

LIFELONG LEARNING



*Fall 2023
Class Schedule*

「IT'S ALL HERE」

LIFELONG LEARNING REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

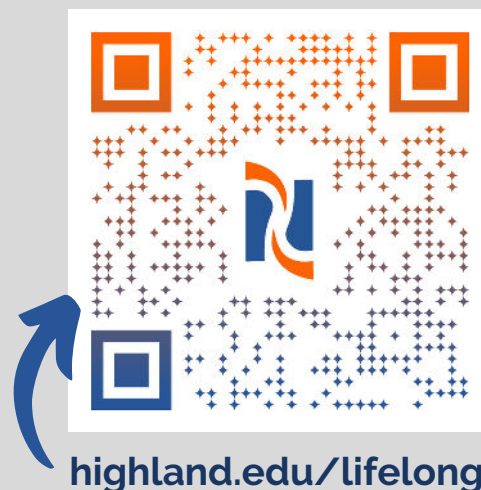
Home phone (include area code) _____

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

Hand-Built Pottery Tray

Course ID: 1009

Location: HCC - F-053

Dates: Sept. 11, 18

Times: 11:00 a.m. - 1:00 p.m.

Fee: \$59.00

Instructor: Dana Russell-Brown

Description: Create a one-of-a-kind ceramic tray of any shape or size to decorate your table, serve appetizers or gift to a friend. In the first session you will learn how to use a slab of clay to design and build your tray as well as add a foot and decoration. In the second session you will learn basic glazing techniques and choose your colors. No tools or experience needed.



Delightful Decoupage Decor

Course ID: 1003

Location: HCC - T-122

Dates: Sept. 20

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

Fee: \$29.00

Instructor: Cindy Bielefeldt

Description: Learn how to decoupage beautiful designs by making two different projects. The first is a 4" seashell, perfect for holding jewelry or other small objects. The shell can be trimmed with gold or silver paint for a finishing touch. The second project is a 6" x 6" wooden picture frame. All supplies are included.

Macrame Wall Hanging Planter with Potted Plant:

Course ID: 1013

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

Dates: Sept. 23

Times: 10:00 a.m. - 12:00 p.m.

Cost: \$45.00

Instructor: Catherine Urban

Learn how to create this unique plant hanger that can be adapted for any level of maker-beginner to advanced. All materials, one plant of your choice, and instruction are included.

Card Making A

Course ID: 1000

Location: HCC T-140

Dates: Sept. 27, Oct. 11, 25, Nov. 8

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

Cost: \$49.00

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. Bring adhesive, precision scissors, ruler, and pencil. A \$25 fee paid to the instructor on the first night covers total class materials.

DIY Stuffed Pumpkin Workshop

Course ID: 1011

Location: This Is It Eatery, 16 N. Chicago Ave., Freeport, IL 61032

Dates: Sept. 28

Times: 5:30 p.m. - 7:30 p.m.

Cost: \$29.00

Instructor: Abby Mielke

Create three decorative, fabric pumpkins. One large and two smaller. Larger pumpkin is approximately 8" tall. The smaller pumpkins are approximately 5" tall. There are lots of fun fabric patterns to choose from. All materials are supplied. No sewing experience necessary.



Card Making B

Course ID: 1001

Location: HCC T-140

Dates: Sept. 29, Oct. 13, 27, Nov. 10

Times: 9:30 a.m. - 11:30 a.m.

Cost: \$49.00

Instructor: Debbie Miller

Description: See Course ID 1000 for details.

Autumn Pumpkin Painting

Course ID: 1014

Location: Lena Brewing Company 9416 W. Wagner Rd., Lena, IL 61048

Dates: Oct. 7

Times: 4:00 p.m. - 6:00 p.m.

Cost: \$45.00

Instructor: Catherine Urban

Description: Bring your friends, and create a stunning fall painting that will complement any decor! You will be guided step by step and have colors of your choice to paint on a 12x16" stained wood board. This is a beginner level class with options for advanced techniques. All materials and instruction are included.

Alcohol Ink and Resin Coasters

Course ID: 1005

Location: HCC - T-122

Dates: Oct. 11

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

Cost: \$29.00

Instructor: Cindy Bielefeldt

Description: Learn how to combine alcohol ink and a resin coating to make durable, unique coasters.

Choose colors to coordinate with your decor, or get creative with choices. All supplies provided to make a set of four coasters.



The Art of Wheat Weaving

Course ID: 1017

Location: Mount Carroll Library, 208 N. Main, Mount Carroll, IL 61053

Dates: Oct. 12

Times: 5:00 p.m. - 7:00 p.m.

