



2010 Winter Education Classes

Beginning Cooking for Kids (Ages 5 – 9)

Mondays, Jan. 25 – Feb. 15 (4 weeks), 2:30 – 4 PM. Cost: \$60 (includes \$20 supply fee). Registration and payment deadline: Wednesday, Jan. 20. Instructor: Traci Kerr. Kids will learn all the basics of cooking including basic sanitation, cooking methods and techniques, kitchen familiarity and the cooking process.

Get Quit Clinic – Smoking Cessation

Tuesday, Jan. 26, 6:30 – 8:30 PM and Wednesday, Jan. 27, 12 – 2 PM (two separate workshops). Cost: Free but registration is required by Monday, Jan. 25 for the Jan. 26 workshop and by Tuesday, Jan. 26 for the Jan. 27 workshop. Presenters: Physicians with Summit Medical Group of Farragut. These workshops will identify behavioral components to aid in smoking cessation and nicotine withdrawal symptoms as well as help participants identify triggers and set goals to stay smoke free. Space is limited to 30 people per workshop.

Assure Your Child's Success in School and Life Without Spending a Fortune

Monday, Feb. 1, 7 PM. Cost: Free but registration is preferred prior to the program. Speaker: Dr. Mark G. Barkan. All parents want their children to succeed and be comfortable in the world. Unfortunately, this doesn't happen with every child, and the question is why. Participants will learn what a dynamic world is, differences between open and closed problems, what can be done to improve their children's chances for success, and how creativity can be learned if someone will teach them.

Volunteer Income Tax Assistance (VITA)

Tuesdays and Thursdays, Feb. 2 – April 13, 2:30 – 6:30 PM; Wednesdays and Fridays, Feb. 3 – April 9, 9 AM – 12 NOON. VITA will be open Thursday, April 15 from 9 AM – 3 PM. Cost: Free – no appointment necessary. Volunteers will complete and e-file for free IRS forms 1040, 1040A and 1040 EZ. Other assistance may be provided dependent on the volunteer training provided by the IRS. This assistance program is for lower income and senior taxpayers. No appointment necessary. Taxpayers should bring federal tax packets received; wage and earnings statements (Form W-2) from all employers; interest, dividend, capital gains, pension, IRA and social security statements (Form 1099); list of items that might be considered for itemized deductions; support for other income and credits; and a copy of last year's tax return. Taxpayers should also bring social security numbers and correct birth dates for all taxpayers and dependents to be listed on the return. Sponsored by the Town of Farragut and the Internal Revenue Service.

How to Discover and Utilize Resources for Improving Your Life

Monday, Feb. 15, 7 PM. Cost: Free but registration is preferred prior to the program. Speaker: Dr. Mark G. Barkan. The economy is down, times are tough and jobs are scarce, but there is no need to despair. If you know how to find and utilize available resources, you will find yourself way ahead of the pack. Participants will learn what to do to improve their situation, what the resources are, where to find them and how to utilize them.