

Community Education Courses

Adult Enrichment and Education,
Continuing Education **2022-2023**

ADULT ENRICHMENT AND EDUCATION

<p>ABE General Skills 220</p> <p>Adult learners can improve general skills including math.</p> <p>Students will learn the reading; math and critical thinking skills necessary to enter the ASE level class and/or a career pathway program to obtain employment in a family wage-sustaining career.</p> <p>Designed for Low/High Intermediate Basic Education (Grades 4.0-8.9) on the CASAS GOALS or TABE 11/12 test.</p>	<p>Bridge to Healthcare 0310H</p> <p>Improve general education skills to prepare for a career in the healthcare field.</p> <p>Students will learn skills to pursue sustainable employment or post-secondary training in the healthcare field by combining adult education academics with the skills needed in the workplace through contextualized instruction. The course includes a combination of identified workplace competencies, career exploration, and basic skills presented in an occupational context, plus intensive support services. Designed for ASE students who score from 9.0 to 12.9 on TABE or CASAS GOALS.</p>
<p>ABE Reading 101 227</p> <p>Adult learners can improve general reading, vocabulary and critical thinking skills.</p> <p>Students will learn the reading, vocabulary, and critical thinking skills necessary to enter a career pathway program to obtain employment in a family wage-sustaining career using evidence-based instruction in alphabetic, vocabulary, fluency and comprehension.</p> <p>Designed for Low/High Intermediate Basic Education (Grades 4.0-8.9) on the CASAS GOALS or TABE 11/12 test.</p>	<p>Bridge To Manufacturing 229</p> <p>Improve general education skills to prepare for a career in manufacturing</p> <p>Students will learn skills to pursue sustainable employment or post-secondary training in the manufacturing field by combining adult education academics with the skills needed in the workplace through contextualized instruction. The course includes a combination of identified workplace competencies, career exploration, and basic skills presented in an occupational context, plus intensive support services. Designed for Low/High Intermediate ABE NRS level students who score from 4.0 to 8.9 on TABE or CASAS GOALS.</p>
<p>ASE-General Skills 300</p> <p>Prepare for the Illinois High School Equivalency Certificate</p> <p>ASE students will learn the reading, math, and critical thinking skills necessary to obtain an Illinois High School Equivalency Certificate and enter a career pathway program and/or employment in a family wage-sustaining career. Designed for students who score in the grade level range 9.0-12.9 on the TABE and/or CASAS GOALS.</p>	<p>Bridge to Manufacturing 310</p> <p>Improve general education skills to prepare for a career in manufacturing</p> <p>Students will learn skills to pursue sustainable employment or post-secondary training in the manufacturing field by combining adult education academics with the skills needed in the workplace through contextualized instruction. The course includes a combination of identified workplace competencies, career exploration, and basic skills presented in an occupational context, plus intensive support services. Designed for ASE students who score from 9.0 to 12.9 on TABE or CASAS GOALS.</p>
<p>Beginning Workplace Literacy 401</p> <p>Develop English and other essential skills for the workplace.</p> <p>Students will learn English vocabulary and other basic skills needed for the workplace. Instructional materials are designed and/or customized to meet onsite needs of a particular workplace. CASAS 0 to 200.</p>	<p>Citizenship Advanced 443</p> <p>Prepare to become a citizen and for the U.S. naturalization test</p> <p>Non-native speakers of English will prepare to take the naturalization test and learn about rights and responsibilities of U. S. citizenship. Designed for the Advanced ESL Level, i.e., students who score 221-235 on CASAS.</p>
<p>Bridge to Health Services 0229H</p> <p>Improve general education skills to prepare for a career in the healthcare field.</p> <p>Students will learn skills to pursue sustainable employment or post-secondary training in the healthcare field by combining adult education academics with the skills needed in the workplace through contextualized instruction. The course includes a combination of identified workplace competencies, career exploration, and basic skills presented in an occupational context, plus intensive support services. Designed for Low/High Intermediate ABE NRS levels, i.e., students who score from 6.0 to 8.9 on TABE or CASAS GOALS.</p>	<p>Citizenship Beginning 403</p> <p>Prepare to become a citizen and for the U.S. naturalization test</p> <p>Non-native speakers of English will prepare to take the naturalization test and learn about rights and responsibilities of United States citizenship while improving basic English listening, speaking, reading and writing skills. Designed for Beginning ESL Literacy and Low and High Beginning NRS Levels, i.e., students who scores from 0 to 200 on CASAS.</p>

<p>Citizenship Intermediate 423</p> <p>Prepare to become a citizen and for the U.S. naturalization test</p> <p>Non-native speakers of English will prepare to take the naturalization test and learn about rights and responsibilities of United States citizenship. Designed for Low and High Intermediate ESL NRS Levels, i.e., students who score from 201-220 on CASAS.</p>	<p>ESL Intermediate 420</p> <p>Improve intermediate ESL skills and prepare for Advanced ESL course</p> <p>Students will develop listening and speaking skills to converse in routine social situations, and to develop skills to read authentic materials and write short notes. Designed for the Low and High Intermediate ESL NRS Level, i.e., students who score from 201 to 220 on CASAS, or 453 to 524 on the Best Plus.</p>
<p>College and Career Ready 0229C</p> <p>Improve skills for training and employment including career exploration.</p> <p>Students will learn skills to pursue sustainable employment or post-secondary training by combining adult education academics with the skills needed in the workplace through contextualized instruction in various careers. The course includes a combination of identified workplace competencies, career exploration, and basic skills presented in an occupational context. Designed for Low/High Intermediate ABE NRS levels, i.e., students who score from 6.0 to 8.9 on TABE or CASAS GOALS. This course will include virtual delivery methods for remote instruction in the event of a shelter in place order or situation that precludes building access. Face to face classes will be delivered via Zoom or similar platform. Instructors will take attendance visually.</p>	<p>ESL Intermediate - IELCE</p> <p>Improve intermediate ESL skills and prepare for Advanced ESL, post-secondary employment or career training programs.</p> <p>Students will develop a personal portfolio containing job cards for careers of interest along with information on their backgrounds, values and interests, and soft skills. Instructors will also utilize the Statewide Career Pathways Basic Skills Curriculum: Contextualized Math Module where appropriate to ensure contextualized instruction in mathematics. Throughout the program, students will be offered transition services where they will be provided with the information and assistance they need to successfully navigate the process of moving from ESL classes to Adult Basic Education classes and/or ICAPS/IET and to develop a plan for transitioning into credit or occupational programs.</p> <p>Course is contextualized by integrating listening, speaking, reading and writing skills with occupational specific knowledge and skills designed to prepare students to transition into postsecondary and/or into employment.</p> <p>Low Intermediate ESL (BEST Plus 2.0 453-484/BEST Literacy 64-67/ CASAS Life and Work 201-210). High Intermediate ESL (BEST Plus 2.0 485-524/Best Literacy 68-75/CASAS Life and Work 211-220) 01111</p>
<p>ESL Advanced - IELCE 0111A</p> <p>Improve advanced ESL skills and prepare for post-secondary employment or career training programs.</p> <p>Students will develop a personal portfolio containing job cards for careers of interest along with information on their backgrounds, values and interests, and soft skills. Instructors will also utilize the Statewide Career Pathways Basic Skills Curriculum: Contextualized Math Module where appropriate to ensure contextualized instruction in mathematics. Students will be offered transition services where they will be provided with the information and assistance they need to successfully navigate the process of moving from ESL classes to Adult Basic Education classes and/or ICAPS/IET and to develop a plan for transitioning into credit or occupational programs.</p> <p>Course is contextualized by integrating listening, speaking, reading and writing skills with occupational specific knowledge and skills designed to prepare students to transition into postsecondary and/or into employment.</p> <p>Advanced ESL (BEST Plus 2.0 525-564/BEST Literacy 76-78/CASAS Life and Work 221-23)</p>	<p>Intermediate Workplace Literacy 421</p> <p>Develop English vocabulary and other basic skills needed for the workplace</p> <p>Students will develops English vocabulary and other basic skills needed for the worker at the Low and High Intermediate ESL NRS Levels, i.e., the student who scores from 201 to 220 on CASAS. Instructional materials are designed and/or customized to meet specific needs of a particular workplace.</p>
<p>ESL Advanced 440</p> <p>Improve advanced ESL skills</p> <p>Students will develop vocabulary to converse in a range of social interactions, use high frequency idioms, utilize formal and informal language, read authentic material, and write a formal letter. Designed for the Advanced ESL NRS Level, i.e., students who score from 221 to 235 on the CASAS, or 525 to 564 on the BEST Plus.</p>	<p>Spanish GED 321</p> <p>Study to prepare for the Spanish GED tests.</p> <p>Students will learn Spanish reading, writing, social studies and science and math to prepare Spanish speakers who test above 9.0 GLE in Spanish to take the GED exam in Spanish. Students may also pursue ESL and Career Pathway courses.</p>
<p>ESL Beginning 400</p> <p>Improve beginning ESL skills and prepare for Intermediate ESL course</p> <p>Students will learn beginning English skills. Designed for beginning ESL Literacy and Low and High Beginning ESL NRS Levels, i.e. students who score from 0 to 200 on CASAS, or 88 to 452 on the BEST Plus.</p>	<p>Adult Education Women's and Children's Center</p> <p>Family Literacy 100Fam</p> <p>Children of adult education students will learn developmentally appropriate language and social skills.</p> <p>Children of adult education students will learn developmentally appropriate language and social skills while their parents attend classes. Some family literacy classes require parents to participate in additional parenting, library and parent/child together components.</p>

CONTINUING EDUCATION

Arts

Ballroom and Latin Dancing 01101

Be ready to dance at your next special occasion! This class covers the fox trot, waltz, jitterbug, cha-cha, polka, Latin dance and swing. Singles, couples and teens welcome.

Students will learn the basics of dancing common ballroom and latin dance styles including the fox trot, waltz, jitterbug, cha-cha, polka, Latin dance, and swing.

