



Classes Start Jan. 14
Mid-term Break (No Class) Mar 11 & 13
Spring Recess (No Class) April 17
Last Day/Spring Celebration: May 15
Graduation: May 16

Spring 2025 Course Descriptions

Course: JWCC/Blessing Hospital Workforce Prep

Instructor: Tammy Napier

Tuesdays and Thursdays **9:00-10:50**

Maximum enrollment: 6

Tuition: \$375

During weeks 1-8 of this two-hour class, students hone skills needed to get and keep a job. They will participate in job shadowing opportunities within the college during hour 2.

During weeks 9-15, students attend class at Blessing Hospital* on Tuesdays. They will participate in 4 unique job shadowing opportunities at Blessing. Then they will meet to discuss and process their experiences on Thursdays (in the JWCC classroom). They will also complete the application process for employment** at Blessing, if desired.

*Students should arrive at Blessing using their own transportation method. Transportation back to John Wood after the shadowing opportunities will be arranged by the college. **Employment is not guaranteed.

Note that this class is 1 hour, 50 minutes. Students taking Workforce Prep do NOT register for a 10:00 class

Course: Easy Morning Fitness

Instructor: Janice Edwards

Tuesdays and Thursdays **9:00-9:25**

Maximum enrollment: 8

Tuition: \$125

Start your day off right with fun movement! Activities, including warm-ups and cool downs, will help you to increase your strength, flexibility and lung capacity. Using a series of easy exercises and routines, students will learn practices that can improve their well-being and overall health. Accommodations for differing mobilities will be supported.

Course: **Budgets, Bills & Buck\$**

Instructor: Becky Fox

Tuesdays and Thursdays **9:00-9:25**

Maximum enrollment: 8

Tuition: \$125

Do you need to know about budgeting and using money wisely? This class will cover using a calculator, budgeting, paying bills, and counting money. Students will also work with the financial matters involved in running the coffee cart.

Course: **Blazer Cafe**

Instructor: Misty Fierge

Tuesdays and Thursdays **9:30-10:20**

Maximum enrollment: 6

Tuition: \$250

This class will practice job skills by beginning a CFL coffee business on the Quincy campus. We partner with EFB (Electric Fountain Brewing) to create delicious hot and iced beverages. Students will learn how to market, prepare and sell products.

Course: **Health, Wellness & Emergency Prep**

Instructor: Angie Barnes/Becky Fox

Tuesdays and Thursdays **9:30-10:20**

Maximum enrollment: 8

Tuition: \$250

Have you ever wondered: Is this food safe to eat? How do I prepare for an emergency? Or are my hands actually clean after I washed them? In this class you will learn some important skills and build knowledge to keep yourself healthy. Hands-on class activities will help you stay healthy. We will even use microscopes and run tests to see where bacteria grows around us!

Course: **Self-Advocacy (Required Class)**

Instructors: Misty Fierge/Becky Fox

Tuesdays and Thursdays **10:30-10:55**

Tuition: \$125

Learn how to assert yourself! This required course engages students in cooperative learning groups and daily group discussions about quality of life. Topics may include health care, living environment, family, education, work, leisure and social and emotional relationships. Program announcements, guest speakers, and student concerns are an important component of the Self Advocacy class.

Course: **Gratitude, Gifts & Giving Back (Service Projects)**

Instructor: Angie Barnes/Janice Edwards

Tuesdays and Thursdays **11:00-11:50**

Maximum enrollment: 8

Tuition: \$250

Are you thankful for our world, but not sure how to show it? Learn how to create inexpensive, but meaningful items to share (and keep one for yourself too)! We will focus on community service and sharing our gratitude with a different theme each month.

Course: **Lights, Camera, Action (QCT Theater)**

Instructor: Brenden Shea

Tuesdays and Thursdays **11:00-11:50**

Maximum enrollment: 8

Tuition: \$250

In this hands-on theatre exploration class, we will read and discuss plays from Quincy Community Theatre's 2025 season. Students will also develop improvisation skills, creative writing and design (costume, scenic and even lighting!) as we model the process of bringing a script to life on stage.

Course: Mealprep & Crockpot Cooking

Instructor: Angie Barnes/Tammy Napier

Tuesdays and Thursdays **12:40-1:30**

Maximum enrollment: 8

Tuition: \$275

Ready to up your cooking skills and create tasty dishes? Create a recipe binder, review common measurements, and improve cutting skills in this class. You will learn to use crock pot and prep freezer meals to take home. We will also calculate the costs of meals.*

**If you do not have a crock pot at home, please notify the instructor.*

Course: Everyday Art: Creating Using Everyday Items

Instructor: Janice Edwards/Misty Fierge

Tuesdays and Thursdays **12:40-1:30**

Maximum enrollment: 8

Tuition: \$250

Are you ready to get creative? We will make works of art and construct crafty objects out of things you might find around home. Student ideas will inspire our projects...we can even try jewelry making and sewing!

Course: Hands-On Science: Matter & Energy

Instructors: Tammy Napier/Janice Edwards

Tuesdays and Thursdays **1:35-2:25**

Maximum enrollment: 8

Tuition: \$250

Experiments conducted in this class will teach us about the physical world around us! Find out if shaving cream is a solid, liquid or gas. Think solar when you get ready to bake a pizza. Make the perfect slime for the kids in your family. Weekly science activities will be combined with opportunities to boost your reading skills.

Course: **Spring Gardening**

Instructors: Angie Barnes/Becky Fox

Tuesdays and Thursdays **1:35-2:25**

Maximum enrollment: 8

Tuition: \$250

It's never too early to start spring gardening! This class will spend time growing flowers and vegetables in the John Wood Greenhouse and in the classroom in our tower garden. You can even try making propagation cuttings so you can have your own houseplants!

Course: **Garden Market**

Instructor: Angie Barnes

Tuesdays and Thursdays **2:30-2:55**

Maximum enrollment: 6

Tuition: \$125

Another CFL business is here at JWCC. In this class, we will sell products grown by CFL gardeners! We will have flowers for Mother's Day and take orders for tomato and pepper plants for backyard gardeners to purchase. All profits made in this class business will go to the CFL scholarship fund.

Course: **Afternoon Stretch & Aerobics**

Instructor: Janice Edwards

Tuesdays and Thursdays **2:30-2:55**

Maximum enrollment: 8

Tuition: \$125

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