2020 FALL CLASS SCHEDULE

Diana Park
Dog Trainer
25 years
ARTS & CRAFTS

Stained Glass Suncatchers
Take your creativity to a new level and create colorful suncatchers to display in your home or give as a gift. Using the Tiffany Method you will learn to assemble cut glass into beautiful creations. No experience necessary. Take home one completed project from each class. Safety glasses and a dust mask will be provided. Supply fee of $20 payable to the instructor at the beginning of class.

ART120-21A
All classes located at Norclay Building @ NKCHS, Rm 818

$39

9 AM-12 PM
Sat 9/12 (1X)  Sunrise
Sat 9/26 (1X)  Fox
Sat 10/10 (1X)  Black Bat/Orange Moon
Sat 10/24 (1X)  Mouse
Sat 11/14 (1X)  Turkey
Sat 12/12 (1X)  Etching on Square Bevel with Colored Border
(Numerous stencils available including Christmas Designs)

1 PM-4 PM
Tue 9/8 (1X)  Fox
Tue 9/22 (1X)  Sunrise
Tue 10/20 (1X)  Ghost
Tue 11/10 (1X)  Etching on Square Bevel with Colored Border
(Numerous stencils available including Christmas Designs)

Tue 12/8 (1X)  Angel
Tue 12/15 (1X)  Angel

Instructor Marsha Schwartz is a stained glass artisan and owner of Stained Glass Treasures. Her creative designs can be found at local craft shows and Crafters Corner in Smithville, MO.

Focus on Drawing
In this intermediate drawing class, you will be working with graphite and colored pencils with areas of focus on foliage, water, clouds, texture, drapery, hair, eyes, reflections plus much more. Individual help will be given while each participant works and progresses at their own speed. Weekly practice assignments will help develop your skills. A supply list will be emailed to you prior to class and a $5 project fee is payable to the instructor the first night of class.

ART219-21A  Norclay Building at NKCHS, Rm. 818
Tue 9/8-10/6 (5X)  6:30 PM-8:30 PM  $89

Instructor Kathy Cunningham is an artist, graphic designer and illustrator with more than 30 years experience. She loves creating artwork for the home and special events.

Travel Sketching
This course is perfect for a beginner or for someone looking to learn the basic concepts of “urban sketching.” Urban sketchers draw the people and places and everyday objects they encounter, often incorporating handwriting into a sketch as a form of remembrance. We will first learn and practice our skills indoors, and then we will visit some iconic Kansas City locations to sketch on location. A link for the supply list will be emailed with your registration confirmation.

ART224-21A  Norclay Building at NKCHS, Rm. 818
Thu 9/10-10/1 (4X)  6 PM-8 PM  $65

Instructor Mark Anderson is the Art Coordinator for North Kansas City Schools. He is an art educator, artist and writer.

Classes are for adults 18 years and older unless otherwise specified.
Basic Watercolor Techniques
In this course, you will learn how to get started with watercolor painting and applying different watercolor techniques such as transparent washes, wet-in-wet, dry brush, and sponging. You will learn how to create great looking watercolor paintings that you will be proud to hang on the wall. This course is designed for beginners who have never picked up a brush before, who are looking to try out watercolor painting techniques taught with easy to follow instruction. A link for the supply list will be emailed with your registration confirmation.

ART223-21A Norclay Building at NKCHS, Rm. 818 Thu 10/15-11/19 (6X) 6 PM-8 PM $95
Instructor Mark Anderson

Beginning Quilting – Half Square Triangle
Are you interested in learning the basics of quilting? In this beginning level class, you will be using a two charm pack or 5-inch squares (one print and one solid) to make a throw quilt. If you desire to make a larger quilt, you will need to buy at least 2 of each (print and solid.) You will learn the basic techniques of cutting, piecing, quilting, and binding a quilt. Basic sewing skills are required. A supply list will be emailed with your registration confirmation. You will need to bring your own sewing machine or have access to one.

ART409-21A Norclay Building at NKCHS, Rm. 815 Tue 9/8-10/13 (6X) 6 PM-8 PM $75
Instructor Melissa Ide-Laird

Fall Quilted Table Runner
In this beginning class, students will make a table runner using a precut charm pack. A charm pack is a pack of precut 5” squares of coordinating fabrics. A link for the supply list will be included with your registration confirmation.

ART412-21A Norclay Building at NKCHS, Rm 818 Tue 10/6-10/13 (2X) 10 AM-12 PM $39
Instructor Melissa Ide-Laird

Holiday Quilted Table Runner
In this beginning class, students will make a table runner using 2 precut charm packs. One will be a print and the other a solid. A charm pack is a pack of precut 5” squares of coordinating fabrics. We will make a table runner using 1/2 square triangles made out of a print and a solid. A link for the supply list will be included with your registration confirmation.

ART413-21A Norclay Building at NKCHS, Rm 818 Tue 11/3-11/17 (3X) 10 AM-12 PM $45
Instructor Melissa Ide-Laird

T-shirt Quilt
Take 10-20 T-shirts and turn them into a keepsake quilt, which makes a great gift or graduation present. Students need basic sewing skills. A supply list will be provided. Please bring your own sewing machine.

ART400-21A Norclay Building at NKCHS, Rm. 818 Tue 10/27-12/1 (6X) 6 PM-8 PM $75
Instructor Melissa Ide-Laird

Basic DSLR
Learn on Location: Basic DSLR taught on site, weather permitting. To give you close to real life situations when photographing, most of the time will be spent on location in different areas of the city as well as the instructor's studio located in the stockyards district, to understand how to use window light to your advantage. Class in the school meets at 7, however, for light purposes, location classes will begin at 6 although that time is flexible. Some locations may include Liberty Memorial, Kaufman Performing Arts Center, Graffiti Alley, City Market, The Plaza. Other suggestions are welcome.

