



# LIFELONG LEARNING

## SPRING 2019 CLASS SCHEDULE



HIGHLAND  
COMMUNITY  
COLLEGE



# LIFELONG LEARNING REGISTRATION FORM

**Must be 16 years of age or older to register for classes.**

Social Security Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Your Social Security number is requested for the records system at HCC, compliance with federal and state reporting requirements, and tax purposes.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home phone (include area code) (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex  Male  Female

**Are you Hispanic or Latino  
(or are you of Spanish Origin?)**

- Yes Hispanic or Latino  
 Not Hispanic or Latino

**Are you from one or more of the following Racial  
Groups? (select all that apply)**

- American Indian or Alaska Native  
 Asian  
 Black or African American  
 Native Hawaiian or Other Pacific Islander  
 White  
 Choose Not to Respond

**Please identify your primary  
racial/ethnic group (select one)**

- American Indian or Alaska Native  
 Asian  
 Black or African American  
 Native Hawaiian or Other Pacific Islander  
 White  
 Choose Not to Respond

**Are you in the United States on  
a Visa - Non-resident Alien?**

- Yes in the United States on a Visa  
Provide Home County of Origin  
\_\_\_\_\_

- Not in the United States on a Visa

**Highest Degree Earned**

- Associate's  Bachelor's  
 Master's  Doctorate

Year Earned \_\_\_\_\_

High School Graduate  Yes  No

Year Earned \_\_\_\_\_

GED  Yes  No

Year Earned \_\_\_\_\_ State \_\_\_\_\_

Fees are refundable when a course is canceled by the college. Fees are refundable to the student whose written request for withdrawal has been received by the Office of Admissions and Records prior to the registration deadline.

**Method of Payment:**

- Full payment by check (check # \_\_\_\_\_)

Make checks payable to Highland Community College. Mail check to: Attn. Admissions, Highland Community College, 2998 W Pearl City Rd, Freeport, IL 61032

- Full payment by credit card (We will call for credit card number to process over the phone). Preferred phone

(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

As consideration for being permitted by Highland Community College, the State of Illinois ("State"), the County of Stephenson (the "County"), and any lessor of Highland Community College premises ("Lessor"), to participate in Lifelong Learning Courses and use Highland Community College premises and facilities, I (the undersigned) forever release the College, the State, the County, the Lessor, any Highland Community College affiliated organization, and their respective directors, officers, employees, volunteers, agents, contractors, and representatives (collectively "Releasees") from any and all actions, claims, or demands that I, my assignees, heirs, distributees, guardians, next of kin, spouse and legal representatives now have, or may have in the future, for injury, death, or property damage, related to (i) my participation in these activities, (ii) the negligence or other acts, whether directly connected to these activities or not, and however caused, by any Releasee, or (iii) the condition of the premise where these activities occur, whether or not I am then participating in the activities.

**Student's Signature**

\_\_\_\_\_

Date \_\_\_\_\_

Course ID	Course Title	Cost

Total Cost for classes \$ \_\_\_\_\_

## CREATIVE ARTS

### Card Making A

**Course ID:** 6696

**Dates:** Mar. 27 | Apr. 10, 24 | May 8

**Time:** 6-8:30 p.m.

**Location:** F-062

**Instructor:** Deb Miller

**Description:** Create your own greeting cards and paper projects! You will create three to four projects each week using tools and different card folds. No project duplicated! You must bring adhesive, precision scissors, ruler, and pencil. \$25.00 materials fee paid to instructor on the first night covers all weeks' materials! For beginner or experienced crafter. **Fee:** \$30

### Card Making B

**Course ID:** 6697

**Dates:** Mar. 29 | Apr. 12, 26 | May 10

**Time:** 9:30 a.m.-12 p.m.

**Location:** F-062

**Instructor:** Deb Miller

**Description:** See Course ID 6696

**Fee:** \$30

### Card Making C

**Course ID:** 6698

**Dates:** Apr. 5, 19 | May 3, 17

**Time:** 9:30 a.m.-12 p.m.

**Location:** F-062

**Instructor:** Deb Miller

**Description:** See Course ID 6696

**Fee:** \$30

### Ceramics-Beginner to Intermediate Wheel Throwing & Hand Building

**Course ID:** 6746

**Dates:** Feb. 7, 14, 21, 28 | Mar. 7, 14, 21, 28

**Time:** 6-9 p.m.

**Location:** F-053

**Instructor:** Stacey McDonald

**Description:** Learn to work with clay, whether you have no previous experience or would like studio time and instruction to build on existing skills. Step-by-step projects for the beginner, and assistance with independent projects for intermediate students. Includes self-directed project time. Please bring a basic pottery tool kit or purchase one at the J. Rosemary Shockey Bookstore for \$12. Cost of clay included with course fee. **Fee:** \$175

### Ceramics-Beginner to Intermediate Wheel Throwing & Hand Building

**Course ID:** 6747

**Dates:** Feb. 8, 15, 22 | Mar. 1, 8, 15, 22, 29

**Time:** 10 a.m.-1 p.m.

**Location:** F-053

**Instructor:** Stacey McDonald

**Description:** See Course ID 6746 **Fee:** \$175

### Candlemaking

**Course ID:** 6793

**Dates:** Mar. 11, 13, 15 • **Time:** 6-7:30 p.m.

**Location:** F-066

**Instructor:** Brenda Boland

**Description:** Basic candlemaking course teaches how to melt and pour wax, set up wicks, use containers and molds, and create single or multi-layered colors. Learn about wax types, wicks, weights, scents, coloring, molds, containers and more. Receive a handout of entire course content with links for purchasing supplies. Students take home their candles. **Fee:** \$45

### Paint Party with Friends

**Course ID:** 6800

**Dates:** Jan. 31 • **Time:** 6-8 p.m.

**Location:** Freeport Art Museum

**Instructor:** Barry Treu

**Description:** Gather your friends at the Freeport Art Museum to explore the winter landscape with paint. Inspired by winter scene artworks from FAM's collection, we'll venture into our own paintings and find how warm, cool and colorful winter can be - fun for friends and family together. No experience necessary. **Fee:** \$25

### Flow and Mix with Alcohol Ink

**Course ID:** 6801

**Dates:** Feb. 28 • **Time:** 5:30-7 p.m.

**Location:** Freeport Art Museum

**Instructor:** Cindy Bielefeldt

**Description:** One of the latest trends in art is using special alcohol inks to paint colorful, impressionistic and intricate creations. Its ability to flow and mix makes it a blast to use and wonderful results are guaranteed for even the beginner. All materials are provided. **Fee:** \$39

### Beginning Watercolor Workshop

**Course ID:** 6825

**Dates:** Apr. 24 | May 1, 8, 15, 22, 29

June 5, 12 • **Time:** 6:30-8:30 p.m.

