



LIFELONG LEARNING

SPRING 2020 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 Country 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

Beginning Watermedia Workshop

Course ID: 6767

Date: Feb. 5, 12, 19, 26 | Mar. 4, 11, 18, 25

Time: 6:30-9:00 p.m.

Location: 1727 Church Street, Freeport

Instructor: Roger Goodspeed

Description: Each watermedia (watercolor and acrylic) class will consist of a short lecture followed by a demo, student exercise, and time for individual help with each project. Subjects include: beginning materials, composition techniques, color theory, special tricks and techniques in painting landscapes, still lifes, florals, and abstracts. Suggested materials to be purchased by the student will be discussed at the first class (approximate cost \$50). **Fee:** \$156

Ceramics-Beginner to Intermediate Wheel Throwing & Hand Building

Course ID: 6751

Date: Feb. 13, 20, 27 | Mar. 5, 12, 19

Time: 6:00-8:00 p.m.

Location: 12 W. Spring Street, Freeport

Instructor: Stacey McDonald

Description: Instruction will include both step-by-step projects for beginners and assistance with independent projects for intermediate students. Students can choose to focus on hand building or wheel throwing. Students need to bring a basic pottery tool kit, available for purchase at the HCC Bookstore. Fee includes up to 3 additional open studio hours and up to 25 lbs of clay. Glazing and firing is included. **Fee:** \$182

Painting and Embellishing Furniture

Course ID: 6778

Date: Feb. 19, 26 • **Time:** 6:00-8:00 p.m.

Location: F-066

Instructor: Cindy Bielefeldt

Description: Explore the world of painting furniture, learn best practices, and gain hands-on experience using chalk and milk paint, waxes, and gilding. We will use transfers, stamps, molded embellishments, stencils, and decoupage to add something special to each piece. Bring a small, easy to transport, furniture piece. Take home a one of a kind creation. No prior experience needed. **Fee:** \$67

Painting and Embellishing Furniture

Course ID: 6779

Date: Mar. 19, 26 • **Time:** 6:00-8:00 p.m.

Location: Woodbine Bend Golf Course and

Restaurant, 3500 E. Center Rd., Stockton

Instructor: Cindy Bielefeldt

Description: See Course ID 6778 for description.

Fee: \$67

The Art of Decoupage

Course ID: 6774

Date: Feb. 27 • **Time:** 6:00-8:00 p.m.

Location: Freeport Art Museum

Instructor: Cindy Bielefeldt

Description: Decoupage is the ancient art of applying paper to everyday objects. This class will show the “how-to” of creating unique picture frames or boxes. Students will learn the latest techniques and new materials. All supplies provided. **Fee:** \$54

The Healing Art of Zentangle

Course ID: 6785

Date: Mar. 5, 12 • **Time:** 6:00-8:00 p.m.

Location: H-210

Instructor: Mary Leitzen Stayner

Description: Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Zentangle art is unplanned, so you can focus on each stroke and not worry about the result. Whether you are new or want to expand your experiences, this class will help you learn and practice this beautiful but simple technique to promote relaxation, mindfulness, and inner focus. All materials provided. **Fee:** \$47

The Healing Art of Zentangle

Course ID: 6786

Date: Apr. 8, 15 • **Time:** 6:00-8:00 p.m.

Location: Galena Public Library

Instructor: Mary Leitzen Stayner

See Course ID 6785 for description. **Fee:** \$47

Flow and Mix with Alcohol Ink

Course ID: 6773

Date: Mar. 12 • **Time:** 6:00-8:00 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 provided. **Fee:** \$41

Card Making A

Course ID: 6690

Date: Mar. 25 | Apr. 8, 22 | May 6

Time: 6:00-8:30 p.m.