Latin Dance – Beginning 01102

This class is for adults who are interested in learning Latin dance styles including salsa, merengue, bachata, cha-cha, and rumba. Beginners as well as experienced dancers will benefit from this variety of Latin dance moves. Singles and couples are welcome.

Students will learn the basic moves of Latin Dance.

Latin Dance – Intermediate 01103

This class is for adults who have basic knowledge of Latin dances such as salsa, merengue, bachata, cha-cha, or rumba, or have taken Latin Dance Beginning. Singles and couples are welcome.

Students will learn new moves that build upon the basics learned in Latin Dance Beginning.

Line Dancing 01104

Line dancing is a great way to meet new people, get some fun exercise, and just have a great time! In this class, we'll cover a number of different well-known line dances based on country and pop songs. No prior experience required, singles and couples both welcome.

Students will learn well known line dances based on country and pop songs.

Beginning Guitar 01201

In this introduction to guitar playing, you will cover chord strumming and simple lead lines and learn popular songs. Students must provide their own guitars.

Students will learn basic guitar skills including chord strumming and simple lead lines to popular songs.

Classic Rock Unplugged 01202

Students will explore the acoustic side of the classic rock era, from Clapton and the Eagles to the Beatles and Rolling Stones. We will learn chords, riffs, arrangements, and jam together-forming our own unplugged ensemble. Students of all levels are welcome; basic chord knowledge recommended. Must provide own instrument.

Students will learn chords, riffs and arrangements while exploring the acoustic side of classic rock.

Fingerstyle Guitar 01203

Did you ever want to learn how to play Fingerstyle/Classical guitar? Students will learn the fundamentals of playing without a pick, exploring beginning classical/fingerstyle guitar pieces and learning how to apply this technique into your song repertoire. Students of all levels with basic experience and chord knowledge recommended. Must provide your own instrument.

Students will learn the fundamentals of playing without a pick, exploring beginning classical/fingerstyle guitar pieces, and learning how to apply this technique into their song repertoire.

Beginning Ukulele 01204

The ukulele is quickly becoming one of the most popular string instruments. Join our beginner class and learn all the basics you need to start your musical journey! In this class, we will cover basic chords, strumming patterns, and simple lead lines, as well as learn how to read tablature while applying these skills to learning popular and well-known songs. No prior experience required, students must provide their own ukulele.

Students will learn basic chords, strumming patterns, and simple lead lines, as well as learn how to read tablature.

Ukulele/Guitar Private Lessons 01205

This is one on one instruction for adults with the guitar or ukulele. Our instructor, Michael Plantan, will work with you at your level on the fundamentals of playing; explore chords, strumming patterns and tablature while learning to apply these techniques into songs. You must provide your own instrument.

Students will learn skills that build upon their individual knowledge of the Ukulele or Guitar.

Crochet and Knitting 01301

The basics of crochet and knitting will be taught to beginners, while experienced artisans will receive advice and instruction to create projects of their choice. All beginners should bring a skein of 5-8 oz. light-colored worsted weight yarn (#4), a pair of small scissors, a three-ring binder notebook to hold letter size handouts and a pen. Crochet beginners bring an I-9 crochet hook; knitting beginners bring short number 9 knitting needles. Experienced artisans bring their own projects to work on.

Students will learn how to knit, crochet, or both after the class.

Intro to Needlepoint 01302

Explore a relaxing new craft, no experience necessary! Learn techniques for starting/stopping a thread and 12 go-to stitches. Instructor will share tips, tricks and tools. Students to bring embroidery/ small sewing scissors and note taking materials to class. A 10 x 10 piece of 13 count canvas mounted on stretcher bars will be provided to all students the first night of class.

Students will learn the techniques used for needlepoint and become familiar with the tools.

Quilting**01303**

Quilting is creative, rewarding, relaxing and fun! Less experienced quilters will learn basic quilting patterns, fabric cutting and piecing, and working with colors. Experienced quilters work on current projects and share ideas, fun facts, methods and tips. Bring any unfinished projects or start a new one for yourself or gift giving. You will receive a list of basic quilting supplies and a simple beginning pattern at your first class.

Students will learn basic quilting patterns, fabric cutting and piecing.

Sewing 101**01304**

Learn basic sewing terms, techniques, fabric selection and pattern reading. This class will focus on specific projects intended for students with little or no experience, though all levels are welcome. Bring a notebook and pen; other materials will be discussed on the first class.

Students will learn basic sewing terms, techniques, fabric selection and pattern reading.

Beginning Photography**01401**

Take control of your camera by learning the basics of photography, including the three pillars of exposure: shutter speed, aperture, and ISO. Class also covers lighting and composition. Students can bring their DSLR's, mirrorless camera, or smartphones. Families are welcome.

Students will learn all the basics of photography.

Outdoor Photography**01402**

If you love outdoor photography then this class is for you! The first class session meets at Forest View, and then each week we travel throughout our neighborhood to different parks for our weekly assignment. By the end of this class, you will learn how to utilize outdoor lighting as well as how to properly compose your subject in an outdoor setting. Open to anyone with a DSLR, mirrorless camera, or cell phone camera. A vehicle is required, as we'll be driving to on-location sites throughout the area.

Students will learn all the basics of photography in an outdoor setting.

Watercolor Painting**01500**

This class will discuss basic supplies, techniques and styles of painting, as well as common mistakes to avoid. A supply list will be given on the first day of class. All skill levels are welcome! Seasoned painters may bring supplies and start or continue work on a piece the first day of class. Formal, as well as special effects techniques, will be taught along with color mixing and general care for painting supplies. Students will learn to paint a variety of subjects; from still life to landscapes and even some abstract designs. The class format will be tailored toward the skill levels of the students, with emphasis on teaching the novice the basics of watercolor painting.

Students will learn basic techniques and styles of watercolor. Students will learn to paint a variety of subjects, such as landscapes and abstract.

Intuitive Mixed Media Painting**01503**

Intuitive painting helps your heart and soul. It is the process of trusting your intuition and emotions. In this class, we'll doodle, finger paint, splash paint, and used mixed media. You will dig deep to create and show the world your inner beauty. Instructor will review supply list on the first night of class.

Students will learn a variety of skills to broaden their art skills no matter the medium. They will also learn the practice of mindful meditation writing to correspond with their art.

Culinary**Become a Mixologist - Making Herbal Mocktails****02101**

Become a mixologist by learning a few simple techniques which will take your cocktails from ginger ale and base alcohol to something fun and exciting! Herbs can infuse their scent and flavor in many different ways which can be used to make ingredients for seasonal cocktails. This class explores the making of simple syrup, muddling, infused sugars, and flavored faux alcohols. This is a demo program with samples for participants we make that night.

Students will learn techniques for making and using herb simple syrup and understand how herbs can enhance the flavor of a beverage without the alcohol.

Delicious Budget Meals**02102**

Nothing feels better than enjoying deliciously satisfying meals while staying within our budget! In this class we'll be making Stuffed Poblano Peppers, Basil and Parmesan Chicken Fingers, and Egg Noodle and Vegetable Stir Fry. You'll also receive an ebook with a grocery list and instructions on how to prep the recipes for the class.

Students will learn to keep budget in mind while creating different dishes.

Eat, Love, and Party**02103**

Busy getting your Christmas Party ready? Well here are great holiday foods that are simply delicious! In this class you'll learn how to make the perfect Gingerbread Eggnog, Holiday Roasted Vegetables, and Rosemary Christmas Chicken. Simply fun and scrumptious!

Students will learn to prepare meals and drinks for a holiday gathering.

Greek Home Cooking: Dips and Spreads**02104**

Learn how to make Greek dips and spreads so that you and your family can continue to enjoy the benefits of the Mediterranean diet at home. In this class we'll be making garlic dip (skordalia), spicy cheese dip (tirokauteri), fava (yellow split pea dip), and humus (chick pea dip). You'll also learn how to make, hands- on, mini cheese pies! (tiropitakia). Learn about the health benefits of the Mediterranean diet and lifestyle and come hungry!

Students will learn with thorough knowledge on how to prepare foods presented.

