

# NORTHLAND CAREER CENTER



## WINTER/SPRING 2022 COMMUNITY EDUCATION

### fitness classes

#### NEW CLASSES!

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Step Fitness  
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career skills



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**USE THIS QR CODE**  
for class dates, times, fees,  
and more information.  
Enroll today—classes  
fill up quickly!

Follow us on

 @NCCcommunityed

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### personal enrichment

ENROLL ONLINE AT

[www.northlandcareercenter.asapconnected.com](http://www.northlandcareercenter.asapconnected.com)

## WELDING TECHNOLOGY

### WELDING TECHNOLOGY – Open Lab

Class instructor Curt Claycomb has 30+ combined years of welding industry and teaching experience and is a Certificated AWS Inspector.

### BASIC WELDING TECHNOLOGY

Lab instruction and hands-on applications provide the beginner/hobbyist exposure to the basics of theory and safe practices for the welding/cutting processes as well as various related power equipment and hand tools.

### ADVANCED WELDING TECHNOLOGY

This course will get the student involved in welding various materials in various positions.

### CUSTOMIZED WELDING

#### T1203 – Customized Welding 1 – 6 Sessions:

Provides those with some experience with guided instruction to develop and enhance the basic skills for a selected process.

#### T1204 – Customized Welding II – 6 Sessions:

Guided instruction to practice and improve skills or prepare for certification.

## PERSONAL ENRICHMENT

### BASIC DSLR PHOTOGRAPHY

*Prerequisite: DSLR Camera*

Let me teach you how to “make” a photograph instead of just “taking” a picture. Learn photography from someone that has been in the industry for many years and has the knowledge to help you from the camera box to the printed photograph.

### PRE-CLASS MEETING TRAINING FOR DOGS

Learn about all the fun and exciting perks of joining Trust Centered Training for Dogs. Attend this meeting without your dog and we will cover all areas of this class to see if it is a good fit for you and your canine buddy.

### DOG SKILLS 101

This class will prepare your dog for AKC Canine Good Citizenship testing on the last day of class. We will learn all basic skills and home manners. Lots of fun relationship building games and bonding exercises. Even if your pup knows sit/stay, this is a great refresher course.



## YOUTH PROGRAMS



### BAKING COOKIES WITH GRANDMA SHARON

*For ages 8-12*

Kids will learn basic cookie baking techniques in this hands-on class. They will mix and bake their own cookies. Parents are welcome to attend but not required.

### BABYSITTER'S TRAINING & YOUTH CPR

*For ages 11 to 15 years*

Babysitter's Training offers training for young people who want to develop skills in leadership and professionalism while learning about basic child care, safety and first aid. Youth CPR will teach basic techniques of Child and Infant CPR and use of an AED.

### ANIMALS! ANIMALS!

*For ages 5-7*

Join animal shelter operator, Theresa Harrington, and meet some amazing animals of our world. Have an up close and hands-on experience with reptiles, insects, mammals and more!

### ANIMAL KINGDOM 101

*For Ages 8-12*

Explore the animal kingdom with former zoo keeper and current shelter operator Theresa Harrington. Become a junior zoologist by learning about the classes of vertebrates of the animal kingdom. Have an up-close and hands-on experience with reptiles, insects, mammals and more!

### LIVE ANIMAL DRAWING

*Ages 8-12*

If you are interested in art and animals, this is the class for you! Learn how to draw animals with basic shape techniques while the animal is in the class with students.

### 4-H ART CLUB

*After School Program*

Students will work on a different art project each session and be introduced to a variety of art mediums, including water color, acrylic paints, modeling clay, and pastels.

### 4-H CAKE DECORATING

*After School Program*

Students will learn about the basic cake decorating supplies, how to make icing, how to use pastry bags and tips, and practice using basic decorating tips.

### SOULSTRONG YOGA

*After School Program*

SoulStrong Children's Yoga LLC, is a healthy way for children to exercise, replenish natural energy and enjoy non-competitive fun while promoting self-regulation, mindfulness, confidence, strength, flexibility and improving physical coordination.

## KANSAS CITY CHESS CLUB K-12

*After School Program*

Learn chess and have fun! This class is for absolute beginners to advanced tournament players. Certified chess instructors will guide you from Pawn level upward in advancement in these 45 minute lessons.

### BRICKS4KIDZ

*After School Program*

Bricks4Kidz enrichment classes are designed to be educational and FUN! We teach children principles of science, technology, engineering, and math (STEM) utilizing motorized LEGO models. Every lesson is unique and designed to engage a child's mind.

## INVESTMENTS & RETIREMENT

### 1, 2, 3 SOCIAL SECURITY

How do you qualify for retirement benefits and when is the best age to start receiving Social Security retirement benefits and so many more questions and answers in this relaxing class that will make the fundamentals of Social Security as easy as 1,2,3.