Cost: \$29.00

Instructor: Mary Stayner

Description: Wheat weaving is an age-old art that has a rich and fascinating history. During this class you will work with Kansas wheat to create two lovely ornamental pieces - a Mortiford and an angel. All materials supplied.

Beginning Wheel Thrown Pottery

Course ID: 1007

Location: HCC - F-053

Dates: Oct. 16, 23, 30, Nov. 6

Times: 11:00 a.m. - 1:00 p.m.

Cost: \$99.00

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 basic wheel-throwing skills as well as glazing techniques. Bring an apron, towel, and your own pottery tool kit (available at the HCC bookstore, online, or craft stores).



Pumpkin Painting

Course ID: 1002

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

Dates: Oct. 19

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

Cost: \$45.00

Instructor: Barry Treu

Description: Celebrate fall with this acrylic painting of a pumpkin on a 12"x12" canvas. All supplies, artistic guidance and refreshments included. No experience needed.

Resin Jewelry with a Twist

Course ID: 1004

Location: HCC - T-122

Dates: Oct. 25, 26

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

Cost: \$49.00

Instructor: Cindy Bielefeldt

Description: Learn how to use molds and resin - a crystal clear material made up of two liquid parts that transforms into a glossy solid when they're mixed together - to create wearable, miniature works of art. Includes three bezels (metal frame) for necklaces and all supplies.

Scherenschnitte - The Art of Paper Cutting

Course ID: 1018

Location: Mount Carroll Library, 208 N. Main St., Mount Carroll, IL 61054

Dates: Nov. 2

Times: 5:00 p.m. - 7:00 p.m.

Cost: \$29.00

Instructor: Mary Stayner

Description: Learn the art of paper cutting with scherenschnitte scissors. This dying art is characterized by symmetry within the design. Create beautiful pieces of art to be framed and admired for years to come. Materials supplied.

Winter Barn Painting

Course ID: 1015

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

Dates: Nov. 11

Times: 10:00 a.m. - 12:00 p.m.

Cost: \$45.00

Instructor: Catherine Urban

Description: Learn step by step how to create a classic winter scene on a 12x16" stained wood board. This is a beginner-level class. All materials and instruction are included.

Intermediate Wheel Thrown Pottery

Course ID: 1008

Location: HCC - F-053

Dates: Nov. 13, 20, 27, Dec. 4

Times: 11:00 a.m. - 1:00 p.m.

Cost: \$99.00

Instructor: Dana Russell-Brown

Description: Continue your journey on the wheel with this intermediate class and learn more complex forms as well as practice your wheel throwing skills. This class is designed for students who have taken beginning wheel-thrown pottery or have prior experience on the wheel. Continue to explore glazing techniques as we create functional ceramics. Bring an apron, towel, and your own pottery tool kit (available at the Highland bookstore, online, or major craft stores).



Folded Book Workshop - Trees, Angels and Santas

Course ID: 1012

Location: This Is It Eatery,
16 N. Chicago Ave., Freeport, IL 61032

Dates: Nov. 30

Times: 5:30 p.m. - 7:30 p.m.

Cost: \$25.00

Instructor: Abby Mielke

Description: Learn how to create these adorable trees, angels & Santa's. You will learn how to make all three and create one project to take home. All materials are supplied.

Macrame Winter Trees Garland

Course ID: 1016

Location: Lena Brewing Company,
9416 W. Wagner Rd., Lena, IL 61048

Dates: Dec. 2

Times: 4:00 p.m. - 6:00 p.m.

Cost: \$45.00

Instructor: Catherine Urban

Description: Bring your friends and get ready to macrame this sweet, beginner friendly winter garland! You will learn one macrame knot to create five trees in colors of your choice to hang on a 54" piece of twine. All materials and instruction are included.

Zentangle on Zoom

Course ID: 1019

Location: Zoom - Link will be emailed to registered students.

Dates: Dec. 6

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

Cost: \$19.00

Instructor: Mary Stayner

Description: Zentangle is a relaxing art form using repeated patterns to create beautiful images to treasure or share. Join Mary on Zoom in the comfort of your own home! Grab a black fine line marker, a blank card or cardstock, some coloring media, a pencil and a cup of tea to have a relaxing evening of Zentangle.

HISTORY

Assassination of Lincoln

Course ID: 3006

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

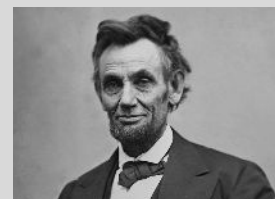
Dates: Sept. 12

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

Cost: \$25.00

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 gravesite and Ford's Theatre are also explored.



