LEARN & GROW IN THE BERKSHIRES
At Berkshire Community College (BCC), we believe that education doesn’t end in the high school or college classroom. Regardless of your age, background, or interests, if you’re looking to expand your horizons, you’ll find an array of rich, year-round educational opportunities throughout the Berkshires. Learn a new language, develop a skill to take your career to the next level, earn an industry certification, or follow your passions and take a class purely for the joy of sharing a new experience with like-minded people.

BCC is an active participant in the economic development of Berkshire County. We keep our finger on the pulse of the community’s needs and interests, and collaborate with area leaders and organizations to create opportunities for personal and professional growth that not only help the student, but also benefit our region. In addition to courses for individuals, we offer workforce development trainings and certifications in subjects such as leadership and management, computer skills, hospitality, culinary arts and safety.

Our high-quality, affordable classes are taught by skilled teachers and industry experts from the local area and beyond, and bring together a diverse group of students in our lifelong learning community. We invite you to be a part of it, and experience our distinctive, horizon-expanding curriculum.

LOCATIONS
BCC offers classes at the Main Campus in Pittsfield and off-campus sites throughout the county. The classes listed throughout are color-coded by their location.

- Main Campus
- South County Center
- Online
- Other

Driving directions and a map of our Main Campus can be found at www.berkshirecc.edu/directions.

SIGN UP!
Our website makes it easy to sign up for courses online. Visit www.berkshirecc.edu/workshops for detailed descriptions of the courses listed in this booklet.

You may also register by phone or in person:
BCC’s Main Campus
1350 West Street, Pittsfield | 413-236-2127
BCC’s South County Center
343 Main Street, Great Barrington | 413-528-4521
Personal Enrichment

We believe that creativity, curiosity, and community are the keys to fulfillment. Our classes—from memoir writing to wine and cheese pairings—are open to people of all ages and educational backgrounds. Develop a new skill or hobby, become more knowledgeable about the world around you, meet new friends, and try something fun—just because—in one of our many year-round courses.

Contact 413-236-2127 workshops@berkshirecc.edu

ART

Sketchbook Skills
WKS-2505-C1 • $155
1/28 – 3/4 • Mon, 12–2:30pm
Students will explore drawing from observation, photographic sources, memory, and from abstract thought to help strengthen their creative base.

Assemble a Sculpture
WKS-2506-C1 • $185
1/28 – 3/4 • Mon, 5–8pm
This class focuses on the opportunities and choices possible when making a piece of sculpture, whether constructing a piece of personal history through use of mementos, or an abstract piece.

Landscape Painting
WKS-1568-E1 • $95
4/13 – 4/27 • Sat, 12–3pm
Discover how to paint a beautiful acrylic landscape painting with little or no experience.

Printmaking Without a Press
WKS-2504-C1 • $185
2/1 – 3/8 • Fri, 12–3pm
Students explore the art of relief printing in black and white as well as color in non-press printmaking. This is a studio course with emphasis on experimentation.

Pencil & Charcoal Technique - The fundamentals of drawing
WKS-5055-C1 • $255
1/31 – 4/4 • Thurs, 6–8:30pm
(no class on 3/21)
This course is designed so that no matter what your skill you will learn how to improve those skills. Subjects to be covered are: composition, the initial block in, tonal values, the visual understanding of the world we live as it applies to drawing, rendering techniques in pencil and charcoal.

CULINARY ADVENTURES

Knife Skills 101
WKS-345-E1 • $55
2/9 • Sat, 10am–2pm
Learn how to dice, slice, chiffonade, julienne and perform other techniques in this hands-on workshop. You will also learn knife safety, care, sharpening, and honing.

Introduction to Wine
WKS-403-C1 • $20
1/24 • Thurs, 6–8pm
Learn how to really appreciate taste, explore new wine regions and gain all the experience that you’ll need to make buying wine almost as much fun as drinking it! (Must be 21 years of age.)

Wines of the Great 48
WKS-382-C1 • $20
2/21 • Thurs, 6–8pm
The United States is now the 4th largest wine producing region in the world. Join us as we travel across the varied terrain and taste from coast to coast. Recommended prerequisite: Introduction to Wine class.

Wines of France & Italy
WKS-754-C1 • $20
3/21 • Thurs, 6–8pm
Learn to simplify the tongue-twisting terminology while you enjoy some of the world’s most food-friendly wines. Recommended prerequisite: Introduction to Wine class.
Say Cheese!
WKS-623-C1 • $30
4/18 • Thurs, 6–8pm
While choosing the perfect wine to complement your favorite cheese might seem daunting at first slice, with a few simple guidelines, it’s as easy as melting Velveeta! Recommended prerequisite: Introduction to Wine class.

Food and Wine Made Fun
WKS-474-C1 • $45
5/9 • Thurs, 6–8pm
Students will sample some savory treats and tasty pours, the perfect wine complements to help you unravel the world of wine and food—and learn to pair like a pro. Prerequisite: Introduction to Wine class.

Bartending and Mixology
WKS-400-E1 • $225
2/25 – 4/15 • Mon, 5:30–7:30pm
Understand the fundamental principles of mixology, bar organization and equipment. Learn to properly prepare and serve mixed drinks, cocktails and wines.

GET ORGANIZED
De-cluttering and Organizing Basics
WKS-1181-E1 • $35
4/27 • Sat, 10–11:30am
No matter what level of clutter, most of us need to keep on top of the endless circulation of goods and paper in our homes and offices. Learn how to do it efficiently!

