

PERSONAL ENRICHMENT • PROFESSIONAL DEVELOPMENT • BUSINESS SOLUTIONS

CONTINUING EDUCATION

SPRING

MAR. - MAY '23

HELP YOUR PLANTS THRIVE

Inside cover

SPRING BREAK FUN FOR KIDS

Page 28



HEARTLAND
COMMUNITY COLLEGE

heartland.edu/continuingEd



After a long winter
of often dreary, gray
weather, we're all
ready for a little
"green"
in our lives.

You don't have to look far: It can be as simple as introducing houseplants to your living spaces. An upcoming class will help you develop the green thumb you need.

On April 10, join our resident plant instructor Anuja Deshpande for *Nurturing Your Houseplants*. She's been a familiar face in our Continuing Ed classes for 10 years, teaching classes in succulents and flower arranging. Using her nutrition background, she's branched out to cooking classes, too. See page 19 for more on the houseplants class.

For those who want to move outdoors, we have *Yard Smart: Environmentally Friendly Gardening and Pollinator Gardens*. And the popular *Our Native Bees and Backyard Birdwatching & Care* are coming up in April. Check out pages 20 and 21 for more information.

Plants and flowers aren't the only way to bring color and fragrant scents to your home. Our new *Journey Through the Art of Candle Making* with our partner Farm to Wick Soy Candles will guide you through the process of growing soybeans and then using those legumes in a homemade-scented wax candle. See the details on page 19.

Our candle class is just one of the many new offerings we have this spring. Find more listings inside for our personal enrichment and professional development classes.

On the cover:

Continuing Education instructor Anuja Deshpande is surrounded by some of the houseplants she'll show students how to care for in an upcoming class.

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Booking a seat!

You'll notice our room listings are absent this time around! We're switching it up a bit. We'll send your room location and campus map along with a reminder a few days before the start of your class.



zoom

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

— ed2go —

Educate at your own pace with open enrollment, online learning opportunities across dozens of subject areas.

ed2go.com/hcc

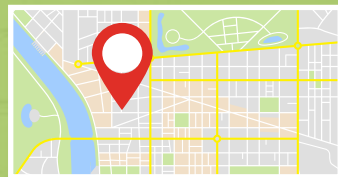


Multiple Course Discount

Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price.

- Does not include Truck Driver Training, off-campus trips, professional development, or online classes.

OFF-CAMPUS LOCATION



Unless otherwise stated, these classes are designed for adults 18 and over.

Visit our website www.heartland.edu/continuingEd

Trips

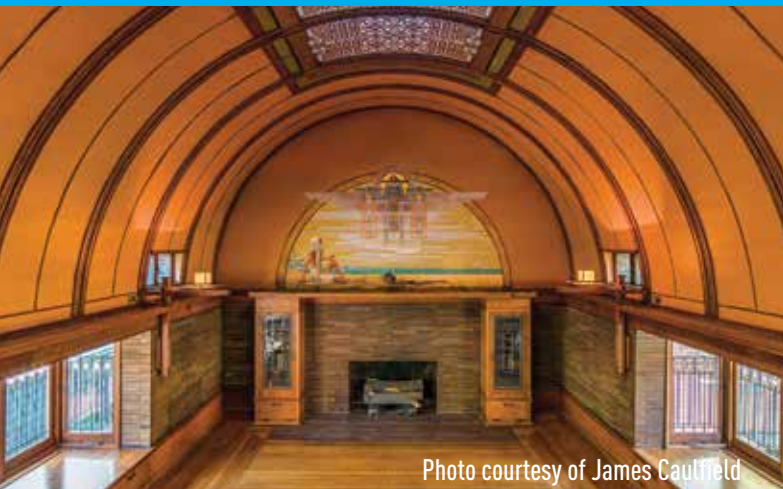


Photo courtesy of James Caulfield

The Frank Lloyd Wright Experience NEW!

