Discover
D214 Community Education

Apple Crisp with Cinnamon Whipped Cream, a fall favorite!

Page 18

To register, call 847-718-7700 or visit ce.d214.org
Robin is known for being **Dedicated, Trustworthy & Loyal**

- Serving all your real estate needs in the Northwest Chicago suburbs.
- Resident of Arlington Heights for over 23 years.
- Vice President of the D214 Foundation Board, giving back to the community by serving Board for 4 years and committed to helping the Foundation facilitate funding the future for our D214 students and creating opportunities for college and career success.
Welcome!

Dear Community Members:

Welcome to the fall 2019 issue of the Community Education program guide! Here, in District 214, we are truly committed to providing residents of all ages with opportunities for lifelong learning. Our Community Education offerings do just that. In the following pages, you will find courses and workshops that will help you pursue a new hobby, acquire a new skill or transition into a new career.

At the high school level, we are delivering an innovative education to students through our Career Pathways program, which provides career-focused courses, access to early college credit and industry certifications and opportunities to intern at local businesses.

We are also taking the lessons learned from our high school-level pathways program and partnering with industry and local businesses to offer adults in our communities the chance to start a career in manufacturing. Students will study for introductory certificates in manufacturing while improving basic skills that will lead them to better employment opportunities. You can learn more about this on page 36.

Together, we are overcoming any preconceived ideas about careers in manufacturing and helping adults realize that manufacturing is a career opportunity for them.

If you are looking for a new hobby, try Come Fly Indoors with Us on page 29. Having trouble with the computer? We have classes in technology that can help you out. Love to travel? Make sure you check out the list of exciting destinations on pages 12 and 13. These are just a few Community Ed offerings.

Our Board of Education believes in providing high-quality resources to individuals in our community and aims to encourage continual improvement through innovation and risk-taking. This fall, you will find dozens of new classes offered as well as several popular, returning courses.

There are so many opportunities for you to grow and invest in yourself through our Community Education program. On behalf of the Board, I hope you have a wonderful fall.

Dan Petro
President, Board of Education

Dear Community Members:

Please join us as we continue to offer opportunities in cultural and performing arts, lifelong learning, and travel during the 2019-2020 school year. Whether you take classes, attend events, or had a child participate in our first-ever Discovery Youth Camps this past summer, we want to continue to offer new and innovative programming to meet the needs of the communities we serve.

Future Ready Parent Series
The Future Ready Parent Series is back and kicking off the series is Detective Rich Wistocki, a national child crime specialist, who will present on the topic, Cyber Security and Your Teen, on September 24. On December 4, we have invited Michele Borba, bestselling author, who will speak on teaching empathy to the “selfie generation.” She will offer a nine-step program to help parents cultivate empathy in children, from birth to young adults.

Decision 2020
Decision 2020, our series on the upcoming presidential election, will explore the topics and themes of the current political landscape. We will host political journalists and experts at a pre-election panel discussion on the 2020 U.S. presidential candidates.

Travel Destinations
Whether it’s international flair or local fare, our Community Education Travel (CET) team has developed hundreds of trips for the upcoming school year.

Under the leadership of travel extraordinaire Linda Kerr, CET’s team provides safe, convenient and high-quality group tours. Interested in exploring a destination on your own? Reach out to the CET team to discuss our customized travel options and utilize our team’s deep expertise and experience to plan your next travel adventure.

Adult Manufacturing Pathway
High School District 214 is a national leader in its college, career and life readiness programming. Our Adult Manufacturing Pathway courses are now being offered at Wheeling High School in partnership with the local manufacturing community.

District 214 Career Discovery Nights
District 214 provides you and your child the opportunity to connect personal interests, abilities and knowledge to a career path. Our fall lineup starts with Fine Arts on September 17, Health and Natural Resources on September 26, Engineering, Industrial Technology and Business and Computers on October 2, and more. Go to page 44 for more information.

Sincerely,

Patrick Mogge
Director of Community Engagement and Outreach
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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

Register Online @ ce.d214.org
Registration Form

Participant Information

First Name: ____________________________ Last Name: ____________________________

Street Address: ________________________________________________________________

City: __________________ State: ________ Zip: ____________

Primary Phone: ____________ Mobile (or other) Phone: ____________________________

Email: _____________________________________________________________

☐ Yes, add me to the District 214 Community Education email list

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<th>Participant (First/Last Name)</th>
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I would like to donate to the District 214 Foundation 501(c)(3): ☐ $10 ☐ $20 ☐ $ _______ $

Total Payment $__________

Payment Information

Method of Payment (check one): ☐ Cash ☐ Check (payable to District 214 Community Education) ☐ Credit Card

Credit Card (check one): ☐ Visa ☐ Mastercard ☐ Discover

Cardholder Name (Please print as it appears on card): ________________________________________

Cardholder Signature: ____________________________

Card Number: ____________________________

3 Digit Security Code (back of card): ____________ Card Expiration Date: ____________

Payment Information

Method of Payment (check one): ☐ Cash ☐ Check (payable to District 214 Community Education) ☐ Credit Card

Credit Card (check one): ☐ Visa ☐ Mastercard ☐ Discover

Cardholder Name (Please print as it appears on card): ________________________________________

Cardholder Signature: ____________________________

Card Number: ____________________________

3 Digit Security Code (back of card): ____________ Card Expiration Date: ____________

4 Ways to Register  www.ce.d214.org | ph: 847-718-7700 | f: 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 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.

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.

I have read and fully understand and accept the program details, policies, procedures, waiver and release of all claims.

Signature of Parent/Guardian/Participant 18+

(Must sign to process registration)
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 $25 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 cancelation fee.

The credit voucher needs to be used within one year of the class cancelation. 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. For non-medical reasons, a CET traveler may get a travel voucher for future travel. Each travel brochure has description of our cancel policy and CET will take it on a case-by-case basis. 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.

Smoking, Alcohol and Drug Use Policy
All District workplaces are drug- and alcohol-free workplaces. According to federal law and school board policy, there is to be no smoking or use of tobacco products or electronic cigarettes; distribute, consume, use, possess, or to be under the influence of an alcoholic beverage or illegal drug; be present when the person’s alcohol or illegal drug consumption is detectable, regardless of when and/or where the use occurred; use or possess medical cannabis. This is in effect 24 hours a day, seven days a week. This includes attendance at all extracurricular activities.

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.

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 receives 2019 National School Library of the Year Award

High School District 214 is the recipient of the American Association of School Librarians’ (AASL) 2019 National School Library of the Year (NSLY) Award.

Sponsored by Follett, the NSLY Award annually honors a single school or district-wide school library that exemplifies implementation of AASL’s “National School Library Standards for Learners, School Librarians, and School Libraries.” District 214 will receive a crystal obelisk — the symbol of school library excellence — and $10,000 toward its school libraries.

“The decisive point for the committee was the depth and richness of the collaboration among the administrators and school librarians,” said Rob Hilliker, award committee chair. “We were also highly impressed by the integration of programming and service delivery with local public libraries, and the rich educational partnerships with local businesses to promote authentic, project-based inquiry learning for their students.”

In District 214, librarians are the forefront of integrating technology into the curriculum and foster a lifelong love of books. District 214 library collections reflect the diversity of students’ passions and interests, and the District’s Education Career Pathway includes librarianship as a specialization.

“We are so excited to see our awesome librarians recognized for their innovative work and dedication to our students,” said Dr. David R. Schuler, District 214 superintendent. “Our librarians support our rigorous academic curriculum by teaching students how to perform independent inquiry, think critically and solve problems. They are committed to helping students discover their futures and prepare them for postsecondary success.”

District 214 teacher prep program highlighted as model for Illinois effort to build teaching pipeline

Funding to build a pipeline of high-quality teachers in Illinois was announced in May at a High School District 214, where 100 students signed letters of intent to become teachers.

At District 214’s Educator Prep signing ceremony, the Joyce Foundation, Illinois P-20 Council and Education Systems Center at Northern Illinois University launched Scaling Education Pathways in Illinois, an initiative that will help eight communities build streamlined teacher career pathways that begin in high school and stretch into postsecondary, setting students on a clear path to a teaching license. The goal is to create teacher pipelines to plug gaps in the teaching ranks. The gaps are particularly acute in rural and urban classrooms.

Illinois faces teacher shortages in key subjects such as special education, English Language Learners and STEM. The state’s teaching ranks also lack needed diversity, as the teacher workforce is 85 percent white despite research that shows students of color benefit from having teachers of color.

The new initiative builds off “Teach Illinois: Strong Teachers, Strong Classrooms,” a policy roadmap on addressing teacher shortages that was created by the Illinois State Board of Education, and funded by the Joyce Foundation.

In the Teach Illinois report, District 214’s Educator Prep program is highlighted as a model for teacher preparation programs. The new statewide initiative is partially modeled off District 214’s program.

Launched in 2016, the District’s Educator Prep program recruits students interested in education and ensures they are highly qualified for teaching positions in Chicago’s northwest suburbs and beyond. As part of the program, high school students receive a sequence of education coursework, dual-credit opportunities and external teaching experiences.

As part of the Educator Prep program, students can study education at National Louis University or Northeastern Illinois University, where they will continue to receive professional development opportunities from District 214 and partnering elementary districts, including a guaranteed student teaching position. If students successfully complete their higher education programs, they are guaranteed a job interview at District 214 or a partnering district in open positions.

Wheeling entrepreneurs capture prize at District 214’s Future Ready Showcase

A team of Wheeling High School entrepreneurs took home $2,500 this spring after impressing a panel of judges with their innovative product.

Students who created Straw Sheath — a portable, reusable straw with a stylish cover — won the funds at District 214’s Startup Showcase. The students created the silicon straw in their entrepreneurship class and worked on creating a business plan over the last several months.

continued on page 11
Hit the Green and Fund the Future

Foursomes and sponsorships are still available for the 2019 Foundation for the Future Golf Open and Reception, benefitting student success and innovation across the District through the District 214 Education Foundation.

The event is set for Monday, September 9 at Rolling Green Country Club in Arlington Heights. It will include 18 holes, brunch, on-course contests and food prepared and served by District 214 culinary students. A reception will include hearty appetizers and entertainment, as well as a robust raffle.

The event is expected to sell out. Information on sponsorships, as well as full details on golfer registration, is at www.214foundation.org/golf-open.

Not a golfer? Reception-only tickets also are available.

To discuss sponsorships with a member of the Foundation staff, contact Brooke Snell at (847) 718-7699 or email brooke.snell@d214.org.

The Golf Open annually raises more than $55,000, funding the future for hundreds of students and ensuring continued opportunities for college and career success beyond the limitations of conventional funding for public education.

Thanking Teachers and Funding the Future

In debate practice at Wheeling High School, Rishi Ganti didn’t realize his coach would have such a profound impact on his life. Now a successful investor who holds three Harvard degrees, Ganti says retired teacher Don Tantillo’s lessons live on. Interviewed live in 2017 on international TV, he was comfortable, he says, largely because of Tantillo’s debate instruction as a teen.

“The thousands of hours we spent debating and working with Mr. Tantillo eventually became a skill that I recognized other adults didn’t have and ultimately would never have,” Ganti says.

Ganti was among those who paid homage to educators through the “Part of My Story” campaign, an annual fundraising and thank-you opportunity through the Foundation that allows graduates, parents and others to honor a teacher, coach, administrator, aide or anyone else from their — or their child’s high school years who positively impacted and shaped the story of their life. The tributes were printed on postcards and delivered to educators current and retired.

The campaign is timed around Teacher Appreciation Week in the spring. Look for more information in coming publications and at www.214foundation.org.

Sponsor a Student or College Visit

The Foundation this summer will name the 12 members of its inaugural Next Generation Pathway to Completion Cohort: a group of incoming juniors who also are first-generation students, in many cases facing financial need.

The students will participate with their parents or guardians in targeted college readiness programming through junior and senior year, and receive four years of postsecondary mentoring from District 214 alumni to empower their future.

The Foundation is seeking sponsors to make this program a success. Opportunities are available to sponsor a college visit for 50 students and their parents ($3,500); fund a first-generation scholarship ($3,000); fund a laptop for a student in the cohort ($900); fund the cost of programming and mentorship training ($1,500); or otherwise provide support in an amount meaningful to you.

All contributions will ensure the success of this unique program, and provide tangible, life-changing opportunities for the selected students and families.

To discuss support opportunities or if you are an alumna/us interested in mentoring, contact Erin Brooks, (847) 718-7688 or erin.brooks@d214.org.
More than $40,000 in Scholarships Awarded

More than 35 students earned nearly $45,000 in scholarship assistance through the Foundation this spring, fueled by generous gifts from individual and corporate donors.

The scholarships included the District’s unique Redefining Ready! award, which asks students to tell the world in a 30-second Twitter video how they are college, career and life ready beyond a test score; opportunities for females pursuing STEM and law; awards celebrating excellence in journalism, speech, debate, theater and athletics; the new Serafin Fund Scholarship for learners in District 214’s Adult Education and Family Literacy Program; and the Blueprint Bosch Vocational Scholarship, which awarded five students $3,000 each toward a career certificate at a two-year college. In many cases, that will fully fund at least one certificate.

The five Bosch awardees, representing Buffalo Grove, John Hersey and Rolling Meadows high schools and The Academy at Forest View, will be studying everything from HVAC and maintenance tech to automotive technology this fall and were celebrated at a luncheon with leadership at Bosch in Mount Prospect.

To discuss scholarship opportunities, contact Erin Brooks in the Education Foundation, erin.brooks@d214.org or (847) 718-7688. Endowments and immediate-use scholarships are available benefitting both postsecondary success and enrichment opportunities for students still in District 214.

No Class Dates/Skip Dates

FALL

All Schools  8/31, 9/1, 9/2, 9/29, 9/30, 10/8, 10/9, 11/27, 11/28, 11/29, 11/30, 12/22, 12/23

BGHS 8/29

FV 10/23-No classes after 3 pm

JHHS 8/29, 9/25, 10/4, 12/19

PHS 8/29, 9/12, 9/13, 9/14, 9/17, 10/5

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.
John Hersey High School educates, challenges and inspires students every day so they are college and career ready. Serving Arlington Heights, Mount Prospect, and Prospect Heights, the school believes in creating and fostering a world where each student has the opportunity to become their best self.

In addition to its robust Career Pathways program and numerous co-curricular activities, Hersey also houses the district’s Career Life Skills program, which works with students who have cognitive disabilities.

Hersey was named one of the Top 5 high schools in suburban Cook County by Chicago Magazine and is ranked as the 13th best high school in Illinois by U.S. News and World Report.

**DISCOVER ACADEMICS & CAREER PATHWAYS**

Hersey offers a rigorous academic program to prepare students for post-secondary education and careers. Among the Career Pathway offerings are:

- **Business Management:** These courses help students develop planning, organizing and evaluating skills essential to efficient, productive business operations.
- **Education:** Classes develop the next generation of educators through hands-on courses, workplace learning experiences and extended educational opportunities.
- **Health Science:** Classes in this pathway and in the school’s new health lab prepare students for in-demand jobs in the medical field.
- **Legal Services:** Students can explore careers and gain a deeper knowledge in law, public safety, homeland security and corrections.

**DISCOVER YOUR PASSIONS**

Hersey encourages students to get involved in co-curricular and athletic programs to help them explore their passions while furthering their overall learning and preparation for the future. Opportunities include:

- 22 boys and girls athletics programs
- Vocal, music, theater and writing groups
- Career-oriented and cultural groups
- Competitive activities, including DECA Business Club, Scholastic Bowl and Science Olympiad
- Leadership and volunteerism groups

**DISCOVER YOUR FUTURE**

Hersey is committed to giving its students the best education possible, offering numerous Career Pathways, dual credit and Advanced Placement courses. Students also can gain long-term benefits through involvement in co-curricular activities and community service, such as Service Over Self, which works with senior citizens, veterans, food pantries and individuals with special needs.

In addition, the school offers students workplace opportunities to learn necessary skills, earn certifications, and gain the knowledge necessary to succeed in the workforce and in life.
Alumni Spotlight:
Kristi Nelson
John Hersey High School
Class of 1988

As an attorney, Hersey graduate Kristi Nelson handles the heart-wrenching.

Her pro bono cases – her passion – have focused on those most in need, including women and children who escaped extreme violence to seek asylum in the United States; a teenage boy from Somalia seeking safety from a terrorist group; and detained families in Texas who desperately needed immigration assistance.

All have had happy endings, and her desire to help and educate has led to other opportunities: a volunteer role teaching Chicago Public Schools elementary students about the American legal system; a one-week stint in Somaliland teaching high-schoolers there about the United States constitution and the laws entwined with it.

She now is setting her sights on her alma mater, which – like all schools in High School District 214 – now offers a law and equity curriculum preparing students for careers in the law and justice fields through classes, internships and mock trial.

The courses rely on those like Nelson willing to give their time to help educate students, working alongside teachers and sharing their journey and expertise.

“I enjoy connecting with students who are interested in pursuing law as a career,” Nelson says. “I encourage anyone who has an interest in law to go for it.”

A partner in the Chicago law firm of Gair Eberhard Nelson Dedinas Ltd., she says skills she relies on now blossomed at Hersey, where she was a member of the basketball and football cheerleading teams and the National Junior Honor Society.

“Participating in these activities taught me the importance of teamwork and gave me confidence, both of which are important in the practice of law,” she says. “Hersey provided the foundation for me to excel in college and law school.”