### ABC'S OF MEDICARE INSURANCE

Are you or a loved one turning 65 or becoming eligible for Medicare due to a disability? Learn about Part A and B of Medicare, what is Plan G, Plan N and let's not forget Part D, and much more

### ABC'S OF ESTATE PLANNING

Peace, Control, Hope and Comfort – Four things a “well drafted” estate plan can provide families. Eight (8) helpful tools that provide a comprehensive, engaging seminar for those folks wanting to control their property while they're alive and able.

### CAREGIVING - DO'S, DON'TS, & MAYBES

This workshop will provide practical tools, guidance and checklists to help you get organized, stay healthy, and find the resources and support you need. Learn from the interdisciplinary professionals of a Life Care Planning Law Firm.

### LIFE CARE PLANNING

*“I NEED HELP” - Where to find answers and help when you or a loved one is chronically ill*

Learn the issues, the resources available, practical tools, guidance, and advice on how to put together a Life Care Plan, which includes Five Elements: Health Care/Health Care Advocacy, Legal, Financial, Housing and Family.

### WILLS AND TRUSTS

The death or incapacity of a family member can present serious and difficult issues. Learn how to eliminate probate, reduce taxes, ease burdens that will fall to your loved ones, how to designate guardians for minors, and much more.

**ENROLL TODAY!**  
[northlandcareercenter.asapconnected.com](http://northlandcareercenter.asapconnected.com)

## CREATIVE ARTS



### KNIT HAPPENS

Join Monja in this hands-on class and learn knitting basics and complete one project by the end of the class. Learn about the tools, techniques, knitting terminology and supplies necessary to complete a variety of projects.

### BEGINNING STAINED GLASS

Bring brilliant color into your home with stained glass sun catchers of your own design! Patterns and tools for one project are provided by the instructor for you to create a stained glass project using the leaded method.

### KINDRED SPIRITS PAINTING CLASS

Even if you have never picked up a brush, but always wanted to paint, come and join Elaine. Acrylic paint on canvas. Each class will take home a finished painting. All supplies are included in the class fee.

## SPECIAL INTERESTS

### LAWN MOWER & SMALL ENGINE MAINTENANCE & LAWN CARE

Spring is a great time to get your lawn healthy & green. Get some basic tips for creating and maintaining a great looking lawn while saving money and also learn how to maintain your lawn mower.

### PRACTICAL CYBER SECURITY

Take some time to learn about how the hackers targeting you can be stopped in their tracks. Simple steps can reduce your concerns about all of this "Digital Revolution" that we see around us. In this class we will discuss some practices and tools that will help you protect yourself in this modern age.

### BASIC AUTOMOTIVE KNOWLEDGE

Join John Patee, to learn hands on how to change a tire, change the oil, & keep your car in the best shape you can. In this class you will learn the basic functions of a vehicle and the basic maintenance you should know to keep your vehicle good and safe.



**CareerStep**

[www.careerstep.com/lp/partner/ap/northland](http://www.careerstep.com/lp/partner/ap/northland)

Take control of your career path and enroll in our flexible online training to start a new career in the medical industry.



**Ed2Go** [www.ed2go.com/northlandcc](http://www.ed2go.com/northlandcc)

Learn new personal and professional skills online with NCC & Ed2Go. We offer a wide range of highly interactive courses online. Our courses are affordable, fun, fast, convenient, and geared just for you.

## LANGUAGES

### BASIC SIGN LANGUAGE LEVEL 2

If you've already completed Basic Sign Language Level 1, then this is the next step in your ASL education. This ASL Level 2 course is designed to continue your skill development, adding more vocabulary, sentence structure, and grammatical principles.

### CONVERSATIONAL SPANISH

Conversational Spanish is a learner friendly language class that requires no prior knowledge of Spanish and eliminates the tedious grammar instruction found in most other language programs. Communicate more effectively and naturally in your job or daily life or learn Spanish for that special trip this year!

## FOODS & COOKING



### MAKE YOUR OWN PROBIOTICS

In this hands-on class make Interactive Sauerkraut, Kombucha & Kefir to help improve your immunity and your gut health. Start out with samples of each and talk about major health benefits, then get to work chopping our cabbage for sauerkraut and adding fresh fruit to flavor the kombucha.

### DIABETIC-FRIENDLY MEALS

Making healthier food choices is an important tool in managing diabetes. Amy will be helping students with meals that are good and healthy for diabetics.

### VEGETARIAN COOKING

Learn to cook delicious meatless meals that taste great and are good for you! Students will be making three separate recipes to make a complete meal.

### LICENSED TO GRILL

Learn the differences between grilling, barbecuing and smoking, and what cuts of meat work best for each technique. Also, learn how to grill fruits and vegetables to perfection.

### COOKING FOR ONE OR TWO

Learn great tips for shopping, freezing and food storage, perking up prepared foods, basic items to keep in your pantry and freezer and just plain cooking smaller portions.

## FITNESS & DANCE

### LINE DANCE

Have fun, learn to line dance and get exercise while you are at it! Learn line dances for all occasions and no partner is necessary. Wear slick-soled shoes – athletic shoes not recommended.

