

District 214 Community Education

Let Us Make You Smile!

Building Learning Communities

Catherine M. Lee

Women's & Children's Center



Summer 2016

COMING SOON!

NEW Website & Registration System

To better serve your needs, we are currently working on a new registration system and website. When registering, you may be asked to verify your information or create a new account online. As always, feel free to call our office with questions or to register 847-718-7700.



Come Teach With D214 Community Education!

We are looking for instructors to share their knowledge with a community passionate about learning and fun. Please tell us about your skills, hobbies and class ideas. Email your class ideas & resume to: Teresa Palaggi, teresa.palaggi@d214.org
We look forward to hearing from you!

D214 CE Gold Card

If you are a resident of D214 & 62 years or older, you are eligible for a free D214 Community Ed Gold Card. You will receive discounts for designated D214 High School & Community Ed programs & high school games. Register at www.ce214.org or call 847-718-7700.

FREE D214 CE Walking Pass!

Walk FREE at the Forest View Educational Ctr. Walking Track. Register for your "Walking Pass" at the Community Education office
2121 S. Goebbert Rd. Door #2

Abbreviation Legend

BG - Buffalo Grove High School
EG - Elk Grove High School
FV - Forest View Educational Ctr
JH - John Hersey High School
PH - Prospect High School
RM - Rolling Meadows High Schl
WH - Wheeling High School
Dr - Door
Rm - Room
GC - Gold Card

Table of Contents

Arts, Performing & Visual	5
Computer Technology	7
Culinary Experiences	9
Finance, Real Estate	11
Fitness & Sports	14
General Information	26
Home-Garden-Beauty-Health	19
Languages & Writing	21
Leisure Interests	23
Needlework & Crafts	24
Personal Enrichment	24
Registration	27
Youth	4

NEW Continuing Education Classes

The Arts

- Pottery for Beginners 6
 Traditional Metal Casting 5

Computer Technology

Become Workforce Ready in 9 Wks.

- Register for...
 Beginning, Intermediate &
 Advanced Excel 7

Culinary Experiences

- Cake & Cupcake Decorating
 All Supplies Included! 9 & 11
 Cheese Making 9
 Surprise Inside July 4th Cake 10
 Stocks 10
 Eliminate Food Waste **FREE** 10
 Lord of Wines-New Zealand 10

Finance - Business

Law - Real Estate

- Boot Camp for Investing 11
 Navigate Long Term Care 13

Fitness - Health

- Adult Water Polo 14
 Adult Open Swim 14
 Aqua Zumba 14
 Golfers Fitness & Injury 14
 My Morning Stretch Class 16
 Morning Boot Camp 16

Home - Garden

Beauty - Health

- Growing Mushrooms 20

Languages - Writing

- ABC's of Writing Memoir 21
 French Beginning 22
 French et Plus! 22
 Italian Beginning 1 & 2 22
 Sign Language 22

Leisure Interests

- Haunted Vacation Spots 23
 Egypt: Late Period 23
 Graeco/Roma Times 23
 Genealogy Where to Look 23

Personal Enrichment

- Inner Happy Series 24
 Master Memory & Recall 25
 Beating Procrastination 25
 Anti Anxiety Tool Kit 25
 Everyone Communicates/Few
 Connect 25

Youth Programs

- French Story/Play Jouons! 4
 WHAM Summer Conference
 Swim Team 4
 3D Printing Camp 5
 Mad Science Camp 5

Registration Is Open!

Avoid the disappointment of having your class canceled by registering early and inviting a friend to take the class too!



FREE Old Time Radio Show

Join us for an evening of live old time radio. Watch our Players bring your old time favorite shows to life. Our Troupe will use original scripts and recreate those special shows that held us captivated in front of our radios...sound effects and all.

Bring your family, your friends and enjoy the show!

Show is free; call to register. 847-718-7700

1220P Tue 6/28 7:30-8:30pm Forest View Rm D100 Dr 1

CE Youth Programs

Language

Jouons! (Let's Play!) Guardian & Child Ages 6-24 Mo. V. Douzamy
NEW! French Story & Play Time Let's get together and play in French! Children and a parent or caregiver will sing and play their way to learning basic French phrases and vocabulary. Each session will include songs, a story and games in French. Children and caregivers will hear simple instructions in French and will be encouraged to move and play with images, toys, and colorful balls. No previous French knowledge necessary. **Children with adult between 6 and 24 months welcome!** 6 Sessions \$30

2115 Wed 6/1-7/6 9:30-10:30am FV Rm TBA Dr 2

Sports

Shotokan Karate Ages 7-13

G.Koelbel

Karate is fun & beneficial for everyone! Combine fitness and fun through the training of karate! The benefits of karate include improved physical fitness and coordination along with encouraging discipline, focus and self-confidence. The structured karate activities provide a fun and constructive outlet for relieving tension and gaining personal defense skills. The techniques of karate develop skills in self-defense and improved mental focus and self-confidence. A parent or guardian must be present at the first class. 10 Sessions \$67

3151A Thu 5/12-7/14 6:00-7:00pm FV Rm D100 Dr 1

WHAM Aquatics Competitive Swim Team
District 214 Feeder Swim Team - Ages 8yrs - High School
Member of The Northern Illinois Swim Conference

For more information contact Rob Lindgren at robert.lindgren@d214.org.

WHAM Spring Stroke Clinic Ages 8yrs - High School

Get ready for training with the WHAM stroke clinic. This clinic will focus on the development of competitive stroke techniques and training strategies. Drills and technique analysis will be provided for each stroke. Also each swimmer will receive individual stroke analysis and feedback through video taping and discussion with coach along with a written evaluation covering strengths and areas for improvement and continued work. WHAM looks forward to helping you dive right into the summer and make an impact right away! No Class 5/30

3836 Mon-Thu 5/16-6/9 Wheeling HS Pool 4:00-5:00pm \$125

WHAM Summer Swim Team NEW!

We are joining the Northern Illinois Summer Swim Conference!

Train and compete at age appropriate levels as you prepare for success in high school programs. We encourage continued growth, develop stroke mechanics, promote nutrition, set personal goals for swimmers, cultivate team work and fun. Many other skills will be developed by the expertise of our coaches. Swimmers ages 8 years - High School No Class 7/4 **Ages 8yrs - High School**

3837 Mon-Thu 6/13-7/21 Wheeling HS Pool 5:00-6:00pm \$250



CE Youth Programs

STEM Fun & Learning Promotes

Science, Technology, Engineering, Math Skills & More!

3D Printing STEM Camp **Ages 8-12 yrs. NEW!** M. Lofrano

This camp introduces kids to the exciting world of 3D Printing. Participants will learn how to create Computer Aided Designs (CAD) and then print them in 3D out of plastic right before their eyes. Kids will learn the engineering process while designing kid-friendly items that will be printed on the 3D printer. In addition, they will explore the world of science and engineering with hands on STEM projects. 3D Printing Projects Include: Minecraft Creeper, Back Pack Tag, Pendant, Rocket, and Sun Catcher.

STEM Projects Include: Minecraft Slime, Spaghetti/Marshmallow Bridge Building, Straw Rockets, and Paper Airplanes. Each student may bring a snack & water. Snack must be nut-free, store bought, individually wrapped, & prepackaged by a manufacturer, or a piece of fruit may also be brought.