Following graduation from Hersey in 1988, Nelson received a B.A. cum laude in psychology with a minor in Spanish from the University of Tulsa – a college that had sent an admissions representative to Hersey when she was still a Huskie and piqued her interest. She received her J.D. from DePaul University’s College of Law, graduating with honors, ranking in the top 10 and making the DePaul Law Review.

Her advice for students?


Nelson lives in Chicago with her husband and two teenage children. Her parents still live in the house she grew up in near Hersey, and she always enjoys coming “home.”

District 214 alumni interested in reengaging with their alma mater may contact the District 214 Education Foundation at foundation@d214.org. The District’s robust Career Pathways program thrives on alumni engagement and generosity.

Discover: Happenings in District 214 | Wheeling entrepreneurs
continued from page 7

The Startup Showcase was one part of District 214’s Future Ready Showcase, an evening where students from across the District gathered to present their innovative work. Along with pitching their businesses, students showcased their legal expertise and oratorical skills through mock trials, presented their commercial and residential architectural designs and displayed the iOS apps they have built from scratch.

The goal of the overall event is to show community members and parents what the District’s Career Pathways program offers students – opportunities to explore their interests and discover careers while in high school.

As part of the District’s Design214 course, students spent a semester creating floor plans for Lewis University’s space at the Chicago Executive Airport and a home in Rolling Meadows that will be remodeled by construction students in District 214.

Throughout the semester, students consulted with industry professionals to get feedback on their work. Area businesses said they were impressed with the course and the real-world experience students received.

The robust Career Pathways program provides all District 214 students with rigorous academic courses, access to early college credits and industry certifications, and personalized, work-based learning experiences. Students can choose from pathways such as aviation, business management, culinary arts, engineering, health sciences, IT and manufacturing.
River Cruises 2020

Why a river cruise?
At Community Education Travel (CET), we are often asked what the most comfortable way is to see the world. The top answer, hands down, is to go on a river cruise.

Why a river cruise? Your ship is your home for the duration of the cruise, so you only pack and unpack once. The staterooms on Avalon's Suite ships, our choice of providers, have the widest opening windows and floor-to-ceiling glass walls that provide the cruise industry's only Open-Air Balcony, giving you ever-changing scenery and a view like no other! There’s ample storage and a good-size bathroom with a full shower. Dining, service from the crew and the daily tours are all first-class. It’s the best way to travel.

CET is excited to offer four river cruises in 2020, starting with **Colorful India and the Ganges River, February 1-14**. Join your fellow travelers in entering a world of color, culture and cherished spiritual tradition of India. You will begin your guided tour in the bustling city of New Delhi and experience a rickshaw ride through the Chandni Chowk Bazaar that’s brimming with everything from silver and spices to saris of every color. You’ll visit the world’s largest brick minaret, and see Delhi’s largest Sikh gurudwara (house of worship) before traveling to Agra, site of the legendary Taj Mahal. On Day 7, you start the cruise part of your tour as you embark your ship in West Bengal.

Sail on the Seine River and enjoy the unparalleled beauty of Paris and the picturesque and historical region of **Normandy, June 8-16**. Embark on your adventure in Paris and sail to Vernon where you will be able to choose between Claude Monet’s stunning garden at Giverny or the remarkable Bizy Castle, known as “Normandy’s Versailles." Included is an excursion to the historic Normandy Landing Beaches, including Omaha Beach, the Point du Hoc monument, and the American Cemetery. Continuing on, you will visit Rouen, home of Joan of Arc, and visit the gothic Rouen Cathedral. You will enjoy wine, cheese and stops in charming and historical parts of France. Your adventure will be capped by spending some time in Paris where you will see the City of Light’s impressive attractions on guided walks.

The third CET river cruise is to **Burgundy and Provence with a two-night stay in Paris, October 10-20**. You’ll travel from the City of Light’s iconic sites to Port-Saint-Louis with stops in Dijon, Beaune and to St. Jean de Losne to board your ship. While in Paris, you will visit the Louvre Museum, the Arc de Triomphe, the Eiffel Tower, Opera Garnier and the famous Champs-Elysees. In Beaune, you will visit the Hotel-Dieu Charity Hospital, built in 1443, and today the home of the Van der Weyden’s painting of the Last Judgment and one of France’s architectural highlights. Continue your cruise en route to Macon along the majestic Saone River and consider an optional excursion to a Chardonnay wine cellar or to the Castle of Cormatin. You will enjoy a guided sightseeing in Lyon, walking tours in Tournon and Viviers, visit Palace of the Popes in Avignon, and choose between seeing the Roman Amphitheatre or a painting workshop in Arles before ending in Port St Louise.

Finally, CET invites you to travel to **Fascinating Vietnam, Cambodia and the Mekong River on November 1-14**. You will have the once-in-a-lifetime opportunity to immerse in the cultures and ancient traditions as you spend time with locals in the most fascinating places along the mighty Mekong River. Arrive in Ho Chi Minh City in Vietnam and get to know the city via a walking tour of its historic landmarks. A refreshing drink awaits at the rooftop bar of the Rex Hotel where the U.S. Military held the infamous “Five O’Clock Follies”. Visit the War Remnants Museum and bustling Ben Thanh Market. On this trip, there will be a hands-on Vietnamese cooking class and a guided visit to the Cu Chi Tunnels. You will sail to Vinh Long from Ho Chi Minh City, enter Cambodia and stop in Phnom Penh to visit the Royal Palace, the National Museum and the Central Market. In Wat Hanchey visit an 8th century temple and partake in a traditional water blessing given by local monks. End in Siem Riep to see the Temples of Angkor Wat.
### 2019/2020 Extended Air and Motorcoach Tours

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
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<tbody>
<tr>
<td>Oct 8-10</td>
<td>Cranberry Harvest</td>
</tr>
<tr>
<td>Oct 10-15</td>
<td>Quebec &amp; Montreal</td>
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<tr>
<td>Oct 11-17</td>
<td>Coast of Maine</td>
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<tr>
<td>Oct 13-20</td>
<td>Pennsylvania Autumn</td>
</tr>
<tr>
<td>Nov 14-18</td>
<td>Branson</td>
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<tr>
<td>Dec 2-6</td>
<td>San Antonio Christmas</td>
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<tr>
<td>Dec 3-6</td>
<td>Hallmark Christmas Kansas City</td>
</tr>
<tr>
<td>Dec 4-8</td>
<td>Christmas in New York City</td>
</tr>
<tr>
<td>Dec 9-13</td>
<td>Colonial Williamsburg Christmas</td>
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#### 2020

<table>
<thead>
<tr>
<th>Month</th>
<th>Destination</th>
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<tbody>
<tr>
<td>Jan 11-22</td>
<td>Caribbean Cruise</td>
</tr>
<tr>
<td>Jan 27-Feb 4</td>
<td>Costa Rica</td>
</tr>
<tr>
<td>Feb 1-14</td>
<td>India &amp; Ganges River Cruise</td>
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<tr>
<td>Feb 6-12</td>
<td>Key West &amp; Miami</td>
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<tr>
<td>Mar 23-Apr 7</td>
<td>S America &amp; Easter Island</td>
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<tr>
<td>Mar 24-31</td>
<td>Savannah &amp; Charleston</td>
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<tr>
<td>Apr 25-May 3</td>
<td>California Coast</td>
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<tr>
<td>Apr 26-May 2</td>
<td>Biltmore Estate, N Carolina</td>
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<tr>
<td>May 13-21</td>
<td>Yosemite, Sequoia &amp; Kings Canyon</td>
</tr>
<tr>
<td>May 18-26</td>
<td>Spain</td>
</tr>
<tr>
<td>Jun 3-11</td>
<td>Iceland</td>
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<tr>
<td>Jun 8-16</td>
<td>Paris/Normandy River Cruise</td>
</tr>
<tr>
<td>Jun 13-22</td>
<td>Canadian Rockies</td>
</tr>
<tr>
<td>Jun 16-29</td>
<td>Alaska Land &amp; Sea</td>
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<tr>
<td>Jun 16-24</td>
<td>Germany featuring the Oberammergau Passion Play</td>
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<tr>
<td>Jul 10-24</td>
<td>Scotland</td>
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<tr>
<td>Oct 10-20</td>
<td>Burgundy/Provence River Cruise</td>
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<tr>
<td>Nov 1-14</td>
<td>Mekong River Cruise</td>
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<tr>
<td>Nov 9-14</td>
<td>Smoky Mountain Christmas</td>
</tr>
<tr>
<td>Dec 28-Jan 2, 2021</td>
<td>Tournament of Roses Parade</td>
</tr>
</tbody>
</table>

### Day Trips, Tours and Cruises

#### 2019 Day Trips with Lunch

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
</tr>
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<tbody>
<tr>
<td>Sep 8</td>
<td>Chicago Cubs at Milwaukee</td>
</tr>
<tr>
<td>Sep 12</td>
<td>Ethnic Chicago Southwest Side</td>
</tr>
<tr>
<td>Sep 18</td>
<td>A Jaunt through Joliet &amp; the Joint</td>
</tr>
<tr>
<td>Sep 27</td>
<td>Autumn in Galena</td>
</tr>
<tr>
<td>Oct 8</td>
<td>Westclox &amp; Fall Colors at Starved Rock</td>
</tr>
<tr>
<td>Oct 16</td>
<td>A Taste of Modern Milwaukee</td>
</tr>
<tr>
<td>Dec 3</td>
<td>Milwaukee Christmas Lights</td>
</tr>
<tr>
<td>Dec 6</td>
<td>Tea with the Train Lady at Wandering Tree</td>
</tr>
<tr>
<td>Dec 11</td>
<td>White Christmas at Jacob Henry Mansion</td>
</tr>
<tr>
<td>Dec 12</td>
<td>Sanfilippo Mansion Christmas Concert</td>
</tr>
</tbody>
</table>

#### 2019-20 Theatre/Opera/Ballet Trips with Lunch

<table>
<thead>
<tr>
<th>Date</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 15</td>
<td>Teatro Zinzanni at Spiegeltent ZaZou</td>
</tr>
<tr>
<td>Nov 13</td>
<td>A Christmas Story at Fireside Theatre</td>
</tr>
<tr>
<td>Nov 20</td>
<td>Don Giovanni at the Lyric Opera</td>
</tr>
<tr>
<td>Dec 8</td>
<td>Joffrey Ballet’s <em>The Nutcracker</em> at the Auditorium Theatre</td>
</tr>
</tbody>
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#### 2020

<table>
<thead>
<tr>
<th>Month</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 13</td>
<td><em>Summer – The Donna Summer Musical</em> at the Nederlander</td>
</tr>
<tr>
<td>Mar 5</td>
<td><em>Madama Butterfly</em> at the Lyric Opera</td>
</tr>
<tr>
<td>Apr 26</td>
<td>Joffrey Ballet’s <em>Don Quixote</em> at the Auditorium Theatre</td>
</tr>
<tr>
<td>Jun 10</td>
<td><em>42nd Street</em> at the Lyric Opera</td>
</tr>
<tr>
<td>Sep 9</td>
<td>Dear Evan Hansen at the Nederlander Theatre</td>
</tr>
<tr>
<td>Nov 4</td>
<td><em>Frozen</em> at Cadillac Palace</td>
</tr>
</tbody>
</table>

If you would like information on any of the trips, please visit ce.d214.org, or call 847-718-7709, or email cetravel@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’*. 

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*Cranberry Harvest*
Discover: Arts

Choose your medium! Engage your creative self and explore artistic elements. We offer classes in dance, theater, needlework, and writing.

CREATIVE WRITING
I hated poetry while in school. Now I like it...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-Rm101, Dr 32
1946 10/10 Thurs 7-9pm $19/$15

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 9/4-11/13 Wed 6:30-8 pm $69/$59
(9 classes - 10/9, 10/23 are skip dates)

Latin Dance Beginning
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. (Elena Soulantska)
FVEC-D102, Dr 1
1784 9/9-11/11 Mon 6-7:30 pm $69/$59
(9 classes - 9/30 is a skip date)

Square Dance Party FREE - Singles and Couples Welcome
Square Dancing is alive and well and more popular than ever. If you love to dance meet new people and have fun this class is for you. Students will learn square dance basic moves do-si-do right and left grand grand square and more from experienced dancers provided by the Happy Twirlers Dance Club.
FVEC-Board Room, Dr 1
1222 9/4 Wed 7-8:30 pm FREE
(1 class)

Square Dancing - Singles & Couples Welcome
Square Dancing is alive and well and more popular than ever. If you love to dance meet new people and have fun this class is for you. Students will learn square dance basic moves do-si-do right and left grand grand square and more from experienced dancers provided by the Happy Twirlers Dance Club.
FVEC-Board Room, Dr 1
1224 9/11-12/11 Wed 7-8:30 pm $55/$49
(10 classes - 10/2, 10/9, 10/23, 11/27 are skip dates)

MUSIC
214Sings Adult Choir
You are invited to join 214Sings Adult Choir, a performing vocal ensemble, 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 9/9-11/11 Mon 7:15-8:15 pm $45/$39
(9 classes - 9/30 is a skip date)
Performance - 11/16 Sat 7-8 pm

214Sings Adult & Youth Choir Performance
Join us for an evening performance by our Adult and Youth 214Sings choirs. Enjoy the sounds of contemporary and classic innovative choral renditions. The next set of classes also are starting soon; get a taste for the class before you join. No experience required. (David Hain, Award-winning Director and Conductor)
FVEC-Theater, Dr 1
1630P 11/16 Sat 7-8 pm FREE

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-RmC112, Dr 1
1030 9/10-11/12 Tues 7-8 pm $99/$89
(9 classes – 10/8 is a skip date)

Fingerstyle Guitar
Did you ever want to learn how to play Fingerstyle/Classical guitar? Students will learn the fundamentals of playing without a pick, exploring beginning classical/fingerstyle guitar pieces and learning how to apply this technique into your song repertoire. Students of all levels with basic experience and chord knowledge recommended. Must provide your own instrument. (Michael Plantan)
FVEC-C112, Dr 1
1031 9/10-11/12 Tues 8-9pm $99/$89
(9 classes - 10/8 is a skip date)
Garage Band: Digital Audio Computer Program
High School and Older
Garage Band is the most stable, 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, Award-winning Director and Conductor)
FVEC-A223, Dr 4
1859 9/9-10/21 Mon 8:30-9 pm $29/$25
(6 classes - 9/30 is a skip date)

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. (Michael Plantan)
FVEC-C112, Dr 1
1611 9/10-11/12 Tues 6-7 pm $99/$89
(9 classes – 10/8 is a skip date)

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, Award-winning Director and Conductor)
FVEC-C112, Dr 1
1350 9/9-10/21 Mon 6:45-7:15 pm $29/$25
(6 classes - 9/30 is a skip date)

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 l-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 9/10-11/19 Tues 2-4:30 pm $79/$69
(9 classes – 9/24, 10/8 are skip dates)
PHS-Staff Cafe, Dr 30
6002 9/9-11/18 Mon 7-9:30 pm $79/$69
(9 classes - 9/23, 9/30 are skip dates)

Jewelry Making: Hex Necklace
This is a must-have necklace! Beads are either glass or natural stone. Made with Hex beads and crystals, if you like a little glitz. Matching mother and daughter bracelets can be made also. Materials included. (Noreen Rode)
JHHS-154, Door 32
1519 10/10-10/24 Thurs 7-9 pm $59
(3 classes)

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 11/19-12/3 Tues 7-9 pm $69
(3 classes)

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 10/1-10/22 Tues 7-9 pm $69
(3 classes – 10/8 is a skip date)

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 9/11-11/20 Wed 7-9:30 pm $95/$85
(10 classes - 10/9 is a skip date)

Sewing 1
Learn basic sewing terms, techniques, fabric selection and pattern reading. This class will focus on specific projects intended for students with little or no experience, though all levels are welcome. Bring a notebook and pen; other materials will be discussed on the first class. (Karina Matias, Artist, Designer)
RMHS-C101, Dr 11
4201 9/12-11/14 Thurs 7-9 pm $95/$85
(10 classes)

VISUAL ARTS
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 9/9-11/4 Mon 7-9:30 pm $99 /$89
(8 classes - 9/30 is a skip date)

Oil Painting – All Levels
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. (Renee Lee, Artist, Painter and Visual Arts Instructor)
JHHS-136, Dr 32
1411 9/9-11/4 Mon 7-9:30 pm $115/$105
(8 classes - 9/30 is a skip date)

Teacher Bio on page 16.
Photography I
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, Professional Photographer and Instructor)
PHS-135 (ART), Dr 30
5655 9/16-11/25 Mon 7-9 pm $159/$145
(10 classes - 9/30 is a skip date)

Watercolor All Levels
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 Jorgenson, Artist)
PHS-135 (ART), Dr 30
1401 9/24-11/19 Tues 7-9:30 pm $99/$89
(8 classes - 10/8 is a skip date)

New Classes

DANCE
Latin Dance Intermediate
This class is for adults who have basic knowledge of Latin dance: salsa, merengue, bachata, cha-cha, or rumba, or have taken Latin Dance Beginning. Singles and couples are welcome. (Elena Soutlanska) FVEC-D102, Dr 1
1684 9/9-11/11 Mon 7:30-9 pm $69/$59
(9 classes - 9/30 is a skip date)

MUSIC
Ukulele Intermediate
These classes are for students with a basic knowledge of the ukulele or who have taken Ukulele Beginning. We will further explore chords, strumming patterns and tablature while learning to apply these techniques into songs. Must provide your own instrument. (Michael Plantan) FVEC-C112, Dr 1
1628 9/10-11/12 Tues 5-6 pm $99/$89
(9 classes - 10/8 is a skip date)

Visiting Artist Lee Conroy
A graduate of The School of the Art Institute of Chicago, Renee Lee is passionate about what she does and loves to share her passion and talent with others.
Lee has 25 years of experience teaching at the college and high school level. Lee is an art instructor at the Metropolitan Schoolhouse and also has experience as fine arts, painting, drawing and art history instructor and more. She taught at The School of the Art Institute of Chicago for six years and numerous art centers. She also has her own business where she teaches privately.