**Location:** 1727 Church Street, Freeport, IL

**Instructor:** Roger Goodspeed

**Description:** Join local artist Roger Goodspeed in this Beginning Watercolor Workshop. Learn basic beginning watercolor painting skills; develop artistic talents in watercolor media, in a variety of styles. **Fee:** \$140

### Wire Wrapped Pendant

**Course ID:** 6854

**Dates:** May 8 • **Time:** 6-9 p.m.

**Location:** H-127

**Instructor:** Art Dawson

**Description:** Make a wire-wrapped pendant, ready to hang on your favorite necklace. Techniques will be taught using just hand tools and wire. Ready-to-wrap pendants available to select the night of class for \$3-\$5, or bring your own stone. Please bring own hand tools: round and flat-nose pliers – both smooth-faced, and wire cutters. Some tools may be available for use. **Fee:** \$25

### Zentangle

**Course ID:** 6869

**Dates:** Mar. 5, 12 • **Time:** 5-7 p.m.

**Location:** H-210

**Instructor:** Mary Leitzen Stayner

**Description:** The Zentangle Method is an easy-to-learn, relaxing, fun way to create beautiful images by drawing structured patterns. Zentangle art is non-representational and unplanned, you can focus on each stroke and not worry about the result. People who draw according to this method, describe their experiences as states of mindfulness and flow. **Fee:** \$40

### Zentangle

**Course ID:** 6870

**Dates:** Mar. 26 | Apr. 2 • **Time:** 5-7 p.m.

**Location:** H-210

**Instructor:** Mary Leitzen Stayner

**Description:** See Course ID 6869

**Fee:** \$40

### Pattern Making A

**Course ID:** 6931

**Dates:** Feb. 28 | Mar. 7, 14 • **Time:** 7:30-9 p.m.

**Location:** H-208

**Instructor:** Eric W. Stiles, Sr.

**Description:** Learn how to draft professional patterns, how to correctly take measurements, and the formulas used by top European and Domestic designers of the world. Stop wasting time and money using commercial patterns. Start designing your own line of clothing, ready to wear and custom, that will fit and enhance your body. **Fee:** \$75

### Pattern Making B

**Course ID:** 6932

**Dates:** Mar. 28 | Apr. 4, 11 • **Time:** 7:30-9 p.m.

**Location:** H-208

**Instructor:** Eric W. Stiles, Sr.

**Description:** Build on what you learn in Pattern Making A, Course ID 6931. **Fee:** \$75

### Sewing/Tailoring A

**Course ID:** 6933

**Dates:** Feb. 28 | Mar. 7, 14 • **Time:** 6-7:30 p.m.

**Location:** H-208

**Instructor:** Eric W. Stiles, Sr.

**Description:** Learn how to sew from Master Tailor-Designer Eric W. Stiles Sr., former top Supervisor and Head Tailor-Fitter for Giorgio Armani, and Polo Ralph Lauren. Stop making “home-made looking” clothing, learn how to make clothes like professionals. Learn machine set-up and two types of seams. No sewing experience required, but may want to take Sewing/Tailoring and Pattern Making classes together to maximize your skills. The material list is provided before the first class, as supplies not included in course price. Participants will need to bring a sewing machine to class. **Fee:** \$75

### Sewing/Tailoring B

**Course ID:** 6934

**Dates:** Mar. 28 | Apr. 4, 11 • **Time:** 6-7:30 p.m.

**Location:** H-208

**Instructor:** Eric W. Stiles, Sr.

**Description:** Build on what you learn in Sewing/Tailoring A, Course ID 6933. **Fee:** \$75

## CULINARY ARTS

### The Art of the Grill

**Course ID:** 1199

**Dates:** Jun. 11 • **Time:** 2:30-5:30 p.m.

**Location:** Pretzel City Kitchens, Freeport

**Instructor:** Michael Staver

**Description:** It's time to get outside and grill with confidence. Learn techniques, tools and recipes for your best outdoor barbecue. Please bring containers to take food home in. **Fee:** \$55

### Tempting Tapas

**Course ID:** 6892

**Dates:** Mar. 18 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Tapas can be cold, hot, savory, or sweet. Entire restaurants exist serving tapas and have elevated them to a very sophisticated cuisine. Recipes will range from simple tapas to more complicated all sure to dazzle your guests at your next cocktail party! Please bring containers to take food home in. **Fee:** \$45

## Tempting Tapas

**Course ID:** 6893

**Dates:** Mar. 19 • **Time:** 4-7 p.m.

**Location:** Pretzel City Kitchens, Freeport

**Instructor:** Michael Staver

**Description:** See Course ID 6892

**Fee:** \$55

## Portuguese Best Recipes

**Course ID:** 6894

**Dates:** Mar. 25 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Learn how to cook traditional Portuguese dishes that are sure to please.

Recipes may include perfectly seasoned seafood, sausage, rice and spices. Warm and comforting fare! Please bring containers to take food home in. **Fee:** \$45

## Southeast Asian Cuisine

**Course ID:** 6895

**Dates:** Mar. 26 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Southeast Asian cuisine is very aromatic, and encompasses the countries of Thailand, Vietnam, Laos, Cambodia, southern part of China, and Philippines.

Recipes usually include rice, lime, cilantro, ginger and chilies. Please bring containers to take food home in. **Fee:** \$45

## Persian Cuisine

**Course ID:** 6896

**Dates:** Apr. 1 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Experience the exotic Persian culture through food. Persian recipes may include fresh greens, rice, lamb, yogurt, "kabobs", herbs and pomegranates. Please bring containers to take food home in.

**Fee:** \$45

## German Cooking

**Course ID:** 6897

**Dates:** Apr. 8 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** What do the words Schweinshaxe, Kartoffelpuffer or Rinderroulade mean to you? While we may not actually prepare Schweinshaxe (pork knuckle), these are all examples of rich and satisfying traditional German meals. Please bring containers to take food home in.

**Fee:** \$45

## New Mexican Fare

**Course ID:** 6898

**Dates:** Apr. 15 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** New Mexican cuisine is NOT Tex-Mex.. Flavorful dishes include Salsa Verde, Ranchero sauce, chiles rellenos, pinto beans, chicos, carne adovada, and variations on your favorite guacamole. We will make dishes as spicy as you want! Please bring containers to take food home in. **Fee:** \$45

## Czech Czuisine

**Course ID:** 6899

**Dates:** Apr. 16 • **Time:** 4-7 p.m.

**Location:** Pretzel City Kitchens, Freeport

**Instructor:** Michael Staver

**Description:** Mmmm...knedliky and zeli, svickova, kolace...No, our computer keys did not get stuck. In this course learn about hearty, delicious food from Czechoslovakia. For fans of dumplings and sauerkraut, marinated sirloin, fruit or poppy seed filled pastries and many other delectable dishes. Please bring containers to take food home in. **Fee:** \$55

## Wow Appetizers

**Course ID:** 6900

**Dates:** Apr. 22 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Best parties start with memorable appetizers. This course will help you create appetizers that are delicious and elevate your get-together to a new level of fun. Learn new methods, try different ingredients, get ideas and have fun! Please bring containers to take food home in.