4 Sessions \$175

1309 Mon-Thu 6/13-6/16 1:00-3:30pm FV Rm A200a

1309A Mon-Thu 8/1-8/4 9:30am-Noon FV Rm A200a

The Mad Science Experience **Ages 4-7 yrs. NEW!**

Join Mad Science for fun and science as we explore the wonder of weather, the science of colors, space, zoology, chemistry and much more! Your young scientist will cover different, fun, hands on, science topic complete with a project to take home! All materials and instructors provided by Mad Science of North Illinois. ANYONE CAN BE A SCIENTIST! Adult must walk child to and from class. 4 Sessions \$85

1308 Mon-Thu 6/13-6/16 9:30am-10:30am FV Rm C112 Dr1

1308S Mon-Thu 6/20-6/23 9:30am-10:30am FV Rm C112 Dr1

The Arts

Traditional Metal Casting **NEW!** J. Kurman

Sand casting metals is an ancient technique that you can learn. This rapid and simple method of casting an object in metal uses sand, the simplest and cheapest of mold materials. You will be introduced to casting basic shapes in metals. More complex shapes will be cast with the Cope and Drag method, a two-part mold system which also uses sand as the mold medium. No class 7/4
8 Sessions \$225 Fees: \$45

8008 Mon 6/6-8/1 6:30-9:00pm **Location: Harper College L 126**

The Arts

Fox Trot & Waltz Singles & Teens Welcome!

C. Uricek

Learn the basics of Fox Trot and Waltz in just 2 sessions. You will then be able to strut your stuff at parties and clubs. Please wear leather soled shoes for easier movement. 2 Sessions \$29

1203 Mon 6/20-6/27 7:15-8:15pm FV Rm D102 Door 1

Swing Singles & Teens Welcome!

C. Uricek

Swing is back. Learn the basics of this fun dance in just 2 sessions. Swing with Cheri and learn this cool lively style of social dancing that is a favorite of dancers of all ages. Please wear leather soled shoes for easier movement.

2 Sessions \$29

1203A Mon 6/20-6/27 8:15-9:15pm FV Rm D102 Door 1

Old Time Radio Group

S. Dillie

Do you have the face for radio? Join our Old Time Radio troupe.


We will meet seven times. In six weeks you will learn to perform the shows that were heard on the radio from the 1930's to the early 60's like Jack Benny and The Shadow. You will use the original scripts and the special sound effects to bring the shows back to life. And for the seventh week we will do a show for a live audience! Everybody from first timers to experienced hams are welcomed. Performance (7th class) will be held at Forest View Educational Center. 7 Sessions \$49

1220S Tue 5/17-6/28 7:00-8:30pm FV Rm TBA Dr 1



Outdoor Photography

D. Walker

 Students will get a basic understanding of composition, using natural light, close up and macro photography, and panoramic photography. Technical fundamentals, including exposure, metering, focus, and sharpness and what lens to choose. How to set up your camera and lens to get quick response when you're shooting fast moving subjects like wildlife. You will also learn outdoor portrait and family photography. Students must have a digital camera, preferably with manual controls such as a DSLR (Digital Single lens reflex, with interchangeable lenses). A tripod is also recommended. This course is designed for advanced beginners to intermediate photographers. Participants should know the ins and outs of their camera in preparation for this workshop. First class will meet at Forest View Educational Center. Outdoor meeting locations will be discussed at that time. 10 Sessions \$149

5658 Wed 5/18-7/20 6:30-8:30pm FV Rm TBA Dr 1

Pottery For Beginners **NEW!**

J. Kostelny

Pottery beginners will learn both hand-building and wheel-throwing techniques in this one introductory course. Weekly demonstrations and instructor interaction will develop and strengthen your skills.

Experienced students will also benefit from instructor assistance and are encouraged to pursue their own interests or projects. No class 7/4
7 Sessions \$199 Fees \$65

8007 Mon 6/6-7/25 6:30-9:20pm **Location: Harper College L 126C**

Supply list at goforward.harpercollege.edu/ce/information/supply.php

Computer Technology

MS Excel

A. Blyakhman

Specialty Classes (Intermediate to Advanced)

1. Mastering Excel Pivot Tables - Pivot tables are one of the hidden Excel gems that intimidate most users. It is a surprisingly easy way to quickly summarize and analyze large amounts of data organized in rows or columns. Mastering this tool will help you stand out from approximately 85% of all other Excel users. Overcome your fears and become the de-facto Excel guru in your office! Must have basic Excel knowledge. 2 Sessions \$99

8262A Tues & Thur 7/26, 7/28 6:30-9:30pm FV Rm A200a Dr 4

Keyboarding

B. Wrona

In this class, you will learn the correct techniques for using the keyboard, alpha-
bet, number and service keys. You will also learn additional skills including how
to format letters, short reports, and tabulations. 6 Sessions \$75 No Class 5/30

9102 Mon 4/25-6/6 6:30-9:15pm FV Rm A200a Dr 4

Excel Beginning

J. Honigberg

This class will cover: Spreadsheet terminology and exploring Excel, getting help, navigating workbooks, entering and editing text and values, entering and editing formulas, working with pictures in Excel, saving and updating workbooks, moving and copying data, moving and copying formulas, absolute and relative references, inserting and deleting ranges, rows, and columns, entering functions, Auto-Sum, formatting text, formatting rows and columns, formatting numbers, conditional formatting, copying formats, page setup options, printing worksheets, chart basics, modifying and printing charts, managing large workbooks, printing large worksheets, and using multiple worksheets. To be successful in this class students must have basic familiarity and experience with computers. Price includes book. 3 Sessions \$159

8241S Wed 6/1-6/15 6:45-9:30pm FV Rm A200a Dr 4

Excel Intermediate

J. Honigberg

A continuation from Beginning Spreadsheets on Microsoft® Excel. It is recommended that students attend this class if they are already familiar with the concepts covered in the Excel Beginning class. In this class you will learn how to use multiple worksheets and workbooks efficiently, work with more advanced formatting options including styles, themes, backgrounds, and watermarks. Learn how to create outlines and subtotals, create and apply cell names, and work with lists and tables. Insert and edit hyper-links, and save a workbook as a PDF file. Class covers advanced charting techniques, worksheet auditing and protection, file sharing merging and templates. Price includes book. 3 Sessions \$159

8242S Wed 6/22-7/6 6:45-9:30pm FV Rm A200a Dr 4

Computer Technology

Excel Advanced

Become familiar using the more powerful capabilities of Microsoft® Excel. You will learn complex formulas, functions and arrays, and advanced editing and formatting options, such as using the paste special commands to copy validations and link data. Included will be information about various analysis tools such as Wizards, problem models and methods for correlating data, advanced customizing techniques by changing default settings and automating selected features. Price includes book. 3 Sessions \$159

8241C Sat 4/30-5/14 9:00-11:45am FV Rm A200a Dr 4 G. Palace
8243 Wed 7/13-7/27 6:45-9:30pm FV Rm A200a Dr 4 J. Honigberg

Getting the Most Out of Your iPad

J. Mozes-Simon

Join us as we explore the magic that awaits when you learn to use your iPad. Read books, write letters, send e-mails, use FaceTime or Skype with friends and family around the block or around the world...for free! This two-week session is filled with new experiences and fun as you learn more about your iPad!