Greek Home Cooking: Opa II!	02105	Infusion - Infusing Herbs is Fun and Easy	02111
The variety in the Greek cuisine is endless! Learn how to make gyros meat (from scratch), tzatziki cucumber sauce, and perfect for the season, egg lemon rice soup (augolemono). Learn how to make these Greek favorites while also learning about the health benefits of following a Mediterranean diet.		Herbs can infuse their scent and flavor in many different ways. This program explores 11 different ways to infuse the flavor of herbs into different mediums. It includes how to create herbal salts, sugars and vinegars, pastes and pesto, syrups, and several other methods and materials that will capture the flavor of herbs which can be used to improve your cooking. Real-time demonstrations give participants a feel for how easy it is to create items with herbs for gifts or delicious meals.	
Students will learn how to prepare Greek dishes and sauces and will learn about the health benefits of the Mediterranean diet.		This is an at-home class you will do in your own kitchen while following along with the instructor and the rest of the class online. An ingredient list will be posted soon.	
Greek Home Cooking: Opa III!	02106	Oktoberfest Food Favorites	02112
Continue to enjoy the benefits of Mediterranean cooking by learning how to make even more delicious Greek food. Join Roula and learn how to make pastichio (ground beef, noodle, béchamel bake), village Greek Salad (xoriatiki) and milk custard phyllo pie (galaktobouriko). Learn about the health benefits associated with Mediterranean style eating, how to choose the healthiest of ingredients, and how to incorporate them into your lifestyle.		Time to learn how to make these easy simple recipes at home for your own Oktoberfest party! In this class you'll learn how to make German Potato Salad, Apple Pecan Strudel, and Kielbasa Loaded Potatoes. You can make these dishes ahead of time so you'll have time to enjoy the party with family and friends.	
Students will learn to master preparation of foods presented.		Students will learn the mechanics of how herb flavors can be transferred from the fresh or dried plant into different media and be able to recreate these infusions in their own kitchen for use at home.	
Greek Home Cooking: Opa!	02107	Canning Basics	02113
Greek food is not only delicious but also full of healthful ingredients found in the traditional Mediterranean diet. Our menu includes Spanakopita-Spinach Pie, Tzatziki-Cucumber Sauce, Greek Salad, and my favorite Baklava-Honey and Nut Pastry. Learn how to make these Greek specialties while also learning about Mediterranean health benefits.		Explore the simple joy of water bath preserving! This hands-on workshop will teach you how to make both refrigerator pickles and canned pickles. Canning safety, technique, and equipment will be covered. Participants will go home with a jar of canned pickles.	
Students will learn the knowledge of knowing how to make foods presented.		Students will learn how the techniques of canning, including the safety and equipment needed.	
Halloween Fun Desserts	02108	Sushi Making	02114
Who would have thought that Halloween could be delicious and fun? This holiday is intended for people to look scary! Well these desserts are deliciously adorable and made to look like spooky Halloween characters. In this class you'll learn how to make decorated cookies, cupcakes, and fruits and veggie platters, all with a fun Halloween theme!		Join us for a fun night making this popular Japanese dish! In this class you'll learn how to make California Roll and Shrimp Tempura Maki. You'll also learn how to make different kinds of sauces that go well with any type of sushi. An ingredients list will be provided a few days prior to the class.	
Students will learn to decorate cookies, cupcakes and fruit and vegetable platters with a Halloween theme.		Students will learn to make different kinds sushi and sauces that go well with many kinds.	
Herbal Condiments to Make and Enjoy	02107	Cake Decorating	02115
Your herb and garden surplus can be turned into condiments that can be saved, shared, or preserved! This class will demonstrate how to make Pico De Gallo, Fruit Relish, Muffuletta, Gremolata and homemade Mustard. Steps, equipment and techniques will be demonstrated and discussed. If time allows we will also show how to make an herbal pesto with more than just basil. Preservation methods will be discussed and food safety will also be part of the discussion.		Whether it's you or a friend, blowing out a candle on a nicely decorated birthday cake is always fun. It'll be extra special if you're the one who decorated the cake! Whether it's your first time or would like to improve your decorating skills, in this class you'll learn how to ice smoothly, pipe flowers, rosettes, and use Russian tips. You'll also learn how to ice the cake in rainbow colors. An ingredients list will be provided a few days prior to the class.	
Students will learn to create condiments that include herbs.		Students will learn to ice a cake smoothly, pipe flowers, improve your decorating skills and use different piping tips.	
Home Cheesemaking	02110		
Learn the techniques for making your own cheese. We'll cover the science behind cheese making, ingredients, equipment, and cooking techniques. Lemon cheese will be demoed the first night and students will make mozzarella the second night of class. Supplies will be reviewed in class.			
Students will learn techniques for making cheese.			

<p>Cupcake Decorating</p> <p>Master the art of decorating your cupcakes! In this class that's perfect for parents and teens to enjoy together, you'll learn how to pipe rosettes, flowers, and puppy faces. You'll be prepared for your next cupcake project and also post your cute creation on Instagram before they're all gone! No experience required. An ingredients list will be provided a few days prior to the class.</p> <p>Students will learn to ice cupcakes, pipe rosettes and improve your decorating skills.</p>	<p>02116</p>	<p>Fresh Rice Spring Rolls</p> <p>As our spring weather warms up, get ready for cooling and refreshing spring wraps! In this class, you'll learn how to neatly wrap and roll your summer salads in rice paper wraps with fresh herbs, rice noodles, cucumbers, and shrimps. You'll also learn how to make a great tasting sauce for dipping. An ingredient list will be provided prior to the class. Required equipment includes sheet pan, knife, cutting board, kitchen towels, platters, bowls.</p> <p>Students will learn how to incorporate fresh ingredients into spring rolls and create dipping sauces.</p>	<p>02121</p>
<p>Baked Empanadas</p> <p>Making empanadas are a great way to use your leftovers. In this class you'll learn how to make the flakiest empanada crust from scratch. You'll also learn how to make Chicken Adobo, Beef Picadillo, and for dessert, cinnamon apples. An ingredient list will be provided a few days prior to the class.</p> <p>Students will learn to make empanada crust from scratch, as well as make different fillings.</p>	<p>02117</p>	<p>Meal Prepping Made Easy</p> <p>Meal prepping is the concept of preparing meals ahead. It's helpful among busy families because it can save a lot of time. In this class, we're making two types of dinners, Chicken Teriyaki and Pepper Steak. You'll also learn how to handle your knife and how to cook your rice. You'll also receive additional recipes for breakfast, lunch, and snacks, plus a week's worth of shopping list. You'll have access to a downloadable meal planner for you to track your meals. An ingredient list will be provided a few days prior to the class. Required equipment includes knife, cutting board, wok or wide pan, kitchen towel, containers with lid, cooking spatula, sauce pan, and bowls.</p> <p>Students will learn to tips and tricks to prepare meals in bulk to save time. Students will also learn how to handle a knife and cook the perfect rice.</p>	<p>02122</p>
<p>Kolaczki Cookies</p> <p>Everyone loves Kolaczki cookies, a traditional favorite Polish dessert! In this class, the instructor will share her special family recipe and traditions surrounding these delicious fruit and cheese-filled pastries that are light, buttery, flakey and melt in your mouth. This is an instructor demonstration class, not a hands-on cooking class.</p> <p>Students will learn the process of making kolaczki cookies, as well as learn about the traditions surrounding the cookie.</p>	<p>02118</p>	<p>Spanish Paella</p> <p>Paella is a classic rice dish with saffron, chicken, sausage, vegetables, and seafood served in one pan. You'll learn how to combine the spices to bring the smoky flavor and blend of Spanish classic Paella. An ingredient list will be provided a few days prior to the class. Required equipment includes knife, cutting board, wide pan with lid, bowls, kitchen towels, and cooking spatula</p> <p>Students will learn how to combine spices for creating a one-pan meal.</p>	<p>02123</p>
<p>Mexican Fiesta - Chicken with Mole Sauce Mexican Rice</p> <p>In this demonstration class, the instructor will share two authentic Mexican recipes handed down for generations and participants will learn to prepare these delicious savory dishes that are flavorful, but not too spicy! Please note that this is a demonstration class, not a hands-on cooking class.</p> <p>Students will learn the steps required to make authentic Mexican dishes.</p>	<p>02119and</p>	<p>Making Condiments to Dress up Home Cooking</p> <p>Using herbs and a few general ingredients, one can make ketchup, flavored mustard, aioli, flavored mayonnaise and more to dress up even the most basic home cooked meal. We will demonstrate techniques and provide all the recipes.</p> <p>Students will learn the different techniques for making condiments.</p>	<p>02124</p>
<p>Asian Dumplings</p> <p>Master the basics of dumpling wrapping in different shapes including triangular, wonton and pleated crescent as we make Korean style spicy pork dumplings (vegetarian options available). In this class you'll learn how to make the dough wrapper from scratch. You'll also practice your knife skills and learn how to make your own fillings. Since this is an at-home class, participants are responsible for purchasing their own ingredients, an ingredients list will be provided a few days prior to the class. Required equipment includes steamer, knife, cutting board, wide pan with lid, kitchen towers, tongs, cooking spatula.</p> <p>Students will learn how to make dough from scratch along with different fillings. Students will learn the different techniques when making dumplings.</p>	<p>02120</p>	<p>Heavenly Homemade Dairy Treats</p> <p>There is more to dairy than just milk. In this class, Mark Lyons, an experienced cheese maker, will show you how to turn that milk into wonderful treats such as butter, cheese, buttermilk, crème fraîche, and Devonshire clotted cream.</p> <p>Students will learn how to turn milk into different varieties of cheese.</p>	<p>02125</p>

Authentic Pad Thai Noodles**02126**

Pad Thai is a stir-fry dish made with noodles and a protein of your choice. The ingredients are sautéed in a wok and flavored with sweet and tangy sauce. In this class, you learn how to make this authentic dish using ingredients that can easily be found in the Asian aisle of your grocery store. You will experience cooking one of Thailand's most popular dishes in your own kitchen!

Students will learn how to cook the authentic Pad Thai dish that's delicious and easy to make. Students will also learn basic knife skills and different knife cuts.

Low Carb Pizzas**02127**

Finally low carb pizzas that are delish! These melt in your mouth pizza recipes are simple and easy to make. Learn how to make Cauliflower Crust Pizza, Pepperoni Bell Pepper Crust Pizza, and Pizza Stuffed Zucchini. Now you are finally able to enjoy low carb, high protein pizzas that you will want to eat again and again! Students will learn how to make low carb pizzas that are flavorful and easy to make.

Students will learn how to make low carb pizzas that are flavorful and easy to make.

Pasta Making**02129**

There is nothing better than making your own pasta. In this class, you learn how to make your own delicious smooth pasta with homemade marinara sauce, creamy Alfredo, and lemon garlic herb sauce along with homemade cheesy garlic bread. Students will learn how to make fresh pasta and sauces.

Students will learn how to make fresh pasta and sauces.

Making Cookies From Herbs and Flowers**02130**

Learn to make simple cookies flavored with herbs, spices and edible flowers. Using rolled and drop cookie methods craft unique cookie recipes, along with glazes and colorful toppings. You can enjoy them now or save and freeze for later. Students will take home at least one completed recipe with instructions for many more. At the completion of the program, students will have learned to create cookie dough and have a general understanding of herb, spice and flower flavors that are good in sweets.

Students will learn the mechanics of how herb flavors can be transferred from the fresh or dried plant into different media and be able to recreate these infusions in their own kitchen for use at home.

