This winter, put your best foot forward!

- Comic Books 101: A Crash-Course Workshop (p 16)
- Travel Destinations (p 12-13)
- Easy Homemade Soups (p 19)
- Fitness Classes (p 24-26)
  - Indoor Walking Track - FREE
  - Pickleball All Levels
- Languages (p 34-35)
- Specialized Manufacturing Classes (p 37)
  - CNC Programming, Setup and Operation - CNC 203
  - Quality Control for Manufacturing - QC 101
- The Concert Series at Forest View (p 50-51)
YOUR DEGREE MAY BE CLOSER THAN YOU THINK.

JOIN US IN ARLINGTON HEIGHTS

The EIU Bachelor of Arts in General Studies (BGS) degree is a flexible option for students with previous college coursework who wish to enhance their skills, but are not interested in a specific major. The degree provides learners with the opportunity to design their own degree. Three required BGS courses focus on communication, problem solving, critical thinking and leadership.

OR EXPLORE OUR ONLINE DEGREES

• Bachelor of Arts in General Studies
• Bachelor of Arts in General Studies, Option in Child Care Education
• Bachelor of Arts in Communication in Organizations
• Bachelor of Arts in Psychology
• Bachelor of Science in Business Administration
• Bachelor of Science Organizational Development
• RN to Bachelor of Science in Nursing

WWW.EIU.EDU/ONLINE

We’d love to talk to you about your dreams and how we can help you reach them.

CONTACT US AT:
bgsba@eiu.edu or 217-549-3347
High School District 214
2121 S. Goebbert
Arlington Heights
Welcome!

Dear Community Members:

Welcome to the winter edition of the Community Education program guide! As a District, we firmly believe in providing and expanding lifelong learning opportunities that can enrich and engage our community.

To fulfill this mission, our Community Education program provides opportunities to travel, take adult education and family literacy classes, participate in cultural and performing arts, build skills for the workforce or even help you discover a new craft or passion.

We partner with community organizations, higher education institutions and local businesses to deliver these high-quality classes and events.

These partnerships strengthen our offerings, and allow us to provide you with relevant programs. This year, we began offering the Future Parent Ready Series, which is dedicated to providing comprehensive community topics and education to ensure parent readiness for tomorrow’s challenges.

We have two remaining free events that I hope you will consider attending.

On Monday, February 11, 2019, we will host author and journalist Katherine Lewis to discuss her research on building children’s skills to address the root of bad behavior. Her book, “The Good News About Bad Behavior, Why Kids Are Less Disciplined Than Ever And What to Do About It” can provide another prospective and insights into raising children in these modern and highly connected times. Then, on Monday, April 15, 2019, Douglas Petit, a former Glenbard North Parent, will share the story of his 16-year-old son, who was lost to poor choices regarding alcohol. Doug has spoken to more than 80,000 students and parents about the perils of underage drinking.

More information on these events can be found on page 44.

As a District, we continue to look at ways to ensure students are ready for college, careers and life, and to make sure community members also have opportunities to always be learning.

Thank you for your support of District 214 and the District 214 Community Education program.

Todd Younger
President
District 214 Board of Education

Dear Community Members:

We are pleased to continue the District 214 Community Education tradition of excellence. I encourage you to peruse our offerings for the start of 2019. Whether you are looking to explore a new destination via Community Education Travel or enjoy a new hobby, our dedicated team is here to assist you to discover your next adventure.

In cultural and performing arts, we hope you will join us in January when we welcome the best Rolling Stones tribute band in the Midwest. This is part of our new Concert Series at Forest View that we launched in October with a very successful first concert. For more on the upcoming concerts in the series, go to pages 50 and 51.

In travel, we recently announced our new Day Trip schedule for the first half of 2019. Aside from exploring Downtown Chicago, the greater Illinois area, Wisconsin and Indiana, we also have lined up exciting motorcoach tours and extended air packages in the U.S. and around the world. Join us on an eight-day Holland Tulip River Cruise in the spring of 2019 and enjoy our full-service group experience. Be sure to check out our featured destinations on pages 12 and 13.

We have put together an impressive array of enriching classes for the winter session that starts January 7. New classes include Boxing Cardio Fusion, Parent Child Yoga, Comic Books 101, plant-based cooking, several Children’s Theater shows, a class on poetry, a number of free classes and many more.

If you are 62 years of age or older and a resident of District 214, make sure you sign up for a free District 214 Community Education Gold Card. Being a member entitles you to a discount on tuition for selected classes and tickets to the Concert Series, and free admission to some of our high schools’ performances and athletic events. Call the Community Education office to register.

Please do not hesitate to reach out to us if you have new program ideas or would like to join our team as an instructor to share your expertise with your community.

Sincerely,

Patrick Mogge
Director of Community Engagement and Outreach
Administrators

Dr. David R. Schuler, Superintendent

Board of Education

Todd Younger, President
F. Daniel Petro, Vice President
William J. Dussling
Mark Hineman
Alva Kreutzer
Mildred Palmer
Leonard Walker

Community Education Staff

Patrick Mogge
Director of Community Engagement and Outreach

Erin Brooks
Assistant Director of Community Engagement and Outreach, Executive Director, District 214 Education Foundation

Nelia Bernabe
Community Education Supervisor, Marketing and Operations

Teresa Palaggi
Community Education Supervisor, Programming

Linda Kerr
Community Education Travel Manager

Karen Oswald
Adult Education and Family Literacy Manager

Table of Contents

Adult Education ............................................. 45
Arts ............................................................. 14
Community Education Travel ......................... 12
Culinary ...................................................... 18
Cultural & Performing Arts ............................. 50
D214 Education Foundation ........................... 8
Finance, Law and Real Estate .......................... 22
Fitness and Athletics ..................................... 24
General Information ..................................... 6
Gold Card Club Membership ......................... 9
Happenings in D214 ...................................... 7
Health and Wellness .................................... 27
Hobbies and Leisure .................................... 30
Home and Garden ........................................ 32
Languages .................................................. 34
Map .......................................................... 9
Online Classes ............................................. 37
Professional Development ............................ 36
Registration Form ........................................ 5
Rolling Meadows High School Profile ............... 10
STEM Camps (Winter and Spring Break) .......... 43
Technology ................................................. 39
Youth, Family and Parent Programs .................. 40

Sponsorship opportunities for the Program Guide and other District 214 Community Education publications and events are available. Call Nelia Bernabe at 847-718-7799 or email her at nelia.bernabe@d214.org for more information.

District 214 Community Education is on social media. Follow us on:

@D214CommunityEducation @CommEdD214 @d214communityeducation

Register Online @ ce.d214.org
# Registration Form

## Participant Information

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
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<th>State</th>
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- [ ] Yes, add me to the District 214 Community Education email list

## Payment Information

### Method of Payment (check one):
- [ ] Cash
- [ ] Check (payable to **District 214 Community Education**)
- [ ] Credit Card

- **Credit Card (check one):**
  - [ ] Visa
  - [ ] Mastercard
  - [ ] Discover

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### Participant (First/Last Name): Program Name: Program Number: Fee

| $ |
| $ |
| $ |
| $ |

- I would like to donate to the District 214 Foundation 501(c)(3): [ ] $10  [ ] $20  [ ] $ _______  [ ] $  

### Total Payment

| $ |

### 4 Ways to Register

- [www.ce.d214.org](http://www.ce.d214.org)  |  ph: [847-718-7700](tel:847-718-7700)  |  f: [847-718-7713](tel:847-718-7713)  |  mail or walk-in (D214 Community Education Office)

---

**Township High School District 214 and District 214 Community Education Waiver, Hold Harmless, and Indemnification Terms**

I recognize and acknowledge that there are certain risks of physical injury to participants in the course or courses identified on this registration form (the “Course”), and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that I or my minor child/ward sustain as a result of participation.

I release and discharge Township High School District 214, District 214 Community Education, including the Board of Education, its members, employees, agents, and volunteers (“District 214 and District 214 Community Education”) from any and all claims resulting from injuries, including death, damages, or losses which I or my child/ward may have or which may accrue on account of participation in the Course.

I further agree to indemnify, hold harmless, and defend District 214 and District 214 Community Education from any and all claims resulting from injuries, including death, damages, and losses that I or my child/ward sustain arising out of, connected with, or in any way associated with the activities of the Course.

It is my express intent that this waiver and release shall bind the members of my family, spouse, heirs, assigns, and personal representatives and shall be deemed as a release, waiver, discharge, and covenant not to sue District 214 and District 214 Community Education.

In the event of an emergency, I authorize District 214 to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my or my child/ward’s immediate care and agree that I or my child/ward’s will be responsible for payment of any and all medical services rendered.

I have read and understand the registration form, including the warning of risk, assumption of risk and waiver and release of all claims.

If any term, covenant, condition, or provision of this registration form is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remainder of the provisions shall remain in full force and effect and shall in no way be affected, impaired, or invalidated.
General Information

Cancellation and Refund Policy
Class participants may cancel a class for any reason. Classes canceled eight (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.

Credit vouchers, minus a $5 cancellation fee, will be issued to students canceling classes seven days or less prior to a class starting. Students canceling after classes have started will receive a prorated amount on their credit vouchers based on the following: number of class session(s) attended, when Community Education received notice of class cancelation, applicable book and material fees, and $5 cancellation fee.

The credit voucher needs to be used within one year of the class cancellation. If not met, the credit voucher will be voided.

No refunds or credits on account will be issued for culinary or floral design classes canceled seven (7) days or less prior to the start of class.

For Community Education Travel (CET), Day Trips are refundable up to 60 days prior to departure and within 60 days prior and only after we can replace spot(s) from a waitlist. All day trip cancellations are charged a $10 administration fee. For longer trips, no refunds will be issued after final payment is due. Sliding fee refunds before departure date may be available on a case-by-case basis only. For refunds due to medical reasons, refunds can be claimed through the insurance company. Trip Cancellation Insurance is included in all CET extended tours.

For Cultural & Performing Arts concerts, plays, special events and dances, refunds will not be issued for purchased tickets but we will consider other options on a case-by-case basis.

Please allow three weeks for a refund by check and one week for a refund credit transaction.

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

Contact Us
The Community Education Staff Directory can be found on our website at ce.d214.org. Click on About Us and Staff Directory in the upper right-hand corner for a complete listing of names, titles and contact information. We look forward to hearing from you!

Course Registration Confirmation
You will receive a confirmation of registration when you use the online registration system and provide your email address. If you decide to call the Community Education office to register for a class, you will receive a confirmation after we manually enter your registration in the system and when you provide us with your email address at the time of your call. Once registered, your name will appear on the class roster. Please make a note of classes, dates, times and school locations.

No Smoking Policy
Please remember that according to federal law and school board policy, there is to be no smoking on our campus. This is in effect 24 hours a day, seven days a week. This includes attendance at all extracurricular activities. We would appreciate your cooperation.

Photo/Video/Social Media Disclaimer
Photographs and videos are periodically taken of people participating in District 214 Community Education programs, classes and events. All persons, including instructors, students or participants and their child/ward, thereby agree that any photograph or video taken by District 214 Community Education may be used by District 214 Community Education, without limitation and including, but not limited to, advertising, promotional materials, the District 214 Community Education website, promotional videos, program guides, brochures, fliers, social media (including Facebook, Twitter, Instagram and other social media sites operated by District 214 Community Education) and other publications, without additional notice or permission and without compensation to the participant. All photos and videos are property of District 214 Community Education.

Pricing Disclaimer
We make every effort to ensure prices of our classes are correct and accurate on print and online. If an error is made and a class is listed with an incorrect price in the printed Program Guide, Community Education has the right to correct the class price without notice. Corrected prices for our classes will be reflected online. We thank you for your understanding.

Room/Date/Time/Location Changes
It is sometimes necessary to make changes in the room, time, date or location of our classes. On occasion, inadvertent errors may occur in the Program Guide. Community Education will make every effort to advise registered students of changes. We appreciate your patience and understanding.

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 ce.d214.org. You may also call 847-718-7700 for a recorded message. Day school cancellation does not automatically mean evening school cancellation.

Printing and postage of the program guide were paid through user fees and not at taxpayer’s expense.
Discover:
Happenings in D214

Students build, expand job skills through career-focused boot camp

About 100 students from across District 214 participated in a new, career-focused boot camp that helped them develop their employability and communication skills, as well as their confidence.

The Career Ready Boot Camp – coordinated by District 214’s Center for Career Discovery – piloted in August to help students put their best foot forward during their workplace learning experiences, and give them a better understanding of job expectations.

“(The boot camp) is just a wonderful program. You get to know more about real life and how a job works,” said Uriah Munoz, a District 214 student who participated in the boot camp. “It’s showing kids like me, who learn differently, how to be successful in life.”

Through business and industry partnerships, the Center for Career Discovery ensures District 214 students graduate with authentic workplace learning experiences – a key part of the district’s Career Pathways program and mission to ensure students leave high school ready for college, careers and life.

In the 2017-18 school year, District 214 students participated in more than 2,100 workplace learning experiences. Today, the District has more than 950 business and industry partners – a number that grows each year.

“Over the years, we’ve looked at ways to build a more seamless transition for students going into the workplace,” said Krista Paul, District 214’s assistant director for career and technical education, who also oversees the Center for Career Discovery. “This boot camp is a proactive approach that allows us to build upon students’ individual skills and ensure they’re ready to go once they start their workplace learning experience.”

During the five-day boot camp, students learned about accountability, responsibility and how to work with their supervisors – curriculum developed with feedback from employers in the northwest suburbs. Students also participated in team-building activities and discussed the importance of using soft skills – such as eye contact and arriving on time – on the job.

District 214 students in the Education Academy course, the most advanced course in the Education Career Pathway, also taught lessons at the boot camp, giving them a chance to grow as future teachers.

Students participating in internships also have opportunities to develop their employability skills. They can access an online course that focuses on similar topics, such as professionalism, communication and problem-solving skills.

To host a student intern at a job site, contact Krista Paul at Krista.paul@d214.org

100+ early college credit classes offered to District 214 students

Tanya Sarkis took four dual credit courses during her senior year at Wheeling High School, allowing her to earn 18.5 college credits and save about $11,000 on college tuition.

Sarkis, now a freshman at DePaul University, is one of the many recent District 214 graduates who took advantage of the District’s early college credit offerings. These early college credit opportunities allow students to simultaneously earn high school and college credit, and gain skills to succeed.

“I’m really glad (that) we were offered dual credit classes. They really did make a difference,” Sarkis said. “Now I feel more confident. I feel like I’m ahead in college.”

District 214 offers more than 100 early college credit classes to students through dual credit partnerships with universities and colleges in Illinois, and the College Board’s Advanced Placement courses.

Students can choose from more than 80 dual credit classes, such as College Algebra, College Speech and College World Religions, and earn college credit by receiving a C or higher in course. The District also offers 35 Advanced Placement courses, which require a score of 3 or higher on an end of the year exam in order to receive college credit.

Additionally, District 214’s Early College Center partners with postsecondary institutions to provide seniors with opportunities to co-enroll in high school and college courses. Guided by a District 214 teacher, students can take the online courses and later transfer them to the college of their choice if they receive a passing grade.

In its first year, 18 students enrolled in the Early College Center and collectively earned 208 college credit hours during their senior year.
Donor Spotlight: Educator Gives Back

An educator who spent 32 years teaching in High School District 214 was so compelled by the impact of the District 214 Education Foundation that he gave back – significantly. This year, the retiree provided $15,000 in funding to the Foundation’s general fund to support student success, innovation and lifelong learning beyond the limitations of conventional funding for public education.

The donor wishes to remain anonymous, with the focus of his gift being the impact it will make in the life of students, their future and their successes.

In addition to his years working in the school district, the retiree is an active Foundation volunteer and has lived the Foundation’s mission, watching the organization grow in recent years and positively impact student lives.

“The Foundation can help students achieve their life goals,” he says.

There are many opportunities for students, he says, that come from a little encouragement, the knowledge that someone believes in them, and the funding that can turn a dream into a reality.

Sponsors, attendees and supporters of the fourth annual Foundation for the Future Golf Open and Reception raised a record $55,000, translating to direct support for innovation and student success across High School District 214. The total was up 10 percent from last year, with a more than 20 percent increase in sponsorships from community partners and businesses supporting the cause.

“Your contributions give our students hope,” Elk Grove High School Principal and Illinois Principal of the Year Paul Kelly told the crowd, focusing on the importance of investing in education. “I believe education is the key to ensuring a prosperous, ethical and democratic future for our communities beyond, and the District 214 Foundation is an essential ally in our shared pursuit.”

The Golf Open, the Foundation’s largest single fundraiser, included on-course food prepared and served by Elk Grove High School students and musical entertainment from Buffalo Grove High School jazz musicians.

The event’s major sponsors included Pepper Construction (Event Sponsor); Franczek Radelet, STR Partners and Trane (Platinum Sponsors); Grand Prairie Transit and Mount Prospect State Bank (Gold Sponsors); CS2 Design Group, David Perry with Guaranteed Rate, Yev Kozachuk with Edward Jones, Kriha Law, Parenti & Raffaelli and Village Bank & Trust (Silver Sponsors); and American Taxi, Arlington Heights Ford, the Daily Herald, Kizer & Associates, the Law Office of Miriam Cooper and TouchPros (Bronze Sponsors). More than a dozen individuals and companies also provided hole sponsorships, and more than three dozen partners provided raffle and silent auction contributions.

In a single year, gifts to the Foundation have empowered an estimated $250,000 in early college credits through the funding of Advanced Placement tests for students who could not afford them, college trips for more than 150 first-generation students and their parents, and innovative classroom initiatives. Donor contributions and partnerships also have fueled more than $300,000 in new scholarships and success funds, breakfasts for students, and support for adult and family literacy programs that transform generations through education.
**Alumni Reunions**

Alumni hosting reunions at any of the District’s eight original comprehensive high schools now can spread the word through the Foundation’s website, selecting the Alumni tab and then sharing news of their reunion using an easy form.

Reunions of the former Arlington and Forest View high schools will be shared on the Foundation’s alumni page; reunions for current schools will be shared to their alumni pages via direct links, with a goal of reengaging even more graduates.

Visit www.214foundation.org/d214alumni to go directly to the page. While there, alumni also can register in the alumni directory; that information is not shared with the public but is used to communicate information on events, fundraisers or other District happenings and highlights that may be of interest to graduates.

**No Class Dates/Skip Dates**

Due to holidays and student events, extended classes may have no class dates or skip dates scheduled during the class session. These dates are listed on your email receipt or in the class details on our website at ce.d214.org. All buildings will be closed Dec. 24-Jan. 1, Jan. 21, and Feb. 18.

**D214 CE Gold Card**

If you are a resident of D214 and 62 years or older, you are eligible for a free D214 Community Education Gold Card. Gold Card members receive discounts for designated D214 High School and Community Education programs, games, and performances.

Register at ce.d214.org or call 847-718-7700.
Rolling Meadows High School offers a wide range of academic, workplace and other opportunities to meet its goals of engaging, empowering and enabling students. Serving the communities of Rolling Meadows, Arlington Heights and Mount Prospect, the school embraces its cultural diversity while helping students discover their passions, ensuring that all students are career and college ready.

Rolling Meadows High School promotes high-quality academic and co-curricular programs to support student growth and school engagement. It believes all students deserve to have a champion who will support them in pursuing and discovering their passions. As part of this, the school has established strong partnerships within the local community to offer students real-world experiences in addition to its rigorous and relevant core curriculum.

DISCOVER ACADEMICS & CAREER PATHWAYS
Rolling Meadows High School offers a strong academic curriculum with 27 Advanced Placement courses, 26 honors-level courses and an extensive Career Pathways program to help students explore careers and decide what they want to pursue beyond high school. Among the unique programs Rolling Meadows offers are:

• **Small Business Management**: An interdisciplinary course that brings business, finance and graphic arts skills together, with students working with internal and external clients on various projects.

• **Fine Arts Workshop**: A drama and communications course that uses fine arts as a vehicle for learning communication and interpersonal skills as part of the Performing Arts Technical Theater Pathway.

• **Experiential Medical Physiology and Biochemistry**: A capstone course where students spend a semester at Northwest Community Hospital exploring and learning first hand about health careers.

