BUSINESS

BUSINESS SKILLS AND EMPLOYEE DEVELOPMENT

MAGNIFICENT MEMORY: Retain or Regain It

You can maintain and even regain some of your ability to remember. Explore four different memory pathways, practice strategies for actively encoding information for easier recall and learn the impact of some lifestyle choices on your memory. Melanie is a certified Brain Based Trainer.

$45
CBEM-417-TSL09 | Inst. Hoffner
Begins Nov. 25 | 1 Wk. | T
Monticello Center Room 315
6 PM-8:30 PM

JONES COUNTY LEADERSHIP

Your ability to achieve success in business, community and relationships depends highly on your willingness to learn. The Jones County Leadership Program provides dynamic speakers and empowering training that reenergizes and inspires your spirit. Learning sessions include: identifying personality traits and how they affect the workplace and personal relationships, the skills necessary to lead effectively and conduct successful meetings, identifying and enhancing strong communication and team building qualities, the policies and practices that lead to institutional effectiveness and professional growth, perspectives of economic development global, state and regional, and much more. Network with community members who share your interest in professional and personal growth and add this program to your resume! Meets every other Tuesday throughout the course for six sessions. Locations to be announced. Please call the Kirkwood Monticello Center at 319-605-5989 for further details.

CBEM-335-JON03 | Inst. Staff
Begins TBD | 6 Wks. | TTH
Monticello Center 1 PM-4 PM

ENTREPRENEURSHIP/BUSINESS DEVELOPMENT

How to Really Start Your Own Business

Informs prospective business owners of legal structure options, sources of capital, basic business records, business taxes, regulations, permits, business insurance, marketing and advertising. Co-sponsored by Kirkwood and SCORE.

$79
CBEM-125-TB103
Begins Jan. 13 | 3 Wks. | T
Monticello Center Room 315
6:30 PM-9:30 PM

COMPUTERS

GETTING STARTED & THE INTERNET

All in One Computing

This course is designed for learners who have little or no computer experience. Learn the fundamentals of computer use, along with the basics of word processing, spreadsheets and the Internet. Tuition includes handouts.

$95
CCGS-300-JON07 | Inst. Meyer
Begins Dec. 1 | 3 Wks. | MW
Monticello Center Room 103
6:30 PM-8:30 PM

FAMILY/HOME/FINANCE

PERSONAL & FAMILY DEVELOPMENT

Overcome Your Emotional Eating with EFT

Do you eat when you are upset or not hungry? Has food become a tranquilizer for your emotions and stress? Unresolved emotions are often the reason why diets don't work. Feeling unfocused, lonely or guilty are typical emotions that can drive you to overeat. Understanding and releasing the emotions that drive you to gain weight is a key to long-lasting weight loss. In this class we will use EFT (Emotional Freedom Techniques) to stop your cravings within minutes and help you to identify and eliminate the triggers that cause overeating.

$19
CPPF-035-TSL09 | Inst. Schafer
Begins Jan. 6 | 1 Wk. | T
Monticello Center Room 315
5:30 PM-7:30 PM

MEDICAL TERMINOLOGY FOR DUMMIES

Are you confused by the medical jargon your doctor uses? Join Jan Tackett, RN/NSpecialist at Kirkwood Community College as she decodes the medical terminology professionals use. Anyone with medical questions can attend.

$12
CPPF-310-JON01 | Inst. Tackett
Begins Jan. 29 | 1 Wk. | TH
Monticello Center Room 318B
6:30 PM-8:30 PM

How to Improve Children’s Behavior

How can using rewards and consequences improve children’s behavior? Explore practical ideas to get children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn’t? Approve for foster parents. Meets requirements for child care providers.

$19
CPPF-475-TSL19 | Inst. Andersen-Heller
Begins Dec. 2 | 1 Wk. | T
Monticello Center Room 315
6:30 PM-8:30 PM

Early Literacy and Language Development

How do you help children learn expressive language through day-to-day activities? We will discuss what works for parents in helping children develop expressive language and children's vocabulary. Learn to expand children's language skills during daily routines and activities.

$19
CPPF-902-TSL09 | Inst. Andersen-Heller
Begins Nov. 18 | 1 Wk. | T
Monticello Center Room 315
6:30 PM-8:30 PM

HEALTH

HEALTH OCCUPATIONS

Medication Manager for Community Based Service Provider

Prepares medication managers to safely administer non-parenteral medications in a residential facility, a child care facility or community supervised apartment living for the cognitively disabled (15 or fewer beds). You must be employed by one of the above facilities to be eligible for the course. All scheduled sessions must be attended. Required textbook: Medication Manager Developed for MR, (less than 15 beds) Supervised Apartment Living, Community Supported Living Arrangements.

