Computers

**Computers Made Easy for Seniors**, Course ID #6916, Registration Deadline Apr. 26
This non-threatening, hands-on class will help you ease into computer-age technology and become familiar with the jargon, concepts and basic operations of computers.
Paper and pen for notes.
Course Fee $59, Instructor Robert Baker, May 3, 5, 10, 12, T Th, 9-11:30 AM, Location T-161

**Intermediate Computers for Sr.**, Course ID #6907, Registration Deadline Mar. 28
If you are beyond the basics but have more questions, come to this class to have them answered. The class will be in a computer lab with plenty of hands-on activity and practice.
Course Fee $59, Instructor Rudy Nielsen, Apr. 4, 8, 11, 15, M F, 4:15-6:45 PM, Location T-159

**Internet and Email for Seniors**, Course ID #6917, Registration Deadline May 10
Examine the fascinating world of the Internet. Learn how to send and receive messages and attachments via e-mail, search various websites for information and understand the basics of the World Wide Web.
Paper and pen for notes.
Course Fee $59, Instructor Robert Baker, May 17, 19, 24, 26, T Th, 9-11:30 AM, Location T-159

**Intro to Email and Social Networking**, Course ID #6893, Registration Deadline Apr. 4
This "Intro to Email and Social Networking" class provides an overview of how to use email and social networking sites with an emphasis on safety.
Course Fee $35, Instructor Cindy Carton, Apr. 11, 18, M, 6:30-8:30 PM, Location Apple Canyon Lake Club House

**Windows 10**, Course ID #6914, Registration Deadline Apr. 12
Questions about Windows 10? Learn more about installation and some of the features of this new operating system. Bring your own device with Windows 10 installed if you want.
Bring your own Windows 10 laptop or tablet, if desired, not required.
Course Fee $20, Instructor Eric Welch, Apr. 19, T, 6-8:30 PM, Location H-117

Equine

**Massage a Horse?!**, Course ID #6891, Registration Deadline Apr. 15
Come to explore ways to please your horse with just the right massage! Grooming as the beneficial start to a massage and several useful techniques will be practiced by each participant. Horses are provided on site.
Course Fee $50, Instructor Anki Bauer, Apr. 21, Th, 6:30-9:30 PM, Location Country View Equestrian Center, 2192 Clarno Road, Monroe, WI, www.countryview-equestrian.org
Massage a Horse?!, Course ID #6892, Registration Deadline Apr. 29
See Course ID 6891 for description.
Course Fee $50, Instructor Anki Bauer, May 7, S, 1-4 PM, Location Haywire Farms, 4543 Longhollow Road, Galena, IL www.haywirefarmsllc.com

Personal Enrichment

Adult Book Discussion of "Night" by Elie Wiesel, Course ID #6905, Registration Deadline Feb. 29
This class will introduce participants to the Jewish Holocaust in Europe through the exploration of the book "Night" by Elie Wiesel. We will discuss the book and use other resources to understand the circumstances that allowed Weisel to survive and his life since then. Students will also receive resources about an optional session to attend the Yom Hoshoa (Holocaust Remembrance) service in the Quad Cities.
Read and bring to class the book Night by Eli Wiesel.
Course Fee $30, Instructor Matthew Toland, Mar. 7, 14, 21, M, 6-8 PM, Location Campbell Center Community Room

Apron (and Potholder) in a Week-end, Course ID #6870, Registration Deadline Mar. 4
Get ready to cook and serve in style. Make a lined apron with roomy pockets. Pattern includes child and toddler sizes as well, so you can make matching aprons. You may also make matching chenille potholders. This is an easy to sew project that beginner or experienced sewers can do.
Course Fee $44.5, Instructor Polly Perkins, Mar. 11, 12, F S 6-8 PM and 9-1, Location H-210

Ballroom Dancing I, Course ID #6886, Registration Deadline Jan. 5
It's fun, it's easy, walk in - dance out. Learn the basics of slow and fast dancing. Learn to lead and learn to follow. Dances learned are waltz, fox trot and swing.
"The Dance Collection I and Dance Collection II" dvd's available thru Barnes and Noble College Book Stores to enrich the dance experience. Adult learn to tap dance dvd available at Barnes & Noble.
Course Fee $65, Instructor Julie Dale, Jan. 12, 19, 26, Feb. 2, 9, 16, T, 7:30-8:15 PM, Location YMCA Multi-purpose room