2 Sessions \$39 GC \$35

8260A Tue 5/31, 6/7 7:00-9:30pm FV Rm B103 Dr 1

Getting the Most Out of Your iPhone

J. Mozes-Simon



Remember when your cell phone was just that...a device for making phone calls? Now it is a phone, calendar, library, contact list, camera, video recorder, game center and so much more. Join us as we explore the wonders of the iPhone. You'll never just have a phone again! 2 Sessions \$39 GC \$35

8204A Tue 5/17, 5/24 7:00-9:30pm FV Rm B103 Dr 1

Getting the Most Out of Your Samsung Galaxy Phone

J. Mozes-Simon

Remember when your cell phone was just that...a device for making phone calls? Now it is a phone, calendar, library, contact list, camera, video recorder, game center and so much more. Join us as we explore the wonders of the Samsung Galaxy S phone. You'll never just have a phone again! 2 Sessions \$39 GC \$35



8211A Tue 6/14, 6/21 7:00-9:30pm FV Rm B103 Dr 1

Getting the Most Out of Your Samsung Tablet

J. Mozes-Simon

Join us as we explore the magic that awaits when you learn to use your Samsung Tablet. Read books, write letters, send e-mails, use Skype with friends and family around the block or around the world...for free! This two-week session is filled with new experiences and fun as you learn more about your Samsung Tablet! 2 Sessions \$39 GC \$35

8207A Tue 6/28, 7/5 7:00-9:30pm FV Rm B103 Dr 1

Computer Technology

Online Learning is a click away.

Visit: www.ce214.org

Take Charge of Your Future!



- *Business & Career Skills*
- *Accounting & Finance*
- *Computer Applications*
- *Health Care & Medical*
- *Social Media for Business*
- *Languages & Arts*
- *Law & Legal*
- *Teaching & Education*

Culinary Experiences

Cake Decorating-Hands On All Supplies Included **NEW!** T. West

Join us for an adult evening of a step by step hands on basic cake decorating class. You will learn how to torte, frost and pipe various decorations. We will provide a full size cake for this sweet night of learning and fun. **All of your supplies are included;** even an apron and a box to take home your cake. No experience necessary. 1 Session \$49
4012 Mon 6/20 7:00-9:00pm FV Rm C117 Dr 1



Cheese Making Hands On **NEW!** M. Lyons

Good cheese tastes even better when you make it yourself! Mark Lyons, experienced cheese maker with a degree in Agriculture, will teach you all the techniques for making your own cheese. The course will cover the science behind cheese making, along with ingredients, equipment, and techniques for making soft, hard, Italian, and other kinds of cheeses. In this class you will learn to make creamy lemon-herb cheese, fresh mozzarella, and whole milk ricotta. 1st class is demo & lecture with samples. 2nd & 3rd classes are hands-on. Supplies will be discussed at the first class. 3 Sessions \$99
4019 Thu 7/7, 7/14, 7/21 7:00-9:00pm RM Rm Cooking Studio Dr 1



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We look forward to hearing from you!

Culinary Experiences

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teresa.palaggi@d214.org We look forward to hearing from you!

Quick Breads, Muffins Pancakes & More **NEW!** **B. Gerstung**

In this class you will get to sample some of Bonnie's favorites breads. Recipes include a delicious baked apple pancake, a moist lower fat whole wheat banana bread, Dutch pancakes (a family favorite crepe) and a lighter carrot bread. We'll also make a whole grain muffin that the whole family will enjoy, and it is easy to bake fresh daily. Remember your apron! The class is a combination of hands-on and demonstration. 1 Session \$49

4004 Tue 4/26 6:30-10:00pm JH Rm 140 Dr 1

Surprise Inside Cake Hands On **NEW!** **A. Hetzke**

Fourth of July Hands On Surprise Inside Cakes are becoming a new trend in the baking world. In this class you will learn the technique of making a pattern inside a cake. Once you know the technique, you will easily be able to make more on your own. This class we will be making a Fourth of July themed mini loaf and each participant will take theirs home. Recipes will also be sent home. 1 Session \$39

4002 Wed 6/15 7:00-8:30pm JH Rm 140 Dr 1

How To Eliminate Food Waste **NEW!** **FREE!** **T. Williams**

Tossed Treasures is the newest program offered by the Academy of Nutrition and Dietetics. Learn about food waste in the U.S. and its impact on hunger, the environment and how you can help reduce food waste. Tracy Williams has her degree in Nutrition and Dietetics. She enjoys teaching nutrition education to the community through lectures, blogging and freelance writing.

0527 Thu 5/12 7:00-8:00pm FV Rm B103 Dr 1

Class is FREE; registration is required.

The Lord of the Wines New Zealand **NEW!** **A. Philpott**

New Zealand's landscape is a study in contrasts, from dense forests to breathtaking mountains to rugged coastlines, so there is no surprise that NZ offers us an array of wine. With summer around the corner, wines from Marlborough will quench your thirst, while juice from Central Otago and surrounding areas showcase Pinot Noir (and other reds). We can't leave Hawkes Bay out of the fun for some fleshy reds! We will span over 1100 miles of wine region in one fun night. Light fare provided for pairing fun! Must be 21 or over. 1 Session \$35



4506 Mon 5/23 6:30-8:00pm **Location: Tuscan Market & Wine Shop**
141 W Wing St. Arlington Hts

Culinary Experiences

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We look forward to hearing from you!

Cupcake Decorating-Hands On All Supplies Included **NEW!** T. West

Join us for an adult evening of a step by step hands on basic cupcake decorating class. You will learn how to torte (fill cupcakes) with 6 full size cupcakes that we will provide you, as well as how to frost and pipe with various decorations. **All of your supplies are included;** even an apron and a box to take home your cupcakes. No experience necessary. Come have a “sweet” night out while learning a great skill!
1 Session \$49



4013 Wed 6/29 7:00-9:00pm FV Rm C117 Dr 1

Stocks – Interactive Demo **NEW!** Chef M. Dolan

Stock is the first, and most important step in making delicious soups, sauces, roasts, and almost every kind of cooking base. Learn the techniques and recipes to make beef stock, chicken stock, vegetable stocks, Japanese bonito dashi, and a quick mushroom stock. We will make some wonderful dishes in class from these bases. Many techniques will be discussed to make your stock making easy and manageable in your busy life. 1 Session \$45

4076 Wed 4/27 6:30-9:30 JH Rm 140 Dr 1

Finance-Business-Law-Real Estate

Boot Camp for Investing **NEW!** Y. Kozachuk

Whatever your age, whatever your investment experience, this class will provide valuable information you can use. Both investment products and concepts will be covered. Topics will include: stocks, bonds, mutual funds, annuities, IRAs, 401Ks and 401K roll overs. Learn to understand diversification, risk vs. reward, dollar cost averaging, developing financial goals, inflation, tax free vs. tax deferred, income investing and growth investing. Materials included. 2 sessions \$29 GC \$25

7751 Thu 6/9, 6/16 7:00-9:00pm FV Rm TBA Dr 1

Reverse Mortgages T. Brady

You see all the ads on TV, so here is an opportunity to learn the facts. The Reverse Mortgage program has been reformed over the past year, making the program more viable and affordable for seniors. We will go over a primer on Reverses, then discuss the facts vs the myths. Whether you need extra income to pay medical bills, a current mortgage, home equity loan, credit card debt or just use your equity to ride out a downturn in the stock market, you will feel more comfortable once you learn how a reverse mortgage works. This class will help you make an informed decision on whether a reverse mortgage will be helpful and be a good fit for you, a loved one or your client. 1 Session \$19 GC \$15

5513 Mon 6/13 7:00-9:00pm FV Rm TBA Dr 1

Finance-Business-Law-Real Estate

Purchasing a Vacation Property or Second Home J. Woolfe

This 90 minute class will teach you the best way to purchase your own Vacation Home or Second Home. Learn the guidelines that banks require to make owning your Vacation/Second Home a reality. This class will go over minimum down payments necessary, credit requirements, affordability, and the different rules for purchasing different types of Vacation/Second Homes. This class is not a class on buying or owning time shares. 1 Session \$19 GC \$15