Downsizing with Boomers and Seniors
WKS-1183-E1 • $35
5/20 • Sat, 10–11:30am
Years of accumulations and collecting can overwhelm homeowners who strive to live a simpler existence, plan on moving to smaller accommodations or do not want to burden their families after they are gone. Learn how to deal with sentimental belongings and how other family members come into play during the “right sizing” transition.

LANGUAGES & CULTURE
Introduction to Conversational French
WKS-208-C1 • $195
1/28 – 4/22 • Mon, 6:30–8:30pm
An introduction to French, appropriate for beginners and those who wish to brush up on basic French. Practice speaking, reading, and listening to simple French.
(no class on 2/18, 3/18, 4/15)

Intermediate Conversational French
WKS-209-C1 • $195
1/29 – 4/9 • Tues, 6:30–8:30pm
This workshop is designed for those who have taken Introductory Conversational French (Level I) or for newcomers who have basic skills in French.
(no class on 3/19)

Advanced Conversational French
WKS-266-C1 • $195
1/30 – 4/10 • Wed, 4–6 pm
This class is designed for those who have taken either Intermediate Conversational French or who have a moderate proficiency in speaking and understanding French, as well as advanced French verb structure.
(no class on 3/20)

Conversational Italian Level I
WKS-216-C1 • $195
1/22 – 4/2 • Tues, 7–9pm
(no class on 3/19)
This workshop is for beginners and those who grew up speaking a dialect. Learn a large vocabulary and begin to understand pure Florentine Italian. Learn elementary grammar and Italian culture.

Mastering the Ukulele
WKS-1589-C1 • $179
1/24 – 5/16 • Thurs, 5:30–6:30pm
(no class on 3/21)
Explore and enjoy all of your ukulele’s potential. This class will use familiar songs to help you learn more about your uke as well as more about music in general.

Creating Song Arrangements
WKS-1685-C1 • $79
1/22 – 3/12 • Tues, 6:45–7:30pm
In this class we’ll work together to create song arrangements specifically tailored to your individual musical skill set.

Songwriting Workshop
WKS-1528-C1 • $179
1/22 – 5/14 • Tues, 7:30–8:30pm
(no class on 3/19)
Work on refining your songwriting skills through weekly exercises and class discussions. Open to all levels of songwriters.

Saturday Jam Sessions
WKS-1682-E1 • $40
1/26 • 11am–1pm
Or
WKS-1682-E2 • $40
2/23 • 11am–1pm
Or
WKS-1682-E3 • $40
3/23 • 11am–1pm
Or
WKS-1682-E4 • $40
4/27 • 11am–1pm
Playing music as part of a group is exhilarating. Even if you’re a beginner, playing in a group can help you improve—usually more quickly than with private lessons. Here’s your chance to play in a group setting every month.
Basics of Improvisation
WKS-1688-C1 • $179
1/24 – 5/16 • Thurs, 6:30–7:30pm
(no class on 3/21)
Want to do more than just strum your guitar or ukulele when playing in a group? We'll explore some of the many ways to do that in this class.

Songwriting Basics
WKS-1740-C1 • $79
3/26 – 5/14 • Tues, 6:45–7:30pm
This class will focus on the basics of songwriting, melody, harmony, and rhythm. We will examine lyrics in detail with the goal of combining the best elements into a song.

Music Theory for Guitar, Ukulele & Other Fretted Instruments
WKS-788-E1 • $89
3/25 – 5/13 • Mon, 7–8pm
(no class on 3/19)
Or
1/22 – 5/14 • Tues, 6–6:45pm
Discover how music theory makes playing guitar, ukulele, banjo or any fretted instrument so much easier.

Absolute Beginners' Guitar
WKS-796-C1 • $179
1/24 – 5/16 • Thurs, 4:30–5:30pm
(no class on 3/21)
Or
1/28 – 5/13 • Mon, 5–6pm
Discover how music theory makes playing guitar, ukulele, banjo or any fretted instrument so much easier.

Spring Jam
WKS-888-C1 • $179
1/24 – 5/16 • Thurs, 7:30–8:30pm
(no class on 3/21)
Have fun playing your favorite songs with others! Class will explore arranging songs as well as basic music and improvisational ideas. All instruments and experience welcome.

PERSONAL FINANCES
Financial Planning and Investing
WKS-1647-C1 • $45
5/1 & 5/8 • Wed, 5:30–7:30pm
Learn how to plan for retirement and invest your retirement assets to help you achieve your financial goals.

Making the Most of Social Security: Creating Retirement Income
WKS-1652-E1 • $40
3/12 • Tues, 6–8pm
Find out when to file for social security and learn strategies in taxation and working while receiving social security. Coordinating with your other retirement accounts will also be covered.

PHOTOGRAPHY
Beginning Digital Photography
WKS-1255-C1 • $99
1/30 – 2/20 • Wed, 1–3pm
Learn how to use all aspects of your digital camera to explore the creative photographic process. This workshop will teach you how to take control of your photography with the understanding and use of aperture, shutter speed, exposure, filters, lenses, ISO and composition.

Photographing Winter in the Berkshires
WKS-4527-C1 • $85
2/21 – 3/1 • Thurs, 4–5:30pm
A combination of in-class instruction assignments and some “walks” capturing winter in the Berkshires.

