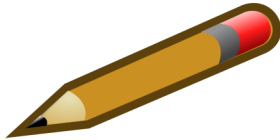


# ODESSA ADULT & COMMUNITY EDUCATION

Odessa R-VII School District, Odessa, Missouri



## SIGN-UP NOW

Enroll Online @ [www.odessar7.net](http://www.odessar7.net)

Enroll by Phone (816) 633-5316

Enroll by Fax (816) 633-8582

Enroll by Mail (printable form enclosed)



## SCHEDULE

**March 4 through April 25, 2019**

**Evenings 6:00—8:30 p.m.**

Odessa High School, 713 S. Third Street

Odessa Middle School, 607 S. Fifth Street

## CONTACT US

Odessa R-VII School District  
Adult Education Program  
701 S. Third Street, Odessa, MO 64076  
Phone (816) 633-5316 Extension 1006  
[www.odessar7.net](http://www.odessar7.net)

## REFUND POLICY

If enrollment is less than five, the class will be canceled and a full refund will be issued for any fees collected for the class.

Registrants will be notified by phone or email. Please advise central office of any changes in

*Our mission is to promote  
opportunities for adult  
learners to engage, enrich  
and empower their lives*

## **SELF IMPROVEMENT**

### **SI01 Meal Prep Basics for Beginners (Fee \$10.00)**

Need help getting started with meal prep? Participants will make and sample a variety of breakfast and lunch prep foods. They will learn the basics of meal prepping to stay on a healthy track. This course is for those who have not meal prepped before. Course Duration: (1) Sessions (6-8:30 pm)

Session 1, March 4.

Location: OHS Room 16

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### **SI02 Spring Cleaning/De-clutter (No Fee)**

De-clutter and get ready for summer. Simplify your closet, kitchen, garage, and tackle the miscellaneous drawer. Step by step process that is easy and quick to follow. Course Duration: (3) Sessions (6-8:30 pm)

Session 1-3, April 1, 8 and 15.

Location: OMS Room 107

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### **SI03 Online Budgeting (No Fee)**

How to use online banking systems to your advantage, how to get out of debt (realistically), and how to make money where you already are. Course Duration: (3) Sessions (6-8:30 pm)

Session 1-3, April 2, 9 and 16.

Location: OMS Room 107

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### **SI04 College Financial Planning (No Fee)**

This course is designed to help you find ways to pay for college and get those scholarships once you're in. Course Duration: (3) Sessions (6-8:30 pm)

Session 1-3, April 10, 17 and 24.

Location: OMS Room 107

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### **SI05 Meal Planning on a Budget (No Fee)**

This course is designed to show you how to successfully feed your family cheap. Combining the ideas of freezer meals, ad shopping, and inventory budgeting. Course Duration: (3) Sessions (6-8:30 pm)

Sessions 1-3, April 11, 18 and 25.

Location OMS Room 107

## SELF IMPROVEMENT (continued)

### SI06 Bullet Journal 101

This course will teach you the new way to plan that has taken over the internet. Learn how to set up a bullet journal, manage day to day activity, create long range plans, and look pretty. Course Duration: (3) sessions (6-8:30 pm)

Session 1-3, April 3, 4 and 5.

Location: OMS Room 107

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## CREATIVITY & DESIGN

### CD01 Simple Homemade Spa Remedies (Fee \$10.00)

Is this cold winter drying out your skin? Come learn to make simple homemade remedies to help. We will make three recipes using essential oils and other natural ingredients. We will make one sugar scrub, one salt scrub and one bath bomb. Course Duration: (1) Sessions (6-8:30 pm)

Session 1, April 16

Location: MCQ Room 36

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### CD02 Mixed Media Collage (Fee \$10.00)

This is a perfect class to try your hand at collage or use skills you already have! We will use a variety of media (paper, Mod Podge, paint, etc.) to create a unique work of art perfect to display in any area of your home. Project will be on a 14x18 stretched canvas. You will be able to personalize to your own style and design preferences. From shabby chic, superhero, rustic, sports, your own student athlete, graduating senior, etc. Any theme you can think of we can make happen. Great for wedding, baby or birthday gifts, man caves, and classrooms! Please email instructor when enrolling to choose your theme. Course Duration (2) sessions (6-8:30 pm)

Session 1-2, March 20 and 22.