DISCOVER YOUR PASSIONS
Through programs such as AVID, a national elective program that supports students who are the first generation in their families to go to college, we want to champion all students to explore their interests and discover their academic passions on their journey to become college and career ready.

College and Career Pathway Opportunities include:

• Educator Prep and D214 Education Academy
• Engineering and Manufacturing
• Culinary Arts and Food Science
• Health Sciences and D214 Medical Academy
• Fine Arts Music, Theater and Dance
• Business, Marketing and Graphic Arts
• Information Technology and Cybersecurity
• Legal Services
• Agriculture and Veterinary Science (2019)

DISCOVER YOUR FUTURE
Rolling Meadows High School offers a multitude of dual credit courses, Advanced Placement opportunities, and internship experiences coordinated in conjunction with District 214. There are 28 athletic programs, fine and performing arts programs, and an expansive list of extra curricular clubs and activities to be engaged in. We are a proud high school that cares about the well-being of all students, and we look forward to serving your children as they Discover Their Future.
Mike Reppe learned some valuable lessons at Rolling Meadows High School.

Chief among them: work hard for what you want. And he has.

Twenty-five years after graduating as a Mustang, Reppe realized a dream in launching his restaurant in his home town, opening the door to Rep’s Place – where the colors of purple and gold mirror his high school alma mater – in June.

“I honestly can’t picture myself doing anything else,” Reppe said.

Following graduation from Rolling Meadows in 1993, he attended Harper College, earning his associate degree in general studies. His passion, though, lay in the restaurant industry. He started at Applebee’s in Randhurst Mall two years out of high school, moving quickly up the ranks to become floor manager in less than a year – the catalyst to a continued climb up the management ladder. Through the years, he served as general manager or operating partner at places like Bar Louie, Fox and Hound and, most recently, Adobe Gilas in Rosemont.

Reppe says the friendships he formed as a Mustang in the early 1990s paved the way for his own business, providing a strong foundation of support. Rep’s Place, a family eatery and sports bar, is thick with hometown spirit, including a framed football jersey from fellow Meadows alumnus and NFL star Jimmy Garoppolo.

Weeks after opening, Rep’s Place hosted a fundraiser for the Wheeling High School victims of a devastating Prospect Heights fire that destroyed homes and displaced families. That event, coordinated by a District 214 retiree and resulting in an envelope of contributions mailed to the District 214 Education Foundation, was a natural reaction for Reppe – who says it is appropriate to do all he can.

“I felt the need to help, because I would want communities around us to help us if something like that happened in Rolling Meadows,” Reppe said. “Also, a strong basis of starting this restaurant project was to help build our community.”

Giving back is part of day-to-day operations at the restaurant, he says; Rep’s Place also sponsors park district and high school teams and events.

Reppe played football, baseball and basketball in high school, and participated in the Orchesis dance group. He points to his sophomore year football coach and history teacher as an inspiration, noting he “taught me to work hard, and pushed me to be better in school and better on the field.”

He advises today’s high school students – and learners of all levels in District 214 – to simply listen, and respect the educators delivering the lessons.

“I didn’t realize until after high school how much I had learned about life and how to succeed,” he said. “Don’t take the knowledge of the teachers for granted.”

Reppe and his wife live in Palatine, and are expecting their first child.

The District 214 Education Foundation, www.214foundation.org, empowers giving from alumni, individuals and corporations in ways that will fund the future for our current students. To learn more or discuss opportunities to give, visit the website or email erin.brooks@d214.org.
CET prides itself on offering full-service group experiences for its valuable clients. But did you know CET could assist you with other forms of travel? CET’s travel experts can plan trips for organized groups.

Perhaps it is an upcoming family reunion, or your garden club wants to visit some area gardens, or your book club wants to visit a site pertaining to the latest book you’re reading. Whatever your idea is, think of CET to make the travel arrangements for you.

If you looked at our schedule for the 2019 Day Trips, Motorcoach Tours and featured destinations and the dates do not work, CET can help you plan a trip for another date or even to another destination.

Whether there’s two of you or twenty (or more), we will customize the trip for you. CET will make sure your dates and destinations are what you want. We work with our travel partners, who offer great rates during off-season to exciting destinations such as Rome, Venice and Florence from $1399 if you go in late November through February. Call CET and we will book you on those! This way you get to earn and use those valuable CET Rewards.

Whenever and wherever you want to go, make your first call to CET. Remember, we explore Downtown Chicago and destinations in greater Illinois, Wisconsin and Indiana, and we travel all over the United States and to all seven continents.

Day Trips with Lunch
- Secrets of the Mummies and Grand Lux Cafe
  February 21, 2019
- A Magnificent Morning at the Chicago Orchid Show
  March 5, 2019
- Studebakers and South Bend •
  March 22, 2019
- Macy’s Spring Flower Show and the Walnut Room
  April 3, 2019
- The New Chicago Architectural Center and Architectural Gems •
  April 25, 2019
- Southwest Michigan Wine Country •
  May 9, 2019
- American Writers Museum and Chicago River Luncheon Cruise •
  May 14, 2019
- Chicago Maritime Museum and Chicago River Luncheon Cruise •
  May 17, 2019
- New Glarus “Little Switzerland” and Cheese Capitol – Monroe, WI •
  May 21, 2019
- Chicago Architectural Cruise •
  June 4, 2019
- Saints & Sinners of Milwaukee •
  June 13, 2019
- The Gilded Age of Lake Geneva •
  June 26, 2019

Theatre/Opera Trips with Lunch
- Elektra • The Lyric, February 6
- Dear Evan Hansen • Oriental Theatre, March 6
- A Chorus Line • The Ruth Page Center for the Arts, May 9
- West Side Story • the Lyric, May 16
- Come From Away • Cadillac Palace, August 14

Coming:
- Anastasia • Oriental Theatre
- The Band’s Visit • Oriental Theatre
- Hamilton – the Exhibit • Northerly Island
2019 Featured Destinations

Colonial St Augustine • February 24-March 1
Fascinating Israel • March 3-12
Flyaway Mystery Tour • March 8-14
Peru with Machu Picchu • March 23-April 1
Peru with Machu Picchu • April 4-11
New Orleans • April 7-11
Washington D.C. • April 12-17
Chesapeake Bay & VA • April 23-30
Holland Tulip River Cruise • April 24-May 5
Ireland • June 10-22
Nova Scotia • July 17-24
Tanzania • August 20-30
North Dakota • September 4-9
Colorado Trains • September 18-25
France • September 19-29
Canadian Rockies • September 24-Oct 3
Italy • September 24-Oct 3
Egypt • November 6-18

Motorcoach Tours

Nashville & Memphis • March 22-28
Holland, MI Tulip Time • May 9-11
Amish Country Traditions • May 21-25
Mackinac Lilac Festival • June 13-18
Lake Michigan Summer • July 30-August 1
Mini Mystery Tour • August 5-8

Holland Tulip River Cruise
with dates: April 24-May 5
Explore the well-known sites of Holland for eight days, plus some off the beaten path, for a unique and fascinating river cruise vacation.

Oberammergau

June 6-14, 2020 Germany
featuring the:
Oberammergau Passion Play
CET is now taking reservations!

An Introduction to Ancient Egyptian Magic
Travel to Ancient Egypt in this class and learn about the Ancient Mysteries: An Introduction to Ancient Egyptian Magic. Dr. Thomas F. Mudloff, Ph.D., D. Div. Egyptologist/Biblical Studies, will share how magic in ancient Egypt was seen as an exact science, with its secrets revealed only to a select few. You will explore hidden aspects of the civilization as evidenced by magical texts and royal books of the afterlife. You will look at the basic ideas around this belief and listen to ancient voices with their secrets.
Class #1905 | JHHS-121 | Dr 32 | 2/7-3/14 | Thurs | 7-9pm | $99

If you would like information on any of the trips, please visit ce.d214.org, or call 847-718-7709, or email cettravel@d214.org, or stop in our office at Forest View Educational Center, 2121 S Goebbert Road, Arlington Heights. Call to make sure you are on the CET mailing list to receive up-to-date news via our CET Newsletter, Travelin'.

Discover: Community Education Travel
CREATIVE WRITING
I hated poetry while in school. Now I like it… and so can you!
We’ll read and understand the meaning and background of some of the greatest short poems ever written, as judged by literary experts. We also will discuss generic tips to help interpret and enjoy a variety of poems. (Jeffrey Kollum)
JHHS 101, Dr 32
1946  3/14  Thurs  7-9 pm  $19/$15

Memoir Workshop
This course is for those who want to write and share their stories in a supportive workshop environment and get feedback on the spot. We will write from a multitude of designated prompts and play with a variety of forms and exercises. (Lisa Cottrell)
PHS-Lab C, Dr 30
2607  2/7-3/21  Thurs  7-9 pm  $69/$59

DANCE
Ballroom & Latin Dancing
Be ready to dance at your next special occasion. This class covers the fox trot, waltz, jitterbug, cha-cha, polka, Latin dance and swing. Singles, couples and teens welcome. (Cherie Uricek)
FVEC-D102, Dr 1
1201  1/16-3/13  Wed  6:30-8:15 pm  $65/$55

Latin Dance
This class is for adults who are interested in learning Latin dance: salsa, merengue, bachata, cha-cha, and rumba. Beginners as well as experienced dancers will benefit from this variety of Latin dance moves. Singles and couples are welcome. (Elana Soltanska)
FVEC-D102, Dr 1
1784  1/7-3/18  Mon  7-8:30 pm  $65/$55

Square Dance Party Night – Free
Come see what square dancing is all about. Learn new dance moves, meet new friends, enjoy the music and have some fun! Refreshments provided. No fee; registration is required. (Lottie Buckbee)
FVEC-Board Room, Dr 1
1222  1/9  Wed  7-8:30 pm  FREE

Square Dancing
Learn basic square dancing moves, from do-si-do to grand square. Have some fun and meet new people! Casual attire; open to singles and couples. (Lottie Buckbee)
FVEC-C112, Dr 1
1224  1/16-3/20  Wed  7-8:30 pm  $49/$45

MUSIC
214Sings Adult Choir
You are invited to join 214Sings Adult Choir, a new performing vocal ensemble. 214Sings is a 10-week singing class incorporating vocal instruction and musicianship with the opportunity to have fun, meet new friends and enjoy multicultural music. We will combine classic and contemporary choral and solo music with innovative digital note-learning strategies. Opportunities for soloists will be available. No audition or experience is required, and all materials will be provided. There will be a final concert performance held in conjunction with our 214Sings youth Choir. See our 214Sings Youth Choir in the Youth and Family Programs. (David Hain, Award-winning director and conductor)
FVEC-C112, Dr 1
1630  1/8-3/12  Tues  7:15-8:15 pm  $39/$35
Beatles Guitar Workshop
Come together with fellow Fab Four fanatics to work out arrangements, vocals, guitar riffs and lead lines. We’ll cover songs from each incredible phase of The Beatles. Students of all levels are welcome, and must provide their own guitars. (Tony Esposito)
FVEC-C112, Dr 1
1623 1/7-3/25 Mon 7:30-8:30 pm $99/$89

Classic Rock Unplugged
Students will explore the acoustic side of the classic rock era, from Clapton and the Eagles to the Beatles and Stones. We’ll learn chords, riffs and arrangements and jam together – forming our own unplugged ensemble. Students of all levels are welcome; basic chord knowledge recommended. Must provide your own instrument. (Michael Plantan)
FVEC-C117, Dr 1
1030 1/8-3/12 Tues 7-8 pm $99/$89

Fingerstyle Guitar
Students will learn the fundamentals of playing without a pick, exploring beginning classical/fingerstyle guitar pieces and learning to apply these techniques into their song repertoire. Students of all levels are welcome; basic experience and chord knowledge is recommended. Must provide your own instrument. (Michael Plantan)
FVEC-C117, Dr 1
1031 1/8-3/12 Tues 8-9 pm $99/$89

Garage Band: Digital Audio Computer Program
High School and Older
Garage band is the most easiest-to-use computer program available for digital audio. But, it can still be complicated when you’re getting started. Get to know Garage Band with simple lessons, once a week. Music educator, and digital music technician, David Hain, will walk you through every corner of garage band, from live audio recording, to midi sequencing, to autotune. Parents must sign a consent form for students 17 and younger to participate in this class. Call Community Education office for form 847-718-7700. (David Hain)
FVEC-MAC Lab (A223), Dr 4
1859 1/8-2/26 Tues 8:30-9 pm $39

Guitar Beginning
In this introduction to guitar playing, you will cover chord strumming and simple lead lines and learn popular songs. Students must provide their own guitars. (Tony Esposito)
FVEC-C112, Dr 1
1611 1/7-3/25 Mon 6:30-7:30 pm $99/$89

Music Theory Intro
How does music work? Why do some sounds make us sad while others make us happy? Most importantly, how can we write original music in the style of our choice? We’ll explore these topics and more, starting at the beginning with basic notation. We’ll also use the newest digital technology to examine melody writing, four-part harmonization, lead sheets and multiple instrumentation. By the end of the session, participants will use software to create complete compositions in the style of their choice. (David Hain)
FVEC-C112, Dr 1
1350 1/15-3/5 Tues 6:45-7:15 pm $39

Ukulele Beginning
The ukulele has become an extremely popular instrument; join us to explore chords, strumming patterns and tablature while learning to apply these techniques into song playing. Must provide your own instrument. (Michael Plantan)
FV-C117, Dr 1
1627 1/8-3/12 Tues 6-7 pm $99/$89

NEEDLEWORK AND CRAFTS

Crochet & Knitting-All Levels
The basics of crochet and knitting will be taught to beginners, while experienced artisans will receive advice and instruction to create projects of their choice. All beginners should bring a skein of 5-8 oz. light-colored worsted weight yarn (#4), a pair of small scissors, a three-ring binder notebook to hold letter size handouts and a pen. Crochet beginners bring an I-9 crochet hook; knitting beginners bring short number 9 knitting needles. Experienced artisans bring their own projects to work on. (Zee Wang)
FVEC-A205, Dr 2
6001 1/8-3/12 Tues 2-4:30 pm $79/$69
PHS-Staff Cafe, Dr 1 and Dr 30
6002 1/7-3/12 Mon 7-9:30 pm $69/$59

Jewelry Making: Beads ’n Brew—Crimp Wrap Bracelet
Make unique wrap bracelets using a color palette of your choice. Beads include glass, metal and large crimp beads to enhance your design. Choose from six metal finishes and many leather color choices. All materials included. Must be 21 or older. (Wendy Levy)
Arlington Ale House, 111 W. Campbell St, Arlington Heights
1943 1/9 Wed 6:30-9:30 pm $45

Jewelry Making: Beads ’n Brew—Leather and Beaded Boho Bracelet
Create a trendy Boho-inspired beaded bracelet in the color palette of your choice. You will learn a fun, easy bead weaving technique, as well as macramé knots. Both men’s and women’s styles are offered. All materials, tools and step-by-step instruction will be supplied. No experience is necessary. Must be 21 or older. (Wendy Levy)
Arlington Ale House, 111 W. Campbell St, Arlington Heights
1084 2/6 Wed 6:30-9:30 pm $49

Jewelry Making: Beads ’n Brew—Triple Tile Wrap Bracelet
Make unique wrap bracelets using a color palette of your choice. Beads include glass, metal and large crimp beads to enhance your design. Choose from six metal finishes and many leather color choices. All materials included. Must be 21 or older. (Wendy Levy)
Arlington Ale House, 111 W. Campbell St, Arlington Heights
1086 3/13 Wed 6:30-9:30 pm $55

Jewelry Making: Bead Loom Bracelet
This course covers the art of bead looming. You’ll use an assortment of beautiful Czechmates Tile beads and assorted seed beads to create a one-of-a-kind beaded cuff. Learn the terminology, how to set up the loom, and all other steps from beginning to end! No experience is necessary. (Wendy Levy)
JHHS-154, Dr 32
1083 2/21 Thurs 6:30-9:30 pm $55
Discover: Arts

Jewelry Making: Gemstone Stretch Therapy
In this class, you’ll become your own jewelry designer and creator, making three stretchy bracelets to match your style. Plenty of gemstone beads, along with an assortment of accent beads and charms, are included. Learn to use jump rings, the secret of making flawless bracelets using Stretch Magic and the art of knotting. You also will learn the terminology for all aspects of loom beading, and learn how to set up your loom to create a complete bracelet. All materials are included. No experience is necessary. Must be 21 or older. (Wendy Levy)
JHHS-154, Dr 32
1083 1/16 Wed 6:30-9:30 pm $55

Jewelry Making: Gemstone Tassel Necklace
Using your choice of natural gemstones, accent beads, focal beads and leather or suede, this class allows you to create a long tassel necklace to enhance your wardrobe. Gemstone choices include, turquoise, amazonite, jasper, agate, Tiger’s Eye and more. All materials are included, but optional upgraded enhancements may be purchased for a small fee. No experience is necessary. (Wendy Levy)
JHHS-154, Dr 32
1082 1/24 Thurs 6:30-9:30 pm $59

Jewelry Making: Peyote Bracelet
Learn to create a peyote bracelet, in the Native American style. Beads are glass or natural stone and bracelets are great to wear with jeans, or can make a cocktail dress sparkle. No experience necessary. Materials included. (Noreen Rode)
PHS-Staff Lounge, Dr 30
1033 1/29-2/12 Tues 7-9 pm $69

Jewelry Making: Ripple Peyote Bracelet
This is a perfect successor to the course in basic peyote pattern. You’ll learn to work with two different sizes of beads to create a classic, simple but stylish design. Beads are glass or natural stone. No experience necessary. Materials included. (Noreen Rode)
PHS-Staff Lounge, Dr 30
1034 2/19-3/5 Tues 7-9 pm $69

Jewelry Making: Single Spiral Beaded Necklace
Learn to bead with fireline and a big-eyed needle. Beads are glass or natural stone and can be customized to students’ tastes. No experience necessary. Materials included. (Noreen Rode)
PHS-Staff Lounge, Dr 30
1032 1/8-1/22 Tues 7-9 pm $69

Quilting All Levels
Make a quilt for personal use or gift giving. Quilting is creative, rewarding and fun. Beginners will learn to work with colors, patterns, materials and hand piecing. You will receive a list of basic quilting supplies and a simple beginning pattern at your first class. Experienced quilters, bring your quilting projects, or start a new one. Share your latest quilting tips, tools and methods with others. (Mary Kuhn)
RMHS-C101, Dr 11
6026 1/9-3/20 Wed 7-9:30 pm $95/$85

Sewing Beginning
Learn basic sewing terms, the selection and reading of patterns, the selection of fabrics and the proper sewing machine for you, and tips for simple sewing repairs. You can bring projects or repairs to class. Bring a notepad and pen to the first class. Other supplies will be discussed at that point. (TBD)
RMHS-C101, Dr 11
4201 1/10-3/21 Thurs 7-9 pm $95/$85

PERFORMING ARTS

Dramatics: Acting 101
This basic acting class will help the performer feel relaxed and empowered while on stage. Former Los Angeles talent agent, casting director and coach Emily Rabinowitz will teach the successful interpretation of material. Students will create a solid foundation from which to bring multiple layers of character with both comedy and drama scripts. The class also will teach the ability to take risks at the spur of the moment. There will be improvisation exercises and last-minute scene assignments to keep students on their toes. All participants will learn to be aware of their voice and body movement to build self-confidence. The last class will double as a showcase to present studied material to an audience. (Emily Rabinowitz)
JHHS-115, Dr 32
1029 1/16-3/6 Wed 7-9 pm $175/$159

Old Time Radio Troupe
Learn to perform radio shows from the 1930s to 1960s – from Jack Benny to The Shadow. We use original scripts and original sound effect methods to bring the shows back to life. In the last class, we will perform for a live audience. (Steve Dillie)
PHS-116, Dr 30
1220 1/8-3/12 Tues 7-9 pm $69/$69

Old Time Radio Show Performance
Join us for an evening of live old time radio. Watch our players bring your favorite shows to life. We use original scripts and recreate those special shows – sound effects and all. Show is free; registration required. (Steve Dillie)
FVEC-Board Room, Dr 1
1220P 3/12 Tues 7-9 pm FREE