ART300-21A Norclay Building at NKCHS, Rm. 820B Th 10/1-11/5 (6X) 7 PM-9 PM $89
Instructor Angie Jennings has been a photographer for 30 years. She has knowledge of many different cameras from working in one of Kansas City’s oldest camera stores. Angie has taught photography for many years and runs one of the top photo based art centric organizations in Kansas City.

Knitting for the Beginner
Learn how easy it is to create beautiful handmade knitted items. You will learn how to knit and purl, read patterns, and to fix mistakes. Your first project will be a “designer” scarf or a dishcloth. A link to the supply list will be provided with your registration confirmation or you may purchase a supply kit from the instructor for $30.

ART401-21A Norclay Building at NKCHS, Rm 813 Sat 11/7-12/5 (4X) 9:30 AM-11:30 AM $39
No class 11/28
Instructor Sharon Euler is a skilled designer, dressmaker and tailor. Her hobbies include sewing, knitting and crocheting.

"Sharon is a great teacher – very knowledgeable and fun to be around. She really helped the group get to know each other and feel comfortable.” — Rosanne B.

Stamped Christmas Cards
Enjoy an evening of making Holiday cards. You will make 3 card designs, 2 cards of each design for a total of 6 Holiday cards. Learn stamping techniques; such as, masking and two-step stamping. If you have questions about card making, bring them with you. The instructor will provide card kits and any special tools. Bring your scissors, adhesives and paper crafting tools. Supply fee of $10 is payable to the instructor at the start of class.

ART601-21A Norclay Building at NKCHS, Rm. 815 Tue 12/1 (1X) 6:30 PM-9 PM $29
ART601-21A-2 Norclay Building at NKCHS, Rm 818 Wed 12/2 (1X) 9:30 AM-12:00 PM $29
Instructor Judy Meier has been a card-making demonstrator for more than 16 years. Judy encourages people to use their creative skills and come away feeling successful and relaxed.

"This was my first quilting class ever! I love it and I have the skills and confidence to conquer another pattern and quilt!” — Lisa M.

STAY SAFE DURING COVID-19

Wear Masks
Wash Hands Often
Six Feet Social Distancing
Disinfect Surfaces
Introduction to MacBook
This class will introduce the participant to the basic functionality of the MacBook computer. Sessions will include an exploration of the operating system, menus, applications and basic system preferences. Participants must bring their own fully charged MacBook laptops.

**BUS221-21A**
Norclay Building at NKCHS, Rm. 819
Tue 9/22-9/29 (2X) 6 PM-8 PM $75

**BUS221-21A-2**
Norclay Building at NKCHS, Rm 818
Thu 9/10-9/17 (2X) 9 AM-11 AM $75

Instructor Mike Ramirez is assistant professor of technology education at MidAmerica Nazarene University.

ABC’s of Medicare Insurance
Are you or a loved one turning 65 years old or becoming eligible for Medicare due to a disability? What are Part A and B of Medicare? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F and let’s not forget Part D (prescription drug plan)? Learn about Medicare PPO’s and HMO’s. This two-hour class will help you master the ABC’s of Medicare Insurance.* This event is for educational purposes only: no plan specific benefits will be shared. Clay County senior discount applies.

**BUS100-21A**
Norclay Building at NKCHS, Rm. 819
Tue 10/6 (1X) 6:30 PM - 8:30 PM $25

**BUS100-21A-2**
Norclay Building at NKCHS, Rm 818
Fri 9/25 (1X) 10 AM-12 PM $25

Instructor Jeff David has been an insurance professional since 1987. He has owned his own insurance agency for more than 10 years.

“A lot of info covered well in short time, good sense of humor.”
— Cheryl G.

Social Security: Your Questions Answered
Before you retire, it’s important to understand your options regarding Social Security and the impact your decisions have on your retirement. Have you been to a presentation on Social Security where they give facts and figures, rules and regulations, and (unintentionally) put you to sleep? In this class, I do the opposite. The same questions come up, over and over – so I’ve built a presentation to answer all of the most popular questions I get and then some. Interactive information, but succinct. The class is only a little over an hour, and time permitting, I try to also incorporate a few “Income and Risk Management” topics that co-exist in regards to the decisions that must be made with Social Security. Please bring as many questions as you can think of!

**BUS108-21A**
Norclay Building at NKCHS, Rm. 818
Thu 10/8 (1X) 6:30 PM-8 PM $25

Instructor Jeff King is a financial advisor and is passionate about helping families learn about managing finances.

Death & Taxes
Probate, Wills, Power of Attorney, Trusts, Health Care Decisions, and Estate Taxes! We will help you understand the basics of estate planning. Clay County senior discount applies.

**BUS102-21A**
Norclay Building at NKCHS, Rm. 818
Tue 10/13-10/20 (2X) 7 PM-9 PM $25

Instructor John Sanderford is a Northland attorney who has worked primarily in the field of estate planning for more than 25 years. He is a member of the Missouri Bar Association Estate Planning and Probate Administration Committee.

Give the Gift of Education
North Kansas City Schools Community Education classes make the perfect gift for any occasion.
Call 816-321-5010 today to order your gift.