**Fee:** \$45

## Wow Appetizers

**Course ID:** 6901

**Dates:** Apr. 23 • **Time:** 4-7 p.m.

**Location:** Pretzel City Kitchens, Freeport

**Instructor:** See Course ID 6900

**Fee:** \$55

## Mastering Italian Cuisine

**Course ID:** 6902

**Dates:** Apr. 29 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Learn classic Italian recipes and regional favorites. Even if you have taken the class before, please take again. No recipes repeated. Please bring containers to take food home in. **Fee:** \$45

## Stir Fry Creations

**Course ID:** 6903

**Dates:** May 6 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Fast, tasty and nutritious, stir frying can help you liven up your evening meal. Learn methods for turning bite-sized pieces of food into culinary masterpieces. Please bring containers to take food home in. **Fee:** \$45

## Cajun Cooking

**Course ID:** 6904

**Dates:** April 30 • **Time:** 5:30-8:30 p.m.

**Location:** St. John's UCC, Freeport

**Instructor:** Michael Staver

**Description:** Cajun cuisine is a melting pot of cultures including Chinese, Indian, Native American, Italian, French, and African foods. Gumbo and jambalaya are classic examples, and rice is often featured. Please bring containers to take food home in. **Fee:** \$45

## Mixology

**Course ID:** 6822

**Dates:** Mar. 23 • **Time:** 4-7 p.m.

**Location:** White Pines Resort, Sycamore Room, 6712 W Pines Rd, Mt. Morris, IL

**Instructor:** Evan Talbert

**Description:** Do you want to impress your friends and host parties everyone talks about? Want to learn how to make superb Manhattans, Mojitos and Martinis? Want to practice shaking, stirring, layering and pouring? In this introduction to the basics of bartending and mixing, you will practice and prepare real cocktails, drinks and shooters. Must be 21 or older. **Fee:** \$59

## FITNESS

### Pickleball for Beginners

**Course ID:** 6802

**Dates:** Mar. 6, 13, 20, 27 • **Time:** 6-7:30 p.m.

**Location:** Freeport YMCA Auxiliary Gym

**Instructor:** Rick Kesler

**Description:** Pickleball is a cross between badminton and tennis, and is the fastest growing sport among baby boomers. It is played on a badminton sized court with paddles, a wiffle-type ball and a net. This introductory course provides the opportunity to learn the team sport, and provides a fun outlet for fitness, competition and socialization. **Fee:** \$48

### Pickleball for Beginners

**Course ID:** 6819

**Dates:** Mar. 7, 14, 21, 28

**Time:** 10-11:30 a.m.

**Location:** Freeport YMCA Auxiliary Gym

**Instructor:** Rick Kesler

**Description:** See Course ID 6802

**Fee:** \$48

### Pickleball for Intermediate Players

**Course ID:** 6820

**Dates:** Apr. 3, 10, 17, 24 • **Time:** 6-7:30 p.m.

**Location:** Freeport YMCA Auxiliary Gym

**Instructor:** Rick Kesler

**Description:** Beyond the basics. This class is designed for Pickleball players who seek to improve their game through control and consistency. Topics include forehand and backhand groundstrokes, a wide variety of shots including serves, returns of serve, and volleys. Will use slower and faster pace shots to advantage. Strategic play will also be covered. **Fee:** \$48

### Pickleball for Intermediate Players

**Course ID:** 6821

**Dates:** Apr. 4, 11, 18, 25

**Time:** 10-11:30 a.m.

**Location:** Freeport YMCA Auxiliary Gym

**Instructor:** Rick Kesler

**Description:** See Course ID 6820

**Fee:** \$48

### Beginner Tai Chi

**Course ID:** 6812

**Dates:** Jan. 18, 25 | Feb. 1, 8, 15, 22

**Time:** 9-10 a.m.

**Location:** Freeport YMCA Lobby Room

**Instructor:** Robin JT Natanel

**Description:** Studies have shown Tai Chi has many health benefits for all ages, including seniors. Benefits include better balance, improved joint flexibility, increased muscle strength, and lowered blood pressure. In this class you will learn the Tai Chi form bit-by-bit—each week learning one or two new “moves”. Learn in a safe, nonjudgmental space. **Fee:** \$48

### Beginner Tai Chi

**Course ID:** 6813

**Dates:** Mar. 8, 15, 22, 29 | Apr. 5, 12

**Time:** 9-10 a.m.

**Location:** Freeport YMCA Lobby Room

**Instructor:** Robin JT Natanel

**Description:** See Course ID 6812

**Fee:** \$48

### Beginner Tai Chi

**Course ID:** 6814

**Dates:** Apr. 26 | May 3, 10, 17, 24, 31

**Time:** 9-10 a.m.

**Location:** Freeport YMCA Lobby Room

**Instructor:** Robin JT Natanel

**Description:** See Course ID 6812

**Fee:** \$48

### Women's Self Defense

**Course ID:** 6826

**Dates:** Feb. 5 • **Time:** 3:30-5 p.m.

**Location:** 18 W. Stephenson St., Suite 200, Freeport, IL

**Instructor:** Doug Meyers

**Description:** Learn mental and physical strategies for keeping you and your loved ones safe. Topics include, but not limited to: self-defense targets 101, awareness/alertness, abduction vs. abduction, emergency responses, strangers vs. strange/uncomfortable people, and whole-body movement. Dress in comfortable clothing. **Fee:** \$25

### Women's Self Defense

**Course ID:** 6827

**Dates:** March 17 • **Time:** 1-2:30 p.m.

**Location:** 18 W. Stephenson St., Suite 200, Freeport, IL

**Instructor:** Doug Meyers

**Description:** See Course ID 6826

**Fee:** \$25

### Chair Yoga

**Course ID:** 6948

**Dates:** March 6, 13, 20, 27 | April 3, 10, 17, 24

**Time:** 3-4 p.m.

**Location:** CTE Academy, Elizabeth, IL

**Instructor:** Jane Vanhamme

**Description:** Yoga is for everyone - and helps with stress, fatigue, pain; improving joint lubrication and balance. Enjoy the benefits of yoga while maintaining balance and stability through Chair Yoga! Student must bring a Yoga block, Yoga straps (or bands or scarf) and Yoga socks (or hospital socks with grips or barefoot). **Fee:** \$56

### Walk and Stretch

**Course ID:** 6951

**Dates:** Feb. 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27 | Mar. 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29 | Apr. 1, 3