### GROUNDING YOGA

Join Amy at NCC for Grounding Yoga flow to calm the mind and stretch the body. We will flow through a vinyasa practice, taking time to breath and finish with a savasana. This class is for everybody and modifications will be given.

### SOULSTRONG YOGA

*Barry Middle School*

Join Lisa at Barry Middle School for grounding yoga flow and dharma talk to calm the mind and relax the body. Learn the basics of sun salutation and flow through focusing on breath and end with savasana.

### STEP FITNESS

Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session. The step class continues with firming stretches, and a cool-down period of relaxed breathing to ease your heart rate.

### BEGINNING SOCIAL DANCE

Learn the Salsa, Cha Cha, Merengue, Waltz and Two Step in this fun and relaxing class. This class is designed for beginners and is helpful for intermediate level dancers to define their footwork.

### SOUND HEALING

Learn how to use a variety of sound instruments to reduce stress and anxiety and promote relaxation. Students will learn to use Tibetan bowls, gongs, tuning forks, etc.

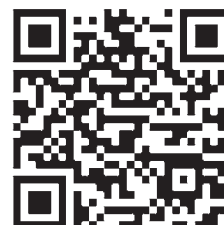
## SCHOLARSHIPS

Register early, limited funding available

**Platte County Senior Services \$30**

**Clay County Senior Services \$30**

## ENROLL TODAY



**USE THIS QR CODE**

**and go straight to NCC Community Ed registration website to enroll!**



1801 Branch Street  
Platte City, MO 64079

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Postal Customer

**Our Mission: To prepare students for a continually changing world by providing relevant experiences.**

## HOW TO ENROLL

### ENROLL Online

For Community Education classes  
[northlandcareercenter.asapconnected.com](http://northlandcareercenter.asapconnected.com)

Ed2Go:  
[ed2go.com/northlandcc](http://ed2go.com/northlandcc)

CareerStep:  
[careerstep.com/lp/partner/ap/northland](http://careerstep.com/lp/partner/ap/northland)

### ENROLL by Mail

Send completed form and check to:  
Northland Career Center  
1801 Branch Street  
Platte City, MO 64079

### ENROLL by Phone

(816) 858-5505 extension 1703

### Follow us on

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## REFUND POLICY

### PLEASE READ CAREFULLY!

Adult and Community Education reserves the right to cancel a class if sufficient enrollment is not achieved. Registrants will be notified by phone or e-mail if a class is cancelled. Please be sure to advise the office of any changes in your contact information. Full refunds will be issued for classes cancelled by the school. If you drop a class 48 hours before classes begin or earlier, you will receive a full refund minus a \$10 cancellation fee. **No refunds will be given if the class is dropped on the starting date or after the class has begun.** Students assume the risk of changes in personal affairs or health.

### Special Accommodations

If special accommodations are needed, please contact our office at least two weeks prior to the beginning of class.

### Holidays

See website for full school calendar. Community Education classes are not held on holidays.

## DON'T WAIT TOO LONG!

### Weather Cancellations

If the Platte County R3 School Dist. is closed due to inclement weather all Community Education classes will be canceled and rescheduled. Reports of Platte County R3 Schools' closing will be broadcast on local TV, radio, Facebook, PCR3 Website & NCC Community Ed Website.

### Late Registrations

Late registrations may be accepted on a space available basis. There is no pro-rating of costs for late entry.

## INSTRUCTORS WANTED

**Do you have an interesting craft, hobby, or ability you would like to share with others?**

Call Kathleen Henke or Tammy Beckert at 816-858-5505 for more information on offering an Adult and Community Education class.

### PROHIBITION AGAINST DISCRIMINATION, HARASSMENT & RETALIATION

The Platte County R-3 School District Board of Education is committed to maintaining a workplace and educational environment that is free from discrimination and harassment in admission or access to, or treatment or employment in, its programs, services, activities and facilities. In accordance with law, the district strictly prohibits discrimination and harassment against employees, students or others on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law in its programs, activities, or in employment. As required by law, the district provides equal access to district facilities and related benefits and services and will not discriminate against any group officially affiliated with the Boy Scouts of America, the Girl Scouts of the United States of America, or any other youth groups designated in applicable federal law. The Platte County

R-3 School District is an equal opportunity employer. Inquiries or concerns regarding the application of this notice may be referred to our district's Compliance Officer. Any person who is unable to resolve a problem or grievance arising under Title VI, Title IX, the Age Discrimination Act, Section 504, or Title II of the ADA, may contact the Office for Civil Rights, One Petticoat Lane, 1010 Walnut Street, Suite 320 Kansas City, MO 64106, phone number (816) 268-0550.

### DISCLAIMER

Every effort has been made to make this publication accurate as of the publication date; however, all policies, procedures, tuition/fees, and curriculum are subject to change anytime by appropriate action of instructors, the administration, or the Platte County R-3 Schools' Board of Education. This publication is not intended to be a contract, explicit or implied, and Northland Career Center reserves the right to make changes regarding the information contained herein.