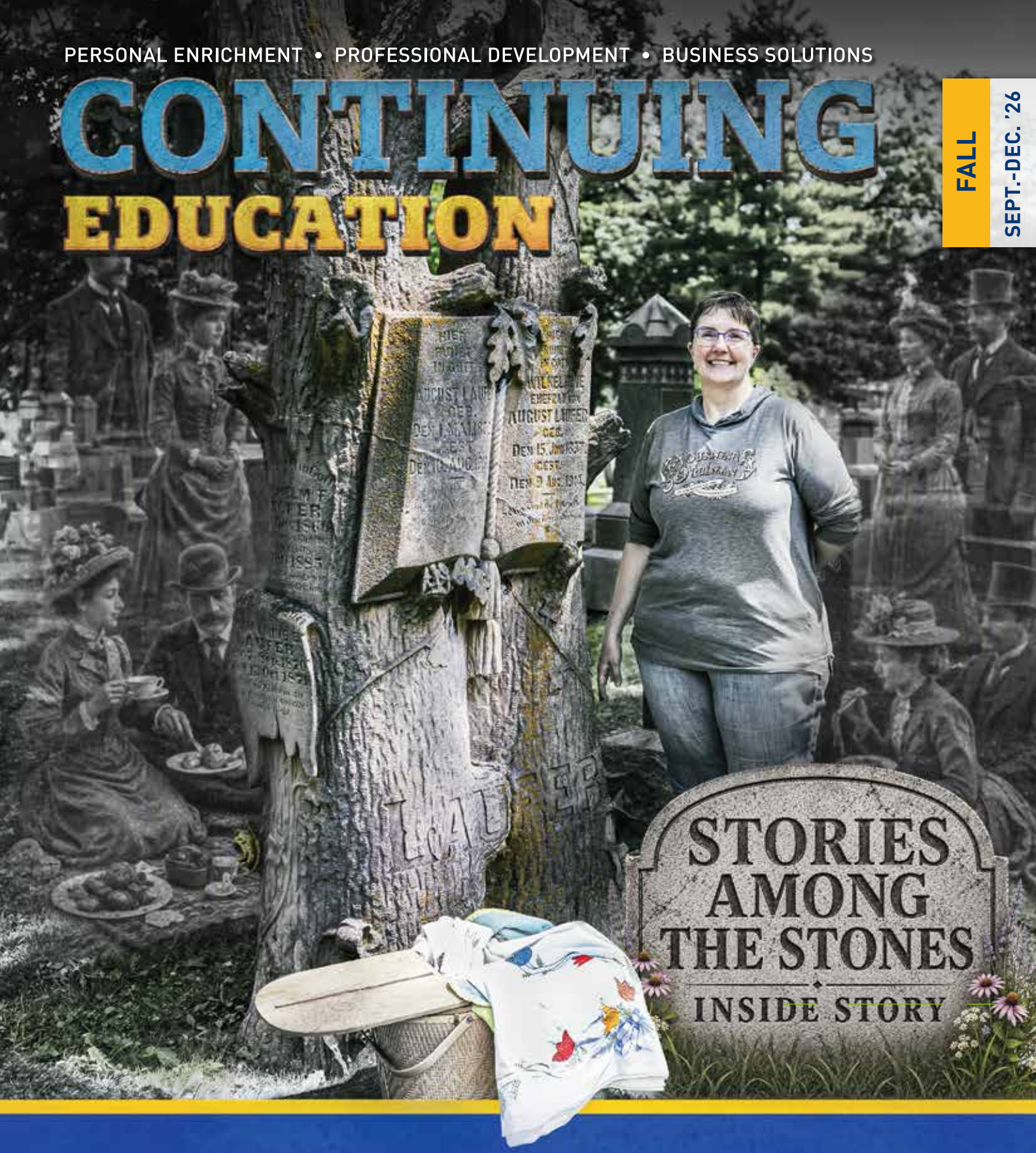
PERSONAL ENRICHMENT • PROFESSIONAL DEVELOPMENT • BUSINESS SOLUTIONS

CONTINUING EDUCATION

FALL

SEPT.-DEC. '26



HEARTLAND COMMUNITY COLLEGE

Heartland.edu/ContinuingEd

Today, the idea of enjoying lunch in a cemetery may seem unusual, but during the Victorian era it was a cherished tradition. The Garden Cemetery movement in the mid-1800s turned burial places into beautiful parks filled with winding roads, tall trees, and peaceful spaces. Evergreen Memorial Cemetery in Bloomington became a place not only to mourn loved ones, but also to gather with family and even share a meal at the gravesite.

Candace Summers, senior director of education at the McLean County Museum of History, has spent 21 years teaching local history and uncovering the cemetery's stories as she led the Museum's popular Evergreen Cemetery Walk. She brings to life customs, symbols, architecture, and personalities in our fall class ***Lunch, Learn & Listen: Cemetery Customs & Traditions of Days Gone By, Dining With the Dead.*** **See page 3 for details.**

After a guided walking tour of Evergreen Memorial Cemetery, learners will enjoy a picnic lunch inspired by a tradition that once offered an ordinary way to honor and remember loved ones.

TALES FROM THE EVERGREEN

SHARED DURING A RECENT STROLL THROUGH THE CEMETERY

- **H.J. Higgins & Co.** designed the Bloomington Vault in 1888 at Evergreen Memorial Cemetery. The firm later became the nationally known monument company Higgins-Jung-Kleinau Co. that designed monuments throughout Central Illinois, and as far away as New York, California, and Canada.
- One of the most recognizable monuments, the **David Davis obelisk,** stands 24½ feet tall. However, the **Timmerman family monument** surpasses it by six inches, making it the tallest obelisk in the cemetery at 25 feet.
- An Illinois State University class calculated the cemetery's **heaviest monument** weighs about 15 tons. Workers shipped it in sections by rail to Bloomington.
- **Tree trunk monuments** symbolize a connection to nature. Intertwined tree limbs often represent a husband and wife, like the monument pictured on the cover.

This fascinating class is one of the many you will find in our fall Continuing Education offerings. Learn how to play mah-jongg **(page 3)**, make a soufflé **(page 30)**, or find out about our new offerings for homeschool learners **(page 38).**

Join us and start traditions of your own!

On the cover:

Candace Summers, senior director of education at the McLean County Museum of History, poses alongside the tree trunk monument of August Laufer and his wife Wilhelmine. Summers will teach a Continuing Ed class this fall that covers cemetery customs and traditions. We have photoshopped one of those customs, the practice during the Victorian era of families enjoying picnics near the gravesite of loved ones.

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- We'll be sending your room assignments along with your course info and a campus map a few days before the start of your class.

Zoom

Enjoy your favorite live class from the comfort of your home. Look for the Zoom icon!

Off-Campus Location

We have classes at off-campus sites. Look for this icon to see our off-campus partners.

Daytime Learning

Discover classes that you can enjoy during daytime hours.

Early Bird Discount

Register now through Friday, Sept. 4, to receive a 10% discount on your course fee!

Does not include Truck Driver Training, off-campus trips, online professional development, Ed2Go, and a few other selected courses.

Up to half off grant-funded classes!

Look for this icon on selected classes in this booklet and receive up to half off the class cost if you qualify for grant funding. Look on page 16 for more details.

Unless otherwise stated, these classes are designed for adults 18 and over.
Visit our website Heartland.edu/ContinuingEd

Continuing Education Issue 106 August 2026 (USPS 024531) is published 4 times a year: January, February, April, and August by Heartland Community College, 1500 W. Raab Road, Normal IL 61761. Periodicals postage paid at Normal IL 61761 (and additional offices).

POSTMASTER: Please send address changes to Continuing Education, Heartland Community College, 1500 W. Raab Road, Normal IL 61761.

Trips

NEW! Discover Colors of New England: Collette Trip Preview

Join us for a preview of our Fall 2027 Collette travel adventure, Discover Colors of New England! Take in the beauty of New England's vibrant fall colors as you journey through historic cities, charming villages, mountain landscapes, and rugged coastlines. Begin in historic Boston before traveling to Woodstock, Vt. Learn about the region's maple sugaring traditions. Watch apples become cider at Cold Hollow Cider Mill, enjoy a scenic cruise on Lake Winnipesaukee, and savor a traditional New England lobster dinner. Travel to the summit of Mount Washington and admire Maine's dramatic coastline in Portland and Kennebunkport. This is a no-obligation meeting to provide details and answer questions.

1255 Sec. A **Monday 9/28, 5:30-6:30PM**
FREE, but registration is required

NEW! Broadway in Indianapolis: Disney's 'The Lion King'

Join us for a day trip to Indianapolis to see Disney's "The Lion King," one of Broadway's most celebrated and visually stunning musicals. Enjoy a boxed lunch en route before taking your seat at the historic Murat Theatre at Old National Centre. Winner of six Tony Awards, including best musical, "The Lion King" brings the African Serengeti to life through breathtaking visuals, unforgettable music, and imaginative storytelling. After the performance, we'll stop for dinner at the famous Beef House in Covington, Ind., before returning home. Your trip includes transportation, a boxed lunch, dinner at the Beef House, admission to Disney's "The Lion King," and all gratuities. **Registration deadline is Sept. 13.** Sorry, no refunds after this date.

1276 Sec. A **Saturday 10/10, 8:30AM-8:30PM**
$299

Photo credit: Walter S. Mitchell III, City of Chicago

NEW! Yuletide in the City

Celebrate the holiday season with a festive Monday day trip to downtown Chicago and the world-famous Christkindlmarket at Daley Plaza. Browse artisan vendors, shop for handcrafted gifts, and sample seasonal treats at this beloved German-style outdoor market. Enjoy free time to shop, eat, and explore the Christkindlmarket, Macy's State Street location, and nearby restaurants, all within easy walking distance. Take advantage of lighter weekday crowds before concluding the day with a festive photo stop at Millennium Park's holiday tree and Cloud Gate ("The Bean"). Your trip includes transportation, gratuities, and free time to enjoy Chicago's holiday traditions. Call 309-268-8160 to request a Pontiac pickup. Sorry, no refunds after Nov. 15.

1275 Sec. A **Monday 11/30, 8AM-7:30PM**
$89

NEW! Introduction to American Mah-Jongg

Discover why American mah-jongg is taking the country by storm! Learn every aspect of this fun, social game through hands-on instruction and guided play. Each week, tackle new topics designed to build your skills and confidence, with plenty of time to play during class. Finish the series ready to sit down and play comfortably with friends at any American mah-jongg table. Participants will receive a supply list before the start of class. **Registration deadline is Sept. 21.**

Mary Lou Allman

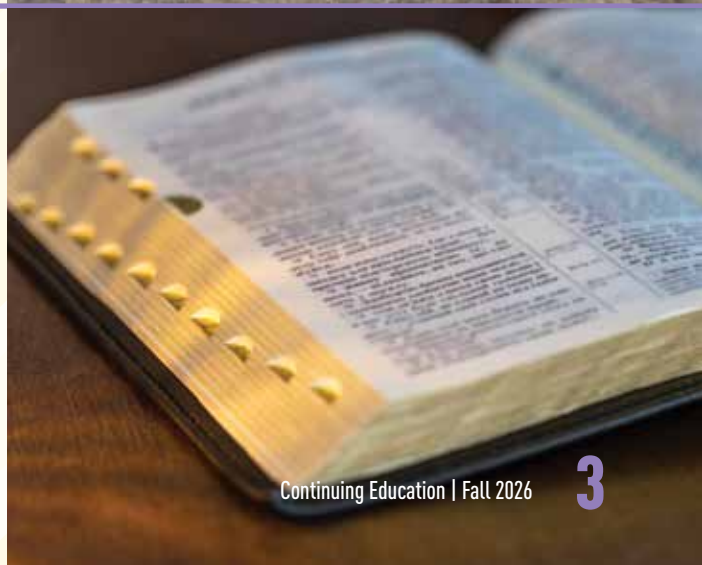
1258 Sec. A — Mon/Wed (8 sessions), 10/5-10/28, 6-8PM
$85 (plus supplies)

NEW! Lunch, Learn & Listen: Cemetery Customs & Traditions of Days Gone By, Dining With the Dead

Enjoying a picnic in a cemetery was not always a taboo activity: Quite the contrary — a graveside lunch was once a popular leisure activity. People often dined while visiting loved ones, and city residents took advantage of cemeteries for strolls and carriage rides, too. Join Candace Summers, McLean County Museum of History senior director of education, for a walking tour of Evergreen Memorial Cemetery followed by a picnic lunch. Learn about Victorian-era funerary customs and superstitions, explore the cemetery's monuments, and hear stories of some of the McLean County citizens who rest there. Price includes a one-hour guided walking tour and boxed lunch. Note: Please dress for the weather and wear comfortable walking shoes, as participants will walk approximately one mile over a one-hour period, standing and stopping between various sites. In the event of rain, the program will be held indoors at Heartland Community College. **Registration deadline is Oct. 4.**

Candace Summers

1204 Sec. A — Friday 10/9, 11AM-1PM
Off campus, Evergreen Cemetery, Bloomington
$39



NEW! Lifelong Learner Lectures: A History of the Bible

The Christian Bible is a collection of books covering history that spans nearly 4,000 years. Join Dr. Camilla Hempstead, a retired ordained United Methodist minister, and associate adjunct instructor at Heartland Community College, as you explore the history of those books, how they are categorized in the Bible, and key information about texts not included in the current canon. Dr. Hempstead holds a Master of Divinity from Christian Theological Seminary and a Doctor of Ministry with an emphasis in adult Christian education from Perkins School of Theology.