NEEDLEWORK AND CRAFTS

Intro to Needlepoint
Explore a relaxing new craft! Learn techniques for starting/stopping a thread and 12 go-to stitches. Instructor will share tips, tricks and tools. Students to bring embroidery/small sewing scissors and note taking materials to class. Handouts provided. No experience necessary. Material Fee $10; please pay instructor First night of class (Peggy Conway, Instructor, Principal 2 Needle Chicks)
FVEC, Forest View Room, Dr 1
1424 10/10-10/24 Thurs 6:30-8:30 pm $25/$19
(3 classes)

VISUAL ARTS

Art Studio All Mediums All Levels
For students at all levels who are looking for guided studio time to work on their paintings, drawings or whatever materials interest them. The instructor will work one-on-one to help each student to develop their skills, techniques and a personal vision.
(Renee Lee, Artist, Painter and Visual Arts Instructor)
JHHS-136, Dr 32
1696 9/5-10/24 Thurs 7-9:30 pm $115/$105
(8 classes)
1696A 10/31-12/19 Thurs 7-9:30 pm $85/$75
(6 classes – 11/28, 12/19 are skip dates)

Drawing All Levels
Students in this class will explore classical drawing principles to achieve heightened realism in their artwork. We’ll analyze light and shadow, and learn to effectively use tones, perspective and composition. Bring a drawing pad and No. 2 pencil. (Renee Lee, Artist, Painter, Art Instructor)
JHHS-136, Dr 32
1409 9/11-11/6 Wed 7-9:30 pm $100/$90
(7 classes – 9/25, 10/9 are skip dates)

Mixed Media 101 All Levels
This course is for all who want to have fun while creating brilliant compositions using a variety of materials. We’ll work with crayons, paints, glitter and paper to make collages, greeting cards, wall hangings and 3D objects for everyday use and gifting. Instructor will review supply list on the first night of class. (Cheryl Beverly, Artist, Instructor)
JHHS-136, Dr 32
1683 9/10-10/22 Tues 7-9 pm $75/$69
(6 classes - 10/8 is a skip date)
Discover: Culinary

Travel the world through food, learning and tasting different cultures and mastering new dishes with hands-on, interactive demos and family classes.

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  10/24  Thurs  7-9 pm  $39

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
4012  9/9  Mon  7-9 pm  $49

Canning
Explore the simple joy of water bath preserving your own foods with this hands-on program. We will discuss dilly green beans, home made tomato sauce and will craft a batch of zucchini bread and butter pickles to take home. Canning safety, techniques and equipment and how to use it will be included. (Marcy Lautanen-Raleigh)
PHS-140, Dr 30
1091  9/16  Mon  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  10/9  Wed  7-8:15 pm  $30

Cupcake Decorating
Adults may bring 1 child (17 or younger) for free as a cooking partner. Join us for an evening of a step by step hands on basic cupcake decorating class. 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 (Traci West)
FVEC – TBD, Dr 1
4013  9/23  Mon  7-8:30 pm  $49

Edible Gifts
Creating gifts with a homemade touch is simple and fun. We will craft culinary blends, vinegars, baking mixes, flavored sugars and more. Techniques will be demonstrated and sampled. Handouts with instructions, labels and recipes to accompany the gifts are included. (Marcy Lautanen-Raleigh)
PHS-140, Dr 30
1090  10/7  Mon  7-9 pm  $45

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  9/10  Tues  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  9/19  Thurs  7-8:15 pm  $30

Getting The Most From Your Instant Pot Pressure Cooker
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 and recipes. (Jill May, Decide 2, Thrive LLC)
RMHS-C102, Dr 11
1960  10/16  Wed  7-9 pm  $39

Greek Dips & Spreads

Greek Home Cooking: Dips and Spreads
We’ll make garlic dip (skordalia), spicy cheese dip (tirokateri), 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)
PHS-140, Dr 30
1962  10/15  Tues  7-9 pm  $39

Herbal Infusion
Herbs can infuse their scent and flavor in many ways. Learn to create herbal sugars, vinegars, and extracts; flavored butter, cheese and cream, simple syrups and infused honey, and how to infuse the properties of herbs into bath salts. Take home your own herbal vinegar. Demo (Marcy Lautanen-Raleigh)
FVEC – TBD, Dr 1
1511  9/25  Wed  7-9 pm  $39
Discover: Culinary

Home Cheese Making
Good cheese tastes even better when you make it yourself! We will review the techniques for making your own cheese. It will cover the science behind cheese making, along with ingredients, equipment, and cooking techniques. Students will make mozzarella second night of class. Lecture first night. Hands On (Mark Lyons)
JHHS-140, Dr 32
4019 10/16-10/23 Wed 7-9 pm $59

International Reds
Join Robert Owings of Vintages Fine Wine to learn about five international red wines and why people love them. The class will cover Bordeaux, Burgundy, Chianti, Malbec and Shiraz. You'll discover fun food pairings for each while also tasting them to uncover each wine’s unique flavors and aromas. Must be 21 or older (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1237 10/17 Thurs 7-8:15 pm $30

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)
RMHS-C102, Dr 11
1641 9/18 Wed 7-9 pm $39

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. Then we’ll prepare roasted vegetables. Hands On
(Lori Hartnett)
JHHS-140, Dr 32
4112 9/26 Thurs 7-9 pm $49

Kolaczki Cookies
In this course, the instructor will share her special family recipe and traditions surrounding these delicious fruit- and cheese-filled pastries that are light, buttery, flakey and melt in your mouth. Hands on.
(Theresa Salgado)
JHHS-140, Dr 32
1348 11/13 Wed 7-9 pm $49

Low Carb Pizzas
Finally low carb pizzas that are delish! These melt in your mouth pizza recipes are simple and easy to make. You will learn to make Cauliflower Crust Pizza, Pepperoni Bell Pepper Crust Pizza, and Pizza Stuffed Zucchini. (Jen Paleracio)
JHHS-140, Dr 32
1616 9/12 Thurs 7-9pm $49

Wine and Tapas
Join Robert Owings of Vintages Fine Wine as you learn about Spanish & Portuguese wines (reds, whites, and Sangria of course…) Taste a number of different wines & Mediterranean flavors and discover how to pair them. Must be 21 or older. (Robert Owings, Vintages Fine Wine)
Vintages Fine Wine, 32 S Evergreen Ave, Arlington Heights
1353 8/7 Wed 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 11/5 Tues 7-8:15 pm $30

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 12/5 Thurs 7-8:15 pm $30

New Classes

Compound Butters and Flavor Bombs
Preserve your harvest by using fresh and dried herbs to create flavorful butters and oils to use in your cooking. Participants will take home a compound butter as well as recipes and techniques. Demo (Marcy Lautanen-Raleigh)
RMHS-C102, Dr 11
1183 10/10 Thurs 7-9 pm $39

Craft Your Own Herb Blends
Learn to identify the essence of herbs and their flavors and scents while also discovering seasoning mixes and the best pairings with meats and vegetables. We will work with fresh and dried herbs, and you’ll go home with techniques and a special blend. (Marcy Lautanen-Raleigh)
JHHS-140, Dr 32
1182 9/10 Tues 7-9 pm $39

DIY Fall Favorites
Skip the pricy drive-through for that Pumpkin Spice Latte and learn to do it yourself at home for less. We’ll also learn to create an impressive Cranberry Salsa Appetizer and Luscious Apple Crisp with Cinnamon Whipped Cream. Hands On (Lori Hartnett)
JHHS-140, Dr 30
1179 10/10 Thurs 7-9 pm $49

Apple Crisp (Cover photo) and Pumpkin Spice Latte class: “DIY Fall Favorites”.

Yummy!
Discover: Culinary

Eating Clean - Make Your Own Condiments
We will discuss, demonstrate and sample flavored mustard, homemade ketchup, herb-flavored aioli, gremolata, pestos and other condiments you can create yourself for sandwiches, burgers, salads, and more. All are made with a few simple ingredients. Recipes included.
(Marcy Lautanen-Raleigh)
JHHS-140, Dr 32
1184 10/21 Mon 7-9 pm $39

Greek Cookies For The Holidays -- Opa Style!
Learn to make delicious Greek cookies. We’ll make sugar almond cookies (kourabiedes), honey walnut cookies (melanomakarna), and butter cookies (koulouria). Learn why Mediterranean-style eating continues to be one of the healthiest ways of eating – even during the holidays. Hands-On (Roula Marinos Papamihail, MA CHHC Founder, My Healthy Soma)
PHS-140, Dr 30
1187 11/12 Tues 7-9 pm $55

Halloween Candy and Vino!
What should you sip with your Snickers, Skittles, Whopper’s, Sour patch Kids and Candy Corn? Come have a great time and learn about wine flavor profiles. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1230 10/14 Mon 6:30-8 pm $35

Halloween Decorated Sugar Cookies
We’ve gathered some of our favorite decorated Halloween cookie recipes for this themed class. You’ll learn to make royal icing, pipe it effectively and use easy, fun and creative ways to make your Halloween party extra special. Recipes and instructions included. Hands-on (Jen Paleracio)
JHHS-140, Dr 32
1186 10/24 Thurs 7-9 pm $49

Holiday Happy Hour 2019
This class has one purpose, to slow you down during the crazy month of December to enjoy a little fun and learn wine facts through tasting, sipping, gulping and discussion. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1646 12/9 Mon 6:30-8 pm $35

How Do I Cut This Produce?
Join Lori Hartnett as she shares tips from more than 25 years in the food industry in demonstrating how to cut 18 varieties of produce. The course includes a demo and tasting of Corn-Black Bean Salad with Lime Vinaigrette. DEMO (Lori Hartnett)
JHHS-140, Dr 32
1178 9/5 Thurs 7-9 pm $39

It’s All About Soups
Let’s celebrate the season with some hearty soups that will satisfy our hunger. Learn to make Butter Squash and White Bean Soup, Italian Chicken and Vegetable Soup, and Turkey Taco Soup. Feel warm during cold weather and enjoy a bowl of hot soups. Hands-on (Jen Paleracio)
RMHS-C102, Dr 11
1185 9/26 Thurs 7-9 pm $49

Magic of Chickpeas
Chickpeas are high in fiber and protein and gluten-free. We’ll discover the vibrant flavors of India while making Chickpea Avocado Salad, Chickpea Masala Curry and Basmati Rice. Also included is a packet of power vegetarian recipes. Interactive Demo (Shilpi Saxena)
RMHS-C102, Dr 11
1181 9/5 Thurs 7-9 pm $39

Nuts About Naan Breads
Indian Stuffed Breads, parathas, are the star of every meal. You will learn basic dough-making and stuffings: Aloo (Potato), Gobi (Cauliflower), Paneer (Cottage cheese), Palak (spinach), and Lachha (Layered) paratha. We’ll also discuss serving suggestions to complete the meal. Hands-On. (Shilpi Saxena)
RMHS-C102, Dr 11
1180 9/19 Thurs 7-9 pm $49

Risotto
In this exciting interactive demo class we’ll be making Marsala Mushroom Risotto and Three Cheese Risotto. Perfect as a side dish or main meal. Hands On (Theresa Salgado)
PHS-140, Dr 30
4198 9/24 Tues 7-9 pm $49

The Pinot Noir Smackdown II - Cali vs Oregon
The Battle of the Pinot Noir between Californians and Oregonians begins. Let’s sort out this regional controversy with education, a good wine and tasty nibbles. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
4507 11/11 Mon 6:30-8 pm $35

We Made Merlot Great Again & Continue to do so...
This class is going to re-energize your palate to the amazing and dynamic Merlot grape. Enjoy a variety of Merlot’s and light appetizers fit for royalty. Must be 21 or older. (Amy Philpott, Tuscan Market)
Tuscan Market - 141 W Wing St, Arlington Heights
1847 9/16 Mon 6:30-8 pm $35
Discover: Finance, Law, and Real Estate
Build a secure financial future based on your interests, needs and goals.

### 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)

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<th>Course Code</th>
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<tr>
<td>PHS-122</td>
<td>10/15-10/22</td>
<td>Tues 7-8:30 pm $29/$25</td>
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#### 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, Birkshire Hathaway)

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<tr>
<td>PHS-120</td>
<td>10/14</td>
<td>Mon 7-9 pm</td>
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#### 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)

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<td>JHHS-102</td>
<td>10/17-10/24</td>
<td>Thurs 6:30-8:30 pm $29/$25</td>
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#### 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)

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<tr>
<td>JHHS-Rm106</td>
<td>9/17-9/24</td>
<td>Tues 7-8:30 pm $35/$29</td>
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#### Medicare Supplement Review
This timely course reviews Medicare Supplement Plans. Whether new to Medicare or you are a long-time insured, you will find this course of value. We will review basic Medicare Part A and Part B coverage. We will then discuss what the various Medicare Supplement Plans cover, why you should have a Supplement, when to change coverage and the expected changes coming to Medicare Plans in 2020.

(Gil Skoczek)

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<td>JHHS-Rm106</td>
<td>10/16</td>
<td>Wed 7-8:30 pm</td>
<td>$25/$19</td>
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### 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.

(John Young, Member of the National Academy of Elder Law Attorneys)

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<td>JHHS-113</td>
<td>9/17-9/24</td>
<td>Tues 7-8:30 pm $19/$15</td>
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#### 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.

(John Young, Member of the National Academy of Elder Law Attorneys)

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<td>9/24</td>
<td>Tues 7-9 pm</td>
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### Real Estate

#### First-Time Homebuyer & Down Payment Assistance Program
This class offers assistance and insights into the process of homeownership. 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)

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<td>Wed 7-8:30 pm</td>
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*Price is for two people

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Home Buying 101: Smart Spending in Mortgage Financing and Property Investment
The new tax laws mean big changes in mortgage financing for new and seasoned buyers. Learn to save money when purchasing or investing in property, how working with experts help you through the financing process and look out for your best interests during inspection, title and contract processes. (Dave Perry, VP of Lending at Guaranteed Rate and Attorney John Young of The Law Offices of John S. Young)
JHHS-TBD, Dr 32
2104 10/2 Wed 7-9 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 10/1 Tues 7-9 pm $15/$9

Mortgage Misnomers
Learn what to really expect during the mortgage process. Learn how to avoid common financing mistakes when purchasing or refinancing a home. (Dave Perry, VP of Lending at Guaranteed Rate)
JHHS-102, Dr 32
1997 9/10 Tues 7:30-9 pm $15/$9

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, Guaranteed Rate)
JHHS-103, Dr 32
1999 9/18 Wed 7:30-9 pm $15/$9

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, Guaranteed Rate)
JHHS-103, Dr 32
1998 9/23 Wed 7:30-9 pm $15/$9

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, Managing BrokerWoolfe & Co Realtors)
JHHS-102, Dr 32
7713 9/24 Tues 6:30-8:30 pm $19/$15
7713A 12/3 Tues 6:30-8:30 pm $19/$15

So You’d Like to Move – Now What?
This class gives an overview of the real estate buying and selling process, from deciding to move through signing closing papers. We’ll outline the steps to follow so that you know what to do – and how and when to do it appropriately. (Jeffrey Kollum)
JHHS-Rm105, Dr 32
1523 10/24 Thurs 7-9 pm $15/$9

New Classes
FINANCE
Financial Strategies for Successful Retirement®
This course introduces concepts and practices to help you gain control of your finances and enjoy a comfortable retirement. This conservative approach identifies lifestyle issues, how to seek more from your investments, Social Security, retirement plans and how to protect hard-earned assets. (Brent Kizer, Certified financial planner and five-star wealth manager)
FVEC-C102, Dr 1
1176 10/15-10/29 Tues 7-9 pm $35/$29

Introduction To Long Term Care and Why You Need It
A Long Term Care policy can protect your assets, relieve your loved ones of the burden of caring for you while giving you choices as to how and where care is provided. Learn the basics of LTC, who needs it, what it covers, what it costs. (Gil Skoczek)
JHHS-105, Dr 32
1038 11/6 Wed 7-8:30 pm $19/$15

Retirement Income Planning
Learn ways to calculate how much money you will need at retirement. Our discussion covers income needs, planning, how to make your retirement savings last and some other retirement considerations you may not have considered. (Gil Skoczek)
JHHS-101, Dr 32
1428 9/18 Wed 7-8:30 pm $19/$15

LAW
Divorce 101
The financial, legal and emotional aspects of a divorce can be overwhelming. Learn about the process and how to make the best decisions for you and your family. (Susan Carseillo, Divorce Coach and Financial Planner; Patti Levinson Partner Lavelle Law; Katie Pace, Certified Divorce Coach and Mediator)
JHHS-101, Dr 32
1174 9/19 Thurs 7-9:30 pm $25/$19

Estate Planning Basics: Wills and Trust
Learn about wills, trusts, powers of attorney, probate and guardianship. The second class will cover wills, trusts and power of attorney. (Jacob K. Ehrensaft Law Offices of Jacob K. Ehrensaft LLC)
JHHS-105, Dr 32
1177 9/24-10/1 Tues 7-9 pm $29/$25
FVEC-A217, Dr 1
1177A 9/21-9/28 Sat 10 am-12 pm $29/$25
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