Location: OMS Room 101



## CREATIVITY & DESIGN—continued

### CD03 Personalized Canvas Tote (Fee \$10.00)

You will get to use acrylic paint to create a tote to your specific design preferences. These totes are perfect for carrying to the classroom, gym, shopping, etc. Also perfect as a gift! Personalize them for a baby shower, graduation party, wedding etc. Course Duration (1) session (6-8:30pm)

Session 1, April 17

Location OMS Room 101



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### CD04 Anyone Can DIY with Essential Oils (Intro) (Fee \$10.00)

This course will show you how to make your own room spray, bath salts and sugar scrub with essential oils. Course Duration: (1) Sessions (6-8:30 pm)

Session 1, March 12.

Location: OHS Room 16

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### CD05 Anyone Can DIY with Essential Oils (Part 2) (Fee \$10.00)

This course will show you how to make your own lip balm and body butter with essential oils. Course Duration (1) Session (6-8:30pm)

Session 1, April 9

Location: OHS Room 16

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### CD06 Anyone Can DIY with Essential Oils (Roller Ball Class)

This class will teach you how to make custom roller bottle blends. Each participant will make a 'Sleepytime', 'Springtime' and 'Happy Me' Roller Ball blend. Class Duration: (1), Session (6-8:30 pm)

Session 1, April 25

Location: OHS Room 16

## **CREATIVITY & DESIGN (continued)**

### **CD07 Understanding Drawing Materials (Fee \$5.00)**

This class is designed for students with basic understanding and abilities in drawing. Students will explore how to utilize and create with a variety of art materials. Session 1 will concentrate on black and white mediums (pencil, charcoal, ink) and shading techniques to create value. Session II will concentrate on colored mediums (colored pencil, oil pastel, chalk, watercolor colored pencil) as well as a discussion on color theory. Session II will allow for students to utilize a drawing medium of their choice (from those listed prior) to create a composition up to 18" x 24" in size. Students may bring their own subject matter for Session II or are able to work from a still life set up. Course Duration: (3) session (6-8:30 pm)

Session 1-3, March 20, 21 and 22.

Location: OHS Room 25

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## **PARENTING**

### **PP01 Love and Logic, Parenting the Love & Logic Way (No Fee)**

This parenting program is designed to give you practical skills that can be used immediately. Course Duration: (6) sessions (6-8:00 pm) Course booklet will be provided.

- Session #1 Putting an End to Arguing, Back Talk, and Begging (March 7)
- Session #2 Teaching Responsibility Without Losing Their Love (March 21)
- Session #3 Setting Limits Without Waging War (March 28)
- Session #4 Avoiding Power-Struggles (April 4)
- Session #5 Guiding Kids to Own and Solve Their Problems (April 11)
- Session #6 Teaching Kids to Complete Chores....Without Reminders and Without Pay (April 18)

Location: OMS Room 105



# ENROLL NOW!

## ODESSA R-VII ADULT EDUCATION ENROLLMENT FORM - SPRING 2019

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Cell Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Payment is due with enrollment form for classes that have a material fee. **Total Due \$** \_\_\_\_\_

Payment Method: Check # \_\_\_\_\_ (payable to: Odessa R-VII School District **-OR-** Cash \_\_\_\_\_)

CLASS NO.	CLASS TITLE	SESSION DATE(S)	FEE (if applicable)

In the event of **Inclement Weather**, visit [www.odessar7.net](http://www.odessar7.net) for cancellation notices.

Questions? Call 816-633-5316 or email Jenny Wilson at [jwilson@odessar7.net](mailto:jwilson@odessar7.net).

**Enrollment deadline for classes offered is one (1) week prior to class start date.**

The Odessa R-VII School District affirms its commitment to carry out its civil rights obligation to eliminate discrimination, and denial of services on the basis of race, color, national origin, sex or handicap.