7765 Mon 7/11 6:30-8:30pm FV Rm TBA Dr 1

1st Time Home Buyer & Down Payment Assistance Program J. Woolfe

Are you a first time buyer who is possibly in need of assistance for your down payment? If you are in need of down payment assistance or even someone who doesn't need the assistance, this course offers valuable insights in the process of home ownership. Learn everything you need to know about buying your



first home. Get a head start and obtain the knowledge needed in the buying of your first home. Learn the road blocks to look out for. Get familiar with contracts, closing costs, inspections, appraisals, down payments, interest rates, credit requirements, and negotiating with banks and sellers. 1 Session \$19 GC \$15

7766A Tue 6/7 6:30-8:30pm FV Rm TBA Dr 1

Investing In Real Estate

J. Woolfe

Whether you are a novice, first time investor or a seasoned investor looking to invest further in Real Estate, this two hour course offers valuable insights into the process of purchasing investment properties. Learn everything you need to know about buying your first rental property, and start building your Real Estate portfolio. Learn what to look for in foreclosed properties. Learn the road blocks to look out for. Get familiar with contracts, closing costs, inspections, appraisals, down payments, interest rates, credit requirements, and negotiating with banks and sellers. This class will be a valuable tool to begin your investing in real estate.

1 Session \$19 GC \$15

7710 Wed 6/15 6:30-8:30pm FV Rm TBA Dr 1

How to Sell your Home for Top Dollar

J. Woolfe

Learn real estate sales and marketing strategies that will assist you in successfully selling your property for Top \$. We will discuss what trends drive the market, how to do a market analysis, determine the value of your property, get the inside and outside of your home ready for sale, and how to advertise and show your home. We will also discuss how to handle an offer and required paperwork. Whether you decide to use a realtor or not, this class will help you through the process. 1 Session \$19 GC \$15

7713 Wed 4/20 6:30-8:30pm JH Rm 105 Dr 1

Finance-Business-Law-Real Estate

Elder Law Primer

J. Young

Be prepared before you or a loved one needs assistance. Topics covered include wills and trust planning, powers of attorney for health care and property, guardianships, Medicaid rules and qualification, spousal impoverishment rules and long term care insurance. Instructor is a member of the National Academy of Elder Law Attorneys. Materials provided. 1 Session \$19

5504 Tue 5/17 7:00-9:00pm FV Rm 124B Dr 1

Rejuvenate Your Retirement

T. Rendl



You worked hard to manage funds for a comfortable retirement. But current economic conditions require a second look at them. In straightforward language, it explains financial strategies such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. However, money is only one

aspect of post-retirement planning. The course introduces fulfilling activities such as travel, hobbies, sports, crafts, business ventures and lifelong learning to help make the most of your retirement years. Tom is a 2014 Five Star Wealth Manager. Workbook included. 3 Sessions \$39 GC \$34

5516 Thu 6/2-6/16 6:30-8:30 FV Rm C102 Dr 1

Savvy Social Security and Medicare Planning

B. Kizer

This class addresses what baby boomers need to know to maximize Social Security and Medicare benefits. The five biggest questions about Social Security: will it be there for me, how much can I expect to receive, when should I apply, how can I maximize benefits, and will it be enough to live on? The five biggest questions about Medicare: when do I sign up, what does it cover, how much does it cost, will I need other insurance, what about long term care? Brent is a Certified Financial Planner™ and a 2012, 2013, 2014 & 2015 Five Star Wealth Manager. 2 Sessions \$29 GC \$25

0286A Tue 6/21-6/28 7:00-9:00pm FV Rm TBA Dr 1

How to Navigate a Long Term Care Crisis M. Margolis & L. Weldon

NEW! Modern medicine has allowed people to live longer, but not without chronic health issues. We will discuss common planning-related mistakes that may cause unnecessary headache, heartache, and delay. In addition, you will learn who your first three calls should be when you or a loved one is dealing with a long term care crisis. First call: your estate planning/elder law attorney to ensure that your planning documents are in place and to help you qualify for government benefits. Second call: your long term care insurance specialist to begin the process of having your long term care insurance pay for your medical care during a crisis. Finally, a call to your financial planner to discuss strategies to pay for additional costs, and to determine how this will affect you and/or your spouse's retirement plan. 1 Session \$19 GC \$15



0281A Wed 6/22 7:00 - 9:00pm FV Rm Forest View Dr 1

Fitness - Sports

Adult Water Polo **NEW...NEW...NEW!** **R. Lindgren**

Come and be a part of one of the fastest growing sports in our area...Water Polo. It is a great way to enjoy the low intensity environment and benefits of aquatic exercise while also playing a strenuous and demanding team game. We encourage everyone to come out and practice with us. All that is required is a desire to learn, enjoy and grow the game. As water polo continues to grow in popularity, we are excited to introduce this great sport to the community and look forward to the possibility of developing a water polo competitive team. If you are interested, in being part of a competitive Water Polo Team, please let us know! Location: **Buffalo Grove High School Pool**

3618 Mon & Tue 6/13-6/28 8:15-9:45pm 6 Sessions \$60

3619 Mon & Tue 7/5-7/19 8:15-9:45pm 5 Sessions \$50

Adult Open Swim (Morning) **NEW...NEW...NEW!**

Start your day off right with the low impact and aerobic benefits of swimming. Whether you are training for a triathlon or just looking to swim some laps join us for open swim!

Location: **Wheeling High School Pool**

3620 Mon-Thu 6/13-6/30 6:00-8:00am 12 Sessions \$72

3621 Mon-Thu 7/5-7/28 6:00-8:00am 15 Sessions \$90

Aqua Zumba **NEW...NEW...NEW!** **S. Garcia**

Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. It blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! With less impact on your joints during an Aqua Zumba® class, you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Wed No class 7/27

Location: **Wheeling High School Pool** 8 Sessions \$66

3623 Mon 6/13-8/8 6:30pm-7:20pm No Class 7/4

3623A Wed 6/15-8/10 10:00am-10:50am No Class 7/27

Golfers Fitness and Injury Prevention **FREE! NEW!** **D. Randall**

Get ready for golf season! Spring is arriving and summer is right around the corner. This class will teach you what you need to know to get in your best swinging shape and stay healthy while you play. Topics will include basic golf swing mechanics, strength, flexibility and endurance exercise to maximize your play as well as common golfing injuries and how to avoid them. Golf apparel and equipment not required but clothing should be something you can move in. All skill levels welcome! Dylan, the instructor, is in the final year of the Doctor of Physical Therapy Program at Rosalind Franklin University of Medicine and Science. He is also a husband, father of two and a golf enthusiast. No fee; registration required.