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 years old 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 9/15-12/15 Sun 9:30-11:30 am $89/$79
(13 classes – 9/29 is a skip date)

Pickelball
Pickleball is a court sport played with a whiffle ball net and paddle. It is slower paced than tennis and played on a smaller court the size of a doubles badminton court and it’s lots of fun! Best of all you don’t have to be a great athlete to play well! Doubles play only will match partners for competitive matches.
(Sue Labbe, Sue Garcia Fitness)
FVEC-North Gym, Dr 1
3011F 8/24 Sat 9-11:30 am FREE
3011 9/7-12/21 Sat 9-11:30 am $105/$95
(12 classes - 11/2, 11/9, 11/16, 11/30 are skip dates)

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
1204 9/5-12/19 Thurs 6:30-7:25 pm $135
(14 classes - 11/24, 11/28 are skip dates)

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 9/9-12/16 Mon 7:30-8:25 pm $135
(14 classes - 9/30 is a skip date)

See our Pickleball round-robin league on page 24
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  9/4-12/18  Wed  7-8 pm  $89/$79
(12 classes - 10/2, 10/9, 10/23, 11/27 are skip dates)
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  8/19-12/20  Mon-Fri  7 am-2 pm  FREE
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  9/9-12/16  Mon  6:30-7:25 pm  $135
(14 classes - classes 9/30 is a skip date)
3600B  9/7-12/21  Sat  10-10:55 am  $145
(15 classes - 11/30 is a skip date)
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 though 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  9/3-11/19  Tues  7:30-8:25 pm  $179
(10 classes - 9/17, 10/8 are skip dates)
1045A  11/26-12/17  Tues  7:30-8:25 pm  $75
(4 classes)
Walk Live
Leslie Sansone’s Walk Live Fitness Program for Health Fitness and Weight Loss! 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-D102, Dr 1
1207  9/3-12/10  Tues  5:10-5:55 pm  $135/$119
(14 classes - 10/8 is a skip date)
FVEC-D102, Dr 1
1209  9/7-12/14  Sat  8:30-9:15 am  $135/$119
(14 classes - 11/30 is a skip date)
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. (Kathleen Tracy)
Free Classes – FVEC-A238, Dr 2 (before 4 pm) Dr 4 (after 4 pm)
3106F  9/9-12/16  Mon  6-7:10 pm  FREE
3107F  9/9-12/16  Mon  6-7:10 pm  FREE
3108F  9/9-12/16  Mon  6-7:10 pm  FREE
Full Session Classes – BGHS Cafeteria G126, Dr 6 or 7
3105  9/9-12/16  Mon  6-7:10 pm  $135/$119
(14 classes - 9/30 is a skip date)
3106  9/9-12/16  Mon  6-7:10 pm  $145/$129
(15 classes - 10/8 is a skip date)
3107  9/9-12/16  Mon  6-7:10 pm  $145/$129
(15 classes - 10/8 is a skip date)
3108  9/9-12/16  Mon  6-7:10 pm  $145/$129
(15 classes - 11/28 is a skip date)
(Sandy Moore)
Free Classes – FVEC-A238, Dr 2 (before 4 pm) Dr 4 (after 4 pm)
3005JF  9/9  Mon  11 am-12:10 pm  FREE
3109F  9/9-12/16  Mon  6-7:10 pm  $135/$119
Full Session Classes – FVEC-A238, Dr 2 (before 4 pm) Dr 4 (after 4 pm)
3005G  9/9-12/16  Mon  9:30-10:40 am  $135/$119
(14 classes - 9/30 is a skip date)
3005J  9/9-12/16  Mon  9:30-10:40 am  $125/$109
(13 classes - 9/30 is a skip date)
3005H  9/4-12/18  Wed  9:30-10:40 am  $135/$119
(13 classes - 10/2, 10/9, 11/27 are skip dates)
3109  9/9-12/16  Mon  6-7:10 pm  $135/$119
(14 classes - 11/28 is a skip date)
Discover: Fitness and Athletics

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
3120F 9/4 Wed 11 am-12:10 pm FREE
3120 9/11-12/18 Wed 11 am-12:10 pm $125/$109
(12 classes - 10/2, 10/9, 11/27 are skip dates)

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
Free Classes
1079F 8/26 Mon 3:45-4:35 pm FREE
1079 9/9-12/16 Mon 3:45-4:35 pm $135/$119
(14 classes - 9/30 is a skip date)
1079A 9/7-12/21 Sat 8-8:50 am $145/$129
(15 classes - 11/30 is a skip date)
1079B 9/13-12/20 Fri 8-8:50 am $135/$119
(14 classes – 11/29 is a skip date)

Yogalaxies
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 9/4-12/18 Wed 6:30-7:25 pm $115
(12 classes - 10/2, 10/9, 10/23, 11/27 are skip dates)

Zumba classes

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. (Nori Campa, Sue Garcia Fitness)
FVEC-D102, Dr 1
3601 9/3-12/17 Tues 6-6:55 pm $145
(15 classes - 10/8 is a skip date)

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
Free Class
3612F 8/20 Tues 7-7:55 pm FREE
Full Session Class
3612 9/3-12/17 Tues 7-7:55 pm $145
(15 classes - 10/8 is a skip date)

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
Full Session Class
3613 9/3-12/17 Tues 9:45-10:40 am $145
(15 classes - 10/8 is a skip date)
Free Class
3614F 8/22 Thurs 9:45-10:40 am FREE
Full Session Class
3614 9/5-12/19 Thurs 9:45-10:40 am $145
(15 classes - 11/28 is a skip date)

New Classes

ATHLETICS

D214 Pickleball Round Robin League
Building on the popularity of Pickleball, we’re launching a league! You don’t need to have a partner. All players will be placed in a round-robin schedule at the league’s start. There will be seven weeks of game play. Prizes will be awarded for first-, second- and third-place teams. (Theresa Lemmer and Alex Parra)
FVEC-North Gym, Dr 1
1188 9/5-10/10 Thurs 6:30-9 pm $49
(6 classes)
1189 10/31-12/12 Thurs 6:30-9 pm $49
(6 classes - 11/28 is a skip date)

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Discover:

Health and Wellness

Staying up to date on healthy life style choices can assist with creating a healthy, fulfilling and happy life. We offer classes to nourish and enhance your wellness.

Awaken Your Inner Einstein
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. (Barbara Bednarz)
JHHS-102, Dr 32
0436 10/3 Thurs 6:30-9:30 pm $25

Caring for Seniors: Understanding Medicare
The class provides information on Medicare guidelines, including what services are and are not covered. We will 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 10/14 Mon 7-9 pm $25

Clear Your Clutter
We tend to accumulate the most clutter over the winter. Get ready to clear things up! This class will offer practical tips and insightful techniques, including hypnosis, for overcoming the clutter in your life and avoiding feeling overwhelmed. You'll leave with handouts to help you get rolling. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-Rm101, Dr 32
4140 9/5 Thurs 7-9 pm $25

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. 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
0201 10/21 Mon 7-10 pm $59

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 perform 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 10/7 Mon 7-10 pm $59

Curative Properties of Tea
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 Lautenan-Raleigh)
JHHS-140, Dr 32
1903 9/23 Mon 7-9 pm $25

Dealing With Difficult People
Interactions with difficult people in our life can challenge our sense of equilibrium, security and well-being. This class will navigate the rough waters of dealing with a difficult person and allow you to create an action plan to improve or neutralize those relationships. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-106, Dr 32
1287 11/6 Wed 7-9 pm $29

Ditch the Sugar and See Your Health Improve
Curb your cravings, lose weight, create and sustain more energy, improve your mood, and more in just two weeks! This class will offer tips for finding sugar in processed foods and getting sugar out of your life. (Paula Jablonski, RN, NHCA, CMWA, Licensed Stressmaster Associate)
PHS-122, Dr 30
5805 9/23 Mon 7-9 pm $39

Energize Yourself
This class offers leading edge information to help get your energy going! To promote health and wellness, learn the direction your energy needs to flow, how to connect with healing energy, protect yourself against negative energy, and how to turn your metabolism on. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-103, Dr 32
0576 10/3 Thurs 7-9 pm $29

Enhancing Your Wellness Journey
This class explores how to connect with the innate wisdom of the body to bring about positive changes. We will discuss the history of “energy medicine,” different types of energy healing practices, and current modalities that compliment traditional medicine. Class concludes with a meditation exercise to connect with their innate wisdom. (Janet Southall, Wellness Remembered LLC)
JHHS-102, Dr 32
1101 11/7 Thurs 7-9 pm $29

Facing Forgiveness
Forgiveness is offered as relief for things that may be going wrong in our lives. But sometimes the thought of forgiving those who wronged us makes us cringe. This class will offer a new strategy for facing forgiveness, making your points and getting closure. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-103, Dr 32
1290 9/11 Wed 7-9 pm $29

ce.d214.org | 847-718-7700 | 25
Discover: Health and Wellness

**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 11/6 Wed 7-8:30 pm $19

**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.
(Roula Marinos Papamihail, MA CHHC Founder, My Healthy Soma)
JHHS-140, Dr 32
1524 9/12 Thurs 7-9 pm $35

**Hormone Health: Balance Your Hormones; Balance Your Health**
Learn how and why hormones affect your quality of life. Learn about the principles of functional medicine, diagnostic lab testing and how you can incorporate them into your life. (Melissa Sonido)
JHHS-105, Dr 32
1396 10/30 Thurs 7-9 pm $29

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**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
Free Class
0440F 8/22 Thurs 7:30-9 pm FREE
Full Session
0440 9/5-12/19 Thurs 7:30-9 pm $145/$129
(15 sessions- 11/28 is a skip date)

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**Self-Sabotage to Self-Support**
Could you or someone you know be in the habit of self-sabotage? A telltale sign is when it is evident that you are keeping yourself from doing things that would clearly benefit you. This class helps us understand and avoid the pain of the self-sabotaging cycle; including negative self-talk; and offers the effective relief of self-support instead. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-104, Dr 32
1046 9/18 Wed 7-9 pm $29

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**Shamanism**
Shamanism is a path to knowledge, not of faith. This experiential workshop will introduce you to: core Shamanism, techniques for problem solving and healing, the classic shamanic journey, ceremonies and rituals. Discover how Shamanism can help heal others, the planet, and us.
(Melissa Sonido, MA Transpersonal Psychology, Certified Transformational Life Coach)
PHS-122, Dr 30
0438 11/5 Tues 7-9 $19

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**Tai Chi: Beginning, Intermediate and Advanced**
Tai Chi (Taiji) is an ancient Chinese exercise with numerous health benefits. As a martial art, Tai Chi downplays brute strength and emphasizes learning motor skills and nurturing the body. The mindful movements promote stress relief and relaxation. Physically, this practice is a low-impact exercise that will foster balance, coordination and flexibility while exploring martial intentions.
(Tai Chi: Beginning)
(Eric Peden) FVEC-TBA, Dr 1
3504 8/27-12/3 Tues 6:30-7:30 pm $129/$119
(14 classes - 10/8 is a skip date)

**New Classes**

**Angel Boot Camp**
Discover your relationship with angels. We’ll discuss tools for encouraging an awakening of these spirit begins. The evening will include meditation, journaling and conversation.
(Christine Lasotta)
PHS-157, Dr 30
1191 Tues 10/29 7-9 pm $25

**Aromatic Essential Oils**
Essential oils offer a wide variety of benefits for your body, home and more. It can be difficult to determine where to start and which oil to choose. Learn about the different oils, their benefits and how to incorporate them into your life.
(Melissa Sonido)
PHS-124, Dr 30
1190 Tues 10/1 7-9 pm $25

**Avoid Muscle Pain By Learning To Avoid Bad Habits**
Are you suffering from an aching back, knee pain, frozen shoulder or chronic muscle pain? Explore the causes of muscle pain and learn to avoid bad habits that can lead you there. You will participate in hands-on self-care exercises to alleviate muscle knots and pain. This workshop is limited to 10 people per class.
(Ramon Mascarenas, LMT, CMTPT, Licensed Massage Therapist & Owner of Palm Leaf Massage Clinic)
BGHS-Library, Dr 6 or 7
2120 9/23 Mon 7:15-9 pm $39
2120 A 10/21 Mon 7:15-9 pm $39

**Awaken Your Intuition**
Learn practical applications to bring more intuition into your life, and practice group visualizations to get your conscious and subconscious to awaken your intuition.
(Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-101, Dr 32
1396 10/30 Thurs 7-9 pm $29
### Building Better Wellness

Where and how do you to start your wellness journey? Learn the definition of health and wellness, acquire a understanding of the 8 dimensions of wellness and the 8 key ingredients of physical wellness. We'll cover posture, strength, exercise/heart rate, weight/BMI, sleep quality, nutrition, balance and stress management. (Diana Abu Jamra Sahakian, MS, MPT, founder Stay Fit Physical Therapy and Core Wellness, Inc.)

| JHHS-103, Dr 32 | 1447 | 10/17 | Thurs | 7-9 pm | $19 |

### Conquer Inflammation

Learn about ways in which the inflammatory process is triggered in your body and how it affects short- and long-term health. Learn why sub-clinical inflammation is just as destructive as the diagnosable version, and what to do to alleviate your chronic inflammation.

(Roula Marinos Papamihail, MA CHHC Founder, My Healthy Soma)

| PHS-144, Dr 30 | 1192 | 9/24 | Tues | 7-9 pm | $39 |

### Don't Fall! Test Your Balance

Learn what balance problems are, how they are diagnosed, if they can be prevented. Class will conclude with each student receiving a balance screen from one of our licensed professionals.

(Diana Abu Jamra Sahakian, MS, MPT, founder Stay Fit Physical Therapy and Core Wellness, Inc.)

| JHHS-154, Dr 32 | 1449 | 11/14 | Thurs | 7-9 pm | $19 |

### Evidence Based Weight Loss

We'll review basics about being overweight and how to use FITT (Frequency, Intensity, Time & Type). Learn the 4 types of exercise and about heart rate zones. Class will conclude with each student receiving a body composition screen from one of our licensed professionals.

(Diana Abu Jamra Sahakian, MS, MPT, founder Stay Fit Physical Therapy and Core Wellness, Inc.)

| JHHS-154, Dr 32 | 1448 | 11/7 | Thurs | 7-9 pm | $19 |

### Fake News: Nutrition Edition

There’s a bewildering array of misinformation about nutrition. Where can you turn for science-based answers? Learn the tools needed to investigate databases, research studies and resources to evaluate nutritional claims and draw your own conclusions based on science and facts. (Joan Davis, RN, Certified Plant-based Nutritionist)

| JHHS-111, Dr 32 | 1385 | 11/14 | Thurs | 7-9 pm | $19 |

### Fashion Feng Shui: The Power of Dressing With Intention

Explore the five elements as they relate to the way you dress. Learn to make selective choices that fulfill your spirit, flatter your body, fortify your style and empower you.

(Cindy Nytko, Feng Shui Practitioner and Facilitator)

| PHS-144, Dr 30 | 1393 | 9/9-9/16 | Mon | 7-9 pm | $35 |

See Cindy’s Feng Shui Basic class in Home and Garden section.

### Food! Friend or Foe?

Learn the difference between food allergies, intolerance and sensitivity. Discover how foods as foes can affect your body, and what to do about them. Leave with the knowledge you need to optimize your diet and take control of your health.

(Roula Marinos Papamihail, MA CHHC Founder, My Healthy Soma)

| PHS-144, Dr 30 | 1193 | 10/22 | Tues | 7-9 pm | $35 |

### Greens, Grains & Beans: Strategies for Whole Food, Plant-based Nutrition

Are you leaning towards vegetarianism or wondering why anyone would give up meat, dairy and eggs? Learn the what and why behind the term and the latest science-based research, and then decide what works for you. We'll examine strategies for incorporating more whole food plant-based foods into your life.

(Joan Davis, RN, Certified Plant-based Nutritionist)

| JHHS-140, Dr 32 | 1386 | 9/19 | Thurs | 7-9 pm | $25 |

### How to Handle the Holidays!

Grief at the holidays can be especially difficult to overcome, ruining what would be a happy time with family and friends. We’ll discuss ways to find joyful rituals and a family legacy.

(Marge O’Brien, MA, Certified Educator in Grief and Bereavement.)

| PHS-124, Dr 30 | 1392 | 10/22 | Tues | 6-8 pm | $19 |

### Hypnosis, what it is and what it is Not

Have you ever wondered if you could be hypnotized, what really goes on in hypnosis, or if hypnosis could help you fix a life issue? Discover the answers and experience different forms of hypnosis to see what you enjoy the most. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)

| JHHS-113, Dr 32 | 1397 | 11/14 | Thurs | 7-9 pm | $29 |

### Insights into Grief

This class is explores the different types of grief: Anticipatory, Disenfranchised (suicide), and Ambiguous (loss of mind or body). The course will discuss what the grieving need to know to deal with loss.

(Marge O’Brien, MA, Certified Educator in Grief and Bereavement.)

| FVEC-C102, Dr 1 | 1391 | 9/25 | Wed | 6-8 pm | $19 |

### Intuitive Painting: Free Flowing Expression of the Inner You!

Intuitive painting helps your heart and soul. It is the process of trusting your intuition and emotions. In this class, we'll doodle, finger paint, splash paint and use mixed media. You will dig deep to create, and show the world your inner beauty. Instructor will review supply list on the first night of class.

