

NEWS RELEASE

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603 West Park Street, Sheldon, Iowa 51201
Phone 712-324-5061 or toll free 1-800-352-4907, Ext. 105

Northwest Iowa Community College Life and Leisure Classes Starting Week of February 27

Want to learn a new hobby, improve your day-to-day life or experience a relaxing outing with friends? At Northwest Iowa Community College, we are striving to develop programming that is relevant, up-to-date, informative and FUN.

Freezer Meals: Instructor: Jessica Williams. Do you love to cook, but lack the time? Do you hate to cook, but still love to eat? Preparing meals in advance make weeknight cooking a breeze! In this class, each attendee will come and make 5 freezer meals to feed their families. Each meal will serve 4 to 6. This monthly menu will include: Chicken Noodle Soup, Creamy Chicken Penne, Lasagna Roll Ups, Chili Mac and Sesame Ginger Pork Chops with Baby Red Potatoes. All supplies for the meals will be furnished. Please bring your own large bags or basket to the class to take your prepared items home. Wear an apron if desired! This course will be on Monday, February 27 from 5:30-7:30 pm in the Sheldon Hy-Vee Dining Room. Tuition: \$75

Origami Cranes – SO Much More than Folded Paper: The folding of origami cranes has a story that dates back generations. Have you ever thought about this easy and fun paper decoration for weddings, baby showers or just to brighten up a room? In this class, you will learn about the legend of the origami crane, how to fold a crane, and be exposed to multiple ways you can use your paper creations for a festive decoration. All supplies for the class will be furnished. This course will be on Monday, February 27 from 7-9 pm at Northwest Iowa Community College in Room 122 of Building A. Tuition: \$19

To register, call Northwest Iowa Community College at 712-324-5061 or 800-352-4907 and ask for Continuing Education.