Technical requirements for course](#). *Instructor: Duane Schmidt*

Wednesdays, September 30 - December 9 (10 sessions)

3:00 to 5:00 pm

Online ZOOM

\$119

[**REGISTER HERE**](#)