SOCIAL MEDIA & MOBILE DEVICES
Understanding Photography and Your Smartphone
WKS-4523-C1 • $95
1/28 – 3/11, Mon, 6–7:30pm
Start using your smartphone as a camera system. Tools, technique, composition, exposure, posting and more.

Make the Most of Your iPhone
WKS-1349-E1 • $45
1/22 & 1/24 • Tues & Thurs, 6–8pm
Or
WKS-1349-C1 • $45
1/29 & 1/31 • Tues & Thurs, 3–5pm
This hands-on workshop will show you basic phone care like locking, backing up, data usage, protecting your content, battery management and software updates. Plus, all the bells and whistles like choosing and downloading useful apps for productivity, entertainment, time management, business and news.

iPhone Advanced Techniques
WKS-1723-C1 • $45
2/5 & 2/7 • Tues & Thurs, 3–5pm
Or
WKS-1723-E1 • $45
2/19 & 2/21 • Tues & Thurs, 6–8pm
Learn how to edit photos, set up Health, accessibility features, Wallet & Apple Pay, advanced settings, new iOS 12 features, emergency SOS, Measure, Personal Hotspot, and more. Please have Apple ID and password with you in class.

iPad Tablet
WKS-1448-E1 • $45
4/16 & 4/18 • Tues & Thurs, 6–8pm
Or
WKS-1448-C1 • $45
5/6 & 5/8 • Mon & Wed, 3–5pm
Discover the power of using your iPad. Customize your screen; use the App Store to download free, useful apps for business, productivity, entertainment and social media. Be sure to have your Apple ID and password with you.

Make the Most of Your Smartphone
WKS-1444-E1 • $45
5/11 & 5/18 • Sat, 10am–12pm
Or
WKS-1444-C1 • $45
5/14 & 5/16 • Tues & Thurs, 3–5pm
Learn phone security, battery management, how to pick the best apps, use Google Maps, contacts, text, calendar, photos and much more! This class is for non-iPhone users.

Kid Academy
Throughout the year, BCC's Kid Academy provides workshops designed for young people from kindergarten to age 16. Course topics include nature, photography, culinary arts, finance, golf, and Safe Sitter Training.

Safe Sitter Training
WKS-1137-E1 • $65
4/13 • Sat, 8:30am–2:30pm

Online Opportunities
If you're not able to attend live courses or prefer learning on your own time, BCC offers online courses for personal enrichment, career training, and professional development. These instructor-facilitated classes are informative, fun, convenient, and highly interactive, and allow you to study from the comfort of your home.

Visit www.berkshirecc.edu/workshops for more information.

Visit www.berkshirecc.edu/workshops for more information.
**OLLI: The Osher Lifelong Learning Institute at BCC**

Designed especially by and for people 50 years of age and up, OLLI is a lively, membership-based learning community that provides exciting programs in the arts, sciences, literature, politics, and history. OLLI members enjoy a wide range of unique and engaging programming across Berkshire County, including over 60 classes per year, our Distinguished Speaker Series, cultural and educational trips, friendly shared-interest groups, special events, and social and volunteer opportunities.

To bring you the most current and thought-provoking courses and events, OLLI partners with over three dozen cultural, community, and educational organizations, including Williams College, the Massachusetts College of Liberal Arts, and Bard College at Simon’s Rock.

Join OLLI, and you’ll be joining more than 1,200 of the most active, engaged, and interesting people in the Berkshires. Gift memberships and needs-based scholarships are available!

For course details and more information, visit [www.berkshireolli.org](http://www.berkshireolli.org) or contact 413-236-2190 or olli@berkshirecc.edu.

---

**WINTER SEMESTER**

January 15–February 22, 2019

- Classes in Pittsfield, Great Barrington and Williamstown
- Film Noir
- Today’s Headlines
- WEB DuBois
- Aging Through the Ages
- Science Conversations
- What is a Poem?
- God of the Philosophers
- Advances in Medicine
- Tchaikovsky
- Hannah Arendt
- Tolstoy’s *War and Peace*
- ...and more

**SPRING SEMESTER**

April 16–May 24, 2019

- Classes in Pittsfield, Lenox, Great Barrington and Williamstown
- Great Decisions
- *The Canterbury Tales*
- Flyfishing for Beginners
- The Scopes Monkey Trial
- Tanglewood Preview
- A Walk through Berkshire History
- *Wuthering Heights*
- Youth & Crime
- *The Iliad*
- Berkshire Performing Arts Preview
- Mozart
- Two Renaissance Women
- Demystifying Death & Dying
- ...and more
Community Wellness Programs

A collaboration between Berkshire Community College and Eastover Estate & Retreat, all classes take place at Eastover Estate & Retreat, 430 East Street, Lenox, Mass.

Traditional Chinese Brush Painting – Xie Yi Hua
WKS-3307-E1 • $325 • 2/27 – 5/1 • Wed, 11am–1pm
Or
WKS-3307-E2 • $125 • 4/28 • Sun, 10:30am–5pm
Or
WKS-3307-E4 • $260 • 3/22 – 3/24 • Fri–Sun, 7:30–9pm
Or
WKS-3307-E3 • $125 • 5/31 • Fri, 1–7:30pm
Chinese brush painting is about the balance of nature and the interrelatedness and complexity of all things. Xie yi hua is one of many styles of traditional painting and in this class, students will learn philosophical, cultural, and technical aspects of this ancient art, which is in and of itself, a language of symbolic brush strokes.

