

COMMUNITY AND CONTINUING EDUCATION

Fall 2018





The Community and Continuing Education Department at Kalamazoo Valley Community College provides innovative and relevant lifelong learning opportunities to community members of all ages. These non-credit classes emphasize personal enrichment, professional development and community outreach.

To review the ever expanding class list of Community and Continuing Education courses, visit www.kvcc.edu/community.

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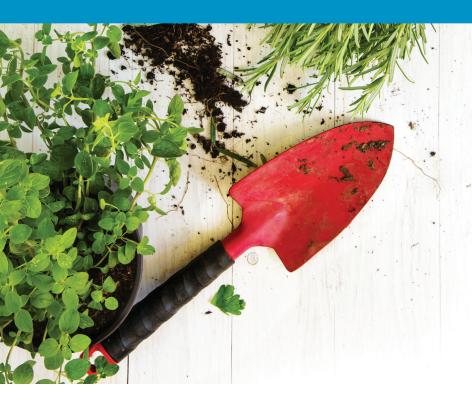
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COMMUNITY AND CONTINUING EDUCATION

Fall 2018

There are many benefits associated with life-long learning. Research suggests that those who continue to learn new skills live longer and happier lives.

Kalamazoo valley community college is please to present a stimulating schedule of fall semester classes for community members of all ages. These non-credit classes emphasize personal enrichment, professional development and community involvement.

REGISTRATION & GENERAL INFORMATION

- 1. How to register for courses:
 - a. Online at www.kvcc.edu/community
 - b. In person by visiting the College's Groves Campus at 7107 Elm Valley Drive
 - c. By mail (please call to confirm course availability before sending a check.)
 Make check payable to Kalamazoo Valley Community College and mail to the following address:

Kalamazoo Valley Community College

The GrovesCampus

PO Box 4070

Kalamazoo, MI 49003-4070

- d. Need assistance call 269.353.1253
- **2. Confirmation:** You will receive a confirmation and a receipt of payment within two weeks of registering. If you have an e-mail on file, confirmation will be received electronically.
- 3. Cancellations: The college may cancel courses due to low enrollment before the course begins. If you register for a course and it is canceled, you will be notified and you may receive a refund or apply your course fee to another course if space is available. If the college closes due to inclement weather or an instructor needs to cancel a session, a make-up day will be scheduled and registrants will be notified of change.
- **4. Refunds:** You will be eligible for a full refund if you drop a course within three business days before the first session of the course. If you drop a course fewer than three business days before the course, fees will not be refunded.
- **5. Disabilities:** In accordance with the Americans with Disabilities Act (ADAAA), the Office for Student Access provides academic accommodations and accessibility support. Please contact the office at 269.488.4397 for accommodation requests.

To review the ever-expanding course list, visit www.kvcc.edu/community.

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FITNESS CENTER BASICS SEPTEMBER 4 – DECEMBER 21

Course Times

 Monday-Thursday
 6:00 a.m. – 8:00 p.m.

 Friday
 6:00 a.m. – 6:00 p.m.

 Saturday
 9:00 a.m. – 3:00 p.m.

This 15-week program includes full access to Kalamazoo Valley's Wellness and Fitness Center (WFC) and Free Weight Room during regularly scheduled hours.

In addition, weekly clinics will be provided by Fitness Center employees. Each weekly clinic, announced by signage in the WFC center, will provide detailed instruction on equipment in the WFC. Time will be spent trying out the various programs installed by the manufacturer on each type of machine.

Course Fee \$75

Course Location

Kalamazoo Valley Community College, Wellness and Fitness Center 6767 West O Avenue, Kalamazoo, MI 49009

SUSTAINABLE FOODS, FARM, & GARDENS

MASTER RAIN GARDENER TRAINING COURSE SEPTEMBER 4 – OCTOBER 2

Course Times

Tuesday evenings from 5:30 – 8:00 p.m.

The Kalamazoo area Master Rain Gardener Certification course is co-hosted by the Kalamazoo River Watershed Council and Kalamazoo Nature Center in partnership with Kalamazoo Valley Community College and Kalamazoo Valley Museum.