Growing and Using Lavender**02132**

Learn how to grow and maintain lavender plants, how to harvest and how to use the lavender flowers. Instructor will show how to make Herbs de Provence culinary seasoning with lavender, lavender lemonade, lavender sachet, lavender body powder, and lavender chocolate brownies. Grow and use your lavender harvest this year!

Students will learn to grow lavender effectively and successfully and how to harvest the flowers and leaves and preserve and use them.

Making Herb Rubs For Grilling**02134**

Learn how to blend dried herbs and spices to make delicious herbal rubs. Demonstrations of several herb rubs and a discussion of methods for using them will be included. Learn to use blends as a rub, marinade, sauce or butter all for use on or with the grill. We will also discuss and create an herb grilling brush.

Students will learn specific herbs that work best in grilling situations and ways to incorporate herbs flavors while grilling.

Fitness and Athletics**Badminton****03101**

This indoor class format is primarily open play, with instruction available. Plastic shuttles provided, but bring a racket. Families are welcome, however students 17 years old and younger must have a parent/guardian also enrolled and participating with them.

Shotokan Karate**03104**

Combine fitness and fun in this class, which offers structured karate activities to develop personal defense skills, improve mental focus and self-confidence and relieve tension.

Students will learn the fundamentals and basics of karate techniques and be evaluated on their progress to attain the beginning level rank. Continuing and advanced students will learn the skills and techniques appropriate to reach the appropriate higher ranks.

Belly Dancing for Fitness and Fun**03202**

This is a non-impact class for all ages, shapes and sizes. Tone muscle and burn calories while exploring this great dance. Class begins with deep yoga-style breathing to enhance the experience and relax the body and mind.

Students will learn the basic moves used in Belly Dancing.

Deep Stretching**03203**

This class will focus on stretching the hip flexors, IT bands, hamstrings, shoulders, back, chest and legs for increased range of motion, flexibility, relaxation and relief of sciatica, back pain or injuries. Bring a mat to class.

Students will learn the techniques used to get a deep stretch in hip flexors, IT bands, hamstrings, shoulders, back, chest and legs.

Pilates Barre Fusion**03204**

This hybrid workout class will include the fat-burning format of interval training, the muscle-shaping technique of isometrics, and the long lean look of Pilates. Your posture, flexibility, core muscle, balance and muscle tone will improve with each class. Bring a mat and one set of three to five pound weights to class.

Students will learn how to interval train, learn techniques of isometrics and muscle toning moves.

Small Group Personal Training**03205**

This class offers the benefits of a certified national trainer without the high cost. A trainer will take a small group though a personalized workout program. Each class will focus on cardio and strength interval training using free weights, weight machines, medicine balls, kettle bells and more. Join us for a high-calorie-burning, strength-building, personalized workout!

Students will learn the techniques for different exercises, the correct form when lifting weights and how to properly strength train.

Yogalaties**03206**

Incorporating the principles of both Pilates and yoga, this course promotes harmony, strength, flexibility and balance for mind and body. Other benefits include loosening stiff joints, correcting poor posture, improving blood flow, strengthening your core and creating longer, leaner muscles. Open to all levels.

Students will learn both Pilates and Yoga moves.

Zumba Gold**03207**

Zumba Gold offers a lower-intensity workout than traditional Zumba, but also uses Latin styles of music and dance. The routines feature aerobic and fitness interval training to help tone and sculpt the body.

Students will learn fitness routines to help tone the body.

Zumba Gold Toning**03208**

Zumba Gold Toning is a low-impact dance workout incorporating all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Bring a set of one to two-pound hand weights (optional), water and a towel.

Students will learn a low-impact dance workout.

Walk Live Fitness Program**03209**

Leslie Sansone's Walk Live Fitness Program for Health Fitness and Weight Loss is perfect for you! This aerobic walk class is conducted using the indoor walking techniques established and proven through the success of Leslie Sansone's Walk At Home Programs. Walking for Life allows participants to walk 3 miles indoors in a group setting. Class promotes flexibility and range of motion. Please bring 1-2 lb hand weights to class.

Students will learn an aerobic walking routine.

Yoga**03210**

You'll be guided through slow, precise poses accompanied by deep breathing to tone, strengthen, and stretch and relax the body. Yoga develops a deeper awareness of your inner self. Wear comfortable clothing and bring an exercise mat.

Students will learn how to safely do yoga, gaining flexibility, strength and an awareness of their bodies. They will also learn how to relax and ease anxiety through guided relaxation and breath.

Gentle Yoga**03211**

Enjoy the holistic aspects of engaging body, mind and breath, while gently developing strength, mobility, balance, alignment and body awareness. Exercises are done standing, sitting and lying on the floor, but chairs and alternative movements are provided as needed. Students are encouraged to move within their range and each class concludes with relaxation. This course is for anyone desiring an easy stretching routine. Please bring a mat and wear comfortable clothing.

Students will learn some of the basic yoga postures and some basic yoga flows that are postures that are strung together. Students will also learn importance of moving within their range and various modifications of the postures, which will enable them to accommodate individual physical conditions.

Chair Yoga**03212**

Chair Yoga is for those who would like to access the benefits of yoga without having to sit, kneel or lie on the floor. This online Zoom class is done seated in a chair and standing by a chair that can be used for support. Participants may also choose to remain seated for the entire class. We will practice gentle, fluid movements to promote circulation, alignment, joint mobility, balance, overall strength and deeper, smoother breathing. Mental effects include a sense of well being and improved concentration.

Students will learn the same skills as in a regular yoga class, including increased joint mobility, core conditioning, improved circulation, improved postural alignment and body awareness, along with deeper, fuller breathing and limited aerobic conditioning.

Tai Chi – Beginning**04101**

Tai Chi (Taiji) is an ancient Chinese exercise with numerous health benefits. As a martial art, Tai Chi downplays brute strength and emphasizes learning motor skills and nurturing the body. The mindful movements promote stress relief and relaxation. Physically, this practice is a low-impact exercise that will foster balance, coordination and flexibility while exploring martial intentions.

Students will learn exercises they can do on their own for relaxation and balance. Students will learn the first portion of the 48-move form.

Tai Chi – Intermediate**04102**

Tai Chi (Taiji) is an ancient Chinese exercise with numerous health benefits. As a martial art, Tai Chi downplays brute strength and emphasizes learning motor skills and nurturing the body. The mindful movements promote stress relief and relaxation. Physically, this practice is a low-impact exercise that will foster balance, coordination and flexibility while exploring martial intentions.

Students will learn the middle portion of the 48-move form. Additional exercises and meditation will be introduced.

Tai Chi - Advanced**04103**

Tai Chi (Taiji) is an ancient Chinese exercise with numerous health benefits. As a martial art, Tai Chi downplays brute strength and emphasizes learning motor skills and nurturing the body. The mindful movements promote stress relief and relaxation. Physically, this practice is a low-impact exercise that will foster balance, coordination and flexibility while exploring martial intentions.

Students will continue to develop their Taiji practice with emphasis on Qigong, form and meditation.

Health and Wellness

CBD 101: Knowledge is Power 04104

In this informative session, we'll answer all of the confusing questions that most consumers have about CBD. What's the difference between CBD isolate, broad spectrum, and full spectrum? What are the potential health benefits? How does it work with my body? Is it addictive? These are just a few of the various topics that will be covered.

Students will learn the details surrounding CBD and how it works with our bodies.

Ditch the Sugar and Build Up Your Immune System 04105

Sugar is the culprit to so many issues in our body, from physical to emotional. Curb your cravings, lose weight, create and sustain more energy, improve your mood and MORE in just two weeks! This class will offer tips for finding sugar in processed foods and offer you tips on removing sugar from your life.

Students will learn what happens to your body when you eliminate sugar from the diet.

Food and Inflammation: When Food's a Foe 04106

Learn the difference between food allergies, intolerance and sensitivity. Discover how foods as foes can affect your body and what to do about them. Leave with the knowledge you need to optimize your diet and take control of your health.

Students will learn a thorough understanding of how food relates to inflammation.

Holistic Wellness 04107

Fitness, diet, meditation, nutrition, Yoga, and more are all good for your overall wellbeing. However a very important element is being overlooked. Your mind! Your mind is very much a source of health issues such as anxiety, stress, depression, moods, loneliness, etc. Unlike the brain, the mind cannot be scanned, analyzed and treated medically. Only you can understand and shape the working of your mind. If you don't take control of your mind, someone else will. Only you can fix it.

Students will learn how health affects you mentally.

How the Food Giants Have HOOKED Us Ourselves and How We Can Free 04108

Ever wonder why some foods seem irresistible? Why so many of our American foods come in boxes with unpronounceable ingredients? And why so many foods have way too much salt, sugar and fat? This fun, interactive program will feature an interactive virtual visit to a big food company where you will learn some of the secrets of making and marketing hyper-palatable foods. Arm yourself so you can successfully avoid getting hooked.

Students will learn some of the secrets of making and marketing of packaged foods that companies use.

Introduction to Energy Healing 04109

Have you heard about energy medicine, intrigued about learning more? The body is an amazing energy system connected to physical, emotional and spiritual well-being. This class explores how to connect with the innate wisdom of the body to bring about positive changes. A brief introduction of the history of energy medicine, different types of energy healing practices, and current modalities which complement traditional medicine will be discussed. The class concludes with a meditation exercise where participants have the opportunity to connect with his or her own innate wisdom.

Students will learn to connect with their body to bring upon positive changes and will learn a meditation exercise.

Leveraging the Power of Your Self-Esteem 04110

Your Self-Esteem or how you think and feel about yourself influences your interactions, relationships in your personal and professional life. Impacts your productivity and the success you achieve. If you don't take control of your self-esteem then others will. This class discussion will help you understand the concept of self-esteem, take control and shape it so it is fully supportive of you and your goals.

Students will learn to understand self-esteem and how to shape it to support your goals.