Contemporary Chinese Ink Painting With PJ Zhang
WKS-3338-E1 • $140 • 5/4 – 5/25 • Sat, 10:45am–12:15pm
Chinese ink painting uses various concentrations of black ink and water to create brushwork images. After some basic instruction, students will experiment with varied qualities of ink (thick, dry, light, etc.) to create nature-themed images such as mountains, flowers, bamboo, and fish.

Art Healing Workshop
WKS-3339-E1 • $140 • 5/4 – 5/25 • Sat, 10:45am–12:15pm
This workshop is based on the belief that everyone can create original works of art and experience the healing of self-expression by awakening the creative energy hidden in the heart.

Taoist Elixir Method Qigong
WKS-3301-E1 • $270 • 4/1 – 6/3 • Mon, 6–7:30pm and 5/4 – 5/25 • Sat, 10:45am–12:15pm
The Taoist Elixir Method, or Tao Tan Pai Basic 31 Meditations, collectively called “Cloud Hands” was created in the ninth century during China’s Tang Dynasty, and is an authentic monastic Qigong system that promotes strong health and vitality and cultivates internal energy (Qi) for self-healing, vitality, and to empower martial and healing art to super-normal levels.

Flying Phoenix Qigong
WKS-3302-E2 • $35 • 5/2 • Thurs, 7:30–9pm
Flying Phoenix Qigong is extremely fast-acting and imparts immediate, tangibly energizing and rejuvenating effects. Easier to learn and practice than Tai Chi.

The Original Tai Chi for Health
WKS-3303-E1 • $270 • 3/30 – 6/1 • Sat, 5–6:30pm
Students will learn the 60-posture Yang Style Tai Chi “Form.” Each class begins with 30 minutes of custom-tailored warm-up and conditioning routine consisting of varying selections from more than 120 Tai Chi and Kung Fu warm-up exercises.

Sheng Zhen Healing Qigong
WKS-3310-E1 • $220 • 2/27 – 5/1 • Wed, 6–7:30pm
Sheng Zhen Healing Gong is an integration of many spiritual traditions that honor the healing power of nature. Through regular practice, one experiences an opening of the heart and quieting of the mind as it comes to rest in the heart space.

Flying Phoenix Qigong
WKS-3302-E2 • $35 • 5/2 • Thurs, 7:30–9pm
Flying Phoenix Qigong is extremely fast-acting and imparts immediate, tangibly energizing and rejuvenating effects. Easier to learn and practice than Tai Chi.

Traditional Chinese Brush Painting – Xie Yi Hua
WKS-3307-E1 • $325 • 2/27 – 5/1 • Wed, 11am–1pm
Or
WKS-3307-E2 • $125 • 4/28 • Sun, 10:30am–5pm
Or
WKS-3307-E4 • $260 • 3/22 – 3/24 • Fri–Sun, 7:30–9pm
Or
WKS-3307-E3 • $125 • 5/31 • Fri, 1–7:30pm
Chinese brush painting is about the balance of nature and the interrelatedness and complexity of all things. Xie yi hua is one of many styles of traditional painting and in this class, students will learn philosophical, cultural, and technical aspects of this ancient art, which is in and of itself, a language of symbolic brush strokes.

Contemporary Chinese Ink Painting With PJ Zhang
WKS-3338-E1 • $140 • 5/4 – 5/25 • Sat, 10:45am–12:15pm
Chinese ink painting uses various concentrations of black ink and water to create brushwork images. After some basic instruction, students will experiment with varied qualities of ink (thick, dry, light, etc.) to create nature-themed images such as mountains, flowers, bamboo, and fish.

Art Healing Workshop
WKS-3339-E1 • $140 • 5/4 – 5/25 • Sat, 10:45am–12:15pm
This workshop is based on the belief that everyone can create original works of art and experience the healing of self-expression by awakening the creative energy hidden in the heart.

Taoist Elixir Method Qigong
WKS-3301-E1 • $270 • 4/1 – 6/3 • Mon, 6–7:30pm and 5/4 – 5/25 • Sat, 10:45am–12:15pm
The Taoist Elixir Method, or Tao Tan Pai Basic 31 Meditations, collectively called “Cloud Hands” was created in the ninth century during China’s Tang Dynasty, and is an authentic monastic Qigong system that promotes strong health and vitality and cultivates internal energy (Qi) for self-healing, vitality, and to empower martial and healing art to super-normal levels.

Flying Phoenix Qigong
WKS-3302-E2 • $35 • 5/2 • Thurs, 7:30–9pm
Flying Phoenix Qigong is extremely fast-acting and imparts immediate, tangibly energizing and rejuvenating effects. Easier to learn and practice than Tai Chi.

The Original Tai Chi for Health
WKS-3303-E1 • $270 • 3/30 – 6/1 • Sat, 5–6:30pm
Students will learn the 60-posture Yang Style Tai Chi “Form.” Each class begins with 30 minutes of custom-tailored warm-up and conditioning routine consisting of varying selections from more than 120 Tai Chi and Kung Fu warm-up exercises.

Sheng Zhen Healing Qigong
WKS-3310-E1 • $220 • 2/27 – 5/1 • Wed, 6–7:30pm
Sheng Zhen Healing Gong is an integration of many spiritual traditions that honor the healing power of nature. Through regular practice, one experiences an opening of the heart and quieting of the mind as it comes to rest in the heart space.

