

LIFELONG LEARNING



Spring 2023 Class Schedule

「IT'S ALL HERE」

LIFELONG LEARNING REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Home phone (include area code) _____

Email Address _____

Date of Birth _____

Sex Male Female

More ways to register:



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

Yes No

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?

- If yes, provide 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. Refunds are also available if a 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: 6654

Location: 1727 Church St, Freeport, IL 61032

Dates: Mar. 8, Mar. 15, Mar. 22, Mar. 29, Apr. 5, Apr. 12, Apr. 19, Apr. 26

Times: 6:30-8:30 PM

Fee: \$166

Instructor: Roger Goodspeed

Description: Each watermedia class, watercolor and acrylic, will consist of a short lecture followed by a demo, exercise, and time for individual help with each project. Subjects include: beginning materials, composition techniques, color theory, special tricks and techniques painting landscapes, still lifes, florals and even abstracts. We will discuss materials you will need to purchase during the first class (approximate cost \$50).

Beginning Wheel Thrown Pottery

Course ID: 6649

Location: F-053

Dates: Mar. 27, Apr. 3, Apr. 10, Apr. 17

Times: 11:00 AM-1:00 PM

Fee: \$104

Instructor: Dana Russell-Brown

Description: Learn essential wheel-throwing techniques from centering to trimming. Bowls and mugs will be the first forms to practice throwing on the wheel. This class will give the student with little to no experience the opportunity to learn a basic set of wheel-throwing skills as well as glazing techniques. Bring an apron, towel, and your own pottery tool kit (available at the Highland bookstore, online, or major craft stores.)

Card Making A

Course ID: 6657

Location: T-140

Dates: Mar. 22, Apr. 5, Apr. 19, May 3

Times: 6:00-8:00 PM

Fee: \$40

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! You must bring adhesive, precision scissors, ruler, and pencil. A \$25 materials fee paid first night to the instructor covers all materials for four weeks.

Card Making B

Course ID: 6658

Location: T-122

Dates: Mar. 24, Apr. 7, Apr. 21, May 5

Times: 9:30 AM-11:30 AM

Fee: \$40

Instructor: Debbie Miller

Description: See Course ID 6657 for description.

Creative Hairstyles for Little Girls

Course ID: 6656

Location: T-133 HCC Salon

Dates: Mar. 15

Times: 5:30-7:00 PM

Fee: \$5

Instructor: Amy Chamberlin

Description: Join us for a fun styling and braiding class where you will learn simple techniques for styling little girls hair (ages 5-12). Adult and child(ren) require separate registrations. Manikins will be available; class size is limited.

Dried Flower Twiggy Wreaths A

Course ID: 6601

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Mar. 10

Times: 6:00-7:00 PM

Fee: \$72

Instructor: Drew Groezinger

Description: Let's tap into your creativity this winter and create beautiful hand-tied wreaths to adorn your home! Learn how to create your own curly willow twiggy wreath and artfully adorn it with dried flowers and botanicals that were grown at Clara Joyce Flowers! All materials and supplies are included. This class is great for intermediate hands-on learners!



Dried Flower Twiggy Wreaths B

Course ID: 6602

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Mar. 11

Times: 5:00-6:00 PM

Fee: \$72

Instructor: Drew Groezinger

Description: See Course ID 6601 for description.

Easter Styled Centerpiece A

Course ID: 6606

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Apr. 6

Times: 6:00-7:00 PM

Fee: \$109

Instructor: Drew Groezinger

Description: Early spring blooms are some of the best! Learn how to create a large styled garden inspired centerpiece using fresh and locally grown blooms and foliages, some of which are harvested from the greenhouses on site! Beautiful specimens like ranunculus, anemone, sweet william, tulips and more will be ready and at your fingertips as you create your own piece of floral wonder. This is a guided step-by-step class perfect for all levels. All materials, containers and supplies are provided.

Easter Styled Centerpiece B

Course ID: 6607

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Apr. 7

Times: 6:00-7:00 PM

Fee: \$109

Instructor: Drew Groezinger

Description: See Course ID 6606 for description.