(Cheryl Beverly, Artist and Instructor)

| JHHS -135, Dr 32 | 1388 | 11/5-12/10 | Tues | 7-9 pm | $69 |

(6 classes)
Discover: Health and Wellness

Mastering Stress: The Art of Being Resilient
Learn proven techniques recognized by the American Institute of Stress to help develop inner calm when the pressure is on. We’ll explore how to respond appropriately to annoying people, identify warning signs and optimize stress at home, work and even play.
(Paula Jablonski, RN, INHC, CMWA, Licensed Stressmaster Associate)
PHS-125, Dr 30
1394 9/16 Mon 7-9 pm $39

Prevent Chronic Pain...
Move Right Feel Right Prevent Chronic Pain & Injury
Learn the importance of moving, standing, sitting and sleeping correctly. Identify correct postures and movement patterns and the epidemic of chronic pain. Class will conclude with each student receiving a posture screen by one of our licensed professionals. (Diana Abu Jamra Sahakian, MS, MPT, founder Stay Fit Physical Therapy and Core Wellness, Inc.)
JHHS-154, Dr 32
1446 9/19 Thurs 7-9 pm $19

Near Death and Extraordinary Experiences
Both of these experiences deal with death. Near Death occurs when someone dies and returns to life. Extraordinary Experiences are a way for a deceased loved one to communicate with family members. Both give us messages of love and support from beyond. Learn more and share your stories. (Marge O’Brien, MA, Certified Educator in Grief and Bereavement.)
JHHS-101, Dr 32
1390 9/10 Wed 6-8 pm $19

Organize, Optimize and Take Charge of your ADHD Now!
Are you or someone you love tired of trying tons of organizing systems and nothing seems to work? Find out what makes this so challenging for the ADHD brain. You’ll learn strategies to reduce stress, boost confidence and get organized.
(Cheryl Susman, MA, MBA, ET/P, COC, ACC, ADHD Parent Coach, Certified Organizer Coach, Professional Educational Therapist)
JHHS-TBD, Dr 32
1848 9/11 Wed 7-9pm $15

Overcoming Grief and Extraordinary Experiences
Education is key in dealing with the pain of intense grief. Learn about the effects of guilt, stress, legacy and extraordinary experiences people encounter that help us deal with our grief. Learn more about what they mean for you and share your stories.
(Marge O’Brien, MA, Certified Educator in Grief and Bereavement.)
PHS-122, Dr 30
1389 10/1 Tues 6-8 pm $19

Plant-Slant: Successful Strategies for Shopping, Cooking and Dining Out
Whole food plant-based eating focuses on unprocessed foods, fruits, vegetables, beans and grains. How can you move from our Standard American Diet to healthier meals and snacks. This program will review successful transitioning strategies, demonstrations and interactive activities. (Joan Davis, RN, Certified Plant-based Nutritionist)
JHHS-140, Dr 32
1387 10/30 Wed 7-9 pm $25

Stop The World – I want to get off!
This course will focus on practicing mindfulness when you’re busy. You’ll learn practical ways to un-hijack your attention and practice mindful reading, writing, emailing and listening to achieve a mindfulness shift.
(Christine Lassota, RMT)
PHS-157, Dr 30
1194 10/1 Tues 7-9 pm $19

Sugar Blues 101: Understanding Sugar Cravings
Do you crave sweets? Do you have low energy in the middle of the day? This interactive workshop will help you understand the effect sugar has on your body and why you might be addicted. (Jill May, Integrative Nutrition Health Coach Decide 2 Thrive, LLC Health & Nutrition Specialists)
PHS-157, Dr 30
1198 9/9 Mon 7-8 pm $15

Sugar Blues 102 – Overcoming Sugar Addiction
Once we understand why we crave sweets, we can begin to overcome the addiction. In this class, we’ll delve into deconstructing your cravings and examine different approaches and practical steps to put you on the road to a healthier you. (Jill May, Integrative Nutrition Health Coach Decide 2 Thrive, LLC Health & Nutrition Specialists)
PHS-157, Dr 30
1199 9/16 Mon 7-8 pm $15

The Four Shamanic Insights: Munay Ki
Munay Ki are empowerment rites based on practices of the Shamans of Peru. This class lays the foundation for Shamanic experiences that can help us understand our roles in wisdom, power and grace of the Earthkeepers. Based on the writings of Alberto Villoldo, PhD.
(Christine Lassota, RMT)
PHS-157, Dr 30
1196 10/15-10/22 Tues 7-9 pm $35/$29

The Magic of Thinking Big!
This class offers ways to defeat disbelief, cultivate positivity and set yourself up for success. We’ll learn practical ideas, techniques and principles to enable you to harness the tremendous power of thinking big. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-101, Dr 32
1398 11/20 Wed 7-9 pm $29

The Marvelous Medicine of Reiki
This class introduces the hands-on healing art of Reiki [ray-key]. We’ll explore connectedness and energy as we experience a mini-Reiki session.
JHHS-154, Dr 30
1195 10/7 Mon 7-9 pm $25

The Power of Gratitude
The Power of Gratitude
Practicing gratitude has a positive impact on the brain. This class will cover practical, conscious and creative ways to embrace gratitude. We will learn ways to get back to thankfulness when times are hard.
(Christine Lassota, RMT)
PHS-157, Dr 30
1197 11/5 Tues 7-9 pm $19

Win Your War with Worry
Ninety percent of what we worry about never happens. Worry has a biochemical component that can make us physically ill while also destroying concentration and keeping us from finding solutions. Learn strategies and ways to win the war. (Linda Williamson, Nationally Recognized, Award-Winning Certified Hypnosis Instructor)
JHHS-113, Dr 32
1395 10/16 Wed 7-9 pm $29

Yoga Relaxation Tools to Promote Deep Rest and Relaxation
This class provides tools that everyone can do to calm the nervous system. Moves promote deep rest and relaxation that can lead to less stress and better health. Bring a yoga mat, a blanket and an eye pillow.
(Mary McCarter, M.Ed., RN, PEL-SN)
FVEC-TBD, Dr 1
1430 Wed 5:15-6:45pm $39
Start Date Options: 9/18, 10/30, 11/20, 12/18

Register Online @ ce.d214.org
Discover:
Hobbies and Leisure

Learn something new, and share thoughts and activities with others who enjoy learning and doing. Many topics and activities are available.

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. We can recommend starter models at a modest cost. For more information contact LeRoy Cordes at lcorde@juno.com (LeRoy Cordes)
FVEC-Field House Track, Dr 2
9264 9/9-12/16 Mon 3:30-6:30 pm $115/$105
(13 classes - 9/30 and 11/25 are skip dates)

Dog Training

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-lease walking, leave it, drop it, down, how to greet people and other dogs politely, how to focus, and a fun trick.
(Debbie Gardiner, CPDT-KA)
Animal Feeds & Needs, 401 W Golf Rd, Arlington Heights
5303 9/9-10/21 Mon 6-7 pm $120
(6 classes - 9/30 is a skip date)
5303A 10/28-12/9 Mon 6-7 pm $120
(6 classes – 11/25 is a skip date)

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 9/9-10/21 Mon 7-8 pm $120
(6 classes - *9/30 is a skip date)
5305A 10/28-12/9 Mon 7-8 pm $120
(6 classes – 11/25 is a skip date)

Genealogy – Beginning
You’ll learn the five steps to research and discuss organizing information, censuses, cemeteries, libraries, free websites and more. Students will receive a list of over 60 genealogical resources and websites.
(Jacqueline Schattner)
PHS-144, Dr 30
5541 10/7 Mon 7-9 pm $25

Haunted Vacation Spots
Ever wonder if that hotel you stayed in was haunted, or if ghosts walk the streets of your favorite vacation spots? Join us as we uncover ghostly legends and lore that are connected to great vacation destinations. Everyone is welcome and will get a chance to share their own ghostly experiences. (AnnMarie Di Prima)
JHHS-Rm106, Dr 32
0599 10/17-10/24 Thurs 7-9 pm $25

King and Queens of England: From Harold II to Mary “Bloody Mary” Tudor
Our course follows the reign of Harold II to the Norman invasion, the long reign of the Plantagenet’s, who produced such characters as the energetic Henry II, his son the legendary Richard the Lion Heart and the rise of the Tudor dynasty. (Lori Barrett)
JHHS-104, Dr 32
5005 9/17-10/29 Tues 7-9 pm $79/$69
(6 classes - 10/8 is a skip date)

Local Haunted History
Join us as we explore local ghost stories and history from Chicago and surrounding suburbs. You’ll also have a chance to share your own experiences with the paranormal. (AnnMarie Di Prima)
JHHS-102, Dr 32
0596 10/9-10/16 Wed 7-9 pm $25

Murder Mysteries
Learn about unsolved murder mysteries that have left us puzzled throughout the ages. Formulate your own opinions as we review and discuss the documented facts for various cases. (AnnMarie Di Prima)
FVEC-B103, Dr 1
1706 10/5 Sat 10 am-1 pm $25

Volunteering 101
Get involved! This class provides an overview of the many volunteer opportunities available in this area, explores the benefits of volunteering, and how you can make a positive impact in the community.
JHHS-TBD, Dr 32 – HandsOn Suburban Chicago
0292 9/23 Mon 7-9 pm FREE

World Religions
Join me as we tour the globe of the world’s religions. We will begin our journey with the birth of Christianity, paganism, Hinduism, Jainism, Buddhism and Sikhism Faiths in Asia. (Lori Barrett) (6 classes)
JHHS-108, Dr 32
1096 9/19-10/24 Thurs 7-9 pm $79/$69

Special Recreation

This program is presented in partnership with the Center for Enriched Living. New CEL members: After registering for class with District 214 Community Education, please email Michael.W@ centerforenrichedliving.org at the Center for Enriched Living to complete registration paperwork. Orientation at CEL must be completed prior to participation. Registration deadline: Wed 8/28.

Afternoon Social Club Ages 18 and older
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.
FVEC-A201, Dr 2
1663 9/11-12/11 Wed 3-5 pm $250
(10 classes - 10/2, 10/9, 10/23, 11/27 are skip dates)
New Classes

American Foreign Policy: 2020 to 2030
Regardless of who wins the 2020 U.S. Presidential election our country will face the same set of international challenges. Professor Gary Midkiff will describe each of those challenges, outline our potential responses, and suggest which responses might be in our best interests. (Gary Midkiff)
RMHS-A103, Dr 11
1452 9/25-10/2  Wed 7-9 pm $19

Ancient Mysteries: The Late Period and Graeco-Roman Times in Ancient Egypt
There is scarcely any land where cultural identity and a belief system are so closely linked as ancient Egypt. Greek and Roman beliefs and customs could co-exist with the most foundational of Egyptian systems. Following the fall of the last Egyptian kings, new rulers of Greek and Roman origin came to rule the land. This course will look at this 700-year period. Join us for discussion and a visual tour of the places mentioned.
(Thomas F. Mudloff, PH.D. Egyptologist/Biblical Studies)
JHHS-121, Dr 32
1682 9/19-10/10  Thurs 7-9 pm $99/$89
(4 classes)

Death and Burial from the Prehistoric Through the Middle Ages
You may have heard of the Black Death, what about the Antonine Plague in 164AD? We’ll learn about the plagues, how individuals died and the different burial practices through the ages. Handouts will be provided.
(Lori Barrett)
JHHS-TBD, Dr 32
1417 10/31-11/21  Thurs 7-9 pm $49/$39

Decision 2020: Candidate Pool
District 214 again this fall will host political journalists and other experts at a pre-election panel discussion centered on the candidates in the running for the 2020 U.S. Presidency. The free panel will allow audience members a look at the wide variety of candidates across parties. This nonpartisan program is part of a continued effort to engage the community around current issues and provide critical learning opportunities. The event is free but registration is required.
FVEC-Theater, Dr 1
1421 10/22  Tues 7-8:30 pm FREE

eBay Selling for Beginners
Learn to navigate the eBay website, and set up an eBay seller and PayPal accounts to get cash for your things. This class will cover the basics of listing (descriptions and titles), choosing the correct selling format and researching details and pricing, and more. Participants should know how to use email, the Internet, and completing an online purchase.
(Marisa Varney)
FVEC-A200a, Dr 4
9263 11/7-11/21  Thurs 7-9 $75

The Armchair Archeologist: England
Do you watch archeology on TV and love reading about it? That makes you an armchair archeologist. In this class, we’ll cover everything from “bog bodies” and a medieval black death mass grave to the discovery of the infamous Richard III and much more. (Lori Barrett)
JHHS-TBD, Dr 32
1419 10/17-10/21  Thurs 7-9 pm $49/$39
(4 classes)

The Egyptian Sense of History: The Old and Middle Kingdoms.
A myth of kingship existed in ancient Egypt that was connected with the concept of ma'at, or “correct order.” This was especially true during the Old Kingdom. After the Old Kingdom’s collapse, however, a new almost pessimistic sense appeared and led into the Middle Kingdom. New research will examine rarely presented material dealing directly with notions the ancients possessed regarding their history, and how they viewed it.
(Dr. Thomas F. Mudloff, PH.D. Egyptologist/Biblical Studies)
JHHS-121, Dr 32
1420 10/24-10/31  Thurs 7-9 pm $79/$69
(2 classes)

Discover: Hobbies and Leisure

Facts Matter.

Daily Herald topics for Fall 2019

Facts Matter: The Threat to Local Media
The last 15 years have been pivotal to newspapers, with 1,800 metro and community newspapers closing or merging during that time. One recent study found government spending rises in areas that have lost a newspaper. What is at stake for these public watchdogs that also connect our communities and reflect our shared experiences? (Daily Herald, Editor John Lampinen and Assistant Managing Editor for Opinion Jim Slusher)
FVEC-Theater, Dr 1
1687 9/11  Wed 7-8:30 pm FREE

Facts Matter: Drones Offer a New Way to Cover News
A house explosion that damages an entire neighborhood. A river flood. A tornado’s path. The full scope of some news events can best be viewed from above. That’s where the Daily Herald’s six drones and six licensed drone pilots come in. Learn about rules for using our news drones, FAA licensing requirements and how we get the best photos. Meet in the Theater and before lecture we will go to the parking lot for a demonstration if weather allows. (Daily Herald, Senior Director of Visual Journalism Jeff Knox)
FVEC-Theater, Dr 1
1688 9/25  Wed 6:30-8:30 pm FREE

Facts Matter: Fake or Real?
How to Know What to Trust in Campaign Season
Robocalls, direct mail and TV and radio ads aim to influence your vote but sometimes stretch the truth or disseminate outright lies. Social media spreads misinformation like wildfire. Propaganda poses as real news. Learn how to identify lies, spin and bias and how to find accurate information as you decide who you will support in the upcoming election. (Daily Herald, Senior Deputy Managing Editor Diane Dungey and Deputy Managing Editor Pete Nenni)
FVEC-Theater, Dr 1
1690 10/16  Wed 7-8:30 pm FREE

Facts Matter: Editing for Politics
National and political news comes to the Daily Herald from a variety of news organizations and wire services in addition to our own reporting. We’ll show how headlines, story choice and presentation influence the message and tell how the Daily Herald monitors its coverage to avoid bias. (Daily Herald, Assistant Managing Editor/ Copy Desk Neil Holdway and News Editor Michelle Holdway)
FVEC-Theater, Dr 1
1689 11/6  Wed 7-8:30 pm FREE
Discover:
Home and Garden
Create beautiful spaces in your home and garden, stay up to date on healthy lifestyle trends and discover new beauty secrets with a variety of classes that get you organizing, cultivating, decorating and nourishing your life.