**Time:** 9-10 a.m.

**Location:** Mt. Morris Senior Center

**Instructor:** Kathy Heid

**Description:** Join this class for a light aerobic activity that conditions your heart while you improve your flexibility and increase your energy levels. For all ages. **Fee:** \$38

## HEALTH AND WELLNESS

### Ten Warning Signs of Alzheimer's

**Course ID:** 6824

**Dates:** Apr. 10 • **Time:** 10-11 a.m.

**Location:** H-210

**Instructor:** Susan Sklar

**Description:** Alzheimer's and dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn the 10 common warning signs and what to watch for in yourself and others. Learn typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of diagnosis and the diagnostic process, and Alzheimer's Association resources. **Fee:** \$0

### Transcend the Winter Blues: A Holistic Approach to Self-Care for Mind and Body

**Course ID:** 6828

**Dates:** Feb. 4 • **Time:** 6-8 p.m.

**Location:** H-210

**Instructor:** Laura Youngblut

**Description:** A self-care course to promote healthy mind and body; the session will focus on steps you can take to detox from winter and the effects of shorter days and longer nights. Join Laura Youngblut, Licensed Massage Therapist, Registered Nurse, Registered Yoga Teacher, as you learn self-care techniques in breathing, meditations, and movement to encourage positive mental health during the winter months. **Fee:** \$15

### Transcend the Winter Blues: A Holistic Approach to Self-Care for Mind and Body

**Course ID:** 6829

**Dates:** Apr. 1 • **Time:** 6-8 p.m.

**Location:** H-210

**Instructor:** Laura Youngblut

**Description:** See Course ID 6828

**Fee:** \$15

### Generic or OTC Medicine - Safe or Not?

**Course ID:** 6873

**Dates:** Mar. 27 • **Time:** 6-8 p.m.

**Location:** H-127

**Instructor:** Kerrylyn Rodriguez

**Description:** What are the differences between generic, OTC and prescription medications? Why are there cost differences? Is there a difference in how they perform? What are my choices and how to decide what to use? Learn the differences between generic, OTC and prescription medications. **Fee:** \$20

### Intro to Essential Oils

**Course ID:** 6884

**Dates:** Feb. 18 • **Time:** 5:30-8:30 p.m.

**Location:** H-210

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** This workshop will cover the application, uses and benefits of five essential oils. Learn the importance of safety and the difference between "warm" and "cool" oils. Why is it important to identify the quality of oils? Attendees will sample and receive samples of each oil used in class. Course fee includes \$30.00 for samples of oils. **Fee:** \$69

### Intro to Essential Oils

**Course ID:** 6885

**Dates:** Apr. 15 • **Time:** 5:30-8:30 p.m.

**Location:** H-210

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** See Course ID 6884

**Fee:** \$69

## Intro to Meditation

**Course ID:** 6886

**Dates:** Feb. 16 • **Time:** 9 a.m.-12 p.m.

**Location:** N-158

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** 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. **Fee:** \$35

## Intro to Chakras

**Course ID:** 6887

**Dates:** Apr. 2 • **Time:** 6-9 p.m.

**Location:** H-201A

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** 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. **Fee:** \$35

## Reiki I

**Course ID:** 6889

**Dates:** Apr. 6, 13 • **Time:** 9 a.m.-12 p.m.

**Location:** H-127

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** 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. **Fee:** \$59

## Reiki II

**Course ID:** 6890

**Dates:** May 4, 11 • **Time:** 9 a.m.-12 p.m.

**Location:** H-127

**Instructor:** Suzanne Miller and Paula Schmoltdt

**Description:** The second-level training for Reiki I practitioners, this course will provide a deeper understanding of how Reiki has been used to aid the body in supporting itself. Learn the ancient Sanskrit symbols that amplify the use of White Light Energy, and how to send a treatment long-distance. Practitioners will receive attunements. **Fee:** \$109

## HISTORY AND CULTURE

### Assassination of President Lincoln

**Course ID:** 1173

**Dates:** May 22 • **Time:** 6-8 p.m.

**Location:** H-210

**Instructor:** Mark Peterson

**Description:** Study the assassination of President Lincoln, including a look at US culture in 1865, and brief biographies of Abraham Lincoln and John Wilkes Booth. Learn

the details leading up to the evening of April 14, 1865 at Ford's Theatre, the capture of Booth and accomplices, and Lincoln's funeral procession. Ford's Theatre and the gravesite of Lincoln, today, are also discussed. **Fee:** \$29

### Assassination of President Garfield

**Course ID:** 6856

**Dates:** Mar. 26 • **Time:** 6-8 p.m.

**Location:** H-208

**Instructor:** Mark Peterson

**Description:** Study the assassination of President Garfield, US culture in 1881, a brief biography of James Garfield, and of Charles Guiteau, who grew up in Freeport, IL. Learn what happened July 2, 1881 at the Baltimore and Potomac Railroad Station in Washington DC., the capture, trial and execution of Guiteau. What really caused Garfield's death on September 19, 1881? **Fee:** \$29

### Assassination of President Kennedy

**Course ID:** 6857

**Dates:** May 15 • **Time:** 6-8 p.m.

**Location:** H-210

**Instructor:** Mark Peterson

**Description:** Study the assassination of President John F. Kennedy. What was US culture in 1963? Learn about JFK, Lee Harvey Oswald and what happened November 22, 1963 at Dealey Plaza in Dallas, Texas. Hear about the capture and fate of Oswald, and the hospitalization and funeral of JFK. The Dealey Plaza and the gravesite of JFK, today, are also explored. **Fee:** \$29

### World War II - Europe (1933-1945)

**Course ID:** 6830

**Dates:** Mar. 5, 12, 19 • **Time:** 1-3 p.m.

**Location:** Stephenson County Senior Resource Center

**Instructor:** Mark Peterson

**Description:** Learn about World War II in Europe and North Africa, including the cultures of Germany, Great Britain, France, Russia, Italy and the Jews before the war. What events led to the Nazi attack on Poland? Review battles: Dunkirk, Battle of Britain, Battle of the Atlantic, Russia, North Africa, Sicily, Stalingrad, D-Day, Battle of the Bulge, and Berlin. **Fee:** \$75

### The Church in Hitler's Germany (1931-1945)

**Course ID:** 6831

**Dates:** Apr. 17 • **Time:** 1-3:30 p.m.

**Location:** Stephenson County Senior Resource Center

**Instructor:** Mark Peterson

**Description:** Study the Protestant and Catholic Church during and after the rise of Adolph Hitler to power, from 1931 to 1945. What tactics were used by the Nazis to reduce the impact of the Church on Germany? Look at the History of Nazi attackism in Germany, the position



of the church in Germany before (including the Great War) and during the Weimar Republic.  
**Fee:** \$29