Introduction to Kundalini, the Yoga of Awareness
WKS-3314-E1 • $30 • 2/23 – 3/2 • Sat, 5–6:30pm
Combining yoga postures and breath, we will increase flexibility and awareness, decrease stress, and move toward the union of body, mind and spirit. Each class will feature a Kria (a sequence of yoga postures) designed to have a particular effect such as the Basic Spinal Series, Elevation, Navel Adjustment, or Kria for conquering Sleeplessness.

Introduction to Aromatherapy & Essential Oils I & II
WKS-3327-E1 • $35 • 2/24 • Sat, 5–6:30pm
Participants will sample a few basic essential oils (i.e., lavender, peppermint, lemon, and frankincense), learn their historical use, physical benefits, and how to apply them safely.

Qigong-Taichi Dance - Series of 7
WKS-3334-E1 • $95 • 2/21 – 4/4 • Thurs, 6–7:15pm
Wu Tao Dance is a powerful dance, exercise and meditation program that balances your vital life energy, or Qi, using beautiful, originally composed music and flowing, easy dance movements. Perfect for all ages, it will leave you feeling refreshed and peaceful and ready to flow anew within your life.

Crystal Singing Bowls Workshop
WKS-3335-E1 • $99 • 3/29 • Fri, 6–7:30pm
Each workshop will explore in depth, the scientific healing properties of sound vibration. Attendees will learn to play bowls as well as experience how the bowls amplify the healing process.
Himalayan Singing Bowls
WKS-3336-E1 • $99
4/5 • Fri, 6–7:30pm
Each workshop will explore in depth, the scientific healing properties of sound vibration. Attendees will learn to play bowls and experience how the bowls amplify the healing process.

Crystal & Himalayan Singing Bowls
WKS-3337-E1 • $150
3/29 & 4/5 • Fri, 6–7:30pm
Students who sign up for this workshop will be enrolled in both Singing Bowl classes.

Qigong Calligraphy With Pj Zhang
WKS-3340-E1 • $120
5/5 – 5/26 • Sun, 10:45am–12:15pm
Chinese Calligraphy is the design and execution of lettering with a broad tip instrument (or brush) in one stroke. Qigong is the ancient practice and discipline of energy movement. In this workshop, students will explore how Qigong Calligraphy relaxes the mind and cultivates the qualities of stillness, patience, and grace.

Laughter for Health With Doreen Black
WKS-3342-E1 • $50
2/20 – 3/6 • Wed, 5:30–6:30pm
Laughter not only improves mood and mental function, it also is known to relax muscles, increase antibodies in saliva, help fight infection, improve tissue function, and is even linked to longevity.

Internal Martial Arts: Qigong for Health
WKS-3343-E1 • $50
2/16 – 3/30 • Sat, 9–10:30am
Introduction to principles of Dachengquan, Tai Chi and Qigong to fortify the life force of the body and promote health and wellness. Gentle exercises stimulate the flow of Qi throughout the meridians of the body.

External Martial Arts for Defense
WKS-3344-E1 • $190
2/16 – 3/30 • Sat, 11:30am–12:30pm
Basics of Northern Hao style Tai Chi Plum Blossom Praying Mantis Boxing. After warm up to limber the body and cultivate Qi, students learn movements of the forms and how they are applied in self-defense.

Sheng Zhen Qigong Teacher Training With Junfeng Li
WKS-3345-E1 • $35
5/25 • Sun, 3–5pm
To be a Sheng Zhen teacher one must understand the Sheng Zhen philosophy, live a Sheng Zhen life, respect others always and know the splendid Sheng Zhen Gong forms.

Eastover Wellness Aquatics with Antoinette Simms
WKS-3346-E1 • $170
4/20 – 6/4 • Sat, 11am–12:30pm
The merging of somatic movements, yoga postures, breath techniques, fitness, movement and fun in the water!

Food As Medicine
WKS-3309-E1 • $260
3/4 – 4/22 • Mon, 6–7:30pm
This series of classes will explore the role that diet plays in the prevention and relief of chronic disease and common conditions and in the maintenance of optimal health and well-being. The instructors will present students with a compass to evaluate dietary trends and nutritional advice and help make better personal choices.

COMMUNITY WELLNESS PASS
BCC/Eastover 10-CLASS
Community Wellness Pass
WKS-3300-E1 • $120
This pass allows you to attend ten of the classes listed below, in any combination:

Chen Style Tai Chi with Hugh Koh
2/24 – 4/28 • Sun, 9–10:30am
Qigong with Ken Nelson
4/6 – 4/28, Sat, 9–10:30am
Flying Phoenix Qigong with Eastover Master Residence Terry Dunn
5/2 • Thurs, 7:30–9pm
Sheng Zhen Qigong Teacher Training with Junfeng Li
5/25 • Sat, 7:30–9pm

WELLNESS ON BCC’S MAIN CAMPUS
Breathe Your Health
WKS-772-E1 • $75
4/24 – 5/22 • Wed, 3–4:30pm
Breathing correctly is your most crucial and immediate source of energy. We will learn how your in-breath, the stress system, the action and inhibition sympathetic part, is counter-balanced by the out-breath, the re-charging, soothing, healing and social bonding, the parasympathetic part.

Using Aromatherapy/Essential Oils in Everyday Life
WKS-4302-E1 • $45
4/2 & 4/9 • Tues, 6–8pm
Learn the basics of aromatherapy and essential oils and how to incorporate them into your lifestyle. Discuss oil safety and discover what oils to use for particular situations. Essential oils will be sampled during the class. Materials fee of $30 payable to instructor at first class.