Camilla Hempstead

1216 Sec. A — Wednesday 9/30, 10-11:30AM
FREE, but registration is required

Special Interest

Menopause Mastery: Thriving Through Transition

Step into a comprehensive and empowering workshop designed to help you navigate the journey of menopause with confidence. Led by a team of experts in menopause management, nutrition, fitness, and medical treatments, this workshop provides you with knowledge and tools to master this phase of life. Hear real stories from women like you, explore treatment options, discover nutrition and exercise tips, get connected with local resources, and enjoy a provided lunch, giveaways and more! **Registration deadline is Oct. 11.** Sorry, no refunds after this date.

1203 Sec. A — Saturday 10/17, 9AM-2:30PM
$65

Schedule:

9-9:35AM	**Understanding Menopause: The What, When, and Why** Define menopause and its stages, identify when changes typically occur, and recognize common symptoms. *Kim Bankston, DNP - Bloomington Primary Care*
9:40-10:15AM	**Hormones & Treatment Options: From HRT to Holistic** Compare hormone replacement therapy options, weigh risks and benefits, and explore non-hormonal treatments. *Jackie Deffenbaugh, APN, WHNP, MSCP – Advanced Women's Healthcare*
10:15–10:25AM	**Morning break**
10:25–11AM	**Mental Health & Menopause: Finding Emotional Balance** Identify emotional changes during menopause, understand the impact on mental health, and learn strategies to support emotional well-being. *Carrie K. Company, LCPC – Good Company Counseling and Coaching*
11:05–11:40AM	**Menopause and Your Skin** Discover skin changes related to menopause, including dryness, sensitivity, and pigmentation. Learn how to care for aging skin and when to seek professional guidance. *Lucy Wisdom, MD – Associates in Dermatology*
11:40AM-12:10PM	**Lunch break & networking**
12:15-12:50PM	**Fueling Wellness: Nutrition & Weight Management** Discuss how to manage metabolism changes, support bone health, and choose supplements wisely. *Javelin Lawrence, DCN, CNS-C, MS – Java Green Herbal Teas*
12:55–1:30PM	**Move Through Menopause: Exercise for Strength & Balance / Pelvic Floor Health** Learn how to practice safe, effective movement for midlife bodies and strengthen the pelvic floor to support long-term wellness. *Poonam McAllister, PT – Central Illinois Institute of Balance*
1:30-1:45PM	**Meditative Breathwork break** *Amy Haney – The Healing Spirit*
1:45–2:15PM	**Let's Talk About It** Ask questions, share experiences, and join an open conversation guided by the facilitator.
2:15-2:30PM	**Closing, thank-yous, & final thoughts**

Join us for a day of education, empowerment, and support for every stage of the menopause journey. Whether you're experiencing hot flashes, navigating mood changes, or just want to learn what's ahead, this event is for you.

ed2go

Genealogy Basics

Jump in to collect, verify, and organize family records using reliable sources and research methods. Find out how to locate documents, analyze evidence, troubleshoot missing information, and use online databases effectively. Build a step-by-step research plan, evaluate your findings, and share results with others. In the end, know where to search, who to contact, and how to turn scattered records into a clear family history. This class can be self-paced with course content available for a 3-month period, or instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week.

$140 ed2go.com/hcc

Weather in the Heartland: Winter Wonderland

Brrrr! Winter is coming! Discover what makes temperatures so chilling when you hear from WMBD/WYZZ chief meteorologist Chris Yates. Gain valuable tips on how to enjoy winter weather and stay safe. Understand the phenomena behind the formation of frost, flurries, blizzards, and arctic blasts. Investigate our region's winter weather patterns through the decades.

Chris Yates

1164 Sec. A — **Saturday 11/7, 9AM-12PM**
$49

Early Bird Discount

Register now through Friday, Sept. 4, to receive a 10% discount on your course fee!

NEW! Holiday Stories of the Heartland

Join Bill Kemp, librarian at the McLean County Museum of History, for stories and images of how local residents celebrated the winter holidays from the pioneer era through the mid-20th century. Learn how the German community helped popularize many Christmas traditions and travel back to a time when downtown Bloomington was a retail wonderland. See special show-and-tell items from the museum's archives that bring these holiday memories to life.

Bill Kemp

1256 Sec. A — **Monday 12/7, 5:30-7:30PM**
$35

Journey to the Stars: Astronomy 101

Start your journey into stargazing with the essentials. Get familiar with the tools of the hobby — from supplies to helpful apps and websites. Build foundational knowledge to make sense of what you see in the night sky, including constellations, moon phases, planetary viewing, solar observations, and deep sky objects. Get introduced to key concepts in astrophysics — like the life cycles of stars — to deepen your appreciation of the universe above.

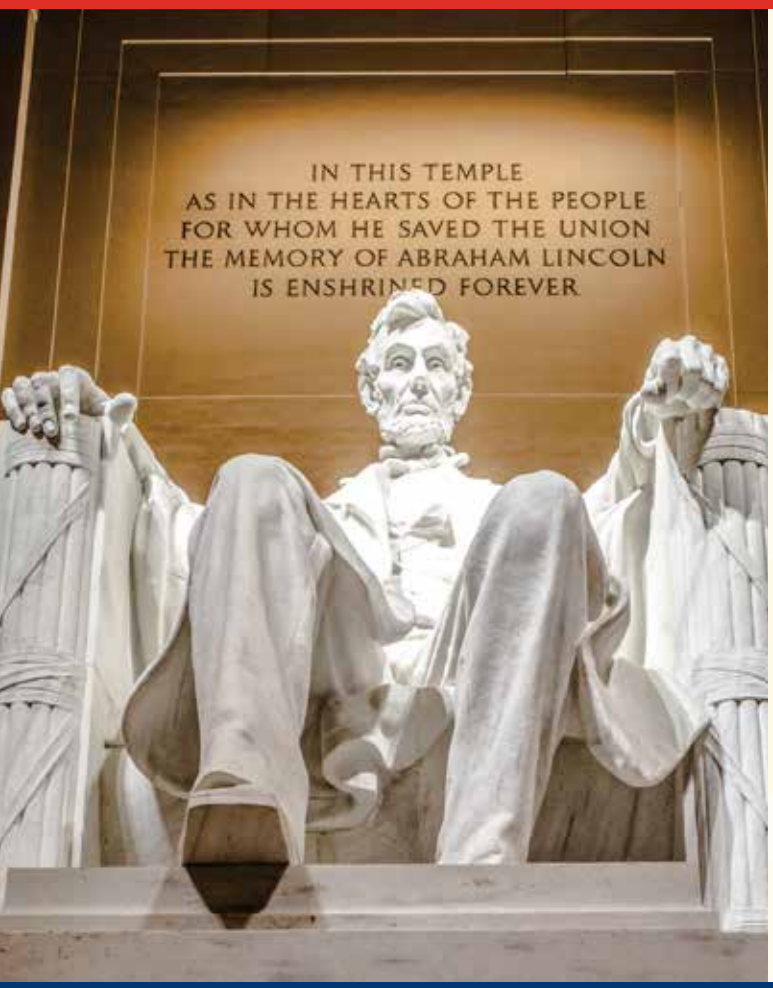
Jeff Benter

1160 Sec. A — **Monday (2 sessions), 9/14-9/21, 6-7:30PM**
$35

Be in the know

Like or follow us on Facebook and join the conversation!
Facebook.com/ContinuingEd.hcc

History



NEW! Presidential Assassinations

Political violence has shaped American history, including multiple attempts on U.S. presidents. Examine failed attempts on Andrew Jackson, Theodore Roosevelt, Harry S. Truman, Gerald Ford, and Ronald Reagan, as well as the assassinations of Abraham Lincoln, James Garfield, William McKinley, and John F. Kennedy. Explore the events, motives, and lasting impact of these incidents, including conspiracy theories surrounding Lincoln and Kennedy. Consider how these moments altered history and the nation's political landscape. Note: Due to the sensitive nature of this topic, some content may be graphic.

Jeff Paisley

1215 Sec. A — **Wednesday (3 sessions), 9/16-9/30, 6-7:30PM**
$49

Watergate: The Political Scandal of the Century

After Nixon's resignation, President Ford vowed a return to normalcy. However, the Watergate scandal and measures taken to prevent future abuses of power left an enduring mark on the U.S. presidency. Discover the role new ethics laws and increased scrutiny from Congress and the media play. Investigate how the Watergate break-in holds relevance in today's charged political and electoral climate.

Jeff Paisley

1148 Sec. A — **Thursday (2 sessions), 12/3-12/10, 6-8PM**
$45

LIFELONG LEARNER LECTURES

Learning is *Limitless*

FREE TO ATTEND

Join our **Lifelong Learner Lectures,** a speaker series dedicated to showcasing intriguing and timely topics. Each lecture takes place on a Wednesday from 10-11:30AM, featuring a one-hour presentation followed by a 30-minute Q&A session.

WHEN	TALK	THEN
Wednesday, Sept. 30 10-11:30 AM	**1 Hour** Presentation	**30 Minute** Q&A Session

THIS SESSION Explore the history of the Christian Bible and learn about the different books and information about not included texts.

Attendance is **free,** but registration through Continuing Education is required.

SEE PAGE 3 FOR MORE INFORMATION

The Vietnam War

The Vietnam War is one of the most debated U.S. military efforts in history. Examine the history of the Vietnam War as you dig through preceding ideological and international tensions that set the stage for the conflict. Investigate the events that sparked the war, coinciding issues at home, and major battles. Leave with enriched knowledge about a period in U.S. history that significantly shaped the later portion of the 20th century.

Jeff Paisley

1147 Sec. A — Thursday (3 sessions), 10/15-10/29, 6-7:30PM
$49

NEW! Revolutions in England, France & Russia

Examine the English, French, and Russian revolutions, three of Europe's most transformative rebellions. Learn how internal political, social, and economic unrest set each nation on a path to upheaval, leading to civil war, sweeping government change, and the rise of powerful leaders. Compare how each revolution shared similarities yet produced dramatically different outcomes that reshaped the course of history.

Jeff Paisley

1217 Sec. A — Wednesday (3 sessions), 11/4-11/18, 6-7:30PM
$49

Against the Odds: Women, Legislation & U.S. History

Explore the lives and impact of American women from the early 1800s to today. Follow key movements such as suffrage, labor reform, civil rights, and the four waves of feminism. Meet influential figures such as Sojourner Truth, Gloria Steinem, bell hooks, and Tarana Burke. Challenge familiar narratives, think critically about the past, and gain a deeper appreciation for the progress and setbacks that have shaped women's roles in U.S. history.

Cierra Aiden

1251 Sec. A — Wednesday 10/28, 6-8PM
$25

Lincoln's 'Lost Speech' Found: Origin of the Illinois Republican Party

Go back in time to May 29, 1856, when Abraham Lincoln gave the keynote address at a political convention in downtown Bloomington. Learn about the goal to establish a new political party opposed to the expansion of slavery. Discover why it is said Lincoln gave one of the greatest, most eloquent speeches of his life that evening, as he rallied northern voters of various political leanings to the anti-slavery cause. Learn why this speech became known as the "Lost Speech" and how it is not really lost!

Bill Kemp

1250 Sec. A — Monday 9/28, 6-8PM
$35

Creative Arts

Glass Working for Beginners: Pumpkin Perfection

Sculpt the perfect fall centerpiece! Delve into the tools, equipment, and basic principles of the ancient craft of glass working. Tour the hot shop and enjoy a demonstration guided by the expert team at Michael Amis Studio. Then, gather molten glass from the furnace and experience the magic of glass working as you craft your own pumpkin. No prior experience is required. Projects must be cooled overnight before leaving the studio.

Michael Amis Studio instructor

1121 Sec. A	Saturday 10/17, 9-10:30AM
1122 Sec. B	Saturday 10/17, 11AM-12:30PM
1123 Sec. C	Saturday 10/17, 1:30-3PM
1124 Sec. D	Saturday 10/17, 3:30-5PM
1125 Sec. E	Saturday 10/24, 9-10:30AM
1126 Sec. F	Saturday 10/24, 11AM-12:30PM
1127 Sec. G	Saturday 10/24, 1:30-3PM
1128 Sec. H	Saturday 10/24, 3:30-5PM

Off campus, Michael Amis Studio, Bloomington
$79 (plus $40 supply fee, cash only, paid to instructor)

NEW! Glass Working for Beginners: Blown Glass Bowl

Blow and shape a stunning glass bowl and enjoy the creative thrill of working with molten glass! Explore the tools, equipment, and basic principles of the ancient art of glass working. Tour the hot shop and watch a lively demonstration led by the expert team at Michael Amis Studio. Then gather glowing glass from the furnace and have fun experimenting with form and color as you create your own one-of-a-kind bowl. No prior experience is required — just bring your curiosity. Projects must be cooled overnight before leaving the studio.