Chicago's cityscape was the canvas for Frank Lloyd Wright's architectural masterpieces at the beginning of the 20th century. Visit Oak Park, where his modern residential style is found in abundance. Tour the Frank Lloyd Wright home and studio as you learn about his life and architectural contributions. Then view several of his other picturesque homes on a historic neighborhood walking tour. Lunch will be on your own in downtown Oak Park. Please note that the tour involves a moderate amount of walking. Please wear comfortable shoes and dress appropriately for the weather. Your trip fee includes transportation and admission. Please call (309) 268-8160 to request a Pontiac pickup. **Sorry, no refunds after April 13, 2023.**

2218 Sec. A **Saturday 5/6, 7AM-6:30PM**
\$115



A Day of Wonder at Shedd Aquarium NEW!

Enjoy a fun-filled day at Shedd Aquarium! Encounter aquatic creatures from around the world and explore their unique habitats. Grow your curiosity as you view and learn about penguins, beluga whales, sea otters, and more. End your day with an exciting 4D Experience. This trip is for kids grades 2-5 and each child must be accompanied by an adult. Please note that Shedd Aquarium involves a moderate amount of walking. Please wear comfortable shoes and dress appropriately for the weather. Your trip fee includes a light breakfast, transportation, admission, and light refreshments. Lunch will be on your own at Shedd Aquarium. Please call (309) 268-8160 to request a Pontiac pickup. **Sorry, no refunds after May 30, 2023.**

2494 Sec. A **Saturday 6/24, 7:30AM-5:30PM**
\$229 (per adult plus child)

Please call (309) 268-8160; online registration not available for this class.



Join us spring 2024 as we head to beautiful Northern California!

Travel to Monterey's Fisherman's Wharf and Sacramento's Old Town while taking in the stunning views of 17-Mile Drive. See the spectacular sights of Yosemite National Park, Lake Tahoe, Napa Valley, and San Francisco, and complete your journey to the Golden State. Watch our summer booklet for more details!

Connect. Engage. Learn.

Follow Continuing Education on social media!

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



Weather in the Heartland: The Twist on Tornadoes

They're treacherous. They're terrorizing. They're intriguing. Join WMBD/WYZZ chief meteorologist Chris Yates to unearth the truth behind tornadoes. Take a look back at some of Illinois' most memorable twisters to discover why this area is an inviting place for severe weather to materialize. Investigate airflow patterns to determine how storms form. Leave with a healthy respect for these formidable funnels along with safety precautions to take should you encounter one.

Chris Yates

2520 Sec. A

Saturday 4/15, 9AM-12PM

\$49



How to Travel Free & Safely

Feed your desire to travel in a safe and inexpensive way now that airfare and fuel prices have skyrocketed. Learn where and when to travel while taking advantage of deals for free airline tickets, hotel stays, tours, and more. Discover important safety tips and strategies for savings from a travel expert who has traveled to 98 countries and all 50 states. Leave class with a ticket to fun and savings.

Gina Henry

2462 Sec. 0A

Saturday 4/1, 11AM-2PM

Zoom

\$59 (includes text)

Autism Spectrum Disorder: Strategies for Managing Challenging Behaviors at Home

Does your child with autism (or a related disability) engage in challenging behaviors which affect your family's quality of life? Do these behaviors affect your child's ability to learn, make friends, and tolerate changes? This course is designed to teach you how to best respond to those actions in order to reduce these behaviors in the home setting.

Dr. Carly Lapin

2469 Sec. A

Saturday 4/29, 9AM-12PM

Off campus, The Place for Children with Autism,
Bloomington

\$29



Be a teen leader!

Zoom into our info session for our *Teen Leadership & Service Academy*. Find out how you can grow your **communication**, **goal-setting**, and **teamwork skills** while gaining **service opportunities**. See page 29 for details.

History



Remembering the Holocaust NEW!

Explore the roots of this horrific and tragic chapter in human history as you learn about the factors that contributed to its escalation. Learn about the birth of Israel and Zionism and unpack events such as the expulsion of the Jews from Spain, the pogroms of the Jews in Russia, and the rise of Hitler and the Nazi Party in Germany. Delve into the dark reality of concentration camps. By the end of this journey, you will have a deeper understanding of the Holocaust and how to honor its victims.