VISUAL ARTS

Comic Books 101: A Crash-Course Workshop
Learn to conceptualize comic scenes, create characters, plot a story, outline thumbnails, pencil, ink, color, letter and even publish! Fee covers basic supplies (11”x17” professional comic board, blueline pencil, sharpie for inking). Students may bring crayons or markers to color work. (Marc Alan Fishman and Matt Wright, Unshaven Comics)
FVEC-C102, Dr 1
1106 Sat 2/2 9 am-1 pm $49

Drawing Beginning
Beginning drawers will learn fundamental principles of line, shape, value and drawing accuracy, and then move on to the expressive possibilities involved in composing a drawing. The class focuses on black and white drawing, primarily with pencil or charcoal. Bring a No. 2 pencil and a sketchbook to the first class. (Scott Westgard)
PHS-135 (ART), Dr 30
1408 1/14-3/18 Mon 7-9:30 pm $95
Drawing Continued
Students with basic drawing skills will explore classical drawing principles to achieve heightened realism in their artwork. This class will analyze light and shadow, how to effectively use tones, perspective and composition. Bring drawing pad and #2 pencil.
(Dennis Walker)
RMHS-E115, Dr 11
1409  1/10-3/7  Thurs  7-9:30 pm  $95/$85

Oil Painting Beginning
Whether you are new to oil painting or interested in advancing your skills, this class will provide fundamentals to get you to the next level, including instruction in composition, color value, temperature, edges and more. A supply list will be given the first night. Come with sketchbook and pencil. (Gina Perrozzi)
JHHS-136, Dr 32
1411  1/8-2/26  Tues  7-9:30 pm  $95

Oil Painting Continued
This class takes your painting skills to the next level, pushing you to explore your creativity and express yourself. Includes instructor demonstrations, class discussion, working from life, examining current and past artists and more. Supply list will be reviewed first night of class. Come with sketchbook and pencil. (Gina Perrozzi)
JHHS-136, Dr 32
1413  1/16-3/6  Wed  7-9:30 pm  $95/$85

Photography 1
Take control of your camera by learning the basics of photography, including the three pillars of exposure, shutter speed and aperture and sensitivity (ISO). Class also covers lighting and composition.
(Dennis Walker)
PHS-126, Dr 30
5655  1/15-3/19  Tues  7-9 pm  $159/$145

Watercolor Beginning
Learn the basics of watercolor materials and the techniques you’ll need to create different effects. Each class will begin with instruction and demonstration followed by independent work time. A recommended supply list will be available and discussed the first night of class. (Eileen Jorgensen)
PHS-135 (ART), Dr 30
1401  1/29-3/19  Tues  7-9:30 pm  $95

Watercolor Continued
Further develop your watercolor proficiency, working on a subject matter of your own interest. The focus is on personal interpretation of varied subject matter. Class critiques will be stressed.
(TBD)
RMHS-E115, Dr 11
1402  1/23-3/13  Wed  7-9:30 pm  $95/$85

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Bar Cookies
Cookie bars are fast, easy and delicious. Mix, bake and clean up in less than an hour. There is a cookie bar recipe for every cookie lover. Recipes will range from classic lunch boxes to fancy for parties. Demo (Patti Quinn)
JHHS-140, Dr 32
1950  3/7  Thurs  7-9 pm  $35

BBQ Shrimp and Cheesy Grits
Join us and prepare a New Orleans-style shrimp and cheesy grits dinner in this class. This savory dish is sure to be a crowd-pleaser for a Mardi Gras celebration. Hands On (Theresa Salgado)
JHHS-140, Dr 32
1951  2/28  Thurs  7-9 pm  $45

Bone Broth-Good Eats for GREAT Health!
You’ll learn to make quality bone broth, and discuss the health benefits of consuming this nutrient-dense, age-old elixir. Class includes take-home recipes, a live demo and tasting samples. Demo (Jill May/Decide 2 Thrive LLC)
RMHS-C102, Dr 11
4138  2/13  Wed  7-9 pm  $45

Cake Decorating
Join us for an 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 supplies are included; even an apron and a box to take home your cake. No experience necessary. Hands On
(Traci West)
PHS-140, Dr 30
4012A  1/14  Mon  7-9 pm  $49

Cupcake Decorating
Adults may bring 1 child for free (17 or younger) as a cooking partner.
Join us for an 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! Hands On
PHS-140, Dr 30
4013B  3/4  Mon  7-9 pm  $49

Cupcakes Wars
Want a little competition? We’re making scrumptious cupcakes and decorating them, but you’ll also be judged. This is your time to shine! Bring your baking and decorating talent to the next level. A prize is on the line. Hands On (Jen Paleracio)
JHHS-140, Dr 32
1952  2/14  Thurs  7-9 pm  $49

Champagne & Sparkling Wines
Join Robert Owings of Vintages Fine Wine and learn why this “wine” is the world’s favorite for celebrations! Discover the different styles of champagnes & sparkling wines from around the world. Taste these international favorites, and uncover the complex flavors & aromas. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
(Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights)
1221  2/12  Tues  7-8:15 pm  $30
Cooking Fun With Probiotic Filled Foods
Feel tired and sluggish, experience bloating or discomfort after eating, or spend hundreds of dollars on probiotics? Learn about fermented foods, their benefits, and how they help heal your gut and promote weight loss. We will make a variety of recipes, including sauerkraut and milk kefir and tepache, a delicious fermented Mexican pineapple drink. Enjoy samples and leave with your own fermented creations. Hands On (Roula Marinos)
PHS-140, Dr 30
4113 2/19 Tues 7-9 pm $49

Decadent Valentine Desserts
There is no better way to celebrate Valentine’s Day than with decadent chocolate desserts. You will learn to bake molten lava chocolate cakes with an easy prepare-ahead recipe, cupcakes with a surprise in the middle and chocolate kiss cookies. Interactive Demo (Patti Quinn)
JHHS-140, Dr 32
1953 1/29 Tues 7-9 pm $39

Edible Valentine Bouquet
In this class, you’ll create a beautiful edible arrangement – either a perfect gift or something fun for the whole family to enjoy. The arrangement will include fruits covered with chocolate and sprinkled with nuts and edible pixie dust. Hands On (Jen Paleracio)
JHHS-140, Dr 32
1954 2/12 Tues 7-9 pm $39

Easy Homemade Soups
Winter is the perfect time to make hearty soups. This course will cover two basic recipes, Chicken Noodle Soup and Minestrone Soup, and how to create delicious variations from these family classics. Demo (Lori Hartnett)
JHHS-140, Dr 32
1642 3/19 Tues 7-9 pm $49

Even More Greek Home Cooking III
Learn more delicious Greek dishes: Pastichio (Beef noodle béchamel bake), Village Greek Salad (Xoriatiki) and Custard Phyllo Pie (Galaktobouriko). Learn the health benefits of Mediterranean cooking and healthy ingredients, and how to incorporate them into your lifestyle. Demo Class. (Roula Marinos)
JHHS-140, Dr 32
1955 3/21 Thurs 7-9 pm $49

Everyday Mexican: Chiles Rellenos
Learn to prepare classic Mexican stuffed poblano peppers filled with meat or cheese, delicious corn and poblanos in this hands-on class. We’ll also discuss other delicious ways to use this flavorful pepper. Hands On (Maruka Bednarek)
JHHS-140, Dr 32
1956 2/25 Mon 7-9 pm $49

Food For Thought
In this class, we’ll cover different types of foods that support brain functions, using simple recipes to boost your memory power. These recipes are refreshing and help cleanse the body and mind. You’ll make stock, stews and healthy chicken Pho. Hands On (Jen Paleracio)
PHS-140, Dr 30
1958 1/15 Tues 7-9 pm $49

Flavor & Aroma – Wine 102
Join Robert as you learn to identify the tastes and aromas of the wines you drink. You’ll taste a variety of fun wines and learn how to find new wines with tastes and aromas you love. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1218 2/6 Wed 7-8:15 pm $30

French Wines and Cheeses
Join Robert Owings of Vintages Fine Wine as you discover why people have loved French wines for thousands of years. Learn about different types of French wines & cheeses, and how to best pair them. Taste a number of French wines and cheeses. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1219 3/7 Thurs 7-8:15 pm $30

Fresh Pasta
There’s nothing better than making your own pasta. In this class, you’ll create delicious, smooth pasta with homemade marinara sauce. To accompany the dish, we’ll make a refreshing salad with sweet balsamic dressing. Hands On (Jen Paleracio)
JHHS-140, Dr 32
1959 1/24 Thurs 7-9 pm $49

Getting The Most From Your Instant Pot Pressure Cooker
In this class, we’ll delve into the specific features of the Instant Pot, including the rice cooker function, porridge setting, steaming, and sautéing. We’ll discuss when to cook at different pressure levels and modes. Demo (Jill May, Decide To Thrive)
RMHS-C102, Dr 11
1960 2/20 Wed 7-9 pm $45

Good For The Gut
Still coming down from your holiday sugar high? We’ll cover clean and tasty recipes for your post-Christmas cookie detox that can develop into healthy habits to maintain all year long. You’ll be making healing soups and stew in this class. Hands On (Jen Paleracio)
RMHS-C102, Dr 11
1961 1/10 Thurs 7-9 pm $45

Greek Home Cooking: Dips and Spreads
We’ll make garlic dip (skordalia), spicy cheese dip (tirokauteri), fava (yellow split pea dip), humus (chick pea dip) and mini cheese pies (tiropitakia) in this hands-on course. Learn the health benefits of the Mediterranean diet and lifestyle. Demo (Roula Marinos)
JHHS-140, Dr 32
1962 2/26 Tues 7-9 pm $49

Greek Home Cooking OPA!
This course covers the basics of healthy, delicious Greek food. The menu will include Spanakopita (spinach pie), Tzatziki (cucumber sauce), Greek Salad and Baklava (honey and nut pastry). Learn to make these Greek specialties while also getting the scoop on their health benefits. Demo (Roula Marinos)
PHS-140, Dr 30
4063 1/29 Tues 7-9 pm $49
Happy Healthy Gut!
Do you eat “healthy” but still experience gut problems? Learn how your digestive health affects your overall health. You’ll discuss “gut healing” dietary theories, find out which ones may work best for you and your family, and learn to incorporate all the information on healthy eating into your lifestyle. Make, taste and leave with your own samples. Hands On (Jen Paleracio)
PHS-140, Dr 30
1253 1/16 Wed 7-9 pm $49

Healthy Chicken Fried Rice and Asian Salad
This chicken fried rice is delicious, healthy and considered clean eating. Also, learn to prepare a personalized version of Benihana’s Asian salad. In this hands-on class, we will review ways to incorporate delicious clean eating recipes and substitutions into your food choices and menus. Hands On (Theresa Salgado)
PHS-140, Dr 30
1233 1/16 Wed 7-9 pm $49

Herbal Mocktails (Non-Alcoholic)
Make simple syrups and herb extractions to craft myriad herb-flavored and herb-scented mocktails. Rethink party punch with herb ingredients, craft martinis and sours, and even construct an alternative to gin. We also will discuss barware and glassware.
Demo (Marcy Loutanen-Raleigh)
PHS-140, Dr 30
1963 2/5 Tues 7-9 pm $45

High Tea Party Indian Style
We will make a delicious variety of tasty and crispy vegetable fritters (Pakoras) and Masala Chaai tea – a must-have hot flavored beverage infused with herbs and a delicious complement to this dish.
Hands On (Shilpi Saxena)
RMHS-C102, Dr 11
4134 3/7 Thurs 7-9 pm $45

Igloo Pounders
Winter pounders are richer, bolder and spicier than summer pounders. Enjoy quality and rich wines for a great price. Throw in a bit of education, some comfort food and you’ll have yourself a great winter evening in Chicagoland. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1964 1/28 Mon 6:30-8 pm $35

Indian Breads
We will make a variety of stuffed Northern Indian Flat Breads, commonly known as parathas. Learn the art of basic dough filled with finger-licking-good Aloo (Potato), Gobi (Cauliflower), Lachha (Layered) and pairing options for a complete meal.
Hands On (Shilpi Saxena)
JHHS-140, Dr 32
4061 2/7 Thurs 7-9 pm $45

Intro to Instant Pot Pressure Cooker Cuisine
Heard the buzz about Instant Pot, but not sure it’s for you? We’ll explore all the features, answer your most burning questions and even cook food during class for you to enjoy. Also suited for those who’ve purchased an Instant Pot but haven’t taken full advantage of all the options.
Demo (Jill May Decide 2 Thrive LLC)
JHHS-140, Dr 32
1641 1/28 Mon 7-9 pm $45

It Might Be Chilly, So Let’s Visit Chilean Wine
Chile is the poster child for wine-making, and we are excited to teach you about it. Great wines will be discussed and enjoyed by both the seasoned and novice wine drinkers. Must be 21 or older.
(Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1965 2/25 Mon 6:30-8 pm $35

Knife Skills
This course will teach you everything you need to know to improve your kitchen knife skills, from purchasing to sharpening to handling. Bring your knife and be ready to slice, dice, chop and julienne.
Hands On (Lori Harnett)
JHHS-140, Dr 32
4112 3/14 Thurs 7-9 pm $49

Making Yeast Breads
There is no better aroma than freshly made bread! Bread making is one of the most creative and self-satisfying homemaking arts. Try it and you will surely agree. You will not only have fun but will learn the art of yeast rising, kneading, shaping and of course the final work of art, a loaf of bread, focaccia and rolls. You will leave the class with your own loaf of freshly baked bread and can boast that you made it yourself! Be sure to bring an apron.
Hands On (Bonnie Gerstung)
JHHS-140, Dr 32
4014 1/16 Wed 6:30-10 pm $55

March Wine Madness
Join us for a tournament-style night of wine tasting. Students will taste and vote to see which wines advance. Attendees wearing college gear will be entered in a raffle for end-of-night. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1966 3/18 Mon 6:30-8 pm $35

Meal Prepping Made Easy
Meal prep like a pro! You’re on the right track to start the year with simple and healthy recipes. This class will cover easy ways to have dinner done in less than 30 minutes. Convenient meal containers are provided.
Hands On (Jen Paleracio)
JHHS-140, Dr 32
1967 1/8 Tues 7-9 pm $49

Mini Calzones
Looking for savory snacks? Learn to perfectly roll the dough to master the art of making mini calzones. We’ll create different types of fillings – like BBQ chicken, Italian sausage and pepperoni. Lots to take-home.
Hands On (Jen Paleracio)
JHHS-140, Dr 32
1968 3/12 Tues 7-9 pm $49

More Cooking Fun With Probiotic Filled Foods
Learn about fermented foods their benefits, and how they help heal your gut and promote weight loss. In this class you'll learn “hands on” how to make flavored water kefir, fermented “apple pie,” and fermented kimchi. Enjoy samples and leave with your own fermented creations, including water kefir grains, to make kefir at home.
Demo (Roula Marinos)
PHS-140, Dr 30
1253 3/5 Tues 7-9 pm $49
More Fun Making Yeast Breads
Continue to explore the making and baking of yeast breads. Each student will make a loaf of rye bread as well as soft, chewy pretzels. Students also will learn to make a braided coffee cake. This class will give you more experience in yeast bread-making and let you practice skills you already have learned. Remember your apron. Hands On (Bonnie Gerstung)
JHHS-140, Dr 32
4011  1/30  Wed  6:30-10 pm  $55

More Greek Home Cooking...OPA!
Learn to make gyros meat (from scratch), tzatziki cucumber sauce, and — perfect for the season — egg lemon rice soup (aogolemono). You’ll learn with an understanding for creating these Greek favorites and the health benefits of a Mediterranean diet. Demo (Roula Marinos)
RMHS-C102, Dr 11
1252  3/14  Thurs  7-9 pm  $49

Plant-Based Cooking
A plant-based diet is not all about eating salads all day. It’s about nourishing the body with whole foods that taste delicious and are satisfying. This class covers plant-based creamy dressings, natural sweets and dairy-free baked potatoes. Hands On (Jen Paleracio)
JHHS-140, Dr 32
1969  1/17  Thurs  7-9 pm  $45

Slow Cooker Quick Meals
In today’s world of fast food and busy lives, your slow cooker can produce delicious, home-cooked meals that might surprise you. Get tips on maximizing your slow cooker — from breakfast to dinner and even dessert. Demo (Jill May, Decide 2 Thrive, LLC)
RMHS-C102, Dr 11
4142  2/6  Wed  7-9 pm  $45

Soup’s On!
Who doesn’t love a hearty soup to start a meal or even become the main course? In this class you will have the opportunity to prepare and sample a variety of soups. Most of them are fairly easy to make so they are great choices for those nights when you wonder: What’s for dinner? Recipes include a chicken-corn chowder, taco soup, baked potato soup, cream of broccoli and a creamy mushroom soup. The class is a combination of hands-on and demonstration. Hands On (Bonnie Gerstung)
JHHS-140, Dr 32
4005  2/13  Wed  6:30-10 pm  $55

Sweet and Savory Empanadas
Have a nice flaky empanada filled with apple compote, chicken adobo, and broccoli herb cheddar cheese. You’ll learn to make the perfect dough and beautifully crimp your empanada into braided shapes called Argentinian repulgue. Hands On (Jen Paleracio)
JHHS-140, Dr 32
1970  2/21  Thurs  7-9pm  $49

The Ins and Outs of Instant Pot Yogurt Making
Yogurt is tasty and healthy. It’s also now easier than ever to make at home with your Instant Pot. We’ll sample both dairy and non-dairy yogurts. You’ll learn to create your own favorite blends from the recipes included. Demo (Jill May, Decide To Thrive)
PHS-140, Dr 30
1971  3/11  Mon  7-9 pm  $45

Wine and Chocolate
Join Robert Owings of Vintages Fine Wine and explore wine and chocolate combinations. Learn about different types of chocolate and discover which wines pair with them perfectly. Includes samples of chocolates and wines. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1226  1/24  Thurs  7-8:15 pm  $30

Wine Overview – Wine 101
Learn how to uncover wine’s different flavors and aromas in this class, which also covers matching wine with food and building confidence in choosing wines from a restaurant list. You’ll taste a number of fun wines, as part of the course. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1225  1/15  Tues  7-8:15 pm  $30

Zucchini Every Which Way
Start out the New Year right with healthy eating, using more vegetable combinations that are low-carb and delicious. In this class, you will make zucchini pork dumplings and Mediterranean zucchini pasta salad. Hands On (Theresa Salgado)
JHHS-140, Dr 32
1972  1/10  Thurs  7-9 pm  $49

Come Teach With Us!
D214 Community Education is seeking instructors to share knowledge with a community passionate about learning and fun. Tell us about your skills, hobbies and class ideas. Send your information to teresa.palaggi@d214.org.
We look forward to hearing from you!
Discover: Finance, Law, and Real Estate

**Finance**

**A Guide to Retirement**
Whether you are 10 months away or 10+ years away from retirement, you need to be prepared. Learn about different retirement savings accounts, how to allocate your investments, what your replacement ratio is, and what role social security will play. (John P. Daly, CFP and owner of Daly Investment Management)

PHS-122, Dr 30  
5529  2/26-3/5  Tues  7-8:30 pm  $39/$35

**Auto Buying: What You Need to Know When You Go Car Shopping**
This class will show you how to negotiate a good price for your vehicle, how to feel confident at the dealership when buying the car that you want, key basics of warranties, GAP coverage and other add-ons. (Amy Thompson)  

PHS-120, Dr 30  
1647  1/15  Tues  7-9 pm  $25

**Boot Camp for Investing**
Investment products and concepts will be covered in this class, with specific discussion topics including stocks, bonds, mutual funds, annuities, IRAs, 401Ks and 401K rollovers. Learn to understand diversification, risk vs. reward, dollar cost averaging, financial goals, inflation, tax-free vs. tax-deferred income and growth investing. Materials included. (Yev Kozachuk, financial advisor)  

JHHS-102, Dr 32  
7751  2/21-2/28  Thurs  7-9 pm  $25

**Credit Counseling: The Good, The Bad And The Ugly**
This class will cover how credit can affect you, what goes into a credit score, strategies for building credit and how to prevent your credit score from falling. (Amy Thompson)  