### **The History of the Civilian Conservation Corps (1933-1942)**

**Course ID:** 6832  
**Dates:** May 8 • **Time:** 1-3 p.m.  
**Location:** Stephenson County Senior Resource Center  
**Instructor:** Mark Peterson  
**Description:** What were the beginnings of the Civilian Conservation Corps (CCC) and why so important in FDR's New Deal? What impact did the CCC have on young men and their families? Learn the needs met by the CCC for the National and State Parks. You'll learn about organization and regulations, and personal stories as well. **Fee:** \$29

### **Black Hawk War in the Upper Midwest**

**Course ID:** 6844  
**Dates:** Feb. 19, 26 | Mar. 5, 12, 19  
**Time:** 7-8 p.m.  
**Location:** H-127  
**Instructor:** Allen Reed  
**Description:** In April 1832, the "British Band" of Sauk and Fox tribes, led by warrior Black Hawk, crossed the Mississippi River from Iowa to Illinois in a desperate effort to reclaim their home of Saukenuk from the white settlers. From beginning to the final battle at Bad Axe, this class traces the history of the conflict between the Sauk and settlers. **Fee:** \$42

### **Medicine of the Civil War**

**Course ID:** 6923  
**Dates:** Mar. 4, 11, 18 • **Time:** 1-3 p.m.  
**Location:** H-210  
**Instructor:** Gordon Dammann  
**Description:** Learn about Medicine of the Civil War from author Gordon E. Dammann, D.D.S., founder of the National Museum of Civil War Medicine in Frederick, Maryland. His collection of medical artifacts from the Civil War forms the core of the museum's holdings. His published volumes depict images of instruments, medicine and equipment, and memoirs of Jonathan Letterman, MD Surgeon of US Army 1861-1864. **Fee:** \$54

### **Movie Music Romance HCC**

**Course ID:** 6858  
**Dates:** Mar. 26 • **Time:** 6-8 p.m.  
**Location:** M-120  
**Instructor:** John LeGear  
Audience will take an 84-year tour of some of the most memorable movie moments in film history, including 37 favorite songs. Relive the magic as you watch and listen to songs and scenes such as "Moon River", "As Time Goes By", "Jailhouse Rock", "Barn Dance" and "West Side Story". **Fee:** \$15

### **Movie Music Romance SRC**

**Course ID:** 6859  
**Dates:** Mar. 28 • **Time:** 2-4 p.m.  
**Location:** Stephenson County Senior Resource Center  
**Instructor:** John LeGear  
**Description:** See Course ID 6858  
**Fee:** \$15

### **Spanish Movie Night-Feb. 7, Camila, (Argentina)**

**Course ID:** Students 6807  
**Dates:** Feb. 7 • **Time:** 5:30-8:30 p.m.  
**Location:** H-210  
**Instructor:** Cristina Sztterensus  
**Description:** In 1840s Buenos Aires, Argentina, a socialite named Camila falls in love with Ladislao, a Jesuit priest. The two escape to a far off, secluded village where they assume new identities as husband and wife and begin running a children's school. Eventually, the couple's identity is discovered by a local priest. Movies are in Spanish with English subtitles. There is a brief introduction before the showing and a discussion afterwards. **Fee:** Students \$2

### **Spanish Movie Night-Feb. 7, Camila, (Argentina),**

**Course ID:** Adults 6806  
**Dates:** Feb. 7 • **Time:** 5:30-8:30 p.m.  
**Location:** H-210  
**Instructor:** Cristina Sztterensus  
**Description:** See Course ID 6807  
**Fee:** Adults \$5

### **Spanish Movie Night-Mar. 7, Even the Rain, (Bolivia)**

**Course ID:** Students 6809  
**Dates:** Mar. 7 • **Time:** 5:30-8:30 p.m.  
**Location:** H-210  
**Instructor:** Cristina Sztterensus  
**Description:** Movie depicts the filming of a controversial film about Christopher Columbus in Cochabamba, Bolivia, where local people rise up against plans to privatize the water supply. There will be a brief introduction before the showing and a discussion afterwards. Movies are in Spanish with English subtitles. **Fee:** Students \$2

### **Spanish Movie Night-Mar. 7, Even the Rain, (Bolivia)**

**Course ID:** Adults 6808  
**Dates:** Mar. 7 • **Time:** 5:30-8:30 p.m.  
**Location:** H-210  
**Instructor:** Cristina Sztterensus  
**Description:** See Course ID 6809  
**Fee:** Adults \$5

### Spanish Movie Night-Apr. 18, Frida, (Mexico)

**Course ID:** Students 6811

**Dates:** Apr. 18 • **Time:** 5:30-8:30 p.m.

**Location:** H-210

**Instructor:** Cristina Sztterensus

**Description:** A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work. There will be a brief introduction before the showing and a discussion afterwards. Movies are in Spanish with English subtitles.

**Fee:** Students \$2

### Spanish Movie Night-Apr. 18, Frida, (Mexico)

**Course ID:** Adults 6810

**Dates:** Apr. 18 • **Time:** 5:30-8:30 p.m.

**Location:** H-210

**Instructor:** Cristina Sztterensus

**Description:** See Course ID 6811

**Fee:** Adults \$5

### Traveler's Spanish - How to Communicate While Traveling in Spanish-Speaking Countries

**Course ID:** 6872

**Dates:** May 1 • **Time:** 5:30-8:30 p.m.

**Location:** H-208

**Instructor:** Kerrylyn Rodriguez

**Description:** Learn tips and ideas for communicating while traveling in a Spanish-speaking country. Learn the key phrases you need to know; how to read the environment; how to engage others. You may not be fluent in Spanish, but you can communicate and enjoy the culture. **Fee:** \$20

### Preparation for Peruvian Humanitarian Trip

**Course ID:** 6909

**Dates:** Jan. 31, Feb. 21 | Mar. 7, 28 | Apr. 11

May 23 | Jun. 13, 20 • **Time:** 5:30-7:30 p.m.