Ballroom Dancing I, Course ID #6888, Registration Deadline Feb. 16
See Course ID 6886 for description.
"The Dance Collection I and Dance Collection II" dvd's available thru Barnes and Noble College Book Stores to enrich the dance experience. Adult learn to tap dance dvd available at Barnes & Noble.
Course Fee $65, Instructor Julie Dale, Feb. 23, Mar. 1, 8, 15, 22, 29, T, 7:30-8:15 PM, Location YMCA Multi-purpose room

Ballroom Dancing II, Course ID #6887, Registration Deadline Jan. 5
Waltz II, Foxtrot II, Swing II, for those who have danced before and want to improve or add to what they already know. If unsure of your level, contact instructor Julie Dale, 815-718-1814 or email julied12@hotmail.com
"The Dance Collection I and Dance Collection II" dvd's available thru Barnes and Noble College Book Stores to enrich the dance experience. Adult learn to tap dance dvd available at Barnes & Noble.
Course Fee $65, Instructor Julie Dale, Jan. 12, 19, 26, Feb. 2, 9, 16, T, 8:15-9:00 PM, Location YMCA Multi-purpose room

Ballroom Dancing II, Course ID #6889, Registration Deadline Feb. 16
Waltz II, Foxtrot II, Swing II, for those who have danced before and want to improve or add to what they already know. If unsure of your level, contact instructor Julie Dale, 815-718-1814 or email julied12@hotmail.com
"The Dance Collection I and Dance Collection II" dvd's available thru Barnes and Noble College Book Stores to enrich the dance experience. Adult learn to tap dance dvd available at Barnes & Noble.
Basic Automotive Maintenance, Course ID #6895, Registration Deadline Mar. 29
Basic Automotive Maintenance introduces participants to what types of fluids are needed and the service intervals recommended for vehicle longevity. Lab tasks will allow participants to become familiar with the under-hood layout of the vehicle and basic maintenance procedures. First class will be classroom and the second two classes will be hands-on tasks in lab.
First session is in the classroom, second and third sessions are hands-on, please wear comfortable clothing.
Course Fee $65, Instructor Julie Dale, Feb. 23, Mar. 1, 8, 15, 22, 29, T, 8:15-9:00 PM, Location YMCA Multi-purpose room

Basic Digital Photography, Course ID #6836, Registration Deadline Jan. 27
We will cover the basics of digital photography. You will learn elements of exposure control, photographing people, close-up, action and low-light photography. We will also spend time on the "how to's" of sharing images and storing your photos. Bring your own camera and gain the confidence you need to take great photos! *Required for Photography Certificate of Completion.
Your camera
Course Fee $20, Instructor Jim Palmer, Apr. 5, 12, 19, T, 6-8 PM, Location T-123

Biochemistry for Beginners, Course ID #6890, Registration Deadline Feb. 23
Everybody eats. How does the food you eat get converted into energy? We’ve all got DNA. How does this information get changed into brown eyes, long legs, diabetes or cancer? What is genetic engineering and gene therapy? Biochemistry is important to everyone. This course introduces participants to the language and pathways of biochemistry. No prior knowledge of chemistry is required.
Textbook sued will be Biochemistry, 5th ed., Berg, Tymoczko, Stryer, open source (free) textbook, found at http://www.ncbi.nlm.nih.gov/books/NBK21154/
Course Fee $40, Instructor Gary Gullett, Feb. 3, 10, 17, W, 6-8:30 PM, Location H-117

Bowling 2.0, Grandparent and Grandchild, Course ID #6896, Registration Deadline Mar. 28
A bowling program for grandparent and grandchild focused on creating "life-long" bowlers. This course will include some classroom time teaching fundamentals and basics, followed up with "lane time" to work on their new knowledge and skills. Fee includes shoe rental, bowling ball, and lane rental.
Rental of bowling shoes, lane, and bowling ball included in fee.
Course Fee $109, Instructor Jeff Johnson, Apr. 4, 6, 11, 13, 18, 20, 25, 27, M W, 5-6:30 PM, Location Four Seasons

Bowling 2.0, Individual, Course ID #6897, Registration Deadline Mar. 28
For individuals, see Course ID 6896 for description.
Rental of bowling shoes, lane, and bowling ball included in fee.
Course Fee $69, Instructor Jeff Johnson, Apr. 4, 6, 11, 13, 18, 20, 25, 27, M W, 5-6:30 PM, Location Four Seasons

Brewing Technology Then & Now, Course ID #6915, Registration Deadline Apr. 18
Ever thought about brewing your own beer? Maybe you already do and are considering a career in the new booming craft brewing industry! This three-week course could be just for you and will help you understand the entire brewing process on both a small and large scale! We’ll cover brewing ingredients, equipment, procedures, packaging, and even tasting sensory analysis.
Course Fee $150, Instructor Steve Winter & Harvey Wilhelms, Apr. 25, 26, May 2, 3, 9, 10, M T, 6-8 PM, Location Generations Brewing Co.