PHS-120, Dr 30  
1343  1/22  Tues  7-9 pm  $19/$15

**Estate Planning**
Learn to escape inheritance taxes, avoid costly and frustrating probate. This class also covers Family Limited Partnerships and Charitable Remainder Interest Trusts – the best methods of asset protection. (Registered Investment Advisor Rep, Myron Gaylord CPA, MBA)  

JHHS-109, Dr 32  
7701  2/13  Wed  7-9:30 pm  $19

**Investing In Stocks**
Learn to pick stocks and manage your stock portfolio, IRA or 401k. We will show you how a well-diversified and properly managed portfolio can outperform the S&P 500 index. You will learn the difference between making investments, speculating and buying products. You’ll leave with a proven way to more effectively manage your assets. (Keith Nyborg, registered investment advisor rep and five-star wealth manager)  

JHHS-109, Dr 1  
5525  2/12-2/26  Tues  7-8:30 pm  $39/$35

**After The Paycheck Stops**
This course discusses post-retirement income. You’ll learn how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks. (Yev Kozachuk, financial advisor)  

JHHS-113, Dr 32  
5539  3/21  Thurs  7-9 pm  $19/$15
Rejuvenate Your Retirement
This course focuses on issues and financial concepts important to retirees. You’ll learn tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. The course also introduces the idea of fulfilling activities such as travel, hobbies and business ventures through most of your retirement years. Workbook is included. (Tom Rendl)
FVEC-C102, Dr 1

Savvy Social Security & Medicare Planning
This class addresses what baby boomers need to know to maximize Social Security and Medicare benefits. We’ll cover the biggest questions: Will it be there for me? and When do I sign up for Medicare? (Brent Kizer, certified financial planner and five-star wealth manager)
FVEC-C102, Dr 1
0286  2/4-2/11  Mon  7-8:30 pm  $29/$25

The ABCs of 403(b)s – Understanding Your Retirement Plan
Learn the key things to know about your 403(b) plan so you can make the most of your money. This workshop is designed to help you understand the advantages of a 403(b) and avoid pitfalls. (Todd Rollins)
JHHS-104, Dr 32
7702  1/30  Wed  7-9 pm  $19/$15

LAW

Elder Law Primer
This class covers 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. Materials provided. (Member of the National Academy of Elder Law Attorneys John Young)
JHHS-113, Dr 32
5504  1/24  Thurs  7-9 pm  $19

Wills and Trusts
This is a review of basic similarities and differences between wills and trusts. The discussion will include probate proceedings and probate avoidance, comparisons of different trusts and their functions and a brief explanation of intestacy (what happens if you die without a will or trust). Written materials will be provided. (Member of the National Academy of Elder Law Attorneys John Young)
JHHS-113, Dr 32
5538  2/21  Thurs  7-9 pm  $19

REAL ESTATE

First-Time Homebuyer & Down Payment Assistance Program
This class offers assistance and insights into the process of home ownership. You’ll learn all you need to know about buying your first home; get familiar with contracts, closing costs, inspections, down payments, appraisals, interest rates and negotiations. (John Woolfe)
JHHS-102, Dr 32
7766  1/9  Wed  6:30-8:30 pm  $19
PHS-120, Dr 30
7766A  3/19  Tues  6:30-8:30 pm  $19

How to Sell Your Home for Top Dollar
Learn real estate sales and marketing strategies to assist you in successfully selling your property. You’ll discuss the market-driving trends; and learn how to do a market analysis, determine the value of your property, get your home sale-ready and advertise and show your home. Handling an offer, including the basics of the required paperwork, also will be discussed. (John Woolfe)
FVEC C102, Dr 1
7713  1/31  Thurs  6:30-8:30 pm  $19/$15

How to Buy A Second Home or Retirement Property
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 timeshares. (John Woolfe)
JHHS-117, Dr 32
7765  3/7  Thurs  6:30-8:30 pm  $19/$15

Investing in Real Estate and Vacation Property
Novice and seasoned investors will gain insights into the process of purchasing investment properties. The class will cover what to look for in foreclosed properties, potential roadblocks, contracts and closing costs, inspections and down payments, interest rates and bank and seller negotiations. (John Woolfe)
PHS-103, Dr 30
7710  2/12  Tues  6:30-8:30 pm  $19/$15

Reverse Mortgages
The reverse mortgage program has been reformed in the past year, making it more viable and affordable for senior citizens. This class is a primer on reverse mortgages, and a discussion of facts vs. myths. (Terri Brady)
PHS-120, Dr 30
5513  3/18  Mon  7-9:00 pm  $19/$15

Mortgage Misnomers
What to really expect during the mortgage process. Learn how to avoid common financing mistakes when purchasing or refinancing a home. (Dave Perry and Tina Coleman, Guaranteed Rate)
JHHS-103, Dr 32
1997  2/27  Wed  7:30-9pm  $19/$15

Move or Improve?
The decision to move or improve your current home involves many factors. We will explore financing options for both scenarios. (Dave Perry and Tina Coleman, Guaranteed Rate)
JHHS-103, Dr 32
1999  1/23  Wed  7:30-9pm  $19/$15

Pathways to Homeownership
5-things you didn’t know about purchasing a home. We will discuss income, credit, down payment options and more. (Dave Perry and Tina Coleman, Guaranteed Rate)
JHHS-103, Dr 32
1998  2/6  Wed  7:30-9pm  $19/$15
Discover: Fitness and Athletics

MAINTAIN A HEALTHY LIFESTYLE AND
STEP UP YOUR GAME WITH A VARIETY
OF GROUP FITNESS AND ATHLETIC
CLASSES, FROM YOGA TO PICKLEBALL.
OPTIONS AVAILABLE FOR ALL
INTERESTS AND LEVELS.

ATHLETICS

Alumni Intramural Volleyball Games
Get back in the game – or try it out for the first time! – with fellow High School District 214 alumni. This coed volleyball league, launched by the District’s Alumni Council, is perfect for all levels. Form a team of your old classmates, or register yourself and be assigned to a team. Depending on enrollment, teams may be specific to a school or mixed. No need to be a volleyball pro; our goal is having fun and reconnecting over the net. All ages, graduation years and high schools welcome. Let’s go Cardinals, Bison, Grenadiers, Falcons, Huskies, Knights, Mustangs and Wildcats! See you on the court.
FVEC-North Gym, Dr 1
1027  1/11-3/1  Fri  7-9 pm  $35
1028  1/13-3/3  Sun  3-5 pm  $35

Badminton: All Levels Teen and Adult
This indoor class format is primarily open play, with instruction available. Plastic shuttles provided, but bring a racket. Students 17 and younger must have a parent-signed consent form that will be emailed at the time of registration. Or call the Community Ed office for more information. (Chris Van Grondelle)
BGHS-Gym, Dr 2
3024  1/13-5/19  Sun  9:30-11:30 am  $119/$109

Pickleball: All levels with Instruction
Pickle Ball is a racquet sport played with a perforated polymer ball, net and paddle. It is slower paced than tennis and played on a smaller court. Doubles play only; partners will be matched for competitive matches. (Hank Schure)
FVEC-North Gym, Dr 1
3011A  1/5  Sat  9-11:30 am  FREE

Intro to Pickleball
3011  1/12-3/23  Sat  9-11:30 am  $95/$85

Pickleball: All levels
(Alex Parra)
FVEC-North Gym, Dr 1
3282  1/10-3/21  Thurs 6:30-9 pm  $95/$85

Pickleball:
Beginning and Intermediate with Instruction
(Hank Schure)
3289  1/9-3/20  Wed  6:30-9 pm  $95/$85

Pickleball:
Intermediate and Advanced Independent Play
(Scott Dawson)
3287  1/7-3/18  Mon  6:30-9 pm  $75/$65

Shotokan Karate Adults:
Beginning, Intermediate and Advanced
Combine fitness and fun in this class, which offers structured karate activities to develop personal defense skills, improve mental focus and self-confidence and relieve tension. (Gary Koelbel)
FVEC-D100, Dr 1
3141A  1/3  Thurs 7-8:30 pm  FREE
3141  1/10-3/21  Thurs 7-8:30 pm  $99/$89

Beginning: 7-8 pm
Intermediate and Advanced: 7-8:30 pm
**FITNESS**

**15-Minute Ab Blast**
This 15-minute class works on strengthening and slimming your abs, back and obliques. Bring a mat. (Sue Labbe, Sue Garcia Fitness)
FVEC-D100, Dr 1

3165  1/9-3/20  Wed  7:30-7:45 pm  $29

**Belly Dancing for Fitness and Fun**
This is a non-impact class for all ages, shapes and sizes. Tone muscle and burn calories while exploring this great dance. Class begins with deep yoga-style breathing to enhance the experience and relax the body and mind. (Cat King, Sue Garcia Fitness)
FVEC-D102, Dr 1

1204B  1/3  Thurs  6:30-7:25 pm  FREE
1204A  1/10-3/21  Thurs  6:30-7:25 pm  $105

FVEC-A238, Dr 4

1204C  1/5  Sat  9-9:55 am  FREE
1204  1/12-3/23  Sat  9-9:55 am  $105

**Circuit Training Bootcamp**
Looking to improve your strength, flexibility, cardio stamina, agility and endurance? In this high-energy, interval training class, you will move through 10 to 15 stations for one minute each, repeating the circuit two or three times. You will have new challenges every week. Bring 3-5 pound weights and mat. (Kellie Wolfgram, Sue Garcia Fitness)
PHS-Fitness Ctr, Dr 30

1044  1/7-3/18  Mon  7:45-8:30 pm  $85

**Deep Stretching All Levels**
The class will focus on stretching the hip flexors, IT bands, hamstrings, shoulders, back, chest and legs for increased range of motion, flexibility, relaxation and relief of sciatica, back pain or injuries. Bring a mat to class. (Vicki Gursoy, Sue Garcia Fitness)
FVEC-A238, Dr 4

1941  1/7-3/18  Mon  7:30-8:25 pm  $85

**Fight Like A Girl!**  Ages 15 and Older
Learn how to strike the most damaging target areas as well as escape common restraint positions such as graps, chokes, and bear hugs. Learn to identify dangerous situations, react to them in the proper way and avoid being taken to the ground. (Jessie Aguilera, Focus Martial Arts)
PHS-TBD, Dr 30

3617  1/20  Sun  1-4 pm  $85

**Fight Like A Girl And Win!**  Ages 15 and Older
Learn the importance of women’s intuition, best targets to strike and best self-defense weapons. Learn to stay on your feet, how to get up if taken to the ground, the importance of distance in conflict and how to minimize chances of being assaulted. (Jessie Aguilera, Focus Martial Arts)
FVEC-N. Gym, Dr 1

1942  2/6-2/27  Wed  6-7 pm  $ 85

**Fit For Life**
This is a complete conditioning program using a gentle approach. The program combines stretching, deep breathing and yoga movements to promote flexibility. Gentle strengthening exercises and a guided body relaxation to reduce tension and stress also are included. Bring an exercise mat, water bottle and a towel. (Margaret Mullenix)
FVEC-A238, Dr 4

3081  1/9-3/20  Wed  7-8 pm  $85/$75

**Indoor Walking Track – Mon-Fri**
Walk for free at the Forest View Educational Center’s Field House. Participants must register and pick up a Walking Pass from the Community Education office at 2121 S. Goebbert Road in Arlington Heights. Our indoor walking track is open year-round.
FVEC-Field House Track, Dr 2

3700  1/2-3/29  Mon-Fri  7 am-2 pm  FREE

**Meditation Drumming and Beyond**
This workshop provides simple, fast and effective relaxation and meditation techniques. Journey through the sound of the drum, and receive tactics for learning forgiveness, improving concentration, listening and reducing pain. Bring a yoga mat. Chairs will be provided. (Melissa Sonido)
FVEC-A238, Dr 4

0440A  1/3  Thurs  7:30-9 pm  FREE
0440  1/10-3/21  Thurs  7:30-9 pm  $105/$95

**Pilates Barre Fusion**
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 three- to five-pound weights to class. (Vicki Gursoy, Sue Garcia Fitness)
FVEC-A238, Dr 4

3600  1/7-3/18  Mon  6:30-7:25 pm  $85
3600C  1/5  Sat  10-10:55 am  FREE
3600B  1/12-3/23  Sat  10-10:55 am  $105

(Sue Garcia)
FVEC-A238, Dr 2

3600A  1/10-3/21  Thurs  8:45-9:40 am  $105

**Pound**
This full-body cardio jam session combines light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses, with the potential to burn 400 to 900 calories or more in each workout while also strengthening and sculpting your physique and working out to your favorite music. Please purchase workout sticks at time of registration for $25. Bring a mat and pound sticks to class or purchase sticks from instructor on first night of class for $25. (Del Crawford, Sue Garcia Fitness)
BGHS-Cafeteria (Theater Side South) G126, Dr 6 or 7

1735  1/16-3/20  Wed  6:30-7:15 pm  $95
1735A  1/9  Wed  6:30-7:15 pm  FREE

**Scuba Diving**
This course covers the fundamentals of diving, and provides the skills necessary to become a certified scuba diver. The class uses the PADI (Professional Association of Diving Instructors) system of training – the most popular in the world. Upon completion, 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. Bring a swimsuit, towel, mask, snorkel, fins and boots. Course includes classroom instruction and pool time. There is an additional materials fee of approximately $60.
(Richard Schak)
PHS-Pool and Classroom 161, Dr 30

3801  2/18, 2/25, 3/4  Mon  6:30-10 pm  $115
  3/5  Tues  6:30-10 pm
  3/6  Wed  6:30-10 pm

ce.d214.org  l  847-718-7700  l  25
Discover: Fitness and Athletics

Small Group Personal Training
This class offers the benefits of a certified national trainer without the high cost. A trainer will take a small group through a personalized workout program. Each class will focus on cardio and strength interval training, using free weights, weight machines, medicine balls, kettle balls and more. Join us for a high-calorie-burning, strength-building, personalized workout. (Vicki Gursoy, Sue Garcia Fitness)

PHS-Fitness Ctr, Dr 30
1045 1/10-3/21 Thurs 7:45-8:40 pm $175

Tai Chi: Beginning, Intermediate and Advanced
Tai Chi is an ancient Chinese exercise using graceful stretching and flowing movements to improve balance, muscle strength and posture. This low-impact exercise course fights stress while energizing body and mind.

Tai Chi: Beginning
(Eric Peden)
FVEC-S. Gym, Dr 1
3504A 1/3 Thurs 6:30-7:30 pm FREE
3504 1/8-3/12 Tues 6:30-7:30 pm $95/$85

Tai Chi: Intermediate
(Eric Peden)
FVEC-S. Gym, Dr 1
3502 1/8-3/12 Tues 7:30-8:30 pm $95/$85

Tai Chi: Advanced
(Stefan Panzilius)
FVEC- Arlington Rm, Dr 1
3503 1/8-3/12 Tues 6:30-8 pm $139/$125

Walk Live
Leslie Sansone’s Walk Live Fitness Program for Health Fitness and Weight Loss! The “Walk Live Fitness Program” is perfect for you. This aerobic walk class is conducted using the indoor walking techniques established and proven through the success of Leslie Sansone’s Walk At Home Programs. Walking for Life allows participants to walk 3 miles indoors in a group setting. Class promotes flexibility and range of motion. Please bring 1-2 lb hand weights to class. (Cheri Kirk)

FVEC-S. Gym, Dr 1
1207 1/8-3/19 Tues 5:15-6 pm $105/$95
1209A 1/5 Sat 8:30-9:15 am FREE
1209 1/12-3/23 Sat 8:30-9:15 am $105/$95

Yoga
You’ll be guided through slow, precise poses accompanied by deep breathing to tone, stretch and relax the body. Yoga develops a deeper awareness of your mental self. Wear loose-fitting clothing and bring an exercise mat.

FVEC-A238, Dr 2 (before 4 pm) Dr 4 (after 4 pm)
BGHS Cafeteria G126, Dr 6 or 7
(Kathleen Tracy)
3105 1/7-3/18 Mon 6:7-10 pm $75/$65 (BG)
3106 1/8-3/19 Tues 4:5-10 pm $105/$95 (FV)
3107 1/8-3/19 Tues 6:7-10 pm $105/$95 (FV)
3108 1/10-3/21 Thurs 4:5-10 pm $105/$95 (FV)

(Sandy Moore)
3005G 1/7-3/11 Mon 9:30-10:40 am $75/$65 (FV)
3005J 1/7-3/11 Mon 11 am-12:10 pm $75/$65 (FV)
3005HF 1/2 Wed 9:30-10:40 am FREE (FV)
3005H 1/9-3/13 Wed 9:30-10:40 am $95/$85 (FV)
3109A 1/3 Thurs 6-7:10 pm FREE (FV)
3109 1/10-3/14 Thurs 6-7:10 pm $95/$85 (FV)

Yoga – Gentle
This course uses gentle movements to facilitate joint mobility and improve alignment, balance and strength. Exercises are done while standing, sitting and lying on the floor, but chairs and alternative movements are provided as needed. This class is for anyone desiring an easy stretching routine. Bring a mat. (Sandy Moore)
FVEC-A238, Dr 4
3120A 1/2 Wed 11 am-12:10 pm FREE
3120 1/9-3/13 Wed 11 am-12:10 pm $95/$85

Yoga – Vinyasa Flow
Vinyasa is a flowing style of yoga that links breathing with movement and has both physical and mental benefits. Physically, movements help to release toxins and re-energize our bodies. Mentally, the synchronized breathing relaxes the mind and helps to release tension and increase energy flow throughout our bodies. (Jan Herbst)
FVEC-A238, Dr 4
1079 1/7-3/18 Mon 3:45-4:35 pm $85/$75
1079B 1/5 Sat 8-8:50 am FREE
1079A 1/12-3/23 Sat 8-8:50 am $105/$95

Yogalaties
Incorporating the principles of both Pilates and yoga, this course promotes harmony, strength, flexibility and balance for mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer, leaner muscles. All levels. (Sue Labbe, Sue Garcia Fitness)
FVEC-D100/101
3008 1/9-3/20 Wed 6:30-7:25 pm $95

Zumba Fitness
Zumba is a distinctive fusion of Latin and international dance music that combines high-energy music with unique moves and combinations. The routines feature aerobic and fitness interval training to help tone and sculpt the body. (Jo Champion, Sue Garcia Fitness)
FVEC-D102, Dr 1
3601 1/8-3/19 Tues 6-6:55 pm $105

Zumba Gold
Zumba Gold offers a lower-intensity workout than traditional Zumba, but also uses Latin styles of music and dance. The routines feature aerobic and fitness interval training to help tone and sculpt the body. (Nori Campa, Sue Garcia Fitness)
FVEC-D102, Dr 1
3612 1/8-3/19 Tues 7-7:55 pm $105

Zumba Gold Toning
Zumba Gold Toning is a low-impact dance workout incorporating all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Bring a set of one to two-pound hand weights (optional), water and a towel. (Carolyn Alexander, Sue Garcia Fitness)
FVEC-A238, Dr 2
3613 1/8-3/19 Tues 9:45-10:40 am $105
3614 1/10-3/21 Thurs 9:45-10:40 am $105
Discover: Health and Wellness

Acupuncture, Essential Oils and Other Natural Techniques to Alleviate Stress
In this class we will discuss stress. What is it? Is it always bad? How can it affect our bodies? From there, we will dive into Traditional Chinese Medicine, essential oils, breathing techniques and more. You’ll leave equipped with tools to help you mitigate stress. (Karissa McCallum)
JHHS-113, Dr 32
1650 2/20  Wed  7-9 pm  $25

Anti-Anxiety Toolkit
Feelings of worry, stress and anxiety are patterns that form between your mind and body. This class offers ways to break these patterns cognitively, emotionally, chemically, physically and energetically. Each technique is demonstrated and explained in detail. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-116, Dr 32
0593 3/7  Thurs  7-9 pm  $25

Beating Procrastination
Procrastination arises when there is a significant time lapse between when you intend to (or should) do something and when you actually get it done. Learn tips and strategies to keep you one step ahead. (Linda Williamson, a Nationally Recognized Award Winning Certified Hypnosis Instructor.)
JHHS-116, Dr 32
4141 2/20  Wed  7-9 pm  $25