**Location:** N-125

**Instructor:** Dr. Brendan Dutmer

**Description:** This preparatory class will take participants through a step-by-step checklist in order to prepare to travel to Peru in the Summer of 2019 on a humanitarian trip (focusing on health, goodwill and cultural exchange) with the Casa de Salud group of Freeport. The future trip itself will consist of at least five medical clinics providing health care to underserved Peruvian populations. Optional cultural exchange opportunities are provided daily. Class, and trip, is intended for people looking for unique cultural experiences and to serve others. Ability to speak Spanish, or medical background is helpful but not required. **Fee:** \$0

### Who Haunts Your House

**Course ID:** 6930

**Dates:** Apr. 16, 18 • **Time:** 6-8 p.m.

**Location:** Freeport Public Library

**Instructor:** Terry Feinberg

**Description:** Learn how to trace the history of your house. Who lived in it before you and what were their stories? When was the house remodeled? Who paid taxes (or not), how much, and for what? Trace the history of the residents and the house itself. And, if your house is haunted, just maybe you'll learn about the spirits sharing your home. **Fee:** \$39

## HOBBIES

### Gardening in Small Spaces

**Course ID:** 6815

**Dates:** Apr. 9 • **Time:** 6-8 p.m.

**Location:** T-140

**Instructor:** Nikki Keltner

**Description:** Nikki Keltner, Program Coordinator with the Illinois Extension, will cover a variety of small space gardening techniques. Whether you are looking to grow some unique container gardens, learn more about vertical gardening, or would like to create a productive vegetable garden in a small space there will be many unique ideas in this class to help you do so.

**Fee:** \$10

### Metal Detecting

**Course ID:** 6823

**Dates:** May 6 • **Time:** 4:30-6:30 p.m.

**Location:** Stephenson County Historical Museum, 1440 S. Carroll Avenue, Freeport, IL

**Instructor:** Dale Anderson

**Description:** Are you curious about metal detecting? Or, do you have a metal detector, but aren't sure how to use it? This workshop will help you dig for your first targets before you know it. You'll learn functions of the detector, accessories, finding the best hunting spots, and metal detecting etiquette. If you have a metal detector, bring it to class. If you don't, you'll have a chance to swing one of the instructor's detectors to locate and dig a target. In the event of inclement weather, class is held indoors. **Fee:** \$26

### Basic Bridge

**Course ID:** 6867

**Dates:** Jan. 28 | Feb. 4, 11, 18, 25 | Mar. 4, 11, 18 • **Time:** 2-4 p.m.

**Location:** Stephenson County Senior Resource Center

**Instructor:** Lynn Clemmons

**Description:** An introduction to the card game Bridge. This class is for beginners or those with no bridge experience. Class content includes basics of bidding and play. BRING A PARTNER.

**Fee:** \$25

## More Basic Bridge

**Course ID:** 6868

**Dates:** Mar. 25 | Apr. 1, 8, 15, 29 | May 6, 13, 20 **Time:** 2-4 p.m.

**Location:** Stephenson County Senior Resource Center

**Instructor:** Lynn Clemmons

**Description:** A continuation of learning Bridge basics. The class will cover bidding conventions and responses. BRING A PARTNER. If there is enough interest, supervised play will be possible. **Fee:** \$25

## Fishing to Catch Fish

**Course ID:** 6882

**Dates:** May 7 • **Time:** 6-8 p.m.

**Location:** Apple Canyon Lake Property Owners Club

**Instructor:** Tim Hood

**Description:** Want to know more about fishing? In two hours learn the basics of equipment, bait, location, and how to catch more fish! **Fee:** \$15

## PERSONAL FINANCE

### Practical Tips for Life in Retirement

**Course ID:** 6740

**Dates:** Feb. 27 • **Time:** 10 a.m.-12 p.m.

**Location:** H-210

**Instructor:** Ike Eicher

**Description:** Basic tips and key information for ALL of us now working or planning to retire soon. The interactive discussion will give you an overview to help you plan for a fulfilling and successful retirement. Focus will be on finances and budgeting, health care costs, investment fundamentals, and how to “Retire on Purpose.” **Fee:** \$15

### Practical Tips for Life in Retirement

**Course ID:** 6741

**Dates:** Feb. 27 • **Time:** 7-9 p.m.

**Location:** H-210

**Instructor:** Ike Eicher

**Description:** See Course ID 6740

**Fee:** \$15

### Tips for Writing Simple Wills, Powers of Attorney for Health Care or Property

**Course ID:** 6871

**Dates:** Apr. 24 • **Time:** 6-8 p.m.

**Location:** H-208

**Instructor:** Kerrylyn Rodriguez

**Description:** Do you know how to write a simple will or a health care or property power of attorney? Learn about these important documents and what is necessary to get your affairs, or the affairs of someone you love, in order. (Insightful information; does not take the place of legal counsel.) **Fee:** \$20

## Investing in Stocks and Bonds

**Course ID:** 6891

**Dates:** April 4, 11, 18, 25 • **Time:** 3-4:30 p.m.

**Location:** T-162

**Instructor:** Michael Jazo

**Description:** How do you decide which stocks to purchase and which ones to sell? This class will help you develop and maintain a stock trading system using both fundamental and technical analysis, so you can make better trading decisions that will lead to better returns. Michael has worked in the financial industry for over 20 years and can help you understand the markets. **Fee:** \$50

## Foundations of Investing

**Course ID:** 6935

**Dates:** April 10 • **Time:** 6-7:30 p.m.

**Location:** T-162

**Instructor:** Adam Breedlove

**Description:** Learn investing fundamentals in this easy to understand course. Topics include diversification, investing for long term, developing a strategy and more! It's not too late to get started on your personal financial plans! **Fee:** \$15

## PROFESSIONAL DEVELOPMENT

### Introduction to Voiceovers

**Course ID:** 6924

**Dates:** Apr. 3 • **Time:** 6-8 p.m.

**Location:** H-208

**Instructor:** Alicia Midgley

**Description:** Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional, working voice actor from Voices for All, to improve your delivery. Receive a professional voiceover evaluation later. One-time, 2 hour, introductory class. **Fee:** \$49

### Forensic Genealogy, the Golden State Killer and What Law Enforcement Should Know

**Course ID:** 6929

**Dates:** May 7 • **Time:** 5:30-8 p.m.

**Location:** Freeport Public Library

**Instructor:** Terry Feinberg

**Description:** What should law enforcement professionals know about the use of genetic genealogy in the pursuit of (primarily) cold cases with unmatched DNA? Learn the concepts of genetic genealogy; the types of DNA that feed into discovering a potential suspect; the potential legal ramifications; and, what is known about what resources California law enforcement used to lead to the arrest of the alleged perpetrator of multiple rapes

and murders. The class is geared toward law enforcement professionals, but is open to anyone with an interest in this area. Terry Feinberg is a professional genealogist with a focus on genetic genealogy, a former professor of local government/Political Science, president of the Stephenson County Genealogical Society and editor of the Illinois State Genealogical Society Quarterly journal. **Fee:** \$34

### **AINS 21 - Property and Liability Insurance Principles**

**Course ID:** 6965

**Dates:** Feb. 12, 19, 26 | Mar. 5, 12, 19, 26 Apr. 2, 9, 16 • **Time:** 12-12:50 p.m.

**Location:** Metlife Insurance, Freeport, IL

**Instructor:** Lyle Dirks

**Description:** This is the first in a set of industry-recognized training courses necessary to prepare for certification exam. Participants are guided through each course by an instructor. This course focuses on Property and Liability Principles. Textbook will be provided by Metlife free of charge, but must be returned. Students may take the certification exam at a cost of \$140 paid to Metlife. **Fee:** \$0