Card Making A, Course ID #6790, Registration Deadline Mar. 9
Create your own greeting cards and paper projects! You will create four projects each class using new tools and many different card folds. No project duplicated! Materials you must bring are adhesive, precision
scissors, ruler and pencil. A $25.00 materials fee paid to the instructor on the first night covers all materials for the four weeks!

Course Fee $25, Instructor Deb Miller, Mar. 16, Apr. 6, 20, May 4, W, 6-8:30 PM, Location F-062

**Card Making B**, Course ID #6791, Registration Deadline Mar. 11
See Course ID 6790 for description.

Course Fee $25, Instructor Deb Miller, Mar. 18, Apr. 8, 22, May 6, F, 9-11:30 AM, Location F-062

**Card Making C**, Course ID #6792, Registration Deadline Mar. 23
See Course ID 6790 for description.

Course Fee $25, Instructor Deb Miller, Mar. 30, Apr. 13, Apr. 27, May 11, W, 6-8:30 PM, Location F-062

**Card Making – Lena**, Course ID #6959, Registration Deadline Feb. 8
Try making your own cards at this introductory class. Materials you must bring are adhesive, precision scissors, ruler and pencil. A $6.00 material fee paid to the instructor at the class covers materials!

Course Fee $10, Instructor Deb Miller, Feb. 16, T, 1-3 PM, Location DOLL Memorial Apartments Community Room

**Chakras for Beginners**, Course ID #6867, Registration Deadline Apr. 12
This course will outline the seven chakras, each one’s importance, and how these energy centers are connected to our physical, mental, and spiritual selves. Learn each chakra’s purpose, function, and the effects of a blocked chakra.

Course Fee $29, Instructor Suzanne Miller, RMT, and Paula Schmoldt, RMT, Apr. 19, T, 6-9 PM, Location H-210

**Civil War History (1861-1865)**, Course ID #6872, Registration Deadline Jan. 26
The class will concentrate on the personalities and leadership of both the Union and Confederate armies. There will be in-depth studies of the following battles: Gettysburg, Antietam, Vicksburg, and Shiloh.

Course Fee $94, Instructor Dr. Gordon Dammann, Feb. 2, 9, 16, 23, Mar. 1, 8, T, 7-8:30 PM, Location H-210

**Civil War Quilt Blocks**, Course ID #6899, Registration Deadline Mar. 30
Make four Civil War quilt blocks and put them together to make a table mat. Kit ($20) and pattern ($9) will be available for purchase at class. Historical information about women’s involvement and fabric making during the Civil War time frame will be given. A trunk show of completed Civil War reproduction quilts will be shown as examples. Option to purchase backing and binding for an additional $14.

Please bring sewing machine and basic sewing supplies (scissors, thread, pins, rotary cutter, mat, and rule.

Course Fee $35, Instructor Polly Perkins, Apr. 6, 13, W, 6-9 PM, Location H-210

**Color My Home**, Course ID #6880, Registration Deadline Feb. 17
Design a beautiful and comfortable home by understanding the use and trends of color. Become confident in your color choices for furniture, fabrics, flooring, and more.

Course Fee $25, Instructor Lindsay Heitz, Feb. 24, W, 6-8 PM, Location H-210

**Conversational Spanish I**, Course ID #6840, Registration Deadline Mar. 28
This Spanish course will start with a variety of topics at basic level. It will cover grammar and structure absolutely necessary for speaking. The primary objective is pronunciation and vocabulary building.
Course Fee $60, Instructor Cecilia Van Heeren, Apr. 4, 6, 11, 13, 18, 20, M W, 9-11 AM, Location H-208