Michael Amis Studio instructor

1137 Sec. A	Saturday 11/14, 9-10:30AM
1138 Sec. B	Saturday 11/14, 11AM-12:30PM
1139 Sec. C	Saturday 11/14, 1:30-3PM
1142 Sec. D	Saturday 11/14, 3:30-5PM
1226 Sec. E	Saturday 12/12, 9-10:30AM
1227 Sec. F	Saturday 12/12, 11AM-12:30PM
1228 Sec. G	Saturday 12/12, 1:30-3PM
1229 Sec. H	Saturday 12/12, 3:30-5PM

Off campus, Michael Amis Studio, Bloomington
$79 (plus $40 supply fee, cash only, paid to instructor)

Share your talents!

Use your knowledge, skills, and passion to earn extra income as a Continuing Education instructor! Join our team in teaching personal enrichment and professional development classes. Whether it be in new or existing classes, we'd like to work with you! Call Program Manager Sarah Mylcraine at 309-268-8848 or email sarah.mylcraine@heartland.edu.

NEW! The Art of the Mess: Paint Like Pollock

Dive into controlled chaos and paint with your whole body. Channel your inner Jackson Pollock to explore action painting through dripping, splashing, pouring, and staining. Use acrylic pouring and fluid acrylic painting to build an all over composition that rejects borders. Apply paint with brushes, knives, hands and fingers! Smear, fling, and guide color across the surface. Trust process over product, work large, stay loose, and let chance, gravity, and motion shape your work. All supplies provided.

The Little Art School instructor

1232 Sec. A — Monday (5 sessions), 9/14-10/12, 6-8:30PM
Off campus, The Little Art School, Bloomington
$199

Beginner Oil Painting

Dab your brush and dive into oil painting in this beginner level class. Learn color theory, brush techniques, and other fundamentals. Develop your skills with hands-on guidance as you create your first oil painting. Leave with the confidence to continue on your oil painting journey. Participants will receive a supply list before the start of class.

The Little Art School instructor

1141 Sec. A — Monday (5 sessions), 10/19-11/16, 6-8:30PM
Off campus, The Little Art School, Bloomington
$185 (plus supplies)

Beginning Pottery Wheel

Work from wet clay to a glazed, finished product as you discover how to create functional ceramics. Learn how to throw cylinders and bowls, and grow your skills as you wedge, sculpt, and then glaze your pottery. Take home a new hobby along with your completed one-of-a-kind piece!

Claire Hedden

1133 Sec. A — Thursday (4 sessions), 10/22-11/12, 9AM-12PM
$159

Sculpting Ceramics by Hand & Pottery Wheel

Create functional and one-of-a-kind ceramics! Fine-tune techniques such as pinching, coiling, and building with clay. Then move to the pottery wheel, where you'll learn to throw cylinders and bowls. Observe and understand the ceramic process, from wet clay to fired pottery to finishing with glazing. Bring your ideas and inspiration to make original pieces in a cooperative and creative environment. No prior experience required.

Claire Hedden

1131 Sec. A — Thursday (6 sessions), 9/10-10/15, 9AM-12PM
$235

Sculpting Ceramics by Hand & Pottery Wheel

Create functional and one-of-a-kind ceramics! Fine-tune techniques such as pinching, coiling, and building with clay. Then move to the pottery wheel, where you'll learn to throw cylinders and bowls. Observe and understand the ceramic process, from wet clay to fired pottery to finishing with glazing. Bring your ideas and inspiration to make original pieces in a cooperative and creative environment. No prior experience required.

Anna Garner

1132 Sec. B — Tuesday (9 sessions), 9/15-11/10, 6-8:30PM
$269

Decorative Wall Hangings & Ornaments

Create unique pieces to spruce up your living space. Express yourself through clay with hand-building techniques and a few simple tools. Embrace the opportunity to cut, model, and decorate custom low-relief wall tiles, flower wall pockets or planters, holiday ornaments, and mixed media wall decorations.

Claire Hedden

1134 Sec. A — Thursday (2 sessions, does not meet 11/26), 11/19-12/3
6-8:30PM
$135

Early Bird Discount

Register now through Friday, Sept. 4, to receive a 10% discount on your course fee!

Creative Arts

Northern Lights Resin Pendant

Discover the magic of UV resin in this hands-on class. Create a mesmerizing nightscape using shimmering mica powders and vibrant alcohol inks. Perfect for beginners and experienced crafters alike, this workshop guides you through the process of layering colors, manipulating resin for celestial effects, and incorporating techniques to create depth and dimension. Walk away with a one-of-a-kind resin piece that glows with cosmic beauty!

Jen Bethmann

1225 Sec. A — Wednesday 11/11, 6-8PM
$35 (plus $10 supply fee, cash only, paid to instructor)

Make Jewelry With Silver Metal Clay

Create a beautiful pendant and earrings using the medium of silver metal clay! Learn how to handle the clay, including texturing, trimming, refining, firing, and finishing techniques. In the second session, watch the instructor fire your creations and then you will polish them to perfection. Leave with finished jewelry and the skills you need to continue exploring metal clay.

Kristy Walden

1272 Sec. A — Wednesday (2 sessions), 9/23-9/30, 6-8:30PM
$99

NEW! Bronze Clay Bangle Bracelet

Design and create a one-of-a-kind bronze metal clay bangle bracelet in this hands-on workshop. Learn techniques to roll, shape, texture, and refine bronze clay as you craft a custom bracelet that reflects your style. Explore creative design ideas, decorative patterns, and finishing touches before your piece is fired into solid bronze. Leave with a unique handcrafted bangle bracelet and the confidence and inspiration to continue exploring metal clay jewelry making.

Kristy Walden

1273 Sec. A — Wednesday (2 sessions), 10/21-10/28, 6-8:30PM
$99

NEW! Beautiful Stone Pendant Wrapped in Wire

Learn a prong technique to create secure, elegant settings for beautiful cabochons in this hands-on class using wire wrapping. Practice during a step-by-step demonstration, learning wire selection, prong basics, shaping bezels, and finishing touches like decorative wraps and securing bails. Leave with a stunning pendant. Cabochons may vary in style and color.

Jen Bethmann

1230 Sec. A — Wednesday 10/7, 6-8PM
$35 (plus $10 supply fee, cash only, paid to instructor)

Breathtaking Bows: Elevate Your Gift Wrapping & Decor

Wrap up gleeful gifts and deck your halls with intricate bows this holiday season! Craft delicate, stunning bows to decorate wreaths, stockings, and even the tree. Keep using your skills year-round to spruce up weddings, banquets, and more!

Dan Anderson

1143 Sec. A — Wednesday 10/14, 6-9PM
$35 (plus $15 supply fee, cash only, paid to instructor)

Connect. Engage. Learn.

Follow Continuing Education on social media!

Facebook: continuingEd.hcc LinkedIn: Heartland Community College Instagram: @kidsatheartland

Macramé for Beginners

Rediscover the art of macramé! Learn foundational knots, techniques, and best practices to create a stunning planter and wall hanging. Complete projects like a plant hanger and small wall art, gaining the skills and confidence to craft your own pieces. Get inspired by this timeless and trendy art form!

Dan Anderson

1144 Sec. A — Wednesday (2 sessions), 9/23-9/30, 6-9PM
$65 (plus $30 supply fee, cash only, paid to instructor)

Get to Know Your Sewing Machine

Put your sewing machine to work! Learn how to stitch a blind hem, make buttonholes, insert a zipper, and more. Review basic maintenance techniques to keep your machine running smoothly. Bring your own machine, manual, attachments, and power adapter. Leave knowing how to adeptly use your machine and the accessories in your attachment box.

Pam Faber

1162 Sec. A — Tuesday (2 sessions), 9/15-9/22, 6-8:30PM
$55 (plus $3 supply fee, cash only, paid to instructor)

Learn to Sew

Create a precious stuffed animal this season with your new sewing skills! Learn how to choose between fabrics and gather the basic supplies. Then practice reading a pattern, sewing seams and hems, and fitting together pieces. Take home an adorable creation by the end of class. Please bring your own machine, basic sewing supplies, manual, attachments, power adapter, and Simplicity Crafts Sewing Pattern 8044 Bear, Dog & Rabbit Stuffed Animal Toys, fabric and notions. Prerequisite: Get to Know Your Sewing Machine or a basic understanding of how your machine works.

Pam Faber

1161 Sec. A — Tuesday (5 sessions), 10/20-11/17, 6-8:30PM
$95

NEW! Alter It Yourself: Sewing Workshop

Rescue your wardrobe one stitch at a time. Learn common clothing alterations, including patching, hemming pants and skirts, and taking in waistbands. Start with hand-sewing techniques in the first session and bring in your sewing machine in the second session. Bring a few pieces from home and work on them in class. Participants will receive a supply list before the start of class.

Pam Faber

1221 Sec. A — Tuesday (2 sessions), 9/29-10/6, 6-8:30PM
$55 (plus supplies)

Quilting Basics I

Learn quilting basics while making a lap quilt. Learn to use a rotary cutter, press seams, how to put your quilt together, and how to "finish." At the first class, discuss quilting basics, choosing fabric, color values, and supplies. Basic sewing skills are required, and bring your sewing machine to class starting with the second session. First class will detail additional supplies needed for class.

Kay Bowen

1189 Sec. A — Wednesday (6 sessions), 9/23-10/28, 6-8:30PM
$155 (plus supplies)

Disappearing Nine-Patch Quilt

Learn how to make an intricate and impressive quilt that even a beginner could do! The disappearing nine patch is a simple variation on the traditional nine patch block. This pattern is ideal for using up scraps and charm packs or when you need a quick baby blanket. It's also a great pattern for "I Spy" quilts and using novelty squares. Students should have basic quilting skills or should have taken Quilting Basics I. Please bring your own sewing machine with manual, attachments, and power adapter. Participants will receive a supply list of additional supplies before the start of class.

Kay Bowen

1190 Sec. A — Wednesday (3 sessions), 11/4-11/18, 9AM-12PM
$95 (plus supplies)

Creative Arts

Learn to Crochet

Discover and practice the single crochet, half double crochet, and double crochet. Work on several small projects — dishcloths, round hot pads, granny squares, and a winter scarf. Find out how to read patterns and change yarn colors. No experience necessary.

Kay Bowen

1187 Sec. A — Monday (6 sessions), 10/5-11/9, 6:30-8:30PM
$125 (plus $10 supply fee, cash only, paid to instructor)

Crocheting for the Holidays

Get a head start on the holidays by crocheting seasonal decorations and gifts! In this intermediate-level class, make a thread angel, a snowflake, or a Christmas tree out of 4-ply yarn. Leave class with unique festive treasures. Students should have prior experience with single and double crochet stitches. Participants will receive a supply list before the start of class.

Kay Bowen

1188 Sec. A — Monday (2 sessions), 11/30-12/7, 6:30-8:30PM
$45 (plus supplies)

Alcohol Ink Keepsake Ornaments

Personalize your holiday decorations by embellishing unique glass ornaments. Learn techniques for working with bright alcohol inks to add shimmer and individuality to your designs. Leave class with several vibrant ornaments to keep or gift. Students will complete at least two ornaments in class.

Jen Bethmann

1197 Sec. A — Wednesday 12/16, 6-8PM
$35 (plus $10 supply fee, cash only, paid to instructor)

Classic Zentangle

Calm your mind with Zentangle, a stress-reducing drawing method that improves concentration. Enjoy a guided mindfulness session as you build mesmerizing images with structured patterns. Then replicate these basic tangles to create more soothing art on your own. No previous drawing experience is necessary.

Sue Dion

1136 Sec. OA — Thursday 9/24, 6-7:30PM
$19

Holiday magic in the *Windy City*

Kick off the season with a festive Monday getaway to downtown Chicago, where you'll wander the charming **Christkindlmarket**, shop iconic **State Street**, savor holiday treats, and enjoy lighter weekday crowds — before wrapping up the day with a sparkling photo stop at **Millennium Park.**

We'll take care of transportation, too.

See details on Page 2

Darkroom Photography

Go old-school cool with vintage technology. Increase your understanding of photography basics by learning to shoot film, and then experience the magic of processing and printing your own black and white images in a darkroom studio. Whether you're just starting your darkroom journey or have worked in a darkroom before, just show up with an SLR 35mm camera and shoot!

Lindsey Basham

1245 Sec. A — Tue/Thu (6 sessions), 9/22-10/8, 6-8:30PM
$219

NEW! Frosty Tangles

Let your creativity drift like the falling snow as you draw Zentangle snowflakes. Explore simple, structured patterns and watch them magically transform into frosty, lace-like designs. Enjoy a guided mindfulness experience as dots, lines, and tangles radiate into shimmering designs. Leave with a flurry of winter artwork and the confidence to keep creating long after winter ends. No previous drawing experience is necessary. Participants will receive a supply list before the start of class.

Sue Dion

1223 Sec. 0A — Thursday (2 sessions), 12/3-12/10, 6-7:30PM
$35 (plus supplies)

NEW! A Zentangle Autumn

Invite autumn in and let your pen wander through warm, harvest-inspired Zentangle patterns. Grow tangles that curl like leaves, cluster like corn kernels, and nestle together with cozy texture and depth. Work step by step in a calm, guided session that emphasizes mindfulness, pattern, and gentle shading. Enjoy the slow satisfaction of watching simple marks blossom into a richly detailed seasonal design you can proudly display — or continue evolving on your own. Participants will receive a supply list before the start of class.

