



COMMUNITY EDUCATION CLASSES

Mid Plains Community College – Imperial Campus

Heartsaver First Aid and CPR

M/T, 1/7 & 1/8, 6-10pm, EMS building, Billie Hayes, Fee: \$65

Exploring Music and Movement

Spend quality time with that special 4 or 5 year old in your life. This class will teach music, dancing with a partner, pitch matching, and basic music notation.

Fee: \$15/session for child/parent team

T, 1/15, 6:15-7:30pm, Lied Imperial Public Library, Stephanie Varilek

Restart Your Health

Do you want to detox from sugar and learn to use real food to boost energy and cut sugar and carb cravings? This five-week nutritional class, sugar detox program, and support group can help and empower participants to take charge of their health. Workbook, journal, and cookbook will be included in the price.

T, 1/22-2/19, 5:30-7:30pm, Cindy Arnold, Fee: \$160/individual, \$290/couple, \$110/alumni. This class will incorporate a zoom connection with the instructor.

Twinkle Toes II (Ages 3-5)

Twinkle Toes is a dance class focusing on ballet and creative movement. Young dancers will learn basic ballet steps while learning how to follow directions, imitate movement, and join in gross motor skill development. Engaging music will inspire children to dance! Comfortable clothing recommended for this class. Suggested attire for girls: Leotard of any color, pink tights, and pink canvas ballet shoes. Suggested attire for boys: Plain T-shirt, gym shorts, and black ballet shoes.

R, 1/24-3/28, 4:30-5:15pm, Bethany Kranz, Fee: \$99 for the series

Superstars II (Ages 6-8)

Ballet and creative movement will be explored with music, games, and props. Comfortable clothing is recommended for this class. Suggested attire for girls: Leotard of any color, pink tights, and pink canvas ballet shoes. Suggested attire for boys: Plain T-shirt, gym shorts, and black ballet shoes.

R, 1/24-3/28, 5:30-6:30pm, Bethany Kranz, Fee: \$99 for the series

Professional Grant Development and Writing

This comprehensive workshop covers the diversity of donors, key search engines, and converting ideas into fundable projects. After the workshop, participants will understand how to locate grants, identify the critical sections of successful proposals, and demonstrate the commitment and innovation that propels their proposals beyond other submissions. Participants will also understand the diversity of the funding community and how to respond to various funding agency guidelines. The training addresses the overall strategic plan for writing grants, including: needs statement, mission, goals, objectives, activities, evaluation, key personnel, and budgets. The instructor will engage participants in interactive exercises, writing, and discussions to better understand how to research, write, and develop specific projects.

Sat, Feb 9, 9 am – 4 pm, Bonnie Kruse, Fee: \$65

Sweetheart of a Cake

Learn the art of baking, frosting, and decorating a beautiful scrumptious two layer white cake. Take your cake (4-6 servings) home to enjoy or give as a Valentine's Day gift. Must register 1 week in advance.

Tuesday, 2/12, 5:30-8:30pm, Chase County Schools, Peggy Fitzke, Fee: \$35,

Lunch and Learns – *Focusing on Healthcare and Nutrition*

All classes meet 12-1:00pm, lunch provided for those who preregister,

Fee: \$15/session

February 21

Carbohydrates and Sugar Substitutes

Julie Levy, M.Ed., RD, LMNT, BC-ADM

March 7

Advance Directives, Healthcare Power of Attorney, and Do Not Resuscitate Orders

Jennifer Harris, HIM Director/Medical Staff Coordinator

March 14

Thyroid Conditions

Deaun Carpenter, Family Nurse Practitioner

March 21

The Big 8 Food Allergies

Julie Levy, M.Ed., RD, LMNT, BC-ADM

Quick and Simple Hairstyles for Girls

Learn how to create easy braids, twists, and special occasion hairstyles. Class will also teach how to use bobby pins correctly and deal with stubborn bangs.

M, 3/4, 5-6pm, Bella Salon, Penny Zadina, Fee: \$15

Workplace Spanish Basics

By the end of the course, students will be able to communicate in Spanish on a novice level using words and phrases that include high frequency structures.

Instruction will include language input through short discussions, stories, short videos, leveled reading and online practice.

Sundays, March 10- April 7, 3-5pm, Jan Coone, Fee: \$69.00

Cell Phone Picture Transferring (Benkelman)

Learn to transfer pictures from your phone onto your computer or flash drive.

Bring your computer, phone, and flash drive. Some individual training may be included to cover all phones and computers.

M, 4/8, 6-8pm, Dundy County Library, Ashton Rowley, Fee: \$15

Keeping Children Safe in an Unsafe World (Ages 9-16)

In this class, we will talk about safety in numbers and surveying your surroundings.

Children will learn self-defense/diversion tactics to put in their personal safety toolbox.

Saturday, 5/18, 9-11am, Spencer Rowley - Law Enforcement Officer, Fee: \$15