Location: F-062/F-066

Instructor: Debbie Miller

Description: Create your own greeting cards and paper projects! Beginner and experienced crafters will create three to four projects each class using new tools and many different card folds. No project duplicated! Students 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. **Fee:** \$32

CULINARY ARTS

**Please bring container to take food home*

Caribbean Island Cuisine

Course ID: 6697

Date: Mar. 16 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Caribbean cuisine is an incredible blending of tropical flavors and multicultural influences that have been enhanced over centuries. Food in the Caribbean is based on mostly African, Spanish, Chinese, and East Indian flavors but generally are crossovers of the cuisines from the rest of the world. **Fee:** \$48

Wow Appetizers!

Course ID: 6698

Date: Mar. 23 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: The 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, and spark ideas. No recipes repeated. **Fee:** \$48

French Cuisine

Course ID: 6699

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

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: For the ultimate dining experience, learn the secrets to creating wonderful French dishes. In this hands-on class you will learn to prepare authentic appetizers, main courses, side dishes, and soups in the true French style - Un dîner délicieux! **Fee:** \$48

Dessert Basics

Course ID: 6700

Date: Apr. 6 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Top off a great meal with a perfect dessert! From cakes to custards and fruit sauces to chocolate, Dessert Basics will cover the creation of three classic desserts. **Fee:** \$48

New Mexican Fare

Course ID: 6701

Date: Apr. 13 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: New Mexican cuisine is NOT Tex-Mex. Flavorful dishes include salsa verde, ranchero sauces, chiles rellenos, pinto beans, chicos, carne adovada, and variations on your favorite guacamole. No recipes repeated. **Fee:** \$48

Card Making B

Course ID: 6691

Date: Mar. 27 | Apr. 10, 24 | May 8

Time: 9:30 a.m.-12:00 p.m.

Location: F-062/F-066

Instructor: Debbie Miller

Description: See Course ID 6690 for description.

Fee: \$32

Card Making C

Course ID: 6692

Date: Apr. 3, 17 | May 1, 15

Time: 9:30 a.m.-12:00 p.m.

Location: F-062/F-066

Instructor: Debbie Miller

Description: See Course ID 6690 for description. **Fee:** \$32

Paint Party with Friends - Petals & Leaves

Course ID: 6742

Date: Apr. 2 • **Time:** 6:00-8:00 p.m.

Location: Freeport Art Museum

Instructor: Barry Treu

Description: Leave winter behind with colorful petals and leaves painting. With a few steps and one style of brushstroke, be on your way to a lively and brilliant acrylic painting in the spirit of spring. A great time for friends and family with light refreshments provided. No experience needed. **Fee:** \$28

Sunflower Painting Workshop

Course ID: 6790

Date: Apr. 22 • **Time:** 6:00-8:00 p.m.

Location: East Dubuque District Library

Instructor: Jessica Anderson

Description: Using step-by-step instructions, learn how to paint a pretty sunflower using acrylic paint on a 10"x10" canvas. All supplies are included and no experience needed. Class size is limited. Bring a friend and your creativity to complete this fun and easy project. **Fee:** \$29

Wire Wrap a Pendant

Course ID: 6689

Date: May 7 • **Time:** 6:00-9:00 p.m.

Location: H-208

Instructor: Art Dawson

Description: Learn how to make a wire-wrapped pendant, ready to hang on your favorite necklace. A few basic styles are taught, along with various techniques to add variation and style. Ready-to-wrap pendants are available for purchase during class for \$3-6 or students can bring their own. Students must supply hand tools: smooth-faced round and flat nose pliers, and side cutters. A few tools are available. **Fee:** \$30

Mastering Italian Cuisine

Course ID: 6702

Date: Apr. 20 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Learn classic Italian recipes and regional favorites. Even if you took the class before, please take again. No recipes repeated. **Fee:** \$48

The Secrets to Creole Cuisine

Course ID: 6703

Date: Apr. 27 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: One of Chef Staver's favorite cooking styles, Creole cuisine is a melting pot of cultures including Chinese, Indian, Native American, Italian, French, and African foods. Rice is featured in many dishes because much of the terrain is either bayou or swamp, perfect rice growing conditions. Classic Creole recipes include gumbo and jambalaya. **Fee:** \$48