Easter Styled Centerpiece C

Course ID: 6608

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Apr. 8

Times: 4:00-5:00 PM

Fee: \$109

Instructor: Drew Groezinger

Description: See Course ID 6606 for description.

GRAT-I-TANGLE

Course ID: 6639

Location: Stockton Library, 140 W. Benton Ave., Stockton, IL 61085

Dates: Apr. 26

Times: 5:00-7:00 PM

Fee: \$30

Instructor: Mary Leitzen Stayner

Description: During this season we are focused on gratitude and appreciation — the first step in the art of Zentangle. Join the fun with a new kit of materials and explore new tangles to relax and unwind. If you have a Zentangle kit from a previous class, bring it along or you can purchase one from the instructor for \$5.

Hand Built Pottery Mug

Course ID: 6648

Location: F-053

Dates: Feb. 27, Mar. 13

Times: 11:00 AM-1:00 PM

Fee: \$52

Instructor: Dana Russell-Brown

Description: Create a one-of-a-kind ceramic mug! The first session you will learn how to use a slab of clay and work from a template to build your mug as well as decorate and finish your mug. The second session you will learn basic glazing techniques and choose your colors. No tools or experience needed.

Macramé Beverage Tote and Keychain

Course ID: 6623

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Feb. 10

Times: 6:00-8:00 PM

Fee: \$45

Instructor: Catherine Urban

Description: In this beginner-friendly class, participants will create a cross body beverage tote and one keychain using colored ropes of their choice. Get great wearable pieces of art!

Macramé Hanging Shelf

Course ID: 6625

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 14

Times: 6:00-8:00 PM

Fee: \$45

Instructor: Catherine Urban

Description: Learn two basic macramé knots to design your own wall hanging shelf. Cream colored rope will be used and you will have your choice from 3 finishes for your shelf. This is a beginner-friendly class.

Paint Party with Friends — Cherry Blossom Trees

Course ID: 6662

Location: Freeport Art Museum, 121 N. Harlem Ave., Freeport, IL 61032

Dates: Apr. 13

Times: 6:00-8:00 PM

Fee: \$40

Instructor: Barry Treu

Description: Put paint to canvas to create a captivating painting expressing cherry blossom trees. All supplies, refreshments, and artistic guidance included. No experience is needed.

Resin Pendant

Course ID: 6661

Location: T-122

Dates: Mar. 30

Times: 6:00-8:00 PM

Fee: \$30

Instructor: Cindy Bielefeldt

Description: Discover the unlimited possibilities of using resin as a medium for making jewelry. Create two artful bezel necklaces using paper, found objects, charms, and jewelry. You may bring a button, a small piece of jewelry, or a copy of a photo sized at 1" x 2" for a resin necklace.

Spring Tulips on Wood

Course ID: 6624

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Mar. 11

Times: 1:00-3:00 PM

Fee: \$45

Instructor: Catherine Urban

Description: Celebrate with spring by painting colorful tulips of your choice on a 12x16" stained wood board. With step-by-step instruction, you will create a beautiful painting to display proudly! This is a beginner friendly class.

Succulent Planters A

Course ID: 6603

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Mar. 16

Times: 6:00-7:00 PM

Fee: \$47

Instructor: Drew Groezinger

Description: Everyone's favorite! Succulents! Learn about growing, caring for and planting your own succulent planters! During this hands-on class, you will harvest your own succulent cuttings, learn how to stage a planter pot and take home your started succulent planter! All materials and supplies included. Great for all experience levels!

Succulent Planters B

Course ID: 6604

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Mar. 24

Times: 6:00-7:00 PM

Fee: \$47

Instructor: Drew Groezinger

Description: See Course ID 6603 for description.

Succulent Planters C

Course ID: 6605

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Mar. 25

Times: 5:00-6:00 PM

Fee: \$47

Instructor: Drew Groezinger

Description: See Course ID 6603 for description.

Terrarium Bottles A

Course ID: 6597

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Feb. 2

Times: 6:00-7:00 PM

Fee: \$70

Instructor: Drew Groezinger

Description: Indoor gardening at it's easiest! Learn about growing indoor houseplant terrariums, tips and tricks, and make a terrarium bottle for yourself! Each participant will create their own keepsake terrarium in a large 14" glass bottle. All plants, materials and supplies are included! Great for all experience levels!