Caring for Seniors: Understanding Medicare
The class provides information on Medicare guidelines, including what services are and are not covered. We’ll also talk about different levels of care needed for seniors. All questions are welcomed and addressed. (Debra Torres /Institute for Cycles of Life)
PHS-122, Dr 30
1649 1/15  Tues  7-9 pm  $25

Conquering Constipation
Learn how to discover why your digestion is sluggish. This course also will cover techniques that aid digestion, move stuck food and reduce or prevent constipation. This class will benefit anyone who suffers from slow digestion, unwanted belly fat or painful bloating after eating. (Roula Marinos)
JHHS-113, Dr 32
1292 1/22  Tues  7-9 pm  $29

CPR-Family CPR for Heartsaver Certificate
This class covers recognition of emergencies and how to provide high-quality CPR for people of all ages. The class includes instruction on using an AED and mitigating an airway obstruction. Adults may bring one child (17 or younger) to the class as a partner. Both adult and child will leave with a Heartsaver CPR certification. Child must be mature enough to understand course content; intended for those not working in a healthcare setting. Book fee $15.
Mt. Prospect Fire Dept, 2000 E. Kensington Rd, Mt. Prospect
0201 2/4  Mon  7-10 pm  $59

Register Online @ ce.d214.org
CPR-Health Care Provider
Healthcare professionals looking to obtain their American Heart Association Basic Life Support CPR certification can register for the Healthcare Provider course. Students will learn about how to pre-form CPR in a team environment, to be applied at their healthcare place of work. Participants will receive a Basic Life Support CPR certification card the night of class. Please pay book fee $15 at time of registration.
(Phil Wnek of the Mt. Prospect Fire Department)
Mt. Prospect Fire Dept., 2000 E. Kensington Rd Mt. Prospect
0202 2/25 Mon 7-10 pm $59

Curative Properties of Tea
January is Hot Tea Month. Learn the medicinal properties of herbs brewed as tea. We’ll discuss a variety of easy-to-grow herbs, and sample teas with tea breads and cookies.
(Marcy Lautanen-Raleigh)
JHHS-140, Dr 32
1903 1/9 Wed 7-9 pm $25

Ditch the Sugar and See Your Health Improve
In just two weeks, you can curb cravings, lose weight, create and sustain more energy, improve you mood, decrease inflammation, prevent diseases, balance hormones and improve your overall health – just by getting rid of the sugar. This class offers tips for finding sugar in processed foods and getting sugar out of your life.
(Paula Jablonski)
PHS-122, Dr 30
5805 1/14 Mon 7-9 pm $39

Enhancing Your Wellness Journey
The body is an amazing energy system connected to physical, emotional and spiritual well-being. This class explores how to connect with the innate wisdom of the body to bring about positive changes. A brief introduction of the history of “energy medicine,” different types of energy healing practices, and current modalities that compliment traditional medicine will be discussed. The class concludes with a meditation exercise where participants have the opportunity to connect with his or her innate wisdom.
(Janet Southall)
JHHS-102, Dr 32
1101 1/24 Thurs 7-9 pm $29

Facing Forgiveness
Sometimes the thought of forgiving those who wronged us makes us cringe. This class will offer a new strategy for facing forgiveness. You’ll learn and experience forgiveness in a way that allows you to make your points and get closure.
(Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
PHS-122, Dr 30
1290 3/18 Mon 7-9 pm $29

Feed Your Gut, Calm Your Mind
Are you easily overwhelmed, fighting a dark cloud of emotions or just want to be more focused? The right food really can make a difference. You’ll walk away with practical and easy-to-implement steps that will have a positive impact on your mental and emotional well-being.
(Jill May, Decide 2 Thrive LLC)
JHHS-105, Dr 32
4139 3/6 Wed 7-8:30 pm $25

Improve Your Memory and Focus!
Learn to improve your ability to remember, concentrate, organize, coordinate and relax using the Brain Gym® system. Based on physiology and brain research, Brain Gym® improves brain function through simple, targeted movements and processes. Dress comfortably and bring bottled water. An optional manual is available for $30.
(Barbara Bednarz)
JHHS-102, Dr 32
0436 3/21 Thurs 6:30-9:30 pm $25

Introduction to Essential Oils
A licensed acupuncturist and essential oil educator will address the basics of essential oils in this class, including the benefits of incorporating them into your life, who can use them, ways to use them and where to apply them. You’ll learn to improve your health and wellness, and take a sample home to start using immediately.
(Karissa McCallum)
JHHS-106, Dr 32
5815 3/6 Wed 7-9 pm $25

Breast Health and Breast Self Exam
An introduction to Mammapare method for breast self-examination. A large percentage of cancers are discovered during self-examination. We will discuss breast and anatomy & physiology, risks, early detection, mammography techniques.
(Pat Reidy, RNC, CMC, trained Mammapare specialist, AMITA Health)
JHHS-113, Dr 32
1652A 2/7 Thurs 7-9 pm FREE
FVEC-C102, Dr 1
1652 2/21 Thurs 7-9 pm FREE

Metabolic Chaos: The Real Reason You May Be Struggling to Lose Weight
Do you eat healthy, exercise regularly, take the recommended supplements and follow the advice but still struggle to lose weight? In this class, you’ll discover metabolic chaos and how it relates to you. Learn the tools and tests you can explore to gain awareness of your body. Discovering the true reason you’re struggling to lose weight can be your first step toward success.
(Roula Marinos)
JHHS-101, Dr 32
1291 2/5 Tues 7-9 pm $29

Move Smart With Smart Moves
Learn Building Block Activities that repair and strengthen the brain-body connection by recreating developmental movements that might have become inactive or underactive. You’ll work on vision, hearing, body awareness, skull and foot massage, spinal relaxation and breath work, toward a goal of better body functioning and awareness, coordination and improved cognitive functioning and emotional stability. The skill can be used on yourself or with children, adults or seniors. You may bring a friend as an activity partner. Also bring a mat, towel, socks and drinking water.
(Barbara Bednarz)
JHHS-154, Dr 32
0437 3/14 Thurs 6:30-9:30 pm $59

Natural Skincare
Conventional skincare products can contain harmful ingredients and wreak havoc on your immune system. In this class, you’ll make natural skincare that nourishes your body from the outside and keeps your skin glowing. Hands-on
(Jen Paleracio)
JHHS-102, Dr 32
1902 2/7 Thurs 7-9 pm $25

Register Online @ ce.d214.org
Discover: Health and Wellness

**RX for Joy**
We will examine the Dalai Lama’s Eight Pillars of Joy and find inspiration from Dr. Christiane Northrup’s power of joy. Leave with a 10-step prescription to bring more joy into your life daily. (Christine Lassota, RMT)
PHS-126, Dr 30
1901 3/11-3/18 Mon 7-9 pm $35

**Stress and Wellness**
This class will help you gain a deeper knowledge about stress and stressors. You’ll learn to master stress on and off the job with highly effective techniques for stress reduction. Discover the seven warning signs of stress and learn to understand the ill effects negative stress has on your body – from hypertension to weight gain. (Paula Jablonski)
JHHS-113, Dr 32
1648 1/22 Tues 7-9 pm $39

**The Gluten-Free Paradox**
Have you been told to go gluten-free? Knowledge is power. Learn what gluten is, how and if it’s affecting your body, how to find out if you’re truly sensitive or intolerant to gluten and what to do about it. (Roula Marinos)
JHHS-101, Dr 32
1702 3/7 Thurs 7-9 pm $29

**Weight Control Through Rewiring Your Brain**
Understand the brain and how it works to support your weight-loss choice. Learn hypnotic techniques for your mind, energy processes for your spirit and physical tips for your body to get you on track to your goal. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-154, Dr 32
0573 2/26-3/12 Tues 7-9 pm $79

**Winter Skin Care**
Make your body beautiful with herbal creations for the bath and skin. Using natural botanicals, you will learn to create custom bath products that treat the impact of winter weather on your skin. Everyone receives an herbal creation. (Marcy Lautanen-Raleigh)
RMHS-C102, Dr 11
1904 1/17-1/24 Thurs 7-9 pm $39

See our Tai Chi Classes on page 26

Discover: Hobbies and Leisure

**An Introduction to Ancient Egyptian Magic.**
Travel to Ancient Egypt in this class and learn about the Ancient Mysteries: An Introduction to Ancient Egyptian Magic. Dr. Thomas F. Mudloff, Ph.D., D. Div. Egyptologist/Biblical Studies, will share how magic in ancient Egypt was seen as an exact science, with its secrets revealed only to a select few. You will explore hidden aspects of the civilization as evidenced by magical texts and royal books of the afterlife. You will look at the basic ideas around this belief and listen to ancient voices with their secrets.
JHHS-121, Dr 32
1905 2/7-3/14 Thurs 7-9 pm $99

Dr. Thomas Mudloff
teaches Egyptology for Dist. 214 Community Education for 12 years. Specializing in Egyptian and Ancient Near Eastern religion, he has lectured and taught in all areas of ancient Egyptian and Mesopotamian studies. He lectured at Northwestern University for 15 years, the Field Museum for 12 years and the Discovery Channel for 5 years. He also lectured on Egyptian Cosmos at the Adler Planetarium. Dr. Mudloff is a graduate of Northwestern University, the University of Chicago and Salisbury University, England. He has lived in Syria, Egypt, Jordan, Lebanon, and Iraq and taught archaeology, history, art and related topics of these ancient civilizations for over 35 years.

Dr. Mudloff is shown discovering the tomb of the High Priest, Catacombs of Thoth in Tuna el-Gebel, Egypt.
A Guide to Overseas Genealogy
Crossing the pond is easier than you think. We'll show you the history of immigrant travel into the US and how to find genealogical records in most European countries. A list of over 70 American and European websites and books for genealogical research and a guide for translating records provided. (Jacqueline Schattner)

PHS-125, Dr 30
5544 3/18 Mon 7-9 pm $25

Ancient Mysteries: An Introduction to Ancient Egyptian Magic
Magic in ancient Egypt was seen as an exact science, with its secrets revealed only to a select few. Explore hidden aspects of the civilization as evidenced by magical texts and royal books of the afterlife. We will look at the basic ideas around this belief and listen to ancient voices with their secrets. (Dr. Thomas F. Mudloff, PH.D. Egyptologist/Biblical Studies)
JHHS-121, Dr 32
1905 2/7-3/14 Thurs 7-9 pm $99

Auto Maintenance & Repair
This course acquaints you with the basic maintenance procedures to meet warranty requirements. You'll cover the operation and maintenance of auto and light truck systems, including lubrication, cooling, electrical, fuel, exhaust, drive lines, brakes and steering components. You'll also perform maintenance procedures on your own vehicles; optionally, vehicles will be provided for practice. (Joe Spaulding)
EGHS-Auto Shop, Dr 24
9811 1/8-3/19 Tues 7-9:30 pm $115/$105

Chicago Ideas
We're excited to partner with Chicago Ideas — the world's largest, most inclusive ideas platform. Since its inception, it has created a movement built on one core belief: When a broad spectrum of thinkers and instigators share ideas, we have the power to transform the world. Chicago Ideas hosts provocative and thoughtful programming all year, including a spring Curiosity Series. Chicago Ideas also hosts an extensive library of content, including videos, podcasts and blog posts that are accessible at www.chicagoideas.com. Chicago Ideas will provide 15 percent off the price for its stage programs when you register with Community Education first. You'll receive the promo code once you sign up with us. Go to www.chicagoideas.com and use the promo code when you buy your ticket to an event. (Chicago Ideas Lectures)
Chicago Ideas — Locations throughout the Chicagoland area
1277 1/2-3/29 Mon-Fri 8 am-9 pm Call for Promo Code

Come Fly Indoors with Us
Join us as we fly free-flight or radio-controlled (electric) indoor model airplanes. Bring your own or learn from us in a workshop atmosphere with loaners or starter models at a modest cost. (LeRoy Cordes)
FVEC-Field House Track, Dr 2
9264 1/7-3/25 Mon 3:30-6:30 pm $79/$69

Dog Training Beginner Class from 3 Months On
Get your dog off to a great start by using positive reinforcement. Bring a four- to six-foot leash, soft treats, a collar, and your dog's shot records. You will learn how to teach your dog basic manners such as sit, come, stay, loose-leash walking, leave it, drop it, down, how to greet people and other dogs politely, how to focus, and a fun trick. Come and enjoy bonding with your dog.
(Debbie Gardiner, CPDT-KA)
Animal Feeds & Needs, 401 W Golf Rd, Arlington Heights
5303 1/14-3/4 Mon 6-7 pm $120
5303A 3/11-4/22 Mon 6-7 pm $120

Dog Training Intermediate: Beyond Basic Manners
Teach your dog to manage distractions, add distance/duration to delivered commands, go to their bed, wait at the door, heel when in a crowd or crossing the street and a fun trick. Bring four- to six-foot leash, treats, collar, and shot records.
(Debbie Gardiner, CPDT-KA)
Animal Feeds & Needs, 401 W Golf Rd, Arlington Heights
5304 3/11-4/22 Mon 7-8 pm $120

Dog Training-Tricks Class
This class will take your dog beyond basic manners to explore tricks. Your dog will learn to shake, bow, spin, roll over, play dead, high five, free-style dance, beg, wave, jump through a hoop, and more. Bring a four- to six-foot leash, soft treats, a collar, and shot records. (Debbie Gardiner, CPDT-KA)
Animal Feeds & Needs, 401 W Golf Rd, Arlington Heights
5305 1/14-3/4 Mon 7-8 pm $120

Bridge 2
This course will focus on hand making to promote winners and trump losers. Initial bidding concepts will be reviewed with other conventions added including: Stayman, Strong Two Bids, Preempts and slam Bidding. Purchase book ($20) at time of registration.
(Patricia Braun)
PHS-116, Dr 30
5183 1/7-3/18 Mon 7-9 pm $75/$65

Register Online @ ce.d214.org
Coin Collecting
This class teaches introductory coin collecting. You’ll learn: collectible, storage tips, handling and coin cleaning, grading and value/pricing, and how to get a child into coin collecting. Students can bring coins to class for discussion. (John Kent)
FVEC-Forest View Room, Dr 1
1717 2/7-2/28 Thurs 7-9 pm $35

Genealogy – Beginning
This class, although directed to beginning genealogical research, is also a great review for anyone interested in finding their family’s past. You’ll learn the five steps to research, 1) yourself, 2) interviews, 3) hunting, 4) verifying, and 5) sharing. We’ll discuss organizing information, censuses, cemeteries, libraries, free websites and more. Students will receive a list of over 60 genealogical resources and websites. Bring a three-ring notebook to class for handouts. (Jacqueline Schattner)
PHS-120, Dr 30
5541 3/11 Mon 7-9 pm $25

Great Decisions
Great Decisions is America’s largest discussion program on world affairs. Read Great Decisions Briefing Book, watch DVD and meet to discuss the most critical global issues facing America today. Students must purchase Great Decisions 2018 book available on their website. (1st and 3rd Monday of the month, Gary Midkiff)
FVEC-B103, Dr 1
1716 2/4-6/3 Mon 7-9 pm $79

Historical Jesus
Examine the life of Jesus, the early Christian perception and place his teachings in the religious, social and political context of the first century. We will explore the primary ancient materials available for historical study. (Brandon Massey)
PHS-122, Dr 30
1912 1/28-3/11 Mon 7-9 pm $59

Intro To Medieval Europe
In this introductory course on Medieval Europe, we will cover material from the fall of the Western Roman Empire (496AD), known as the beginning of the Early Middle Ages, to the development of the printing press. (Lori Barrett)
JHHS-119, Dr 32
0592 2/5-3/12 Tues 7-9 pm $59

Navigating Sources: An Introduction to Responsible Historical Research
In the modern world of instant, easily accessible information, the need for conscientious evaluation of sources is more important than ever. Online sources can be especially problematic if the validity and trustworthiness of sources cannot be easily confirmed. In this two-hour workshop, students will learn about important considerations and best practices when evaluating historical sources, including hands-on practice through research and resource scenarios. (Jeremy Boldt)
FVEC-Forest View Room, Dr 1
1051 1/31 Thurs 7-9 pm $19
FVEC-B103, Dr 1
1051A 2/28 Thurs 7-9 pm $19

The 27
In this class, we’ll examine the stories behind why each of the 27 amendments to the U.S. constitution were adopted. This program will cover the Bill of Rights (the first 10) and the subsequent 17. Many of the stories are dramatic, and a few are surprising. (Gary Midkiff)
JHHS-105, Dr 32
1906 1/24-2/7 Thurs 7-9 pm $19

The Presidency of Harry Truman
Harry is this course instructor’s second-favorite U.S. President. The number of problems and challenges he faced between April 1945 and January 1953 were staggering. Learn more with a political expert as your guide. (Gary Midkiff)
JHHS-105, Dr 32
1908 2/14 Thurs 7-9 pm $19

The Presidency of Lyndon Johnson
One of our most frustrating presidents was Lyndon B. Johnson. His list of domestic achievements is impressive, while his foreign policy mistakes are deeply painful. Learn more in this course. (Gary Midkiff)
JHHS-105, Dr 32
1909 1/17 Thurs 7-9 pm $19

U.S. Constitutional Crises
Clinton/Lewinsky was not a constitutional crisis. Rutherford B. Hayes negotiations to gain the U.S. presidency were. Reagan/Iran-Contra was not a constitutional crisis. Franklin Roosevelt’s attempt to “pack” the Supreme Court was. We will review history and discuss what does and does not constitute a crisis. (Gary Midkiff)
JHHS-105, Dr 32
1910 2/21 and 2/28 Thurs 7-8:30 pm $29

Volunteering 101
Volunteering is a great way to get involved in your community. Receive an overview of volunteer opportunities available, explore benefits of volunteering, and learn how your efforts make a positive impact on the community. For more information visit: www.HandsOnSuburbanChicago.org
FVEC-116, Dr 1
0292 3/12 Tues 7-9 pm FREE

World War II: The European Theater
This in-depth class will focus solely on the African campaign and the European campaign, including VE Day. (Lori Barrett)
JHHS-102, Dr 32
1911 2/4-3/18 Mon 7-9 pm $59

SPECIAL RECREATION
Afternoon Social Club Ages 18 and older
This program is presented in partnership with the Center for Enriched Living.
Games, arts, crafts, healthy snacks, gym time and more are yours for the taking at this social club aimed at afternoon fun. Come hang out and make friends while choosing what you’d like to do.
New CEL members:
After registering with District 214 Community Education, please email Michael.W@centerforenrichedliving.org at the Center for Enriched Living to complete registration paperwork. Registration deadline: Wed 1/9. FVEC-C202, Dr 2
1663 1/16-3/20 Wed 3-5 pm $220
GARDEN

Houseplants 101
We'll discuss plant selection for a particular space, determine lighting levels, learn the principles of watering and discuss when to repot and prune houseplants. We'll also talk about Phalaenopsis orchids, bonsai, and recent trends in houseplants, such as terrariums and air plants.
(Justin Schmitz, Gethsemane Garden Center)
Chicago Botanic Garden, 1000 Lake Cook Rd. Glencoe - Classroom 4, Learning Center
1913 2/2 Sat 1-3 pm $39/$35

Introduction to Beekeeping
In this introductory course, we'll learn what to expect in beekeeping, how to put together equipment, how to get bees in your hive, how to find the queen, feeding, what to look for after the bees are installed and seasonal chores.
(Will Pilipauskas, Head Beekeeper, Willie’s Honey Company)
Chicago Botanic Garden, 1000 Lake Cook Rd., Glencoe - Classroom 2, Learning Center
1914 2/9 Sat 9 am-2 pm $69/$59
1914A 2/16 Sat 9 am-2 pm $69/$59

Ohara Ikebana-Japanese Floral Arrangements
Create a seasonal arrangement in a dish or basket. Please bring a floral frog (about 2” x 3”), a dish or a basket with liner to hold water, and floral scissors. Seasonal fresh floral materials will be provided for each class. (E-Ling Lou)
FVEC-C117, Dr 1
4090 1/14, 1/28 Mon 7-9 pm $59