GARDEN

Bulbs for Beginners
Learn how to select bulbs to enhance your garden and how to grow them successfully. We will discuss how to design with bulbs to extend the flowering season and how to interplant with perennials and shrubs for a spectacular display.
(Jill Selinger, manager, adult education, Chicago Botanic Garden)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Linnaeus Room, Regenstein Center
4093 10/5 Sat 9-11 am $40/$36

Fall Vegetable Gardening
Vegetable gardening does not have to end when summer does! This topic will review how to prepare your garden for the fall and discuss what vegetables are ideal for planting and harvesting during this season. Grow a bountiful crop of delicious, sweet, crunchy vegetables for good healthful eating throughout fall and even into winter. (Mark Lyons, Master Gardener)
JHS-101, Dr 32
4084 9/11 Wed 7-9 pm $29/$25

Growing and Using Mushrooms
Like mushrooms? Ever thought about growing your own? This class will show you how to grow your very own mushroom harvest. Learn how to preserve your mushroom harvest and how to make the most of these culinary treasures. (Mark Lyons, Master Gardener)
PHS-RM144, Dr 30
4102 9/23 Mon 7-9 pm $29/$25

Ohara Ikebana-Japanese Floral Arrangements
Learn the ancient Japanese art of flower arranging. It's beauty develops a closeness with nature and the process can reduce stress. Bring a (2"x3") floral frog, a dish or basket with liner for water and scissors. Flowers will be provided. (E-Ling Lou)
FVEC-C102, Dr 1
4090 9/16-9/23 Mon 7-9 pm $59/$55

HOME

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 Recipes (Marcy Lautanen-Raleigh)
PHS-140, Dr 30
1918 10/28 Mon 7-9 pm $29

New Classes

GARDEN

Charming Bungalow Garden Design
Discover how plants, hardscape, and other elements can enhance your own bungalow garden. (Nina Koziol, garden writer)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 5, Learning Center
1469 11/9 Sat 1-3 pm $40/$36

Common Plant Diseases in the Landscape
Through a lecture and garden walk, learn to identify both infectious and non-infectious diseases that attack many of our landscape plants. Please dress for the weather. OPC elective, CEUs=2 hrs. (Mark Zampardo, Ph.D., horticulture educator)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 1, Learning Center
1466 10/17 Thurs 11:30 am-1:30 pm $65/$59

Design and Grow Dahlia Intensive
Learn techniques for harvesting, digging and storage of tubers. Receive your own clump of Field & Florist dahlias and learn to propagate and store. You will also make a floral arrangement featuring dahlias. All materials included. (Heidi Joynt, co-owner, Field & Florist)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 5, Learning Center
1461 9/14 Sat 10 am-Noon $229/$207

Fall Garden Care
Learn techniques for taking care of your lawn, trees, shrubs and perennials — including fall fertilizing, mulching, cutting back plants and protecting plants from wind and animals. You'll also get pointers for fall planting. (Tim Johnson, director of horticulture, Chicago Botanic Garden)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 4, Learning Center
1425 8/25 Sun 1-3 pm $40/$35

Fall Planting and Garden Maintenance
Join us for an outdoor interactive program. Learn about fall crops to plant in your veggie or ornamental garden, and other garden tasks for the fall season. (Gemini Bhalod, Horticulturalist, University of Illinois Extension)
FVEC-D214 Community Garden, East Side of Building
1695 9/12 Thurs 5-7 pm FREE
Discover: Home and Garden

Fergus Garrett: Designing with Plants the Great Dixter Way
Join us to hear Fergus Garrett, renowned plantsman and head gardener at Great Dixter, as he discusses how to combine plants while considering sense of place, color, shape, texture and repetition. (Fergus Garrett, head gardener and CEO at Great Dixter, United Kingdom)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe I Alsドルf Auditorium, Regenstein Center
1426  9/3  Tues  1-3 pm  $50/$45

Growing and Using Sprouts and Microgreens
Sprouts and microgreens are easy to grow, packed with nutrients and great for your health. Join our experienced master gardener, to learn all about how to grow and use these nutritional powerhouses. (Mark Lyons, Master Gardener)
JHHS-140, Dr 32
1423  10/15  Tues  7-9 pm  $19

Harvesting and Preserving
Learn various methods to dry and preserve your herb and vegetable harvest. We'll discuss and demonstrate using a dehydrator, oven, microwave and air-drying – creating herb vinegar, tinctures and dry infusion in salt and sugar. Participants will go home with an herbal salt or sugar and recipes. (Marcy Lautanen-Raleigh)
JHHS-140, Dr 32
1427  10/2  Wed  7-9 pm  $25

Holiday Lighting Techniques
Explore techniques used to decorate trees and shrubs with lights for the Botanic Garden's holiday season. Learn to estimate equipment and time, install, and maintain lights. Dress for the weather, as part of the class will be outdoors. (Heather Sherwood, senior horticulturist, Chicago Botanic Garden)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 8, Learning Center
1470  11/12  Tues  6-8 pm  $40/$36

Late Season Perennials with Companions
Extend and enhance late season color and texture in your gardens. Explore hardy late blooming perennials, ornamental grasses, and sedges for different site conditions, accented with warm- and cool-weather annuals that often bloom into November, while providing food and habitat for important pollinators. OPC elective CEUs=2 hrs. (Elizabeth Paine, horticulture educator)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Linnaeus Room, Regenstein Center
1465  10/12  Sat  11:30-1:30 pm  $65/$59

Making the Most of Your Herbal Bounty
Your garden has produced a bumper crop of herbs. What will you do with them? Learn to harvest and store your herbal treasures, and explore a new use for them during a demonstration of herbal jelly. (Mark Lyons, Master Gardener)
JHHS-140, Dr 32
1699  9/24  Tues  7-9 pm  $35

Ornamental Grasses
Ornamental grasses can provide beauty nearly all year long. The variety of sizes, shapes, and color can fit almost any garden. Learn how to grow some of these beautiful plants in your own garden. OPC elective CEUs=2 hours. (Sharon Yiesla, horticulturist, owner, Sharon Yiesla Horticultural Presentations)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 6, Learning Center
1460  9/12  Thurs  6-8 pm  $64/$59

Plant Propagation Made Easy
Gain both the practical knowledge and the confidence needed to add vegetative propagation to your list of gardening skills. Learn division, layering, leaf and stem cuttings, bulb division, hardwood and softwood cuttings and the best-suited plants for each method of propagation. (Glenn Grosch, horticulture educator)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 4, Learning Center
1467  10/19  Sat  9:30 am-Noon  $53/$48

The Magic of Minor Bulbs
These small bulbs are excellent in naturalistic gardens, in ground cover plantings and as a blanket of color amid emerging perennials in early spring. Participants will explore many varieties including those that are resistant to deer. (Jill Selinger, manager, adult education, Chicago Botanic Garden)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 6, Learning Center
1462  9/26  Thurs  10 am-Noon  $40/$36

Where Do Plant Names Come From?
Our binomial system for plant names is a terrific system. Who decides on the name? Why do some names change? What’s up with trademarks and patents? Take this class and get your plant name questions answered. (Mark Zampardo, Ph.D., horticulture educator)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 6, Learning Center
1468  11/2  Sat  9-11 am  $40/$36

Woody Plants for Butterflies
Did you know an oak tree is the larval host for more than 500 species of butterflies and moths? Discover the many trees, evergreens, shrubs, and vines that are home to a wide array of Lepidoptera. Find out how to attract and enjoy butterflies to your home landscape. OPC elective CEUs=3 hrs. (Heather Prince, horticulturist and landscape consultant)
Chicago Botanic Garden 1000 Lake Cook Rd, Glencoe, Classroom 1, Learning Center
1463  10/5  Sat  9 am-Noon  $75/$68

HOME

Feng Shui Basic
The ancient Chinese study of Feng Shui is aimed at creating a healthier living and working environment, and addresses the placement of objects to create a harmonious flow of energy. This course will introduce you to Feng Shui basics as you work to improve your space health and well-being. (Cindy Nytko, Feng Shui Practitioner and Facilitator)
PHS-125, Dr 30
1422  10/7-10/14  Mon  7-9 pm  $35

Organizing Your Life Legacy
Organize your estate. Learn strategies to organize, store, and share your estate plan, critical financial documents and health care information. Protect your most loved assets and collections. Learn strategies to disperse items in your home that carry less emotional and real value. (Jenny Abrams, Professional Organizer, Accredited Staging Professional®, Owner, Abrams Home Solutions)
PHS-126, Dr 30
1459  11/5  Tues  7-9 pm  $25

The Art of Organizing: How to Create a Clutter Free Environment
This program is perfect for those who struggle with maintaining organization, procrastination and backsliding. This class will explore the “whys”, and techniques for organizing objects, data, and time will be described in detail. Take home resources are provided. (Jenny Abrams, Professional Organizer, Accredited Staging Professional®, Owner, Abrams Home Solutions)
PHS-124, Dr 30
1458  9/24  Tues  7-9 pm  $25
Discover: Languages

Learn a language, develop your writing skills, boost your networking prowess and open doors for career advancement with a variety of creative and business writing courses and instruction in seven different languages.

Chinese

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 online or call the CE office at 847-718-7700. (Shuling Yu)

PHS-124, Dr 30
9-9/11/4 Mon 7-9 pm $75/$69
(8 classes - 9/30 is a skip date)

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
9-5/11/7 Thurs 6:30-7:30 pm $49/$45
(10 classes)

German

German Beginning 1
Do you want to learn German? Do you need it for work or travel? Let's do it together! You will learn how to make simple inquiries in speaking and writing, build basic grammar skills and increase your vocabulary. Purchase book online or call the CE office at 847-718-7700. (Kateryna Turkina)

JHHS-103, Dr 32
9-10/10-22 Tues 7-9 pm $59/$55
(6 classes - 10/8 is a skip date)

German Beginning 2
This class is for those with basic knowledge of German. More conversation vocabulary and grammar will be introduced, with a goal of speaking everyday German. Perfect for those planning travel to Germany. Beginning 1 book will be used. Purchase book online or call the CE office at 847-718-7700. (Kateryna Turkina)

JHHS-103, Dr 32
9-12/29-12/3 Tues 7-9pm $59/$55
(10 classes - 9/30, 10/8 are skip dates)

Italian

Italian Beginning
This course is an introduction to the Italian language, using only essential grammar for learning everyday Italian. Purchase book online or call the CE office at 847-718-7700. (Eriketa Icka)

JHHS-111, Dr 32
9-9/9-4 Mon 7-9 pm $75/$69
(8 classes - 9/30 is a skip date)

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
9-10/11-14 Thurs 7-9 pm $99/$89
(10 classes)

Languages

Learn a language, develop your writing skills, boost your networking prowess and open doors for career advancement with a variety of creative and business writing courses and instruction in seven different languages.
Discover: Languages

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 9/9-11/18 Mon 7-9 pm $99/$89
(10 classes - 9/30 is a skip date)

Italian Conversation Levels Beginning 2 - Advanced
The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in Italian while increasing their vocabulary through verbal exercises, games, and activities. (Kete Icka)
JHHS-111, Dr 32
2109 9/11-10/30 Wed 7-8 pm $29/$25
(6 classes - 9/25, 10/9 are skip dates)

Polish

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 online or call the CE office at 847-718-7700. (Anna Solarczyk)
JHHS-108, Dr 32
2201 9/9-10/21 Mon 7-9 pm $59/$55
(6 classes - 9/30 is a skip date)

Polish Conversation
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 online or call the CE office at 847-718-7700. (Anna Solarczyk)
JHHS-108, Dr 32
2202 10/28-12/2 Mon 7-9 pm $59/$55
(6 classes)

Sign Language

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 9/9-11/18 Mon 7-9 pm $105/$95
(10 classes - 9/30 is a skip date)

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 9/11-12/11 Wed 7-9 pm $105/$95
(10 classes - 10/2, 10/9, 10/23, 11/27 are skip dates)

Spanish

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 online or call the CE office at 847-718-7799. (Maria Louchios)
RMHS-E110, Dr 11
2247 9/5-11/21 Thurs 6:30-9 pm $125/$115
(12 classes)

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 Beginning or purchase book online or call the CE office at 847-718-7700. (Maria Louchios)
RMHS-E110, Dr 32
2245 9/4-11/20 Wed 6:30-9 pm $115/$105
(11 classes - 10/9 is a skip date)

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 and articles. Grammar and vocabulary are presented with additional conversational practice. Purchase book online or call the CE office at 847-718-7700. (Kenneth Monahan)
JHHS-102, Dr 32
2242 9/11-11/3 Wed 7-9 pm $79/$69
(8 classes - 9/25, 10/9 are skip dates)

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
2244 9/4-12/4 Wed 7-9 pm $89/$79
(10 classes - 9/25, 10/9, 10/16, 11/27 are skip dates)

Spanish Conversation Levels Beginning 2 - Advanced
The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in Spanish while increasing their vocabulary through verbal exercises, games, and activities. (TBD)
JHHS-101, Dr 32
2108 9/12-10/17 Thurs 7-8 pm $29/$25
(6 classes)
Hindi Beginning
This course introduces you to Hindi grammar, vocabulary, reading, listening speaking and writing. It also will provide an overview of the rich Indian culture including festivals and day-to-day life. (Neelima Nagpal)

JHHS-110, Dr 32
1429 9/11-10/30 Wed 6:30-8:30 pm $59/$55
(6 classes - 9/25, 10/9 are skip dates)

German Conversation Levels Beginning 2 - Advanced
The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in German while increasing their vocabulary through verbal exercises, games and activities. (Kateryna Turkina)

JHHS-103, Dr 32
1171 9/10-10/22 Tues 6-7pm $29/$25
(6 classes - 9/8 is a skip date)

Polish Conversation Levels Beginning 2 - Advanced
The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in Polish while increasing their vocabulary through verbal exercises, games and activities. (Anna Solarczyk)

JHHS-108, Dr 32
1172 9/9-10/21 Mon 6-7pm $29/$25
(6 classes - 9/30 is a skip date)

Online Classes
Visit ce.d214.org for details

Beginning Conversational French
Lessons introduce the basics needed for correct pronunciation and conversations in French. Learn what to say at the airport, to get to your hotel, to talk about transportation, how to talk to hotel employees, and how to communicate in restaurants. (Online, Ed2Go)
1477 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

Conversational Japanese
Whether you want to learn for travel or just for fun, this course makes it easy for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you’ll also gain cultural knowledge only an insider has. (Online, Ed2Go)
1479 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

Instant Italian
This course will teach you how to express yourself comfortably in Italian. You’ll learn practical, everyday words. You’ll read, hear, and practice dialogues based on typical situations that you’re likely to encounter if you plan to vacation in Italy. (Online, Ed2Go)
1478 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

Spanish In the Classroom
Learn to communicate with your Spanish-speaking students and their families. Learn basic Spanish pronunciation, vocabulary, conversational phrases, family names, directions and how to converse with new students, talking about rules and behavior, and basic vocabulary for various academic subjects. (Online, Ed2Go)
1481 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

Spanish for Law Enforcement
Mastering basic Spanish will give you greater ability to handle situations involving Spanish-speaking victims, witnesses, or criminals. It’s also a smart career move. Adding Spanish skills to your resume can open doors to new job opportunities. (Online Ed2Go)
1486 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

Speed Spanish II
Would you like to become more conversational and more comfortable in Spanish-speaking situations? You will see words, hear them pronounced properly, and be granted plenty of opportunities to practice your pronunciation and learn techniques for sentence structures. (Online, Ed2Go)
1476 Start Date Options: 9/11, 10/9, 11/13, 12/11 $115

The Fabulous Falconaires Swing Orchestra in concert
Sunday, September 22, 2019, 3-5 pm
The Theater of The Forest View Educational Center
Tickets: $15.00 • Gold Card: $10.00

Music of the “Big Bands” you remember!
What’s In A Name? Principles Of Product & Business Naming
Naming is an emotional business that breeds endless deliberation. Learn best practices and exercises for creating your brand and product name development. Learn to navigate the International Trademark Database to see if your prospective name is available. We can actually name products and businesses in real time. (Tim Perek)
FVEC-B103, Dr 1
2118 9/24 Tues 7-9pm $19

Writing for Business, School and Beyond
You’ll review 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-113, Dr 32
2602 9/12-10/17 Thurs 7-9 pm $75
(6 classes)

CNC Programming, Setup and Operation (CNC 203)
This 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.
New classes start every month!
Location: Symbol Training Institute 8151 N. Ridgeway Ave. Skokie
1975 9 am-Noon or 6:30-9:30 pm $3,980
Start Date Options: 9/3, 10/1, 11/1, 12/1
(16 weeks; 2 days/week)
(Full WIOA funding available for qualifying students.)

Quality Control for Manufacturing
Quality Control for Manufacturing (QC 101)
Symbol’s Quality Control for Manufacturing course will prepare students, who have varying backgrounds and skill levels, with an understanding of QC processes and applications. This course will focus on developing marketable skills that can be used immediately in the work place with little or no additional training from employers. Full WIOA funding available for qualifying students. New classes start every month!
Location: Symbol Training Institute 8151 N. Ridgeway Ave. Skokie
1976 Sat 9 am-3:30 pm $995
Start Date Options: 9/5, 10/5, 11/2, 12/7
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<tr>
<th>Course</th>
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<td>9/11, 10/9, 11/13, 12/11</td>
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<td>Six Sigma Green Belt Certificate</td>
<td>9/3-11/29</td>
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<td>Social Media For Business Certificate</td>
<td>9/3-11/29</td>
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<td>Spanish in the Classroom</td>
<td>9/11, 10/9, 11/13, 12/11</td>
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<td>Supervisory and Leadership Certificate</td>
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<td>Grammar Refresher Series</td>
<td>9/11, 10/9, 11/13, 12/11</td>
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<td>Medical Coding</td>
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<td>Certificate In Data Analysis</td>
<td>9/3-4/29</td>
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Discover: Technology

Update job skills, become workforce ready or stay better in touch with family and friends. Choose from a variety of technology courses to help achieve your goals.

### 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 online at time of registration or call the CE office at 847-718-7700. (Bob LaCursia)

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<th>Course Code</th>
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### Microsoft Office Suite 2016
Learn to use MS Office software, including basics of Microsoft Word, Power Point, and Excel. Targeted to students who wish to refresh their skills or build new ones. Purchase book online at time of registration or call the CE office at 847-718-7700. (Tim Perek)

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### PowerPoint
Learn the fundamentals to create and modify basic presentations, including using bullets, creating lists, selecting themes, formatting characters, changing slides and more. You will also learn how to enhance a presentation by using pictures, WordArt, borders, and more. Purchase book online at time of registration or call the CE office at 847-718-7700. (Bob LaCursia)

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### Excel 2016 – 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 online at time of registration or call the CE office at 847-718-7700. (Bob LaCursia)

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### Excel 2016 – 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 online at time of registration or call the CE office at 847-718-7700. (Gregory Palace)

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### Excel 2016 – Advanced
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 online at time of registration or call the CE office at 847-718-7700. (Gregory Palace)

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### Excel Pivot Table Workshop
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)

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### Prezi Your Way To Dynamic Presentations
Prezi creates beautiful, dynamic presentations that allow you to connect multiple ideas on a single canvas, and zoom in and out as your presentation flows. Learn how to build a new Prezi and work with the interface and tools. (Tim Perek)

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### The World of Apps
There is an amazing world of apps for you to discover. Apps will make your work and personal life easier and more entertaining. We will explore “icloud”, and the world of apps at your fingertips. Please know/bring your Apple ID and password to class. (Judith-Mozes Simons)

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Online Classes

Visit ce.d214.org for details

**Basic CompTIA A+ Certification Prep**
The Basic CompTIA A+ Certification Prep course teaches you about the hardware common to virtually every personal computer. This course gives you the knowledge to base the rest of your CompTIA A+ certification studies for the 220-901 and 220-902 exams. (Online Ed2Go)
1485  Start Date Options: 9/11, 10/9, 11/13, 12/11  $115

**Coding Certificate**
1825  9/3-11/29  $595

**Keyboarding**
If you want to learn touch-typing (without looking at your keyboard) or improve your existing typing skills, this is the perfect course for you! You’ll use the Keyboarding Pro 5 program, a typing tutorial designed for personal computers. (Online Ed2Go)
1484  Start Date Options: 9/11, 10/9, 11/13, 12/11  $115

**Certificate in Mastering Excel**
1823  9/3-11/29  $495

**Certificate in Web Design**
1824  9/3-11/29  $595

**Don’t Call Me Jimbo!**

A theatrical production of hope and learning, for those who have experienced bullying.

