BUSINESS

BUSINESS SKILLS AND EMPLOYEE DEVELOPMENT
Eat Your Way to a Healthier Brain and Better Performance  $49
Most of us take better care of our hair than we do our brains. Gain insight into how food impacts the brain's abilities to learn, focus attention, problem-solve and remember, so you can make more informed choices about what you eat - and even when. Then enjoy better performance from your brain.
T  Monticello Center Rm. KTS-1  6:00PM-8:00PM

ENTREPRENEURSHIP/BUSINESS DEVELOPMENT
How to Really Start Your Own Business  $59
This course 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.
CBEN-135-TB112 - Begins May 19. 3 Wks.
T  Monticello Center Rm. 315  6:30PM-9:30PM

GENERAL INTEREST

LANGUAGE AND CULTURE
Customer Service Spanish  $69
If you work in a service environment where great customer service is your mission, then this course is for you. With the growing Spanish speaking population in our community, the ability to deliver high quality customer service can be difficult. Don't let language become the barrier that prevents you from delivering first rate customer service. This course covers basic Spanish and phrases essential for the customer service professional. This course is delivered over the KTS (TTFS) system.
CGLC-395-TST09 - Begins Apr 6. 6 Wks.
MW  Monticello Center Rm. KTS-3  7:00PM-9:00PM

MIND AND BODY

Healthy Start  $19
Start your morning off right. Join Julie Hughes, of The Body Shop as she gives us the tools we need to make healthy choices. She will also share a few of her delicious low calorie recipes with us. Class size limited.
S  Monticello Center Rm. 103  8:00AM-9:30AM

YOUTH PROGRAMS

RECREATION
Beginning Golf - Youth  $27
Come learn basic instruction in etiquette, fundamentals and techniques of golf. Receive group instruction along with individual attention as needed.
Participants need to bring a wood, iron and a putter. Golf balls will be furnished. The first class is held at Kirkwood Monticello Center and the remaining sessions at the Monticello Driving Range.
CYPF-153-JON03 - Begins May 3. 4 Wks.
SU  Monticello Center Rm. 318A  5:00PM-6:00PM

COMPUTERS

GETTING STARTED & THE INTERNET
All in One Computing  $95
This course is designed for learners who have little or no computer experience. Learn the fundamentals of computer use, along with the basic of word processing, spreadsheets and the Internet. Tuition includes handouts.
MW  Monticello Center Rm. 318A  6:30PM-8:30PM

FAMILY/HOME/FINANCE

FOODS AND ENTERTAINING
Dutch Oven Cooking  $19
Attention campers! Learn how to use a dutch oven to prepare a delicious meal. Join Mike Elkin as he demonstrates the dutch oven cooking techniques and provides you with tasty samples. Materials fee: $5 payable to instructor.
S  Jones County Fairgrounds Rm. CLASSROOM  9:00AM-12:00PM

HOME IMPROVEMENT/INTERIOR DESIGN
Making Ends Meet-Financial Organization and Budgeting  NEW $19
Are you late paying bills because you can not find them? Do you avoid paying bills because you are short on cash flow? Are you being charged interest rates and penalties because you can not get your financial life in order? Join professional organizer and national speaker, Becky Esker, for tips, ideas and strategies for organizing your financial paperwork. Becky Esker, Get Organized! LLC
TH  Monticello Center Rm. 318B  7:00PM-8:30PM

PERSONAL & FAMILY DEVELOPMENT

How to Improve Children's Behavior  $19
How can using rewards and consequences improve children's behavior? Explore practical ideas on getting children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn't? This course meets requirements for child care providers and is approved for foster parents.
T  Monticello Center Rm. 315  6:30PM-8:30PM

EQ for Children: Build Social/Emotional Skills  NEW $19
Learn activities and games for kids to help them improve social skills, get along better in a group and gain social situations practice all while having fun. This course meets requirements for child care providers and is approved for foster parents.
T  Monticello Center Rm. 315  6:30PM-8:30PM

Attachment Issues: Birth to Age 3  NEW $19
Learn what you can do to motivate a baby's brain to be strong and smart. What can you do to motivate a baby to feel confident and secure? What should you expect developmentally? Fun and play strategies for children ages 0-3 years will be discussed. This course meets requirements for child care providers and is approved for foster parents.
T  Monticello Center Rm. 315  6:30PM-8:30PM
HEALTH

NURSE AIDE
75-Hour Nurse Aide $339
The 75-hour CNA course prepares students to work in a long term care facility. The course deals with patient care, terminology and procedures necessary to give good patient care. A physical is required. Book required: Assisting in Long Term Care, 5th edition.
CHNA-020-KIRZ9 - Inst. Sternhagen. Begins Jun 9, 6 Wks.
   TWTH Monticello Nursing & Rehab Ctr 3:00PM-7:15PM

NURSING CONTINUING EDUCATION

Child Abuse and Mandatory Reporting $29
What are your obligations as a mandatory 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.
   T Monicello Center Rm. 315 6:30PM-8:45PM

Dependent Adult Abuse and Mandatory Reporting $29
Are you aware of your obligations as a mandatory reporter of adult abuse? Diana Nicholls-Blomme will share the latest updates on mandatory reporters of suspected adult abuse and/or neglect, of their roles and responsibilities, as well as recognition of abuse. This program is approved by the Iowa Department of Public Health, #163.
   T Monicello Center Rm. 315 6:30PM-8:45PM
   T Monicello Center Rm. 315 6:30PM-8:45PM

RECREATION

COACHING AUTHORIZATION
Coaching Authorization Certification Seminar $299
The seminar format will complete the state required course work, coaching application, waiver and fingerprinting. We will submit state forms and transcripts directly to the Iowa Department of Education. The seminar format is offered in either two consecutive weekends (Friday nights, all day Saturdays and Sundays) or Wednesday through Sunday during the daytime. You will need to bring six rolls of 1 1/2" athletic tape and two rolls of pre-wrap. A materials fee of $20 will be collected during the first class. Upon class completion, there is an additional application fee of $137 payable to the state of Iowa for certification processing.
CRCA-000-LUT42 - Begins Jun 19, 2 Wks.
   F Monicello Center Rm. 301 5:00PM-10:30PM
   SSU Monicello Center Rm. 301 8:00AM-8:00PM
CRCA-000-LUT43 - Begins Aug 7, 2 Wks.
   F Monicello Center Rm. 301 5:00PM-10:30PM
   SSU Monicello Center Rm. 301 8:00AM-8:00PM

SPORTS

Beginning Golf - Adult $27
Come learn basic instruction in etiquette, fundamentals and techniques of golf. Receive group instruction along with individual attention as needed. Participants need to bring a wood, iron and a putter. Golf balls will be furnished. The first class is held at Kirkwood Monticello Center and the remaining sessions at the Monticello Driving Range.
CRSP-065-JON04 - Begins May 3, 4 Wks.
   SU Monicello Center Rm. 318A 6:00PM-7:00PM