Terrarium Bottles B

Course ID: 6598

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Feb. 3

Times: 5:00-6:00 PM

Fee: \$70

Instructor: Drew Groezinger

Description: See Course ID 6597 for description.

The Healing Art of Zentangle

Course ID: 6637

Location: Stockton Library, 140 W. Benton Ave., Stockton, IL 61085

Dates: Feb. 22

Times: 5:00-7:00 PM

Fee: \$30

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. All materials provided.

Winter Bulb Planters A

Course ID: 6599

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Feb. 24

Times: 6:00-7:00 PM

Fee: \$62

Instructor: Drew Groezinger

Description: Blooming plants in the thick of late winter? Sounds delightful! Make your own winter blooming bulb garden! During your time in the studio, you'll learn about forcing winter bulbs and will get to work with beautiful botanical specimens like jumbo South American amaryllis, Dutch tulips, and Israeli paperwhites! All materials and supplies are included! Great for all experience levels!

Winter Bulb Planters B

Course ID: 6600

Location: Clara Joyce Flowers, 13493 East Blair Hill Road, Stockton, IL 61085

Dates: Feb. 25

Times: 5:00-6:00 PM

Fee: \$62

Instructor: Drew Groezinger

Description: See Course ID 6599 for description.

Wire Wrap A Pendant

Course ID: 6672

Location: H-208

Dates: May 4

Times: 6:00-9:00 PM

Fee: \$30

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 or students can bring their own. You must supply hand tools: smooth-faced round and flat nose pliers, and side cutters. A few tools are available. A \$5-12 material fee to be paid to the instructor on the night of the class.



Zentangle Inspired Art

Course ID: 6638

Location: Stockton Library, 140 W. Benton Ave., Stockton, IL 61085

Dates: Mar. 29

Times: 5:00-7:00 PM

Fee: \$30

Instructor: Mary Leitzen Stayner

Description: Zentangle is a relaxing art form made with repeated patterns, proven to induce mindfulness. This class will focus on the Zentangle Method with an added twist of creating a finished product within an image. Bring your Zentangle kit or purchase one from the instructor for \$5.

CULINARY ARTS

4 Meals for 1 Person A

Course ID: 6687

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Mar. 22

Times: 6:15-8:15 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn how to make four meals for one person with one rotisserie chicken: BBQ Chicken Flatbread, 20-minute soup, and that evening you will create Chicken Flautas and Garlic Herb Chicken Pasta.

4 Meals for 1 Person B

Course ID: 6688

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 26

Times: 6:15-8:15 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: See Course ID 6687 for description.

A Tex Mex Celebration

Course ID: 6621

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: May 2

Times: 6:30-8:45 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make homemade salsa, chicken enchiladas, cilantro lime rice, and spicy creamed street corn.

Easter Side Dishes

Course ID: 6620

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 4

Times: 6:15-8:45 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make potatoes au gratin, honey glazed carrots, and brussels sprouts.

Fun Summer Dishes

Course ID: 6622

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: May 9

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make interesting and slightly different summer sides that are sure to impress. Not Your Grandma's Deviled Eggs, a watermelon salad, a blue cheese potato salad, and a Greek orzo salad.

Knife Skills A

Course ID: 6612

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Feb. 21

Times: 6:30-8:30 PM

Fee: \$30

Instructor: Josh King-Slowinski

Description: Sharpen your knife skills with this class. Learn how to dice onions, mince garlic, chiffonade, and more with this fun class.

This class will be individual stations.



Knife Skills B

Course ID: 6613

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 11

Times: 6:30-8:30 PM

Fee: \$30

Instructor: Josh King-Slowinski

Description: See Course ID 6612 for description.

Lovers Fondue

Course ID: 6611

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Feb. 14

Times: 6:30-8:30 PM

Fee: \$55

Instructor: Josh King-Slowinski

Description: Have a fun evening preparing a meal or two. You will prep the meat for fondue, and the sides for dessert fondue. Your romantic dinner for two will include a specialty salad, main course with two side dishes, and chocolate fondue for dessert. Non alcoholic drink included; wine and beer will be for sale.