**Forest View Educational Center**
Friday, September 20th – 7:00pm
Saturday, September 21st – 7:00pm
Sunday, September 22nd – 2:00pm

Students under the age of 18 are FREE

Tickets Available at:
www.TesserActTheatreEnsemble.com

Written by T.R. Frye, and performed by the TesserAct Theatre Ensemble, under the direction of Tamara Kist. Don’t Call Me Jimbo entertains, educates and creates space for an open dialogue about bullying.

For more information or help concerning bullying, reach out to one of our partners, or go to our website: www.dontcallmejimbo.com or email us at dontcallmejimbo@gmail.com
**Discover:**

**Youth, Family and Parent Programs**

Learn new skills, develop self-confidence and discover the love of learning while having fun.

### AQUATICS

**DUWP Water Polo: Boys Experienced FALL**

Grades High School

The high school team is focused on developing players with at least one season of high school competition. (With a coach recommendation, a player not yet in high school may participate.) Practice and competitions are focused on skill level-appropriate experiences and grouping. All players participate in “house league games” and local American Water Polo Leagues. (Coach Steve Gryzbek)

PHS-Pool, Dr 13

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<tr>
<th>1633</th>
<th>9/9-11/18</th>
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<tr>
<td>1633</td>
<td>Monday: 8-9:30 pm</td>
<td>Saturday and Sunday: 3-5 pm</td>
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</table>

**DUWP Cardinal Water Polo Age Group FALL**

**Ages 10-15 yrs**

The age group team is focused on developing newcomers (10 to 15 years old) who have limited water polo experience. Practices and competition are focused on skill level-appropriate experiences and grouping. There is a progression from “house league games” to American Water Polo League games, and regional tournaments. Coaches use drills and practice routines aligned with best practices that help prepare athletes for success at the high school level. Parent/Guardian must walk children 12 and younger to class and pickup from class. (Coach Steve Gryzbek)

PHS-Pool, Dr 13

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<th>1631</th>
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<td>1631</td>
<td>Monday: 8-9 pm</td>
<td>Saturday and Sunday: 3-4:15 pm</td>
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**DUWP Cardinal Water Polo Age Group WINTER**

**Ages 10-15 yrs**

The age group team is focused on developing newcomers (10 to 15 years old) who have limited water polo experience. Practices and competition are focused on skill level-appropriate experiences and grouping. There is a progression from “house league games” to American Water Polo League games, and regional tournaments. Coaches use drills and practice routines aligned with best practices that help prepare athletes for success at the high school level. Parent/Guardian must walk children 12 and younger to class and pickup from class. (Coach Steve Gryzbek)

PHS-Pool, Dr 13

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**DUWP Cardinal Water Polo Winter Girls Experienced WINTER**

Grades High School

The high school team is focused on developing players with at least one season of high school competition. (With a coach recommendation, a player not yet in high school may participate.) Practice and competitions are focused on skill level-appropriate experiences and grouping. All players participate in “house league games” and local American Water Polo Leagues. (Coach Steve Gryzbek)

PHS-Pool, Dr 13

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Players must be members of American Water Polo (AWP); the annual fee is $50. An additional fee of $50 will be charged if AWP membership is not current. If your child's membership is current and will not expire during this season, please call the office with proof of membership and we will waive the fee.

**WHAM Swim Team**

Please note that at the printing of this program guide, we are in the process of finalizing the details of holding joint practices with the Arlington Heights Park District swim program this year as their pool is under construction.

WHAM is a competitive swim team. Swimmers are trained to compete at age-appropriate levels. Coaches encourage continued growth, develop techniques, build self-confidence, and cultivate teamwork while having fun. Swim team members must meet the minimum program competencies for their age group. This is not a learn-to-swim program.

Practice Tuesday, Thursday Saturday Sunday

### Registration Information

**Register Online:**

Register Online @ ce.d214.org

Register Online @ ce.d214.org
**WHAM Skills Clinic: Season Warm-up**
This is our welcome back after summer warm-up to get our swimmers ready for the season. Coaches will take swimmers through a step by step process to loosen up those joints and muscles, build physical and mental endurance, get their feel for the water and back up to speed.
(WHAM Coaching Team)
PHS-Pool, Dr Pool
9 and Under
1492 9/3-9/28 $69
Tuesday and Thursday: 8-9 pm | Saturday and Sunday: 5-6 pm
9-18 years
1493 9/3-9/28 $99
Tuesday and Thursday: 8-9:30 pm | Saturday and Sunday: 5-6:30 pm

**FITNESS AND ATHLETICS**

**Badminton**

**Badminton All Levels** Teens-Adults
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 9/8-12/15 Sun 9:30-11:30 am $89
(14 classes)

**Cheerleading/Poms** Grades K-8
Learn cheers and poms choreography. You will learn three to four new cheers weekly while working on form and routines. The last day of class will be a short performance to show off your moves and cheers.
(Chicago Loves Dance – Cindy Leske)
FVEC-D102
1606 9/12-10/17 Thurs 5-6:00 pm $99
(6 classes)

**HOBIES 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 9/21 Sat 10 am-Noon $19
Discover: Youth, Family and Parent Programs

Let's Play International Games  Adult with Child
This class will introduce you to both new and ancient games from Africa, the Netherlands and Peru. Learn to create each game, then practice the rules of play. Games can be played with a piece of paper and a fistful of pennies. Handouts included. (Marcy Lautanen-Raleigh)
FVEC-B103, Dr 1
1399  11/11  Mon  6-7 pm  $9

214Sings Children’s Choir  Ages 7-14
Children age 7 to 14 are invited to join the performing group 214Sings Children’s Choir. 214Sings is an 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  9/9-11/11  Mon  5:45-6:45 pm  $45
(9 classes - 9/30 is a skip date)

214Sings Adult & Youth Choir Performance
Join us for an evening performance by our Adult and Youth 214Sings choirs. Enjoy the sounds of contemporary and classic innovative choral renditions. The next set of classes also are starting soon; get a taste for the class before you join. No experience required. (David Hain, Award-winning Director and Conductor)
FVEC-Theater, Dr 1
1630P  11/16  Sat  7-8 pm  FREE

New Classes

MUSIC

Acute A Cappella
This is a middle school A Cappella ensemble for guys and girls. All students who will be in 6th-8th grade in the 2019-2020 school year are welcome. This is an amazing opportunity to learn vocal and performance techniques, make great friends and perform at concerts and competitions. Parent info meeting will be held at the first rehearsal on 9/5.
(Deborah S. Utley, Director of Vocal Music Buffalo Grove High School)
BGHS-Choir Room, Dr 6 or 7
1497  9/5/19-3/19/20  Thurs  6-8pm  $399
(24 classes including performances. Instructor will share skip dates.)

World Language Hindi Beginning  Ages 6-10 years
This course introduces you to Hindi grammar, vocabulary, reading, listening speaking and writing. It also will provide an overview of the rich Indian culture including festivals and day-to-day life. (Neelima Nagpal)
FVEC-TBD, Dr TBD
1498  9/14-10/19  Sat  9-10 am  $35
(6 classes)

World Language Hindi Beginning  Ages 11-16 years
This course introduces you to Hindi grammar, vocabulary, reading, listening speaking and writing. It also will provide an overview of the rich Indian culture including festivals and day-to-day life. (Neelima Nagpal)
FVEC-TBD, Dr TBD
1499  9/14-10/19  Sat  10-11 am  $35
(6 classes)

World Language Italian Beginning  Ages 6-12
Our students will take a virtual trip through Italy. Students will learn basic speaking phrases and vocabulary. They will be introduced to culture, regions and foods through fun activities, art, music and games. Some stops on our trip will be Rome, Venice and Verona! (TBD)
FVEC-A132, Dr 4
1496  9/14-10/19  Sat  9-10 am  $35
(6 classes)
1496A  10/26-12/7  Sat  9-10 am  $35
(6 classes - 11/30 is a skip date)

World Language Spanish Beginning  Ages 6-12
Students will learn basic speaking phrases and vocabulary. They will be introduced to the culture, regions and foods through fun activities, art, music and games. Some stops on our virtual trip through Spanish speaking counties will be Spain, Mexico and South America! (TBD)
FVEC-A132, Dr 4
1482  9/14-10/19  Sat  10:15-11:15 am  $35
(6 classes)
1482A  10/26-12/7  Sat  10:15-11:15 am  $35
(6 classes - 11/30 is a skip date)

STEM

THE CODER SCHOOL
We’re bringing Silicon Valley’s #1 kids coding program to the area. We do more than teach coding. We teach aspiring coders to use their passion as a stepping stone to thinking outside the box, channel their ideas in creative ways and most importantly, to have fun.

Code Class  Ages 6-9
Code Class is our entry level program, only for newbie coders. In our younger Code Class, our Coaches use Scratch or Snap! to teach kids using our project-based game development curriculum, in a traditional class-like environment. (The Coder School of Highland Park)
FVEC- A200a, Dr 4
1473  9/12-11/21  Thurs  4-5 pm  $269
(10 classes - 10/31 is a skip date)

Code Class  Ages 10-14
Our offering for older kids, allows kids to follow a curriculum of self-guided platforms at their own pace with a roaming Code Coach® to help when they get stuck. Static curriculums and software-driven teaching can work in short bursts, but Code Coaching® is always the more effective option. (The Coder School Highland Park)
FVEC- A200a, Dr 4
1431  9/12-11/21  Thurs  5-6 pm  $299
(10 classes - 10/31 is a skip date)

ENGINEERING FOR KIDS®
At Engineering For Kids, we enable learning through hands on projects that focus on science, technology, engineering, and math! Our goal is to help the children develop their problem solving, critical thinking and teamwork skills. These skills are critical to engineering and succeeding in today’s society.

LEGO® Robotics EV3–Discovery – Apprentice/Master
Grades 3-8
This is an exceptional course for young constructors, passionate about advanced technology. During the course we will show how, with the aid of intricate machines, we can use mathematics and laws of physics to achieve, what was so far impossible. Together we will build many innovative constructions and models from LEGO bricks, FVEC-B103, Dr 1
1921  9/11-10/30  Wed  6-7:30 pm
(6 classes - 10/9, 10/23 are skip dates)

LEGO® Robotics WeDo–Space Exploration Junior
Grades PK-2
This course combines themes from science fiction films with current knowledge about the Universe. We will become familiar with the history of space exploration, inventions that helped space missions, learn about the Universe and use our imagination to think about galaxies yet undiscovered.
FVEC-TBD, Dr 1
(6 classes - 10/9 is a skip date)
1434  9/14- 10/19  Sat  9-10:30 am  $169
**Take to the skies with our kid-approved drones!** Housing a thrilling, hands-on aerial robotics platform, this course is the perfect introduction to the world of unmanned aerial vehicles (UAVs). Students will master basic piloting skills, program their drone to fly on its own, and use the Engineering Design Process to problem solve. Putting critical thinking to the test, the course also has students brainstorm ways drones could be used for good, sketching out their ideas for new and innovative drones and uses.

**FVEC-TBD, Dr 1**

**1435**  
9/14-10/19  
Sat 10:45-12:15 pm  
$169  
(6 classes)

**App Development – Apprentice/Master**  
Grades 3-8

With BitsBox, give your engineer the knowledge to stay ahead. Students will code, test, and create their own apps in real-time using an easy-to-understand format and they’ll be able to save their created apps to their (or your own) devices for play anywhere, anytime!

**FVEC-TBD, Dr 1**

**1436**  
11/6-12/18  
Wed 6-7:30 pm  
$169  
(6 classes - 11/27 is a skip date)

**Chemical Engineering–Crazy Concoctions – Junior**  
Grades PK-2

This class introduce our youngest engineers to fundamental concepts of solids, liquids, and solutions. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, fluff, and more.

**FVEC-TBD, Dr 1**

**1437**  
11/2-12/14  
Sat 9:30-10:30 am  
$145  
(6 classes - 11/30 is a skip date)

**Chemical Engineering–Mix it up! – Apprentice/Master**  
Grades 3-8

Students use the Engineering Design Process to design, create, test, and refine mixtures and solutions with different chemical properties. They develop solutions to clean up oil spills, synthesize rocket fuel, and investigate secrets behind color pigmentation.

**FVEC-TBD, Dr 1**

**Program Fee: $169 per student**

**1438**  
11/2 - 12/14  
Sat 10:45 am-12:15 pm  
$169  
(6 classes - 11/30 is a skip date)

**SNAPOLGY®**

When children are actively engaged in hands-on, interactive learning activities, their creativity flourishes and they show a greater interest in school. At Snapology we help your child grow up with a thirst for knowledge. Snapology engages children ages 1-14 using LEGO® bricks, K’Nex, toys, laptops and iPads.

**Scientists**  
Ages 7-12

Students will engage in activities and learn concepts from astronomy, earth science, biology, chemistry and physics using LEGO® bricks. Students will create solar systems, learn about earth’s processes and create adaptations of living creatures while cultivating their love of science. (Snapology)

**FVEC-TBD, Dr 1**

**1439**  
9/16-10/14  
Mon 4:30-5:30 pm  
$59  
(4 classes - 9/30 is a skip date)

**Brick Art Lab**  
Ages 8-14

Students will learn about different artists (Da Vinci, Van Gogh and more) their types of art, and the periods in which they were created. Students will interpret what they see and create their own works of art out of LEGO® bricks. (Snapology)

**FVEC-TBD, Dr 1**

**1440**  
10/22-11/12  
Tues 4:30-5:30 pm  
$59  
(4 classes)

**Creature Creators LEGO® Robotics**  
Ages 7-12

Student will create their own animal inspired robotic models. Students will learn about simple machines (wheels, axles, levers and pulleys), mechanical movement, sensors and robotic programming. Each week, we will explore a different robotic animal build. (Snapology)

**FVEC-TBD, Dr 1**

**1441**  
11/14-12/12  
Thurs 4:30-6pm  
$79  
(4 classes - 11/28 is a skip date)

**LEGO® Animation Studio Weekend Workshops**  
Ages 8-14

Students will explore the world of movie making through stop motion animation using LEGO® bricks. Children will work in teams to write and produce their very own movie, build the scenes, animate it and share their masterpiece. (Snapology)

**FVEC-TBD, Dr 1**

**1442**  
9/21-9/28  
Sat 9-9 Noon  
$119  
(2 classes)

**VISUAL AND PERFORMING ARTS**

**THE CHILDREN’S THEATRE COMPANY**

We started over 25 years ago with a goal of encouraging the creative spirit and empowering children through musical theatre. Students develop confidence in voice, movement and imagination. We provide high quality theatre education for all abilities and levels of interest.

**Frozen Jr.**  
Grades 3-6

Based on the 2018 Broadway musical, we bring the magical land of Arendelle to life onstage. When Princesses Anna and Elsa are faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. First rehearsal mandatory. (Margo Proeh, The Children’s Theater Company)

**FVEC-C112, Dr 1**

**1475**  
9/5-9/12  
Thurs 4:15-6:15 pm  
$199  
Performance: TBD

**Let It Go!**  
Kindergarten-Grade 1

Children will embark on a musical adventure helping Elsa, Anna, and Olaf while singing, dancing and acting along the way. Students will perform in 4 songs and dances they will receive 3 lines each in our final show. Must be potty-trained and ready for a drop-off group experience. (Margo Proeh, The Children’s Theater Company)

**FVEC-C112, Dr 1**

**1474**  
9/5-9/12  
3:15-4:15 pm  
$199  
Performance: TBD

**Camps 2020**

**D214 DISCOVERY SUMMER CAMPS 2020**

Register for camp information and updates. You’ll be the first to receive early bird registration information, scholarship opportunities and camp details. To register, call 847-718-7700 or visit ce.d214.org.

**World Language Italian Camp 2020**

Take a virtual trip through Italy with our first ever D214 World Language Italian Camp. Some stops on our trip will be Rome, Venice and Verona! Campers will learn basic speaking phrases and vocabulary. They will be introduced to culture, regions and foods through fun activities, art, music and games.

**1487Info**

**World Language Spanish Camp 2020**

Take a virtual trip through Latin Countries with our first ever D214 World Language Spanish Camp. Some stops on our trip will be Spain, Mexico and South America! Campers will learn basic speaking phrases and vocabulary. They will be introduced to the culture, regions and foods through fun activities, art, music and games.

