Family & Consumer SCIENCES

FCS Class Schedule
April - June
2012

K-State Research & Extension
Sedgwick County Extension Education Center
7001 W 21st St North
Wichita, KS 67205-1759

316-660-0100
Website: www.sedgwick.ksu.edu

Textile & Home Resource Management

Denise Dias, County Extension Agent, Family & Consumer Sciences
(316) 660-0100 Ext. 0116 E-mail: ddias@ksu.edu

24. **Serger Basics: A**pril 3 (Tues) from 4:00 pm—8:00 pm in the Bison Room. Bring your serger & learn what it is capable of doing. A reference file is made for your use. **$10 enrollment fee.**
25. **TGIF:** April 6 (Fri) from 9:00 am—4:00 pm in the Bison Room. Need some sewing **T**ime to **G**et **I**t **F**inished? Then join us for TGIF. There is **NO FEE** for the class, but pre-registration is required.

26. **Hoarding:** April 11 (Wed) 1:00 pm, at the Derby Senior, 611 N Mulberry. There is **NO FEE** for the class, but pre-registration is required.
27. **Circle Magic—Orange Peel Quilt:** May 4, 11 & 18 (Fri) from 9 am—4 pm, in the Sedgwick Room. Create coasters, hot pads, placemats, table runners, pillows & quilts of all sizes from circles of fabric. Projects seem to be done in an "instant" with this quick & easy technique. **$35 fee** includes book and templates. Class size limited.

28. **Cash in with Coupons & Other Money Saving Tips:** May 8 (Tues) 10:15 am—11:15 am at Life Ventures East, 4407 E Douglas. More people are clipping coupons to save money. Learn some strategies to maximize, gather and organize coupons. We will discuss other strategies to save on home expenses. There is **NO FEE** for the class, but pre-registration is required.
29. **Design a Duvet:** May 9 (Wed) 1:00 pm at the Derby Senior Center, 611 N Mulberry. Simple sewing techniques will help you create a chic cover for a tired looking comforter. There is **NO FEE** for the class, but pre-registration is required.

30. **Adult Basic Sew:** May 15, 22 , 29 & June 5(Tues) 5:00 pm—8:00 pm in the Bison Room. This class is designed for the beginning sewer. You can select what to make, construct it in class and build your confidence. You'll bring your own machine. **$10 enrollment fee.**
31. **TGIF:** May 25 (Fri) from 9:00 am—4:00 pm in the Sedgwick Room. Need some sewing **T**ime to **G**et **I**t **F**inished? Then join us for TGIF. There is **NO FEE** for the class, but pre-registration is required.

32. **One Seam Pants:** May 30 (Wed) 9:00 am—4:00 pm in the Bison Room. This easy pant has elastic casing and no side seams, making it a quick summer wardrobe addition. Use soft fabrics to make these pants flatter your figure. Class fee in $15. and includes pattern. Class size limited.

33. **NEW! My First Sewing Class:** June 4, 5, 6, 7 & 8 (Mon—Fri) from 9:00 am—11:00 am in the Sewing Studio. New class for youth ages 8 to 11. We will start with the basics of sewing and make a few simple projects on the sewing machine. Class size limited. **$10 enrollment fee.**

34. **Youth Sewing Camp I:** June 25, 26, 27, 28 & 29 (Mon –Fri) from 1:00 pm – 4:00 pm in the Sunflower Room. You will make a pizza pillow, pillowcase, teddy bear and other fun sewing surprises! Youth must be 12 years and older. NO EXCEPTIONS! **$10 Enrollment Fee.**

35. **Repurpose Old jeans:** June 20 (Wed) 1:00 pm at the Derby Senior Center, 611 N Mulberry. What do you do with all of those old worn out jeans? Make them into something new! This lecture class will share ideas and ways to recycle jeans into usable household items. There is **NO FEE** for the class, but pre-registration is required.
36. **Girls Night Out 2 Sew:** June 22, (Fri) 5:00 pm—Midnight in the Bison Room. Need some time to get some sewing done? Join us for GNO 2 Sew! Your registration covers a light supper. The rest of the evening is yours to work on any sewing project you choose. Help is available to work through your sewing problems. **$10 enrollment fee.**

New in February 2012! - Sewing Studio

Access to our sewing studio equipment is available during office hours Monday through Friday, 8:00 am—5:00 pm, evenings, and weekends by appointment only. A fee of $2.00 per hour or $10.00 per day for each user will help to defray the cost of maintenance of sewing equipment. Reservations requested. If you want to schedule time in the studio, call 660-0100 to reserve your spot.