Best Homemade Pizza

Course ID: 6704

Date: May 4 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Learn how to create pizza using a yeast based dough recipe that can be frozen for later use. There are no limitations to what you can put on a pizza! **Fee:** \$48

Indian Cuisine

Course ID: 6705

Date: May 11 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Do you love food spiced with earthy spices like cumin, cardamom, curry, and cinnamon? Then you'll love this class! Let's get together to cook and taste delicious Indian food. **Fee:** \$48

Soups, Stews, and Knife Skills

Course ID: 1117

Date: May 18 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: There is nothing better on a chilly night than a warming pot of homemade soup or savory, filling stew. Learn essential knife skills while preparing ingredients for a selection of soup and stew masterpieces. **Fee:** \$48

Stir Fry Creations

Course ID: 1118

Date: Jun. 1 • **Time:** 5:30-8:30 p.m.

Location: St. John UCC, Freeport

Instructor: Michael Staver

Description: Fast, tasty, and nutritious, stir frying can help you liven up your evening meal. Practice culinary knife skills in this class as you learn methods for turning bite-sized pieces

of food into gourmet masterpieces. No recipes repeated. **Fee:** \$48

DIY

Intro to Oxy-Acetylene Welding

Course ID: 6725

Date: Feb. 12 • **Time:** 5:30-8:00 p.m.

Location: T-129

Instructor: Roger Hicks

Description: Welding is a popular hobby and an in-demand career. Learn about oxy-acetylene welding from one of Highland's welding instructors and see if you would like to learn more in a for-credit class. This is a hands-on class, please dress to work in a shop including long sleeves, long pants, closed toe shoes, and no loose clothing. **Fee:** \$37

Woodworking and Laser Engraving

Course ID: 6781

Date: Mar. 5, 12, 19 | Apr. 2, 9, 16

Time: 6:00-8:00 p.m.

Location: Dakota High School Industrial Arts

Instructor: Doug Visel

Description: This is a hands-on course for beginner, intermediate and advanced woodworkers covering basic concepts on state-of-the-art equipment at Dakota High School. Learn how to work with a variety of machines, power, and hand-tools. Students will learn how to plan, select, and use materials to produce a finished product. Final project is the construction and engraving of a Keepsake Box. **Fee:** \$79

Car Maintenance Skills for Everyone

Course ID: 6777

Date: Apr. 18, 25 • **Time:** 9:00 a.m.-12:00 p.m.

Location: T-123/T-124

Instructor: Jim Palmer

Description: Are you prepared for a flat tire? Do you want to change your own wiper blades instead of paying someone to do it? Learn what fluids your car needs, recommended service intervals, what's under your hood, and basic maintenance procedures. Class includes lecture with a majority of time spent hands-on. Bring your car and comfortable clothes. Close toed shoes required. **Fee:** \$49

Beyond Carfax: What a Car Buyer Needs to Know

Course ID: 6758

Date: Apr. 23 • **Time:** 6:00-8:00 p.m.

Location: T-130

Instructor: Todd Vacek

Description: This class will help you understand how to tell if a vehicle was in an accident or not, regardless of what the Carfax report says. Learn the key signs when deciding to purchase a new or used vehicle and what to say when the dealership tries to "sell" you the paint protection plan. Class includes time spent in the body shop with a refinished car. **Fee:** \$10

FITNESS

Walk and Stretch - Spring 1

Course ID: 6756

Date: Mon., Wed., Fri., Jan. 31 - Apr. 8

Time: 9:00-10:00 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:** \$39

Walk and Stretch - Spring 2

Course ID: 6757

Date: Mon., Wed., Fri., Apr. 10 - Jun. 19

(no class May 25)

Time: 9:00-10:00 a.m.

Location: Mt. Morris Senior Center

Instructor: Kathy Heid

Description: See Course ID 6756 for description. **Fee:** \$40

Pickleball for Beginners

Course ID: 6788

Date: Feb. 17, 19, 24, 26

Time: 11:00 a.m.-12:30 p.m.