### **AINS 22 - Personal Insurance**

**Course ID:** 6964

**Dates:** Feb. 21, 28 | Mar. 7, 14, 21, 28 | Apr. 4, 11, 18, 25 | May 9, 16 • **Time:** 12-12:50 p.m.

**Location:** Metlife Insurance, Freeport, IL

**Instructor:** Kristine Parr

**Description:** Learn how to effectively apply personal insurance concepts in this formal and industry-recognized training. Build a solid foundation in the application of personal insurance fundamentals, including coverage, auto and homeowner contracts, and risk management. Build skills, and your resume, for work within the insurance industry. Textbook provided by Metlife free of charge, but must be returned. Students may take the exam for certification, at a cost of \$140 paid to Metlife. **Fee:** \$0

### **AIC 30 Claim Handling Principles and Practices**

**Course ID:** 6966

**Dates:** Feb. 13, 20, 27 | Mar. 6, 13, 20, 27 | Apr. 3, 10, 17, 24 | May 1, 8,

**Time:** 11:30 a.m.-12:30 p.m.

**Location:** Metlife Insurance, Freeport, IL

**Instructor:** Rodger Kent

**Description:** Learn how to apply claim handling principles and investigation techniques. These courses are formal and industry recognized trainings. Each participant is guided through each course by an instructor, but is required to pass the standardize exam to receive certification. Textbook will be provided by Metlife free of charge, but must be returned. Students may take the exam for certification, at a cost for \$140 paid to Metlife. **Fee:** \$0

### **Intro to Shield Metal Arc (Stick) Welding**

**Course ID:** 6847

**Dates:** Mar. 19 • **Time:** 5:30-8 p.m.

**Location:** T-129

**Instructor:** Mark Kloeping

**Description:** Commonly known as stick welding – learn how to set the voltage for different sizes of electrodes, the proper angles, the proper safety equipment, and what tools are needed. This is a hands-on class. Dress appropriately to work in a shop, including long sleeves, long pants, closed toe shoes, and no loose clothing.

**Fee:** \$35

### **Intro to Mig Welding**

**Course ID:** 6848

**Dates:** Mar. 21 • **Time:** 5:30-8 p.m.

**Location:** T-129

**Instructor:** Mark Kloeping

**Description:** Learn basic Mig welding, including how to set the wire speed and voltage. Practice five weld joints, and four weld positions. Learn common welds, how to maintain the wire feed gun, and safety equipment needed. This is a hands-on class. Please dress appropriately to work in a shop, including long sleeves, long pants, closed toe shoes, and no loose clothing.

**Fee:** \$35

### **Intro to Oxy-Acetylene Welding**

**Course ID:** 6855

**Dates:** Feb. 12 • **Time:** 5:30-8 p.m.

**Location:** T-129

**Instructor:** Roger Hicks

**Description:** Welding is a popular hobby and an in-demand career. Learn to join and cut metal from one of Highland's instructors to explore if you would like to learn more in a for-credit class. This is a hands-on class. Please dress appropriately to work in a shop, including long sleeves, long pants, closed toe shoes, and no loose clothing.

**Fee:** \$35

## **TECHNOLOGY AND COMPUTING**

### **Smart Phone Basics**

**Course ID:** 6910

**Dates:** Mar. 12 • **Time:** 1-3:30 p.m.

**Location:** Galena Public Library

**Instructor:** Staff

**Description:** Learn more about your smart-phone. Class will include security, how to use contacts, linking your email and more. **Fee:** \$39

### Excel Introduction

**Course ID:** 6911

**Dates:** Apr. 2 • **Time:** 1-3:30 p.m.

**Location:** Galena Public Library

**Instructor:** Staff

**Description:** Excel spreadsheets can help organize your daily life. Learn how to organize your life using the rows and cells of spreadsheets! **Fee:** \$39.

### Tips and Tricks for Word

**Course ID:** 6912

**Dates:** May 7 • **Time:** 1-3:30 p.m.

**Location:** Galena Public Library

**Instructor:** Staff

**Description:** Learn to create documents and format letters. Unleash the powerful Word processor! **Fee:** \$39

### Excel - Everyday Spreadsheets

**Course ID:** 6913

**Dates:** Feb. 7, 14, 21 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Excel spreadsheets can help organize your daily life. Learn how to organize your life using the rows and cells of spreadsheets! **Fee:** \$59

### Smartphone I - Basic

**Course ID:** 6914

**Dates:** Feb. 19 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Learn more about your smartphone. Class will include security, how to use contacts, linking your email and more. Time will be reserved at the end of class to have your questions answered. **Fee:** \$25

### Smartphone II - Advanced

**Course ID:** 6915

**Dates:** Feb. 26 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Smartphone II - Beyond the basics. Did you know the smartphone is considered to be a type of computer? Learn how connect to the Internet and use web features and apps. **Fee:** \$25

### Pics on My Phone - Now What?

**Course ID:** 6916

**Dates:** Mar. 5 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Got great pictures on your phone, tablet, or digital camera? Now what? Learn how to transfer those images to your computer or laptop, edit them, and share them on social media or through email. **Fee:** \$25

### How to Manage the Cloud: iCloud, Google Drive, OneDrive, Drop Box

**Course ID:** 6917

**Dates:** Mar. 7 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Why should you use cloud storage? Ever wonder what OneDrive, Google Drive, DropBox, iCloud, and others are about but are afraid to try them? How secure are they? Learn how to use cloud storage, the advantages and disadvantages of cloud storage, and how you might use these powerful tools in this class. **Fee:** \$25

### Create Newsletters with Word

**Course ID:** 6918

**Dates:** Mar. 14 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Why send a boring email when you can send an attractive and engaging newsletter using Word? Learn formatting and style tips to make the best newsletters for family reunions, Christmas letters, or to share news from that committee you are on! **Fee:** \$25

### Selling on eBay

**Course ID:** 6919

**Dates:** Mar. 26 | Apr. 2, 9, 16

**Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Have someone else's treasures in your house? Turn your extra stuff into someone else's treasures by selling on eBay. This seasoned eBay seller will offer tips and tricks to increase your selling price and success. **Fee:** \$69

### PowerPoint

**Course ID:** 6920

**Dates:** Apr. 11 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** PowerPoint is a powerful tool used to create engaging presentations. Learn how to turn your vacation photos, family pictures or other pieces of information into a professional-looking slide show using PowerPoint. **Fee:** \$25

### Excel - Everyday Spreadsheets

**Course ID:** 6921

**Dates:** Apr. 25 | May 2, 9 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Excel spreadsheets can help organize your daily life. Learn how to organize your life using the rows and cells of spreadsheets! **Fee:** \$59