Sedgwick County Extension offers private consultation on all sewing and needle arts projects. Contact Denise to schedule an appointment for your specific problem, 660-0100, X0116.

37. **Upholstery Class:** June 5, 12, 14, 21, 26 & 28, 2012 from 9:30 am - 3:30 pm in the Bison Room. **$25.00 enrollment fee.** You will be responsible for bringing your own project and furnishing your supplies & tools. Students should have knowledge of basic sewing techniques to be able to upholster. This is **NOT** a beginner class! Plan to spend most of the day, so bring a sack lunch.

Foods and Nutrition

Lisa Friesen, County Extension Agent, Family & Consumer Sciences

(316) 660-0100 Ext. 0119 E-mail: Lfriesen@ksu.edu

38. **Water Bath Canning:** April 26 (Thurs) from 2:00 pm—4:00 pm in the Teaching Kitchen. Learn about and practice water bath canning jams, jellies, and salsas with proper acidification and adjustment for altitude. **$10 fee** required for preregistration. Class size limited. *Enrollment substitutions only, no refunds or fee transfers.*

39. **Water Bath Canning:** May 22 (Tues) from 2:00 pm—4:00 pm in the Teaching Kitchen. Learn about and practice water bath canning jams, jellies, and salsas with proper acidification and adjustment for altitude. **$10 fee** required for preregistration. Class size limited. *Enrollment substitutions only, no refunds or fee transfers.*

40. **Water Bath Canning:** June 8 (Fri) from 2:00 pm—4:00 pm in the Teaching Kitchen. Learn about and practice water bath canning jams, jellies, and salsas with proper acidification and adjustment for altitude. **$10 fee** required for preregistration. Class size limited. *Enrollment substitutions only, no refunds or fee transfers.*

Expanded Food & Nutrition Education Program

Jan McMahon, County Extension Agent, Family & Consumer Sciences
(316) 660-0100 Ext. 0118 E-mail: jmcmahon@ksu.edu

41. ***Dining with Diabetes (A cooking school program for people with Diabetes & their families): A***pril 19 (Thurs) from 5:00 pm—9:00 pm in the Sunflower Room. $25 per individual or $35 per couple (1 copy of handouts). Call 660-0127 to enroll or for the 2012 schedule. Reservations are currently being taken.

42. ***Dining with Diabetes (A cooking school program for people with Diabetes & their families): May 8*** (Tues) from 5:00 pm—9:00 pm in the Sunflower Room. $25 per individual or $35 per couple (1 copy of handouts). Call 660-0127 to enroll or for the 2012 schedule. Reservations are currently being taken.

43. ***Dining with Diabetes (A cooking school program for people with Diabetes & their families): May 10*** (Thurs) from 9:00 am—2:30 pm in the Sunflower Room. $25 per individual or $35 per couple (1 copy of handouts). Call 660-0127 to enroll or for the 2012 schedule. Reservations are currently being taken.

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Sedgwick County Extension Payment & Refund Policy

Enrollment in an Extension Educational class consists of a small fee to help cover the cost of supplies for each class. Preparation is made and supplies purchased, based on the number of enrollments for each class. If you cancel from a class in which you have paid an enrollment fee, that fee **will not be refunded**, but may be applied toward another class enrollment. ALL class credits must be used within 3 months or will be forfeited . If we cancel a class due to lack of enrollment minimum, we will refund your enrollment fee or ask if you wish to use it toward another class fee.

