FAMILY/HOME/FINANCE

COSMETOLOGY
Spring/Summer Trend and Two Hours of Iowa Law  NEW  $39
Discover the latest haircuts with platform artist Bobbi Behrens. Approved for two hours of continuing education credit and two hours of Iowa law for cosmetologists, barbers and nail technicians.
T  Vinton Center Rm. 108  6:00PM-10:00PM

FOODS AND ENTERTAINING
Valentine's Day Cake  $15
Professional cake decorator Barb Albert will teach you the skills needed to turn this heart-shaped cake into a decorated piece of art for Valentine's Day. Starting with the basics, you will learn how to frost, smooth, make an assortment of flowers, put on a border and write with frosting. Please bring appropriate container to take your cake home. Materials fee of $8 payable to instructor at class time.
CFPO-F010-VIN02 - Inst. Albert. Begins Feb 12. 1 Wk.
T  Vinton Center Rm. 109  7:00PM-9:00PM

PERSONAL & FAMILY DEVELOPMENT
Set Up Play Areas for Children  $19
Well-designed play areas can make a big difference in the way children play and interact with games and toys. How do you organize toys and games so children can enjoy them? Discover how to organize play areas, creative ways to display toys, space saving ideas and cost effective toy storage.
T  Vinton Center Rm. 108  6:30PM-8:30PM

GENERAL INTEREST

CRAFTS
Purse-nalized Placemat Handbags  NEW  $15
Learn just how easy and inexpensively this one-of-a-kind, fun-to-have handbag can be. In just one short evening, you'll transform an attractive placemat into a stylish purse. Bring your sewing machine. We will use straight stitch only. No sewing experience required. Bring one heavy duty lined fabric placemat, one yard of solid-colored ribbon for handles, two yards of colorful trim or

In one short evening, learn just how easily and inexpensively you can make this one-of-a-kind handbag! Bring your sewing machine and transform an attractive placemat into a stylish purse. No sewing experience required!
March 11, 2009
6-8:30 p.m.
Kirkwood Vinton Center
CGCR-0235-VIN01
Tuition: $15

HEALTH
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  Vinton Center Rm. 108  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  Vinton Center Rm. 108  6:30PM-8:45PM

Training for Mandatory Reporters of Child Abuse and Dependent Adult Abuse$,35
It is the role and responsibility of all persons who in the course of employment, examine, attend, counsel, or treat children and dependent adults to protect them from harm perpetrated by others. The goal of this course is to increase the knowledge and awareness of child and dependent adult abuse. This course meets the two-hour training requirement for mandatory reporter training for those who work with both children and dependent adults on a regular basis. It does not meet the training requirements for persons who work with only one population and not both children and adults. This curriculum is approved by the Iowa Department of Public Health Abuse Education Review Panel #2032, approved 8/4/2006-2009.
T  Vinton Center Rm. 108  6:00PM-9:15PM

RECREATION
AEROBICS/EXERCISE
Yoga for the Mind & Body  $35
This yoga class is designed to meet the needs of new and returning students. Instructors Phyllis McGowan and Pam Andrews will teach you how to relax and relieve stress through the use of yoga exercises. Health benefits include increased flexibility and body strength, enhanced concentration and energy, and a renewed sense of well-being. Requirements include a yoga mat, bath or beach towel. You may benefit from a yoga strap or belt and yoga blocks, but these items are not required.
W  Iowa Braille & Sight School  7:15PM-8:30PM

MARTIAL ARTS/SELF DEFENSE
Archipelago Combatives  $39
Archipelago Combatives is a multi-discipline art that trains in all ranges of combat with or without a weapon. There are five areas of combative training: single stick, double stick, knife, stick and knife, and empty hand. This training is for self-defense. Students must be 18 or older. Materials fee $12 (for a pair of rattan sticks).
CRMA-400-LUT03 - Inst. Defensive Arts. Begins Feb 2. 8 Wks.
M  Atkins Legion Memorial Rm. CLASSROOM  7:30PM-8:30PM