Low Carb Pad Thai

Course ID: 6616

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Mar. 7

Times: 6:30-7:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make this crave-worthy tangle of sweet, sour, nutty and spicy pad thai. You will watch and then create your own meal. In this class you will share a work station.

Luck of the Irish Dinner

Course ID: 6617

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Mar. 14

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make beef in stout with herbed dumplings, and Irish soda bread.

Mad About Macarons!

Course ID: 6652

Location: Grace Valley Christian Reformed Church, 8210 E. Edwardsville Rd., German Valley, IL 61039

Dates: Mar. 8

Times: 6:30-8:30 PM

Fee: \$26

Instructor: Jana Schlukebir

Description: Macarons are one of the trickiest cookies. Learn how to weigh ingredients, make batter using the macaronage process, and how and when to bake for success. Delicious fillings will be covered. Students will sample cookies and leave with a tried-and-true recipe.

No Mess Chicken Meal A

Course ID: 6618

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Mar. 21

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn to make this lemon and garlic chicken broccolini in a parchment paper. This gluten free dish is high in protein and a healthy option for anyone who still wants to enjoy full flavors.

No Mess Chicken Meal B

Course ID: 6619

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 25

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: See Course ID 6618 for description.

Pie Crust & Quiche A

Course ID: 6614

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Feb. 28

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: Learn how to make a delicious pie crust from scratch and finish with a quiche. You will watch, then create your own meal and take home a quiche for your own enjoyment. In the class you will share a work station.



Pie Crust & Quiche B

Course ID: 6615

Location: The Muse on Cedar Creek, 395 West N. Cedarville Rd., Freeport, IL 61032

Dates: Apr. 18

Times: 6:30-8:30 PM

Fee: \$40

Instructor: Josh King-Slowinski

Description: See Course ID 6614 for description.

DIY

Introduction to Mig Welding

Course ID: 6645

Location: T-129

Dates: Mar. 27

Times: 5:30-8:00 PM

Fee: \$37

Instructor: Roger Hicks

Description: Mig welding is one of the most common types of welding. Learn to set the wire speed and voltage, see five different weld joints, and four different weld positions. This course also covers the most common welds, how to maintain the wire feed gun, and safety equipment. 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.

Introduction to Oxy-Acetylene Welding

Course ID: 6647

Location: T-129

Dates: Apr. 24

Times: 5:30-8:00 PM

Fee: \$37

Instructor: Roger Hicks

Description: Welding is a popular hobby and an in-demand career. Learn about oxy-acetylene welding 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.

Introduction to Shield Metal Arc (Stick) Welding

Course ID: 6643

Location: T-129

Dates: Feb. 27

Times: 5:30-8:00 PM

Fee: \$37

Instructor: Roger Hicks

Description: Learn more about Shield Metal Arc, or Stick welding including how to set the voltage for the differently sized electrodes, proper safety equipment, and necessary tools. 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.

Welding for Garden Art A

Course ID: 6644

Location: T-129

Dates: Mar. 6, Mar. 13

Times: 5:30-8:30 PM

Fee: \$98

Instructor: Roger Hicks

Description: Learn basic mig welding techniques to create a beautiful metal iris for your garden. 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. No prior welding experience necessary. All materials provided.

Welding for Garden Art B

Course ID: 6646

Location: T-129

Dates: Apr. 3, Apr. 10

Times: 5:30-8:30 PM

Fee: \$98

Instructor: Roger Hicks

Description: See Course ID 6644 for description.

Welding for Garden Art C

Course ID: 6686

Location: T-129

Dates: May 1, May 8

Times: 5:30-8:30 PM

Fee: \$98

Instructor: Roger Hicks

Description: See Course ID 6644 for description.



Empaths, Boundaries and Relationships

Course ID: 6641

Location: Higher Grounds Coffee, 1709 S. West Ave., Freeport, IL 61032

Dates: Mar. 15

Times: 1:00-3:00 PM

Fee: \$27

Instructor: Tari Heap

Description: Without doubt there is a widespread movement in the world today to feel, know and realize our unique talents and abilities. Emotional intelligence, which includes empathy and intuition, are being valued in study after study for their far-reaching impact on interpersonal relationships, workplace culture, and perhaps most importantly as part of our relationship with self.