Sue Dion

1222 Sec. 0A — Thursday (2 sessions), 11/5-11/12, 6-7:30PM
$35 (plus supplies)

Darkroom Photography Open Studio

Sign up to use Heartland's darkroom photography lab. You must have attended the beginning darkroom photography class or have prior darkroom experience and ability to work with very little or no assistance or instruction. Participants will receive a supply list before the start of class.

Lindsey Basham

1246 Sec. A — Saturday 9/26, 1-4PM
1247 Sec. B — Saturday 10/17, 1-4PM
1248 Sec. C — Saturday 11/21, 1-4PM
$49 (plus supplies)

NEW! The Camera-less Image: Photogram Exploration

Step into the darkroom, try something completely different, and leave with original photogram artworks. Experiment with light, shadow, and everyday objects as you arrange, expose, and develop unique prints in the darkroom. Push your creativity, play with unexpected materials, and learn hands-on techniques while exploring a fresh, alternative approach to photography.

Lindsey Basham

1271 Sec. A — Tue/Thu (2 sessions), 10/20-10/22, 6-8PM
$69

Performing Arts

NEW! Jazz Evolution: From New Orleans to Now

Explore jazz history and its cultural impact with local musical experts from Shabani School of Music. Trace jazz roots in New Orleans, and move through the big band and swing eras that energized dance halls across America. Discover bebop, sophisticated cool jazz, and the experimental blending of third stream. Listen and discuss key artists, and connect styles across time. Gain a deeper appreciation for jazz while building listening skills and historical insight.

Afrim Shabani

1249 Sec. A — Wednesday (7 sessions), 9/23-11/4, 8:30-9:30PM
$75

Ukulele Just For Fun

Take a trip down Tin Pan Alley – and learn to play the ukulele along the way. In this beginner class, you will learn the basics of playing the ukulele and walk away strumming some classic American songs. Familiarize yourself with chords, strums and melodies along with uke maintenance. Bring along your soprano, tenor, or concert size ukulele and music stand to join along in this easy, inexpensive and fun pastime!

Angie Funfar

1140 Sec. A — Tuesday (6 sessions), 9/22-10/27, 6-8PM
$125

Guitar for Beginners

Explore a new musical hobby! Get hands-on guidance in this easy and fun class as you learn to hold a guitar, tune it, and play some of your first chords. Strum your first simple song and leave ready to continue your learning journey at home. Bring along your acoustic guitar.

Hip Cat Music School instructor

1196 Sec. A — Thursday (6 sessions), 9/24-10/29, 7-9PM
$165

Introduction & Techniques In Voiceovers

Kickstart your voiceover career with our One-on-One Introduction to Voiceovers! In two power-packed sessions, learn the industry basics. In the first 90-minute session, explore different types of voiceovers, and receive coaching as you read real scripts. In the second 60-minute session, dive deeper with personalized script reading and targeted feedback. Discover your vocal strengths, ask follow-up questions, and receive a professional voice evaluation.

Voices For All instructor

1130 Sec. OA — 9/8-12/12 Date flexible according to your availability determined with your instructor
$79

Fall in love with New England!

Get a first look at our **Fall 2027 Collette tour** as you explore the charm, color, and coastal beauty of New England from Boston's history to Vermont's maple traditions, scenic lake cruises, mountain summits, and classic lobster dinners.

YOUR NEW ENGLAND ADVENTURE AWAITS

See details on Page 2

Truck Driver Training

Scholarships are available. Call 309-268-8448.

Nussbaum Trucking Academy at Heartland Community College

Are you looking for a career and not just another job? Consider becoming a professional truck driver. Nussbaum Trucking Academy at Heartland Community College will open the door to a lifetime of opportunities!

You will receive classroom training for the CDL Learner's Permit, *Essential Workplace Skills* training, and behind-the-wheel training in an automatic or manual transmission semitractor-trailer. The course also covers state and federal regulations, log books, map reading, trip planning, and complete vehicle training to prepare you for an entry-level position in the transportation industry. At the end of the course, you will take a Class "A" License Road and Skill Test administered by the Illinois Secretary of State's Office. For more information, call 309-268-8448 or email truck.driver@heartland.edu.

Visit Heartland.edu/Truck for upcoming day and evening class dates in Normal.

Employers may partner with Heartland Community College to upskill current employees or hire and train new employees as certified truck drivers and take advantage of state tax credit programs to help offset training costs.

Professional Development

Healthcare Provider BLS CPR/AED

Master life-saving techniques. Learn basic life support, relief of airway obstruction, and signals of an impending heart attack with instruction designed for healthcare professionals. Practice on a manikin and become adept in fundamental CPR skills so you can approach any future emergency situation with confidence. Receive your CPR certification card via email after successful completion of the training. Certification is valid for two years.

Dawn Wilson

1185 Sec. A — **Saturday 10/10, 8:30-11:45AM**
$65 (includes certification card and textbook)

Food Protection Manager Certification

Illinois regulations require food establishments to have at least one certified food protection manager (CFPM) on staff. This course uses the National Registry of Food Safety Professionals examination, which is approved by the American National Standards Institute. Learn about basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years. Please call 309-268-8160 to request an exam in another language.

U of I Extension instructor

1194 Sec. A — **Tuesday 10/6, 9AM-3PM & Wednesday 10/7, 9AM-2PM**
$159 (includes exam)

YOU COULD SAVE

up to

50%

on the cost of select professional development classes.

Look for this icon on selected classes.

Up to *half off* grant-funded classes!

Take advantage of grant funding that is available to support individuals and employers seeking professional development (PD) opportunities through Continuing Education. Learners must be enrolling in PD courses for either the first time or have not enrolled in our PD classes in three years to take advantage of this offering.

THIS FUNDING AIMS TO:

- Welcome newcomers to the affordable, high-quality PD we provide.
- Accommodate organizations wanting to invest in PD for multiple employees.
- Enhance skills and knowledge for career advancement.
- Support workforce development in our community.
- Encourage lifelong learning and professional growth.

If eligible, participants can apply for grant funds to cover up to 50% of the cost in select PD classes.

Look for these and other grant eligible classes with the $ icon.

- CPR
- Food Protection Manager Certification

In return, students must provide requested follow-up data after the completion of the course. To see if you qualify and to receive more information, contact:

Crystal Johnson, Associate Director, Continuing Education Client Services
309-268-8374 • crystal.johnson@heartland.edu

***Note:** This grant cannot be used in conjunction with any other discount offer and is available while funds last.*

Invest today in yourself and your future success!

Grant Writing Fundamentals

Critical for the success of many nonprofit and public agencies, winning grant money comes down to the proposal. Cover the basics of grant writing from identifying potential funders to a follow-up course of action. Take away essential information and useful tips on grant proposal content, format, and submission. Learn how to write a compelling need or problem statement, realistic goals and objectives, a clear description of methods, a workable evaluation plan, and an accurate budget. This class is worth 5.5 PD hours for K-12 educators. **Registration deadline is Sept.18.** Lunch will be provided.

Kathy Sawyer

1186 Sec. A — Friday 9/25, 9AM-3PM
$115

NEW! Business Writing & Messaging Strategy in the Artificial Intelligence Era

Strengthen your business writing with AI-powered tools like ChatGPT. Practice writing prompts that improve emails, newsletters, presentations, marketing copy, social media posts, meeting summaries, and more. Guide AI strategically, evaluate its output, and refine your message for clarity, efficiency, and professionalism. Leave with practical techniques you can use to communicate more confidently across platforms.

Julie Navickas

1266 Sec. A — Friday 10/16, 9-10:30AM
1267 Sec. B — Wednesday 12/9, 5:30-7PM
$35

NEW! Confidence and Communication for Women at Work

Reflect on your professional journey, identify your strengths, and figure out where you want to grow next. Build confidence and strengthen workplace communication through guided conversation and personal reflection. Explore communication styles, personality insights, resilience, and overcoming obstacles. Walk away with a clearer sense of yourself and tools you need to move forward with purpose in your career.

Jennifer Caldwell

1268 Sec. A — Tue/Thu (2 sessions), 9/15-9/17, 5:30-7:30PM
$85

Engage your business brain in Technology classes. See page 19-21.

Online Professional Learning

ed2go

Ed2Go offers a wide range of highly interactive courses that can be taken entirely over the internet. All courses include expert instructors, many of whom are nationally known authors. Ed2Go online courses are affordable, fun, and convenient. These classes can be self-paced with course content available for a 3-month period, or instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week.

Project Management Fundamentals

Advance your career in project management in this course guided by a project manager professional. Learn how to plan, implement, control, and close any project while mastering stakeholder communication, cost management, team coordination, and project planning. Gain practical tools, industry-aligned knowledge, and a strong foundation for PMP® or CAPM® certification whether you're new to the field or sharpening existing skills. Be prepared to lead projects confidently and become a highly valued contributor in any organization.

$154 ed2go.com/HCC

Stocks, Bonds & Investing: Oh, My!

Build confidence in your financial future with this class. Learn the essentials of investing — stocks, bonds, mutual funds, markets, retirement plans, and smart money habits. Discover how to navigate complex concepts with clear, practical lessons that help you prepare for retirement, pay for college, and manage finances with independence. Find out how the world of investing can be understandable, engaging, and genuinely empowering.

$141 ed2go.com/HCC

Growing Your Business With Digital Marketing

Build a practical digital marketing plan by using core tools that drive online visibility and business growth. Learn how to apply SEO, SEM, email, social media, content, and e-commerce strategies even on a tight budget. Evaluate website options, define your goals, analyze web analytics, and improve campaign performance. By the end, you will execute a focused digital marketing strategy that supports your business objectives.

$151 ed2go.com/HCC

Listen to Your Heart & Success Will Follow

Evaluate your past choices, identify your strengths, and define what you want your work and life to look like. The course guides you through practical steps: letting go of unhelpful patterns, analyzing previous efforts, understanding your skills, aligning decisions with your goals, and building a supportive network. Practice strategies that help you navigate change, make informed choices, and create a sustainable plan for a more focused, satisfying life.

$143 ed2go.com/HCC

Introduction to QuickBooks Online

Use QuickBooks Online to manage core financial tasks and apply its tools to real business scenarios. Learn to set up accounts, record income and expenses, track bills, reconcile bank activity, and produce accurate financial reports. Create invoices, estimates, and statements while building reliable workflows for daily operations. By the end, you will operate QuickBooks Online confidently and maintain organized, up-to-date financial records.

$156 ed2go.com/HCC

$ Microsoft Excel 2021 & 365: Level 1

Excel is a powerful tool for organizing your data. Learn valuable tips and techniques useful for both beginners and longtime spreadsheet users. Develop and edit worksheets, utilizing formatting features and fill commands. Program formulas and learn some of the most popular built-in functions. Then practice customizing reports and visually representing data with charts and graphs. This class is worth 9 PDs for K-12 educators. **Registration deadline is Sept. 8.**

Patty Fountain

1201 Sec. A — Tue-Thu (3 sessions), 9/22-9/24, 5:30-8:30PM
$165 (includes textbook)

NEW! $ Microsoft Excel 2021 & 365: Level 2

Expand your Excel skills with tools that help you analyze, organize, and manage data more efficiently. Create custom formats, apply conditional formatting, and build formulas using date, time, financial, text, conditional, and lookup functions. Practice auditing formulas, using What-If Analysis, creating subtotals, grouping data, and applying Quick Analysis tools. Register based on your skill level. Level 1 is not a prerequisite. **Registration deadline is Sept. 29.**

Patty Fountain

1264 Sec. A — Tue-Thu (3 sessions), 10/13-10/15, 5:30-8:30PM
$165 (includes textbook)

NEW! $ Microsoft Excel 2021 & 365: Level 3

Advance your Excel skills with tools for managing complex workbooks and larger data sets. Work with tables, structured references, sparklines, PivotTables, PivotCharts, slicers, macros, imported data, advanced charts, lookup and logical functions, hyperlinks, comments, forms, accessibility tools, and workbook protection. Register based on your skill level. Level 1 and Level 2 are not prerequisites. **Registration deadline is Oct. 20.**

Patty Fountain

1265 Sec. A — Tue-Thu (3 sessions), 11/3-11/5, 5:30-8:30PM
$165 (includes textbook)

LAUNCH

your employees to *NEW HEIGHTS!*

Are you looking for a unique and adventurous way to improve team communication, overcome project disruptions, or improve decision-making skills? The Challenger Learning Center offers a simulated space mission designed to relate unexpected encounters back to workplace challenges. Work with us to customize mission activities to ensure employees can apply learning back on the job.

Reserve the Challenger Learning Center.

Contact the Challenger Learning Center at 309-268-8700 or email clc@heartland.edu.

Challenger Learning Center
at Heartland Community College

Technology

Edit Your Photos With Adobe Lightroom

Gain a solid foundation in Adobe Lightroom, a go-to tool for photo editing and organization. Learn essential techniques to enhance your images, from beginner-friendly adjustments to intermediate-level editing skills. Get hands-on experience as you explore the interface and streamline your creative workflow. Leave ready to create stunning, professional-quality photos. Please create an Adobe account prior to coming to class.