Jeff Paisley

2464 Sec. A

Wednesday (3 sessions), 4/5-4/19, 6-7:30PM
\$45

The Cold War: The Later Years & Today

The period following World War II saw high-pressure diplomatic clashes between the United States, the Soviet Union, and their respective allies. Learn about the escalating conflicts that preceded a brief détente under then-President Richard Nixon, and investigate the New Cold War period, where tensions were rekindled under the Reagan administration. Discover how anti-Soviet counter-insurgencies led to the eventual collapse of the Soviet Union before diving into the Bush and Clinton presidencies. Then unpack the disintegration of Yugoslavia and the ethnic cleansing wars between Serbia and Bosnia. Leave with a better understanding of a decades-long "war" that played a pivotal role in shaping modern global affairs.

Jeff Paisley

2454 Sec. A

Tuesday (3 sessions), 5/2-5/16, 6-7:30PM
\$45

Connect. Engage. Learn.

Stay connected with your lifelong learning community all year long.



Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)



Genealogy Basics

Discover who your ancestors are in this course that details digital research tools. Find out where to locate vital records, including military, land, Census, and immigration materials. This class will be instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week. There is also a self-paced option with 3 months access.

\$100 ed2go.com/hcc



Glass Working for Beginners: Fantastic

Sculpt a floral masterpiece that will last! Tour a hot shop and enjoy a demonstration from the expert glass making team at Michael Amis Studio. Then gather molten glass from the furnace and heat, stretch, and shape your own glass flower. No prior experience is required. Projects must be cooled overnight before leaving the studio.

Michael Amis Studio instructor

2369 Sec. A Saturday 5/6, 9-10:30AM
2371 Sec. B Saturday 5/6, 11AM-12:30PM
2373 Sec. C Saturday 5/6, 1:30-3PM
2375 Sec. G Saturday 5/6, 3:30-5PM
Off-campus, Michael Amis Studio, Bloomington
\$75 (plus \$35 materials fee paid to instructor)

Colorful Macramé Wall Hanging

Become a macramé master when you knot up some fun in this intermediate class! Weave, braid, and twist colorful cords to create a gorgeous custom wall hanging. Leave class with a stunning new piece of décor that will add warmth and vibrancy to your home. Experience tying basic macramé knots is suggested. **Registration deadline is Friday, April 21. Sorry, no refunds after that date.**

Dan Anderson

2411 Sec. A Thursday (2 sessions), 5/4-5/11, 6-9PM
\$55 (plus \$45 for supplies paid to instructor)

Meet Our Instructors:



Dan Anderson

Bio: Dan is a macramé and plant aficionado. He learned macramé in the late '60s in a high school art class. He dabbled in the art form over the next 45 years, finally immersing himself in it in 2015. He taught macramé occasionally at Casey's Garden Shop and Florist, Bloomington, where he worked for 43 years as a tropical plant and houseplant manager. This Christmas, he created most of the hand-tied bows for the store. A little bit of trivia — Dan once tied 10,000 bows during a Christmas season!

What he teaches: Last fall, Dan taught *Macramé for Beginners* and in winter taught *Macra-make it! All About Owls*. He is teaching *Colorful Macramé Wall Hanging* this spring. Check out the details above.

Quote: "I hope that I am able to pass on the passion I have for the art, the desire I have to create something not only functional, but also beautiful, and the joy I have found in something as simple as tying knots."

Creative Arts



Crocheting: Beyond the Basics

You've mastered the basic crochet stitch — now it's time to conquer more! Learn the v-stitch, crossed double stitch, traditional ripple, and shell stitch in this hands-on class. Practice using these decorative techniques to create your own afghan or scarf. Prerequisite: Learn to Crochet or prior experience using single and double crochet stitches.