Master, Don't Just Manage Your Stress 04111

Mastering Stress is an exploration into the innate intention of stress and our awareness, acceptance, and activation of it. If people had an opportunity to better understand stress and can better respond to it versus reacting to it, they would be in a better position to handle both their personal stress and the stress they experience through contact with others in the workplace. In this class you will learn to understand your relationship with stress and how you can utilize your stress to fuel energy for growth versus breakdown.

Students will learn techniques to use your stress to fuel energy for growth.

Sleep Well to Live Well 04112

Did you know that most people don't get enough sleep? Yet the quality and quantity of our sleep are big factors in mental clarity and mood, physical and mental energy, weight management, hormonal balance, and more. Learn about how Hydration, Nutrition, Movement, Bedtime habits, and more that can support you in getting a higher quality of sleep, so that you can feel calmer, focused, and energized.

Students will learn ways to support healthy sleeping habits.

Successfully Weathering This Pandemic - and the Next 04113

It seems the misinformation about COVID-19 spreads almost as fast as the virus itself. This class will offer students researched-based honest answers to: How the pandemic developed and why it was predicted? What Zoonotic viral diseases are coronavirus and why they are so hard to control? And most important, what you can do to minimize your risk for COVID-19 and future pandemics that may be just around the corner.

Students will learn how to minimize risk during a pandemic.

Feed Your Gut, Calm Your Mind - How Gut Health Impacts Mental Health 04114

This information-packed presentation will educate you on the connection between our diets and our mental wellbeing. You'll walk away with practical steps you can easily implement that can have a positive impact on your health. In light of today's extra health concerns, this information is needed now more than ever!

At the conclusion of this online class, participants are invited to join Jill May's Facebook page where a variety of health and wellness topics are discussed and open for questions.

Students will learn the connection between eating habits and wellness.

How to Get Your Picky Eater to Try (and LIKE) New Foods 04115

Whether you have a 3 year old with oral sensory issues or a teen who only wants chicken nuggets, this workshop is for you! You'll learn a variety of tried and true techniques to get nutritious foods in your child with fewer battles and more compliance, from a parent and practitioner who is intimately familiar with this challenge.

At the conclusion of this online class, participants are invited to join Jill May's Facebook page where a variety of health and wellness topics are discussed and open for questions.

Students will learn techniques to help support their children with eating nutritious foods.

Food Fallacies - National Discovery or Just Media Hype? 04116

Whether it's self-styled experts peddling a product, sensationalist headlines, or uninformed professionals who haven't kept up with the research, there's a bewildering array of sources of nutritional misinformation out there. This class is designed to provide a simple, practical approach to evaluating nutritional claims, discover red flags to watch for when reviewing research studies, and review the challenges of nutritional research and how poor design or misinterpretation can lead to incorrect conclusions. Participants will have the opportunity to investigate and judge three popular nutritional claims and determine if each is legitimate or unsubstantiated fake news, and participants will be provided the tools necessary to investigate and draw their own conclusions based on a Show me the Science approach.

Students will learn to evaluate nutritional claims and learn tools needed to investigate and draw their own conclusions.

Balance Your Hormones and Health 04117

Learn how and why hormones affect your weight, energy, and quality of life. Learn how stress hormones affect sex hormones and how they both contribute to overall well being. Learn what lifestyle factors contribute to hormone dysfunction and what to do about it, and how to accurately identify your hormone levels and why this is key to relieving symptoms. Finally learn how to stop the cycle of hormone dysfunction and take control!

Students will learn a thorough understanding of what hormones are and how they affect their health.

Conquering Inflammation 04118

Learn about ways in which the inflammatory process is triggered in your body and how it affects short and long-term health. Learn why sub-clinical inflammation is just as destructive as the diagnosable version, and what to do to alleviate your chronic inflammation.

Students will learn a thorough understanding of what inflammation is and how to target it.

Meditation Drumming and Beyond 04119

This class provides simple, fast, and effective relaxation and meditation techniques. Journey through the sound of the drum, and receive tactics for learning forgiveness, improving concentration, listening and reducing pain. A yoga mat a chair is required.

Students will learn effective relaxation techniques and meditation.

Meet the New Meats: Plant-based Meat is Going Mainstream 04120

Wondering about the growing popularity of plant-based alternatives to meat, questioning if they are healthy and how to rate the many products now available? Joan Davis, nurse and nutrition expert will help you sort out the bewildering options appearing at restaurants and on supermarket shelves. Learn what you need to know about this new trend and how it relates the present pandemic. While she can't share samples, she will review the pros and cons of specific products like Impossible Burgers and Beyond Meat and others.

Students will learn about meat alternatives and how it relates to the pandemic.

Spring Clean the Green Way 04121

Using easy-to-find natural ingredients participants will learn to create cleaning supplies from laundry soap, to disinfectants to scouring powder all with pleasant herbal scents and great germ fighting action. Students will get a shopping list ahead of time.

Students will learn to create cleaning supplies using natural ingredients.

Happy Healthy Gut 04122

Do you eat healthy but still experience gut problems? Then this class is for you! Learn how your digestive health affects your overall health, what gut health truly means and how to identify dysfunction. We'll deep dive into the term leaky gut and how it relates to your overall health. Finally, learn how to optimize your digestion and ultimately experience the benefits of a happy gut.

Students will learn a thorough understanding of what gut health truly means and how to obtain it.

Mineral Mastery 04123

Do you experience seemingly random symptoms such as fatigue, hair loss, high anxiety, emotional numbing, memory problems and even nausea (just to name a few)? Join Roula to find out how a long-term mineral imbalance may be a contributor to these seemingly non-related symptoms AND what to do about it. Minerals are the spark plugs of life! Learn how to comprehensively test your minerals, how they may relate to your symptoms and most importantly what to do to start feeling better immediately.

Students will learn the significance of minerals and how they relate to their health.

Understanding Stress and Building Resilience in the Face of Change and Uncertainty 04124

This program delivers a practical skill-set of easy-to-learn self-regulation tools and resilience building practices. You can experience the immediate benefits of bringing more ease and balance into your life - at home, at work, in a meeting, while driving – anywhere or anytime you feel the need to de-stress.

Students will learn self-regulating tools and resilience building practices.

All Things Health: Men's Edition 04125

This session addresses common health issues for men and how to help lower related risk factors. Participants will learn about the importance of preventive care, lifestyle strategies, annual checkups and age guidelines for health screenings. The topics that will be covered include: sleep; healthy eating; prostate health; stress management; emotional health; health care monitoring; heart disease and fitness.

Students will learn preventative care and lifestyle strategies for themselves or the men in their lives.

All Things Health: Women's Edition 04126

This session addresses specific health issues for women and how to help lower related risk factors. Participants will learn about the importance of preparing for a medical visit, health screenings and lifestyle and prevention strategies. Topics that will be discussed include: breast cancer; hormonal and reproductive health; energy and insomnia; work-life balance and caregiving; skin health; osteoporosis (bone health); eating well; mental and emotional health, and managing stress.

Students will learn preventative care and lifestyle strategies for themselves or the women in their lives.

Eat More While Losing More 04129

This program will provide participants with a research-based approach to successful weight loss beginning with research studies verifying what diets/approaches long-term loss. Forget about calorie counting, portion control and restrictive diets. Research has shown the way to long-term weight loss involves focusing on WHAT and WHEN we're eating not HOW MUCH. This class will clarify why old approaches such as cutting calories and exercising off excess pounds fail and why new research-proven strategies can work to get you in bathing suit shape. Participants will be able to - define the term Calorie Density and explain why and how this approach leads to successful weight management - define and clarify how hyperpalatable foods can lead to weight gain - list steps they can incorporate in their own lives to transition to more whole food, plant-based foods.

Students will learn to define the term Calorie Density and explain why how this approach leads to successful weight management, define and clarify how hyperpalatable foods can lead to weight gain and list steps they can incorporate in their own lives to transition to more whole food, plant-based foods.

Languages

Spanish - Beginning 1 05101

This introductory course teaches the fundamental skills and conversational patterns that encourage quick foreign language acquisition. Simple dialogue, vocabulary, and grammar development is appropriate for those who have never studied Spanish or who feel the need for review before continuing to Spanish Beginning 2. The book used is SPANISH IS FUN: Lively Lessons for Beginners: Book One, the Fifth Edition, an Amsco publication. Purchase at registration online or call the CE office.

Students will learn fundamental skills and conversation patterns in Spanish.

Spanish - Beginning 2 05102

This course is a continuation of Spanish 1. Basic conversation is enhanced by situational dialogues and supplemented by cultural information to increase communicative ability in Spanish. Bring book from Spanish 1, purchase book online at registration, or call the CE office.

Students will learn basic Spanish conversation enhanced by dialogue and cultural information.

Spanish Conversation 05103

The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in Spanish while increasing their vocabulary through verbal exercises, games, and activities.

Students will learn to be involved in different situations in which they will use the Spanish language. By the end of the 10-week classes, students will have learned a good amount of words and expressions in Spanish.

Spanish Coaching- Beginners 05105

Hablas español? Would you like to learn Spanish or brush up on your previous Spanish knowledge? Rolling Meadows High School teacher, Kate McNally, invites you to conversational hour on Tuesdays. This session is for absolute beginners who do not have experience. All classes will be conducted via Zoom and all materials will be sent via e-mail. Students will learn to communicate in Spanish.

Students will learn to communicate in Spanish.

Spanish Coaching - Intermediate 05106

Hablas español? Would you like to learn Spanish or brush up on your previous Spanish knowledge? Rolling Meadows High School teacher, Kate McNally, invites you to conversational hour on Tuesdays. This session is for those who have taken Spanish before. All classes will be conducted via Zoom and all materials will be sent via e-mail.

Students will learn to communicate in Spanish.

Italian – Beginning 05201

This course is an introduction to the Italian language, using only essential grammar for learning everyday Italian. Purchase book online or call the CE office.

Students will learn Italian using essential grammar.

Italian - Beginning 2 05202

This course is a continuation of the Italian Beginner 1 class. Prior enrollment in Italian Beginner 1 is required.