Pickleball for Beginners 3 p.m.

Course ID: 6664

Location: Krape Park, 1799 S. Park Blvd., Freeport, IL 61032

Dates: Apr. 17, 24, May 1, 8

Times: 3:00-4:00 PM

Fee: \$48

Instructor: Staff

Description: Pickleball, a cross between badminton and tennis, is the fastest growing sport among baby boomers in America! Learn to play pickleball, rules, and equipment, and have fun during this introductory course!

Pickleball for Beginners 4 p.m.

Course ID: 6665

Location: Krape Park, 1799 S. Park Blvd., Freeport, IL 61032

Dates: Apr. 17, 24, May 1, 8

Times: 4:00-5:00 PM

Fee: \$48

Instructor: Staff

Description: See Course ID 6664 for description.

HEALTH AND WELLNESS

Carb Counting for Diabetes and Healthy Living - Which Food Lifestyle is Best?

Course ID: 6670

Location: H-127

Dates: May 2

Times: 6:00-8:00 PM

Fee: \$29

Instructor: Kerrylyn Rodriguez

Description: Learn about the important role carbohydrate counting plays in helping to maintain healthy blood glucose levels.



Pickleball for Intermediate Players 5 p.m.

Course ID: 6666

Location: Krape Park, 1799 S. Park Blvd., Freeport, IL 61032

Dates: Apr. 17, 24, May 1, 8

Times: 5:00-6:00 PM

Fee: \$48

Instructor: Staff

Description: This class is designed for pickleball 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, return of serves, volleys, and using slower and faster pace shots to your advantage.

Pickleball for Intermediate Players 6 p.m.

Course ID: 6667

Location: Krape Park, 1799 S. Park Blvd., Freeport, IL 61032

Dates: Apr. 17, 24, May 1, 8

Times: 6:00-7:00 PM

Fee: \$48

Instructor: Staff

Description: See Course ID 6666 for description.

Putting Your End of Life Affairs in Order

Course ID: 6669

Location: H-127

Dates: Apr. 25

Times: 6:00-8:00 PM

Fee: \$29

Instructor: Kerrylyn Rodriguez

Description: If someone had to make sense of your financial matters without your help, would they know what you owned, where you kept your will and insurance policies, or even who you wanted to take care of your pet? Give yourself and your loved ones the gift of organized affairs.

The Callings Quest

Course ID: 6642

Location: Higher Grounds Coffee, 1709 S. West Ave., Freeport, IL 61032

Dates: Apr. 27

Times: 6:00-8:00 PM

Fee: \$27

Instructor: Tari Heap

Description: If your work or life feels passionless, or you wish your calling didn't seem so elusive, this class is for you. It takes self-awareness, courage, and dogged persistence to reclaim a meaningful life. Find out how to find and manifest your calling while still living in the real world. It always comes down to our choices.

Walk and Stretch - Spring 1

Course ID: 6609

Location: Mt. Morris Senior Center, 9 E Front St, Mt Morris, IL 61054

Dates: Mon., Wed., Fri., Feb. 3 - April. 12

Times: 9:00-10:00 AM

Fee: \$40

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. Dress comfortably for class. For all ages. (Not sure if this class is for you? Come and try it! First session is FREE!)

Walk and Stretch - Spring 2

Course ID: 6610

Location: Mt. Morris Senior Center, 9 E. Front St., Mt. Morris, IL 61054

Dates: Mon., Wed., Fri., Apr. 14 - Jun. 23 (no class May 29th)

Times: 9:00-10:00 AM

Fee: \$40

Instructor: Kathy Heid

Description: See Course ID 6609 for description.



Weathering Change and Transformation

Course ID: 6640

Location: Higher Grounds Coffee, 1709 S. West Ave., Freeport, IL 61032

Dates: Feb. 23

Times: 10:00 AM-12:00 PM

Fee: \$27

Instructor: Tari Heap

Description: Make no mistake, change takes courage. To transform yourself from who you are to who you yearn to be, you must learn to embrace change. But what do you do when you smash into the wall of all those old, deep-seated issues? This class will give you the tools to break through, weather those changes and transform yourself.