Read full course descriptions & register online at www.berkshirecc.edu/learn
Paterson Fitness Center

MEMBERSHIP
BCC’s fitness center, located in Paterson Field House on the Main Campus, features high-quality equipment; a pool, tennis courts, new Community Turf Field, and a variety of spaces for fitness classes. Set up your workouts based on your schedule.

A certified personal trainer is available during all hours of operation to show you how each machine is used.

Visit www.berkshirecc.edu/paterson or call 413-236-1670 for membership information, hours of operation, fitness class schedules, and information about the pool, tennis, and facility rentals.

PERSONAL TRAINING PACKAGES
Sign up with a fitness professional for one-on-one 60-minute training sessions based on your individual fitness needs and goals. Visit www.berkshirecc.edu/learn to see what each of these unique packages offer.

Once a week (One Session/week) - $65
Twice a week (two sessions/week) - $55
Thrice a week (three sessions/week) - $45

Language Training

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

For individuals who would like to improve their English, we offer FREE classes in English for Speakers of Other Languages (ESOL). BCC’s ESOL classes emphasize real work skills—reading, writing, speaking, and listening—to give students the skills they need to succeed.

Aprenda Inglés
学英语
Matuto ng Iningles
Học tiếng Anh
เจริญภาษาอังกฤษ
Aprenda Inglés

Contact
413-236-5260
alp@berkshire.edu

Funded through the Massachusetts Department of Elementary and Secondary Education, Adult Community Learning Services.
Horticulture

The Horticulture Certificate Program is a noncredit adult enrichment program designed to benefit you, whether you are a professional, an aspiring professional, a home owner or serious home gardener. All classes take place at Berkshire Botanical Garden located in Stockbridge, Mass.

Level 1 Certificate Courses

The Science of Plant Propagation
WKS-H111-E1 • $185
1/8 – 1/29 • Tues, 5:30–8:30pm
Learn the art and science of plant propagation with a focus on the basic botany needed to understand and successfully propagate plants. Students will learn the fascinating science behind propagation along with the various techniques used to propagate plants.

Sustainable Landscape Care and Garden Maintenance
WKS-H108-E1 • $185
2/5 – 2/26 • Tues, 5:30–8:30pm
Learn about the maintenance considerations that should be integrated into the design process. Students’ horticultural knowledge will expand to factor sustainable maintenance concerns with cost effectiveness into plant selection.

Landscape Design I
WKS-H109-E1 • $325
3/5 – 4/16 • Tues, 5:30–8:30pm
This design course will introduce students to the design process—the systematic way designers approach a site and client. The course will include a series of simple projects that will end with a garden designed by the students.

Advanced Certificate Courses

Planting Plan Design Studio
WKS-H213-E1 • $385
1/16 – 3/6 • Wed, 5:30–8:30pm
Learn how to design a planting plan for private and public garden spaces. Explore the manipulation of space by using plant material through a series of exercises dealing with form, color, and texture. Required text: Professional Planting Design by Scott Scarfone. Prerequisites: Herbaceous Plants, Ornamental Woody Plants, Drafting for Garden Design.

Organic Vegetable Gardening
WKS-H317-E1 • $230
1/10 – 2/7 • Thurs, 5:30–8:30pm
Designed for those starting or caring for a vegetable garden, this course will include discussion of soil and nutrient management, seed selection, crop rotation schemes, bed preparation, seeding and planting, pest management, and specific plant cultivation, all in the context of the different vegetable groups.

Tree Care for Gardeners
WKS-H214-E1 • $185
2/1 – 2/15 • Fri, 1–5pm
The goal of this class is to empower horticulturalists to better understand the largest plants in the landscape. Learn the basics of tree biology and identification, the tree’s role in the ecosystem, proper selection, siting, planting considerations, pruning of young trees, fertilization, pest identification and when to call in the Certified Arborist.

Orchard Management
WKS-H307-E1 • $125
2/23 • Sat, 9am–4pm
Successfully growing fruit for your family becomes straightforward when you narrow the big picture down to getting the basics right. This workshop covers complementary sprays backed by biodiversity and soil health to set the stage for successfully growing tree fruit in the western Massachusetts/tri-state region.

Container Gardening
WKS-H309-E1 • $185
2/28 & 3/14 • Thurs, 5:30–8:30pm
Learn how to use containers in the landscape to enhance and extend seasonal beauty, produce food, and create an authentic sense of place.

Level 3 Independent Study - Horticulture Certificate Program
WKS-H300-E1 • $125
1/22 – 2/15 • Mon, 9am–4pm
The independent study is for students wishing to design a program to meet a specific horticultural or design interest. Students will select a minimum of 8 hours (approximately 4 programs) from Berkshire Botanical Garden’s community program for Horticulture Certificate credit. Programs must be approved by the advisor.

Read full course descriptions & register online at www.berkshirecc.edu/learn
Professional Development

Upgrade your skills, earn a certification, position yourself for a promotion, or get started in a new trade—our budget-friendly, conveniently located classes will help you reach your career goals.

Contact 413-236-2127
workshops@berkshirecc.edu

COMPUTERS & TECHNOLOGY

Excel for Business
WKS-1725-C1 • $65
4/8 & 4/10 • Mon & Wed, 3–6pm
Learn the techniques you’ll need for business Excel like formulas, sorting, filtering, grouping, subtotaling, charts, and more.