Students will learn Italian using essential grammar and build upon what they learned in Italian Beginning.

Italian – Intermediate 05203

This class builds upon the foundation of our Italian Beginning classes, introducing more Italian conversation, vocabulary, and grammar.

Students will learn Italian vocabulary, grammar and conversation.

Italian – Advanced 05204

The best way to learn a language is to speak it as much as possible! This conversation-based class will give students the opportunity to converse with fellow students in Italian while increasing their vocabulary through verbal exercises, games, and activities.

Students will learn to hold conversations in Italian by using real life situations.

Polish - Beginning 1 05401

Maybe your family heritage is Polish and you remember Polish being spoken when you were growing up but never really learned it. You may be going on a trip to Poland, or you just want to have some fun and learn basic Polish conversation. Then this is the class for you!

Students will learn new culture, get to know interesting people, make friends, and maybe even get to know the love of their life.

Polish - Beginning 2 05402

This class is for those who have had an introduction to the Polish language and wish to continue the adventure. Expand your knowledge and understanding of Polish while having fun during the journey. Bring book from Polish 1 or purchase at registration online.

Students will learn new culture, get to know interesting people, make friends, and maybe even get to know the love of their life.

French Conversation - Part 2 05501

This class will focus on reviewing and mastering the basics while building staple vocabulary for dining out, traveling by car and train, renting an apartment, and shopping. We will devote a portion of each class to discussing your interests, Francophone current events, and pop culture. Bring book from French 1, purchase book at registration, or call the CE office.

Students will learn to hold conversations in French focused on travel and real life situations.

Special Interest**Introduction to Ohara Ikebana 06101**

Ikebana is the Japanese art of floral arrangement that has been practiced for more than 600 years. This ancient art form has evolved to the present form that is enjoyed by Ikebana practitioners all over the world. The Ikebana arrangements emphasize the natural shapes and graceful lines of the flowers, stems and leaves while bringing together nature and humanity through its shape, line, and form. This is a hands on class where students learn the techniques, the rules, and the philosophy of Ikebana through creating arrangements with flowers, leaves, branches and other materials found in the nature around us. Since this is an at-home class, participants are responsible for purchasing their own flowers and materials. A list of required materials will be provided a few days prior to the class.

Participants will be introduced to Ohara Ikebana and learn the Hana-Isho basic styles.

Ohara Ikebana – Intermediate 06102

This class builds on the fundamentals studied in the Introduction to Ohara Ikebana. In this class, advanced styles such as Hana-Isho and Moribana will be covered. This is a hands-on class where students learn the techniques and philosophies of Ohara Ikebana. Since this is an at-home class, participants are responsible for purchasing their own flowers and materials. A list of required materials will be provided a few days prior to the class.

Students will learn techniques and philosophies of Ohara Ikebana.

World Coins and Currency aka Exploring Coins and Numismatics with your Family and Exploring Numismatics 06104

Explore history, geography and culture by studying coins and currency from around the world. You will gain a working knowledge of coins and currency from ancient to modern times, connecting their history, geography and cultures.

Students will learn to study coins from around the world and gain knowledge about the geography, history and culture.

Home Organization 06109

This 4-part workshop is a participatory discussion about how to achieve your goal of an organized home. What are the benefits? Why do you want one? What is your vision of one? What are the steps to getting one? How long will it take? Find these answers and more in this engaging class that will touch on decluttering, organizing, and maintaining organization of your home.

Students will learn the steps to de-cluttering, organizing and maintaining your home.

Come Fly Indoors with Us 06110

Join us as we fly free flight or radio-controlled (electric) indoor model airplanes. Bring your own or learn from us in a workshop atmosphere with loaners or starter models at a modest cost.

Students will learn to build and fly free flight or radio-controlled indoor model planes.

Moving or Downsizing Your Home**06111**

Are you thinking about moving or downsizing in the next few years? Now is the time to inventory the items in your home, think about what you need and want to keep, what to give to relatives and friends, and what to sell or donate. Review the many advantages of acting on these things sooner than later, determine what you may need help with, and make an action plan and timeline.

Students will learn to inventory their home and begin creating a plan for what to keep and what you will get rid of.

Beginning Genealogy and Beyond**06112**

This class is a perfect introduction to genealogy for anyone interested in learning more about their family's past, as well as a great review for those more experienced researchers. You'll learn the five steps to genealogical research: yourself, interviews, hunting, verifying, and sharing. We'll also discuss organizing information, censuses, cemeteries, and libraries, and students will receive a list of over 60 genealogical resources and websites to assist them on their journey.

Students will learn how to research genealogy and organize the information that is found.

Playing by the Rules - A History of Board Games**06113**

Do you love board games? Then join us for this fun presentation featuring a history of board games including all the classic games and classic game companies, how they started, and where they landed. Lots of pictures and information about the evolution of games we have come to love will be included. It's great nostalgia and fun learning too!

Students will learn the history of classic board games and the companies who created them.

**Returning Back to College to Complete Your Degree
06115aka Adult Learning: Complete Your Bachelor's Degree
with Eastern Illinois University**

Did you start your degree and then life got in the way and you never had the chance to finish? Now is your chance! We have a program designed specifically for adult students who have college credits and who have busy lives. Come learn more about how you can complete what you started.

Students will learn how to complete BA degree.

Paper Progress**06116**

Do you want to make progress acting on and organizing the papers in your home? Are you unsure how to start? What do you need to keep? What can you get rid of? What are the best methods to store the paper? During this 5-week class, you will sort, purge, categorize, and organize your paper with the time and personal guidance you need to make actual progress on your paper.

Students will learn the methods to sorting, purging, categorizing and organizing the paper in your life.

Google Basics**06117**

If you have a Gmail account, you have access to a whole suite of Apps that can make your life easier. You will learn how to use Google Chrome, Gmail, Photos, Drive, and Calendar. We will cover the basics, some tips and tricks in each, and how they work well together.

Students will learn how to use the different aspects of Google.

Google for Work and Volunteering**06118**

If you use Gmail for work or volunteering, Google has many free apps that can help you be more productive and collaborate with others more easily. You will learn about Slides, Forms, Sheets, Sites, and a host of other apps to use depending on the needs of your job. We will cover the basics, some tips and tricks in each, and how they work well together.

Students will learn which Google apps to use to be more productive and easily collaborate with others.

Fall Vegetable Gardening**06201**

Vegetable gardening does not have to end when summer does! This workshop will review how to prepare your garden for the fall and discuss what vegetables are ideal for planting and harvesting during this season. Grow a bountiful crop of delicious, sweet, crunchy, vegetables for good healthful eating throughout fall and even into winter.

Students will learn how to prepare your garden for fall.

Growing and Using Mushrooms**06202**

Like mushrooms? Ever thought about growing your own? This class will show you how to grow your very own mushroom harvest. It will also show you how to preserve your mushroom harvest and how to make the most of these culinary treasures.

Students will learn how to grow mushrooms.

Container Herb Gardening**06203**

Planting a container garden couldn't be easier; all you need is potting soil and plants. You can grow almost any herb in a container, and most are very easy. In this demonstration program, you will learn the steps and techniques necessary to grow plants and herbs in containers. From crafting an appropriate soil, to transplanting techniques, to design and plant choices, you will get all the skills and information you need to make a garden in a pot for your home. Participants should bring their own seedlings to class for transplanting.

Students will learn the steps and techniques to grow plants and herbs in containers.

Grow a Tea Garden**06204**

Growing a tea garden is a great way to get back to nature and enjoy the fruits of your labor! In this three-part workshop, we will discuss what herbs are great for tea and how tea herbs behave in a garden setting, as well as learn about design techniques and review sample designs. We will break the design tasks into three sections and participants will be able to create designs and share them with other class members. Photographs, designs, and handouts of information will be included.

Students will learn what herbs are great for tea and how they behave in a garden.