Kay Bowen

2377 Sec. A

Monday (4 sessions), 4/3-4/24, 6:30-8:30PM
\$79 (plus supplies)

Disappearing Nine-Patch Quilt

Make a quilt that's impressive, intricate, and so easy that a beginner could do it! A simple variation on the traditional nine-patch block, the disappearing nine-patch pattern is ideal for using your scraps and novelty squares. Learn how to whip up a quick baby blanket and a classic "I Spy" quilt. Then use your mastery to create a table topper in class.

Kay Bowen

2379 Sec. A

Wednesday (2 sessions), 4/5-4/12, 6-9PM
\$59 (plus supplies)



Floral Zentangle

Create a blooming masterpiece with the Zentangle method of drawing! Calm your mind as you enlist the powers of this easy and effective meditative practice. Practice repeating patterns to produce stunning floral designs. Walk away ready to replicate this art method with the materials you have at home. No previous drawing experience necessary.

Susan Dion

2408 Sec. OA

Thursday 5/18, 6-7:30PM
Zoom
\$15 (plus supplies)

Pen & Ink Drawing

Wander down a new path of artistic expression. Learn traditional methods of drawing with ink using nibs and brushes. Practice drawing and shading techniques through line variation and washes. Explore coloring with inks and creating contrast in compositions using both smooth and rough paper. No prior experience needed.

Jeremy Langston

2393 Sec. A

Wednesday (6 sessions), 4/12-5/17, 6-8:30PM
\$155 (plus supplies)



Spring into action!

Sign up now for fun kids Spring Break activities. See Kids@Heartland on page 28.



Wrapped Up in Jewelry Making

Grab your pliers and get ready to unlock the mysteries of jewelry making. From pendants to rings and bracelets, discover the many ways you can use wire to fashion unique jewelry all on your own. Understand the basic properties of typical jewelry-making wire and discuss other fundamental tools of the craft. Walk away with foundational knowledge on constructing your next favorite staple or statement accessory.

Jennifer Bethmann

2367 Sec. A Tuesday (2 sessions), 4/4-4/11, 6-8PM
\$59 (plus \$20 for supplies paid to instructor)



Paint Like a Pro: Acrylics

Learn acrylic painting techniques from a professional artist. Practice color mixing, edging, and other basic skills that will push you toward mastering acrylic painting. Discover your style — whether it be naturalistic, more abstract, or a blend of the two — then explore your unique artistic voice through your newly developed skills.

Little Art School instructor

2391 Sec. A Monday (6 sessions), 4/10-5/15, 6-8PM
\$169 (plus supplies)



Sculpting Ceramics by Hand & Pottery Wheel

Create functional, 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. Unleash your creativity to make original pieces in a cooperative and imaginative environment. No prior experience required.

Claire Hedden

1903 Sec. A Thursday (6 sessions), 4/13-5/18, 9AM-12PM
\$199

Performing Arts



Become a Stage Manager

"Pay no attention to the man behind the curtain." Instead, BE the one behind the curtain. Unpack what makes a theatrical production soar in this explorative course. Learn modern organizational skills and tools relevant to theater, such as managing a play with Microsoft Excel. Discover the dynamic duties of a stage manager and find out how to manage, chart, cast, call, and run a show of your own!

Rachel Hettrick

2421 Sec. A

Tuesday (4 sessions), 4/4-4/25, 6-8PM

\$59

Ukulele Hum & Strum

It's impossible to not be happy while playing a ukulele! Designed as a class for an adult beginner, you'll strum along to upbeat, well-known songs while learning basic chords. Please bring your own GCEA-tuned ukulele with strap and music stand to class. Consider a larger ukulele if it fits your needs better. Play on long after the class with your newfound music skills!

Rhonda Flottmann

2488 Sec. A

Mon/Thu (5 sessions), 5/1-5/15, 6:30-8PM

\$59 (plus ukulele)

An Introduction to Voiceovers: Getting Started in Voice Acting

Perhaps you listen to your favorite audiobooks or cartoon characters and think, "I could do that!" If so, seize the moment and see what it takes to become successful in the on-the-rise, remote voiceover industry! Sit down with a professional voice actor in this unique one-on-one, video chat session. Over the course of 90 minutes, you will be introduced to this unique performing art form, including types of voiceovers and the tools you need to set up and work successfully from home. Read a real script and receive coaching on how to improve your delivery. After class concludes you will also receive a professional voice evaluation. Walk away with clarity on how to continue your voiceover journey! You must be 18+ to participate, have internet access, and video chatting capabilities.