Optimize Your Pharmacy Benefit
Pharmacy benefits can be complicated. During this interactive class, you will learn the basics of pharmacy benefits from the consumer perspective to help you make more informed decisions and to prepare you for what may lie ahead. Become a more active member of your healthcare team so that you can be sure you are getting the medication you need, when you need it, for the best price. This class is for adults ages 18 and up with any type of health insurance plan that includes prescription coverage.

**BUS401-21A**
Norclay Building at NKCHS, Rm. 819
Tue 10/13 (1X) 6:30 PM-8:30 PM $29

Instructor Heather Epps has a Doctor of Pharmacy degree. She has experience in pharmacy benefit management, retail pharmacy and prescription savings methods. Heather has developed a program to help people optimize their pharmacy benefit and become advocates for themselves.
## ONLINE CLASSES

All classes are six weeks in length and a new class starts every month.

Fall classes begin on each of the following dates: 9/16/2020 • 10/14/2020 • 11/11/2020 • 12/9/2020

### ACADEMICS

<table>
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<tr>
<th>Course</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Introduction to Chemistry</td>
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### BUSINESS

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<td>A to Z Grant Writing</td>
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<td>Accounting Fundamentals</td>
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<td>Accounting Fundamentals II</td>
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<td>Administrative Assistant Fundamentals</td>
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### EDUCATION & TRAINING

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### HEALTH & WELLNESS

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### LANGUAGE

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### MEDICAL

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<td>Explore a Career as an Administrative Medical Assistant</td>
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<td>Explore a Career in Medical Coding</td>
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<td>Human Anatomy and Physiology</td>
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<td>Medical Terminology: A Word Association Approach</td>
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<tr>
<td>Medical Terminology II: A Focus on Human Disease</td>
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### MUSIC

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### WEB & COMPUTER PROGRAMMING

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<tr>
<td>Creating Web Pages</td>
<td>$115</td>
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<tr>
<td>Creating WordPress Websites</td>
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<tr>
<td>Introduction to CSS3 and HTML5</td>
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<td>Introduction to Java Programming</td>
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<td>Introduction to Python 3 Programming</td>
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<td>Introduction to SQL</td>
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### WRITING

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<tr>
<td>Advanced Fiction Writing</td>
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### NOTICE TO STUDENTS

North Kansas City Schools Community Education Services offers classes to the public for purposes of information, instruction, enlightenment, and example only. Such classes are not to be construed as endorsement or investment recommendations from the individual instructor, his or her company, or Community Education.
Online Business & Technology Certificates

Social Media for Business Certificate

Enroll in all three courses below and earn a Social Media for Business Certificate. $495

**Introduction to Social Media**
Learn about top social media sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients.

**UGC107-21A**
9/8-10/2, Online $195

**Marketing Using Social Media**
Learn quick, easy ways to use Twitter, blogs and LinkedIn to engage your customers or clients and keep them interested in your organization or business.

**UGC108-21A**
10/5-10/30, Online $195

**Integrating Social Media in Your Organization**
Develop a practical strategy and techniques for implementing a social strategy for your organization or business. Learn the top five considerations when starting a social network as well as tips to manage an online community.

**UGC109-21A**
11/2-11/27, Online $195

Certificate in Web Design

Enroll in all three courses below and earn a Certificate in Web Design. $595

**Introduction to Web Design**
This course will give you the information you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. No prior knowledge of HTML or web design is required.

**UGC129-21A**
9/8-10/2, Online $245

**Intermediate Web Design**
Anyone wanting to find out how to create effective and dynamic websites/applications will want to take this course. You will acquire the fundamentals of the most popular Web 2.0 technologies and will take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized.

**UGC130-21A**
10/5-10/30, Online $245

**Advanced Web Design**
Acquire advanced techniques in web design. Topics include the responsive design process, advanced layout and design features using the Bootstrap framework, exploration of CMS frameworks and industry standard technologies and frameworks.

**UGC131-21A**
11/2-11/27, Online $245

SQL Certificate

Enroll in all three courses below and earn an SQL Certificate. $595

**Introduction to SQL**
Learn how to write SQL code to create and populate database tables and how to write simple SQL queries that are capable of retrieving vast amounts of information from a database.

**UGC133-21A**
9/8-10/2, Online $245

**Intermediate SQL**
Discover how to write powerful SQL queries that enable you to retrieve data from one table or from multiple tables stored in the database simultaneously. You will learn how to merge data from multiple columns, how to create calculated fields, and how to order and group the results from a query.

**UGC134-21A**
9/8-10/2, Online $245
**UGC134-21A-2**
10/5-10/30, Online $245

**Advanced SQL**
Take your SQL query skills to a new level by learning how to write more advanced SQL queries for enhanced decision making. In this course, you will learn how to write advanced subqueries, advanced join queries, and UNION queries that query more than one table.

**UGC135-21A**
9/8-10/2, Online $245
**UGC135-21A-2**
10/5-10/30, Online $245
**UGC135-21A-3**
11/2-11/27, Online $245

WordPress Certificate

WordPress is the most popular content management system (CMS) for website and blog design. After successfully completing the WordPress Certificate, you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress.

**UGC132-21A**
9/8-11/27, Online $495
COMMUNITY EDUCATION
PRESCHOOL PROGRAM
www.nkcschools.org/preschool
Shelli Wilson, Teacher • Tiffany Foster, Paraprofessional

NOW ENROLLING FOR FALL

• Early Childhood Certified Teacher
• Positive approach to kindergarten readiness
• Developmentally appropriate practices
• Stimulating and attractive environment
• Nurturing learning experience
• Rich opportunities for discovery, creativity and problem solving
• Age-appropriate playground

Requirements:
Each child must be potty-trained and 4 years old by July 31, 2020. The enrollment form and immunization record must be on file in the school office before school begins. Parents are responsible for transportation.