<p>Power Vegetable Gardening 06205</p> <p>Experience ultimate green by growing your own vegetables! This workshop will cover everything from site selection, soil preparation, and seed starting through fertilization, watering, pest control, and harvest. Take part in the backyard gardening hobby that is growing in popularity and experience the joy of harvesting crops of healthy, delicious, sweet, crunchy vegetables!</p> <p>Students will learn how to prepare the garden bed for vegetables, including site selection, soil preparation and seeding.</p>	<p>Vegetable Gardening in Small Spaces 06212</p> <p>Lacking a big backyard does not mean that you can never have your own vegetable garden. This topic will show you tips and techniques for making the most of limited space to grow a bountiful harvest of sweet, crunchy vegetables.</p> <p>Students will learn to create a vegetable garden in small spaces.</p>
<p>Sprouts and Micro greens for Good Health 06206</p> <p>Sprouts and micro greens are mini vegetable plants that are easy to grow, yet packed with nutrients. Mark Lyons, an experienced master gardener will tell you all about how to grow and use these nutritional powerhouses!</p> <p>Students will learn about sprouts and micro greens.</p>	<p>Growing and Using Mushrooms 06213</p> <p>Like mushrooms? Ever thought about growing your own? This class will show you how to grow your very own mushroom harvest. It will also show you how to preserve your mushroom harvest and how to make the most of these culinary treasures.</p> <p>Students will learn how to grow mushrooms and will learn about mushroom life cycle.</p>
<p>Controlling Garden Marauders 06207</p> <p>Aphids eating your cucumbers? Squirrels stealing your corn? Rabbits munching on your lettuce? Mark Lyons, a certified Master Gardener, will teach you strategies and tactics to stop these invaders from destroying your garden and stealing the fruits and vegetables you worked so hard to grow.</p> <p>Students will learn strategies and tactics to stop garden invaders from destroying your vegetables.</p>	<p>Fall Vegetable Gardening 06214</p> <p>Vegetable gardening does not have to end when summer does! This topic will review how to prepare your garden for the fall and discuss what vegetables are ideal for planting and harvesting during this season. Grow a bountiful crop of delicious, sweet, crunchy, vegetables for good healthful eating throughout fall and even into winter.</p> <p>Students will learn the techniques for growing a successful fall vegetable garden and will learn how to prepare their garden for the following spring.</p>
<p>Gardening for Pollinators 06208</p> <p>A successful vegetable garden requires the actions of specific insects and animals to carry pollen from one plant to another. Without these pollinators, most of our fruit and vegetable crops would fail to produce. To help our garden crops produce bountiful harvests, we must encourage these pollinators to come into our gardens, and Mark Lyons, an experienced garden coach, will show you how.</p> <p>Students will learn which pollinators help produce a bountiful harvest in your garden.</p>	<p>Dog Training - Beginner Class, 3 months and older 06301</p> <p>Get your dog off to a great start by using positive reinforcement! Bring a four- to six-foot leash, soft treats, a collar, and your dog's shot records. You will learn how to teach your dog basic manners such as sit, come, stay, loose-leash walking, leave it, drop it, down, how to greet people and other dogs politely, how to focus, and a fun trick.</p> <p>Students will learn to develop a positive relationship by working with their dog. Students will teach their dogs the basic manners of sit, come, stay, loose leash walking, leave it, drop it, down, how to greet people and dogs politely, how to focus, and a fun trick.</p>
<p>Growing Terrific Tomatoes 06209</p> <p>Nothing compares to the sweetness and flavor of a fresh home-grown tomato! Mark Lyons, an experienced garden consultant, will show you how to successfully grow this juicy mouth-watering garden fruit in your own backyard or container garden.</p> <p>Students will learn how to grow fresh tomatoes.</p>	<p>Dog Training - Tricks Class 06302</p> <p>This class will take your dog beyond basic manners to explore tricks. Your dog will learn to shake, bow, spin, roll over, play dead, high five, free-style dance, beg, wave, jump through a hoop, and more. Bring a four-to-six foot leash, soft treats, a collar, and shot records.</p> <p>Students will learn to develop a positive relationship with their dog while teaching the dog tricks. Students will learn tricks of their choice and they may also earn trick dog titles.</p>
<p>The Joy of Perennials 06210</p> <p>Perennial flowers, with their bright colors and long life, are an excellent addition that can liven up any garden. In this class Mark Lyons, an experienced gardener, will show you how to grow and cultivate these beautiful garden gems, along with how to choose the best and hardiest specimens for our region.</p> <p>Students will learn to grow and cultivate perennials.</p>	<p>Ancient Mysteries Series 06401</p> <p>Each season a new class is offered which explores ancient Egypt. Dr. Tom Mudloff teaches through real life experiences and his studies.</p> <p>Students will learn about ancient Egypt and different subjects related to it. This is a highly academic class as offered to my university students in a somewhat abbreviated fashion.</p>

Personal Finance

Elder Law Primer **07101**

This class covers wills and trust planning, powers of attorney for health care and property, guardianships, Medicaid rules and qualifications, spouse impoverishment rules and long-term care insurance. Written materials provided.

Students will learn about wills and trust planning, powers of attorney for health care and property, guardianships, Medicaid rules and qualifications, spouse impoverishment rules and long-term care insurance.

Guide to Retirement **07102**

Whether you are 10 months away or 10 + years away from retirement, you need to be prepared for one of the biggest transitions of your life. In this class you will learn about different retirement savings accounts, how to maximize your savings, what your replacement ratio is, and what role social security will play.

Students will learn about different retirement savings accounts, how to maximize your savings, what your replacement ratio is, and what role social security will play.

Investing Boot Camp **07103**

Investment products and concepts will be covered in this class, with specific discussion topics including stocks, bonds, mutual funds, annuities, IRAs, 401Ks and 401K rollovers. Learn to understand diversification, risk vs. reward, dollar cost averaging, financial goals, inflation, tax-free vs. tax-deferred income and growth investing. Materials included.

Students will learn to understand diversification, risk vs. reward, dollar cost averaging, financial goals, inflation, tax-free vs. tax-deferred income and growth investing.

Investing in Stocks **07104**

Learn to pick stocks and manage your stock portfolio, IRA or 401k. We will show you how a well-diversified and properly managed portfolio can outperform the S&P 500 index. You will learn the difference between making investments, speculating and buying products. You'll leave with a proven way to more effectively manage your assets.

Students will learn to pick stocks and manage a stock portfolio. Students will learn the difference between making investments, speculating and buying products.

Reverse Mortgages - How They Work **07105**

Learn about the qualifications, the process, and the cost of reverse mortgages. This class is instructive for seniors, adult children of seniors, and financial planners. Learn how a reverse mortgage credit line can be used to pay off a mortgage, pay off credit card bills, pay home health care costs, or pay current or past real estate taxes.

Students will learn about the qualifications, the process, and the cost of reverse mortgages, as well as how a reverse mortgage credit line can be used.

What Happens After the Paycheck Stops? **07106**

This workshop discusses post-retirement income. You'll learn how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks.

Students will learn how to budget for retirement.

Wills and Trusts **07107**

This is a review of basic similarities and differences between wills and trusts. The discussion of probate proceedings and probate avoidance, comparisons of different trusts and their functions and a brief explanation of intestacy (what happens if you die without a will or trust). Written materials provided.

Students will learn the similarities and differences between wills and trusts.

Wills, Trusts and Estate Planning **07108**

Take the first step to create or update an appropriate plan while learning about wills, trusts, powers of attorney, probate, and guardianship. The first class will cover probate and guardianship. The second class will cover wills, trusts, and powers of attorney.

Students will learn to create or update wills, trusts and estate planning documents.

Home Equity and Retirement Planning **07109**

For many retirees their home is their biggest asset. Learn how you can access the equity in your home to make it part of your retirement plan. We will discuss home equity loans and reverse mortgages and describe the pros and cons of each.

Students will learn how to use the equity in their home to pay for needs in their retirement. They will learn enough to make an educated decision about whether a reverse mortgage is a viable option for them to pursue.

Bitcoin and Crypto currency **07110**

You can't read the news without seeing hype about Bitcoin and other crypto currencies. Is this the first wave of a cashless future or just an overhyped technology? One thing is for sure: there's a lot of money riding on its success!

Students will learn about Bitcoin and other crypto currencies.

Be Safe Online **07111**

Gain practical tips on avoiding credit card and identity theft online by managing passwords, avoiding malware and viruses, and showing online smarts.

Students will learn practical tips to keep their information safe online.

Youth Enrichment and Education Aquatics

Core Aquatics Swimming **21101**

Important Note: Please download and review the Core Aquatics 2020-2021 Practice Schedule to make sure you understand the practice schedule options for this year before registering.

Formerly known as 'WHAM', Core Aquatics Swimming is our competitive swim team for swimmers ages 6 years old through high school, and is open to all levels from novice to advanced swimmers. In our newly designed training program, swimmers ages 6 and up train and compete at age appropriate levels as they prepare for success at meets scheduled throughout the season, and in high school programs throughout the district. Our qualified team of coaches offers the highest ratio of coach to athlete instruction in the area, focusing on technical proficiency and stroke mechanics. Swimming with Core Aquatics promotes teamwork, cultivates individual responsibility, and encourages personal goal achievement – all while embracing the love of swimming as a lifelong skill.

Swimmers will be divided up into 4 groups by age: 6-8, 9-10, 11-12, and 13+. Each age group, except for the 13+ groups, will have the option to choose between one of three locations to attend practice. See the practice schedule document linked above for details.

Core Aquatics Water Polo **21102**

Core Aquatics Water Polo, formerly known as DUWP (District Unified Water Polo), is our competitive water polo team.

In Core Aquatics Water Polo, practices and competition are focused on skill level appropriate experiences and groupings. There is a progression from house league games to American Water Polo (AWP) league games and regional tournaments. Coaches use drills and practice routines aligned with best practices that help prepare athletes for success.

Beginner level groups focus on developing newcomers between 10-15 years old who have limited water polo experience.

High school level groups focus on developing players with at least one season of high school competition.

Please note that due to COVID-19 restrictions, competitions for 2020-2021 will be limited to inter-team scrimmages.

Core Aquatics Water Polo **21103**

Our Core Aquatics Water Polo spring season is focused on developing newcomers as well as more seasoned players who want to gain knowledge, technique, and skills. Coaches will divide players up based on age and skill level groupings while using drills and practice routines aligned with the best practices to help prepare athletes for success. No league play for the spring, Intra-team scrimmages only.

Core Aquatics Swimming - Learn 2 Swim **21104**

New and developing swimmers will progress through our robust curriculum individualized to their own skill level in a small group lesson setting. Swimmers will develop confidence and comfort with water on their face and submersion, they will learn to float on both their fronts and backs eventually incorporate kicking and movement to build strong propulsion through the water, as well as breathing techniques, basic water safety, and the do's and don'ts of recreational swim. Please visit the Aquatics page on our website for a detailed program curriculum.

Core Aquatics Swimming - Swim Team Prep **21105**

Graduates from Learn 2 Swim or swimmers with previous Core Aquatics Swim Team experience are invited to participate in Swim Team Prep. Swimmers will grow in endurance while maintaining proper technique in Freestyle and Backstroke. They will learn competitive starts and turns with an emphasis on preparing to join swim team. We will also begin fundamental body positions and movements for rudimentary breaststroke and butterfly.

Core Aquatics Swimming - Advanced Stroke Clinic **21106**

In our new advanced stroke clinic, we'll work on fine-tuning stroke technique for existing Core Aquatics swim team members as well as for accomplished non-team swimmers who are looking to hone skills for the summer season.

ACute ACappella **22101**

ACute ACappella is a middle school A Capella ensemble for guys and girls. All students attending District 214 feeder schools who will be in 6th-8th grade in the 2020-2021 school year are welcome. This is an amazing opportunity to learn vocal and performance techniques, make great friends, and perform at concerts and competitions! Parent informational meeting will be held at the first rehearsal. The fee covers the cost of 20+ rehearsals, guest clinicians, vocal arrangements/music purchases, T Shirts/Jackets, possible competition fees, and possible competition transportation.