**Essential Oils for Beginners**, Course ID #6868, Registration Deadline Mar. 15
This 3-hour workshop will cover the benefits of five essential oils. Participants will learn the importance of safety and the difference between "warm" and "cool" oils. Discussion will be held describing the need to identify the quality of oils. Application and typical uses will be outlined. Attendees will sample and receive samples of each oil used in class.
Course Fee $64 includes $25 materials cost for 5 take home oil samples., Instructor Suzanne Miller, RMT, and Paula Schmoldt, RMT, Mar. 22, T, 6-9 PM, Location H-208

**Exploring World Religions**, Course ID #6906, Registration Deadline Jan. 18
This class will introduce participants to the histories and traditions of many of the world's largest religions including Judaism, Hinduism, Islam, Buddhism, and others. It will utilize videos and other online resources, printed materials, hands-on exercises, participation in cultural experiences, food, and music.
Course Fee $60, Instructor Matthew Toland, Jan. 25, Feb. 1, 8, 15, 22, 29,, M, 6-8 PM, Location Campbell Center Community Room

**Fishing to Catch Fish!**, Course ID #6881, Registration Deadline Apr. 19
Want to know more about fishing? In two hours learn the basics of equipment, bait, location, and how to catch more fish!
Course Fee $10, Instructor Tim Hood, Apr. 26, T, 6-8 PM, Location Apple Canyon Lake Property Owner's Club

**Fly Fishing**, Course ID #6875, Registration Deadline May 6
Want to know more about fly fishing? This course will provide students with a basic knowledge of fly fishing that will enable them to pursue this specific type of sport fishing with a better understanding of the requirements involved.
Course Fee $5, Instructor John Sershon, May 14, S, 10 AM-12 PM, Location Apple Canyon Lake Property Owner's Club

**Furniture Tips and Tricks with Napa Valley Salvage Co.**, Course ID #6837, Registration Deadline Jan. 6
Come learn Tips and Tricks on Reimagining your own furniture pieces with Bobby Shallenberger of Napa Valley Salvage Co.
Take your own furniture and turn it into something spectacular! Discussion and hands on learning about adding and taking away pieces from your existing furniture as well as prepping and finishing techniques, such as sanding, painting, and spraying. Learn how to promote your pieces and make money doing it. Limited class size! Please wear old clothes.
Course Fee $65, Instructor Bobby Shallenberger, Jan. 13, 20, 27, W, 6-8 PM, Location Fine Arts Theatre Scene Shop

**Intro to Culinary Arts**, Course ID #6873, Registration Deadline Feb. 8
A condensed introductory culinary arts course focused on these core principles of food preparation: knife skills, cooking techniques, balancing flavors, vegetable cookery, protein cookery, and culinary creativity. Students are encouraged to bring containers for food storage, as all food prepared in class is theirs to take home.
All food prepared will be taken home by students, please bring containers for the food.
Course Fee $89, Instructor Steve Konefes, Feb. 15, 22, 29, Mar. 7, 14, 21, M, 7-9 PM, Location St. John's Church

**Introduction to Ashtanga Yoga**, Course ID #6898, Registration Deadline Mar. 29
This is a great course for those who want to start a yoga practice but don't know where to start. During this course, students will be introduced to basic warm-up postures, sun salutations A & B, standing postures, balancing postures, and seated postures, the history and lineage of Ashtanga, and ways to live a yogi lifestyle.
We will also cover meditation and proper breathing techniques. Come discover how adding yoga to your daily routine can improve your physical and mental well being. See you on the mat! Please bring your own yoga mat.

Bring your own yoga mat.

Course Fee $30, Instructor Sarah Connors, Apr. 5, 12, 19, T, 5-7 PM, Location Campbell Center Community Room

Introduction to Pottery, Course ID #6863, Registration Deadline Jan. 27
Experience the joy of creating with clay, one of the oldest art forms. Experiment with various hand building and decorating techniques to design and create your own hand-made pottery and for those who dare, the use of the potter's wheel. Come have fun with clay in a casual relaxed environment. No experience necessary-all skill levels are welcome. Students should wear old clothes (or bring an old shirt or apron) and pottery tool kit (available from Highland's J. Rosemary Shockey Bookstore), small plastic bucket, couple of newspapers without the shiny ads, an OLD hand towel, readiness for fun.
10 lb. clay, glazing materials, firing are included in registration fee. Wear old clothes (or bring old shirt or apron). Bring to class a pottery tool kit (available from the HCC bookstore) small plastic bucket, a couple of newspapers without the shiny a
Course Fee $124, Instructor Lori Richter, Feb. 3, 10, 17, 24, Mar. 2, 9, 16, 23, W, 6-9:30 PM, Location F-053