An in-depth and in-person class that will teach you everything needed to create a living rain garden at your home or place of work. A rain garden mimics nature by letting rain water soak into the ground. It's a garden bed planted in a shallow depression with plants especially adapted for dry and wet conditions.

The class will lead you through all the phases, from locating and designing to planting and maintaining a beautiful and functional rain garden.

Week 1 Introduction to Rain Gardens

Week 2 Moving Dirt to Move Water and Site Selection Principles
Week 3 How To: Measuring, Planning, Digging, Sculpting

Week 4 Plant Designs: Rain Garden Plant Palette

Week 5 Present Your Plan

Optional Rain garden tour (based on growing season)

Instructors will continue to be available as a resource to students as they begin digging and planting their rain gardens after the course has ended. An optional field trip will be offered during that time to check out established rain gardens throughout the community. As part of our Master Rain Gardener community, students will have access to plant sales, exchanges, and other continuing education opportunities.

Instructors: Jamie McCarthy and Anna Kornoelje

Course Fee \$45

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001

BEEKEEPING 103 SEPTEMBER 5 - OCTOBER 24

BEEKE

Course Times

Wednesday evenings from 5:30 – 7:30 p.m.

This last section of the three-part series in beekeeping will look at the life of a honeybee colony as it continues to ready for winter. Overwintering practices, preparation and options will be discussed, along with fall and winter duties of the beekeeper. We'll continue our examination of bee biology, and discuss other products of the hive.

Instructors: Charlotte Hubbard and Shaana Way

Course Fee: \$140

Course Location Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001

SO YOU WANT TO BE A BEEKEEPER? NOVEMBER 7 - 14

Course Times

Wednesday evenings from 5:30 – 8:00 p.m.

Thinking about keeping bees? In an information-packed two-week course, we'll review the financial, time, physical and emotional commitments required. We'll then cover where to locate your hives, basic equipment types and essentials, the various options for obtaining bees, and a timeline for making it all happen.

Instructors: Charlotte Hubbard and Shaana Way

Course Fee \$50

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001



NEW AT-HOME HERBALISM SEPTEMBER 6 - OCTOBER 25

Course Times

Thursday evenings from 6:30 - 8:30 p.m.

Plants are a traditional source of nutrition and healing. Students will explore the impact of ancestral plants, sources of materia medica, ethical and sustainable foraging techniques, as well as recipes for building a home apothecary. We will engage in oncampus plant walks to discuss bioregional, cultivated and seasonal plants. Includes hands-on workshops.

Instructor: Brenna Pixley

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001

NEW CONTAINER SALADS IN THE FALL SEPTEMBER 8, 22, & OCTOBER 6

Course Times

Saturdays (every other week) from 10:00 a.m. - 12:00 p.m.

Have you ever wanted to grow your own food, but don't have space for a garden or don't know where to start? Bring your family and learn the basics of container salad gardening. You will plant three pots with veggies and herbs that you can take home with some recipes to enjoy at family meals. You'll also start a garden journal, take measurements and observations of your plants, and learn to manage basic container gardening challenges. You'll be ready to plant your own container garden next spring!

This class is intended for families of all ages and types. Please register as a "family unit" with at least one adult for every three children. Fee includes three fully-planted container salad gardens per family unit for you to take home.

Instructor: Ben Brown

Course Fee: \$125 per "family unit"

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001

MUSHROOM CULTIVATION

OCTOBER 9 - NOVEMBER 27

Course Times

Tuesday evenings from 5:30 - 7:30 p.m.

Come join us in learning about growing your own gourmet mushrooms from locally available materials! We will grow oysters, shiitake, winecaps, portabellos, reishi and more. Students will learn how to procure substrates and create good environments for mushroom growth. Some mushroom identification is practiced and many of your fellow students will be avid foragers. Come ready to learn about the savory mysteries of fungal farming!

Instructor: Lee Arbogast

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center

224 E. Crosstown Parkway, Kalamazoo, MI 49001

URBAN HOMESTEADING SEPTEMBER 10 – OCTOBER 29

Course Times

Monday evenings from 5:30 - 7:30 p.m.