Days: Monday through Friday (5 days)
OR Monday, Tuesday, Wednesday and Thursday (4 days)
OR Monday, Tuesday and Wednesday (3 days)

Times: AM session 9:30 AM to Noon
PM session 12:45 PM to 3:15 PM

Fees: A $55 nonrefundable registration fee is payable at the time of enrollment.

Tuition: $225 per month (Mon through Fri)
$190 per month (Mon, Tues, Wed and Thurs)
$150 per month (Mon, Tues and Wed)

Location: Staley High School Child Development Wing

Mommy & Me (Age 1-3 yrs)
Mommy & Me classes are a great way to bond with your child, while you both learn balance, coordination, and flexibility. Daddies are always welcome too. Please dress comfortably (no denim) with a clean pair of shoes for dancer and socks for Mom or Dad.

CHD200-21A Miss Dianna’s School of Dance
Tue 9/8-10/13 (6X) 9:30 AM-10 AM $55

CHD200-21A-2 Miss Dianna’s School of Dance
Sat 9/12-10/24 (6X) 10:30 AM-11 AM $55
No class 10/3

CHD200-21A-3 Miss Dianna’s School of Dance
Tue 9/8-10/13 (6X) 7 PM-7:30 PM $55

Instructor Dianna Pfaff has been teaching dance since 1975. She judges dance competitions and choreographs area HS events.

Combination Dance and Acrobatics
(Age 3-5 yrs)
Your child will be introduced to tap, ballet and tumbling by trained staff with a love for teaching children. Boys and girls will enjoy the high energy class which will help them gain balance and agility. They will focus on all the keys to becoming a top athlete. Come dressed comfortably (no denim please) with a clean pair of tennis shoes. Dance clothes and shoes are not required but are welcome.

CHD201-21A Miss Dianna’s School of Dance
Tue 9/8-10/13 (6X) 10 AM-11 AM $75

CHD201-21A-2 Miss Dianna’s School of Dance
Sat 9/12-10/24 (6X) 9:30 AM-10:30 AM $75
No class 10/3

Instructor Dianna Pfaff

Combination Dance and Acrobatics
(Age 6-11 yrs)
CHD202-21A Miss Dianna’s School of Dance
Thu 9/10-10/15 (6X) 5:30 PM-6:30 PM $75

Instructor Dianna Pfaff

Hip Hop (Age 6-12 yrs)
Explore the fun world of hip-hop dance in this 30 minute class.

CHD206-21A Miss Dianna’s School of Dance
Mon 9/14-10/19 (6X) 7 PM-7:30 PM $60

Instructor Dianna Pfaff
Young Rembrandts Elementary Drawing (Gr K-5)
Young Rembrandts teaches drawing, the fundamental skill of all visual arts, to children grades K-5. Our unique method and step-by-step curriculum foster a wealth of skills. Children will develop increased patience, discipline and focus as well as a host of artistic skills such as art vocabulary and history, drawing and art skills, and expanded creativity, imagination and confidence. Lessons do not repeat from previous sessions so you can continue our classes all year long. All materials provided.

CHD505-21A  Norclay Building at NKCHS, Rm 815
Thu 9/10-10/15 (6X) 6 PM-7 PM $79

CHD505-21A-2  Norclay Building at NKCHS, Rm 815
Thu 10/22-12/3 6 PM-7 PM $79

No class 11/26

Sarah Hirtzel is the Young Rembrandts Program Director representing the Kansas City area.

Baby Sitter Training (Age 11-15 yrs)
Baby-sitting is fun, but must be taken seriously and responsibly. You will learn the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, learn how to develop a baby-sitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. Please bring a water bottle, lunch and snack.

CHD101-21A  Norclay Building at NKCHS, Rm 818
Sat 10/17 (1X) 9 AM-2:30 PM $59

Instructor Tina Biggs is a certified Red Cross instructor. She has been working with and for children for more than 20 years, as well as teaching and equipping parents for success.

The Kansas City Online Youth Chess Club
For all levels of players. You will progress through our Pawn to King Level Curriculum. You will receive live and personal lessons while working on our skill level videos. Students may also play in our monthly Bughouse and Regular tournaments to improve their playing ability.

Beginners (Pawn to Knight)
CHD510-21A  Online
Wed 9/2-10/21 (8X) 6 PM-6:30 PM $55

CHD510-21A-2  Online
Wed 9/2-12/16 (16X) 6 PM-6:30 PM $95

Advanced (Bishop to King)
CHD511-21A  Online
Wed 9/2-10/21 (8X) 6:30 PM-7 PM $55

CHD511-21A-2  Online
Wed 9/2-12/16 (16X) 6:30 PM-7 PM $95

Instructor Ken Fee is a certified Boy Scouts chess merit badge counselor, a nationally certified chess coach and tournament director at the Kansas City Chess Club. Ken plays tournament chess and has coached numerous Missouri and Kansas State Chess Champions.

NKCS PRESCHOOL – TITLE I

Free Pre-K program at select schools based on developmental need.

- Children must be 4 on or before July 31, 2020 and live within the North Kansas City School District.
- Acceptance into the North Kansas City Schools FREE Pre-K program is dependent upon the child’s cumulative score from the screening and other criteria.
- Screenings will continue from August-November for the 2020-21 school year.

Visit nkcschools.org and look under the “Families” section to schedule your free screening for the 2020-2021 school year. Call 816-321-5453 with questions.