Location: Freeport YMCA Auxiliary Gym

Instructor: Ken Collin

Description: Pickleball is a cross between badminton and tennis and is the fastest growing sport among baby boomers in America. It is played on a badminton sized court with a paddle, a wiffle-type ball and a 34" high net. Learn a team sport, including the rules and equipment. Pickleball provides a fun outlet for fitness, competition, and socialization. **Fee:** \$48

Pickleball for Intermediate Players

Course ID: 6789

Date: Feb. 17, 19, 24, 26

Time: 12:30-2:00 p.m.

Location: Freeport YMCA Auxiliary Gym

Instructor: Ken Collin

Description: Pickleball for intermediate players is designed for players who are seeking to improve their game through more control and consistency. Topics include both forehand and backhand groundstrokes, creating a wider variety of shots including serves, returns of serve, volleys and using slower or faster pace shots to their advantage. Playing with partners effectively and strategically to create coverage gaps and then hitting into those gaps will also be covered. **Fee:** \$48

HEALTH AND WELLNESS

Herbal and Food Supplements - What You Need to Know

Course ID: 6744

Date: Feb. 20 • **Time:** 6:00-8:00 p.m.

Location: H-127

Instructor: Kerrylyn Rodriguez

Description: The amount of known information on dietary supplements varies widely. What are herbal or dietary supplements? How are they regulated? How can you determine the accuracy of claims, risks, or side effects? Learn to make good, safe decisions when using supplements. **Fee:** \$20

CBD Oil and Medical Marijuana - What You Should Know

Course ID: 6747

Date: Mar. 31 • **Time:** 6:00-8:00 p.m.

Location: H-209

Instructor: Kerrylyn Rodriguez

Description: You have probably heard stories about the use and abuse of CBD oil and medical marijuana. Learn the facts about these two current health trends in the news. **Fee:** \$20

Who Runs Your Brain?

Course ID: 6787

Date: Mar. 31 • **Time:** 6:00-8:00 p.m.

Location: H-210

Instructor: Dieter Ammann

Description: We are often influenced in our thinking and actions by those we believe in and admire. How do we make sure that what we think and act on is in our best interest? Learn how to run your own brain to choose what you see, hear, experience, and think. **Fee:** \$15

Advanced Herbal Supplements

Course ID: 6749

Date: Apr. 9 • **Time:** 6:00-8:00 p.m.

Location: H-127

Instructor: Kerrylyn Rodriguez

Description: Learn about the top 25 herbs that can change your life, how to use them, and incorporate them into your diet. This class is meant as a higher level information class versus the introductory class. **Fee:** \$20

Understanding and Responding to Dementia-Related Behavior

Course ID: 6688

Date: Apr. 16 • **Time:** 10:00-11:30 a.m.

Location: H-208

Instructor: Sue Sklar

Description: Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors and current research and treatments available to address some symptoms. We will explain and offer Alzheimer's Association

resources. A question and answer period is available at the end of the program. **Fee:** \$0

HISTORY AND CULTURE

Volunteering for the National Parks

Course ID: 6727

Date: Jan. 28 • **Time:** 6:00-7:30 p.m.

Location: H-208

Instructor: Mark Peterson

Description: Learn about some of the opportunities for volunteering in the National Parks. The organization and departments of the National Parks will be covered. Come and learn about the benefits of a few volunteer jobs with emphasis on being a Campground Host, including the on-line procedure to become a volunteer. **Fee:** \$23

World War II in the Pacific

Course ID: 6728

Date: Feb. 11, 18, 25 • **Time:** 6:00-7:30 p.m.

Location: H-208

Instructor: Mark Peterson

Description: Learn the basics including life on a ship, command structure, naval terms, and warships from the U.S. and Japan. Examine the cultural backgrounds of the U.S. and Japan pre-war, important battles, and events leading up to the attack on Pearl Harbor. Japan's view on the war today and its relations with other Asian countries is covered. **Fee:** \$39

Spanish Movie Night - El silencio de Neto, (Guatemala), Adult Ticket

Course ID: 6684

Date: Feb. 13 • **Time:** 5:00-8:00 p.m.