Join us in revealing many of the ways to make more food with less from home! In an era of climate change and energy decline, we will benefit from being more involved in producing our own food to ensure access to the most nutritious and life supporting meals. But the secret is that it can be fun and easier than you think to care for your family, friends and city's ecology. Come join us in learning to make simple gardens (indoor and outdoor), planting perennial food crops, foraging wild edibles, preservation and fermentation of crops, husbanding urban livestock, cheese making, composting and mushroom cultivation. A class for all ages and all scales of land access (or not! Lots of ideas for dorm and apartment dwellers!).

Instructor: Lee Arbogast

Course Fee: \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001

NEW BECOMING YOUR MUSIC

NOVEMBER 5 - DECEMBER 17

Course Times

Monday evenings from 5:30 – 7:30 p.m.

This course was created to open learners up to their own musical instincts without attachment to traditional forms of music training based on technique and theory.

We will create a co-learning environment based in listening, playing and experimentation. By modes of anthropology, ecopsychology, confession and stream of consciousness, students will engage their own creativity. Every week we'll try different, cumulative tactics for building rhythm, melody, and harmony. Students will gain confidence in their own layered voices and be able to understand their musical playfulness on the spectrum of conventional music to the "outsider" and avant-garde. Every week we will perform solo and collaborative music to reinforce and celebrate learning processes. Prior skill or training with an instrument is not required but welcome. Bring your own instrument of any type, or come prepared to share your voice and any other body sounds you can muster!

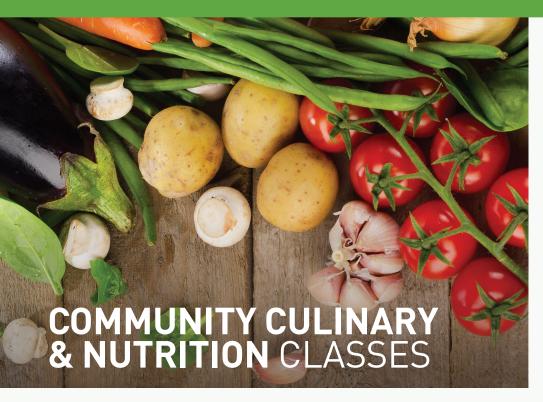
Instructors: Lee Arbogast and Helen Yee

Course Fee \$140

Course Location

Kalamazoo Valley Community College, Food Innovation Center 224 E. Crosstown Parkway, Kalamazoo, MI 49001





MEAL PLANNING AND PREPARATION

Wednesday, September 5 | 5:30-7:00 p.m. | \$25

Instructor: Chef Stephanie Hughes

CAH 107 (community theater)

Tired of take out? Looking to improve your diet and save time and/or money? Learn how to plan a weekly menu, put recipe ingredients to a shopping list, cook efficiently, and organize prepared food safely. You will leave this session ready to craft healthy convenient food on your own.

WHAT IS FOOD?

Youth - Tuesday, September 11; Adult - Tuesday, October 23 | 5:45-7:15 p.m. \$15 per session

Instructors: Paige Kyle, MPH RDN and Chef Lizzie Luchsinger

CAH 107 (community theater)

Join Paige Kyle for a discussion on the difference between food, and, "food like substances". This interactive course will guide participants through a conversation on what is food, anyway. We will also examine what it looks like to eat in Kalamazoo past and present, why it's often challenging to find and make the healthy choice, and how we can identify solutions to change it.

KITCHEN "FUN" DAMENTALS

Wednesday, September 19 | 5:30-7:00 p.m. | \$25

Instructor: Chef Stephanie Hughes

CAH 107 (community theater)

Are you new to cooking? Want to learn proper culinary fundamentals? In this session, participants will learn how to set-up a safe cutting board, develop knife skills, understand measuring, and utilize proper cleaning & sanitizing procedures. You will

leave this session confident and empowered to cook at home.

BOOK CLUB: COFFEE AND CONVERSATION

Thursday. September 27 & Monday, December 10 | 5:30-6:30 p.m. | \$10 per session

Instructor: Holly Klamer, RDN

CAH Private Dining Room

Monday, September 24: In Defense of Food by Michael Pollan

Monday, December 10: The Blue Zones: Lessons for Living Longer from the People Who've

Lived the Longest by Dan Buettner

Join Holly for a facilitated discussion of food in non fiction, and explore how the themes in the books relate (or don't) to your healthy living journey.