**1496Info**

Register Online @ ce.d214.org
Discover: Youth, Family and Parent Programs

Wheeling STEM Camp 2020
We are very excited to welcome you to experience the fun and excitement of math, science, technology and engineering. We offer a variety of hands-on, fun experiences in all areas of math, science, technology and engineering. We embrace the concept of STEM FOR ALL! Camps are open to the community.
1488Info

Exploration In Manufacturing Camp 2020
This course allows campers to explore the “marketspace” world of engineering, a place where students can gather to create, invent, tinker, explore and discover using a variety of tools and materials. You will be introduced to CNC (Computer Numerical Control) machines, laser cutters, and hands-on equipment to create a variety of projects. Activities will focus on providing a foundation for our Next Generation Engineers (NGE), designing for manufacturing and essential skills and principles necessary for taking your ideas from concept to design and fabrication. (Wheeling High School, Nuts, Bolts and Thingamajigs Manufacturing Camp)
1489Info

Theater Camp 2020

Theater Camp 2020
Join the Children’s Theater Co. for a fun-filled adventure musical theater camp experience culminating in our final show performance. This camp provides children with an opportunity to explore a wide variety of performing arts in an environment of encouragement and support. Boost your camper’s confidence level with activities including improv, vocal, and dance workshops. Go behind the scenes and discover the world of art and set design, costume and state makeup. Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in class performance for family and friends.
1490Info

Camp 214 2020
Each day of camp will be a new and exciting experience for our campers as no two days are exactly alike! The bulk of camp will be spent participating in a wide variety of activities throughout the day that include arts & crafts, group games and team building activities, fun with foods challenges, super science projects, STEM challenges, sports and recreation, and much more!
1491Info

PARENT

Making Youth Sports Better
Much as you don’t want to admit it, your son or daughter is not going to grow up to be a professional athlete. Given that, what steps can we take to ensure that our kids get the most out of their participation in youth sports? (Dr. Craig)
FVEC-B103, Dr 1
1443 10/15 Tues 7-8 pm
Career Night: Arts and Communication & Human Services
This program is open for all grade levels including 8th graders. Career Night provides an opportunity for students and parents to choose career presentations, receive a general overview of Fine Arts careers in relation to D214 courses as well as detailed information from active industry partners. Registration not required.
Location: Prospect High School-Theater, Dr 1
9/17 Tues 6:30-8:30pm
Career Night: Health and Natural Resources
This program is open for all grade levels including 8th graders. Career Night provides an opportunity for students and parents to choose career presentations, receive a general overview of Health careers in relation to D214 courses as well as detailed information from active industry partners. Registration not required.
Location: Wheeling High School-Theater, Dr 1
9/26 Thurs 6:30-8:30 pm

Directions Fair: College and Career Fair 2019
This program is open to parents and students with special needs. Representatives from colleges and post-secondary institutions will be available to distribute literature and discuss programs, certificates, and college opportunities. (Post-secondary options for students with special needs hosted by High School District 214, Township High School District 211, Barrington Unit School District 220, Harper College, and St. Viator High School.) Registration not required
Location: Forest View Educational Center, Dr 1
10/2 Wed 6-8 pm

Career Night: Engineering, Industrial Technology and Business and Computers
This program is open for all grade levels including 8th graders. Career Night provides an opportunity for students and parents to choose career presentations, receive a general overview of Engineering careers in relation to D214 courses as well as detailed information from active industry partners. Registration not required
Location: Rolling Meadows High School, Dr 1
10/15 Tues 6:30-8:30 pm

College and Career Ready Night
This program is open for all grade levels including 8th graders of feeder middle schools. This program is designed to give an introductory level understanding of District 214’s career pathways. Sessions will include D214 curriculum overview, postsecondary engagement, and student voice experience for each pathway. Registration not required
Location: Forest View Educational Center, Dr 1
10/23 Wed 4:30-8:30 pm

Future Ready Parent Series: Cyber Security and your Teen
Nationally recognized child crime specialist Rich Wistocki, will present proactive strategies, expert insight, and invaluable resources designed to empower your family to combat Cyber-Bullying, Online Trafficking and Sexting. Learn how to effectively monitor your child’s devices remotely, how to report cyber crimes, understand applications such as Snap Chat, House Party, Tic Toc, Google Hangouts, Instagram and more and understand the laws that cover social media such as: harassment, trafficking, cyber-stalking and false personation. (Rich Wistocki, Nationally recognized High Technology Child Crimes Specialist, 30 years Law Enforcement experience.)
FVEC-Theater, Dr 1
1444 9/24 Tues 7-8:30pm FREE

Bestselling author Michele Borba offers a 9-step program to help parents cultivate empathy in children, from birth to young adulthood – and explains why developing a healthy sense of empathy is a key predictor of which kids will thrive and succeed in the future. In our hyper-connected, social-media-saturated society, many of us are so obsessed with snapping “selfies” and living a virtual life online that we’re forgetting how to care for the people right in front of us IRL (that’s “in real life”). The resulting Selfie Syndrome is leading to an empathy crisis among today’s youth – teens today are forty percent less empathetic than they were just a generation ago, and narcissism has increased fifty-eight percent during that same period. But there is a solution: studies show that the antidote to Selfie Syndrome is empathy. And the good news is that empathy can actually be cultivated in children, starting even before they can talk.
(Michele Borba, Ed.D)
FVEC-Theater, Dr 1
1445 12/4 Wed 7-8:30 pm FREE

Register Online @ ce.d214.org
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. All classes are free.

Prevention Initiative Birth to Three Program
Home visiting services to low-income families who have a child age birth to three who may be at risk of developmental delays. Contact Veronica Marquez at 847-718-7952 or veronica.marquez@d214.org.

English as a Second Language (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 workplace and to function effectively as parents, workers, and U.S. citizens engaged in civic participation. We offer beginning through Advanced Levels. For more information, call 847-718-7725. Para más información llame al 847-718-7911.

Students must attend both orientation and registration at Forest View Educational Center.
Class Location: Forest View Educational Center
Orientation for ESL classes:
- Tuesday, Aug. 13 at 9:00 am or 6:00 pm
- Wednesday, Aug. 14 at 9:00 am or 6:00 pm
Orientation will take approximately one hour. Child care is not available.

Registration:
- Monday, Aug. 19 at 9 am or 6:00 pm,
- Wednesday, Aug. 21 at 9 am or 6:00 pm,
- Monday, Aug. 26 at 9 am or 6:00 pm
Registration may take up to 3 hours.
Classes: Mondays and Wednesdays from 9 am to 12 noon.
Mondays and Wednesdays from 6:00-9:00 pm.

The Catherine M. Lee Women’s and Children’s Center
The Catherine M. Lee Women’s and 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. To be eligible, you must participate in the entire program curriculum, which consists of classes three mornings per week in five components: English as a Second Language (ESL), Employability Skills, Digital Literacy, Parent Education and Tutoring.

Location: Forest View Educational Center (Room A205)
Registration: Aug. 15, 2019 at 9 am.
Classes: Tuesday, Thursday and Friday from 9 am -12 noon
For more information contact Carinna Tello at 847-718-7722 or carinna.tello@d214.org or Jessica Escutia at 847-718-7911 or jessica.escutia@d214.org

Family Literacy: Parent/Child Interaction
The Family Literacy program is an educational class for children 3-10 years of age before Sept. 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, contact Carinna Tello at 847-718-7722 or carinna.tello@d214.org.

Reading 101
This is an advanced class for those looking to increase their reading skills. This class covers vocabulary, comprehension and fluency.

Students must attend both orientation and registration at Forest View Educational Center.
Class Locations: Forest View Educational Center or Schaumburg Township District Library
Orientation for Reading 101 classes will be held on Tuesday, Aug. 13 or Wednesday, Aug. 14 at either 9:00 am or 6:00 pm Orientation will take approximately one hour. Child care is not available. ALL students must attend to be eligible for registration.

Registration: Aug. 20, 21 and 22, 2019 at 9 am or at 6 pm Testing and registration takes approximately 5 hours. You must attend two of these registration times to be eligible to begin class on Sept. 3, 2019.

Classes (14 weeks): Forest View Education Center, Monday and Wednesday mornings from 9 am-12 noon.
Classes (14 weeks): Schaumburg Township High School District, Tuesday and Thursday mornings from 9 am-12 noon.
For more information, contact Nicol Engel at 847-718-7953 or nicol.engel@d214.org

College and Career Ready 101 and 102
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 including Graphic Design, Manufacturing, Technology, Logistics, Health Care, Medical Office Administration, HVAC, Electronics, Certified Nursing Assistant, Human Services, and Community Health.

We teach on-the-job valued work skills such as: Critical Thinking, Information Technology Applications, Career Management, Resume Development, Soft Skills, Teamwork and Exploring Career Pathways.
Students must attend both orientation and registration at Forest View Educational Center.

Class Location: Forest View Educational Center
Orientation: Tuesday, Aug. 13 or Wednesday, Aug. 14 at either 9:00 am or 6:00 pm. Orientation will take approximately one hour. Child care is not available. ALL students must attend to be eligible for registration.

Class Location: Forest View Educational Center
Registration: Aug. 20, 21 and 22, 2019 at 9 am or 6 pm
You must attend two of these registration times to begin class on Sept. 3, 2019.

Classes (14 weeks): Tuesday and Thursday from 9 am-12 noon OR from 6:00-9:00 pm.
To determine if you qualify or for more information contact Julie Frost no later than Aug. 12 at 847-718-7876 or email Julie.Frost@d214.org.

Earn your Illinois High School Equivalency Certificate
We will prepare you to take the GED® Computer Based Test.
Orientation: Tuesday, Aug. 13 or Wednesday, Aug. 14 at either 9:00 am or 6:00 pm. Orientation will take approximately one hour. Child care is not available. ALL students must attend to be eligible for registration.

Class Location: Forest View Educational Center
Registration: Aug. 20, 21 and Aug. 22, 9 am or 6 pm
You must attend two of these registration times to be eligible to begin class on Tuesday, Sept. 3.

Classes (14 weeks): Tuesday, Wednesday, and Thursday evenings from 6:30-9:30 pm or Tuesday and Thursday mornings from 9:00-Noon.

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

Spanish GED®
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.
Locación: Forest View Educational Center (¡No hay cuidado de niños!)
Inscripciones: 20 y 22 de agosto de 2019 a las 6 pm en el salón A205
Clases: martes y jueves de 6 pm - 9 pm
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

U.S. Citizenship Test Preparation
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.

Location: Forest View Educational Center (Room A234)
Registration: Aug. 17, 2019, 9 am

Location: Forest View Educational Center (Room A237)
Registration: Aug. 17, 2019, 6pm
Classes: Monday and Wednesday, 6pm - 9 pm

Location: Forest View Educational Center (Room A205)
Registration: Aug. 17, 2019, 9 am
Classes: Saturday, 9 am - 2 pm
(Teacher speaks English and Spanish)

Location: Forest View Educational Center (Room A237)
Registration: Aug. 17, 2019, 9 am
Classes: Saturday, 9 am - 2 pm
(Teacher speaks English and Polish)

Location: Forest View Educational Center (Room A237)
Registration: Aug. 17, 2019, 6pm
Classes: Tuesday and Thursday, 6 pm - 9 pm
(Teacher speaks English and Polish)

Location: Schaumburg Township District Library
(Adult Classroom, 130 South Roselle Road, Schaumburg)
Registration: Sept. 6, 2019, 6 pm
Classes: Monday and Friday, 6 pm - 9 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 and N-600) and offer practice interviews for a nominal fee. Please call to make an appointment.

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 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.

Our Saviour’s Lutheran Church (Arlington Heights)
Registration: Aug. 26, 2019, 9:30 am
Classes: Monday, Sept. 9 - Nov. 18, 9:30 am-12 noon
Schaumburg Township District Library
Registration: Aug. 26, 2019, 9:30 am
Classes: Monday, Sept. 9 - Nov. 18, 9:30 am-12 noon
Arlington Heights Memorial Library
Registration: Aug. 27, 2019, 9:30 am
Classes: Tuesday, Sept. 10 - Nov. 12, 9:30 am-12 noon
Prince of Peace Lutheran Church (Schaumburg)
Registration: Aug. 27, 2019, 12:30 pm
Classes: Tuesday, Sept. 10 - Nov. 12, 12:30 pm-3:00 pm
Indian Trails Public Library
Registration: Aug. 28, 2019, 9:30 am
Classes: Wednesday, Sept. 11 - Nov. 20, 9:30 am-12 noon
Elk Grove Village Public Library
Registration: Aug. 28, 2019, 9:30 am
Classes: Wednesday, Sept. 4 - Nov. 13, 9:30 am-12 noon
Schaumburg Township District Library
Registration: Aug. 28, 2019, 9:30 am
Classes: Wednesday, Sept. 11 - Nov. 20, 9:30 am-12 noon
Arlington Heights Memorial Library
Registration: Aug. 28, 2019, 7:00 pm
Classes: Wednesday, Sept. 11 - Dec. 4, 7:00 pm-9:30 pm
Wheeling High School Library
Registration: Aug. 28, 2019, 7:00 pm
Classes: Wednesday, Sept. 11 - Nov. 20, 7:00 pm-9:30 pm
Forest View Educational Center
Registration: Aug. 29, 2019, 9:30 am
Classes: Thursday, Sept. 12 - Nov. 14, 9:30 am-12 noon
Rolling Meadows High School Library
Registration: Sept. 5, 2019, 7:00 pm
Classes: Thursday, Sept. 12 - Nov. 14, 7:00 pm-9:30 pm
Mount Prospect Public Library
Registration: Aug. 30, 2019, 9:30 am
Classes: Friday, Sept. 6 - Nov. 8, 9:30 am-12 noon

Tutor Training Dates
Friday, Aug. 23, 2019 OR Saturday, Aug. 24, 2019

46 I Fall 2019 I Discover: Adult Education
New! Introduction to Manufacturing
(Pre-Quality Control Certificate or preparation for CNC)

Quality Control NIMS Certificate

Orientation for Manufacturing Certificate classes will be held on Tuesday, Aug. 13 or Wednesday, Aug. 14 at either 9 am or 6:00 pm. at Forest View Educational Center. Orientation will take approximately one hour. Child care is not available.

Class Location: Wheeling High School
Registration: Aug. 20, 21 and 22, 2019 at 9 am or at 6 pm at Forest View Educational Center
You must attend two of these registration times to begin class on Sept. 3, 2019.

Classes (12 weeks): Tuesday and Thursday evenings from 6 pm - 9 pm.
To determine if you qualify or for more information contact Julie Frost no later than Aug. 12 at 847-718-7876 or email Julie.Frost@d214.org.

Funding for Adult Education Programs

The Catherine M. Lee Women's and Children's Center. Approximately 25% of the FY18 program is paid with federal funds in the amount of $19,411.
Approximately 50% of the FY18 English as a Second Language (ESL) program is paid with federal funds in the amount of $314,096.
Approximately 21% of the FY18 Family Literacy program is paid with federal funds in the amount of $11,628. The project was 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 38% of the FY18 High School Equivalency program is paid with federal funds in the amount of $19,649.00.

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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
• Bachelor of Science in Health Education

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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
**Buffalo Grove High School**

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Piano Man: Elton John and Billy Joel Tribute
Sunday, September 15, 2019 • 3 p.m.

Local favorite “Piano Man,” Mike Sigman, a Carpentersville native, will bring the music of Elton John and Billy Joel to life in the show that pays them the ultimate tribute. With a handpicked lineup of some of the most versatile musicians in the Tri-State area and Sigman’s uncanny ability to mimic the voices of these two mega superstars, he has created one of the most solid and authentic tribute bands in the country.

Sigman has been performing the show for 16 years and considers both artists a huge influence in his life and as a piano player.

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

Close to You: The Music of The Carpenters
Sunday, November 10, 2019 • 3 p.m.

Considered one of the best vocalists of all time, Karen Carpenter captured the attention of a generation with the surprisingly deep material of her unabashedly catchy pop music. Singer and playwright Lisa Rock has compiled a moving tribute to the music and life of Carpenter, and brings it to the stage with her 6-piece backing band. Dedicated to re-creating the true sound of The Carpenters, Rock and her band showcase some of the most memorable songs of the 70s including “We’ve Only Just Begun,” “Rainy Days and Mondays,” and of course “Close to You.”

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

Upcoming Shows:

February 29, 2020 – Family Variety Show
March 7, 2020 – Irish Fest Featuring music, dance and storytelling
April 25 – Family Show
May or June – Patsy Kline Tribute
NORTHWEST SUBURBAN COMMUNITY CONCERT ASSOCIATION and DISTRICT 214 COMMUNITY EDUCATION present our 2019-20 Concert Season

September 29
The Cryan’ Shames with Special Guest Ronnie Rice (New Colony Six)

October 20
Diva Montell & Jéorge Holmes Sweetest Love Duets

March 29
St. Louis Brass Acclaimed Brass Quintet

April 26
Denny Diamond Neil Diamond Tribute

May 31
Jory Vinikour International Harpsichordist

Save the DATE!
32nd Annual Senior Celebration Day 2020
Tuesday, March 24, 2020
10 a.m. to 2 p.m.

This FREE EVENT will be held at the Forest View Educational Center
2121 S. Goebbert Road, Arlington Heights, IL (Enter at Door 1)

• Health Screenings - FREE
• Giveaways
• Informative exhibitors and presentations
• Bingo - Play FREE
• Entertainment and more!

$6 Lunch by Tailgate Caterers

Admission ticket is required for entry. Free tickets will be available starting January 2020 at your local senior centers, Elk Grove and Wheeling Township offices, park districts within District 214 boundaries, District 214 Community Education or on the day of the event at the door. Call 847-718-7700 for more information after the New Year.