Location: H-210

Instructor: Cristina Sztterensus

Description: Set during the 1954 American-led military coup to overthrow Guatemalan President Jacobo Arbenz, this coming-of-age tale follows a young boy, Neto, who watches as his father loses his job, and then the whole family is forced to leave the city. There are brief discussions before and after the showing. Movies are in Spanish with English subtitles. This CRN number is for adult tickets. **Fee:** \$5

Spanish Movie Night - El silencio de Neto, (Guatemala), Student Ticket

Course ID: 6685

Date: Feb. 13 • **Time:** 5:00-8:00 p.m.

Location: H-210

Instructor: Cristina Sztterensus

Description: See Course ID 6684 for description. This CRN number is for student tickets. **Fee:** \$2

The Mysteries of Evolution

Course ID: 6729

Date: Mar. 10 • **Time:** 6:00-7:30 p.m.

Location: H-208

Instructor: Mark Peterson

Description: Explore the mysteries of biological evolution with research from the last two decades. Topics include: Miller-Urey Experiment, Darwin's Tree of Life, Haeckel's Embryos, Darwin's Galapagos Finches, Homology of Vertebrate limbs, and the 4-winged fruit fly. **Fee:** \$23

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

Course ID: 6746

Date: Mar. 12 • **Time:** 5:30-8:30 p.m.

Location: H-208

Instructor: Kerrylyn Rodriguez

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

Jazz History - A Celebration of American Music

Course ID: 6793

Date: Mar. 16, 23 • **Time:** 2:00-4:00 p.m.

Location: H-208

Instructor: Jay Van Matre

Description: Discover the roots of jazz, the lives and stories of the music's most influential figures, and modern jazz. Video and audio will be studied and discussed allowing students to relate their personal experiences with jazz and the emotions it conveys. **Fee:** \$36

Assassination of Lincoln

Course ID: 6730

Date: Mar. 17 • **Time:** 6:00-7:30 p.m.

Location: H-208

Instructor: Mark Peterson

Description: Learn about the assassination of President Abraham Lincoln including the state of affairs in the U.S. in 1865 and brief biographies on Lincoln and his assassin, John Wilkes Booth. Topics include: events leading up to April 14, 1865, the capture of Booth and his accomplices, and Lincoln's funeral procession. Lincoln's grave site and Ford's Theatre are also explored. **Fee:** \$23

Black Hawk War in the Upper Midwest

Course ID: 6734

Date: Mar. 24, 31 | Apr. 7

Time: 6:00-7:30 p.m.

Location: H-208

Instructor: Allen Reed

Description: Trace the history of the conflict between settlers and Sauk and Fox tribes led by Black Hawk over the Mississippi River town of Saukenuk near present day Rock Island, IL. The course examines the tensions between

settlers and the Sauk including the events leading up to the Black Hawk War. **Fee:** \$37

Cahokia and the Mississippian Culture

Course ID: 6732

Date: Mar. 25 • **Time:** 1:00-2:30 p.m.

Location: Stephenson County Senior Resource Center, Freeport

Instructor: Mark Peterson

Description: Learn about Cahokia, the largest and most influential urban settlement of the Mississippian culture dating from 700 – 1400 A.D. Located just east of St. Louis, MO, Cahokia is considered the largest and most complex archaeological site north of Mexico's pre-Columbian cities. **Fee:** \$25

Cahokia and the Mississippian Culture

Course ID: 6731

Date: Apr. 4 • **Time:** 1:00-2:30 p.m.

Location: Stockton Heritage Museum, 107 W. Front Ave., Stockton

Instructor: Mark Peterson

Description: See Course ID 6732 for description. **Fee:** \$23

World War I Overview

Course ID: 6733

Date: Apr. 1 • **Time:** 1:00-2:30 p.m.