HISTORY AND CULTURE

Bison Safari

Course ID: 6504

Location: Nachusa Grasslands Visitor Center Pavilion, 2075 Lowden Rd., Franklin Grove, IL 61031

Dates: Apr. 29 (rain date Apr. 30)

Times: 1:30-3:30 PM

Fee: \$10

Instructor: Susan Kleiman

Description: Join us for an exclusive driving tour (you will ride inside the cab or on benches in the bed of a pickup truck) of the Bison Unit. Learn about the beneficial role bison play at Nachusa Grasslands and why The Nature Conservancy preserved this original piece of Illinois. (Rain Date: April 30, 2023)

Cahokia and the Mississippian Culture (Stockton)

Course ID: 6633

Location: Stockton Heritage Museum, 107 W. Front Ave., Stockton, IL 61085

Dates: Mar. 29

Times: 1:00-2:30 PM

Fee: \$21

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.

Civilian Conservation Corps (Galena)

Course ID: 6635

Location: Galena Public Library, 601 S. Bench St., Galena, IL 61036

Dates: Apr. 12

Times: 1:00-2:30 PM

Fee: \$21

Instructor: Mark Peterson

Description: Learn more about the Civilian Conservation Corps (CCC), the most popular New Deal program, which led to greater public awareness and appreciation of the outdoors and the nation's natural resources. Enrollees of the CCC planted nearly 3 billion trees, constructed trails and lodges (including the lodge at White Pines), in more than 800 parks nationwide. Optional guided tour of cabins after class is included.

Civilian Conservation Corps and Tour

Course ID: 6680

Location: White Pines Lodge 6712 W. Pines Rd., Mt. Morris, IL 61054

Dates: May 9

Times: 1:00-2:30 PM

Fee: \$21

Instructor: Mark Peterson

Description: Learn more about the Civilian Conservation Corps (CCC), the most popular New Deal program, which led to greater public awareness and appreciation of the outdoors and the nation's natural resources. Enrollees of the CCC planted nearly 3 billion trees, constructed trails and lodges (including the lodge at White Pines), in more than 800 parks nationwide. Optional guided tour of cabins after class is included.

Diseases in the Civil War (Lena)

Course ID: 6653

Location: Lena Area Historical Museum, 427 W. Grove St., Lena, IL 61048

Dates: Mar. 8, Mar. 15, Mar. 22, Mar. 29

Times: 1:00-2:30 PM

Fee: \$49

Instructor: Gordon Dammann

Description: More soldiers died of disease in the Civil War than were killed in battle. Pneumonia, typhoid fever, dysentery, and malaria were the predominant illnesses due to lack of knowledge of sterile dressings, antiseptic surgery and the recognition of the importance of sanitation and hygiene. Learn more about the common diseases and how they were treated during the Civil War.

Gershwin, Copland, and Bernstein: 20th Century Masterpieces

Course ID: 6655

Location: M-120

Dates: Mar. 14

Times: 6:00-7:30 PM

Fee: \$15

Instructor: Dr. Thompson Brandt

Description: Among the most celebrated American composers of the Twentieth Century are George Gershwin, Aaron Copland, and Leonard Bernstein. Selected masterpieces from their output will be presented, with an emphasis placed on the historical and musical importance of each work. No previous musical experience is required.

Greatest Symphonies of the Classical Era

Course ID: 6677

Location: M-120

Dates: Mar. 1

Times: 6:00-7:30 PM

Fee: \$15

Instructor: Dr. Thompson Brandt

Description: Students will explore the finest examples of symphonic writing by Haydn, Mozart, and Beethoven between 1750 and 1825. An emphasis will be placed on providing historical perspective on these works and listening to the musical elements contained in each. No previous musical experience is required.

History of Taylor Park

Course ID: 6668

Location: H-127

Dates: Apr. 19

Times: 6:00-7:00 PM

Fee: \$10

Instructor: Susie Dvorak

Description: Join local historian Susie Dvorak as she shares her research on the history of Taylor's Driving Park in Freeport, now known as Taylor Park. Did you know it was once the site of a world-class horse-racing track and the Illinois State Fair? Join us to learn more about the role Taylor Park played in the development of Freeport's cultural and recreational past.