FREE

North Kansas City Schools
Parents As Teachers
An early learning program for parents of children birth to age 5.
Give your baby the best possible start to life.

To enroll in this free program, call 816-321-5453.

Enroll now for the 2020-21 school year.
Gladstone Community Center

It takes more than just a gym to reach your goals. Stop in today for a tour of the facility.

- Three Pools Under One Roof
- Private Birthday Party Rooms
- Men’s, Women’s & Universal Changing Rooms
- Fitness Facility
- Group-X Classes
- Walking Track
- Gymnasium
- Child Watch Facility
- Large Banquet Area

6901 N Holmes | Gladstone 423.4200

www.gladstonecommunitycenter.com
This virtual 12-week class will focus on offering support to those who are in a caregiver role to an older adult loved one. The topics covered in the AMP curriculum are designed to promote healthy aging as you take care of yourself and your loved one. This class emphasizes the importance of small, consistent changes over time leading to mastery of healthy habits.

We would love to have you join us for the AMP for Caregivers

Tuesdays, September 8 through November 24 • 1-2:30 p.m.

Registration is limited to 25 participants, so register soon and spread the word to others who may be interested in attending.

The class is free (a $250 value). Sign up now!
To register call 816-256-8096 or 816-678-3036.

KC Communities for All Ages is a program of the Mid-America Regional Council
600 Broadway, Kansas City, MO • www.kccfaa.org

Funding for the Aging Mastery Program was provided in part by the George H. Nettleton Home, Inc.

North Oak Branch  8700 N. Oak Trfy. Kansas City
Antioch Branch  6060 Chestnut St., Gladstone
Claycomo Branch  309 NE 69 Hwy, Claycomo

Learn more at mymcpl.org/GrowAReader
Cooking the Mediterranean Way
From Morocco to Greece, the Mediterranean diet continues to intrigue us. It has a reputation of being sinfully delicious yet heart healthy. In this class you will look at the common flavors of the Mediterranean and create several small plates. Supply fee of $10 is payable to the instructor at the start of class.

FDS211-21A Norclay Building at NKCHS, Rm 818
Wed 9/23 (1X) 6 PM-7:30 PM $39
Instructor Amy Vance
Instructor Amy Vance has had a love of cooking since she was a little girl. For the last ten years, she has refined her cake and cookie decorating skills and enjoys sharing her creations for family and friends’ special events.

Halloween Cookies
Impress your family and friends with your newly acquired decorating skills that you will learn in this fun class. Using royal icing, you will decorate multiple custom cookies to take home. Materials and supplies provided. Supply fee of $5.00 payable to the instructor at the beginning of class.

FDS423-21A Norclay Building at NKCHS, Rm 818
Thu 10/8 (1X) 2 PM-4 PM $29
Instructor Lorie Stockton has had a love of baking since she was a little girl. For the last ten years, she has refined her cake and cookie decorating skills and enjoys sharing her creations for family and friends’ special events.

Edible Holiday Gifts
Stumped on what to give this holiday season? What about a gift in a jar? In this class you will learn to make several seasonal gifts to give to family and friends. What you make in class will be yours to take home along with ideas for other gifts to give year round. Supply fee of $10 is payable to the instructor at the start of class.

FDS408-21A Norclay Building at NKCHS, Rm 818
Thu 12/3 (1X) 6:30 PM-8:30 PM $39
Instructor Amy Vance

Aging Mastery Program®
National Council on Aging

Aging Mastery® aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When you participate in the Aging Mastery Program® (AMP), you will create your own personal pathway for aging well via actionable goals, sustainable behaviors, peer support, and incentives.

$250 VALUE!
Free for 60+; Under age 60 $39

Funding for the Aging Mastery Program is provided in part by the George H. Nettleton Foundation.

HLH206-21A
Classes will meet virtually using the Zoom meeting platform. An invitation link will be provided after you register. For those unfamiliar with Zoom, support will be available to help you navigate this user-friendly program.
Fri 9/11-11/13 (10X) 10 AM-11:30 AM

Core Curriculum:
9/11 – Navigating Longer Lives: The Basics of Aging Mastery
Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

9/18 – Exercise and You
Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

9/25 – Sleep
Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

10/2 – Healthy Eating and Hydration
Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

10/9 – Financial Fitness
Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial boundaries with friends and families.

10/16 – Advance Planning
Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

10/23 – Healthy Relationships
Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

In partnership with

Community Education Services • 816-321-5010

Like us on Facebook.
www.facebook.com/nkcscommunityeducation
HEALTH & WELLNESS

Tai Chi – Beginner
Tai Chi is a Chinese exercise that improves balance and increases circulation. Recommended by Harvard Medical School and the Arthritis Foundation for health and fitness, participants will learn basic principles of the training method of Tai Chi. Traditional Qi Gong warm-up exercises and rhythmic Silk-Reeling movements with the Chen style first 15 postures of the Lao Jia Old Frame long form will be taught. Wear comfortable clothing and flat shoes.

HLH205-21A-3 Norclay Building at NKCHS, Gym 3 Wed 9/9-10/28 (8X) 6:15 PM-7:15 PM $79
Instructor Roxie Hein has studied and taught martial arts since 2008. She is a fully certified Tai Chi instructor with a 2nd degree Blackbelt in Taekwondo and is an international gold medalist competitor in the full Tai Chi curriculum.

Advancing in Tai Chi (Advanced)
Take your Tai Chi to the next level with the energy and structural principles within the Chen-style Lao Jia 74 movement long form practice including traditional Tai Chi sword forms, rhythmic silk reeling for Strength and Balance and Qi Gong and Walu exercises enhancing Circulation and Coordination.