Students will learn vocal and performance techniques as a part of an ensemble.

Children's Theatre Co. Presents Series **22102**

Join Children's Theatre Co. with a new stage production each session, featuring the beloved characters and hit songs from the films! Weekly in-person rehearsals include acting, games, singing, and dancing, and each child will receive a role that will include a monologue that needs to be memorized and a song to be performed as a solo. Performers will be provided with vocal and instrumental tracks, as well as choreography videos. The final show will be recorded during the last scheduled class and a link to the performance will be shared with families once available. In-person auditions take place during first scheduled class.

Students will learn to become empowered with confidence, authenticity, and presence through the teachings of musical theatre.

International Family Games**22104**

Take some time to learn and share games from other countries with your family! Some new and some ancient, all the games we will play have an international origin. Games from Africa, the Netherlands, and Peru are all featured in this program. Participants aged 10 to 15 and adults will learn to create each game and then practice the rules of play, handouts with instructions will be included. All the games in this program can be played with a piece of paper and a fist full of pennies, participants should bring their own pennies.

Students will learn about games from countries around the world. Students will also create, practice and play the games.

Cheerleading/Poms**22105**

Under the direction of Chicago Loves Dance instructors, Students will learn cheers as well as poms choreography weekly in this upbeat class. They will learn 3-4 new cheers weekly, work on form, as well as add on to their poms dance routine.

Students will learn cheers and poms choreography.

Youth Yoga**22106**

This class is run by professional yoga instructors from Chicago Loves Dance. In this class kids will learn beginning yoga movements, terms, and yoga based games to make learning fun. Yoga is wonderful for improving listening skills, building self-esteem, and supporting social and emotional learning as well as managing stress and relaxation in adolescence.

Students will learn beginning yoga moves, terms and games.

Boy's Breakdance**22107**

Under the creative direction of skilled Chicago Loves Dance break-dancers, students will learn choreography and poses, show off their creativity in free-style sessions and more! Chicago Loves Dance runs on the philosophy that dance should open your child's creative abilities and be FUN! We pride ourselves on teaching the self-esteem and socialization needed in everyday life through the activity of dance and performance. The last day of the class will be a parent watch day where they will do a short performance to show off their new talents.

Students will learn breakdance choreography and poses.

Girl's Hip Hop**22108**

Students will learn choreography to the newest pop/dance songs, show off their creativity in freestyle choreography sessions, and more! Chicago Loves Dance runs on the philosophy that dance should open your child's creative abilities and be FUN! We pride ourselves on teaching the self-esteem and socialization needed in everyday life through the activity of dance and performance.

Students will learn hip-hop choreography and techniques.

Parent/Child Yoga**22109**

Kids and parents will learn together in this fun family oriented class. Yoga is wonderful for improving listening skills, building self-esteem, and supporting social and emotional learning as well as managing stress and relaxation in adolescence. This class is run by professional yoga instructors from Chicago Loves Dance.

Students will learn yoga moves, as well as improve listening skills and build self-esteem.

Bitty Ballet**22110**

It's never too early to start your little one dancing and singing! Learn the basic positions of ballet and have fun dancing and singing along with your child in this beginning level class for 2 - 5 year olds run by our friends at Chicago Loves Dance.

Students will learn the basic positions of ballet.

Individual Music Lessons

Students will receive individualized one-on-one instruction on their instrument.

Individual Trumpet Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Individual Percussion Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Individual French Horn Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Individual Jazz Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Individual Clarinet Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Individual Tuba Lessons

Individual music lessons are an essential part of any musician's growth. Offering instruction on a wide variety of instruments, our program features over 30 of the best private lesson instructors the Chicago area has to offer. Lessons are offered at all six high schools during the school day for district students and weekdays after school for non-district students and adults.

Youth Enrichment and Education Black Rocket STEM Classes

ROBLOX Makers**26012**

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

This is an online class. A Zoom link will be emailed to you a few days prior to the first scheduled class. Compatible with MAC and Windows OS only, NOT compatible with Chromebooks. Do you have the hardware to participate in this class? Check here for tech requirements: Black Rocket Tech Requirements

Students will learn how to build 3D models and create an adventure in a ROBLOX® world. Students will learn to design life with unique animations.

Code Your Own Adventure! Interactive Storytelling**26101**

Watch as the characters in your imagination come to life in this unique course that blends classic storytelling with animation techniques and coding. Start with a concept, design the characters, and choose not just one ending, but many! Learn how to create your own text-based adventure games with variables, conditional logic, images, HTML, CSS, and JavaScript. Student projects will be available on a password protected Black Rocket website to share with friends and family. Presented in partnership with Black Rocket.

This is an online class. A Zoom link will be emailed to you a few days prior to the first scheduled class. Compatible with MAC and Windows OS only. NOT compatible with Chromebooks. Do you have the hardware to participate in this class? Check here for tech requirements: Black Rocket Tech Requirements

Students will learn how to create text-based adventure games with variables, conditional logic, images, HTML, CSS, and JavaScript.

eSports Apprenticeship - Streamers and Gamers**26103**

Whether you want to be the next pro gamer, streamer, or gamecaster this course will teach you the basics to get started! No longer just a hobby, eSports is the fastest-growing career for the next generation. Over 400 million people watched YouTube videos and Twitch streams of video game competitions this year alone! In this course, students will develop game-play skills and compete using Black Rocket's eSports games and apps, learn how to produce commentary for live tournaments, use professional streaming software, and most importantly practice online safety. Student recordings will be available on a password protected website to share with friends and family. Videos will not be broadcast publicly but will be shared with all students in the class. Presented in partnership with Black Rocket.

This is an online class. A Zoom link will be emailed to you a few days prior to the first scheduled class. A webcam is required for this class. Compatible with Mac and Windows OS only. NOT compatible with Chromebooks. Do you have the hardware to participate in this class? Check here for tech requirements: Black Rocket Tech Requirements

Students will learn to develop game-play skills and compete using Black Rocket's eSports games and apps, learn how to produce commentary for live tournaments, use professional streaming software, and most importantly practice online safety.

Minecraft Modders**26104**

Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft. Student projects will be available on a password protected Black Rocket website to share with friends and family. Returning students can create more advanced projects that build on previous years. Presented in partnership with Black Rocket.

This is an online class. A Zoom link will be emailed to you a few days prior to the first scheduled class. Students must own a Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Buy the Java version of Minecraft here: [Minecraft Java Edition](#) Compatible with Mac and Windows OS only, NOT compatible with Chromebooks. Do you have the hardware to participate in this class? Check here for tech requirements: Black Rocket Tech Requirements

Students will learn the basics of modding and foundations of programming, as well as learn scripting and logic statements. Introductory coding will also be taught through a simulated environment.

Performances and Special Events

The Theater Lab Membership **71100**

The Theater Lab (D214 Community Education's own Community Theater) is always seeking new members to join our ranks and help us continue to build a community of people who want to be a part of the creative process of live theater and performing arts. Our goal is to create a fun and supportive atmosphere that allows everyone the opportunity to learn and grow from each other. The Theater Lab is open to anyone age 13 and up regardless of experience: Novices, amateurs, professionals, high school students, college students, seniors, retirees, singles, moms and dads. No matter who you are or your level of experience, there's a place for you in our family!

Members set their own level of time commitment and are encouraged to be involved as much as they are able in whatever way is most comfortable. Opportunity arises from involvement, and the most involved members will enjoy the greatest benefit. Members will be part of the cast, crew, production staff, marketing, front-of-house staff and, of course, the audience. All performances, rehearsals and meetings are held at the Forest View Educational Center. We produce two productions per year.

Membership dues are just \$30 a year, so if all you do is come to the performances using your member comp ticket, it pays for itself.

Students will learn to be a part of the creative process of live theater and performing arts.

Cultural and Performing Arts Presentation Series **70000**

Audience members will experience music, dance, and other performing arts performances as programmed and presented by Community Education.

Cultural and Performing Arts Partner Performances

Audience members will experience music, dance, and other performing arts performances presented by Community Education in partnership with other area performing arts organizations. 74000

Adult Enrichment Tutorials

Learn Today, ZOOM tomorrow! **80100**

As many of our classes are transitioning to an online platform, it's important to become comfortable with Zoom, as well as how to navigate once you're in the application. This FREE self-paced online tutorial will walk you through an overview of Zoom, cover terminology, online etiquette, downloading the application, navigating the system, and ways to troubleshoot common issues. Once you register, you will be sent a confirmation email that includes the link to the video tutorial hosted on our D214 YouTube channel.

Students will learn about an overview of Zoom, cover terminology, online etiquette, downloading the application, navigating the system, and ways to troubleshoot common issues.

Remote Learning Lab

Remote Learning Lab **25100**

We've created our innovative Remote Learning Lab to support your child's online learning in a safe and nurturing environment during the COVID-19 era. Your child will be placed in an age appropriate setting with their peers to support social-emotional well-being, while being supervised throughout the day by an expert Learning Coach who will be available to help with any issues that arise with their academics. In addition to the learning support in our classrooms, we will also organize fun brain-break activities throughout the day as well as outdoors time and a lunch break. The small group sizes in large classrooms will allow for social distancing while still getting some much needed socialization and support. Don't struggle with a plan for student supervision, just leave it up to us!

Students will be supervised by a D214 CE staff member in a socially distanced group setting while attending online classes through their school.

Community Education Travel (CET)

CET Day Trips **60000**

Travelers will participate in day trip group tours of local areas of interest throughout the greater Chicagoland area.

CET Theatre Trips **61000**

Travelers will participate in group day trips to theatre events throughout the greater Chicagoland area.

CET Extended Tours **62000**

Travelers will participate in extended overnight trips visiting areas of interest both domestically and internationally.