Holly Johnson

1263 Sec. A — Tue/Thu (2 sessions), 11/3-11/5, 5:30-7:30PM
$69

NEW! Build Your Own PC

Build a computer from the ground up! Assemble working computers from base components. Learn about various computer parts, their functions and how you can effectively connect the parts into a working machine. Gain valuable hardware and software troubleshooting skills. Take your new skills and confidence home to build your own PC. You will get a 1/2 hour break for lunch on your own.

Stephen Szabo

1243 Sec. A — Saturday 11/14, 9AM-3:30PM
$75

Fun With 3D Printing

Explore the world of 3D printing! Learn how printers work and how to handle common tasks. See real samples, get hands-on tips, and review Tinkercad basics to learn how to start designing your own creations — even without a printer. Discover how fun and practical 3D printing can be. Take home a small 3D printed item as a keepsake from the class.

Dan Anderson

1183 Sec. A — Thursday 10/15, 6-8PM
$29 (plus $5 supply fee, cash only, paid to instructor)

iPhone & iPad Basics

Get comfortable and confident using your iPhone or iPad. Bring your own Apple iOS® device and discover how to master its essential functions in this hands-on workshop. Learn how to set up your device, change your preferences, and navigate core features of the operating system. Leave with tips and tools to make your mobile device most effective for you. Please note: Universal functions will be taught; specific apps will vary. Please bring your Apple ID and password.

Jennifer Keith

1260 Sec. A — Monday 11/16, 6-8PM
$35

Leverage your tech brain in business!
Engage your skills in Professional Development classes. See pages 16-18 for our PD offerings.

Digital Photography for Beginners

Unlock the power of your camera and capture stunning images through hands-on beginner photography practice. Learn the fundamentals — camera settings, composition, lighting, and basic photo editing. Use your DSLR or mirrorless camera to take full creative control. Finish ready to shoot confidently in manual mode and create beautiful, well-composed photos. Equipment required: Digital camera, lens, memory card, fully charged battery, USB transfer cable/card reader, and a flash drive.

Kent Simpson

1184 Sec. A — Tue-Thu (3 sessions), 10/20-10/22, 5:30-8:30PM
$135

$ Exploring Artificial Intelligence

Explore how artificial intelligence can enhance your business and daily life while weighing its potential risks and rewards. Examine AI's influence on communities and discover strategies for embracing innovation. Rethink the future and harness AI in ways that work for you.

Sharvelle Bullock-Hamilton

1182 Sec. A — Friday 9/18, 9AM-12PM
$55

$ Going Deeper with Artificial Intelligence

Use artificial intelligence as a powerful tool to solve everyday problems and drive meaningful change. Learn to craft effective AI prompts, gain practical understanding of key technologies, and explore how AI shapes fields like healthcare, finance, and business. No technical background needed — just curiosity and a desire to innovate and apply AI in your work and personal needs.

Sharvelle Bullock-Hamilton

1202 Sec. A — Friday 10/23, 9AM-12PM
$55

Find & Organize Your Files

Get organized and discover ways to manage your folders and files and easily find what you need in the future. Review the cut, copy, paste, and rename commands. Acquire skills to store data (pictures, letters, recipes, etc.) on your PC in an organized manner, making it easier to retrieve and enable backup of data. Learn to copy or move data to an external storage device. Save those valuable photos and remove others you don't want off your memory card. Leave with tips on organizing all those important files! Participants will receive a supply list before the start of class.

Kary Thoennes

1261 Sec. A — Tuesday 10/27, 5:30-7:30PM
$39 (plus supplies)

$ Diving Deeper Into Generative AI & Excel

Work more effectively and accurately by harnessing artificial intelligence to streamline your work in Excel. Learn how to use Excel with features like data analysis, formulas, and formatting with AI support to boost your productivity. Prerequisite: Knowledge of Microsoft Excel. Please bring your username and password for the free version of ChatGPT.

Jennifer Dyehouse

1244 Sec. A — Thursday 11/12, 6-8PM
$39

Computer Literacy 101: Unlock The Power

Discover the basics of computer use, including terminology, desktop navigation, and the distinction between applications, files, and folders. Learn how to save files and perform internet searches. Create a small computer-based project, such as building a resume, a PowerPoint, or internet research on a topic of choice. Leave with the confidence to use computers regularly!

Kary Thoennes

1262 Sec. A — Tue/Thu (2 sessions), 9/8-9/10, 5:30-7:30PM
$45

Savings on selected classes!

Classes with this icon are eligible for up to half off through grant funding.
Please see page 16 for details!

Health, Wellness & Recreation

Complete Meditation

Explore meditation — a practice that plays an integral role in many people's lives. Encounter meditation and its techniques, and understand the wide range of physical, psychological, and emotional benefits it provides. Learn how to move beyond your body and mind as you enter a state of meditation. Leave with the ability to incorporate this healing habit into your daily routine.

Ashlesha Raut

1163 Sec. A — Monday 9/28, 5-8PM
$29

Yoga I

Leave stress behind and re-energize your body and mind. Work on basic postures, proper breathing, mindfulness, and deep relaxation. Learn to move safely within your personal ability to increase strength, flexibility, and balance. Prior yoga experience is not necessary. Please bring a yoga mat and water bottle.

Nancy Norkiewicz

1155 Sec. B — Tuesday (10 sessions), 10/13-12/15, 6-7PM
$129

Gentle Yoga

Learn deep relaxation and self-reflection in this introductory yoga class. Focus on stretching, breath and movement coordination, alignment awareness, and gentle, slow-motion movement. Ideal for those with joint sensitivity, stiffness, stress, or physical limitations. Please wear comfortable clothing and bring a yoga mat and water bottle. Participants should be able to transition up and down from the floor.

Sheila Lazier

1207 Sec. A — Wednesday (8 sessions, does not meet 11/25), 10/14-12/9
10-11AM
$95

Solid Core & Tummy Toning

Prioritizing a strong core can keep you fit for life. So squeeze those abs and add to your exercise routine as you work on personal fitness goals. Leave class knowing how to implement exercises that target your core and abdomen and how to reap the maximum benefit for your body type.

Michelle Masi

1158 Sec. A — Wednesday (5 sessions), 9/16-10/14, 6-7PM
$55

The Art of Relaxation

Discover the secret to deep relaxation and self-healing: interoception — the ability to sense and understand your body's internal signals. Learn how tuning into these cues encourages your body to do what it's designed to do — relax, replenish, and heal. Practice three simple daily routines that combine breathwork, stretching, somatic movement, and mindfulness. Leave with practical skills to support relaxation and well-being every day.

Kendra Stewart

1205 Sec. A — Wednesday 11/4, 6-8PM
$25

Midlife *Reimagined!*

Join us for a full day of expert-driven advice designed to help you understand your body, explore treatment options, and build confidence throughout the menopause journey.

PAGE 4 **Find out the details**
Turn to page 4 for the full schedule

Essential Oils 101

Essential oils are natural and used to promote health and wellness throughout the world. Use them to relieve discomfort, promote restful sleep, boost your immune system, purify the air, uplift and energize your mood, and more. Discover how to incorporate essential oils into your daily life and get the opportunity to mix your own immune boosting blend to take home.

Shari Weitekamp

1220 Sec. A — Thursday 10/1, 6-8PM
$25

Flexibility & Mobility for Life

Give your body the care it needs. Learn from a Reiki master and yoga/meditation instructor how to focus on the hips, spine, shoulders, ankles, wrists, and more to restore healthy movement and ease tension. Improve joint mobility and flexibility to reduce stiffness, support posture, and keep your body moving comfortably for years to come. Begin with gentle chair-based exercises that help you better understand body structure while safely building joint mobility and stability before progressing into more mat-based movement.

Amy Haney

1209 Sec. A — Friday (6 sessions, does not meet 10/9), 9/25-11/6, 2-3PM
$69

NEW! Unwind & Restore: Deep Relaxation

Slow down, release tension, and give your body time to reset. Use simple, supported poses, held for longer periods, to gently stretch muscles and connective tissues while encouraging deep relaxation for the mind and body. Focus on steady breathing and stillness to calm the nervous system, improve flexibility, and reduce everyday stress. All levels of experience are welcome. This class especially benefits those balancing busy or physically demanding routines. Pause, recharge, and support your overall well-being!

Amy Haney

1218 Sec. A — Wednesday (6 sessions), 10/7-11/11, 7-8PM
$69

Health, Wellness & Recreation

Heartsaver CPR/AED/First Aid

Gain an understanding of basic CPR and first-aid skills. Learn cardiopulmonary resuscitation (CPR), how to provide breaths with a barrier device, how to relieve an airway obstruction, and how to use an AED (automated external defibrillator). A CPR/AED/First Aid certification card will be emailed after successful completion of the hands-on first aid skills and manikin practice. Certification is valid for two years. Certification is approved by DCFS for day care providers. This class is not intended for healthcare professionals.

Dawn Wilson

1192 Sec. A Saturday 9/26, 8:30-11:45AM
1193 Sec. B Saturday 11/7, 8:30-11:45AM
$75 (includes certification card and textbook)

Social Dance

Glide around the dance floor with confidence and class! Invite a friend/partner to this energetic wedding-prep class featuring basic patterns in swing, waltz, and Nightclub Two-Step. Impress your friends as you learn a variety of steps perfect for dancing to music played by DJs and bands. From light rock and country to selections from the '50s, and '60s on through the 21st century, show off your new skills and become popular on the dance floor! Participants are encouraged to enroll with a dance partner. Price is per person.

Cathy Hempstead

1154 Sec. A Thursday (5 sessions), 10/1-10/29, 5:30-6:45PM
Off campus, Dance Partners Studio, Bloomington
$69 (per person)

Polynesian Dance

Celebrate the vibrant culture of the Polynesian islands through dance! Learn beautiful movements, explore the stories behind them, and build strength and confidence in a fun and welcoming environment. All levels are welcome — no experience needed. Connect with a dynamic community and deepen your appreciation for Polynesian traditions.

Johnette Palumbo

1208 Sec. A Wednesday (4 sessions), 9/9-9/30, 7:15-8:15PM
Off campus, Kamokunani Hula Halau, Bloomington
$49

Texas Two-Step

Get your boots on the dance floor with Texas Two-Step, a brisk, easy dance set to country and country-rock music. Step in time with your partner as you travel around the room, making frequent turns. Explore variations, including triple two-step and progressive swing, to expand your repertoire. Leave ready to hit the dance floor during your favorite country song. Participants are encouraged to enroll with a dance partner. Price is per person.

Cathy Hempstead

1156 Sec. A Tue/Thu (4 sessions), 11/10-11/19, 6-7:45PM
Off campus, Dance Partners Studio, Bloomington
$79 (per person)

Intro to Partner Dances

Looking for a fresh date night idea or getting ready for a wedding, reunion, or social event? This fun and welcoming dance class introduces partner styles like swing, rumba, tango, slow dance, two-step, and more for all kinds of music and occasions. Learn to connect, lead and follow, and move confidently together, whether you're new to dance or building on the basics. Participants are encouraged to enroll with a dance partner. Price is per person.

Cathy Hempstead

1159 Sec. A Wednesday 9/23, 6-8PM
$35 (per person)

Fitness & Recreation Center Community Access

Experience the ample health and wellness opportunities of Heartland's Fitness and Recreation Center. Enrollment in this program provides everything you need to improve your fitness level including treadmills, ellipticals, weights, and weight machines. Gain access to the walking track, dance studio, and locker room. Towel service is included. Ages 16 and up only.

1157 Sec. A — **Mon-Sat (Closed Sundays and 9/7 and 11/25-11/29), 8/31-12/23**
Mon-Fri 6AM-8PM, Saturday 8AM-4PM
$119

Birding by Ear

Tune in to the sounds of nature! In the first session, learn how to identify birds by their songs, calls, and other vocalizations common to Central Illinois. Discuss how seasonal changes, habitat, and behavior affect when and where birds vocalize. Then join us in the field at Ewing Park II for a guided listening walk. Leave with audio identification tools and a plan to keep building your birding-by-ear skills.

Miranda Hamilton

1254 Sec. A — **Saturday (2 sessions), 9/12-9/19, 8:30-10AM**
HCC and off campus, Ewing Park II, Bloomington
$35

Pickleball for Beginners

Learn to play the fastest growing sport in America — pickleball! With the versatility to be a relaxing social pastime or competitive in nature, it is the ultimate lifetime sport. Build a great foundation for your pickleball journey with an introduction to the fundamental rules and techniques of the game. If you are a complete beginner or looking for a refresher, this is the course for you! No partner needed to register. All equipment provided.

Evergreen Racquet Club instructor

1253 Sec. A — **Saturday (3 sessions), 10/3-10/17, 10:30AM-12PM**
Off campus, Evergreen Racquet Club, Bloomington
$115

NEW! Intermediate Pickleball

Take your pickleball skills to the next level in this intermediate course for players who understand the basics. Improve shot placement, court positioning, serving, dinking, volleys, and game strategy through drills and match play. Build consistency, strengthen technique, and gain confidence in a fun and supportive environment. Participants should have prior pickleball experience and a basic understanding of rules and scoring. No partner needed. Please bring a pickleball paddle.

