

• LIFELONG LEARNING •
ADULT AND COMMUNITY EDUCATION
NORTH CENTRAL CAREER CENTER - 1401 DAILY RD - BETHANY, MO
Ms. Ward: 425-6609 • Mrs. Richardson: 425-2201 • Mrs. Best: 425-2196
Some Classes Will Start The Week Of MARCH 13, 2017

**☒ COUNTRY LINE DANCE
FOR TEENS**

Connie and Eldon Graham

Have you gone to dances but felt like you were missing out on the fun because you didn't know how to line dance? If you are planning to attend any school activities like barn warming or going to a family wedding, you might enjoy knowing these dances so you can join in the fun. Sign up for this class and learn some of the dances your friends are doing. There is a minimum of ten people needed for this class to be held.

Four 1 - hour classes on Tuesdays
Starts: Tuesday, March 14, 6:00 - 7:00pm
Cost: \$20

**☒ COUNTRY LINE DANCE
Connie and Eldon Graham**

Do you enjoy dancing and having fun with others who like to dance too? If so, put on your best country dancing shoes and get ready for a good workout. You will review some of your old favorites and learn some new ones too. No experience needed - just join Connie and Eldon for some fun! There is a minimum of 5 people needed for this class to be held.

Six 1 - hour classes on Tuesdays
Starts: Tuesday, March 14, 7:00 - 8:00pm
Cost: \$30

**☒ COUNTRY COUPLE DANCE
Connie and Eldon Graham**

Have you always wanted to learn to couple dance but never took the time? Sign up for this class and let Connie and Eldon teach you country western pattern dance. They will show you how to do the Two-Step, Cha Cha, Waltzes and others. Enjoy dancing with other couples and get some great exercise as well. Minimum of 5 couples needed to have this class.

Six 1 - hour classes on Tuesdays
Starts: Tuesday, March 14, 8:00 - 9:00pm
Cost: \$50 per couple

**☒ 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 for summer 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 Wednesdays
Starts: Wednesday, March 15, 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, March 28, 6:00 - 8:00pm
Cost: \$30

**☒ BASIC HOME REPAIR
Eric Sweat**

Have you ever wanted to learn how to repair a hole in the wall of your home? Would you like to learn how to put on new door knobs or door hinges? Or, do you have other questions concerning small repairs that you want to ask Eric? He will answer all your questions about getting your home ready for Spring and a hot, humid Missouri summer. Minimum of 5 students needed to have the class.

One 3-hour class
Date: Saturday, April 8, 9:00 - 12:00pm
Cost: \$20

**☒ 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
Cost: \$150 + materials

**☒ 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
Cost: \$150 + materials

**☒ 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
Cost: \$150 + materials

**PLEASE CALL MARY WARD
AT 660-425-6609
FOR MORE INFORMATION
OR TO ENROLL**

**CLASSES ARE HELD AT THE
NORTH CENTRAL CAREER CENTER
UNLESS OTHERWISE INDICATED**

☒ 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. The class requires a minimum of 5 students for the class to be held.

One 3 - hour class

Starts: Monday, March 13, 5:30 - 8:30pm

Cost: \$25

☒ ESSENTIAL OILS

Ashton Vandivert

Have you been hearing about the importance of some essential oils that may be used for better health? Please join Ashton to learn about the health benefits of these important oils. She will also teach you about the application of these oils and share some of her own experiences with certain ones. Minimum of 5 students needed to have the class.

One 1 - hour class

Date: Thursday, March 30, 6:00 - 7:00pm

Cost: \$15 - oils available on request

☒ REFLEXOLOGY

Ashton Vandivert

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 for the class to be held.

One 1 - hour class

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

Cost: \$15

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**DESTINATION
Brussels, Belgium
Dennis Eastin**

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. The Eastin's have traveled often, but still learned some interesting new things on their trip to Brussels, Belgium. They planned for a long time in advance to get the most for their dollar or Euro in this case. Once they arrived in Belgium, they found a place to stay with the privacy they had been familiar with in the U.S. The Eastin's found that they had a free day to explore as they wished and decided on a town with a wonderful marketplace. Luckily, Dennis could still drive a stick-shift, and they enjoyed their family outing.

One 2 - hour class

Starts: Student Demand

Cost: FREE

**☒ PROBATE/ESTATE
PLANNING 101**

Johnathan Meyer, Attorney At Law

What is Probate and how do I avoid it? What is a Revocable Trust? Johnathan will answer these questions and others you might have. The class is designed to give students a basic understanding of probate and non-probate transfer of property after death. This class requires a minimum of 5 students for it to be held.

One 2-hour class

Date: Wednesday, March 22, 6:00 - 8:00pm

Cost: \$25 per person / \$45 per couple

**☒ MONOGRAM BURLAP
WREATH
Betsy Friesz**

This is a great wreath to be used for everyday or seasonal decorating. You will learn to intertwine burlap onto a wreath form, and then decorate it with ribbon and a letter for a sophisticated look. Or, you may want to make a wreath suitable for your porch or outdoor patio at home. Others may want to create a wreath for their lake home. This would make a great gift for Dad for Father's Day. He could decorate it for his man cave. All supplies provided, but notify instructor in advance of your choice of letter and color. Please bring scissors to class and a glue gun if you have one. Minimum of 5 students for class to be held.

One 3-hour class

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

Cost: \$20 + supplies



**GRAPEVINE WREATH
Betsy Friesz**

Would you like to make a Grapevine Wreath to decorate your home? You could display it inside or outside your home or give it as a gift. There are many gift-giving occasions coming this Spring and Summer. Perhaps you know of someone getting married who might like to have a wreath made especially for them. No matter what the occasion, this wreath could be personalized just for that special person. Betsy will have a variety of items to enhance your wreath. Please bring scissors to class and a glue gun if you have one. This class requires 5 students to be held.

One 3-hour class

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

Cost \$20 + Supplies

**☒ MESH WREATH
for SPRING/SUMMER
Betsy Friesz**

Would you like to make a new mesh wreath to decorate your home for Spring and/or Summer? Or, are you looking for a gift for that person who has everything? 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 for the class to be held.

One 3-hour class

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

Cost: \$20 + supplies

**☒ REPURPOSING A PICTURE
FRAME
Pam Fitzgerald**

Repurposing a picture frame can be fun and easy. The class will include ideas and samples of repurposed projects, and you will create a memo board for your personal use. The class requires 5 students for the class to be held. You will need to bring a painted wood frame - painted to color of your choice. Please paint and allow 3-4 days drying time before class begins - size 20" x 24". You will need to bring 5-10 clothes pins with springs to clip, and a pair of wire cutters and a utility stapler if available.

One 3-hour class

Date: Monday, March 20, 5:30 - 8:30pm

Cost: \$25