

• **LIFELONG LEARNING** •

ADULT AND COMMUNITY EDUCATION

NORTH CENTRAL CAREER CENTER - 1401 DAILY RD - BETHANY, MO

Please contact Mary Ward at mward@shr2.k12.mo.us for more information concerning the classes being offered.

Some Classes Will Start The Week Of APRIL 15, 2019



HOW HEALTHY IS YOUR HEALTH FOOD?
Sarah Wood

With so many people interested in healthy living, it's only natural that food manufacturers try to jump on the bandwagon. Buzzwords such as "natural", "organic", "whole grain", and "low fat" are put on foods packages to entice consumers; but what do these words really mean? Join Registered Dietitian and MU Extension Nutrition Specialist, Sarah Wood for an eye-opening look at the truth behind the claims on the package.

One 1-hour class

Date: Tuesday, May 14, 6:30 - 7:30pm

Cost: FREE



DESTINATION GERMANY
Betsy Friesz

If you are planning a trip to one of the European countries or would just like to learn more about travel there, this class is a must. Betsy and her husband traveled to Germany and some of the surrounding countries. They toured several castles. Some were so large that it almost took the entire day to see them. They also enjoyed seeing some of the historical sites along with their family members. Several of these historical sites will be familiar to you. If Germany or the surrounding countries are on your "to do" list, attend this class and get many of your questions answered.

One 2-hour class

Starts: Student Demand

Cost: FREE

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YOGA/PILATES
Donna Eiberger

Are you interested in a low impact total workout? If you have been thinking about trying a new form of exercise, let Donna show you how to engage your mind, body and spirit using yoga and pilates. If you want to firm up and lose a few excess inches, bring your yoga mat and hand weights and join others who are interested in an exciting, refreshing workout just like you.

Six 1-hour classes on Mondays OR

Six 1-hour classes on Tuesdays

Starts: Monday, April 15 OR

Tuesday, April 16, 5:30 - 6:30pm

Cost: \$35



BEE KEEPING FOR BEGINNERS
Raymond Heldenbrand

Have you always wanted to have a hive of bees to produce honey just for you? Or, maybe you would like to learn how to have many hives and start a commercial business of your own sometime. Whatever your wants or needs are, please join Raymond to get the answers to all of your questions concerning this interesting endeavor. Minimum of 5 people needed for the class to be held.

One 2-hour class

Date: Tuesday, April 23, 6:00 - 8:00pm

Cost: \$35



HERBS: COOKING, HEALING, GROWING
Sarah Wood

When it comes to seasoning foods, many Americans limit themselves to little more than salt and pepper. While salt and pepper are certainly important components of any recipe, there is a world of flavor to be found in herbs. This class discusses how to use herbs in the kitchen for their culinary and health benefits. Participants will also learn just how easy it is to keep an herb garden of their own.

One 1-hour class

Date: Tuesday, April 23, 5:30 - 6:30pm

Cost: FREE

CLASSES ARE HELD AT THE NORTH CENTRAL CAREER CENTER



BASICS OF A COMPUTER
Pam Fitzgerald

Computers today come loaded with a vast amount of information, programs and possibilities. Get a walk through on how to get started with your first or new computer. Class is designed to train new users of a computer. You will need to bring your portable device with a power cord. For desktop computers, we will use the ones at the career center. Your operating system must be Windows. The class requires a minimum of 5 students for the class to be held.

One 3 - hour class

Requires 5 for the class

Starts: Monday, April 29, 5:30 - 8:30pm

Cost: \$25



HOW TO BID AT AN AUCTION
Tony Nelson

Have you always wanted to bid at an auction but just didn't know how to? Join Tony Nelson of United Country Real Estate and Auction Company and learn how it should be done. Join others like yourself and learn how to bid, raise the bid and the other actions that will help you get the item you want for the price you want to pay. Attend this class and find out how you can be the owner of that special piece to complete your collection. Or, learn to bid to win the bid or for the piece of property you are hoping to hunt or build on some day.

One 1.5-hour class

Date: Thursday, April 18, 7:00 - 8:30pm

Cost: FREE



STRAW BALE GARDENING
Andy Luke

If you would like fresh vegetables for your home but have limited space or an achy body, straw bale gardening is for you. Come learn the method which combines all the benefits of container and raised-bed gardening into one. Straw bale gardening truly is a class for every "body".