Evergreen Racquet Club instructor

1257 Sec. A — **Saturday (3 sessions), 10/24-11/7, 10:30AM-12PM**
Off campus, Evergreen Racquet Club, Bloomington
$115

Home & Garden

NEW! Tools 101: Don't Be Intimidated

Build confidence using essential tools in this practical, hands-on class. Learn how use common power tools such as an impact gun, drill, skill saw, and oscillating multi-tool, along with learning about other construction and DIY tools. Gain practical knowledge, improve your DIY abilities, and discover professional tips, safety techniques, and proper tool handling skills. This class is perfect for beginners or anyone looking to sharpen their skills.

Josh Houtzel

1242 Sec. A — Tuesday 11/3, 6-8PM
Off campus, Mid Central Community Action, Bloomington
$35

DIY Home Plumbing Repairs

Get hands-on experience completing minor plumbing repairs and replacing outdated fixtures using common household plumbing tools. Discover how your home plumbing system works and learn techniques to prevent and clear clogs in sink and shower drains. Explore remedies for leaks and drips, and leave ready to tackle that leaky faucet or slow shower.

Josh Houtzel

1166 Sec. A — Tuesday 9/15, 6-8PM
Off campus Mid Central Community Action, Bloomington
$35 (plus $10 supply fee, cash only, paid to instructor)

Wall Repairs 101

Find the easy-to-follow solutions for those troublesome wall repairs from a master carpenter. Learn how to patch holes, big and small; and what kind of paint and how to paint to make your walls stand out. Discover the secrets of hanging items of any size without fear of them crashing to the floor. Soon you'll be able to tackle minor repair issues and beautify the space you call home.

Josh Houtzel

1181 Sec. A — Tuesday 12/8, 6-8PM
Off campus, Mid Central Community Action, Bloomington
$35 (plus $10 supply fee, cash only, paid to instructor)

Basic Home Maintenance

Learn home repair and maintenance tips from a 30-year veteran of the business! In this hands-on class, gain the confidence to tackle small repairs and protect your biggest investment — your home. Discover how to care for your furnace, choose the right filters, and know when to change them to keep your heating and cooling systems running smoothly. Get expert advice on managing the gunk that builds up in gutters, including how to clear and maintain your drains. Find out how to inspect doors, properly install deadbolts and handles, reattach door trim and floor base, and even troubleshoot a jammed garbage disposal. Walk away empowered with practical skills you can use year-round!

Josh Houtzel

1169 Sec. A — Tuesday 10/6, 6-8PM
Off campus, Mid Central Community Action, Bloomington
$35

Flooring 101: DIY Laminate Vinyl Plank Installation

Ready to tackle your own flooring project? Join this hands-on class and learn how to install laminate vinyl plank (LVP) flooring with confidence! Cover everything from measuring and selecting underlayment to aligning and installing planks correctly. Discuss baseboard trim, removing old flooring, and other flooring types. Take on your home project with the knowledge to transform your space! All tools provided; knee pads available.

John McKee

1175 Sec. A — Monday 9/21, 5:30-8:30PM
Off campus, Mid Central Community Action, Bloomington
$75

Flooring 102: Wood Laminate Flooring Made Simple

Ready to give your floors a fresh new look? Join this hands-on class and learn how to install wood laminate flooring with ease and confidence! Cover the basics — how to measure your space, pick the right underlayment, and align and lay down your laminate planks step by step. Get helpful tips on safety and efficiently removing old flooring, plus how to finish with neat baseboard trim. Leave feeling ready to tackle your own flooring project at home. All tools provided, knee pads available.

John McKee

1178 Sec. A — Monday 10/19, 5:30-8:30PM
Off campus, Mid Central Community Action, Bloomington
$85

Learn to Weld

Discover the extensive world of welding in this introductory class made for both personal and professional purposes. Become familiar with the basics of stick (SMAW), MIG (wire), and oxy-acetylene gas welding methods, along with safe operating practices. Apply what you learn in class during hands-on lab time. The instructor will provide materials, but you are also invited to bring projects from home. Participants will receive a supply list before the start of class.

Aaron Metcalf

1231 Sec. A — Saturday (5 sessions), 9/12-10/10, 9AM-12PM
$245 (plus supplies)

Fall in love with New England!

Get a first look at our **Fall 2027 Collette tour** as you explore the charm, color, and coastal beauty of New England from Boston's history to Vermont's maple traditions, scenic lake cruises, mountain summits, and classic lobster dinners.

YOUR NEW ENGLAND ADVENTURE AWAITS

See details on Page 2

Rooted in Knowledge: Tree Basics with an Arborist

Discover the basics of tree care, including checking health of your trees, pruning, planting, removal, and treatment. Learn from a certified arborist all the benefits we derive from trees: food, oxygen, shelter, warmth, and flood relief. Find out the best trees to plant for shade, beauty, and landscaping and which trees to avoid. Leave class ready to assess troublesome tree concerns, do basic care, and the knowledge to call in the experts when necessary.

Seth Sample

1195 Sec. A — Thursday 10/15, 6-9PM
$45

Wintering Tropical Plants

Tropical plants have a dramatic effect on landscaping but purchasing new ones every spring can be expensive! Take the advice of a veteran plant whisperer who has 150-200 tropical plants to winter each year. Gain the know-how to keep those plants alive (or dormant) over the cold spell so that you enjoy them for years to come. Leave with three main methods to keep the greenery growing and discover varieties to add to your collection!

Dan Anderson

1170 Sec. A — Tuesday 9/8, 6:30-8PM
$29

Home & Garden

NEW! Scent & Soak: DIY Bath Gift Workshop

Learn to formulate body mist and room spray from a base, as well as luxury botanical bath salts to soothe your soul. Choose from light spices, coconut, jasmine, vanilla, tonka, sandalwood, amber, and cedarwood scents. Enjoy a hands-on experience as you craft custom bath salts to take home, while the instructor demonstrates the techniques for creating body mist and room sprays. Discover simple methods for designing personalized spa-inspired gifts, whether for yourself or for others.

Sandra Maxwell

1239 Sec. A — Tuesday 11/17, 9:30AM-12PM
$59

Kokedama: The Art of Japanese Moss Plant Ball

Dive into the art of Kokedama and craft your own unique Japanese moss plant balls. Learn how to choose the right plants, shape the soil, and wrap it all up in lush green moss. Walk away with a beautiful Kokedama to take home. Please bring your garden gloves.

Kathy Mundell-Bligh

1198 Sec. A — Monday 9/21, 6-7:30PM
$29 (plus $25 supply fee, cash only, paid to instructor)

Speak the Language of Succulents

Discover the secrets of keeping succulents not just alive, but thriving! Learn the language of these gorgeous plants and they'll tell you when to water. Find details on the correct watering, lighting, fertilizing, and even how to prepare them to increase your collection. Repot and leave class with a succulent of your choice to star in your favorite spot at home.

Dan Anderson

1171 Sec. A — Tuesday 10/13, 6-8PM
$35 (plus $15 supply fee, cash only, paid to instructor)

Early Bird Discount

Register now through Friday, Sept. 4, to receive a 10% discount on your course fee!

Let's Talk Air Plants

Discover the magic of air plants in this fun, hands-on class. Learn how these soil-free plants grow, how to care for them, and creative ways to display them. Make your own decorative air plant arrangement to take home while gaining tips on watering, lighting, and long-term care. Perfect for plant lovers of all levels — no green thumb required!

Dan Anderson

1179 Sec. A — Tuesday 11/10, 6-7PM
$25 (plus $10 supply fee, cash only, paid to instructor)

See It, Smell It, Soap It: Cold Process Demo

Learn to turn simple ingredients into beautiful, fragrant soap! Watch a step-by-step demo on how lye, butters, oils, colorants, and fragrances come together to create unique, handcrafted bars. Discover the tools and techniques you'll need to make your own soap at home. Best of all, leave with a finished bar of soap to enjoy or gift!

Sandra Maxwell

1200 Sec. A — Tuesday 9/29, 9:30AM-12PM
$59

Clear Clutter & Get Organized

Discover a great method to keep clutter at bay in any area of your home! Learn from an expert organizer and her method of choosing an area, sorting like items, ridding yourself of duplicates and unwanted items, and assigning a place for everything. Then relax, letting the stress melt away as you have accomplished your goal of a mess-free zone!

Crystal Larkin

1172 Sec. A — Thursday 9/10, 6-7:30PM
$29

NEW! Autumn Blooms: Design Your Fresh Holiday Centerpiece

Create a beautiful seasonal centerpiece perfect for your fall table. Learn fresh floral design basics while crafting a stunning 12–14 inch arrangement using autumn blooms, rich greenery, and festive accents in this hands-on class. Discover tips for working with seasonal flowers and keeping arrangements fresh longer. Your finished centerpiece will make a lovely addition to your Thanksgiving gathering or a thoughtful handmade gift. **Registration deadline is Nov. 10.**

Dawn Lockett

1234 Sec. A — Wednesday 11/18, 6-8PM
$25 (plus $35 supply fee, cash only, paid to instructor)

Beginning Woodcarving

Discover the art of woodcarving with our unique introduction to woodcarving class! Start by mastering beginner techniques on sweet potatoes, an easy and approachable medium. This hands-on course will guide you in transforming a humble sweet potato into a lasting masterpiece, providing the perfect foundation to advance to woodcarving. Take the first step in your woodcarving journey! Please bring a paring knife.

Randy Moss

1213 Sec. A — Tuesday 10/13, 6-8:30PM
$39 (plus $10 supply fee, cash only, paid to instructor)

Woodcarving II

Turn a piece of wood into a collectible mushroom, spoon, or animal from your endless imagination when you advance your skills with Woodcarving II! Learn from a master woodworker with 45+ years of experience while exploring different types of wood and essential tools. Practice safe carving techniques as you cut, shape, and add intricate details. By the end, you'll have a beautifully finished piece, ready to display or gift. Participants will receive a supply list before the start of class.

Randy Moss

1214 Sec. A — Monday (4 sessions), 11/9-11/30, 6-8PM
$125 (plus supplies, plus $20 supply fee, cash only, paid to instructor)

Living Christmas Ornament

Discover the magic of the season in this unique hands-on class, where students will craft a living Christmas ornament unlike any other. Tucked inside a delicate terrarium, a real succulent brings life to a whimsical winter scene. Easy to care for and endlessly charming, this one-of-a-kind creation will brighten your holidays — and your home — long after the tree comes down.

Kathy Mundell-Bligh

1199 Sec. A — Tuesday 12/1, 6-7:30PM
$29 (plus $20 supply fee, cash only, paid to instructor)

In the Kitchen

NEW! Rolling into Sushi

Discover the art of homemade sushi in this hands-on class. Learn how to prepare seasoned rice, work with traditional rolling techniques, and assemble fresh, flavorful ingredients into beautiful rolls. Perfect for beginners or sushi lovers wanting to try something new. Create two different sushi rolls — a veggie roll and a California roll, with imitation crabmeat, avocado and cucumber — to enjoy in class or take home. Bring a container to transport your creations.

Vivian Doctora

1238 Sec. A — Friday 10/16, 6-7:30PM
$55

NEW! The Art of the Soufflé

Capture the art of making gravity-defying soufflés in your own kitchen. Create two irresistible flavors — decadent chocolate and savory cheesy — and learn the secrets to folding that takes simple eggs and other ingredients to new heights. Take home two beautifully baked soufflés to enjoy or share. Containers will be provided.

Erin Ensenberger

1240 Sec. A — Thursday 10/22, 5:30-8PM
$55

Scone Making 101

Whether sweet or savory, frosted or cheesy, scones are a delicious treat any time of day. Make your own tasty homemade scones, the perfect complement to morning coffee, afternoon tea, or your favorite break-time beverage. Collect recipes and helpful tips from our expert baker and leave class with two flavors of mouthwatering scones — a savory garlic cheddar and sweet cinnamon spice. Bring an apron and a 9x13 container to take your treats home.

Diana Holderby

1167 Sec. A — Thursday 12/3, 6-8PM
$55

NEW! From Batter to Bite: Crêpe Fundamentals

Learn the art of making delicate, delicious crêpes from scratch in this hands-on class. Mix, cook, and fill your crêpes while exploring sweet flavor combinations. Filling options include whipped topping, fruit preserves, and chocolate hazelnut spread for a customizable treat everyone will love. Enjoy your creations during class and take some home. Containers will be provided.

Erin Ensenberger

1236 Sec. A — Thursday 12/10, 5:30-8PM
$49

Perfect Pie Crusts

The best pies start with a flaky, buttery crust, which is easier than you think. Receive step-by-step instructions on making pie dough from scratch in this hands-on class. Go home with recipes, a pie pan prepared with your own rolled-out pie crust, plus two additional pie doughs ready to roll out and bake at home. Please bring your own pie pan and apron. Containers will be provided.

Erin Ensenberger

1165 Sec. A — Thursday 11/12, 5:30-8PM
$49

Sourdough Breads

Wild yeasts and bacteria? Bring it on. Explore the world of sourdough. Learn to mix and care for a perfect starter for your bread. In class, smell the aroma of fresh bread baking before you tempt your taste buds with hot piping samples from the oven. Then leave with your starter and dough to complete the bread-making process at home. Please bring a container with a secure lid for your starter.