The Church in Hitler's Germany (Galena)

Course ID: 6636

Location: Galena Public Library, 601 S. Bench St., Galena, IL 61036

Dates: May 10

Times: 1:00-2:30 PM

Fee: \$21

Instructor: Mark Peterson

Description: Take a closer look at the Protestant and Catholic Church during and after the rise of Adolph Hitler to power, from 1931 to 1945. The history of nationalism in Germany and its impact on the church, as well as the tactics used by Hitler and the Nazis to eliminate the influence of the church, will be examined.

World War I Overview (Davis)

Course ID: 6630

Location: Faith Community Church, 212 W. Mckimmy St., Davis, IL 61019

Dates: Feb. 21

Times: 6:00-7:30 PM

Fee: \$21

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.

World War II Europe Overview (Davis)

Course ID: 6631

Location: Faith Community Church, 212 W. Mckimmy St., Davis, IL 61019

Dates: Mar. 21

Times: 6:00-7:30 PM

Fee: \$21

Instructor: Mark Peterson

Description: Take a closer look at World War II in Europe and North Africa. Topics include: cultural background of Germany before the war and the events that led to the Nazi attack on Poland. Battles in Dunkirk, Britain, Russia, North Africa, and Sicily are covered, as well as Battle of the Bulge and D-Day.

World War II Pacific Overview (Davis)

Course ID: 6632

Location: Faith Community Church, 212 W. Mckimmy St., Davis, IL 61019

Dates: Apr. 18

Times: 6:00-7:30 PM

Fee: \$21

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.

Write a Novel in a Month

Course ID: 6678

Location: H-127

Dates: Apr. 3, Apr. 10, Apr. 17, Apr. 24

Times: 6:00-7:30 PM

Fee: \$49

Instructor: Dr. Thompson Brandt

Description: Many people dream of writing a novel. Over the course of four weeks, you'll learn to think about the subject of your work, develop characters, decide on a point of view, outline the plot of your novel, and start writing your first draft.

HOBBIES

Basic Birding A

Course ID: 6663

Location: Oakdale Nature Preserve — Mogle Bldg., 4433 S. Cranes Grove Rd., Freeport, IL, 61032

Dates: Apr. 15

Times: 9:00 AM-12:00 PM

Fee: \$15

Instructor: Juliet Moderow

Description: Learn about common birds that reside in or migrate through northwest Illinois through photographs and bird specimens. Handouts will be provided, but you should bring your own field guide if you have one. We will use the accessible 1/3-mile paved trail to find and identify birds that might be present. Bring your own binoculars if you have them or we will provide binoculars to borrow during the class.

Basic Birding B

Course ID: 6681

Location: Oakdale Nature Preserve, Mogle Bldg., 4433 S. Cranes Grove Rd., Freeport, IL 61032

Dates: Apr. 22

Times: 9:00 AM-12:00 PM

Fee: \$15

Instructor: Juliet Moderow

Description: See Course ID 6663 for description.

Basics of Bridge

Course ID: 6651

Location: HCC Cafeteria H-101

Dates: Mar. 30, Apr. 6, Apr. 13, Apr. 20

Times: 1:30-3:30 PM

Fee: \$65

Instructor: Amy Goldberg

Description: Beginners can learn the basics of bidding and practice playing the card game Bridge. No experience necessary.

Instant Guitar for

Hopelessly Busy People

Course ID: 6660

Location: Zoom™/Online

Dates: Mar. 28

Times: 6:30-9:00 PM

Fee: \$59

Instructor: Craig Coffman

Description: In just a few hours you can learn to play the guitar in the privacy of your own home, at your own pace. This crash course will teach you some basic chords to play right away. Class includes online lecture, demonstration and hands-on instruction. Fee includes the online book, a recording of the class, online follow up video lessons and an optional periodic Q&A.

Instant Piano for Hopelessly Busy People

Course ID: 6659

Location: Zoom™/Online

Dates: Mar. 27

Times: 6:30-9:30 PM

Fee: \$59

Instructor: Craig Coffman

Description: In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. Class includes online lecture, demonstration and hands-on instruction where you work at your own pace. Fee includes the online book, a recording of the class, online follow up video lessons and an optional periodic Q&A.