THE PRESERVATION OF FOOD

Thursday, November 1 | 5:30-6:30 p.m. | \$10

Instructors: Darci Schimp, RDN and Chef Camille White

Is the food you're eating filled with preservatives and additives? Ingredients you can't pronounce or identify? Do you wonder why food can be shelf stable for so long? In this session, Darci will teach participants how to identify, navigate, and make the best food choices for healthy living. From historic preservation techniques for survival - to modern food engineering, this session will explore the evolution of the "preservation" of foods.

MINDFUL EATING

Wednesday, November 7 | 5:30-6:30 p.m. | \$10

Instructors: Darci Schimp, RDN and Chef Camille White

CAH 107 (community theater)

Ever find yourself eating mindlessly? Snacking on a couple of chips, and suddenly the whole bag is empty? Turn the unconscious to the conscious and learn how to eat mindfully and healthfully. Enjoy the preparation. Savor every bite. In this fun session you will learn to contemplate the tastes, aromas, and thoughts that are associated with the food you consume.

WEIGHT MANAGEMENT: KITCHEN TRAINING

Wednesday, November 14 | 5:30-7:00 p.m. | \$30

Instructors: Chef Stephanie Hughes and Holly Klamer, RDN

CAH 107 (community theater)

It seems like every day a new diet comes out that is supposedly the "best"; but what really works for you and your body? Learn how to successfully plan ahead with appropriate healthy recipes, shop effectively, prep efficiently, and store foods safely. This session will examine common roadblocks, give simple solutions to live healthfully, and provides opportunity to learn from a Chef and Dietitian duo. Healthy food samples included!

HEALTHY EATING ON A BUDGET

Tuesday, December 4 | 5:30-6:30 p.m. | \$15

Instructors: Corrine Bieber-Peak, RDN and Chef Lizzie Luchsinger

CAH 107 (community theater)

Learn how to plan to avoid over purchasing at the store, how to save money while grocery shopping, and how to recognize community resources available to assist. Through discussion and food sampling, participants will discover that healthy eating can be affordable and delicious too.

SOUPS AND CHOWDERS Saturday, September 15 | 10 a.m. - 1:00 p.m. | \$65.00

Instructor: Chef Brian Hay CAH 107 (community theater)

Fall is the time when we start to think about colder weather. There seems to be a natural movement to make hearty soups. Director of Culinary Education, Chef Brian Hay, will show you the steps in making four basic soups; seafood chowder, roasted squash soup, a hearty tomato bean soup and a roasted chicken, mushroom soup. Come hungry and sample each soup during class. Simple to prepare and delicious, these are sure to make you the favorite at the dinner table.

OKTOBERFEST: BEER AND FOOD PAIRING (3 PART SERIES) (See Dates Below) 5:30-

7:00 p.m. | \$175.00 | 21+ age only Monday, September 24 (GERMAN Beer) Monday, October 1 (ENGLISH Beer) Monday, October 8 (BELGIAN Beer)

Instructor: Chef Lucas McFarland CAH 107 (community theater)

Beer lovers, enthusiasts and newbies unite! In the spirit of Oktoberfest, this three-part series will provide a regional overview of the ingredients in beer and how the flavors, aromas, textures, strengths, and colors interact with the various harmonies of food. Regional flavors explored will include: German, English, and Belgian. Beer-food appetizer tastings will be provided at each session. Participants will have the opportunity to discuss and provide conclusions on how the pairings compare and/or contrast with each other. Prost!

CULINARY EXPLORATIONS: THAILAND (3 PART SERIES) (See Dates Below)

5:30-7:30 p.m. | \$125.00 **Tuesday, September 25** Tuesday, October 2 Tuesday, October 9

Instructor: Tip Maddux

CAH 107 (Community Theater) & CAH 113 (community kitchen)

Interested in exploring Thai culture and cuisine? In this multi-session series participants will learn how to make curries, pickled veggies, and traditional Thai dishes guided by culinarian, Tip Maddux. Tip will share her expertise in incorporating fragrant and flavorful herbs, as well as, teach artful plating techniques. Come hungry for this hands-on class, and devour your sensational creations.