New France

Course ID: 3007

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

Dates: Sept. 27

Times: 1:00 p.m. - 2:30 p.m.

Cost: \$25.00

Instructor: Mark Peterson

Description: Learn about the years (1524-1763) the French explored and settled in Wisconsin (Wis-kon-sa) and Illinois (Il-len-noh-wa). Native American tribes and relations, British arrival, and French sites including Fort De Chartres are covered.

Civil War Military Campaigns 1862-63

Course ID: 3003

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

Dates: Oct. 4, 11, 18, 25

Times: 1:00 p.m. - 2:30 p.m.

Cost: \$59.00

Instructor: Gordon Dammann

Description: The class will concentrate on two incursions by the Confederates into Northern states in order to influence Union politics. They were not to hold territory but only to influence Union politics.

Tracking Gorillas in the Mist

Course ID: 3002

Location: HCC - H-210

Dates: Oct. 17

Times: 1:00 p.m. - 2:30 p.m.

Cost: \$25.00

Instructor: Dr. John David Ulferts

Description: Gorillas come to life in stories and pictures from the presenter's three gorilla tracking expeditions in the Congo's Kahuzi-Biega National Park, Rwanda's Volcanoes National Park, and Uganda's Bwindi Impenetrable Forest.

Participants will learn about gorilla behavior, their similarities to us, and threats to their survival. Primatologist Dian Fossey's life and work, as well as her unsolved murder, will be discussed.



Bible Background

Course ID: 3008

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

Dates: Oct. 17, 24

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

Cost: \$39.00

Instructor: Mark Peterson

Description: Learn about the geography and history of Israel and Egypt, and how it plays a part in the Bible. A brief overview of the Old Testament including split kingdoms, invading empires and Roman control will be discussed. The second session covers the life, death and resurrection of Jesus. Photos of what the sites look like today will be shared.

Assassination of JFK

Course ID: 3010

Location: HCC - H-210

Dates: Oct. 18

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

Cost: \$25.00

Instructor: Mark Peterson

Description: Learn about the events leading up to the assassination of JFK on November 22, 1963, at the Dealey Plaza in Dallas, Texas, including the culture in 1963, a brief biography of JFK and of Lee Harvey Oswald. Topics include the hospitalization and funeral of JFK and the capture and fate of Oswald.



Civilian Conservation Corps (CCC)

Course ID: 3012

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

Dates: Oct. 25

Times: 1:00 p.m. - 2:30 p.m.

Cost: \$25.00

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.

Cahokia and the Mississippian Culture

Course ID: 3005

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

Dates: Nov. 7

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

Cost: \$25.00

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.

Stories from 'Always Remember' - WW2 through Veterans' Eyes

Course ID: 3000

Location: HCC - H-127

Dates: Nov. 7

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

Cost: \$25.00

Instructor: Dr. John David Ulferts

Description: Veterans relive WWII: On D-Day, waves of GIs are slaughtered on Omaha Beach. A fighter pilot parachutes from his burning Wildcat only to be captured by headhunters. In Iwo Jima, a sergeant throws himself on a grenade saving his buddies. Dr. Ulferts shares stories and photographs from his book "Always Remember - World War II Through Veterans' Eyes."

Day of Infamy - Pearl Harbor Remembered

Course ID: 3001

Location: HCC - H-127

Dates: Dec. 5

Times: 1:00 p.m. - 2:30 p.m.

Cost: \$25.00

Instructor: Dr. John David Ulferts

December 7, 1941 will forever be remembered as a Day of Infamy as the Japanese launched a massive surprise attack on Pearl Harbor and other vital United States holdings in the Pacific. Stories and photographs of survivors of that deadly attack will be shared by the author of "Always Remember - World War II Through Veterans' Eyes."

HOW TO

Beginner Pickleball

Course ID: 2003

Location: Krape Park,

1799 S Park Blvd., Freeport, IL 61032

Dates: Sept. 19, 21, 26, 28

Times: 3:00 p.m. - 4:00 p.m.

Cost: \$49.00

Instructor: Terry Heflin

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!

Intermediate Pickleball

Course ID: 2004

Location: Krape Park,

1799 S. Park Blvd., Freeport, IL 61032

Dates: Sept. 19, 21, 26, 28

Times: 4:00 p.m. - 5:00 p.m.

Cost: \$49.00

Instructor: Terry Heflin

Description: This class is designed for players seeking to improve their game through control and consistency. Topics include forehand and backhand groundstrokes, serves, return of serves, volleys and varying pace as a strategy.

Basics of Bridge

Course ID: 2006

Location: HCC - Cafeteria

Dates: Sept. 28, Oct. 5, 12, 19

Times: 1:30 p.m. - 3:30 p.m.