Learn to Play Mah Jongg

Course ID: 6650

Location: HCC Cafeteria H-101

Dates: Mar. 2, Mar. 9, Mar. 16, Mar. 23

Times: 1:30-3:30 PM

Fee: \$65

Instructor: Amy Goldberg

Description: Mah Jongg is an ancient Chinese tile game that is easy to master. It is a game of skill and strategy that is enjoyed with friends. It is a wonderful way to sharpen your mind while having fun! Go to nationalmahjonggleague.org to purchase your Mah Jongg card (\$9) prior to start of class.

Maple Syrup 101

Course ID: 6626

Location: H-127

Dates: Feb. 15, Feb. 22, Mar. 1

Times: 6:00-7:30 PM

Fee: \$25

Instructor: Bob Sutter

Description: This class is for the beginner backyard hobby producer who wants to start out in maple syruping and put out a few taps. In class you will learn how to tap a tree, collect the sap, process the sap, and bottling techniques.

Metal Detecting Basics — NEW LOCATION

Course ID: 6671

Location: Oakdale Nature Preserve, 4433 S. Cranes Grove Rd., Freeport, IL 61032

Dates: May 1

Times: 1:00-3:00 PM

Fee: \$26

Instructor: Dale Anderson

Description: Learn how to properly assemble your metal detector, use different settings for different targets, and determine when to dig. Accessories, etiquette and permits will be covered. Students can bring a metal detector or swing one of the instructors to locate and dig a target at this historic location.



Microsoft Excel Fundamentals

Course ID: 6627

Location: T-159

Dates: Apr. 20

Times: 6:00-8:00 PM

Fee: \$25

Instructor: Jeremy Monigold

Description: Get started with Microsoft Excel. Class includes an overview of the Excel workspace and creation of a basic inventory spreadsheet where you will apply formatting and calculations using formulas and functions.

Microsoft Word Fundamentals

Course ID: 6629

Location: T-159

Dates: Apr. 13

Times: 6:00-8:00 PM

Fee: \$25

Instructor: Jeremy Monigold

Description: Get started with Microsoft Word. Class includes an overview of the Word workspace and creation of a basic document where you will apply formatting, layout, and design techniques.

Smartphone Basics — Android

Course ID: 6674

Location: T-159

Dates: Mar. 23

Times: 6:00-8:00 PM

Fee: \$25

Instructor: Jeremy Monigold

Description: Learn more about your Android phone. Class will include an overview of the basic features, managing contacts, modifying settings, how to keep your phone secure and more. Time reserved for questions.

Smartphone Basics — iPhone

Course ID: 6675

Location: T-159

Dates: Mar. 30

Times: 6:00-8:00 PM

Fee: \$25

Instructor: Jeremy Monigold

Description: Learn more about your iPhone. Class will include an overview of the basic features, managing contacts, modifying settings, how to keep your phone secure and more. Time reserved for questions.

FOUR WAYS TO REGISTER:

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.

Lifelong Learning: 815-599-3403, lifelonglearning@highland.edu
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CLASS SPOTLIGHT

Introduction to Voiceovers

Course ID: 6673

Location: Online

Dates: Personalized

Times: Personalized

Fee: \$49

Instructor: Voices for All

Description: Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry.

Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Your instructor will contact you to schedule a date and time for the class. Participants must be 18 years of age or older.





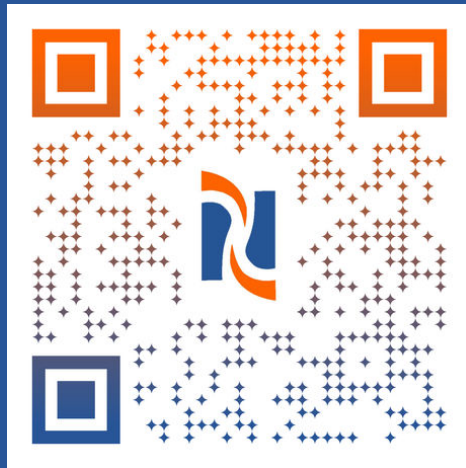
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