



COMMUNITY EDUCATION, F'2024

NWTC Sister Bay provides state-of-the-art resources that support a growing economy and vibrant quality of life in northern Door County. To register, call 920-746-4970 or email sisterbay@nwtc.edu. We are located at 2438 S. Bay Shore Drive, Sister Bay.

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
CPR Heartsaver AED#81383	Mon, Nov 4	8 am-noon	\$36.95	Purchase and read entire book prior to class. A CPR mask is required. If you have one, please bring it. If not, a mask can be purchased through NWTC Bookstore.
This course is for individuals such as day-care employees, airline/security personnel or personal trainers who may need to respond to an emergency at work. Adult, child, infant CPR and choking as well as use of automated external defibrillator will be covered.				
Heartsaver First Aid #81384	Mon, Nov 4	12:30-4:30 pm	\$36.95	Purchase and read entire book prior to class. Must bring /purchase CPR Mask to class.
This course is intended for lay rescuers, childcare workers, and industrial workers. Course covers scene/situation safety and the care of injuries: bleeding control, bone, joint, and muscle injuries, burns, and specific injuries to the head. It also addresses sudden illnesses, seizures, diabetic emergencies, poisoning, bites and stings, and heat and cold emergencies. Heartsaver First Aid teaches how to manage illness and injuries in the first few minutes until help arrives.				
Back/Neck Pain	Tues, Nov 5	2:00-3:00 pm	FREE	
What causes back/neck pain? Learn how you can prevent back/neck pain and optimize your spinal health. Presented by Krista Keck, PT, DPT from Door County Medical Center				
Artificial Intelligence (AI)	Wed, Nov 6	10 am - Noon	\$15	Presented by LIR Trainer Erin Helgeson
Discover the fascinating world of artificial intelligence. Learn how AI is transforming industries, from healthcare to entertainment, and get hands-on experience with the tools and concepts that power machine learning, natural language processing, and smart technologies. Whether you're curious about how AI works or eager to dive into creating your own AI-driven projects, this course will provide you with the knowledge and skills to unlock the limitless potential of artificial intelligence.				

CLASSES AND EVENTS	DATE	TIME	FEE	NOTES
Computer Basics	Wed, Nov 13	10 am -Noon	\$15	Presented by LIR Trainer Erin Helgeson
This course is designed to give you the foundational skills needed to navigate the digital age with confidence. From mastering the essentials of operating systems and software to understanding hardware components and troubleshooting common issues, you'll gain the knowledge to make your computer work for you. Whether you're a beginner or looking to brush up on your skills, this course will empower you to confidently handle everyday computing tasks and explore new digital possibilities				
Brain Check-Up	Mon, Nov 18	12:30 – 3:00 pm	FREE	Call NWTC to schedule an appointment 920-746-4970
A brain check-up is a wellness tool that helps identify possible changes in memory and cognition. This tool creates a baseline of where you are right now, plus allows you to monitor future changes. Presented by Sierra Witczak from the Aging and Disability Center of Door County.				
Balance	Tues, Dec 3	2:00 – 3:00 pm	FREE	
Learn how your body keeps your balance, what makes you lose your balance and how you can make your balance better and decrease your risk of falling. Presented by Krista Keck, PT, DPT from Door County Medical Center				
Baking Memories: Royal Icing Decorating	Wed, Dec 4	10 am-noon	\$20	Call 920-746-4970 to reserve a spot. Bring cookie sheet and course fee (\$20 cash only) to class.
Learn some new and fun techniques for cookie decorating while sharing laughs and memories. Fee includes a dozen cookies, 3 bags of icing and a container of sprinkles. Presented by Sierra Witczak from the Aging and Disability Resource Center of Door County. Space is limited to 8 people—sign up early!				
Healthy Lifestyle Habits	Tues, Dec 10	2:00 – 3:00 pm	FREE	
Learn the pillars of health and wellness. Learn what you can do to optimize a healthy lifestyle. Presented by Krista Keck, PT, DPT from Door County Medical Center				

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Introduction to Soap Making	Wed, Dec 11	10am-3:00 pm Lunch break from noon-1:00 pm	\$20 & \$20 supplies fee	Limited to 8 participants. Participants should bring an apron and course & supplies fee (\$40 cash only) and wear close-toed shoe to class. Presented by Jen Dahl.
<p>Participants will make up to 10 scented or unscented, colored or uncolored soaps in 3D detailed silicon molds using a commercially made melt and pour base and will take them home at the end of class. Instructor will give overview of melt-and-pour soap-making techniques based on written materials provided, and discuss techniques used for examples displayed. Two bases will be available to choose from, melted and ready to use. Various fragrances, colors and molds will be available. Participants will learn to weigh, color and scent the base, and will pour soap into molds of their choosing. While the participants are working, the instructor will weigh out the oils for the cold process demonstration and begin melting them.</p> <p>Class schedule: 10 am – 11:00 am Melt and Pour Soaps 11:00 – Noon: Cold Process Discussion and Prep. Noon – 1 pm: Lunch break the lye and oils will be cooling during lunch 1:00 – 3:00 pm: Cold Process Demo, Unmolding and wrapping of melt and pour soaps.</p> <p>Due to safety and manufacturing equipment needed for cold process soap making, this portion will not be hands-on. The instructor will demonstrate how to make a multi-colored, scented soap. The demonstration will not take long. Afterward, participants will unmold their melt and pour soaps and shrink wrap them, if desired. The class could end early if there are not a lot of questions. The instructor will have a similar batch of finished Cold Process soap available for the participants to each take a bar home. Take-home information will be provided, including a list of resources for where to purchase tools and materials.</p>				
Home Networking	Wed, Dec 11	10 am - Noon	\$15	Presented by LIR Trainer Erin Helgeson
<p>Unleash the power of your home network, with this course designed to help you build and manage a seamless, secure network in your own home. From setting up routers and Wi-Fi to understanding the basics of IP addresses and network security, you'll gain the skills needed to keep all your devices connected and running smoothly. Whether you're streaming, gaming, or working from home, this course will equip you with the knowledge to optimize your network for speed, reliability, and safety.</p>				
Where Does Your Tax Money Go	Thurs, Dec 12	10:00 – 11:00 am	FREE	
<p>Do you ever wonder where your tax dollars go? How are they spent? And why are they so high? This session will explain the assessment process, what portion of your taxes go to the village, and how the Village of Sister Bay allocates those dollars. Village staff will explain your tax bill and how the monies are dispersed, as well as what you can expect in the years to come.</p>				