Pruning Principles
Following good pruning basics helps your plants stay healthier. This class will cover proper tool use, techniques for pruning trees and shrubs, and the best time to prune both evergreen and deciduous plants. We’ll also discuss a variety of good pruning tool options.
(Tim Johnson, director of horticulture, Chicago Botanic Garden)
Chicago Botanic Garden, 1000 Lake Cook Rd., Glencoe - Classroom 4, Learning Center
1915 3/10 Sun 1-3 pm $39/$35

Seed Cleaning and Storing Workshop
Learn to process wet and dry seeded crops, as well as the requirements for seed storage. We’ll cover techniques for both small- and medium-scale seed productions, and see cleaning methods on a variety of crop types using common household items. (Rochelle Wiedenhoeft and Korbah Paul, Seed Savers Exchange)
Chicago Botanic Garden, 1000 Lake Cook Rd., Glencoe - Design Studio, Regenstein Center
1916 1/26 Sat 11 am-1 pm $39/$35
Unusual, Exotic and Medicinal Herbs
We will learn about a selection of uncommon herbs that can be grown in Zone 5, along with their uses, habits and medicinal or culinary properties. (Marcy Lautanen-Raleigh)
PHS-122, Dr 30
1917 3/19 Tues 7-9 pm $25

Organizing Your Home
Make your home the peaceful uncluttered place you want it to be. This course will help you create an organized home where you will feel more calm, in control and productive. You will learn key principles for organizing any space, how to let go of items you no longer need and a variety of tips tools and strategies for getting and staying organized. (Instructor TBD)
JHHS-102, Dr 32
5808 2/20 Wed 7-9 pm $25

Green Cleaning
Herbs can be used numerous ways in your household. Learn to create moth, flea and ant repellents; discover cleaning uses for herbal vinegar; and create mixtures to scrub, disinfect and make your house sparkle. Make your household cleaning natural and aromatic. Demo (Marcy Lautanen-Raleigh)
PHS-140, Dr 30
1918 3/12 Tues 7-9 pm $25

Organizing Your Paper
Do you feel like you are drowning in paper? Do you have piles of paper everywhere? Are you missing deadlines and appointments? Do you wonder what papers to keep and for how long? This course will help you take control and stay on top of the paper in your life. You will learn what to do with the papers you receive and a system for managing them. (Instructor TBD)
JHHS-102, Dr 32
5809 2/27 Wed 7-9 pm $25

Interior Design 1
Learn to measure and draw plans for a room, place furniture for comfort and style, explore theoretical and practical approaches for design, select colors for home or office and create decorating that matches your taste and reflects your personality. (TBD)
PHS-124, Dr 30
1919 1/8-2/12 Tues 7-9 pm $79

Reupholstery Techniques
This course covers basic upholstery techniques, including hand tying of springs, applying foam and fabric, folding perfect corners and estimating fabric needs. You’ll also learn what supplies are needed for restoration, all under the guidance of a professional upholsterer. Students must take 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 a project the first night or buy materials unless you’ve previously taken the class. Tuition does not include cost of materials. (David Walker)
WHS-185 Woods, Dr 29
4601 1/3-3/21 Thurs 7-10 pm $115/$95
Chinese Beginning 1
This beginning Mandarin Chinese course dispels the idea that Chinese is the most difficult language to learn. You’ll learn to introduce yourself, make phone calls, ask for directions and hold a conversation in Mandarin. Purchase book ($25) online or first night of class. (Shuling Yu)
PHS-124, Dr 30
2113 1/14-3/18 Mon 7-9 pm $75/$69

Chinese Beginning 2
Students should know Chinese Pinyin system and about 30 basic vocabulary words. We’ll learn small talk and real-life conversations for business or recreational trips, scheduling an outing, ordering in a restaurant or navigating the bus system. Bring book from Chinese 1, or purchase book ($25) online or first night of class.
(Shuling Yu)
PHS-125, Dr 30
1929 1/8-2/26 Tues 7-9 pm $75/$69

French Conversation Part 1
This conversational class is designed for the European traveler and taught by a French native. You’ll learn the basics, including how to check-in at hotels, read menus, ask directions, hail taxis, read transportation schedules and more. Some culture and geography may also be discussed. Purchase book ($40) online or first night of class. (Frederic Gillaizeau)
RMHS-A103, Dr 11
2111 4/4-5/9 Thurs 6:30-8:30 pm $55/$49

French Conversation Part 2
This class will focus on reviewing and mastering the basics while building staple vocabulary for dining out, traveling by car and train, renting an apartment and shopping. We will devote a portion of each class to discussing your interests, Francophone current events and pop culture. Bring book from French 1 or purchase book ($40) online or first night of class. (Brigitte Nohra)
JHHS-110, Dr 32
2110 2/7-3/21 Thurs 6:30-8:30 pm $65/$59

French Conversation Part 3
This course offers more conversational practice for students who have completed the equivalent of beginning and intermediate French. Everyday vocabulary is emphasized through many types of practice. (Victoria Pike Douzamy)
JHHS-104, Dr 32
2114 1/17-3/21 Thurs 6:30-7:30 pm $49/$45

German Beginning 1
Are you planning a trip to Germany? Or is German a language that you would like to master? Learn German with adults who have the same interest and have some fun with it. Book supplied. Purchase book ($15) online or first night of class. (Kateryna Turkina)
JHHS-103, Dr 32
2262 1/8-2/12 Tues 7-9 pm $55/$49
German Beginning 2
Are you planning a trip to Germany? Or is German a language that you would like to master? Learn German with adults who have the same interest and have some fun with it. Bring book from German 1 or purchase book ($15) online or first night of class. (Kateryna Turkina)
JHHS-103, Dr 32
1384  2/19-3/19  Tues  7-9 pm  $45/$39

Italian Beginning
This course is an introduction to the Italian language, using only essential grammar for learning everyday Italian. Purchase book ($30) online or first night of class. (Eriketa Icka)
JHHS-111, Dr 32
2141  1/8-3/12  Tues  7-9 pm  $89/$79

Italian Beginning 2
This class is a continuation of Beginning Italian. More conversation vocabulary and grammar will be introduced, with a goal of speaking everyday Italian. Free conversation is part of the focus, enabling students to communicate in the Italian language. (Eriketa Icka)
JHHS-111, Dr 32
2144  1/7-3/18  Mon  7-9 pm  $85/$75

Italian Intermediate 1
This class is a continuation of Beginning Italian, introducing more Italian conversation, vocabulary and grammar. (Eriketa Icka)
JHHS-111, Dr 32
2143  1/10-3/21  Thurs  7-9 pm  $89/$79

Italian Intermediate 2
This course builds conversational practice and essential. It is designed for students who have completed Intermediate 1 Italian. (Eriketa Icka)
2142  1/9-3/20  Wed  7-9 pm  $89/$79

Polish Beginning
Maybe your family heritage is Polish and you remember Polish being spoken when you were growing up but never really learned it. You may be going on a trip to Poland, or you just want to have some fun and learn basic Polish conversation. Then this is the class for you. Purchase book ($25) online or first night of class. (Anna Solarczyk)
JHHS-108, Dr 32
2201  1/10-2/14  Thurs  7-9 pm  $45/$39

Polish Beginning 2
This class is for those who have had an introduction to Polish language and wish to continue the adventure. Expand your knowledge and understanding of Polish while having fun during the journey. Bring book from Polish 1 or purchase book ($25) online or first night of class. (Anna Solarczyk)
JHHS-108, Dr 32
2202  2/21-3/21  Thurs  7-9 pm  $45/$39

Sign Language Beginning
Learn the essentials of sign language, including the alphabet, numbers and basic vocabulary that will enable you to carry on simple conversations, understand paragraphs and accurately produce signs at a beginning level. Bring three-ring binder with 10 dividers to class. Material Fee: $10 (Jill Kelly)
FVEC-Forest View, Dr 1
2401  1/7-4/1  Mon  7-9 pm  $95/$85

Sign Language Intermediate
This course continues the beginning sign language instruction, with an emphasis on becoming comfortable in your signing skills. Vocabulary will be reviewed and reinforced, and new vocabulary will be added. Prerequisite: Basic knowledge of sign language. Bring three-ring binder and 10 dividers to class. Last class is off-site. Material Fee: $10 (Jill Kelly)
FVEC-Forest View Room, Dr 1
2402  1/9-3/13  Wed  7-9 pm  $95/$85

Spanish Beginning 1
This introductory course teaches the fundamental skills and conversational patterns that encourage quick foreign language acquisition. Simple dialogue, vocabulary and grammar development is appropriate for those who have never studied Spanish or who feel the need for review before continuing to Spanish Beginning 2. Purchase book ($25) online or first night of class. (Maria Louchios)
RMHS-E110, Dr 11
2247  1/10-3/21  Thurs  6:30-9 pm  $99/$89

Spanish Beginning 2
This course is a continuation of Spanish 1. Basic conversation is enhanced by situational dialogues and supplemented by cultural information to increase communicative ability in Spanish. Purchase book ($25) online or first night of class. (Maria Louchios)
RMHS-E110, Dr 11
2245  1/9-3/20  Wed  6:30-9 pm  $99/$89

Spanish Intermediate 1
This course is intended for those who have completed Beginning Spanish or who studied Spanish in high school or college. Intermediate basic conversation is enhanced by situational dialogues. Grammar and vocabulary lessons are taught through games, partner work and small group activities. Cultural information is taught through stories, articles and music. Bring book from Spanish 2 or purchase book ($25) online or first night of class. (Monica Zohar)
JHHS-112, Dr 32
2242  1/16-3/6  Wed  7-9 pm  $75/$69

Spanish Advanced
This course offers more conversational practice for students who have completed the equivalent of beginning & intermediate Spanish. Everyday vocabulary is emphasized through many types of practice. (Kenneth Monahan)
JHHS-101, Dr 32
2243  2/4-4/22  Mon  7-9 pm  $89/$79

Spanish Intermediate 2
This course is perfect for those who have completed Spanish Intermediate Part 1, took high school or college Spanish but are not ready for Advanced Spanish. Conversation is enhanced by situational dialogues. Grammar and vocabulary lessons are taught through partner work and small group activities. Purchase book ($25) online or first night of class. (Kenneth Monahan)
JHHS-101, Dr 32
2244  2/6-4/24  Wed  7-9 pm  $89/$79
EXPAND YOUR MIND, BUILD SKILLS
AND LEARN SOMETHING NEW.
CLASSES ARE VARIED.

Digital Design, Illustration, and Publishing: Everything You Wanted to Know
Demystify digital art with Unshaven Comics’ artist Marc Alan Fishman in a one-day workshop. Built for professionals, curious adults and anyone in-between, the class explores Adobe Illustrator, Photoshop, InDesign, and a few other secret apps to teach years’ worth of digital trickery in a single afternoon. (Marc Alan Fishman, Unshaven Comics) FVEC-C102, Dr 1 1939 2/9 Sat 9 am-1 pm $49

Don’t Waste Your Talent
This course will help you align your purpose, your passions, and your paycheck to achieve greater overall career satisfaction and financial freedom. Learn about the critical elements of a career plan that best fits you and what you want to achieve — on YOUR terms. (Raymond Giese) JHHS-102, Dr 32 5536 1/22-1/29 Tues 7-9 pm $35

eBay Selling for Beginners
Learn to navigate the eBay website, and set up an eBay seller account and a PayPal account to get cash for your things. We will cover the basics of listing, including descriptions and titles, choosing the correct selling format and researching details and pricing. You also will learn the basics of photographing, shipping and packing items you sell. We will touch on using the eBay app as well. Participants should have basic experience using email, the internet, and completing an online purchase. (Marisa Varney) FVEC-A200a, Dr 4 9263 1/17-1/31 Thurs 7-9 pm $75

eBay Selling – Beyond the Basics
For those with an eBay account and some experience selling, learn to refine your listings to attract more buyers and make the most profit. Learn where to find items to sell, how to save on shipping and how to work your way to Top-Rated Seller status. Learn the pros and cons of opening your own eBay store and turning your hobby into a business. (Marisa Varney) FVEC - A200a, Dr 4 1099 2/28-3/7 Thurs 7-9 pm $49

How to Negotiate, Bargain, and Haggle to Get What You Want
This one-session class will cover the basics of negotiating in a variety of practical situations, and give you confidence to put your skills to use. Learn why negotiation can benefit you, which circumstances give you the best advantage, and what pitfalls to avoid. You will leave class with a better understanding of what it takes to enjoy more successful outcomes from interactions with others. (Jeffrey Kollum) JHHS-101, Dr 32 1335 3/21 Thurs 7-9 pm $29

Marketing Your Business in a Digital World
Businesses of all sizes should develop a digital marketing strategy, in a time when increasing numbers of individuals are getting leads and referrals from digital sources. You’ll learn the basics of ensuring your business can be found online and strengthening its presence. Expect to learn the importance of mobile responsive website design, the growing importance of social media and its connection with Search Engine Optimization (SEO). (Joe Skibbie) JHHS-102, Dr 32 7802 3/20 Wed 7-8:30 pm $25

Returning to College as an Adult Learner
When we think of a college student, a young adult between the ages of 18 and 22 typically comes to mind. However, more than 40 percent of today’s college students are over 25 years old. In order to meet the needs of the growing population of adult learners, colleges and universities offer programs specifically designed for working adults. This session will provide information on selecting the right degree, applying for financial aid, and various scholarships and earning credit for learning that has taken place outside a traditional classroom, including military and on-to-job training. Participants will consider their personal barriers to completing a degree and identify ways to overcome them. (Jackie Janesku) PHS-120, Dr 30 1781 1/28 Mon 6:30-8 pm FREE
To Be or Not To Be a Professional Actor
This workshop, for professional actors or those who are considering to be one, will learn basic requirements to appropriately brand yourself, and prepare yourself with the right materials to appear experienced and professional. (Emily Rabinowitz, agent, manager, coach, casting director and educated theater actor)
JHHS-101, Dr 32
1667 1/22 Tues 7-9 pm $35

Using LinkedIn to Advance Your Career
Learn why LinkedIn is the critical social media tool for professionals. We’ll discover how to create a professional online profile that defines your personal brand and how to leverage LinkedIn to network with key professionals in your career path. (Ray Giese, MS, CCSP®, CFP®)
PHS-120, Dr 30
1938 2/5 Tues 7-9 pm $25

Writing for Business, School and Beyond
This class offers tools to develop into a successful writer. You’ll learn the fundamentals of grammar, formatting, paragraph construction, proofreading and citations. The class also will cover research techniques using online resources, useful applications and word processing tips. (Barbara Weiner)
JHHS-103, Dr 32
2602 1/17-2/28 Thurs 7-9 pm $75

MANUFACTURING
Manufacturing Careers and Financial and Educational Assistance Opportunities Info Session
Full WIOA funding available for qualifying students.
FVEC-C102, Dr 1
1977 1/3 Thurs 7-9 pm FREE

CNC Programming, Setup and Operation (CNC 203)
This hands-on course provides training in programming, setup and operation of computerized numerical controlled machines. Instruction will be given for both CNC mill (vertical machining center) and CNC lathe (turning center). Job title(s): CNC machine set-up and operator, CNC machine programmer.
Location: Symbol Training Institute 8151 N. Ridgeway Ave. Skokie
1975 Mon–Thurs 9 am-Noon or 6:30-9:30 pm
(16 weeks; 2 days/week) $3,980

Quality Control for Manufacturing (QC 101)
Symbol’s Quality Control for Manufacturing course is designed to prepare students with a fundamental understanding of QC processes and applications. This hands-on course will provide students with varying backgrounds and skill levels a basic knowledge of widely used inspection techniques. Job Titles: QC Inspector, QC Technician, QC Specialist, or other manufacturing positions that require in-process inspection of print-reading skills. With a strong emphasis on student participation, the course focuses heavily on developing marketable skills that can be used immediately in the work place with little or no additional training from employers. Job Titles: QC Inspector, QC Technician, QC Specialist, or other manufacturing positions that require in-process inspection or print reading skills.
Location: Symbol Training Institute 8151 N. Ridgeway Ave. Skokie
1976 Sat 9 am-3:30 pm (10 weeks) $995

New classes start every month!

ONLINE CLASSES
A to Z Grant Writing
You’ll learn to raise funds by discovering how and where to look for funders who may be a good match for your organization; network to develop partnerships with a variety of funders; organize a successful grant-writing campaign; and put together a complete proposal package. (Ed2GO ONLINE Classes)
1755 Start Date Options: 1/16, 2/13, 3/13 Online $115

Accounting Fundamentals Series
Accounting Fundamentals: Learn the basics of double-entry bookkeeping, how to analyze, and record financial transactions, accounts receivable, accounts payable, payroll procedures, sales taxes and common banking activities.
Accounting Fundamentals II: This course builds on knowledge you gained in Accounting Fundamentals, providing you with a solid understanding of corporate accounting practices. You’ll explore special journals, uncollectible accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, retained earnings and various financial reports for corporations. (Ed2GO ONLINE Classes)
1754 Start Date Options: 1/16, 2/13, 3/13 Online $199

Certificate In Data Analysis
Data Analysis is one of the most sought-after workplace skills. Learn to analyze data in a business setting, how business decisions involve comparing groups, perform inquiries useful to your business or organization, and learn to communicate these results through graphs and texts that others understand.
Avg. hours 48, 4.8 CEUs/ILUs. (UGotClass ONLINE Classes)
1740 2/4-3/1 Online $495

Digital Marketing Certificate
This is a fundamental – yet advanced – introduction to E-marketing, including email promotions, website traffic analysis, search engine optimization, and successful employment of online advertising. This certificate is relevant to any organization, businesses, companies, nonprofits and government agencies. No E-marketing experience is necessary. If you already are at an advanced level, your instructors can provide the latest and most advanced information to answer your toughest questions.
Avg hours 48, 4.8 CEUs/ILUs (LERN UGotClass ONLINE Classes)
1741 3/4-3/29 Online $495

Entrepreneur Boot Camp
This course provides insight into the characteristics, knowledge and skills needed to become a successful entrepreneur. You will learn to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage your new business.
(LERN UGotClass ONLINE Classes)
1673 2/4-3/1 Online $195
Grammar Refresher Series
Take your grammar and writing skills to the next level! You’ll review the foundational elements of grammar, including the parts of speech, and master the basics of punctuation and mechanics. You’ll explore sentence structure, nouns, and pronouns, and you’ll work with the different kinds of verb tenses. You’ll also explore adjective and adverb use and be introduced to some “best practices” for using these parts of speech effectively in your writing. (Ed2GO ONLINE Classes)
1678 Start Date Options: 1/16, 2/13, 3/13 Online $175

Medical Coding
Take your first step toward a lucrative career as a medical coder! In this course, you’ll learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure. This knowledge will help prepare you to work almost anywhere in the medical field. We’ll go through each of the main systems of the human body. In the process, you’ll get all the hands-on experience you’ll need to code medical insurance claims with confidence. (Ed2GO ONLINE Classes)
1677 Start Date Options: 1/16, 2/13, 3/13 Online $115

Medical Terminology: A Word Association Approach
This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes. (Ed2GO ONLINE Classes)
1676 Start Date Options: 1/16, 2/13, 3/13 Online $115

Project Management Professional: PMP Prep Series
PMP Certification Prep 1 – This course, the first in a two-part series, will demystify the PMBOK Guide, covering relationships between inputs, tools and techniques, and outputs. The course also will clarify topics like precedence diagramming, estimating and scope management. PMP Certification Prep 2 – In this, the second of our two-part certification preparation series, you’ll gain a strong understanding of topics such as earned value management, risk management, simulation, sensitivity analysis and make-or-buy analysis. Beyond learning about the PMBOK Guide, you’ll get insight into PMI’s code of professional responsibility and discover powerful techniques for continued preparation for the PMP exam. (Ed2GO ONLINE Classes)
1756 Start Date Options: 1/16, 2/13, 3/13 Online $179

Six Sigma Green Belt Certificate
This first course in the Certificate program explains the Lean Principles, Failure Mode Effects Analysis, Team Tools, Project Charters, and Basic Statistical Tools. In the second course, you will learn process analysis, data collection and analysis, probability and valid statistical conclusions, and hypothesis testing. The Advanced Six Sigma Greenbelt course teaches participants to improve and control processes. Topics include hypothesis testing, design of experiments, and statistical process control. Participants will have to apply the concepts learned in the Introduction and Intermediate Six Sigma Green Belt courses. The instructor will share handouts, spreadsheets, and web links that have tools participants will use while completing Six Sigma projects. (Ed2GO ONLINE Classes)
1679 Start Date Options: 1/16, 2/13, 3/13 Online $495