CONTEMPORARY VEGETARIAN CUISINE Friday, October 12 | 5:30-7:00 p.m. | \$45.00

Instructor: Chef Joel Boone

CAH 107 (community theater)

Join Chef Joel Boone for a hands-on vegetarian cooking session. Learn how to get creative with plant food, and take your culinary skills to the next level. Enjoy culinary demonstration, discussion, and tastings of Joel's vegetarian creations.

IRON CHEF DESSERTS Wednesday, October 17 | 7:00-8:30 p.m. | \$35.00

Instructor: Chef Cory Barrett

CAH 107 (community theater)

5..4..3..2..1.. Join 17-time Iron Chef America participant Chef Cory Barrett on a journey through the desserts created on many winning episodes. Sample his creations while you watch him in action. This demonstration class will discuss and exhibit theory and methodology behind delicious single ingredient focused desserts that can be prepared before the clock runs out.

A TASTE OF THE CAROLINAS Friday, November 2 | 5:30-8:15 p.m. | \$75.00

21+ age only

Instructor: Chef/Sommelier Brian Hay

CAH 107 (community theater)

Please join our Director of Culinary Education, Chef Brian Hay, for a taste of the South. Chef Hay will be preparing dishes such as pickled shrimp and grits, Country Captain stew and finishing it off with southern pies. Sample the dishes as they are prepared, and enjoy wine pairings hand selected by Chef Hay.

SIMPLE & DELICIOUS SAVORY BAKED GOODS Thursday, November 8

5:30-8:00 p.m. | \$65.00

Instructor: Chef Cory Barrett

Upstairs Bake Shop & CAH 107 (community theater)

Warm flat bread, savory vegetable tarts, cheesy focaccia; baking isn't always about dessert, and it certainly does not need to be complicated! Chef Cory Barrett will guide you through simple baked creations that you can add to your repertoire for any occasion. Enjoy your creations at the end of class, and bring leftovers home to devour the next day.

HOLIDAY BAKED GOODS Thursday, November 29 | 5:30-8:00 p.m. | \$65

Instructor: Chef Cory Barret

Upstairs Bake Shop & CAH 107 (community theater)

Travel, family schedules, snow; give yourself a break, and find out how to simplify your holiday baking routine. This hands on baking class with Chef Cory Barrett will focus on delicious holiday staples and alternatives. The recipes will be simple to execute, and most importantly, delicious to eat. Enjoy your creations at the end of class, and bring leftovers home to devour the next day.

CULINARY EXPLORATIONS: TRINIDAD AND TOBAGO Wednesday, December 12 I 5:30-8:00 p.m. | \$65.00

Instructor: Chef Michael Murray

CAH 107 (community theater) & CAH 113 (community kitchen)

Join Chef Murray for a hands-on exploration of the culture and cuisine of Trinidad and Tobago. Melding Caribbean, Creole/African, and Indian cultural and culinary traditions - this cuisine is full of flavor, spice, produce and fresh seafood. Come hungry and feast on the creations you cook in class!

FRESH PASTA MAKING HIGHLIGHTING NEW YORK AND ITALIAN SPECIALTIES

Wednesday, January 16, 2019 | 5:30-8:00 p.m. | \$65.00

Instructor: Chef Michael Murray

CAH 107 (community theater) & CAH 113 (community kitchen)

Join Chef Murray for an exploration of Italian cuisine. In this session, you will make two different styles of traditional Italian pasta in various shapes. Examine how preparations differ in Italian and New York styled dishes, and craft and enjoy a meal of regional specialties and accompaniments. This class will include hands-on pasta making and informative culinary demonstrations.



PHLEBOTOMY TECHNICIAN ACADEMY ACADEMY STARTS SEPTEMBER 11

Kalamazoo Valley Community College's Phlebotomy Technician Academy is a ten-week course. The academy is in partnership with Bronson Hospital.

Students in the academy will receive training to work as phlebotomy technicians and they will work to become prepared to gain national certification through the American Society for Clinical Pathology. Phlebotomists are crucial members of many clinical teams. Students will learn to draw blood from patients and prepare it for diagnostic testing. Phlebotomists work in labs, hospitals, doctor's offices, medical surgery centers, nursing homes, and in many other settings.