Heidi Murray

1168 Sec. A — Monday 9/14, 5:30-8:30PM
$55

Shokupan: Japanese Milk Bread

Get ready to bake your way to cloud-like perfection! Learn, through hands-on preparation, how to make Shokupan — Japan's famous milk bread that's soft, fluffy, and slightly sweet. Mix, knead, and shape this irresistible loaf step by step, and discover why it's the ultimate bread for everything from fruity "sando" sandwiches to creamy egg toast. Leave with a loaf you will be proud of in this class that's perfect for beginners and seasoned bakers alike. Bring a bread loaf pan to class to bake your creation.

Hans Fritzen

1212 Sec. A — Tuesday 9/22, 6-8:30PM
$65

From Dough to Delight: Mastering Croissants & Pain au Chocolat

Get ready for an unforgettable hands-on croissant-making experience! Master the art of laminating and shaping dough, creating buttery, flaky croissants that will wow everyone. Bake your own delicious treats and take home three classic croissants and three irresistible chocolate croissants. Don't forget to bring an apron to keep everything tidy, and we'll provide a bag for your goodies.

Erin Ensenberger

1174 Sec. A — Thursday 9/10, 5:30-8:30PM
$59

French Macarons 101: A Sweet Artistry Workshop

Get ready for a fun, hands-on experience where you'll learn to make delicious French macarons from scratch. Create beautifully delicate, gluten-free macarons filled with rich, creamy buttercream in flavors such as vanilla and lavender. Leave with a half dozen sweets of your creation, perfect to share or keep to yourself! Containers will be provided.

Erin Ensenberger

1173 Sec. A — Thursday 10/8, 5:30-8:30PM
$59

Sourdough Chocolate Chip Cookie

Get ready to level up your baking game! Learn how to make irresistible sourdough chocolate chip cookies from scratch in this hands-on class. Then use that know-how to turn almost any recipe into a sourdough delight. Explore how to convert your favorite cookies, muffins, and baked goods into long-fermented, gut-friendly treats using gram measurements and your trusty sourdough starter. It's delicious science meets creative baking — and your taste buds (and tummy) will thank you! Bring a container to take your cookies home.

Heidi Murray

1176 Sec. A — Monday 10/12, 5:30-8PM
$49

French Bread Making

Roll up your sleeves and bake like the French! Learn step-by-step how to make a rustic, round boule or a classic, crusty baguette in this hands-on class. Cover everything from mixing and kneading to shaping and baking. Master the perfect golden crust and soft, airy inside. Best of all you'll leave with freshly baked bread to enjoy at home. Please bring a container to take your treat home.

Erin Ensenberger

1177 Sec. A — Thursday 9/24, 5:30-8:30PM
$65

Perfect Petit Fours: Bite-Sized Elegance

Step into the sweet world of petit fours in this hands-on class. Layer, glaze, and decorate these elegant, bite-sized cakes from start to finish. Discover tips for perfect fillings and beautiful finishes. Take home stunning miniature creations — perfect for gifting, celebrating, or simply treating yourself! Please bring a 8-inch container to take treats home.

Diana Holderby

1180 Sec. A — Thursday 11/5, 6-8PM
$45

In the Kitchen

Herbal Tea 101

Enjoy a warm cup of tea as you immerse yourself in the calming world of herbal blends. Discover the natural benefits of herbs as you touch, smell, and create your own custom tea. Connect with nature's gifts while learning how each herb fuels the body and mind. Along the way, explore the rich history of tea and learn the art of brewing it at just the right temperature to unlock its full potential.

Javelin Lawrence

1210 Sec. A — **Wednesday 9/16, 6-8PM**
Off campus, Java Green Herbal Teas, Bloomington
$49

Herbal Tea 102

Take a deeper look at how herbal teas can support your well-being through time-tested, plant-based remedies. Explore the active compounds found in common herbs and how they interact with the body to promote healing and balance. Learn practical ways to select, blend, and brew herbal teas that may help address everyday concerns naturally and complement a holistic lifestyle.

Javelin Lawrence

1211 Sec. A — **Wednesday 10/14, 6-8PM**
Off campus, Java Green Herbal Teas, Bloomington
$49

NEW! Sip, Stir & Ferment Kombucha

Discover the art of kombucha brewing in this hands-on class. Learn the basics of fermentation and how to care for the starter (SCOBY), flavoring techniques, bottling tips, and the secrets to creating delicious fizzy kombucha at home. Participants will sample a variety of flavors and leave with the knowledge and confidence to start their own brewing journey. Perfect for beginners and fermentation enthusiasts alike! Students need to bring a one-gallon wide-mouth glass jar with an airtight lid.

Javelin Lawrence

1241 Sec. A — **Wednesday 11/4, 6-8PM**
Off campus, Java Green Herbal Teas, Bloomington
$49

Bean to Bar Chocolate Experience

Experience crafting real single-origin chocolate from raw fermented cocoa beans to finished bars. Learn to roast beans, then refine them with cocoa butter, whole powdered milk, and cane sugar to create a 65% to 70% chocolate. Find the foolproof method of tempering and molding while touching, smelling, and tasting throughout. Discover chocolate's history as the "food of the Gods" and its evolution from a traditional drink to modern bars. Leave the class with your handmade chocolates! **Note: Participants should not wear perfume or colognes as it interferes with the taste and smell of the chocolate for everyone.**

Steven Roper

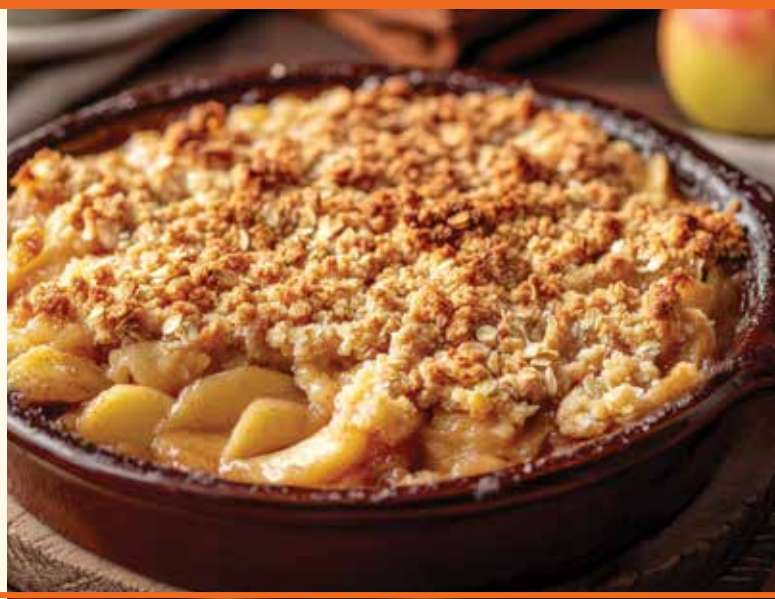
1233 Sec. A — **Mon-Tue (2 sessions), 10/5-10/6, 6-8PM**
$85

NEW! Buttery Crumble Cinnamon Apple Crisp

Celebrate cozy fall flavors with homemade apple crisp in this hands-on class. Learn how to make this warm dessert from scratch with tender apples laden with cinnamon and a buttery crumble topping. Fill the kitchen with comforting scents of autumn in this class suited for beginners and dessert lovers, alike. Enjoy a taste of this delightful treat in class and take home a serving to share. Please bring an 8X8 baking dish and an apron to class.

Diana Holderby

1235 Sec. A — Thursday 9/17, 6-8PM
$59



NEW! Homemade Pumpkin Spiced Doughnuts

Learn how to make soft, perfectly spiced homemade baked pumpkin doughnuts from scratch. Then decorate with delicious glazes and toppings. This class is perfect for beginners. Sample fresh doughnuts in class and then take home a half dozen to savor. Please bring an apron and a container for your tasty extras.

Diana Holderby

1237 Sec. A — Thursday 10/15, 6-8PM
$59

NEW! Fall Into Caramels

Learn how to make homemade caramels from scratch and create seasonal flavors you won't find in the store! In this hands-on class, craft delicious fall favorites like Pumpkin Spice Latte and Salted Mocha caramels — perfect for Halloween gatherings, holiday gift-giving, or enjoying with a warm cup of coffee. Leave with a small bag of handcrafted caramels and the skills to recreate these festive treats at home.

Rachel Lyle

1259 Sec. A — Wednesday 10/7, 6-8PM
$45

Personal Finance

NEW! Responsibilities of an Executor

Learn what steps to take after the loss of a loved one, with a focus on the responsibilities of an executor. Walk through key tasks such as locating important documents, managing assets, understanding the probate process, and handling final affairs. Gain a clear, organized overview of what needs to happen, along with tips to avoid common missteps during a difficult time. This class is ideal for anyone named as an executor or for anyone planning ahead.

Carissa Haning

1219 Sec. A Tuesday 11/10, 6-8PM
$25

Estate Planning Essentials

Plan for the future, make sure your wishes are honored and your loved ones are secure. Identify what makes up your estate and set clear goals to protect your financial assets. Learn the meaning of key terms like "probate" and "trusts," understand will-based plans, and explore joint tenancy and beneficiary designations. Discover how trusts can minimize taxes, avoid probate, and safeguard beneficiaries. Leave with practical tips for choosing the right attorney and crafting a comprehensive plan, including healthcare directives and powers of attorney.

Carissa Haning

1206 Sec. A Monday 10/5, 6-8PM
$25

What Medicare Means for You

If your next birthday cake has 65 candles on it, then you have a whole new healthcare world to navigate. Knowing what Medicare is, and what it's not, is important. This class will answer questions about how your current health insurance figures into your transition, if you need a Medicare supplement policy, and what Medicare Advantage is.

Carol Burroughs

1150 Sec. A Tuesday (2 sessions), 11/17-11/24, 6-8PM
$45

Navigating Medicare Part D

Medicare Part D plans can change each year — drug coverage, premiums, deductibles, and pharmacy networks may all be affected. Between Oct. 15 and Dec. 7, you have the opportunity to switch plans. Not sure if you should? Review your Annual Notice of Changes and explore whether switching plans could save you money. Learn how to avoid higher out-of-pocket costs and find the best plan for your needs. Please bring your Notice of Changes to class.

Carol Burroughs

1153 Sec. A Tuesday 10/20, 6-8PM
$25

Budgeting Blueprint: Plan, Track & Grow

Transform your financial habits by embracing budgeting. Learn to track spending, harness the power of budgeting software (or keep it simple), and unlock the value of cash flow within a customizable, adaptable spending plan. Discover how to start or grow your retirement funds. Set clear financial goals and stay in control of your financial future.

Mark Hunt

1151 Sec. A Saturday 10/3, 10AM-12PM
$25

Retirement 101

Discover strategies to build your wealth, minimize taxes, and be confident in your financial future in retirement. Learn the basics of Social Security, Medicare, pensions, investments, spending, and taxes. Discuss Roth vs. pre-tax investments, tax brackets, and strategies to minimize taxes. Whether you're years or months from retirement, you'll leave feeling ready to take the next steps toward your financial future.

Mark Hunt

1152 Sec. A Monday 10/26, 6-8PM
$25

NEW! Murder You Wrote: Mystery Writing

Learn to write a mystery that can keep your readers guessing. Develop crimes, allude to clever clues, create believable suspects, and twist and turns while avoiding common plot holes. Build tension, layer misdirection, and deliver a satisfying reveal. Mystery writing is the ultimate storytelling boot camp: if you can plot a successful mystery, you can plot nearly any story or book. Leave with strong story instincts, sharp structure, and tools you can use in any genre.

Ryan Edel

1224 Sec. A — **Thursday (5 sessions, does not meet 10/1), 9/17-10/22, 6-8PM**
$105

American Sign Language I

Designed for the beginner with little to no signing experience, this introduction to American Sign Language (ASL) course will prepare you to succeed in communicating with this essential language. Master the ASL alphabet and incorporate signs for basic vocabulary into your dialogue. By the end of class, you'll be able to have a simple conversation using sign. This class is worth 14 PDs for K-12 educators.

Christina Sansone

1191 Sec. A — **Tuesday (7 sessions), 9/22-11/3, 6-8PM**
$189 (plus digital textbook & online access code)

Have a knack for voices?

Join our *Introduction & Techniques In Voiceovers* class and find out how to use your talents in a starring role!

See page 14 for details. →

ed2go

Instant Italian

Discover how quickly you can communicate in Italian with confidence in your word choice. Learn practical words, everyday phrases, and real-world dialogues that prepare you for travel, dining, shopping, emergencies, and more. Master pronunciation and essential expressions faster than you expect with phonetic guides, audio practice, cultural insights, and short reinforcement exercises. From greetings to getting around town, this course makes Italian seem natural, enjoyable, and truly accessible. This class can be self-paced with course content available for a 3-month period, or instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week.

$130 ed2go.com/hcc

Creative Writing Workshop

Hone your storytelling skills to get your work published! Explore various genres of creative writing, including poetry, short stories, memoirs, and skits. Then focus on revising your work to fit publishing expectations and guidelines. Determine where you should submit your writing and gain tips to ensure your submissions match the editorial visions of your desired publications.