One 2-hour class

Date: Wednesday, April 17, 6:00 - 8:00pm

Cost: FREE

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MESH WREATHS
for Spring
Betsy Friesz

Would you like to make a mesh wreath to decorate your home or give as a gift. There are several gift giving occasions coming up such as graduations, weddings and other special times. In this class, you will learn to construct a basic mesh wreath and then decorate it with accents and ribbon to fit the season and your color scheme. All supplies will be provided though you may bring items to decorate your wreath if you choose. Please bring scissors to class and a glue gun if you have one. The class requires 5 students to be held.

One 3-hour class

Date: Student Demand, 6:00 - 9:00pm

Cost: \$20 + supplies



BASIC WELDING
TECHNOLOGY
Zeb Cook

Lab instruction and hands-on applications provide the beginner/hobbyist exposure to the basics of theory and safe practices for the welding/cutting processes as well as various related power equipment and hand tools. Protective equipment is required: glasses, gloves and long sleeve shirt. Minimum of 5 people needed for class to be held.

Thirty hours of instruction

Ten 3 - hour classes

Starts: Student demand Minimum of 5

Cost: \$600 + materials



SPRING CLEAN
YOUR DIET
Sarah Wood

Spring is a time of renewal. It's a time when man/people are thinking about getting outside, dusting off the cobwebs, and giving their houses a good cleaning. Why not also take this time to clean up the diet? Swimsuit season is right around the corner. This class is designed to help participants make healthier food choices, cut back on processed foods, and enjoy the fresh spring fruits and vegetables available at the market.

One 1-hour class

Date: Tuesday, April 23, 6:30 - 7:30pm

Cost: FREE



CUSTOMIZED WELDING
Zeb Cook

This class provides in-lab and hands-on instruction for those with various degrees of experience wanting to develop or improve their welding skills in a specific welding/cutting process. Instructor will meet with you to determine your current skill level needs. Provides guided instruction to practice and improve skills or prepare for certification. Protective equipment is required: glasses, gloves and long sleeve shirt. Minimum of 5 people needed for class to be held. Thirty hours of instruction

Ten 3 - hour classes

Starts: Student demand Minimum of 5

Cost: \$600 + materials



REFLEXOLOGY
Ashton Mathes

Reflexology promotes the body's ability to adjust and balance during times of stress. Simply taking time out to relax can help you let go of tension and enjoy a feeling of restored balance in your mind and body. Because it promotes overall health, reflexology is used as complementary care for people with a variety of conditions. For example, reflexology can help alleviate headaches, reduce arthritic and back pain, and reduce the symptoms of diabetes. Please join Ashton for this informative class. Minimum of 5 students needed for the class to be held.

One 1.5 - hour class

Date: Thursday, April 25, 6:00 - 7:30pm

Cost: \$15



STRESS LESS
Sarah Wood

Stress is an unfortunate part of our daily lives. Chronic stress can cause issues with sleep, relationships, health, and overall well-being. While we can't eliminate stress from our lives, we can learn how to manage it in healthy and effective ways. In this class, we will discuss the impact that stress has on our lives, sources of stress, and what we can do to manage it.

One 1-hour class

Date: Tuesday, May 14, 5:30 - 6:30pm

Cost: FREE



ADVANCED WELDING
Zeb Cook

Looking for job advancement or just want to refine your welding skills? This course will allow you to develop those skills. You may choose between or work with a combination of processes. This course will get the student involved in welding various materials in various positions. Protective equipment is required: glasses, gloves and long sleeve shirt. Minimum of 5 students needed for class to be held.

Thirty hours of instruction

Ten 3 - hour classes

Starts: Student demand Minimum of 5

Cost: \$600 + materials



GRAPEVINE
WREATH
Betsy Friesz

Would you like to decorate your family room or den with a new seasonal grapevine wreath for the special occasions such as Easter, Mother's Day or the 4th of July? Or, would you like to decorate your grapevine wreath in a manner that will be appropriate for display all year long? Betsy will show you how to make a wreath to fit your own personal needs. Please bring scissors to class and a glue gun if you have one.

One 3-hour class

Date: Student demand 6:00 - 9:00pm

Cost: \$30 + Supplies

**MINIMUM NUMBER OF STUDENTS
NEEDED TO START SOME CLASSES.**

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