Word for Business
WKS-1726-C1 • $65
4/1 & 4/3 • Mon & Wed, 3–6pm
This course will cover the word processing techniques you’ll need in business like style sheets, mail merge, printing envelopes, inserting pictures, creating tables, columns, headers/footers, and more.

Beginning Adobe Photoshop
WKS-236-C1 • $155
2/19 • Tues, 1–4pm
2/26 – 4/16 • Tues, 1–3pm
Learn how to modify and correct photos using the most current version and “state-of-the-art” software with an amazing assortment of digital tools. Topics covered include image size and resolution, retouching, color modes, file formats, painting and editing tools, image adjustments, working with layers, and layer masks.

Intermediate Adobe Photoshop
WKS-239-C1 • $155
3/26 • Tues, 1–3pm
4/2 – 4/16 • Tues, 1–4pm
This thorough and detailed workshop is the next stage after Beginning Photoshop. Students will further their knowledge of image construction, manipulation, masking, retouching and collage techniques. Prerequisite: Beginning Adobe Photoshop or permission of the instructor.

Introduction to Computers
WKS-102-C1 • $65
3/26 & 3/28 • Tues & Thurs, 2:15–5:15pm
This hands-on workshop will provide an introduction to the Microsoft Windows 10 platform, including file management, the basics of MS Word, and a brief overview of Excel. Prerequisite: keyboarding skills and prior use of a mouse.

Entrepreneurship

Getting Paid to Talk - An Introduction to Professional Voice-Acting
WKS-1050-E1 • $50
2/7 • Thurs, 6:30–9pm
Or
WKS-1050-E2 • $50
4/29 • Mon, 6:30–9pm
Ever been told you have a great voice? This class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! In addition, you’ll have an opportunity to record a short professional script under the direction of your instructor.

FILM INDUSTRY

Write-Shoot-Edit:
Producing Short Form Video
WKS-2357-E1 • $229
2/21 – 3/28 • Thurs, 6–7:30pm
4/4 – 4/18 • Thurs, 6–9pm
This class will focus on developing short-form video content. Students interested in marketing, film or journalism are all encouraged to sign up. Class will be creative but the primary goal is to develop logistical tools of scripting and scheduling to create your video. Some equipment will be available but students with their own gear are encouraged to use it for their shoot.

Leadership & Management

Managing People to Their Potential
WKS-4300-E1 • $250
3/4 – 3/11 • Mon, Wed & Fri, 8–10am
Discover why ethical, value driven behaviors along with respect and responsibility are good for a business/organization and how managers, whether managing one person or a thousand people, can maximize their employees’ productivity, create career opportunities for themselves and add to the company’s bottom line. Required text: The People Principle.

Certified Nursing Assistant (CNA)

WKS-9520-E1 • $725
1/7 – 2/2 • Mon–Fri, 4–9pm
Or
WKS-9520-E2 • $725
2/25 – 3/23 • Mon–Fri, 4–9pm
Or
WKS-9520-E3 • $725
4/22 – 5/18 • Mon–Fri, 4–9pm
This is a ninety (90) hour state approved nursing program. Clinical will be completed at various Berkshire Health Systems (BHS) Long Term Care Facilities. If you are interested in enrolling into this course, please call the BHS Education Department at 413-395-7545 to arrange for an interview.

Paralegal Certificate Course
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Advanced Paralegal Certificate
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.

Or
WKS-9351-E1 • $2,100
1/14 – 4/26 • Online
This program is for students who wish to extensively build upon their knowledge of law and paralegal studies with classes in specialized facets of contemporary law. Your study and concentration on substantively specific materials will enable you to gain a strong competitive edge over other paralegals.

Or
WKS-9350-E1 • $1,395
1/14 – 4/26 • Online
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Train to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. There are no prerequisites to take the course, but students will be expected to complete a significant amount of homework for each session.
Preparation for the Construction Supervisor’s Exam  
WKS-200-E1 • $350  
1/23 – 3/6 • Wed, 6–9:30pm  
Learn to use the Massachusetts State Building Codebook. Find the information you need through hands-on experience. Preregister by calling CST at 1-978-939-3435. Required texts:  

ServSafe Food Safety Certification  
WKS-396-E1 • $115  
1/14 • Mon, 9am–4:30pm  
Or  
WKS-396-E2 • $115  
3/5 & 3/12 • Tues, 5–8:30pm  
Or  
WKS-396-E3 • $115  
4/30 • Mon, 9am–4:30pm  
Get certified in food safety and sanitation that is required by Massachusetts Food Code to be a certified food safety manager. NOTE: Students must purchase at least the 6th Edition of the book, ServSafe Manager (with Exam answer sheet).

ServSafe Recertification  
WKS-394-E1 • $70  
3/25 • Mon, 1–5pm  
Or  
WKS-394-E2 • $70  
5/14 • Tues, 5–9pm  
Has it been 5 years since your food safety certification? This class is for those needing a refresher on food safety, sanitation procedures and regulations. NOTE: Book is optional. 6th edition of the book, ServSafe Manager.