Cost: \$79.00

Instructor: Amy Goldberg

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

Metal Detecting Basics

Course ID: 2001

Location: Taylor Park,

900 E. Stephenson St., Freeport, IL 61032

Dates: Oct. 2

Times: 1:00 p.m. - 3:00 p.m.

Cost: \$25.00

Instructor: Dale Anderson

Description: Learn how to assemble your metal detector, use 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 a historic location.

Espresso Drinks and How to Order Them

Course ID: 2007

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

Dates: Oct. 3

Times: 4:00 p.m. - 5:30 p.m.

Cost: \$19.00

Instructor: Erica Williams

Description: There are so many speciality drinks at coffee shops, but what does it all mean? Gain confidence in ordering a beverage made for you, whether it's a latte, macchiato, cappuccino or cold foam. You'll leave with a gift certificate for one drink of your choice!

Basic Birding

Course ID: 2002

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

Dates: Oct. 14

Times: 9:00 a.m. - 12:00 p.m.

Cost: \$10.00

Instructor: Juliet Moderow

Description: Learn about common birds that reside in or migrate through the region with photographs and 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 some to borrow during class.



Coffee - From Farm to Your Cup

Course ID: 2014

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

Dates: Oct. 23

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

Cost: \$19.00

Instructor: Erica Williams

Description: Join us at Higher Grounds Coffee to learn more about the families and farms they source beans from. An overview of the roasting process for different kinds of beans such as dark roast, decaf and specialty flavors will be included. A tasting will familiarize your senses with the different notes and subtle aromas.

Homemade Dutch Apple Pie

Course ID: 2012

Location: Generations Brewing Company,
1400 S. Adams Ave., Freeport, IL 61032

Dates: Oct. 24

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

Cost: \$39.00

Instructor: Lynn Kaufman

Description: Learn to make a homemade Dutch Apple Pie from scratch with flaky, buttery crust, fresh apples and a crunchy cinnamon topping. Make the pie in class and bake at home or freeze for the holidays. Bring a medium mixing bowl, cutting board, chef knife, small paring knife, rolling pin and a large cookie sheet. If you have a pastry blender bring it, but some will be provided. Pie pan and everything else provided.

Learn to Play Mah Jongg

Course ID: 2005

Location: HCC - Cafeteria

Dates: Oct. 26, Nov. 2, 9, 16

Times: 1:30 p.m. - 3:30 p.m.

Cost: \$79.00

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 card (\$9) prior to start of class.



Welding for Garden Art - A

Course ID: 2008

Location: HCC - T-129

Dates: Oct. 30

Times: 5:30 p.m. - 8:30 p.m.

Cost: \$59.00

Instructor: Roger Hicks

Description: Learn basic mig welding techniques to create a unique metal insect 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.

Introduction to Mig Welding

Course ID: 2011

Location: HCC - T-129

Dates: Nov. 6

Times: 5:30 p.m. - 8:00 p.m.

Cost: \$39.00

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.

Revive & Drive

Course ID: 2018

Location: HCC - T-129

Dates: Nov. 9

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

Cost: \$25.00

Instructor: Jeremy Monigold

Description: This course will discuss what it takes to resurrect an old vehicle. Discussion will include initial evaluation of body, interior, drivetrain and documentation and will help you determine whether that next project is for scrap or show! Talking about cars is fun, but we will have an old car in the shop for this course too.

Instant Piano for Hopelessly Busy People

Course ID: 2016

Location: Zoom

Dates: Nov. 13

Times: 6:30 p.m. - 9:30 p.m.

Cost: \$69.00

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 question and answer session.

Autumn Rainbow Sheet Pan Dinner

Course ID: 2013

Location: Generations Brewing Company, 1400 S. Adams Ave., Freeport, IL 61032

Dates: Nov. 14

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

Cost: \$45.00

Instructor: Lynn Kaufman

Description: Find out how to prepare chicken with a rainbow of fall veggies for the healthiest dinner ever. There is nothing like a one-pan meal for four to make your life easier. Learn how to make this delicious dinner that screams fall. Take it home and bake it is all you'll have to do after class. Bring a sheetpan/cookie sheet with sides, two medium mixing bowls, cutting board, chef knife, paring knife and rubber spatula. Everything else is provided.

Instant Guitar for Hopelessly Busy People

Course ID: 2017

Location: Zoom

Dates: Nov. 14

Times: 6:30 p.m. - 9:30 p.m.

Cost: \$69.00

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 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 question and answer session.

Welding for Garden Art - B

Course ID: 2009

Location: HCC - T-129

Dates: Nov. 27

Times: 5:30 p.m. - 8:30 p.m.