HLH219-21A Norclay Building at NKCHS, Gym 3 Tue 9/8-10/13 (6X) 10:30 AM-11:30 AM $59
HLH219-21A-2 Norclay Building at NKCHS, Gym 3 Tue 10/20-11/24 (6X) 10:30 AM-11:30 AM $59
Instructor Roxie Hein

Intuitive American Sign Language
This is a basic American Sign Language (ASL) class where students will learn the alphabet and numerical signs. Conversational phrases will be presented along with a wide variety of vocabulary and grammatical (facial) features. Students will be exposed to Deaf Culture and the history of how the language is evolving. A practice time will be provided during the class. The goal of this class is to expand horizons in a fun and relaxed atmosphere! Ages 14+

LAN100-21A Norclay Building at NKCHS, Rm 820B Tue 9/15-10/20 (6X) 6:30 PM-8:30 PM $95
Instructor Cheryl Stone is an enthusiastic and dedicated professional with 20+ years of experience in the Deaf community and looks forward to sharing her knowledge with you!

See page 16 for location of buildings.

MUSIC & DANCE

Adult Beginning Tap
This class is a wonderful opportunity to start at the basics and work up into tap rhythms. Each week you will gain confidence and musicality as your tap sounds become cleaner and clearer. You will be amazed at how fun and athletic tap dance can be!

MUS400-21A Miss Dianna’s School of Dance Wed 9/9-10/14 (6X) 7 PM-7:45 PM $65
Instructor Dianna Pfaff has been teaching dance since 1973. She judges dance competitions and choreographs area HS events.

Adult Hip Hop
Learn fun and energetic HIP HOP choreography with Alex. Bring clean tennis shoes or jazz shoes.

MUS402-21A Miss Dianna’s School of Dance Wed 9/9-10/14 (6X) 7 PM-7:30 PM $60
Instructor Dianna Pfaff

NEW Rag Time and The Acoustic Era
Sound recording from 1877 to about 1925 will be illustrated by playing original cylinder and disc records and putting the music in historical context. The music will include a variety of pop music of the period as well as records by great classical artists, ending with Caruso and his last recording. This era of commercial recording is special because no electricity was used either in recording or playback, but the results achieved were often phenomenal!

MUS507-21A Norclay Building at NKCHS, Rm 818 Sat 9/12-9/26 (3X) 10 AM-12 PM $49
Instructor Timothy Corrao taught music at Park University for 25 years and is an active performer and composer.

“instructor knows more about music and music history than anyone I’ve ever met and I play an instrument.”
— Jim V.

PET CARE

Basic Pet Dog Grooming
Learn general skills to keep your dog clean and well cared for. Whether long or short hair, large or small. Learn basic skills in bathing, trimming nails, dental care, and ear cleaning.

PET102-21A Norclay Building at NKCHS, Gym 3 Mon 11/16 (1X) 12:30 PM-2 PM $25
Instructor Diana Park has been training dogs for more than 25 years. She also has trained dogs competitively and her dogs have won numerous awards.

Puppy Socialization (10-24 weeks)
What a puppy learns during the socialization period will have a lifelong effect on his personality and how he reacts to people, other animals and environments. Classes will consist of helping owners to socialize their puppies in a positive fun way exposing puppies to novel experiences and helping them to become well-adjusted and confident. Normal puppy behaviors will be discussed with a force free solution to these issues. Physical and mental stimulation will also be covered. Handlers must be a minimum of 12 years of age and be accompanied by an adult if under 18. Please bring to class a flat buckle collar or harness, 6 foot lead (no flexi-leads), 150-200 soft pea-sized treats, small mat/blanket and proof of vaccinations.

PET100-21A Norclay Building at NKCHS, Gym 3 Wed 10/14-11/18 (6X) 11:15 AM-12 PM $89
Instructor Diana Park

Pet Dog Manners (6 Months & Up)
Focus will be on force free positive reinforcement training to enhance your relationship with your dog, and your dog’s relationship with you. You will learn basic concepts of dog training, teaching basic obedience to your dog and how to incorporate it into real life. Emphasis will be placed on positive training to help your dog learn to make “good choices” and help you communicate more clearly with your dog. Handlers must be a minimum of 12 years of age and be accompanied by an adult if under 18. Please bring to class a flat buckle collar or harness, 6 foot lead (no flexi-leads), 150-200 soft pea-sized treats, small mat/blanket and proof of vaccinations. Maximum of 6-8 dogs in class.

PET101-21A Norclay Building at NKCHS, Gym 3 Wed 10/14-11/18 (6X) 10 AM-11 AM $89
Instructor Diana Park
Driver Education
Designed to instruct students in proper techniques of driver education, this class will cover knowledge, skills and attitudes necessary for driving. Permits are not required for course participation. Students with permits or licenses will have the optional opportunity for behind-the-wheel instruction for an additional cost arranged through the instructor.

SFT101-21A  Norclay Building at NKCHS, Rm 819
Thu 10/15 (1X)  6 PM-9 PM  $29

Instructor Tom Stout is a certified driver education instructor.

Adult and Pediatric CPR/AED/First Aid
The American Red Cross guidelines will be followed in this course designed for use on victims newborn and older. You will learn to recognize and respond appropriately to cardiac and breathing emergencies. You will also learn the skills to give immediate care to a suddenly injured or ill person until medical personnel arrive. A certificate, which is valid for two years, will be awarded to those who successfully complete the course. Please wear loose, comfortable clothing. Skill practice will require working on your hands and knees, bending and standing. Please bring a sack lunch.