Social Media For Business Certificate
Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Avg. hours 48, 4.8 CEUs/ILUs. (UGotClass ONLINE Classes)
1745 2/4-3/1 Online $495

Spanish for Medical Professionals
This Spanish class is designed specifically for healthcare professionals. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. You will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients. Additional book charge $15. (LERN UGotClass ONLINE Classes)
1672 2/4-3/29 Online $290

Supervisory and Leadership Certificate
This certificate sequence provides practical, easy-to-understand and insightful methods for both new and experienced supervisors and managers. Learn about effective delegation, performance management and writing performance reviews. Discuss the specifics of the supervisor’s role and responsibilities, and strategies for improving your effectiveness as a leader. Take home practical information along with tips and techniques that can be applied immediately in your job. Avg. hours 32, 3.2 CEUs/ILUs. (UGotClass ONLINE Classes)
1742 2/4-3/29 Online $395

The Flipped Classroom
The flipped classroom concept changes routine into a vibrant exchange of ideas and group learning. In this course we will explore understanding what a flipped class is, the benefits of a flipped classroom, how to design your own flipped class and successful flipped classroom examples. (LERN UGotClass ONLINE Classes)
1680 2/4-3/1 Online $195

Come Teach With Us!
D214 Community Education is seeking instructors to share knowledge with a community passionate about learning and fun. Tell us about your skills, hobbies and class ideas. Send your information to teresa.palaggi@d214.org.
We look forward to hearing from you!
Excel – Beginning
This class will cover Microsoft Excel basics, including spreadsheet terminology, entering and editing text, values and formulas, moving data, auto-sum functions, row and column formatting and various page and table setup options. Purchase book ($25) online or first night of class. (Bob LaCursia)
FVEC-A200a, Dr 4
8241  1/9-1/30  Wed  7-9 pm  $159/$145

Excel – Intermediate
This course is the next step after Beginning Spreadsheets on Microsoft Excel. You’ll learn to use multiple worksheets and workbooks efficiently, work with more advanced formatting options. Purchase book ($25) online or first night of class. (Gregory Palace)
FVEC-A200a, Dr 4
8241B  1/26-2/16  Sat  9-11 am  $159/$145
(Christine Baffes-Corbett)
8242B  2/6-2/27  Wed  7-9 pm  $159/$145

Excel – Advanced
In this class, you will learn complex formula functions and arrays as well as advanced editing and formatting options. Information on analysis tools, methods for correlating data and advanced customizing techniques will be discussed. Purchase book ($25) online or first night of class. (Gregory Palace)
FVEC-A200a, Dr 4

Excel Pivot Table Workshop
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. (Alexander Blyakhman)
FVEC-A200a, Dr 4
8262  1/12  Sat  9am-4 pm  $125/$115

iPhone and iPad Essential Training
This class will help you master your iPhone and iPad and discover the wonderful world of apps. We’ll explore your phone’s settings and learn to install apps that will make your phone even more useful. (Judith Mozes-Simon)
FVEC-Board Room, Dr 1
8204  2/28-3/14  Thurs  6-8:30 pm  $59/$49

Microsoft Word – Beginning
Get the skills to start creating with Microsoft Word. The course covers document creation, basic commands like copying and pasting, page formatting and more. Purchase book ($25) online or first night of class. (Bob LaCursia)
FVEC-A200a, Dr 4
8232A  3/6-3/27  Wed  7-9 pm  $79/$69

Microsoft Office Suite
Learn to use MS Office software 2013, including basics of Microsoft Word, Power Point, and Excel. Targeted to students who wish to refresh their skills or build new ones. Purchase book ($40) online or first night of class. (Christine Baffes-Corbett)
FVEC-A200a, Dr 4
9106  1/29-3/12  Tues  6:30-9:15 pm  $275/$249

PowerPoint
Prepare great handouts, create and edit presentations. Learn to use bullets, create lists, select document themes, format characters, change slide layouts and backgrounds, add transitions, and modify your clip art. Enhance a presentation by using pictures, WordArt, applying styles, borders and effects to pictures using the format painter, adding and formatting shapes. Step up your presentation skills by learning to insert a table and charts, add styles, borders and effects, merge/add cells and rows, create hyperlinks, action buttons, modify bullets, and use animation and sound. Purchase book ($25) online or first night of class. (Christine Baffes-Corbett)
FVEC-A200A, Dr 4
8272  1/8-1/22  Tues  7-9 pm  $69/$59

Samsung Phone and Tablet Essential Training
This class will help you master your Samsung phone and tablet and discover the wonderful world of apps available on those devices. We’ll explore the different settings on your phone and tablet, and learn to install apps that will make your phone and tablet even more useful. (Judith Mozes-Simon)
FVEC-B103, Dr 1
8211  1/24-2/7  Thurs  6-8:30 pm  $59/$49
Discover: Youth, Family and Parent Programs

LEARN NEW SKILLS, DEVELOP SELF-CONFIDENCE AND DISCOVER THE LOVE OF LEARNING WHILE HAVING FUN.

CULINARY

Cake Decorating  Adult & Child
Adults may bring one child free (17 or younger) as a cooking partner. Join us for an 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. Hands On (Traci West)
PHS-140, Dr 30
4012  2/20  Wed  7-9 pm  $49

Cupcake Decorating
Adults may bring 1 child for free (17 or younger) as a cooking partner. Join us for an 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! All supplies included. Hands On (Traci West)
PHS-140, Dr 30
4013  2/4  Mon  7-9 pm  $49

DANCE

Boys Breakdance
Under the creative direction of skilled Chicago Loves Dance break dancers, students will learn choreography and poses, show off their creativity in free-style sessions and more. Chicago Loves Dance runs on the philosophy that dance should open your child’s creative abilities and be fun. Instructors pride themselves on teaching the self-esteem and socialization needed in everyday life. The last day of class will be a parent watch day at which students will do a short performance to show off new talents. (Chicago Loves Dance – Cindy Leske)

Grades K-3
FVEC-D102, Dr 1
1607  1/15-2/26  Tues  5-6 pm  $99

Grades K-3
FVEC-Arlington Room
1607D  1/26-3/9  Sat  9-10 am  $99

Grades 4-8
FVEC-D100, Dr 1
1607A  1/15-2/26  Tues  6-7 pm  $99

Grades 4-8
FVEC-D102, Dr 1
1607G  1/26-3/9  Sat  10-11 am  $99

Parent/Guardian must walk child to classroom and pick up from classroom.
Cheerleading/Poms
Under the direction of Chicago Loves Dance instructors, students in this upbeat class will learn cheers and poms choreography. They will learn three to four new cheers weekly while also working on form and adding to their poms dance routine. The last day of class will be a parent watch day at which students will do a short performance to show off their moves and cheers. (Chicago Loves Dance – Cindy Leske)
- Grades K-3
  FVEC-D100, Dr 1
  1606  1/17-2/28  Thurs  5-6:00 pm  $99
- Grades 4-8
  FVEC-D101
  1606C  1/17-2/28  Thurs  6-7 pm  $99

Girls Hip Hop
Under the creative direction of skilled Chicago Loves Dance instructors, students will learn choreography to the newest pop/dance songs, show off their creativity in free-style choreography sessions and more. Chicago Loves Dance runs on the philosophy that dance should open your child’s creative abilities and be fun. Instructors pride themselves on teaching the self-esteem and socialization needed in everyday life. The last day of class will be a parent watch day at which students will do a short performance to show off their talents. (Chicago Loves Dance – Cindy Leske)
- Grades K-3rd
  FVEC-D100, Dr 1
  1605  1/15-2/26  Tues  5-6 pm  $99
- Grades K-3rd
  FVEC-D101, Dr 1
  1605D  1/26-3/9  Sat  9-10 am  $99
- Grades 4-8
  FVEC-D101, Dr 1
  1605B  1/15-2/26  Tues  6-7 pm  $99
- Grades 4-8
  FVEC-D100, Dr 1
  1605F  1/26-3/9  Sat  10-11 am  $99

FITNESS AND ATHLETICS
Badminton All Levels Teens and Adults
Ages 11-High School  |  ALL LEVELS WITH INSTRUCTION.
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 provided but bring your racket. Students 17 and younger must have a parent-signed consent form which will be emailed at the time of registration. Call the Community Ed office for more information. (Chris Van Grondelle)
BGHS-Athletic-Gym, Dr 7
3024  1/13-5/19  Sun  9:30-11:30 am  $85

Mom/Daughter Yoga
Take a yoga class geared toward the comfort level of both children and adults. Parents and children will learn poses, movements and stretches together. Registration includes parent and one child; additional child is $45. (Chicago Loves Dance Cindy Leske)
FVEC-D100, Dr 1
1674  1/14-3/11  Mon  6:15-7:15 pm  $129

Parent/Child Yoga
Take a yoga class geared toward both children and adults. Parents and children will learn poses, movements and stretches together. Registration includes parent and 1 child additional child is $45. (Chicago Loves Dance Cindy Leske)
- Ages 3-5yrs
  FVEC-D100, Dr 1
  1609B  1/19-3/2  Sat  9-10 am  $12
- Ages 4-6yrs
  FVEC-A238, Dr 4
  1609  1/14-3/11  Mon  5:15-6:15 pm  $129
- Grades 1-5
  FVEC-D101, Dr 1
  1609D  1/19-3/2  Sat  10-11 am  $129

Youth Yoga
This class is run by professional yoga instructors from Chicago Loves Dance. We’ll supply the mats; all you need to do is come ready for yoga and stretch. Kids will learn beginning yoga movements, terms and yoga-based games to make learning fun. Yoga in early childhood is wonderful for improving listening skills, building self-esteem and supporting social and emotional learning. (Chicago Loves Dance Cindy Leske)
- Grades K-3
  FVEC-A238, Dr 4
  1608  1/16-2/27  Wed  5-6 pm  $99
- Grades 3-8
  FVEC-A238, Dr 4
  1608B  1/16-2/27  Wed  6-7 pm  $99

Shotokan Karate Ages 7-13
Combine fitness and fun through the training of karate! Benefits 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. A parent or guardian must be present at the first class. (Gary Koebel)
FVEC-D100, Dr 1
3151A  1/3  Thurs  6-7 pm  FREE
3151  1/10-3/21  Thurs  6-7 pm  $159

HOBBIES AND LEISURE
Coin Collecting Fun for the Family!  Adult with Child
This class teaches introductory coin collecting for ages 7 to adult. You’ll learn what is collectible, storage tips, coin handling and cleaning, grading and determining value/pricing and how to interest your child in coin collecting. (John Kent)
FVEC-B103, Dr 1
1718  2/23  Sat  10 am-Noon  $19

LANGUAGE
French Story Time for Toddlers and Parents
Shake out your sillies on a French beat in this educational story time, which exposes your tots to a foreign language in a fun way. You’ll learn about French culture and more. Don’t forget your dancing shoes! (Brigitte Nohra)
FVEC-(TBD), Dr 4
1314  2/2-2/23  Sat  10:30-11:30 am  $35

Register Online @ ce.d214.org
MUSIC

214Sings Children’s Choir  Ages 7-14
Children age 7 to 14 are invited to join the new performing group 214Sings Children’s Choir. 214Sings is a 10-week ensemble singing class incorporating vocal instruction and musicianship with the opportunity for fun, meeting new friends and enjoying multicultural music. No audition nor experience is required, and all materials will be provided. There will be a final concert performance in conjunction with our 214Sings Adult Choir. (David Hain, Award-winning director and conductor)
FVEC-C112, Dr 1
1629  1/8-3/12  Tues  5:45-6:45 pm  $39

PERFORMING ARTS

Audition Clinic for Hairspray Jr.
Prepare for your next audition. This is a singing, acting and dancing clinic focused on the essential skills to help improve your theatre skills for use in the Performance Program audition. (Margo Proeh, Gabrielle Garza, and Children’s Theatre Co.)
FVEC-C112, Dr 1
1337  1/17  Thurs  4:15-6:15 pm  $19

Children’s Theater: Hairspray Jr.  Grades 2-7
The 1950s are out, and change is in the air! Hairspray Jr. is the family friendly musical piled bouffant-high with laughter, romance and deliriously tuneful songs. This show will celebrate your student and bring audiences to their feet with its positive message and uproarious sense of humor.
This allows all children the opportunity to perform in a musical theater production on stage. Actors rehearse weekly under the direction of our highly accredited vocal, dance and drama instructors. The final performance includes original costumes, sound and set. Each child who auditions receives a part, an audio file and a script for personal practice.
First rehearsal is mandatory.
(Margo Proeh, Gabrielle Garza, and Children’s Theatre Co.)
FVEC-C112, FVEC-Theater, Dr 1
1334  1/24-4/25  Thurs  4:15-6:15 pm  $199

Hamilton Is My Jam!
This week-long musical theatre workshop culminates in a showcase featuring age-appropriate excerpts from the Broadway smash hit Hamilton. Learn the basics of vocal technique, choreography and acting while working together to produce a performance for family and friends.
(Margo Proeh, Gabrielle Garza, and Children’s Theatre Co.)
FVEC-C112, Dr 1
1336  5/2-6/6  Thurs  4:15-6:15 pm  $99

Just Improv
Learn improv skills from First Line Freeze to Jump Emotions to Sphinx – and discover how to build a scene spontaneously in this fast-paced and fun class. We will work on skills that will get you out of your head and into your imagination.
(Margo Proeh, Gabrielle Garza, and Children’s Theatre Co.)
FVEC-C112, Dr 1
1338  1/24-4/25  Thurs  6:15-7:15 pm  $99

STEM

3D Printing Minecraft Apprentice/Master  Ages 8-14
Students will explore the basic concepts of 3D printing and computer-aided design, or CAD, to bring their ideas to life. Students will learn to create basic designs, and extrude them into a 3D model that can be modified to be printed in 3D.
(Engineering for Kids)
FVEC-Forest View Room, Dr 1
1359  4/3-5/8  Wed  6-7:30 pm  $169

Aerospace Engineering Junior  Grades PK-2
During this class, our youngest junior engineers are introduced to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons and more. (Engineering for Kids)
FVEC-Forest View Room, Dr 1
1933  3/16-5/4  Sat  9:30-10:30 am  $145

Aerospace Engineering Apprentice/Master  Ages 8-14
Students will create, test and refine a variety of flying machines in this course. Construct a shock-absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create air-powered rockets, assemble a hot air balloon model that actually takes flight, and more. (Engineering for Kids)
FVEC-Forest View Room, Dr 1
1331  3/16-5/4  Sat  10:30 am-12:15 pm  $169

Robotics Engineering Ocean Missions Apprentice/Master  Grades 3-8
This LEGO® Robotics EV3: Ocean Missions curriculum is designed to introduce students to the world of robotics in an interesting and engaging way. We’ll teach students about the building and programming aspects of robotics as it relates to real-world issues in ocean exploration. (Engineering for Kids)
FVEC-Forest View Room, Dr 1
1932  1/19-2/23  Sat  10:45 am-12:15 pm  $169

Scratch and Makey Makey: Musical Adventures Junior  Grades PK-2
Join in Musical Adventures With Scratch and Makey Makey. Explore how different sounds are created and create our own music with drums, piano, guitar and recorder. You’ll even create your very own dancing program. The last day will end with a concert from all students. (Engineering for Kids)
FVEC-Forest View Room, Dr 1
1931  1/19-2/23  Sat  9:30 am-10:30 am  $169

Theme Park Mania: MinecraftEdu Apprentice/Master  Grades 3-6
Students will build their own Minecraft amusement parks. In this class, they will navigate engineering and teamwork challenges and draft blueprints and plans on paper before beginning Minecraft to mimic real-life designing processes. (Engineering for Kids)
FVEC-C102, Dr 1
1930  1/16-3/20  Wed  6-7:30 pm  $279

Parent/Guardian must walk child to classroom and pick up from classroom.
WINTER BREAK STEM CAMPS

Winter Break Camp: Engineering Olympiad Apprentice/Master Grades 3-8
Who has the strength to be a world-class athlete? In this five-day camp, students will separate into countries and compete against opposing teams in various tests of mental and creative strength. The students will earn “medals” throughout the week and endeavor to become the next great team of Olympians.
Extended care options available. Drop Off | 8 am | $30
FVEC-A132, Dr 4
1437 1/2-1/4 Wed-Fri 9 am-12 pm $169

Winter Break Camp: Lego Robotics Robo Battles Apprentice/Master Grades 3-8
Robo Battles curriculum is designed to introduce students to the world of building and programming basic robots. Throughout this course the students will explore different ways in which a robot could be utilized to engage in various battle challenges.
Extended care options available. Late Pick Up | 5 pm | $30
FVEC-A132, Dr 4
1438 1/2-1/4 Wed-Fri 9 am-12 pm $169

Students will explore several areas of engineering including mechanical, civil, marine and aerospace. They will examine the thought process behind road design; construct shapes that make sound bridges and test them; design a boat to float across the ocean; and discover and build designs that let us travel through the air and into space. Extended care options available.
Early Drop Off | 8 am | $30
FVEC-A132, Dr 4
1439 1/2-1/4 Wed-Fri 9 am-12 pm $169

Winter Break Camp: Robotics Engineering - Adventure Stories Junior Grades PK-2
This camp is a mix of fun and learning, using LEGO® WeDo Robots. With LEGO bricks, students will build an airplane rescue, a giant escape and a sailboat storm. They also learn how to program and operate their creations using a laptop computer.
Extended care options available. Late Pick up | 5 pm | $30
FVEC-A132, Dr 4
1450 1/2-1/4 Wed-Fri 1-4 pm $169

Winter Break Camp Full Day: Engineering For Kids
This full day camp is the perfect mix of fun and learning. Campers will participate in the following grade appropriate classes.

Robotics Engineering - Adventure Stories: This camp is a mix of fun and learning, using LEGO® WeDo Robots. With LEGO bricks, students will build an airplane rescue, a giant escape and a sailboat storm. They also learn how to program and operate their creations using a laptop computer. Extended care options available.

Engineering Olympiad: Who has the strength to be a world-class athlete? In this five-day camp, students will separate into countries and compete against opposing teams in various tests of mental and creative strength. The students will earn “medals” throughout the week and endeavor to become the next great team of Olympians.

Lego Robotics Robo Battles: Robo Battles curriculum is designed to introduce students to the world of building and programming basic robots. Throughout this course the students will explore different ways in which a robot could be utilized to engage in various battle challenges. Extended care options available.

