

Parenting and Nutrition Classes

The 99¢ Gourmet

How to cut your food costs by 25% to 50%

The problems:

- Food prices have increased by 10% in the past year
- We're concerned about food cost vs. quality
- Fast food prices are on the rise...but we want food FAST

What to do? The answer is to find good food at lower prices and prepare it the way we want it. It's simple and once you know-how, you can easily feed your family high quality, good tasting, well balanced, and nutritious meals on a tight budget. In this crazy-if-you-miss-it class you'll go away being able to:

- Find GOOD food at really cheap prices!
- S-t-r-e-t-c-h your food budget
- Prepare your own FAST meals that are far superior to fast foods
- Plan delicious meals for under \$2.49 per person
- And munch, munch more!

You will take home a workbook/planner with shopping tips to stretch your food budget, including low-cost recipes. Your head chef, Mike Rounds, has been cooking and training domestic cooks like you for 40 years. He has expanded his skills by studying formally at locations like Ramekins, Le Gourmet, and the CA School of Culinary Arts/Le Cordon Bleu. As a world traveler, he has had the opportunity to experience a variety of cuisines and cooking styles so that you can also enjoy his gastronomical yet economical delights in your own kitchen.

Date: Nov 18

T# 3138.6 Wed 6:30pm - 9:30pm \$45*

**A \$20 fee is payable in class for workbook and a tasting based on what is prepared in class.*

Instructor: Mike Rounds

Location: RHC Rm HS10, Lot 3

Want your Child to Have Better Grades? You need "The Homework Nanny"!

- Tired of the homework wars?
- Want to work WITH rather than against your child?
- Want to see their grades improve?
- Want your child to enjoy learning?

Kids like to do fun things and homework hasn't been fun – Until Now! In this activity based class for parents of K-8 children, you'll learn:

- How to make homework time productive & enjoyable.
- Games that promote active learning.
- Ways to motivate your child to do his/her homework everyday!
- Positive reinforcement techniques.
- How to get your child to become an independent learner.

This copyrighted program, developed by a master teacher, can be used by parents, tutors, and siblings to increase comprehension, participation, retention, and overall GPA quickly.

Date: Oct 13

T# 3139.6 Tue 7:00pm - 10:00pm \$39*

**Material Fee: A \$30 fee is payable in class for materials, book and DVD.*

Instructor: Marta Shea

Location: RHC Science Bldg., S210

How to Get Your Teens & Young Adults to Independence

As a parent of a college aged student, are you: Worried your teen won't go to college and will never have a good job?, worried that your college graduate will never leave the couch and find a job?, sick of still parenting your young adult as though they were still in high school without responsibilities, their own money, and their own place? If the answer is yes, you're not alone. Don't send your kids out into the world unprepared. Learn how to have a better relationship while helping your teen or young adult move to independent adult living.

Session 1

Date: Oct 16

T# 3140.6 Fri 5:30pm - 8:30pm \$39*

Instructor: Ellen Gibran-Hesse

Location: RHC Rm HS10, Lot 3

Session 2

Date: Dec 9

T#3141.6 Wed 6:00pm - 9:00pm \$39*

Instructor: Ellen Gibran-Hesse

Location: RHC Rm HS10, Lot 3

**Material Fee: A \$30 fee is payable in class for workbook & CD.*

Optional Materials: Parenting book for \$24.95 or 39.95 with CD.

The Funtastic Teaching Method – Improves Student Grades

In an age where it is often difficult for teachers and parents alike to get their students and children to actively participate in their own learning, this enjoyable activity based class teaches you how to do just that. This class demonstrates how students learn grade level standards based skills and information through engaging and challenging active learning strategies that easily fit right into your individual teaching and parenting style. You will learn how you can make lessons on such topics as vocabulary building, reading for content, and content/test review, to name just a few, into a learning game that will have all your students and children engaged and having fun while they learn. Come ready to have fun and bring scissors and a set of colored markers.

Session 1

Date: Sep 10

T# 3142.6 Thu 7:00pm - 10:00pm \$39*

**Material Fee: A \$30 fee is payable in class for materials, book and DVD.*

Instructor: Marta Shea

Location: RHC Science Bldg., S303

Session 2

Date: Dec 1

T# 3143.6 Tue 7:00pm - 10:00pm \$39*

**Material Fee: A \$30 fee is payable in class for materials, book and DVD.*

Instructor: Marta Shea

Location: RHC Science Bldg., S303