SFT200-21A  Norclay Building at NKCHS, Rm 818
Sat 12/5 (1X)  9 AM-2 PM  $89

Instructor Tina Biggs is a certified Red Cross instructor. She has been working with and for children for more than 20 years, as well as teaching and equipping parents for success.

Resident and non-residents can enroll.
Register early. Classes fill quickly!

Coed Intermediate Volleyball (Age 18-Adult)
Coed intermediate volleyball is for the skilled player who has performed at the HS level. Previous experience is a must to join other players for this class. Teams play up to 9 games, with 3 matches against 3 different teams each night. Emphasis is on teamwork while using bump, set and hit. Our goal is to have good team volleyball each session, as everyone will play the game.

PHY502-21A  Norclay Building at NKCHS, Gym 3
Thu 9/10-10/29 (8X)  6:15 PM-8:15 PM  $49

Instructor Christie Brown enjoys playing competitive volleyball and has been instructing since 1998.

Beginner Pickleball
You will learn the basic rules, terminology, primary skills, coordination and more. You will develop technique, strategy and have plenty of time for social play. Balls are provided, bring your own paddle (not wood). This sport is fast paced with sudden movements. The ability to move swiftly around the court is required. Paddles can be purchased at local sporting good stores or online at Amazon or Justpaddles.com.

PHY705-21A  Norclay Building at NKCHS, Gym 3
Mon 9/14-10/19 (6X)  7 PM-9 PM  $69

PHY705-21A-2  Norclay Building at NKCHS, Gym 3
Mon 10/26-11/30 (6X)  10 AM-12 PM  $69

Instructor Cristie Sharpsteen is an active recreational and tournament player as well as a certified Professional Pickleball Registry Trainer.

Recreational Men’s Basketball
Hoops anyone? Come sweat, meet new people and play some basketball for exercise and fun! Please bring a black t-shirt and a white t-shirt to class each evening.

PHY601-21A  Norclay Building at NKCHS, Gym 3
Mon 9/14-10/26 (7X)  6:15 PM-8:15 PM  $40

Instructor Aaron Croley is a lifelong basketball player who’s been involved with North Kansas City School’s leagues for over 18 years.
**Hip Hop**

Whether you are brand new to hip hop or are looking for a fun, new way to burn calories, this class is for you. You will have fun and work up a sweat while learning the basic grooves and movements of hip hop with very simple, repetitive sequences that will have you filled with confidence and swag.

**PHY105-21A** Norclay Building at NKCHS, Outdoors

Tue 9/8-10/13 (6X) 6:30 PM-7:30 PM $45

Instructor Jessica Auld is a certified group X instructor who has been teaching fitness classes since 2011. She has a salsa and dance background and enjoys sharing passion for dance with every level. Jessica’s classes are a great start for someone who is brand new to dancing.

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**Zumba® Fitness**

Zumba® uses Latin and international music for a dance that creates a dynamic and effective fitness system! Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body-sculpting movements with easy to follow dance steps. No experience is necessary to enjoy Zumba®!

**PHY100-21A** Norclay Building at NKCHS, Gym 3

Tue 9/8-10/20 (7X) 6:15 PM-7:15 PM $45

Instructor Patti Leddy has been a licensed Zumba instructor for over 13 years and is also a 200-hour registered yoga instructor, ACE Certified Group Exercise Fitness instructor and ACSM Personal Trainer.

---

**Zumba® Gold**

Salsa, Cha Cha, Merengue, Flamenco, Calypso, and a little Rock and Roll. A low-impact workout that is fun, different, easy and effective! Zumba® gold utilizes Latin and international music for a dance that creates a dynamic and effective fitness system! Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body-sculpting movements with easy to follow dance steps. No experience is necessary to enjoy Zumba®!

**PHY101-21A** Norclay Building at NKCHS, Gym 3

Thu 9/10-10/15 (6X) 10:30 AM-11:30 AM $39

**PHY101-21A-2** Norclay Building at NKCHS, Gym 3

Thu 10/22-12/3 (6X) 10:30 AM-11:30 AM $39

Instructor Patti Leddy

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**Gentle Yoga**

This class is for everyone from beginners to long-time yoga participants. Exercise modifications will be given to accommodate a variety of fitness levels. Includes work with balance, flexibility, endurance, muscle strengthening and toning, and relaxation. Stretches on the floor are included in the practice. Please bring a mat.

**PHY201-21A** Norclay Building at NKCHS, Gym 3

Tue 9/8-10/13 (6X) 1 PM-2 PM $39

**PHY201-21A-2** Norclay Building at NKCHS, Gym 3

Tue 10/20-12/1 (6X) 1 PM-2 PM $39

Instructor Patti Leddy

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**Tai Chi**

Tai Chi is an art embracing the mind, body and spirit. Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. We will learn the basics of Sun style Tai Chi and add on each class. This style of Tai Chi is great for arthritis and fall prevention.

**PHY221-21A** The Wellness Wheel

Tue 9/1-10/6 (6X) 11 AM-12 PM $49

**PHY221-21A-2** The Wellness Wheel

Thu 9/3-10/8 (6X) 11 AM-12 PM $49

Instructor Amy Vance

**NEW**

Instructor Amy Vance MS, DTR has a 200 hour Yoga Teacher Training with Om Prana Yoga & Consultants.

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**Core Centric Yoga**

This class will focus on alignment, core strength and breath to open and release those tight areas and strengthen your core line. Please bring a yoga mat or large towel.