Location: Woodbine Bend Golf Course and Restaurant, 3500 E. Center Rd., Stockton

Instructor: Mark Peterson

Description: Take a closer look at Europe in 1900 and events leading up to World War I. Topics include: actions taken in Jutland and on the Eastern Front, the sinking of the Lusitania, U-boat warfare, and battles including Paris, Verdun, and the Somme. The final German offensive, arrival of American troops, the Armistice, and Treaty of Versailles are also covered. **Fee:** \$23

Spanish Movie Night - Violeta Went to Heaven, (Chile), Adult Ticket

Course ID: 6686

Date: Apr. 2 • **Time:** 5:00-8:00 p.m.

Location: H-210

Instructor: Cristina Sztterensus

Description: A portrait of unconventional, famed Chilean singer and folklorist Violeta Parra filled with her musical work, her memories, her loves and her hopes. There will be a brief discussion before and after the showing. Movies are in Spanish with English subtitles. This CRN number is for adult tickets. **Fee:** \$5

Spanish Movie Night - Violeta Went to Heaven, (Chile), Student Ticket

Course ID: 6687

Date: Apr. 2 • **Time:** 5:00-8:00 p.m.

Location: H-210

Instructor: Cristina Sztterensus

Description: See Course ID 6686 for description. This CRN number is for student tickets. **Fee:** \$2

Communication Between Generations

Course ID: 6782

Date: Apr. 21 • **Time:** 6:00-8:00 p.m.

Location: H-210

Instructor: Dieter Ammann

Description: How effectively do you communicate with your children and grandchildren? Are you in sync and getting the point across or are discussions avoided? Become closer with loved ones by exploring rapport, non-verbal cues, and points of view. **Fee:** \$15

HOBBIES

Intro to Guitar

Course ID: 6795

Date: Feb. 3, 10, 17, 24 | Mar. 2, 9, 16, 23

Time: 6:00-7:00 p.m.

Location: F-010

Instructor: Jay Van Matre

Description: Students with no previous guitar instruction will learn tuning, notes and chords, and songs from a variety of genres and styles. **Fee:** \$69

Social Ballroom Dancing

Course ID: 6783

Date: Mar. 4, 11, 18, 25

Time: 7:00-8:00 p.m.

Location: Woodbine Bend Golf Course and Restaurant, 3500 E. Center Rd., Stockton

Instructor: Gary Wendland

Description: Gary Wendland will teach you Rhythm And Position In Dancing "RAPID," his acronym to describe the common essential basics, regardless of skill level, necessary to all social ballroom dances, including spot dances like swing and salsa and body flight dances like the foxtrot and waltz. Two spot dances and one body flight dance are introduced and practiced during each 4-week session. **Fee:** \$35

Social Ballroom Dancing

Course ID: 6784

Date: Apr. 8, 15, 22, 29

Time: 7:00-8:00 p.m.

Location: Woodbine Bend Golf Course and Restaurant, 3500 E. Center Rd., Stockton

Instructor: Gary Wendland

Description: See Course ID 6783 for description. **Fee:** \$35

Metal Detecting

Course ID: 6780

Date: May 11 • **Time:** 5:30-7:30 p.m.

Location: Oakdale Nature Preserve, Mogle Building, 4433 S. Cranes Grove Rd., Freeport

Instructor: Dale Anderson

Description: Learn the functions of a metal detector, settings, how to find the best hunting spots, useful accessories, and etiquette. Students can bring a metal detector or swing one of the instructor's to locate and dig a target. **Fee:** \$29

Fishing to Catch Fish

Course ID: 1001

Date: May 20 • **Time:** 6:00-8:00 p.m.

Location: Apple Canyon Lake Property Owner's Club

Instructor: Tim Hood

Description: Want to know more about fishing? Learn the basics of equipment, bait, location, and how to catch more fish! Bring your fishing license. **Fee:** \$15

PERSONAL FINANCE

Investing in Stocks and Bonds

Course ID: 6726

Date: Mar. 3, 10, 17, 24 • **Time:** 2:30-4:00 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 read markets, and develop and maintain a stock trading system using both fundamental and technical analysis. Michael has worked in the financial industry for over 20 years. **Fee:** \$49

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

Course ID: 6748

Date: Apr. 7 • **Time:** 6:00-8:00 p.m.