## Windows 10

**Course ID:** 6922

**Dates:** Apr. 30 | May 7 • **Time:** 6:30-8 p.m.

**Location:** T-159

**Instructor:** Shara Ibalio

**Description:** Windows 10 has many built-in features such as BitLocker, Windows Defender Antivirus, the ability to access all your files, folders and apps from anywhere on any device with remote desktop, Windows Ink, Paint 3D and more! You may bring your Windows 10 laptop to class and immediately apply what you are learning. **Fee:** \$42.50

## Coding

**Course ID:** 6925

**Dates:** Mar. 7 • **Time:** 6-8 p.m.

**Location:** T-162

**Instructor:** Jeremy Monigold

**Description:** Curious about coding? This course will define what coding is and what it can do. It will also identify the basic types of programming languages and the importance of good algorithm design. Participants will be introduced to multiple coding environments including programming for Web-based and desktop applications. **Fee:** \$25

## 3D Printing

**Course ID:** 6926

**Dates:** Mar. 26 • **Time:** 6-8 p.m.

**Location:** T-137

**Instructor:** Jeremy Monigold

**Description:** Learn how three dimensional solid objects are created as a digital file and then printed as a 3D model. Course will also summarize the features of several types of 3D printers and how these printers are being utilized in homes and businesses. Watch a 3D printer in action and better understand the programming used to create the object. **Fee:** \$25

## Tech Talk

**Course ID:** 6928

**Dates:** Apr. 16 • **Time:** 6-8 p.m.

**Location:** T-140

**Instructor:** Jeremy Monigold

**Description:** What are the latest gadgets, processes and applications that shape our lives? Join Instructor Jeremy Monigold as he discusses newly emerging trends and tools, and how to interact with them. Bring your questions. What has you puzzled, about technology? What is a “smart home” or “smart watch”? What options are there to back up computer data? How can I keep track of all my different passwords?

**Fee:** \$25

## CREATIVE TECH CAMP FOR KIDS

**Time:** 8:30-11:30 a.m.

**Location:** T-159 | **Fee:** \$150

### Minecraft® Designers, ages 8-14

**Course ID:** 1191

**Dates:** June 17, 18, 19, 20 21

**Description:** If you love the game Minecraft, and always wanted to design your own world, this class is for you! Learn how to create a custom map, the basics of creating 3D models using a new software to design your very own objects, how to build with Redstone and Command blocks, and create custom textures for you to import at home or share with friends. **Students must own a Java version of Minecraft.** Tablet, phone, and game console versions of Minecraft are not compatible.

### Make Your First 3D Video Game!, ages 8-14

**Course ID:** 1192

**Dates:** June 24, 25, 26, 27, 28

**Description:** In this Black Rocket classic, you will go well beyond the limitations of the traditional 2D game design classes and create an immersive 3D world. Students will learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Student created games will be available on a password protected Black Rocket website to share with friends and family.

### Python Programmers, ages 8-14

**Course ID:** 1193

**Dates:** July 8, 9, 10, 11, 12

**Description:** Want to learn the world's fastest growing programming language favored by Google, NASA, Youtube, and the CIA? Learn how to code with Python to create engaging apps and games. Each lesson takes you step-by-step on a programming path that will let you challenge friends with fun content you create from start to finish!

### Minecraft® Modders, ages 8-14

**Course ID:** 1194

**Dates:** July 15, 16, 17, 18, 19

**Description:** Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft. Student projects will be available on a password protected Black Rocket website to share with friends and family. **Students must own a Java version of Minecraft.** Tablet, phone, and game console versions of Minecraft are not compatible.



**BLACKROCKET**

Launch Your Creativity

### App.IO Make Your First Multiplayer App!, ages 8-14

**Course ID:** 1195

**Dates:** July 22, 23, 24, 25, 26

**Description:** The hottest new Apps are IO apps! If your child likes to play Agar.io or Slither.io they will love this class! Become the creator of the next viral web app! In this class, explore the most popular .IO apps, design your own multiplayer experience and learn how to code your own app. Student-created apps will be accessible on a private site and can be played on any mobile device or computer. Publishing to App Stores not included. Students do not need to own a smartphone to take the class.

### Battle Royale: Make Your First Fortnite® Style Video Game, ages 8-14

**Course ID:** 1196

**Dates:** July 29, 30, 31 | Aug. 1, 2

**Description:** Fans of Fortnite we need you! Instead of playing the game, design your own. Using a professional 3D game development software, build levels and assets inspired by popular battle royale games like Fortnite. This course includes cartoonish action and battle sequences. Student-created games will be available on a password protected Black Rocket website to share with friends and family.

### ROBLOX® Makers, ages 8-14

**Course ID:** 1197

**Dates:** Aug. 5, 6, 7, 8, 9

**Description:** Unlock the power of ROBLOX® Studio, the world creation tool used by real-world ROBLOX® developers! Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design. Student-created projects will be available on a password protected Black Rocket website to share with friends and family.

### Make Your First 3D Video Game!, ages 8-14

**Course ID:** 1198

**Dates:** Aug 12, 13, 14, 15, 16

**Description:** See Course ID 1192





2998 W. Pearl City Rd.  
Freeport, IL 61032

PRSRT STD  
US POSTAGE  
PAID  
MADISON WI  
PERMIT NO 1949

## LIFELONG LEARNING AT HCC:

### Providing learning opportunities for all

There are four ways to register for Lifelong Learning classes at HCC.

1. Register online at [highland.edu/lifelong](http://highland.edu/lifelong)
2. Complete the registration form provided, enclose your personal check for payment, and mail it to the following address. Highland Community College, c/o Admissions, 2998 W. Pearl City Rd., Freeport, IL 61032
3. Fax the registration form to 815-235-6130, and admissions staff will call you to process your payment via credit card over the phone.
4. Register by visiting the Admissions Office on the second floor of the Student/Conference Center on the Highland campus and make payment in person.

For more information about

Lifelong Learning classes, and to find the latest in new course offerings, call 815-599-3403, email [admissions@highland.edu](mailto:admissions@highland.edu), or visit [highland.edu/lifelong](http://highland.edu/lifelong)

*Refunds applicable if withdrawal made one week before start of class.*

## INFORMATIVE AND FUN CLASS OFFERINGS, INCLUDING...

German Cooking, Painting, Excel, Pottery, Pickleball, Metal Detecting and more!

**LIFELONG LEARNING COURSES ARE IN YOUR NEIGHBORHOOD!** Join us on the Highland Campus, Galena Public Library, Mt. Morris Senior Center and more!

**Course information is subject to change. Call 815-599-3403 with questions.**

\*\*\*\*\*ECRWSS EDDM\*\*\*\*\*  
**Postal Customer**