Jewelry Making-Highland Comm. College, Course ID #6913, Registration Deadline Mar. 15
Silversmithing on a budget. Introductory, survey and demonstration of tools for use with non-ferros metals. Discussion/demonstration of soldering and fusing in jewelry applications using a small torch. Students will work to create three different jewelry pieces. All work will be done in silver. Materials and supplies will be purchased through the instructor.
Course Fee $80, Instructor Jim Planting, Mar. 22, 29, Apr. 5, 12, 19, 26, T, 7-9 PM, Location F-066

Jewelry Making-Warren, Course ID #6912, Registration Deadline Feb. 1
Silversmithing on a budget. Introductory, survey and demonstration of tools for use with non-ferros metals. Discussion/demonstration of soldering and fusing in jewelry applications using a small torch. Students will work to create three different jewelry pieces. All work will be done in silver. Materials and supplies will be purchased through the instructor.
Course Fee $80, Instructor Jim Planting, Feb. 8, 15, 22, 29, Mar. 7, 14, M, 6-8 PM, Location Warren Community Building

Kettlebell Aerobic Workout, Course ID #6884, Registration Deadline Jan. 28
The student will learn how to put the skills learned from Introduction to kettlebells into an inexpensive, aerobic workout you can do at home.
Kettle bell (10 lb. for women, 14-16 lb. for men) proper shoes (cross trainers or minimalist shoes only), arm guards, wear aerobic workout attire
Course Fee $74, Instructor Cindy Tessendorf, Feb. 4, 11, 18, 25, Mar. 3, Th, 3:15-4:15 PM, Location YMCA Multi-purpose room

Kettlebell Aerobic Workout, Course ID #6885, Registration Deadline Jan. 28
See Course ID 6884 for description.
Kettle bell (10 lb. for women, 14-16 lb. for men) proper shoes (cross trainers or minimalist shoes only), arm guards, wear aerobic workout attire
Course Fee $74, Instructor Cindy Tessendorf, Feb. 5, 12, 19, 26, Mar. 4, F, 11:30-12:30, Location YMCA Multi-purpose room

Kettlebell Introduction, Course ID #6882, Registration Deadline Jan. 7
Required for Kettlebell Aerobic Workout class. The student will learn soft kettlebell execution and form, and begin to learn how to put those skills together for an aerobic workout. Joint function and strength test requirements may apply.
Kettle bell (10 lb. for women, 14-16 lb. for men) proper shoes (cross trainers or minimalist shoes only), arm guards, wear aerobic workout attire
Course Fee $25, Instructor Cindy Tessendorf, Jan. 14, 21, 28, Th, 3:15-4:15 PM, Location YMCA Multi-purpose room

Kettlebell Introduction, Course ID #6883, Registration Deadline Jan. 8
See Course ID 6882 for description.
Kettle bell (10 lb. for women, 14-16 lb. for men) proper shoes (cross trainers or minimalist shoes only), arm guards, wear aerobic workout attire
Course Fee $25, Instructor Cindy Tessendorf, Jan. 15, 22, 29, F, 11:30-12:30, Location YMCA Multi-purpose room

Lawn Mower Maintenance, Course ID #6871, Registration Deadline Apr. 7
Know how to get your mower ready for spring! Participate in general lawn mower maintenance and repair. Each individual will learn how to properly drain oil and fill to proper levels, remove spark plugs and learn how they are cleaned and spark gaps determined, how to determine pressures and fill tires, how to remove and sharpen blades.
Course Fee $20, Instructor Dave Vrtol, Apr. 14, Th, 6-9 PM, Location E-102

Learn to Play Cribbage, Course ID #6864, Registration Deadline Mar. 30
Cribbage is played with a deck of 52 cards, a cribbage board and with 2, 3, 4 persons or solitaire. This course for adult beginners will focus on rules, scoring, dealing, the play, and simple strategies presented in an easy to follow progression. No partner necessary. Bring a card deck to the first session, a cribbage board to the second session. Participants must commit to all three sessions.
Deck of cards, cribbage board by second session or share a board with another person.
Course Fee $25, Instructor Bud Wiener, Apr. 6, 13, 20, W, 10 AM-12 PM, Location H-210