**PHY217-21A** The Wellness Wheel

Sun 9/13-10/18 (6X) 9:30 AM-10:30 AM $49

**PHY217-21A-2** The Wellness Wheel

Sun 10/25-11/29 (6X) 9:30 AM-10:30 AM $49

Instructor Teresa Rodriguez has been practicing yoga since 2001 under the mentorship of Karen Carmack and has experience teaching both Hatha Yoga & Kundalini Yoga. She has completed a three year study on energy healing for the body at Core Star School of Healing and a 200 hour Yoga Teacher Training with Om Prana Yoga & Consultants.

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**Align Yoga**

A class for everyone no matter your age, body type or your understanding of yoga. All you need is a great attitude, alignment and action. Attitude is the power of the heart as the force behind every action or expression. Alignment is being mindful of how various parts of ourselves are integrated. Action is the natural flow of energy in the body, which provides both stability and joyful freedom. Please bring a yoga mat or large towel.

**PHY215-21A** The Wellness Wheel

Mon 9/8-10/19 (6X) 9 AM-10 AM $49

**PHY215-21A-2** The Wellness Wheel

Wed 9/16-10/21 (6X) 6 PM-7 PM $49

Instructor Karen Carmack, LMT, is a certified level II Kundalini yoga instructor.

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**Kundalini Yoga**

Kundalini yoga is a form of physical and meditative yoga comprising various techniques using the mind, body and our senses. It goes beyond the physical performance of asanas with its emphasis on breathing, meditation, mudras and chanting. It can be very intense and appeals to those who are up for both mental and physical challenges. Kundalini yoga helps in the better functioning of the digestive, glandular, cardiovascular, lymphatic and nervous systems.

**PHY202-21A** The Wellness Wheel

Wed 9/16-10/21 (6X) 7:30 PM-8:30 PM $49

Instructor Karen Carmack

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**Foam Roller**

Do you want to improve circulation, decrease pain and soreness as well as increase your range of motion? Foam rolling is a form of self-myofascial release or self-massage to help you accomplish all of this. You will need to bring a yoga mat and a high-density foam roller, size 36” X 6” which can be purchased at local retailers.

**PHY218-21A** The Wellness Wheel

Fri 9/11-10/16 (6X) 10 AM-11 AM $49

Instructor Karen Carmack
Adult Education & Literacy

Classes are FREE.
Schedules are available for morning or evening classes.

Norclay Building
2601 Howell Street
North Kansas City, MO
64116
816-321-5011

Website: www.nkcschools.org/ael
Facebook: www.facebook.com/nkcael
Email: adulteducation@nkcschools.org

High School Equivalency Diploma
These classes will help adult students prepare for the High School Equivalency exam, certified by the Missouri Department of Education. Consistent attendance is required; see our website at nkcschools.org/ael for Orientation dates. Must be 17 or older and not enrolled in school.

Basic Skills Review
Classes are offered for adults who have a high school diploma but need to brush up on basic skills for the workplace or to enter college or a job training program.

Adult English Language Learners (ELL)
English classes are offered for adult speakers of other languages. Consistent attendance is required. Call for more information.

Classes are conducted in various locations throughout the Northland.

VOLUNTEERS NEEDED
Would you like to help an adult student study for the high school equivalency exam or learn the English language? Do you have one hour or more per week to volunteer? Teaching experience is not necessary, only a willingness to help others.

Call 816-321-5011 or email adulteducation@nkcschools.org

It's never too late to learn. Expand your horizons with Adult Education.
North Kansas City Schools Mission
As champions for all students, North Kansas City Schools’ mission is to ensure all are life-ready and ethically grounded in an ever-changing world through innovative educational experiences that:

- Inspire Lifelong Learning
- Embrace Inclusion
- Forge a Unified Community

SIGN-UP QUESTIONS

Who can enroll?
Courses are for anyone 18 years or older unless otherwise specified.

When can I sign up?
We take enrollments on a first come, first served basis. Enroll early by one of the five methods listed.

How do I know if I’m registered?
You are enrolled as soon as we receive your enrollment form and fee. We will only contact you if a class is canceled or if a class schedule is changed.

Can I get a refund?
A $10 non-refundable fee is included with the tuition.
Refunds are made if:
- a class is filled before we receive your registration
- a class is canceled due to lack of enrollment
- a refund is requested 24 hours before the first class is held

What about books and supplies?
Textbooks will be distributed the first night of class. If supplies are required, a link to the supply list will be on the registration confirmation email.

Senior and Employee Discounts
- Employees of NKC Schools receive $5 off each class.
- Seniors, age 60+, that are Clay County residents receive up to $30 off one class per term.
- Must enroll by phone or in person to receive the discount.

Disclaimer: Every effort has been made to make this publication accurate as of the publication date. However, all policies, procedures, tuition fees and curricula are subject to change anytime by appropriate action of the administration or the North Kansas City Schools Board of Education. This publication is not intended to be a contract, explicit or implied, and the district reserves the right to make changes regarding the information contained herein.

There will be no classes on:
- September 7 . . . . . . . . . . . Labor Day
- November 25-27 . . . . . . Thanksgiving Break
- December 21-January 1 . . . . . . Winter Break

STAY SAFE DURING COVID-19

Wear Masks
Wash Hands Often
Six Feet Social Distancing
Disinfect Surfaces
When paying by credit or debit card, a nonrefundable convenience fee will automatically be added to your transaction.
Tricks AND Treats

Travel Sketching ................... 2
Fall Quilted Table Runner .......... 3
Holiday Quilted Table Runner ...... 3
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