Location: H-209

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

PROFESSIONAL DEVELOPMENT

Event Planning and Promotion

Course ID: 6752

Date: Feb. 26 • **Time:** 6:00-8:00 p.m.

Location: Freeport Public Library

Instructor: Sarah Flashing

Description: You don't have to be an expert to successfully plan an event. Learn how to plan an event from start to finish. Details include timeline strategy, working within a budget, selecting a location, menu planning, how to do a silent auction, marketing the event, and much more. **Fee:** \$35

Looking for a New Career After 60?

Course ID: 6745

Date: Feb. 27 • **Time:** 6:00-8:00 p.m.

Location: H-208

Instructor: Kerrylyn Rodriguez

Description: It's never too late to reinvent yourself, however, changing your job after 60 requires a different approach and mindset. What do you need to know to be successful? Whether

you are just thinking about changing jobs or are actively looking, learn how to translate your skills into a new career. **Fee:** \$20

Volunteer Management

Course ID: 6753

Date: Mar. 4 • **Time:** 6:00-8:00 p.m.

Location: Freeport Public Library

Instructor: Sarah Flashing

Description: Clubs and organizations require the involvement of many volunteers. Learn some tips and tricks for successful volunteer management including strategies for recruitment and retention, digital resources, social media, and software options. **Fee:** \$35

How to Write a Press Release

Course ID: 6754

Date: Mar. 11 • **Time:** 6:00-8:00 p.m.

Location: Freeport Public Library

Instructor: Sarah Flashing

Description: Every important announcement deserves a well-written press release. In this class, you'll learn about key information needed in every press release and how to distribute that information to get noticed. **Fee:** \$35

Effective Fundraising Ideas for Nonprofits

Course ID: 6755

Date: Mar. 18 • **Time:** 6:00-8:00 PM

Location: Freeport Public Library

Instructor: Sarah Flashing

Description: Every nonprofit organization needs to raise support to continue its mission. Learn about traditional approaches to fundraising from grant writing to raffles as well as unique tips and tricks to meet goals and raise more cause awareness. **Fee:** \$35

Introduction to Voiceovers

Course ID: 6683

Date: Mar. 25 • **Time:** 6:00-8:00 p.m.

Location: H-208

Instructor: Voices for All

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. **Fee:** \$49

Introduction to Voiceovers: One-on-One

Course ID: 6682

Date: TBD • **Time:** TBD

Location: Online

Instructor: Voices for All

Description: On your schedule, this one-on-one online class covers the same topics as Course ID 6683. Students must have internet access and video chatting capabilities using a method such as: Zoom, Skype (for PC/Mac) or iChat/FaceTime (Mac). **Fee:** \$49

TECHNOLOGY AND COMPUTING

Smartphone I - Basic

Course ID: 6707

Date: Feb. 6 • **Time:** 6:30-8:00 p.m.

Location: T-162

Instructor: Shara Ibalio

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

Smartphone I - Basic

Course ID: 6708

Date: Feb. 8 • **Time:** 1:00-2:30 p.m.

Location: Freeport Public Library

Instructor: Shara Ibalio

Description: See Course ID 6707 for description.

Fee: \$25

Smartphone I - Basic

Course ID: 6709

Date: Apr. 14 • **Time:** 6:30-8:00 p.m.

Location: T-159

Instructor: Shara Ibalio

Description: See Course ID 6707 for description.

Fee: \$25

Smartphone II - Advanced

Course ID: 6719

Date: Mar. 19 • **Time:** 6:30-8:00 p.m.

Location: T-162

Instructor: Shara Ibalio

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

Smartphone II - Advanced

Course ID: 6720

Date: Mar. 21 • **Time:** 1:00-2:30 p.m.

Location: Freeport Public Library

Instructor: Shara Ibalio

Description: See Course ID 6719 for description.

Fee: \$25

Smartphone II - Advanced

Course ID: 6721

Date: Apr. 28 • **Time:** 6:30-8:00 p.m.