Meditation for Beginners, Course ID #6869, Registration Deadline Mar. 29
Participants will learn the effects of meditation, including but not limited to stress management, assisting with anxiety, and managing pain. A variety of strategies will be provided and practiced that can be applied immediately.
Course Fee $29, Instructor Suzanne Miller, RMT, and Paula Schmoldt, RMT, Apr. 5, T, 6-8 PM, Location H-210

Photoshop Elements, Course ID #6842, Registration Deadline Feb. 25
Digital photography is designed to be optimized after the capture, and Photoshop Elements is an economical approach to improving your photography. This introductory course will familiarize you with the controls and workflow necessary to make efficient use of the program. Exercises and workflow tips will have you up and running quickly. This is a "hands-on" class; please bring your own laptop. A week prior to class, you will be given directions for downloading a trial version.
Students will be contacted one week prior to class with instructions on how to install a trial version of Photoshop Elements.
Course Fee $109, Instructor Tom Allen, Mar. 3, 10, 17, Th, 6-8:30 PM, Location F-054

Picture This Pieced Quilt Top, Course ID #6839, Registration Deadline Apr. 1
You will complete a quilt top (48" x 57") in the "Picture This" pattern. We will start with identifying quality fabric, using a rotary cutter, cutting your fabric, and piecing it back together. Knowledge of how to use a sewing machine and sew a straight seam is required. Pattern book may be purchased at Highland's J. Rosemary Shockey Bookstore. The pattern book includes the amount of fabric that needs to be purchased to complete the quilt top.
Pattern book purchased at J. Rosemary Shockey Bookstore on Highland campus. The pattern book includes amount of fabric to purchase for the quilt. Please bring sewing machine, scissors, pins. If you have a rotary cutter, mat, and rule, please bring along.
**Course Fee $60, Instructor Julie Hocraffer, Apr. 9, 16, 23, 30, S, 8:30 AM -12:00 PM, Location N-166**

**Re-Design Your Room**, Course ID #6900, Registration Deadline Feb. 24
By the end of the second class you will be able to lay out a room on paper and implement it in your own house. Update your home by using furnishings you already have, discovering ideal room layouts, and accessorizing beautifully.
Paper, pencil, and notebook or laptop computer if you have one.
Course Fee $35, Instructor Lindsay Heitz, Mar. 2, 9, W, 6-8 PM, Location H-210

**Reiki I**, Course ID #6865, Registration Deadline Mar. 4
Students will learn about the origins of Reiki, the use of white light energy, and receive training in hand placement to correctly implement this hands-on therapy. Participants will also receive two attunements and certification as Reiki I practitioners, preparing them for Level II learning. No previous experience is needed. Comfortable clothing, pen and paper, massage table if owned, but not required.
Course Fee $59, Instructor Suzanne Miller, RMT, and Paula Schmoldt, RMT, Mar. 12, 19, S, 9 AM-12 PM, Location H-208

**Reiki II**, Course ID #6866, Registration Deadline Apr. 15
This second-level training for Reiki I practitioners, will provide a deeper understanding of how Reiki has been used to aid the body in supporting itself. The sessions will include learning the ancient Sanskrit symbols that amplify the use of White Light Energy, as well as how to send a treatment long-distance. Practitioners will receive attunements similar to those received in Reiki I. Successful completion of Reiki I training is a prerequisite.
Course Fee $109, Instructor Suzanne Miller, RMT, and Paula Schmoldt, RMT, Apr. 23, 30, S, 9 AM-12 PM, Location H-208

**Residential Solar Conservation and Production**, Course ID #6894, Registration Deadline Feb. 23
In this class, participants will take a look at the typical modern home and associated utility costs and learn how to save money by making smart choices. Topics include your home and the grid, how to conduct a rough energy audit, your solar options, how photovoltaic work, and how solar hydronics work.
Course Fee $80, Instructor Jeff Finn, Mar. 1, 8, 15, 22, 29, Apr. 5, T, 6-7:30 PM, Location Jo-Carroll CTE Academy

**Tennis, Beginner**, Course ID #6901, Registration Deadline Jan. 18
Want a great way to maintain fitness during the winter months and develop a passion for a new sport? Tennis is a sport enjoyed by all ages, come and learn how to play!
Course Fee $45, Instructor Corey Engel, Jan. 25, Feb. 1, 8, 15, 22, 30, M, 9-10 AM, Location Fitness Lifestyles