Ryan Edel

1135 Sec. A — **Thursday (4 sessions), 10/29-11/19, 6-8PM**
$85

Language, Communication & Culture

NEW! Building Spanish Through Short Stories

Build your Spanish skills by reading engaging short stories and exploring key vocabulary, structure, and meaning together. Practice interpreting texts while enjoying discussion in a supportive community learning environment. Then apply your knowledge by planning, drafting, and revising your own group short story in Spanish. Focus on clear expression, creativity, and effective language use. Participate actively, share ideas, and learn from others as you grow in confidence in both reading and writing Spanish. Must have taken Spanish 3 with Heartland Continuing Ed or equivalent. Participants will receive a supply list before the start of class.

Rocio Morales

1274 Sec. A — **Wednesday (5 sessions), 9/23-10/21, 6:30-8PM**
$89 (plus supplies)

Unlock Your Writer's Block

Push past your writer's block! Find out what writer's block is and analyze its root causes. Identify what's holding you back and gain a variety of custom strategies to overcome your personal obstacles. Leave class with new techniques to get your writing flowing again!

Julie Navickas

1146 Sec. A — **Wednesday 10/21, 6-7:30PM**
$19

The Power of Place: How to Craft Your Story's Setting

Bring your literary vision to life for your readers. No matter the genre, approach your next project with a masterful understanding of the setting in which it takes place. Deepen your writing repertoire by learning how to capture the voice and essence of any location, and allow your audience to effortlessly escape into the world you've created. Walk away with sharper writing skills that will help you take future readers on an authentic, unforgettable journey.

Julie Navickas

1145 Sec. A — **Wednesday 12/2, 6-7:30PM**
$19

Early Bird Discount

Register now through Friday, Sept. 4, to receive a 10% discount on your course fee!

ed2go

Beginning Conversational French

Master the basics of French quickly and confidently in Beginning Conversational French. Learn clear pronunciation, essential phrases, and cultural tips that make travel and everyday conversations feel natural. Navigate French with ease using phonetic guides, audio practice, and lessons covering greetings, numbers, food, shopping, emergencies, and more. This course makes learning French simple, fun, and surprisingly intuitive — perfect for travelers, beginners, and anyone craving a new skill. This class can be self-paced with course content available for a 3-month period, or instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week.

$130 ed2go.com/hcc

A day with 'The Lion King'

Experience the magic of Disney's "The Lion King" on a special day trip to Indianapolis, complete with a boxed lunch, premium seating at the historic Murat Theatre, and a delicious Beef House dinner.

→ Find out the details on page 2.

Chinese Language & Culture

With more than 1 billion speakers, Mandarin is one of the world's top spoken languages. Learn communication skills including listening to and speaking as well as reading and writing simplified Chinese characters. You'll practice pronouncing Chinese characters using the Hanyu Pinyin system.

Xinrong Wang

1129 Sec. YA — Sunday (14 sessions, does not meet 11/29), 9/13-12/20
2-4:15PM
$279

Babysitter Training: Grades 6-8

Get the training you need to launch your babysitting business! Learn life-saving skills such as how to rescue someone who's choking, what to do during severe weather, and how to perform basic first-aid care. Gain a better understanding of child behavioral patterns according to their development stage. Leave with a CPR certification from the American Heart Association and a Safe Sitter® completion card, along with methods to grow your babysitting business. Please bring a sack lunch. **Registration deadline is Sept. 27.**

Brandy Myers

1252 Sec. YA — Monday 10/12, 9AM-4PM
$155 (includes certification card and textbooks)

CHALLENGER LEARNING CENTER • GRADES 5-8

ATTENTION TEACHERS AND HOMESCHOOL GROUPS!

Make your next field trip unforgettable with our Challenger Learning Center. Our exclusive program for grades 5-8 offers hands-on STEM experiments to inspire the next generation of scientists and engineers. Students will take charge in the Discovery Lab to carry out experiments like those in NASA labs, searching for data-driven solutions. Watch their dreams take flight as they train like real astronauts in our space simulators, fostering teamwork, problem-solving, and critical-thinking skills.

Elevate your STEM field trip experience: Call 309-268-8700 to book today!

Homeschool in the Heartland:

Challenger Learning Center

Homeschool STEM Labs for Grades 6-12*

Learn & Engineer Wind Power

Homeschool students engage in study at Heartland's Renewable Energy labs for a one-of-a-kind engineering challenge! Over four sessions, learn the science of wind energy, see it in action at Heartland, and work through the engineering design process. Grouped into teams with peers your own age, design, build, test, and improve model wind turbines through multiple rounds, guided by our KidWind certified facilitator. The course ends with a mini competition and prepares teams to compete in CLC's regional KidWind Challenge in February. **Note: Participants must attend all sessions.**

Introduction to Wind Energy - 10/22
Explore the science behind wind energy, tour Heartland's wind farm, and discover the Renewable Energy program and career pathways available here on campus.

Team Formation & Design - 10/29
Meet your team, bond through wind-inspired team building activities, dive into the engineering design process, and start researching ideas for your turbine.

Iterative Testing - 11/5
Design and build your turbine, put it to the test, collect data, and refine your design through multiple rounds of the engineering design process.

Mini KidWind Challenge - 11/12
Compete in an on-campus mini challenge, present your turbine to an HCC judge, and answer science questions, just like the real KidWind competition in February.

1270 Sec. YA — **Thursday 10/22, 10/29, 11/5, and 11/12, 9AM-12PM**
$115

Mission to Mars

Train just like NASA crews, learning to problem-solve under pressure, collaborate as a team, and think on your feet in this full-day experience inspired by real NASA mission. Start with a hands-on STEM challenge as you take on the role of NASA rover drivers, and apply coding skills to navigate a Sphero robot across the Martian surface through obstacles. Then board our space and mission control simulators for an immersive experience as NASA trainees, managing research operations on the surface of Mars. Working as a crew, complete your mission objectives in an allotted time. Mission success is never guaranteed — will your crew have what it takes? **Note: Students must bring a sack lunch with them.** Parents will be invited in from 1:45-2PM to tour the simulators.

1269 Sec. YA — **Tuesday, 9/29, 9AM-1:45PM**
$29

CHALLENGER LEARNING CENTER
AT HEARTLAND COMMUNITY COLLEGE

Registration starts **Aug. 3. Register** at **Heartland.edu/Kids** or call **309-268-8160.**

** Classes on this page are intended for homeschool students*

3 WAYS TO REGISTER

Online

Payment must be made by credit/debit card (Visa, MasterCard, Discover or American Express). Visit our website: Heartland.edu/ContinuingEd

By Phone

Call 309-268-8160
TDD number 309-268-8030
Office hours: 8AM-4:30PM, Mon-Fri.
To register by phone you must pay by credit/debit card (Visa, MasterCard, Discover or American Express).

In Person

Come with a list of classes and we'll sign you up while you wait. Bring the list and payment to: Continuing Education

Our offices have moved to:
Instructional Commons Building
Suite 2100
Heartland Community College
1500 W. Raab Road, Normal, IL
Office hours: 8AM-4:30PM, Mon-Fri.

Questions or suggestions?

Email: continuing.education@heartland.edu

Heartland Community College is a tobacco-free and weapons-free campus.

Accommodations: In accordance with the Americans with Disabilities Act (ADA) and Amendments, Continuing Education at Heartland Community College makes every effort to provide reasonable accommodations to qualifying students with disabilities. Participants in need of reasonable accommodations may identify so on the registration form and will be communicated with regarding the request process. In order to provide adequate time to obtain documentation and arrange for reasonable accommodations, **it is highly recommended that requests are submitted 3 weeks prior to the class start date.** Requests submitted after this point will still be accepted and given full consideration, but may not be in place during the limited duration of the enrichment program.

Students enrolled in a Kids@Heartland class should demonstrate independence, motivation, and the ability to handle changes in routine. Personal services such as restroom assistance, support with mobility around campus, eating, or direct one-to-one supervision are not provided as part of the program. If your child needs any of these supports, please reach out to the Kids@Heartland program as soon as possible to discuss options. Accommodations are not considered reasonable if they pose a serious health or safety risk, or significantly alter the intent of the enrichment program.

Age Appropriate Guidelines: Unless otherwise stated, these classes are designed for adults ages 18 and over.

Conduct Expectations: We strive to provide excellent learning experiences in our Continuing Education classes. As a result, anyone exhibiting inappropriate behavior or using disrespectful language may be dismissed without a refund. Please refer to the HCC Student Conduct Policy for details at Heartland.edu/StudentHandbook/Conduct.html.

Fees & Registration Confirmation: Fees are payable in full at the time of registration. We accept cash, check or credit/debit cards. You will receive a confirmation of your registration via email. Confirmation will include a course schedule, receipt, room assignment, map and other information specific to your class(es).

Full or Canceled Classes: Continuing Education reserves the right to limit the enrollments or cancel any classes due to insufficient enrollments. Please make sure we have your current contact information so we can notify you of cancellations. You may choose an alternative course or receive a full refund.

Refund Policy: Unless otherwise stated in the class description, **if you wish to drop a Kids@Heartland class you must do so no later than five (5) business days before the first class session to receive a full refund. For adults classes only you must drop a class no later than three (3) business days before the first class session to receive a full refund.** Unfortunately, we are unable to issue refunds or credits due to missed classes. No refunds will be given after the class has started. Payments for course materials, supplies or textbooks are non-refundable. To drop a class, please call 309-268-8160.

Weather or Emergency Cancellation Policy: If Heartland Community College closes campus due to inclement weather or emergencies, Continuing Education classes will also be canceled. Cancellations will be announced on area radio stations and local TV stations. Decisions will be made by 3PM for evening classes and 6AM for day classes.

Workforce Training Employment Policy: Heartland Community College does not guarantee employment upon completion of instructional programs. Students are responsible for researching relevant employment opportunities prior to registration. No refunds will be provided if a student fails to complete a course, does not pass a certification exam, or is unsuccessful at obtaining employment.

Zoom Classes: To ensure a complete and valuable experience in your Zoom classroom, we recommend you use a device equipped with a functioning webcam such as a PC or laptop. Tablets and smartphones are permitted, but may not provide as meaningful an experience. Once you register for a course and provide a valid email address, you will be sent your Zoom link.

Find Your Class

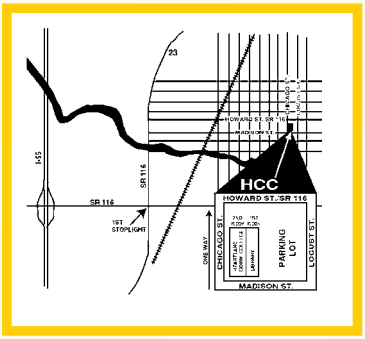
Rooms will be assigned at a later date.

1. AGRICULTURE COMPLEX (AGC)
2. COMMUNITY COMMONS BUILDING (CCB)
3. STUDENT COMMONS BUILDING (SCB)
4. INSTRUCTIONAL COMMONS BUILDING (ICB)
5. ADVANCED MANUFACTURING CENTER (AMC)
6. STATE FARM ELECTRIC VEHICLE LAB (EVL)
7. INSTRUCTIONAL COMMONS NORTH (ICN)
8. WORKFORCE DEVELOPMENT CENTER (WDC)
9. PHYSICAL PLANT BUILDING (PPB)
10. RECEIVING AND STORAGE BUILDING (RSB)
11. CHILD DEVELOPMENT LAB (CDL)
12. FITNESS AND RECREATION CENTER (FRC)
13. ASTROTH COMMUNITY EDUCATION CENTER (ACEC)
14. NORMAL READINESS CENTER ILLINOIS NATIONAL GUARD (NRC)
15. CORN CRIB

LINCOLN

HCC Lincoln
2201 Woodlawn Road, Lincoln, IL 62656
217-735-1731 • Heartland.edu/Lincoln

PONTIAC



HCC Pontiac
211 E. Madison St., Pontiac, IL 61764
309-268-8960 • Heartland.edu/Pontiac

OFF CAMPUS

Dance Partners Studio
1401 Tralee Lane
Bloomington, IL 61704

Evergreen Racquet Club
3203 E. Washington St.
Bloomington, IL 61704

Evergreen Memorial Cemetery
302 E. Miller St.
Bloomington, IL 61701

Ewing Park II
1001 Ethell Pkwy.
Bloomington, IL 61701

Java Green Herbal Tea
1203 Morrissey Drive, Suite C
Bloomington, IL 61702

Kamokunani Hula Halau
107 E. Chestnut St. Suite 101
Bloomington, IL 61701

Michael Amis Studio
300 E. Grove St. (entrance on Prairie St.)
Bloomington, IL 61701

Mid Central Community Action
1301 W. Washington St.
Bloomington, IL 61701

The Little Art School
417 N. Main St.
Bloomington, IL 61701

Thursday, September 3 • 5-8 p.m.

HEARTLAND NIGHT OUT

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Heartland.edu/Foundation

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DISCOVER *MORE.*

Apply now for credit classes.

HEARTLAND COMMUNITY COLLEGE

Heartland.edu

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CONTINUING EDUCATION

YOUR PATH TO LIFELONG LEARNING

1500 W. Raab Road, Normal, IL 61761

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continuingEd.hcc

Heartland Community College

@kidsatheartland