$99
CHHD-024-TK08 | Inst. Rippen
Begins Nov. 3 | 2 Wks. | MW
Anamosa High School Room 113B
5 PM-8 PM

MIND AND BODY

Healthy Make-Over Meals

Do you struggle to eat healthily during the holidays? Join Julie Hughes, CRNI, personal trainer and nutritionist, as she shares healthy eating tips and a few of her delicious low calorie recipes. Class size limited.

$19
CSGB-120-JON01 | Inst. Hughes
Begins Nov. 20 | 1 Wk. | TH
Monticello Center Room 318B
6:30 PM-7:30 PM

FAMILY/NURSING

SEASONAL INTEREST

Christmas Traditions

Keep your kitchen clean–come to ours and decorate Christmas cookies! We will spend the morning listening to Christmas music and reading some of our favorite Christmas stories, too. This class is recommended for children three and up. Parents are welcome. Material fee: $5 payable to the instructor.

$19
CSSI-150-JON01 | Inst. Andersen-Heller
Begins Dec. 6 | 1 Wk. | S
Monticello Center Room 318B
10 AM-11 AM

NURSING CONTINUING EDUCATION

Child Abuse and Mandatory Reporting

Are you aware of your obligations as a reporter? Are you interested in learning about the investigation, identification and legalities of child abuse? This program is approved by the Iowa Department of Public Health, #25.

$29
CHCN-020-KIR66 | Inst. Marnin
Begins Dec. 9 | 1 Wk. | T
Monticello Nursing & Rehab Center Classroom
4 PM-9:30 PM

INDUSTRIAL TECHNOLOGY

WELDING/MACHINING

Career Welding Exploration

If you’re interested in the Career Welding Program at Monticello, take this one evening class to familiarize yourself with careers in welding. For more information, contact Bethany Parker at 319-398-5070 ext. 109.

Free
CIPM-062-MIT03 | Inst. Ringenberg
Begins Jan. 20 | 1 Wk. | TH
Kirkwood Auto Tech Center Classroom
5 PM-8 PM

SPORTS

Co-Ed Volleyball: Power League

Both team and tournament adult power volleyball action will be offered at the Berndes Center. Registration deadline is Oct. 20. Limited to eight teams. Fee is $100 per team. For more information, call 319-465-6640.

$100
CRSP-250-JON02 | Inst. Bartram
Begins Nov. 9 | 14 Wks.
YOUTH PROGRAMS

RECREATION

Girls' Basketball League
This is a fun, non-competitive basketball league for girls in third and fourth grades. Teams will be divided evenly and no scores kept. For more information, call 319-465-6640.
$20
CYRE-229-JON02 | Inst. Bartram
Begins Jan. 5 | 6 Wks. | M
The Monticello Berndes Center Large Room
5:30 PM-6:30 PM

Girls' Basketball League
This is a city-wide basketball league for girls in fifth and sixth grades. Teams are formed by draft pick. Coaches, referees and scorekeepers are needed. For more information, call 319-465-6640.
$20
CYRE-231-JON03 | Inst. Bartram
Begins Jan. 5 | 6 Wks. | M
The Monticello Berndes Center Large Room
6:30 PM-7:30 PM

Monticello Girls' Basketball League
This is a city-wide basketball league for girls in seventh and eighth grades. Teams are formed by draft pick. Coaches, referees and scorekeepers are needed. For more information, call 319-465-6640. Deadline to register is Monday, Nov. 27.
$20
CYRE-242-JON02 | Inst. Bartram
Begins Jan. 24 | 1 Wk. | S
The Monticello Berndes Center Large Room
9 AM-12 PM

Volleyball Clinic, 3-4 grade
Monticello Girls' Volleyball program will sponsor a volleyball clinic for third and fourth graders. Fee includes T-shirt. Call 319-465-6640 for more information.
$20
CYRE-241-JON03 | Inst. Bartram
Begins Jan. 24 | 1 Wk. | S
The Monticello Berndes Center Large Room
1 PM-4 PM

Volleyball Clinic, 5-6 grade
Monticello Girls' Volleyball program will sponsor a volleyball clinic for fifth and sixth graders. Fee includes T-shirt. Call 319-465-6640 for more information.
$20
CYRE-242-JON02 | Inst. Bartram
Begins Jan. 24 | 1 Wk. | S
The Monticello Berndes Center Large Room
9 AM-12 PM