3622 Tue 5/3 7:00-9:00pm FV Rm TBA Dr 1

Fitness - Sports

Yogalaties Core & Stretching **NEW!**

S. Garcia

Come and enjoy this 15 minutes wind down class. By incorporating the principles of both Pilates and Yoga, you will create harmony, strength, flexibility, and balance for your mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer leaner muscles. Please bring a mat. 12 Sessions \$26 No Class 5/30, 7/4

3162A Mon 5/16-8/15 7:30-7:45pm FV Rm A238 Dr 4

Pilates Playground Fun **NEW!**

S. Garcia

This unique class combines classic Pilates moves, fluid movements and various props, all using a mat. • Create a stronger core • Tone and strengthen the whole body • Develop flat abs and slender thighs • Strengthen your back • Add flexibility to your muscles You will never experience the same class twice, using different equipment and muscles every class. This class is for all levels. Please bring a mat. 12 Sessions \$102

3609A Tue 5/17-8/2 8:40am-9:35am FV Rm A238 Dr 4

Pilates Barre Fusion

S. Garcia

This hybrid workout class will include the fat-burning format of interval training, the muscle-shaping technique of isometrics and the long lean look of Pilates. Your posture, flexibility, core muscle, balance, and muscle tone will improve with each class. Bring a mat and one set of 2-3 pound weights with you to class. 12 Sessions \$102; No Class Mon 5/30, 7/4

3610 Mon 5/16-8/15 6:30-7:25pm FV Rm A238 Dr 4

3610A Thu 5/19-8/4 8:45-9:40am FV Rm A238 Dr 2

Try 15 Min. Yogalaties Core Stretching after 6:30 Pilates Barre Fusion

Yogalaties

S. Garcia

Experience the new workout that everyone is raving about. By incorporating the principles of both Pilates and Yoga, you will create harmony, strength, flexibility, and balance for your mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer, leaner muscles. This class is for all levels. 12 Sessions \$102

3008S Wed 5/18-8/3 6:30-7:25pm FV Rm N Gym Dr 1

15 Minute Ab Blast All Levels

S. Garcia

Come see what just 15 minutes can do for your core. This class will work on strengthening and slimming your abs, back and obliques. Watch your core become strong and fit in just a few classes. Please bring a mat. 12 Sessions \$26

3164A Tue 5/17-8/2 8:00-8:15pm FV Rm N Gym Dr 1

3165A Wed 5/18-8/3 7:30-7:45pm FV Rm D102 Dr 1

Fitness - Sports

Piloxing

S. Garcia



Join the latest Hollywood Celebrity fitness craze sweeping the nation! Piloxing uniquely mixes Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape. Experience the transformation as you attain a sleek, sexy and powerful self-image. Please bring a mat. 12 Session \$102

1205A Wed 5/18-8/3 6:30-7:25pm FV Dr 1 Rm D102

Try our 15 minute Ab Blast class after 7:30pm Piloxing. See page 15.

Zumba Fitness®



S. Garcia

Zumba is a distinctive fusion of Latin and International dance music that combines high energy and motivating music with unique moves and combinations. The routines feature aerobic/fitness interval training to help tone and sculpt the body. It's easy; It's fun! 12 Sessions \$102

3601A Tue 5/17-8/2 6:00-6:55pm FV Rm N Gym Dr 1

Zumba Gold® **NEW! Thursday A.M. Class**

S. Garcia

The Zumba® Gold Fitness program is an innovative, fun and exciting program. Zumba Gold is a lower intensity workout that uses great Latin styles of music and dance. 12 Sessions \$102

3612A Tue 5/17-8/2 7:00-7:55pm FV Rm N Gym Dr 1

3613A Tue 5/17-8/2 9:45-10:40am FV Rm A238 Dr 2

3614A Thu 5/19-8/4 9:45-10:40am FV Rm A238 Dr 2

Try 15 minute Ab Blast class after 7pm Zumba. See page 15.

My Morning Stretch Class **NEW!**

S. Garcia

Start your day with both gentle and deep stretching. Enjoy the benefits of increased flexibility, circulation and blood flow. Studies shows morning stretching will benefit you all though the day and beyond. This class is for all levels. Please bring a yoga mat and a smile. 12 Sessions \$102

12 Sessions \$102

3615A Tue 5/17-8/2 7:15am-8:10am FV Rm A238 Dr 2

Morning Boot Camp **NEW!**

S. Garcia

This is a complete, full body workout that includes, cardiovascular training, strength and resistance training, core work and flexibility training. Get stronger, increase physical endurance, burn calories, increase your balance and core strength. The class will use hand held weights, resistabands, floor mats, and will include intervals of cardio and strength for an effective, calorie burning workout. Please bring a yoga mat and a set of 5 pound weights.

12 Sessions \$102

3616A Thu 5/19-8/4 7:15am-8:10am FV Rm A238 Dr 2

Fitness - Sports

Hatha Yoga is a physical approach to relaxation of body & mind. Yoga moves you through slow, precise poses accompanied by deep breathing which tones, stretches & relaxes the body. Yoga develops a deeper awareness of your mental self & is for those individuals seeking reduction of the stresses of everyday life.



Summer Yoga

K. Tracy - 12 Sessions \$102, GC \$87 - K. Tracy No Classes Tue 7/5, Thu 7/7
 S. Moore - 8 Sessions \$68, GC \$58 - S. Moore No Classes Mon 5/30, 7/4, 7/11;
 Wed 6/1, 7/6, 7/13; Thu 6/2, 7/7, 7/14

Summer Yoga Beginning			Bring an exercise mat.			
3101	Mon	5/16-7/25	9:30-10:40am	FV	Rm A238	S. Moore
3102	Mon	5/16-7/25	11:00-12:10pm	FV	Rm A238	S. Moore
3116	Tue	5/17-8/9	4:00-5:10pm	FV	Rm A238	K. Tracy
3117	Tue	5/17-8/9	6:00-7:10pm	FV	Rm A238	K. Tracy
3103	Wed	5/18-7/27	10:00-11:10am	FV	Rm A238	S. Moore
3118	Thu	5/19-8/11	4:00-5:10pm	FV	Rm A238	K. Tracy
3119	Thu	5/19-7/28	6:00-7:10pm	FV	Rm A238	S. Moore

Tai Chi

Tai Chi is an ancient Chinese exercise that has shown to have numerous health benefits. Tai Chi uses graceful stretching and flowing movements that improve flexibility, balance, muscle strength and posture. This gentle low impact exercise fights stress while energizing your body and mind. 8 Sessions No Class 7/4
 Enter at Dr 1

Begin & Inter \$66 GC \$57 Advan \$99 GC \$85

Begin 3504A Mon 6/6-8/1 FV Dr 1 Rm D100 7:30-8:30pm E. Peden

Inter 3502A Mon 6/6-8/1 FV Dr 1 Rm D100 6:30-7:30pm E. Peden

Advan 3503A Mon 6/6-8/1 FV Dr 1 Rm D101 6:30-8:00pm S. Panzilius

Fit For Life

M. Mullenix

A complete conditioning program via the “gentle approach.” The program combines stretching, deep breathing and yoga movements to promote overall flexibility. Gentle strengthening exercises using exer-bands to increase strength and development of good muscle tone are also included. A guided body relaxation to reduce tension and stress will conclude the program. Bring an exercise mat, water bottle and towel. 12 Sessions \$69 GC \$59

3081A Wed 5/18-8/3 7:00-8:00pm FV Rm A238 Dr 4

Fitness - Sports

Golf in...3, 2, 1

Location: Mt Prospect Golf Club 600 S See-Gwun Ave, Mt Prospect

Instructors: B. Barcel PGA, J. Langguth PGA, and T. Schaap

Level 1 - Get Golf Ready - 5 Weeks \$99/person

This series of lessons will take individuals who have never played the game of golf and within five weeks, provide them the necessary instruction to be ready to play out on the golf course. The first four lessons will deal with grip and setup, as well as instruction on irons, woods, chipping, sand play & putting. The last lesson will be on the golf course, teaching what clubs to use in certain situations and the rules and etiquette of the game.