Classes are held at the Extension Education Center, 7001 W 21st St North, Wichita. You will attend all dates listed for each class. A letter of confirmation and supply list will be sent, preferably by e-mail, 7-10 days before classes begin. Please indicate class number and fee on enrollment form.

Name: _____ Phone: _____

Address: _____ Zip Code: _____

E-Mail: _____

Class Name/Number: _____

* For the following classes: Clothing & Textiles , Family Resource Management, Family Life, and Expanded Food and Nutrition Education, make all checks payable to the Sedgwick County **Educational Fund.**
* For Upholstery and Foods & Nutrition Classes, make all checks payable to the Sedgwick County **Extension Council.**

Separate checks are required when they are payable to different accounts. Enrollment is due at least seven days before the beginning of class. Classes will be canceled if minimum enrollment is not met. Some class sizes are limited and payment is required to reserve your space. **Mail to: K-State Research & Extension – Sedgwick County, 7001 W 21st St North, Wichita, KS 67205-1759. Scholarships are available upon written request.**

Family Life

Liz Brunscheen-Cartagena County Extension Agent, Family & Consumer Sciences
(316) 660-0100 x 0114 E-Mail: lizb@ksu.edu

44. **Women's Investment Education Program (WIEP):** April 5, 12, 19, 26 May 3 & 10, 2012 (Thurs), from 6:00 pm—8:00 pm, in the Meadowlark Room. Investment Education in a non-threatening environment. (Men are also welcome.) **$20.00 enrollment fee.**

45. **Internet Crime & Child Safety:** April 5, 12, 19 & 26, 2012 (Thurs), from 5:30 pm—7:30 pm, in the Sunflower Room. **Dinner provided**. For adults with school age children interested in safety of their children. Learn the ins and outs of tech "gadgetry" to keep your child safe. 8 Hour training. Certificate when complete all classes. Presenter: EMCU/ICAC (Exploited & Missing Child Unit/ Internet Crime Against Children) Detective Jennifer Wright. Hands-on-training. All computer level savvies welcome. No Childcare. **$20.00 enrollment fee.**

46. **Understanding My Teenager**: April 7, 14 & 21, 2012 (Sat), from 9:30 am—11:30 am, in the Meadowlark Room. Do you want to understand more about your teenager? Why do you have so many conflicts? Why do you struggle to communicate with each other? If you are asking these questions, then these classes are for you! **$20.00 enrollment fee.**

47 . **Mega Family Board Game Event:** April 21 (Saturday) from 9:00 a.m.—11:00 p.m. in 4 H Hall. Free come & go event for all ages.

48. **Family Board Game Night:** May 25 (Friday) from 7:00 p.m.—9:00 p.m. in the Sunflower Room . Free come & go event for all ages.

Adult Development & Aging

Sarah Taylor, County Extension Agent, Family & Consumer Sciences
(316) 660-0100 Ext. 0117 E-mail: staylor1@ksu.edu

49. **Medicare Options Workshop:** June 6 (Wed), from 6:00 p.m. to 9:00 p.m. in 4-H Hall A. As you get ready to embark into the world of Medicare. Each participant will receive a Medicare Options Workbook to help guide you step by step through the decisions you will need to make as you get ready to start your Medicare coverage. Workbooks can be emailed to participants prior to class for printing purposes or you may pay $3 for the printing of your workbook through Sedgwick County Extension. Registration is strongly encouraged to ensure there are enough class materials for each participant.

50. 5th ANNUAL SEDGWICK COUNTY
JUNE 19, 2011
Sedgwick County Extension

Positive Aging | Protect Your Health, Wealth and Self

Registration 8:00 a.m., Break-Out sessions begin at 8:30 a.m.
Topics include, Funeral Planning, Hoarding, Fall Prevention, Senior Safety and much more!
Keynote Speaker Ross Janssen and Millie the Weather Dog.
Cost is $10 for an individual, $15 for two people, and $70 for a group of 10. Lunch is included.
Check out the website, Sedgwick.ksu.edu for more details.

Call Anita at 660-0127 to register for all Adult Development & Aging Classes.