Cost: \$59.00

Instructor: Roger Hicks

Description: See Course ID 2008 for details.

How to Play Piano by Ear

Course ID: 2015

Location: Zoom

Dates: Dec. 2

Times: 9:00 a.m. - 11:30 a.m.

Cost: \$69.00

Instructor: Craig Coffman

Description: Learn one of music's deepest mysteries: how to play songs without relying on music. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has an understanding of chords on any instrument.

Introduction to Shield Metal Arc (Stick) Welding

Course ID: 2010

Location: HCC - T-129

Dates: Dec. 4

Times: 5:30 p.m. - 8:00 p.m.

Cost: \$39.00

Instructor: Roger Hicks

Description: Learn about voltage for the differently sized electrodes, safety equipment and necessary tools. This is a hands-on class; dress appropriately, including long sleeves, pants, closed-toe shoes and no loose clothing.

NATURE



Bison Safari

Course ID: 2000

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

Dates: Sept. 30 (Rain date Oct. 1)

Times: 1:30 p.m. - 3:30 p.m.

Cost: \$10.00

Instructor: Susan Kleiman

Description: Join us for an exclusive 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.

PERSONAL GROWTH

Walk and Stretch

Course ID: 4002

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

Dates: Mon., Wed., Fri., Sept. 6 - Nov. 13

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

Cost: \$40.00

Instructor: Kathy Heid

Description: Join this all-ages class for a light aerobic activity that conditions the heart, improves flexibility and increases energy levels. Dress comfortably. For all ages. Not sure if this class is for you? Try it out. First session is FREE!



Microsoft Excel Fundamentals

Course ID: 5004

Location: HCC - T-159

Dates: Sept. 21

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

Cost: \$29.00

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 PowerPoint Fundamentals

Course ID: 5005

Location: HCC - T-159

Dates: Sept. 28

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

Cost: \$29.00

Instructor: Jeremy Monigold

Description: Learn the basics to help get you started using Microsoft PowerPoint. This class will include a hands-on overview of the PowerPoint workspace and creation of a basic presentation where you will apply formatting, insert media, customize with transitions and animations and create a video of your work.

Setting (and Keeping) Boundaries

Course ID: 5008

Location: HCC - H-127

Dates: Oct. 4

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

Cost: \$25.00

Instructor: Tari Heap

Description: Clarity of purpose drives what you want. Knowing your boundaries is like a compass to your true nature. In this transformative class, explore how to find what you stand for and make your boundaries strong -- and keep them that way.

Smart Phone Basics - Android

Course ID: 5006

Location: HCC - T-159

Dates: Oct. 5

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

Cost: \$25.00

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.

Smart Phone Basics - iPhone

Course ID: 5007

Location: HCC - T-159

Dates: Oct. 12

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

Cost: \$25.00

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.

Building Confidence

Course ID: 5009

Location: HCC - H-127

Dates: Nov. 1, 8

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

Cost: \$39.00

Instructor: Tari Heap

Description: With the right understanding and tools, confidence can be built using joyful, fulfilling and deeply meaningful practices that anyone can follow. In this two-part workshop you'll learn how to grow confidence in ways that will affect every area of your life.

CLASS SPOTLIGHT

Introduction to Voiceovers

Course ID: 4001

Location: Online

Dates/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 a professional voice actor. Your instructor will contact you to schedule your 90-minute video-chat class.

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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.

Questions? Reach out to us:

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

Admissions: 815-599-3414,
admissions@highland.edu



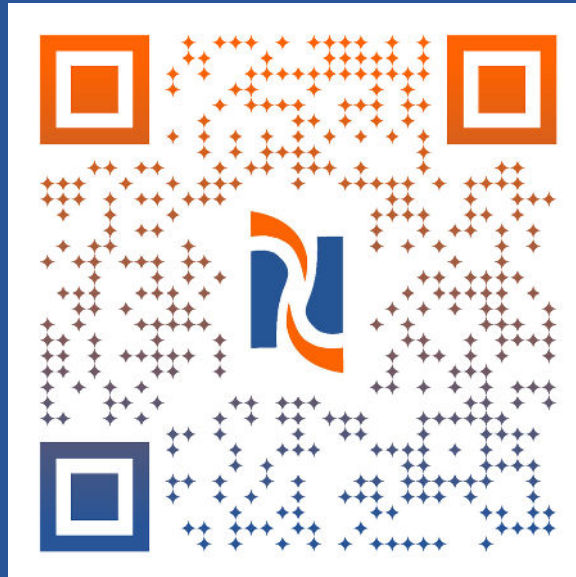
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