Repeat level 1 as many times as necessary. To practice and test their skills at the completion of the level, each student will receive a free 9-hole round of golf with cart to be used at their leisure. Clubs needed: Weeks 1 & 2 (5,7 & 9 iron),

3401B Tue 4/26-5/24 6:30-7:30pm 3401D Tue 6/14-7/12 5:30-6:30pm
3401C Wed 5/18-6/15 5:30-6:30pm 3401E Mon 7/18-8/15 6:30-7:30pm

Level 2 - Play Better Golf – 4 weeks \$89/person

This series of lessons is for individuals who have played the game of golf but want to improve their skills or just need a refresher. The first two lessons will include instruction of iron & wood play. The third will focus on short game (pitching & sand). The last lesson will begin with a half hour lesson on the range followed by self-directed play on the course. Repeat level 2 as many times as necessary. To practice and test their skills at the completion of the level, each student will receive a free 9-hole round of golf with cart to be used at their leisure. Clubs needed: Week 1 (5,7 & 9 iron), No Class 5/30

3402B Mon 4/25-5/16 6:30-7:30pm 3402E Wed 6/29-7/20 5:30-6:30pm
3402C Mon 5/23-6/20 5:30-6:30pm 3402F Tue 7/26-8/16 5:30-6:30pm
3402D Tue 6/7-6/28 6:30-7:30pm

Level 3 - On-Course Play with Individual Instruction per Foursome 3-Weeks \$79/person

This session provides participants with an opportunity to have more playing time on the course. You can bring your own foursome or the instructors will place you in a playing group. Each round will begin with practice balls to warm up at our world class practice facility. During the second lesson, there will be a 1/2 hour lesson to work on each student's individual needs followed by self-directed play. The first and third sessions will allow your group to play golf until dusk. During the first hour of play, instructors will circulate among the playing groups and answer questions or offer suggestions regarding strategic play. Repeat level 3 as many times as necessary. At the completion of the level, each student will receive a free 9-hole round of golf with cart to be used at their leisure. Clubs needed: Weeks 1-3 (all clubs). No Class 7/4

3403A Tue 5/17-5/31 5:30-8:00pm 3403C Wed 7/27-8/10 5:30-8:00pm
3403B Mon 6/20-7/11 5:30-8:00pm 3403D Mon 8/8-8/22 5:30-8:00pm

Fitness - Sports

Shotokan Karate for Adults

G.Koelbel

If you want total fitness of both mind and body, try Karate! This traditional system of martial arts provides a means of physical fitness for the whole body, improving strength, muscle tone, coordination and flexibility along with relieving tension. The techniques of karate develop skill in self-defense and improved mental focus and self-confidence. Karate can be beneficial for any age or gender. 10 Sessions \$67

3141A Thu 5/12-7/14 7:00-8:30pm FV Rm D100 Dr 1

Scuba Diving

R. Schak



Learn the fundamentals of diving. During these five sessions you will master all of the skills necessary to become a certified scuba diver. The training offered is the PADI, Professional Association of Diving Instructors, system of training; the most popular in the world. Upon completion of your performance based training you will be eligible to attend your open water certification dives with The Tritons, one of the oldest and most successful scuba organizations in the Chicago area. Make sure you have your swimsuit, towel, mask, snorkel, fins, and boots and be prepared to have some fun! Additional material fee is approximately \$60-\$70. 5 Sessions \$135

Classroom Instruction 7:00-8:00 pm; Pool Time 8:00-10:00pm

3801 Wed 6/1-6/29 WH Rm 191 & Wheeling Pool 7:00-10:00pm Dr1

Badminton All Levels Teens & Older

C. VanGrondelle

Come play the highly competitive sport of indoor badminton - the fastest racket sport in the world. The class format is primarily open play with instruction available. Plastic shuttles are provided, but bring your own racket (and feather shuttles, if preferred). 6 Sessions \$35

3024A Mon & Wed 6/13-6/29 6:00-8:00pm BG Rm Gym

Home - Garden - Health - Beauty

Renew and Re-do Your Upholstery

D. Walker

Need to make those sagging favorites or a special find look like new? This is for you! You will be shown the basic techniques for restoration and given guidance by a practicing upholsterer. There is no storage facility at the school, students must take



their projects with them after each class. Single-seat chairs or footstools are recommended for the first project. The first class is lecture. DO NOT bring your project the first night or buy any materials unless you have previously taken this class. Tuition does not include cost of materials. No Class 5/30, 7/4

12 Sessions \$99 GC \$85

4601 Mon 5/16-8/15 7:00-10:00pm WH Rm 185 Dr 29

Home - Garden - Health - Beauty

Ohara Ikebana Floral Arrangement

E-Ling Lou

This class is open to everyone who is interested in learning Ikebana, Japanese art of floral arrangement. For each session, students will create a beautiful arrangement of a different style to take home and enjoy. Please bring a container (about 10 to 12 inches in length and 1 to 2 inches in depth), kenzan (a.k.a. floral frog) size of 2 in x 3 in, and a floral scissor. Supplies may be purchased through the instructor upon request. Fresh floral materials will be provided for each session. No refunds or

credits on account will be issued for floral design classes canceled 7 days or less prior to the start of class. 2 Sessions \$ 39

4090A Mon 6/6, 6/13 7:00-9:00pm FV Rm C117 Dr 1

Growing Terrific Tomatoes

Nothing compares to the sweetness and flavor of a fresh, home-grown tomato! Mark Lyons, an experienced garden coach, will show you how to successfully grow this juicy, mouth-watering garden fruit in your own backyard or container garden.

1 Session \$19

4083 Thu 4/28 7:00-9:00pm JH Rm TBA Dr 1

M. Lyons



Growing and Using Mushrooms **NEW!**

M. Lyons

Like mushrooms? Ever thought about growing your own? This class will show you how to grow your very own mushroom harvest. It will also show you how to preserve your mushroom harvest and how to make the most of these culinary treasures. 1 Session \$19

4102 Thu 5/5 7:00-9:00pm JH Rm 105 Dr 1

Growing and Using Herbs

M. Lyons

Herbs are wonderful plants that add color to our gardens, flavor and nutrients to our food, and health to our bodies. In this class, Mark Lyons, an experienced garden coach, will show you how to plant, cultivate and use these wonderful plants. 2 Sessions \$35

4094 Thu 5/12 7:00-9:00pm FV Rm C117 Dr 1

The Container Herb Garden

M. Lyons



Herbs are wonderful plants that add color and favor to our meals and health to our bodies, They are usually grown in a garden, but they can also be grown in smaller more enclosed spaces. In this class, Mark Lyons, an experienced herb and vegetable gardener, will show you how to arrange and grow your favorite herbs on a smaller scale inside a container. First session will be lecture; second session will be hands on. Bring to second class a plastic table cloth, a container, and herb plants of your choice, along with potting soil, a trowel and, gardening gloves. 2 Sessions \$35

4081 Mon 6/6-6/13 7:00-9:00pm FV Rm C117 Dr 1

Home - Garden - Health - Beauty

Let's Be Healthy Together "The Starch Solution"

J. Silberg

This is the lifestyle that millions have followed to successfully avoid the major health issues such as heart disease, high blood pressure, diabetes, arthritis and others. You will learn all you need to begin The Starch Solution lifestyle, a scientifically based program successfully used by Dr. John and Mary McDougall for nearly forty years to help over 5000 patients regain their lost health and appearance. This is the same lifestyle President Bill Clinton follows to maintain his health after his bypass surgery. With the help of a Certified Starch Solution Instructor/Health Coach, you too can improve your health and at the same time reach your ideal weight. 2 Sessions \$39 GC \$34

1100 Wed 6/1, 6/8 7:00-9:30pm FV Rm TBA Dr 1

Health Care Provider Recertification

Healthcare professionals looking to renew their American Heart Assoc. Healthcare Provider CPR certification can register for the Healthcare Provider CPR renewal course. Students needing the Healthcare Provider course, AHA Heartsaver/AED class (for first time students only) or First-Aid, please contact Phil Wnek of the Mt. Prospect Fire Dept. at 847-870-5557 or email pwnek@mountprospect.org. 1 Session \$50



0202 Mon 5/2 7:00 - 10:00pm Location Mt Prospect FD

Location: Mount Prospect Fire Department, 2000 E. Kensington Rd (corner of Kensington & River Rd) Mt. Prospect

Health classes serve as a general overview of the topics covered. Classes should not be utilized as a substitute for consultation with your personal physician.