SOCIAL MEDIA

Introduction to Social Media  
WKS-1463-E1 • $45  
4/23 & 4/25 • Tues & Thurs, 6–8pm  
Or  
WKS-1463-C1 • $45  
4/30 & 5/2 • Tues & Thurs, 3–5pm  
This class defines the scope of Social Media and its pervasiveness in our lifestyle. Then it introduces students to the most popular and the up and coming Social Media channels, specifically Facebook, Instagram, Twitter, Pinterest, LinkedIn, Periscope, Google and how students might make the best use of each.

All About LinkedIn  
WKS-1490-E1 • $40  
3/3 & 4/6 • Sat, 10am–12pm  
LinkedIn, the social media for professional connections, is more than a place to put your resume. Learn how to find & make connections, join groups, do a job search, get recommendations and endorsements from colleagues and clients, write and post articles, and get noticed by influencers in your market.

How to Stay Safe on Facebook  
WKS-1724-C1 • $45  
2/25 & 2/27 • Mon & Wed, 3–5pm  
Or  
WKS-1724-E1 • $45  
3/11 & 3/13 • Mon & Wed, 6–8pm  
This course will cover security, privacy, posting guidelines, friends’ suggestions and selecting, hiding posts, unfollowing, blocking, controlling notifications and all settings that will protect you from hackers and stalkers. Prerequisite: must have an existing Facebook account and must know login and password.

JUMP-START YOUR CAREER

Read full course descriptions & register online at www.berkshirecc.edu/learn
New hands-on hospitality and culinary training

Berkshire Community College has partnered with the region’s most innovative hospitality organizations to create practical training courses that will be taught by celebrated chefs, restauranteurs and subject matter experts from the industry. The continued success of our regional hospitality industry is dependent on a skilled and inspired workforce. Whether you are interested in culinary, hospitality or hospitality leadership positions, there are excellent career prospects for you in the Berkshires and beyond. In Spring 2019, BCC will launch the following non-credit, certificate programs which will be FREE to both students and participating employers, thanks to a grant from the Massachusetts Department of Higher Education.

Certificate in Hospitality Core Skills (for Front-of-the-House Staff)
Certificate in Culinary Core Skills (for Back-of-the House Staff)
Certificate in Hospitality Leadership (for Rising Managers)

In less than one semester of part-time study, students will complete the coursework and be eligible to apply for a paid internship, which could lead to permanent employment. Students will also have the opportunity to expand their professional network through direct exposure to a variety of leading hospitality and tourism professionals. Participating employers will benefit from the opportunity to develop existing staff, as well as identify and hire new talent.

We invite interested students and employers to contact us regarding this dynamic training opportunity. Please contact 413-236-2127 or workshops@berkshirecc.edu for more information. A program application for students can be found at www.berkshirecc.edu/hospitalitytraining.

Workplace Training

If you’re a business owner or manager, you know that the rapid pace of technological change requires a well-trained and flexible workforce. We’ll work with you to develop customized trainings that optimize your human resources and suit the needs of your business or non-profit, and deliver them either on-site or at our Pittsfield, Great Barrington, or North Adams locations.

BCC’s workforce training instructors are seasoned professionals and subject-matter experts. Our staff can also help you apply for grants to offset the cost of training, and put your business or organization on the path to success.

Your employees will feel more engaged and confident in their skills, and your organization will benefit from improved morale, productivity, and performance. Invest in your people and your organization’s future today!

Contact
413-236-2125
workshops@berkshirecc.edu

ENGLISH LANGUAGE TRAINING
Do you employ non-native speakers of English? Empower them by giving them the skills to be more successful in the workplace and daily life. Our affordable contract ESOL (English for Speakers of Other Languages) training can be customized for your business.
Pursue a Degree or Certificate

AREAS OF ACADEMIC CONCENTRATION

BCC offers a rich array of academic courses. Enroll today, and get started earning credits toward your professional certification or degree. BCC offers more than 50 associate degree and certificate programs.

Contact 413-236-1630 | admissions@berkshirecc.edu

ALLIED HEALTH
Massage Therapy
Physical Fitness
Physical Therapist Assistant
Respiratory Care

BIOLOGY
Biological Science Concentration
Biotechnology Concentration

BUSINESS
Business Administration
Business Careers
Health Information Management Option
Medical Coding Technical Skills

COMPUTER INFORMATION SYSTEMS
Business Systems
Computer Science
Networking
Programming — Business
Programming — Technical

CRIMINAL JUSTICE

EDUCATION
Early Childhood Education
Elementary Education

ENGINEERING & ENGINEERING TECHNOLOGY
Applied Manufacturing Technical Skills
Applied Manufacturing Technology
Computer/Electronic Technology Engineering
Manufacturing Technology

ENVIRONMENTAL SCIENCE

FINE & PERFORMING ARTS
Music
Music Production
Theatre
Visual Arts

FIRE SCIENCE

HEALTH SCIENCE
Pre-Professional Transfer Option
Community Health Worker
Dental Assisting
Medical Assisting
Surgical Technology

HOSPITALITY & HOSPITALITY ADMINISTRATION
Culinary Arts
Lodging Management
Hospitality Administration — Career & Transfer Options

HUMAN SERVICES
Addiction Recovery Assistant
Human Services
Social Work Transfer

LIBERAL ARTS
Liberal Arts
Biological Science Concentration
Biotechnology Concentration
Early Childhood Education
Elementary Education
Foreign Language Concentration
International Studies Concentration
Psychology Concentration
Sociology Concentration

NURSING
Practical Nurse (LPN)
Nursing (ADN)
Nursing (BSN)

Read full course descriptions & register online at www.berkshirecc.edu/learn