Location: T-159

Instructor: Shara Ibalio

Description: See Course ID 6719 for description.

Fee: \$25

Selling on eBay

Course ID: 6717

Date: Feb. 13, 20, 27 | Mar. 5

Time: 6:30-8:00 p.m.

Location: T-162

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. Ibalio, a seasoned eBay seller, will offer tips and tricks to increase your selling price and success.

Fee: \$69

Excel - Everyday Spreadsheets

Course ID: 6715

Date: Feb. 18, 25 | Mar. 3

Time: 6:30-8:00 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

Excel - Everyday Spreadsheets

Course ID: 6716

Date: Apr. 30 | May 7, 14

Time: 6:30-8:00 p.m.

Location: T-162

Instructor: Shara Ibalio

Description: See Course ID 6715 for description.

Fee: \$59

Computer Skills for Beginners

Course ID: 6713

Date: Mar. 17, 24, 31 | Apr. 7

Time: 6:30-8:00 p.m.

Location: T-159

Instructor: Shara Ibalio

Description: This hands-on class will help students understand concepts and basic operations of computers, and become familiar with the terminology. Computers provided.

Fee: \$69

Pics on My Phone - Now What?

Course ID: 6710

Date: Mar. 26 • **Time:** 6:30-8:00 p.m.

Location: T-162

Instructor: Shara Ibalio

Description: Do you have great pictures on your phone, tablet, or digital camera? Now what? Learn how to transfer images to a computer or laptop, edit them, and post on social media or send through email. **Fee:** \$25

Pics on My Phone - Now What?

Course ID: 6711

Date: Mar. 28 • **Time:** 1:00-2:30 p.m.

Location: Freeport Public Library

Instructor: Shara Ibalio

Description: See Course ID 6710 for description.

Fee: \$25

Pics on My Phone - Now What?

Course ID: 6712

Date: May 5 • **Time:** 6:30-8:00 p.m.

Location: T-159

Instructor: Shara Ibalio

Description: See Course ID 6710 for description.

Fee: \$25

Windows 10

Course ID: 6714

Date: Apr. 2, 9 • **Time:** 6:30-8:00 p.m.

Location: M-219

Instructor: Shara Ibalio

Description: Learn about Windows 10 features such as BitLocker, Windows Defender Antivirus, file access folders and apps with remote desktop, Windows Ink, Paint 3D, and more! Also learn the similarities between prior versions of Windows and 10. Bring your Windows 10 laptop to class and immediately apply what you are learning. **Fee:** \$42.50

Internet Settings, Defaults and Security

Course ID: 6722

Date: Apr. 16, 23 • **Time:** 6:30-8:00 p.m.

Location: T-162

Instructor: Shara Ibalio

Description: Learn how to increase internet speeds, stop pop-ups, save passwords, sync Google accounts, and check internet privacy and security. **Fee:** \$42.50

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

Course ID: 6718

Date: Apr. 21 • **Time:** 6:30-8:00 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 students might use these powerful tools. **Fee:** \$25

PHOTOGRAPHY

Photography 101

Course ID: 6794

Date: Feb. 19, 26 | Mar. 4, 11

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

Location: H-208

Instructor: Jay Van Matre

Description: Learn about the modes of your camera, how and when to use those modes, rules of photography/composition, editing photos, and the real world application of these tools to enjoy a hobby in photography. Students should bring their camera. **Fee:** \$69

The Power of Story, Your Legacy, and Your Family History

Course ID: 6791

Date: Feb. 20 • **Time:** 10:00 a.m.-12:00 p.m.

Location: H-210

Instructor: Adventure Safari Network - Curt Witcher

Description: Curt Witcher is one of the nation's leading experts on genealogy and life stories. Learn how to find reliable sources, build your information and the importance of photos. Discover the vital importance of preservation and protection of this information. **Fee:** \$22



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LIFELONG LEARNING AT HCC:

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1. Register online at 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, or visit highland.edu/lifelong

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



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