**Tennis, Beginner**, Course ID #6902, Registration Deadline Jan. 18
See Course ID 6901 for description.
Course Fee $45, Instructor Corey Engel, Jan. 25, Feb. 1, 8, 15, 22, 30, M, 10-11 AM, Location Fitness Lifestyles

**Tennis, Beginner**, Course ID #6903, Registration Deadline Mar. 1
See Course ID 6901 for description.
Course Fee $45, Instructor Corey Engel, Mar. 7, 14, 21, 28, Apr. 4, 12, M, 9-10 AM, Location Fitness Lifestyles

**Tennis, Intermediate**, Course ID #6904, Registration Deadline Mar. 1
Similar but more advanced than Course ID 6901.
Course Fee $45, Instructor Corey Engel, Mar. 7, 14, 21, 28, Apr. 4, 12, M, 10-11 AM, Location Fitness Lifestyles

**The Real History of Cedarville**, Course ID #6939, Registration Deadline Mar. 8
This will be an in-depth look at the history of Cedarville through its institutions and its people. Week one is the birth of the village and early settlers, session 2, people of Cedarville, week 3 Cedarville and the Civil War and week four churches and religion in Cedarville.

Notebook, you will be provided with copies of reading materials for each session.

Course Fee $45, Instructor Jim Bade and Andy Dvorak, Mar. 15, 29, Apr. 12, 26, T, 7:30-8:30 PM, Location Cedarville Museum

**Tobacco Cessation**, Course ID #6874, Registration Deadline Mar. 21
This course will provide the skills and resources necessary to quit tobacco habits. Each week includes a lesson, homework, tutorials, one-on-one coaching sessions and information online. Unlimited email correspondence with the class facilitator is provided throughout the 8 weeks. Not all students will "quit" during the course but will maintain the resources and information for when ready.
Course Fee $79, Instructor Jill Pepin, Mar. 28 - May 20, online, Location online

**Yellow Brick Road Quilt Top, Learn to Piece a Quilt**, Course ID #6838, Registration Deadline Feb. 26
You will complete a quilt top (48” x 57") in the "Yellow Brick Road" pattern. We will start with identifying quality fabric, using a rotary cutter, cutting your fabric, and piecing it back together. Knowledge of how to use a sewing machine and sew a straight seam is required. Course fee includes fabric, pattern and thread for the quilt top.
Please bring sewing machine, scissors, pins. If you have a rotary cutter, mat, and rule, please bring along. Some will be provided but will be sharing. Registration fee includes pattern and fabric
Course Fee $99, Instructor Julie Hocraffer, Mar. 5, 12, 19, Apr. 2, S, 8:30-12:00 PM, Location N-166

**Professional Development**

**Food Handler’s Certification**, Course ID #6861, Registration Deadline Mar. 30
Training students in basic food safety and providing them opportunity to obtain their food handlers certification, required by IL law for all employees who work with food. Students must take a 40 question exam in order to obtain the certification which is provided to them upon successfully passing the exam with 75% or higher. Fees include exam and book.
Required book will be at class and is included in course fee.
Course Fee $96, Instructor Steve Konefes, Apr. 6, W, 7-9 PM, Location St. John's Church

**Food Sanitation**, Course ID #6760, Registration Deadline Jan. 4
This course is for managers or representatives of food service establishments who require certification. Certification examination will be taken on the last day of class. Pre-registration for this class is required. Successful students will earn 1 credit hour. Cost is $169.00 which includes the book for the class.
Book will be provided first night of class and cost is included in course fee.
Course Fee $169, Instructor Beth Gilmour, Jan. 11 - Mar. 4, Th, 7-9 PM, Location H-117

**Food Sanitation**, Course ID #6761, Registration Deadline Mar. 18
See Course ID 6760 for description.
Course Fee $169, Instructor Beth Gilmour, Mar. 7-May 6, Th, 7-9 PM, Location H-117

**Modifying and Adapting the Early Childhood Environment for Inclusion-Gateways Approved**, Course ID #6922, Registration Deadline Feb. 24
This training is designed to provide educators and providers knowledge regarding modifying an early childhood environment to include children with disabilities and special needs through an interactive experience. Participants will explore ways to design an indoor and outdoor environment for inclusion as well as adapt materials and activities to accommodate children with diverse abilities. The training will address how to include families as a part of the process to providing appropriate care and education for their children.
Course Fee $10, Instructor Melissa Johnson, Mar. 2, W, 4:30-6:30 PM, Location H-201