Language - Writing

ABC's of Writing Memoir: Art, Business, & Craft. **NEW!** L. Cottrell
3-Part Series: Take all 3 for \$79, or pick the ones for you for \$29 each.

Art of Memoir: We will work on writing exercises using prompts and various other forms of inspiration. The focus will be on creating new pieces, workshopping ideas for next steps, and finding new ways to mine for topics in the future. 2609A Mon & Wed 6/13 & 6/15 7:00-9:00pm

Business of Memoir: We will focus on how to sell your work: creating a platform, using social media, pitching at conferences, and how to write a query letter. 2609B Mon & Wed 6/20 & 6/22 7:00-9:00pm

Craft of Memoir: This course will focus on various forms of Memoir--from micro-essays to flash nonfiction and all the way up to the full book-length memoir. We will look at editing works in progress (please bring one!) and considering multiple forms for one concept (turning an essay into a poem, for instance). 2609C Mon & Wed 6/27 & 6/29 7-9pm

All 3 - 2609 Mon & Wed 6/13-6/29 7:00-9:00pm FV Rm A217 Dr 4

Language - Writing

French Conversation Beginning Part 1

F. Gillaizeau

Here is a conversational class designed for the European traveler, and taught by a French native. Frederic will teach you the basics, including how to check-in at hotels, greet, read menus, ask directions, hail taxis, read transportation schedules, and more. Some culture and geography will be discussed if requested by students. **\$40 book fee due at time of registration.** This book will also be used for the French Conversation 1, 2 & 3. 6 Sessions \$46 GC \$40

2111 Thur 6/2-7/7 6:30-8:30pm RM Rm A103 Dr 1

NEW! See Children's French Class - Jouons! (Let's Play!) page 4

French Conversation et Plus!

V. Douzamy

NEW! We'll dive right in to some technical topics over this concentrated French course! We will cover regular and irregular verbs in the past, imperfect, present, and future tenses, adjective and adverb placement and agreement, as well as their application in conversation. Expect to move quickly from topic to topic as we read, write, and speak our way towards fluency! This is a beginning-intermediate course designed for those who've taken French Conversation 1-3 or who took High School or College French courses at any level. We will end the course with an application of our knowledge over un véritable pique-nique français! A French-English dictionary is suggested but no textbook is required. 8 Sessions \$59 GC \$51



2116 Tue & Thu 6/7-6/30 6:30-8:00pm FV Rm TBA Dr 1

Sign Language Beginning & Intermediate

J. Kelly

Are you interested in learning to communicate with hearing impaired acquaintances or hearing impaired individuals? You will learn the alphabet, numbers and basic sign language vocabulary which will enable you to carry on simple conversations, understand paragraphs and accurately produce signs at a beginning level. Intermediate class is a continuation of beginning class. Please bring a 3-ring binder and 10 index separator tabs for class handouts.

No class Mon 7/4 10 Sessions \$79 GC \$68

Beginning 2401 Mon 6/6-8/15 7:00-9:00pm FV Rm Forest View Dr 1

Intermediate 2402 Wed 6/1-8/3 7:00-9:00pm FV Rm Forest View Dr 1

Italian Beginning & Intermediate **NEW! Summer Classes** E. Icka

Beginning 1 - Are you going to visit Italy or do you just want to review Italian? This course is an introduction to the Italian language using only essential grammar for learning to speak everyday Italian. Please pay instructor \$30 for book on first night of class. 8 Sessions \$59 GC \$51

2141S Tue 5/10-6/28 7:00-9:00pm FV Rm TBA Dr 1

Beginning 2 - This class is a continuation of Beginning Italian. More conversation, vocabulary and grammar will be introduced to speak everyday Italian.

8 Sessions \$59 GC \$51

2143S Thu 5/12-6/30 7:00-9:00pm FV Rm TBA Dr 1

Leisure Interests

Ancient Egypt: Late Period & Graeco-Roman Times

Dr. Mudloff

NEW! There is scarcely any land where cultural identity and belief system are so closely linked as ancient Egypt. New adaptations could occur so long as the most ancient fundamentals of the various cults remained stable. Greek and Roman beliefs and customs could co-exist with the most foundational of Egyptian systems. Following the fall of the last Egyptian kings in 332 BCE, new rulers of Greek and ultimately Roman origin come to rule the land. While many things remained the same, other ideas and ways of thought are seen to develop at this time. The marked increase of mystery animal cults is just one example of the changes which occurred, but all within a basic belief system. Additionally here is a time of renewal in the land and a rebuilding of the ancient sacred sites which had fallen into decay. This course will look at this period which taken together lasted almost 700 years! Join us for discussion and many visual images of the places mentioned. No previous knowledge needed. 3 Sessions \$45



0595 Thu 6/9, 6/16, 6/23 7:00-9:00pm JH Rm 105 Dr 1

Genealogy - Where Do You Look? **NEW!**

J. Schattner

Discover your family history and find your ancestors' stories. Using a list of over 25 free websites, this class will help you start your journey. Tips on using genealogical websites more efficiently and organizing your information. Great refresher course too. 1 Sessions \$19 GC \$17

5541 Wed 6/15 7:00 -9:00pm FV Rm TBA Dr 1

Haunted Vacation Spots **NEW!**

A. Di Prima

Ever wonder if that hotel you stayed in was haunted, or if ghosts walk the streets of your favorite vacation spots? Join us as we uncover ghostly legends and lore that are connected to great vacation destinations. Everyone is welcome and will get a chance to share their own ghostly experiences. Sessions: 2 \$25

0599 Wed 6/15, 6/22 7:00-9:00pm FV Rm TBA Dr 1

Local Haunted History

A. Di Prima

Do you find stories of hauntings interesting? Would you like to learn about ghostly legends and lore that are from your own hometown? Join us as we explore local ghost stories from Chicago and its surrounding suburbs. You'll also learn local history and get a chance to share your own experiences with the paranormal. Everyone is welcome. 2 Sessions \$25



0596 Mon 6/13, 6/20 7:00-9:00pm FV Rm C102 Dr 1

Needlework - Crafts

Get Hooked On Crochet All Levels (Afternoon Class) J. Noe



Crochet is a fun and creative way to craft for your home, friends, family, and yourself! In this supportive class environment you will learn what you need to do to reach your artistic goals, with patient, encouraging instruction. Beginners with no experience, and crochet artists from way back will find community, instruction, and support to set and meet your creative goals. Registered students will receive a supply list to bring the first day of class. No Class 5/30, 7/4

8 Sessions \$60 GC \$51

6001S Mon 5/23-7/25 2:00-4:30pm FV Rm A205 Dr 2

Knitting Studio All Levels

J. Noe

Knitting is a great activity for everyone! Explore your creative side and make beautiful garments and accessories for yourself, or as gifts for friends and family. Beginning students will learn all of the basics: Cast on, knit, purl, increases and decreases, cast off, and basic combinations. Knitting artisans with some experience will get advice and instruction to create anything you desire. You will be offered assistance in pattern reading, new stitch combinations for new or unfinished projects, troubleshooting advice, and lots of encouragement. Beginners will receive a list of materials on the first night of class, or bring in your current project and materials of your choice. Left handed students are welcome!