Classes are held at Kalamazoo Valley's Culinary and Allied Health Building in downtown Kalamazoo Tuesday, Wednesday, Thursday from 4:30-8:30 p.m. Clinicals run from 7:00 a.m. - 3:30 p.m. at Bronson Hospital the last three weeks of the course.

Course Fee: \$1,400. This program is eligible for funding through the Kalamazoo Promise, Veteran Education Benefits and Michigan Works!

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.

PATIENT CARE ACADEMY DATES TBA

Certified Nurse Assistants and Patient Care Assistants are in extremely high demand. Kalamazoo Valley Community College's Patient Care Academy prepares individuals for these in demand healthcare positions.

Students who successfully complete the academy are eligible to take the State of Michigan examination to become a Certified Nurse Assistant (CNA). CNAs are qualified for multiple job opportunities with good starting salaries. CNAs are employed by nursing homes, home healthcare agencies, hospitals, retirement communities, hospice and private homes.

This fast-paced, seven-week program, held on nights and weekends, provides classroom instruction, hands on practice in a lab, real world clinical experience and acute care observation experience at a local hospital.

Classes are held Tuesdays and Thursdays from 5-9pm and Saturdays 8:00 a.m.- 4:30 p.m. Clinical/Observation hours vary and are held on those same days but during the times of 6:30 a.m.- 4:00 p.m.

Course Fee: \$1,400. This program is eligible for funding through the Kalamazoo Promise, Veteran Education Benefits and Michigan Works!

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.



DENTAL RADIOGRAPHYSEPTEMBER 21-22 SEPTEMBER 28-29

Dental radiographs are an integral part in the interpretation of dental abnormalities and diseases. Taking high quality radiographs helps to ensure an accurate and timely diagnosis.

As new techniques are developed, the dental practitioner must remain well-informed of these changes and capable of performing radiographic procedures proficiently. This course is designed to help prepare dental assistants on the basic principles and current techniques of dental radiography.

Course Content Includes

- Radiation health protection techniques
- Processing procedures
- Anatomical landmarks & pathologies
- Mounting survey of dental images
- · Placing and exposing dental images

This twenty two hour course is approved by the State of Michigan Department of Community Health.

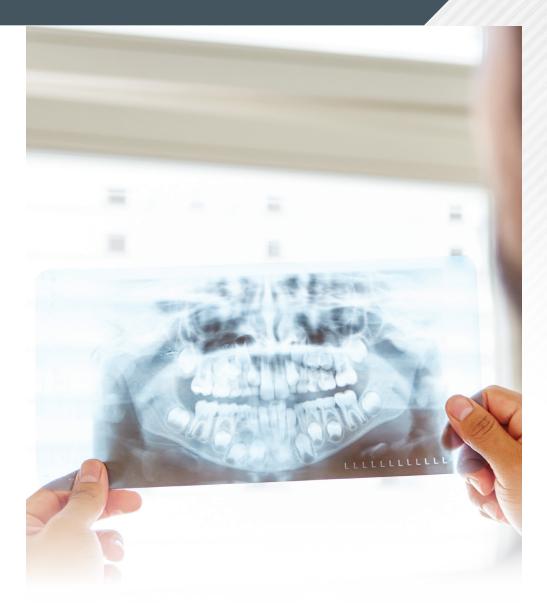
The course also complies with the Michigan Practice Act that states Dental Assistants must take radiographs under general supervision if they have completed a course in dental radiography that is substantially equivalent to courses taught in approved RDA or RDH programs.

Course Fee: \$575.

Course Location

Kalamazoo Valley Groves Center, 7107 Elm Valley Drive, Kalamazoo, MI

For more information and to apply, contact Kalamazoo Valley Groves Center at careeracademies@kvcc.edu or 269-353-1253.







Texas Township Campus 6767 West O Avenue PO Box 4070 Kalamazoo, MI 49003-4070 269.488.4400

The Groves Campus 7107 Elm Valley Drive PO Box 4070 Kalamazoo, MI 49003-4070 269.353.1253 Arcadia Commons Campus 202 North Rose Street PO Box 4070 Kalamazoo, MI 49003-4070 269.373.7800

Bronson Healthy Living Campus PO Box 4070 Kalamazoo, MI 49003-4070 269.488.3300

www.kvcc.edu/community

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