Spring Break Camp: City Camp with LEGO EV3 Robotics Apprentice/Master Grades 3-8
Ever wonder how forklifts, vending machines or bulldozers work? Give these and other designs a shot with our easy-to-use LEGO EV3 robotic kits. Campers will discover the origins of each important invention and gain the knowledge to program their builds for total automation and futuristic challenges.
(Engineering for Kids)
FVEC-TBD, Dr 2
1921 3/25-3/29 Mon-Fri 9 am-12 pm $225

Spring Break Camp: Apprentice/Master Spring Break Camp Full Day
Grades 3-8
The full-day camp includes both morning and afternoon classes with a supervised lunch period. Lunch not included. (Engineering for Kids)
FVEC-TBD, Dr 2
1926 3/25-3/29 Mon-Fri 9 am-4 pm $360

Spring Break Camp: App Development with BitsBox Apprentice/Master grades
Give your engineer the knowledge to stay ahead in today’s technological society. With BitsBox, students get to code, test and create their own apps in real-time using an easy-to-understand format. The best part is they’ll be able to save their created apps right to their devices to play anywhere, anytime.
(Engineering for Kids)
FVEC-TBD, Dr 2
1922 3/25-3/29 Mon-Fri 1 pm-4 pm $225

Parent/Guardian must walk child to classroom and pick up from classroom.
Discover: Youth, Family and Parent Programs

Future ready parent series

The Successful Parent: The Good News About Bad Behavior
Our time-honored methods of punishments and rewards haven’t taught discipline; they’ve undermined it. Journalist Katherine Reynolds Lewis spent five years investigating this crisis: observing families at the dinner table, meeting educators who are transforming the school experience for kids with attention and mood disorders, studying psychological research, and looking introspectively at her own parenting habits. In her book, she documents a new theory of discipline that could reverse the trend: “The Apprenticeship Model,” which centers on listening and building children’s skills to address the root causes of misbehavior, rather than reactionary incentives and consequences. (Karen Louis, journalist, author, certified parent trainer)
FVEC-Theater, Dr 1
1104  2/11  Mon  7-8:30 pm  FREE

Understanding Teen Stress & Anxiety: How to Raise a Healthy, Confident and Successful Adult
Teen anxiety is at an all-time high, and arming kids with healthy coping strategies is more important than ever. Is it alright to be an average teen in today’s world? What is the difference between success and perfection? Are your teens focused on avoiding failure or are they operating out of a place of achieving to their greatest ability, based on their individual strengths and weaknesses? We will review specific interventions designed to assist children in managing anxiety, promoting increased motivation, healthy goals setting and active school engagement.
Factors that contribute to avoidant behaviors, as well as ways to early identify maladaptive coping responses will be explored. Attendees leaving the presentation will have learned how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence. (Jacqueline A. Rhew, LCPC, CADC- Author, Keynote Speaker, Clinical Consultant & Liaison for Amita Health, Co-founder of the Center for Emotional Wellness, Co-founder of Successful Parenting.)
JHHS-Theater, Dr 32
1940  2/27  Wed  7-8:30 pm  FREE

What Every Parent Needs To Know
These sessions help parents navigate and respond appropriately to their children’s growth and development, anticipate and prevent behavioral problems proactively, develop mutually respectful relationships, explore fair discipline, maintain effective communication and use productive problem-solving methods. This program is presented in partnership with Link Together Coalition.
(Bob Leece, trainer, counselor, teacher, student and parent advocate)
BGHS-Library, Dr 7
1105  1/16-2/20  Wed  7-9 pm  $30

Spring Break Camp: Junior Its’ Electric
Grades PK4-2
Have you dreamed about seeing your name in lights? During this camp, students will explore the basic concepts of Electrical Engineering through fun and interactive lessons. They will even create their very own marquee. (Engineering for Kids)
FVEC-TBD, Dr 2
1923  3/25-3/29  Mon-Fri 9 am-12 pm  $225

Spring Break Camp: Junior Spring Break Camp Full Day
Grades PK4-2
The full-day camp includes both morning and afternoon classes with a supervised lunch period. Lunch not included.
(Engineering for Kids)
FVEC-TBD, Dr 2
1925  3/25-3/29  Mon-Fri 9 am-4 pm  $360

Spring Break Camp: Junior Super Science Stories
Grades PK4-2
Students will explore fairy tales from different points of view and engage in activities to investigate solutions for each fairy tale’s obstacles. In the Super Science Stories Camp, we will design a getaway vehicle for the heroine from Kate and the Beanstalk, help The Three Billy Goats Fluff devise a method to cross the bridge quietly and not wake the Troll, and construct an edible reef entirely from candy to protect The Three Little Fish from the Big Bad Shark! Join us as we explore the Engineering of Fairy Tales!
(Engineering for Kids)
FVEC-TBD, Dr 2
1924  3/25-3/29  Mon-Fri 1 pm-4 pm  $225

Extended Care Options:

Spring Break Camp: Early Drop Off
Drop off as early as 8am.
FVEC-TBD, Dr 2
1927  3/25-3/29  Mon-Fri 8-9 am  $50

Spring Break Camp: Late Pick Up
Pick up by 5pm.
FVEC-TBD, Dr 2
1928  3/25-3/29  Mon-Fri 4-5 pm  $50

Parent/Guardian must walk child to classroom and pick up from classroom.
Discover: Adult Education

The Adult Education & Family Literacy program provides basic educational services to adults who are English as a Second Language learners, the undereducated, the unemployed or underemployed, and/or low income, and who reside or work in our community. Some of the basic skills taught are English as a Second Language, preparation to take the Illinois High School Equivalency test, U.S. Citizenship Training, Basic Reading and Math, and one-to-one reading tutoring for beginning adult readers. Training to become a volunteer literacy tutor is also offered. The Prevention Initiative Birth to Three program provides Home Visiting services to low-income families who have a child age birth to three who may be at risk of developmental delays.

FREE! Earn your Illinois High School Equivalency Certificate (Formerly called the GED Certificate)
We will prepare you to take the GED® Computer Based Test. Register in the morning at 9 am or in the evening at 6 pm on January 8, 9 and 10 for evening classes. You must attend two of these registration times to be eligible to begin class on Tuesday, January 29.

**Location:** Forest View Educational Center, 2121 S. Goebbert Rd. Arlington Heights. Use Parking Lot A. Enter at Door #2 in the morning and Door #4 in the evening. Go to second floor, and signs will be posted.

**Classes meet for 14 weeks:**
Tuesday, Wednesday, and Thursday evenings from 6:30-9:30 pm

**For information contact:** Nicol Engel at 847-718-7953 or nicol.engel@d214.org

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**i-Pathways**
This is a supplemental online resource to prepare for the Illinois High School Equivalency Certificate.

**Requirements:** You must register and your reading test score must meet level requirements.

**For more information contact:** Nicol Engel at 847-718-7953 or nicol.engel@d214.org

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**Special Thanks to Read to Learn Volunteers!**
Thanks to the following individuals and organizations for contributing to the success of the literacy initiative this past year:
- HandsOn Suburban (Chicago), Meijer Stores (Rolling Meadows), Rotary Club of Wheeling, Elk Grove Township, Chevron Matching Employee Fund, Mount Prospect Junior Women’s Club, Lynfred Winery, Starbucks, Prince of Peace Lutheran Church (Schaumburg), Our Saviour’s Lutheran Church (Arlington Heights), Public Libraries: Arlington Heights, Elk Grove, Indian Trails, Mount Prospect, Schaumburg Township; N. Dorsey, R. Hinrichs, M. Delaney

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**Read to Learn Adult Literacy/Volunteer Program**
One-to-one tutoring is available to help adult learners with basic reading skills. Learners must have basic English speaking skills in order to communicate with a tutor. You may go to classes at one location only. Trained volunteers work with individual learners. Lesson plans and materials are provided.

Register at the site you wish to attend. Registration takes 2-1/2 hours. Materials fee: $15.

**Registration – January 28.** Begins promptly at 9:30 am

**Classes:** Monday, February 11 – April 29, 9:30 am-noon

**Location:** Schaumburg Township District Library

**Classes:** Monday, February 11 – April 29, 9:30 am-noon

**Location:** Our Saviour’s Lutheran Church (Arlington Heights)

**Registration – January 22.** Begins promptly at 9:30 am

**Classes:** Tuesday, February 5 – April 16, 9:30 am-noon

**Location:** Arlington Heights Memorial Library

**Registration – January 22.** Begins promptly at 12:30 pm

**Classes:** Tuesday, February 5 – April 16, 12:30-3 pm

**Location:** Prince of Peace Lutheran Church (Schaumburg)

**Registration – January 23.** Begins promptly at 9:30 am

**Classes:** Wednesday, February 6 – April 17, 9:30 am-noon

**Location:** Indian Trails Public Library

**Classes:** Wednesday, February 6 – May 8, 9:30 am-noon

**Location:** Elk Grove Village Public Library

**Classes:** Wednesday, February 6 – April 17, 9:30 am-noon
**Discover: Adult Education**

**Location:** Schaumburg Township District Library

**Registration – January 23.** Begins promptly at 7 pm
**Classes:** Wednesday, February 6 – April 17, 7-9:30 pm
**Location:** Arlington Heights Memorial Library

**Classes:** Wednesday, February 6 – April 17, 7-9:30 pm

**Location:** Wheeling High School Library

**Registration – January 24.** Begins promptly at 9:30 am
**Classes:** Thursday, February 7 – April 18, 7-9:30 pm
**Location:** Forest View Educational Center

**Registration – January 24.** Begins promptly at 7 pm
**Classes:** Thursday, February 7 – April 18, 7-9:30 pm
**Location:** Rolling Meadows High School Library

**Registration – January 25.** Begins promptly at 9:30 am
**Classes:** Friday, February 1 – April 26, 9:30 am-noon
**Location:** Mount Prospect Public Library

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**Volunteer Literacy Tutors Needed!**
For more information and to register, go to [ce.d214.org/readtolearn](ce.d214.org/readtolearn)
Training January 18-19, 2019

**Spanish GED ¡Gratis!**
**Clases de preparación para el examen de GED® en español**

_Certificado de Equivalencia de la Educación Preparatoria_

Para determinar si usted califica para tomar la clase de preparación de GED® en español tendrá que hacer un examen antes de que comience la clase. Este examen se hará el día de las inscripciones y tendrá una duración de 3 horas.

Por favor llegue temprano, el examen se dará a las 6 pm en punto aproximadamente.

**Inscripciones:** 22 y 24 de enero de 2019 a las 6 pm en el salón 205

**Clases:** martes y jueves de 6-9 pm

**Ubicación:** Forest View Educational Center (¡No hay cuidado de niños!)

Para más información llame o mande un mensaje por correo electrónico a Carinna Tello 847-718-7722; carinna.tello@d214.org, Jessica Escutia 847-718-7911; jessica.escutia@d214.org

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**ESL**

English language learners study the English language in order to gain knowledge and skills to attain a secondary school diploma or transition to post-secondary education and training through career pathways. Goals include acquiring the skills to succeed in the 21st century economy and to function effectively as parents, workers, and U.S. citizens engaged in civic participation.

For information, call 847-718-7725.

Para más información llame al 847-718-7911.

We offer Beginning through Advanced Levels.

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**U.S. Citizenship Test Preparation – Free**

If you are a permanent resident, consider applying for American citizenship. We can help you to become an American citizen.

**Bring your alien registration card or a copy to registration.**
**Please arrive on time for registration.**

**Citizenship Class**

**Registration – January 22, 2019, 9 am**
**Location:** Forest View Educational Center, Room A237
**Classes:** Tuesday and Thursday, 9 am-noon

**Citizenship Class: Teacher speaks English and Polish**
**Registration:** January 22, 2019, 6:30 pm
**Location:** Forest View Educational Center, Room A237
**Classes:** Tuesday and Thursday, 6:30-9:30 pm

**Citizenship Class: Teacher speaks English and Spanish**
**Registration:** January 12, 2019, 9 am
**Location:** Forest View Educational Center, Room A205
**Classes:** Saturday, 9 am-2 pm

**Citizenship Class**

**Registration:** January 12, 2019, 9 am
**Location:** Forest View Educational Center, Room A237
**Classes:** Saturday, 9 am-2 pm

**Citizenship Class**

**Registration:** January 19, 2019, 10 am
**Location:** Hoffman Estates Branch Library
1550 Hassell Road, Hoffman Estates, IL 60169
**Classes:** Saturday, 10 am- 3 pm

**Citizenship Class**

**Registration:** January 28, 2019, 6:30 pm
**Location:** Schaumburg Township District Library, Adult Classroom
130 S. Roselle Rd, Schaumburg
**Classes:** Monday and Friday, 6:30-9:30 pm

**For more information contact:** Ewa Crowe at 847-718-7730 or email ewa.crowe@d214.org

We also fill out citizenship applications (N-400 & N-600) and offer practice interview for a nominal fee. Please call to make an appointment.

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**Approximately 14% of the FY19 Read to Learn program is paid with federal funds in the amount of $23,886.**

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**Register Online @ ce.d214.org**
**READING 101 – Free**
Speak, Read and Lead with Confidence
For Intermediate Level Students

**Registration:**
Register in the morning at 9 am or in the evening at 6 pm on January 8, 9, and 10. You must attend two of these registration times to be eligible to begin class on Monday, January 28.

**Location:** Forest View Educational Center, 2121 S. Goebbert Rd. Arlington Heights. Use Parking Lot A. Enter at Door #2 in the morning and Door #4 in the evening. Go to second floor, and signs will be posted.

Classes meet for 14 weeks:
Monday and Wednesday mornings from 9 am-12 pm

**For information contact:** Nicol Engel at 847-718-7953 or nicol.engel@d214.org

- Approximately 52% of the FY18 EBRI Program is paid with Federal funds in the amount of $3,796.00
- This program is funded in part by the Chicago Tribune Charities-Holiday Campaign, a McCormick Foundation fund.

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**Family Literacy - Parent/Child Interaction**
LIMITED ENROLLMENT

The Family Literacy program is an educational class for children 3-10 years of age before September 1st of the current school year. The child must enroll with a family member who is taking an Adult Education and Literacy class. The family member who enrolls the child must participate in a half hour Parent/Child Activity during the child’s class. For more information, please contact Carinna Tello 847-718-7722 or carinna.tello@d214.org.

- Approximately 21% of the FY19 Family Literacy program is paid with federal funds in the amount of $11,628.

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**The Catherine M. Lee Women’s and Children’s Center – Free**
Happy Moms = Happy Kids, Moms Learning = Kids Learning, Moms who Read = Kids who Read

The Catherine M. Lee Women's & Children's Center helps female immigrants gain skills in speaking, listening, reading, and writing English in order to increase their readiness skills for gaining employment and helping their children succeed in school. Children ages 5 and under are welcome to attend early childhood education classes while their mothers attend adult classes.

Space is limited in the children’s rooms, so please register on the first day. The Women’s and Children’s Center is grateful to agencies and organizations that provide necessary social services to our program participants.

To be eligible, you must participate in the entire program curriculum, which consists of classes 3 mornings per week in five components: English as a Second Language (ESL), Employability Skills, Digital Literacy, Parent Education and Tutoring.

**Beginning-Intermediate Levels Registration:**

**Priority Registration: Thursday, January 17, 2019 at 9 am**
(Only returning students with a pass)

**Registration is Tuesday, January 22, 2019 at 9 am.**

**Classes:** Tuesday, Thursday and Friday at 9 am-noon

**Location:** Forest View Educational Center, Room A205

**For more information, please call:** Carinna Tello at 847-718-7722, carinna.tello@d214.org or Jessica Escutia at 847-718-7911, or jessica.escutia@d214.org

This program is made possible by a grant awarded by the IL State Library (ISL), a division of the Office of the Secretary of the State, using funds designated for literacy. Approximately 25% of the FY18 program is paid with Federal funds in the amount of $19,411.

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**College and Career Ready 101 and 102**
(Brige to College, Jobs and Careers)

The College and Career Ready 101/102 course enables participants to enhance their employability skills in reading, writing, and math needed to be “College Ready” for transition into High Demand Jobs and certificate programs at Harper College in careers including: Graphic Design, Manufacturing Technology, Logistics, Health Care, Medical Office Administration, HVAC, Electronics, Certified Nursing Assistant, Human Services, Community Health Worker & more!

We teach on-the-job valued work skills such as: Critical Thinking, Information Technology Applications, Career Management, Resume Development, Teamwork and Exploring Career Pathways.

Classes meet at Forest View Educational Center. We offer both morning and evening classes.

**Registration:**
Register in the morning at 9 am or in the evening at 6 pm on January 8, 9, and 10 for morning and evening classes. You must attend two of these registration times to be eligible to begin class on Tuesday, January 29.

**Location:** Forest View Educational Center, 2121 S. Goebbert Rd. Arlington Heights. Use Parking Lot A. Enter at Door #2 in the morning and Door #4 in the evening. Go to second floor, and signs will be posted.

**Classes meet for 14 weeks:**
Tuesday and Thursday mornings from 9 am-12 pm or Tuesday and Thursday evenings from 6:30-9:30 pm

To determine if you qualify or for more information, contact Julie Frost no later than January 7 at 847-718-7876 or email Julie. Frost@d214.org.

This program is funded in part through The Chicago Tribune Charities-Holiday Campaign, a McCormick Foundation fund.

Approximately 47% of the FY19 College & Career Ready Program is paid with Federal funds in the amount of $10,307.

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**ADA Accommodations**

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 can contact Julie Frost at 847-718-7876 to discuss their need for accommodations.
Hot Rocks Rolling Stones Tribute Band  
Sunday, January 27, 2018 • 3 p.m.  

Considered the “Best in the Midwest” by The Rolling Stones, Paramount Pictures and Martin Scorsese  

“This is as good as it gets with any Stones Tribute Band,” says James Phelge, author and former Rolling Stones roommate  

Hot Rocks Rolling Stones Tribute presents an all-ages theater-style show with the music, the look and the energy. This Rolling Stones Tribute show will have you shouting the words to “Jumping Jack Flash” and clapping along to “Brown Sugar,” and it will be a rockin’ party!  

Tickets: $15-GC | $18-Adv | $20-Door

The Whiskey Brothers,  
Your St. Patrick’s Day Entertainment  
Sunday, March 17, 2019 • 3 p.m.  

Spend your St. Patrick’s Day enjoying traditional Irish music! The Whiskey Brothers, Chicago’s premier Irish band, will play traditional jigs and reels, fun drinking songs, beautiful Irish ballads, American music with an Irish flair, and much more! Founded in 2001, The Whiskey Brothers will add joy, laughter, learning and excellent music to your St. Patrick’s Day. The band’s five members - Dan, Jim, Jeff, Dave, and Paula - will sing and play multiple instruments like fiddles, banjo, guitar, mandolin, whistles, bodhrán (Irish drum), spoons, washboard, a variety of other percussion and an amazing five-part harmony that make up their unique Irish sound.  

Tickets: $15-GC | $18-Adv | $20-Door
District 214 Community Education Presents  
The Concert Series at Forest View (continued)

- **American Icon Johnny Cash Tribute**  
starring Doug Allen Nash  
Sunday, June 9 • 3 pm

This production is a tribute to the musical legacy of the late great Johnny Cash. Featuring Cash’s classic songs as well as his later works, portrayed by international performer Doug Allen. In addition to being an entertaining stage show, the production is supported by original Cash-inspired music, including the single “June,” written by Doug Allen and the legendary writer/producer, Jeff Silverman.

Mr. Allen, an avid Johnny Cash fan, was inspired to perform Cash’s music because of the open dialogue that Johnny personally shared with him. Doug Allen captures the physical appearance, vocals, speech, mannerisms and spirit of the immortal Johnny Cash. With great vocals and “A-list” musicians, the show captures the authentic Cash sound, making *American Icon: A Tribute to Johnny Cash* a must-see for everyone!

**Tickets:**  
$15-GC | $18-Adv | $20-Door

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**Cultural & Performing Arts presents a one-of-a-kind family show...**

**Dave Herzog’s Marionettes**  
Saturday, January 19, 2019 • 3 p.m.  
Forest View Educational Center

Bring the whole family and see the amazing Dave Herzog and his marionettes perform in a variety show. Dave Herzog’s Marionettes are colorful marionettes, or string puppets, that sing, dance, walk the tightrope and perform on the trapeze.

Herzog has been involved in puppetry since receiving a toy marionette from his father when he was four years old. As a full-time professional puppeteer for 44 years, Dave has performed in thousands of shows in theaters, amusement parks, schools, and libraries nationwide. Dave is best known in the Chicago area for performing at the world-famous Navy Pier for 19 years.

Herzog has been a guest performer with Chicago’s acclaimed Hystopolis Productions and made his New York stage debut in 1991 at the famed Joseph Papp Public Theater. Herzog creates all of the hand-carved marionettes featured in his touring marionette productions.

**Tickets:**  
$5-GC/Adv | $7 Door | $20-Family of 4  
Children 2 & Under Free
Discover: Youth, Family and Parent Programs

- Children’s Theatre (p 42)
  - Hairspray Jr. Audition Clinic | Hamilton is My Jam! | Just Improv
- Dance – Boys Break Dance | Cheerleading/Poms | Girls Hip Hop (p 40-41)
- Future Ready Parent Series (p 44)
  - The Successful Parent: The Good News About Bad Behavior
  - Understanding Teen Stress & Anxiety: How to Raise a Healthy, Confident and Successful Adult
  - What Every Parent Needs to Know
- Mom/Daughter Yoga | Parent/Child Yoga | Youth Yoga (p 41)
- STEM, Winter and Spring Break STEM Camps (p 42-44)

Register Online ce.d214.org