8 Sessions \$64 GC \$55 No Class 5/30, 7/4

6013 Mon 5/23-7/25 6:30-9:00pm FV Rm A203 Dr 1

Personal Enrichment

Inner Happy Hour Series...1,2,3!

C. Lassota

Register for 1 or all 3!

NEW!

Inner Happy Hour is an evening to pause and drink in what your body-mind-spirit needs to be fully in the moment. Move away from the world of technology and into a spiritual place of well being.



1 What's Your Happy - Discover the formula that brings you to your center, to that quiet place where all is still and clear. Witness your life aligning with the infinite intelligence. Experience freedom, aliveness, purpose and service. Bring it on! 1 Session \$19

0429S Wed 6/8 7:00-8:30pm FV Rm TBA Dr 1

2 Drinking in the Power of Creativity - A time to let your inner child out to play. A time to renew and to recognize your creative spirit. 1 Session \$19

0431S Wed 6/15 7:00-8:30pm FV Rm TBA Dr 1

#3 Summer Solstice Celebration - Anticipate, explore and celebrate the official beginning of Summer. We will use discussion / reflection / playful ritual to WELCOME SUMMER 2016.

0432S Wed 6/22 7:00-8:30pm FV Rm TBA Dr 1

Personal Enrichment

Master YOUR Memory and Recall! NEW! L. Williamson

Memory and recall issues have long been considered “normal” as we get older. They are even joked about as “Senior Moments”. Recent science has established this is no longer true. Memory loss is no longer considered inevitable. In fact there is a considerable amount you can do to master your memory and recall. This class will help you understand how our brain and memory actually work. You will also receive a handout with practical tips for better memory, affirmations for better memory and a hypnotic Memory Improvement Process that allows you to Master Your Memory and Recall!. Taught by a Certified Hypnotist. 1 Session \$25

0451 Wed 6/15 7:00-9:00pm FV Rm TBA Dr 1

Beating Procrastination! NEW! L. Williamson

Do you avoid tasks that need to be accomplished? Do you suffer from the stress and even lack of sleep, knowing you are putting things off?! Do you do many other less important things in fact; are you willing to do almost anything other than what you are procrastinating about? This class helps you understand the reasons for your procrastination and then receive tips-based on research- on what to do to end it now! Taught by a Certified Hypnotist. 1 Session \$25

0528 Thu 6/23 7:00-9:00pm FV Rm TBA Dr 1

Anti-Anxiety Toolkit! L. Williamson

Imagine a class that offers you powerful and quick tools to reduce excessive worry, stress and anxiety! It is here! Because these feelings of worry, stress and anxiety, left unchecked, eventually turn into FEAR, often without even knowing why or what we are afraid of. We may begin to experience overall uneasy feelings of confusion, headaches, body aches, exhaustion, heart racing and the latest epidemic: panic attack!! If you want effective tools to help interrupt that downward spiral, this class is for you! Each technique is demonstrated and explained in detail. And you take with you a handout of how the tools work so you can use them the rest of your life!! Taught by a Certified Hypnotist. 1 Session \$25

0452 Tue 6/7 7:00-9:00pm FV Rm TBA Dr 1

Everyone Communicates, Few Connect NEW! J. Moore

Do you want to learn how to connect with everyone you come in contact with? Have you ever had a good idea but could not convince your peers of its merit? Have you developed a groundbreaking strategy but your team continues to struggle the old way? In this session of “Everyone Communicates, Few Connect” you will learn: The art and skill of connecting; Why connecting is more important than just communicating; What it takes to be a high achiever; The art of keeping it simple. 1 Session \$19

0426 Thu 6/16 7:00-9:00pm FV Rm TBA Dr 1

Personal Enrichment

Volunteering 101 (No Fee - Registration Required) S. Van Huis



Volunteering is a great way to get involved in your community. This class provides an overview of the many volunteer opportunities available in this area, explores the benefits of volunteering, and illustrates how your efforts make a positive impact on the community.

Seasoned volunteer professionals from HandsOn Suburban Chicago will introduce you to HandsOn Connect, a tool that will help you find the volunteer position that fits your skills and interests. For more information on volunteering see website:

www.HandsOnSuburbanChicago.org

0292 Wed 6/1 7:30-9:00pm FV Rm TBA Dr 1

General Information

Cancellation and Refund Policy - Class participants may cancel a class for any reason. Classes canceled 8 days or more prior to the start of a class will receive a refund less a \$5 cancellation fee. The \$5 cancellation fee will be applied to each class canceled and each student requesting a refund.

Students canceling classes 7 days or less prior to the start of a class will receive a credit voucher on their Continuing Education account. Students canceling classes after the start of a class will receive a prorated credit on their Continuing Education account less applicable book and material fees. The credit on account may be applied to any future Continuing Education class. The \$5.00 cancellation fee does not apply to class transfers or credit vouchers.

No refunds or credits on account will be issued for culinary or floral design classes canceled 7 days or less prior to the start of class. The following are not eligible for refunds or credits on account: CET travel programs, day trips, theater, opera, cruises and tours; Cultural and Performing Arts plays, concerts, special events and dances. Please allow 3 weeks for a refund by check and 1 week for a refund credit transaction.

Class Eligibility - The Continuing Education classes are designed primarily for adult learners unless specified in the course description.

Course Registration Confirmation - The Continuing Education Dept. does not send confirmation of registration unless using the online registration system.

Once registered, your name will appear on the class roster. Please make a note of classes, dates and school locations.

Photo Disclaimer - Community Education may photograph you when you participate in our programs. These photos may be used in promotional materials. If you do not consent to being photographed, contact our office at 847-718-7700.

Special Needs - It is the policy of Community Education to provide reasonable accommodations on an individualized basis to students who have disabilities that may affect their ability to participate in class activities or to meet class requirements. Students with disabilities may contact our office at 847-718-7700 to request accommodations.

Weather Building Closings - Closings will be posted at www.ce214.org. You may also call 847-718-7700 for a recorded message. Day school cancellation does not automatically mean evening school cancellation.

District 214 Community Education



Dist 214 Community Ed
2121 S. Goebbert Rd.
Arlington Hts. IL 60005



847-718-7713



www.ce214.org



847-718-7700



Registration Form

Name First & Last: _____

Mailing Address: _____

City, State, Zip: _____

Phone # Day: _____ Evening: _____

Email: _____

Class # _____ Class Title: _____ Cost _____

Class # _____ Class Title: _____ Cost _____

Class # _____ Class Title: _____ Cost _____

Class # _____ Class Title: _____ Cost _____

Class # _____ Class Title: _____ Cost _____

Total Due \$ _____

Payment: Check Visa MasterCard Discover

Credit Card #: _____

Expiration Date: _____ 3 Digit Code: _____



Community Education
Arlington Heights, IL 60005

Township High School District 214
Community Education
2121 S. Goebbert Rd.
Arlington Heights, IL 60005

Non-Profit Organization
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Palatine, IL



CET Travel Talks!

6/14/16 1:00-4:00pm

*Learn about our ...
Day Trips
Motor Coach Tours
2017 Air Tours to
Hawaii, Japan, Portugal
Budapest/Black Sea River Cruise
and more!*

Location: Forest View Educational Ctr.
2121 S. Goebbert Rd. Arlington Hgts.
For more information call 847-718-7709



www.ce214.org