



---

*COMMUNITY EDUCATION SCHEDULE**FALL 2015*

---

**Microsoft Word for Beginners**

Whether you're a seasoned expert looking to refresh your skills or novice with room to grow, this course will teach you the basic points of Microsoft Word.

Dates: Mondays in September – 9/7, 9/14, 9/21, & 9/28

Time: 4:30pm – 5:45pm

Cost: \$40

**Microsoft Excel for Beginners**

Whether you're interested in creating spreadsheets to manage a home budget, track your daily exercise or calorie count, or you simply want to learn more about Excel, this class is for you!

Dates: Mondays in October - 10/5, 10/12, 10/19, 10/26

Time: 5:00pm – 6:15pm

Cost: \$40

**Beginning Guitar & Jam Session**

Not only will this course guide you in gaining a basic understanding of how to play the guitar, it will introduce you to the concepts of performing as a group. It's a great opportunity for the beginner or novice guitar player to expand their skills with like-minded individuals.

Dates: Every other Monday beginning August 31<sup>st</sup> – 08/31, 09/14, 09/28, 10/12

Time: 6:00pm – 8:30pm

Cost: \$40

**Working with Wool for Home & Fashion**

This course will explore the personal and home uses for one of mankind's oldest and well-known products...Wool! Over the course of four weeks, students will be introduced to the material through a series of projects. Students will create and leave class with wool dryer balls (Never buy dryer sheets again!!!), holiday ornaments, oven mitts, and hats! No experience necessary. All materials will be provided.

Dates: Mondays in October and November - 10/12, 10/19, 10/26, and 11/2

Time: 6:00pm – 8:00pm

Cost: \$50

***MORE CLASSES ON THE REVERSE***



**CPR - American Heart Association Basic Life Support Certification**

In this classroom-based course, healthcare professionals learn to recognize several life-threatening emergencies, provide CPR to victims of all ages, use an AED, and relieve choking in a safe, timely and effective manner. Open to the public.

Dates: October 15th

Time: 1:00pm – 5:00pm

Cost: \$45

**Coloring – It's not just for kids!**

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults -- namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. All materials provided.

Dates: Thursdays in October – 10/01, 10/08, 10/15, 10/22

Time: 4:00pm – 5:15pm

Cost: \$45

**Healthy Cooking on a Budget**

Learn how to shop and save while cooking healthy meals for your whole family! In Healthy Cooking on a Budget you will learn basic nutrition information, portion sizes, meal planning and helpful tips on shopping. These classes will be hands on in the kitchen. Students are encouraged to bring one cooking pan from home. This class is offered at a minimal cost through a grant in partnership with the University of Missouri Extension office.

Dates: Tuesdays in September – 09/01, 09/08, 09/15, 09/22, 9/29

Time: 3:00 – 6:00pm

Cost: \$10