Voices for All instructor

2381 Sec. 0B

Date flexible, according to your availability,
determined with instructors

Zoom

\$49

Looking for flexible enrollment for online learning in foreign languages, and more personal enrichment options?

Check out ed2go.com/hcc for information on dozens of subject areas.



Truck Driver Training



Scholarships are available for Nussbaum Trucking Academy at Heartland Community College. 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.

Thursday, April 20, our popular **FREE** spring

Business Solutions Showcase

is back with more ways to focus on your vibrant business!



Invest in your staff by learning how to keep employees healthy, happy, and emotionally connected while on the job. Engage in free short sessions from experts on timely topics, including:

Sticking With It: Emotional Intelligence is Harder Than You Think

- Emotional intelligence is at the root of all positive interactions at work. Yet it remains a challenging competency for professionals. In this session, led by experienced facilitator Carol Burrell, deepen your understanding about what makes EI pivotal to your success in the workplace. Consider what you can do to develop and maximize your EI.

Using Stay Interviews to Retain Employees

- Discover the concept of stay interviews as a must-have tool for employee retention. Facilitator Eric Hoss will guide an exploration of this approach. In this session, hone active listening and questioning skills in order to drive down departures and build open communication.

Coaching for High Performance

- A key responsibility of a leader goes beyond achieving results — it's about developing people. Gary Ohler of Apex Partners will offer a coaching framework that will help add value to your leadership practice. In addition, explore two foundational skills to help you tap into your own powers of coaching. Leave with a clearer sense of how effective coaching can contribute to a high-performance work environment.

Supporting Neurodiversity in Your Workplace

- Globally, 1 in 5 people is neurodivergent. Supporting neurodiverse employees is an important aspect of creating an inclusive workplace. In this session, led by Kristi Glesne and Christina Schulz, learn about neurodiversity and what is meant by accommodation. Explore how improved planning and feedback will benefit all colleagues.

Improving Your Funny Bone at Work ... and Play

- Certified humor professional Jennifer Keith returns with another dynamic session on lightening the load with humor, inside and outside of work. Leave with actions for infusing humor into the workplace to contribute to everyone's mental well-being. Understand how tending to your own and your team's mental health results in an environment where talent is acquired and retained.

FREE, but registration required. Seating is limited.

Register online at heartland.edu/BusinessShowcase or call (309) 268-8160 to register.

Lunch is included and there will be plenty of time for networking!

Professional Development

Heartsaver CPR/AED/First Aid

Heartsaver CPR/AED/First Aid is for anyone who wants to learn 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). The basic principles of first aid will be covered as well. 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

2390 Sec. B

Saturday 4/22, 8:30-11:45AM

\$65 (includes text & certification card)



For additional CPR training locations and times, please check with Carle BroMenn Medical Center at Carle.org/events.



Take Your Grant Writing Skills to the Next Level NEW!

You understand the basics of grant writing, but need focused time to craft it, and feedback to be sure you're on track. Sound familiar? Then this is where you belong! During this full-day work session, you'll develop organizational descriptions, need statements, goals and objectives, evaluations, and budgets. With real-time insights and feedback from the instructor and peers, you'll leave with a stronger narrative for your grant proposal.

Kathy Sawyer

2092 Sec. A

Friday 4/21, 8AM-4:30PM

\$129 (includes lunch)

Essential Workplace Skills

promote critical workplace behaviors and ensure incumbent workers are set up to succeed. Visit: www.heartland.edu/EWS

Modules include:

- Thinking Critically at Work
- Communicating Effectively
- Practicing Professionalism at Work
- Understanding Customer Service Essentials
- Navigating Challenges & Stressors
- Advancing Equity, Diversity & Inclusion

—ed2go—

Mastering Public Speaking

Discover how to talk confidently, and persuasively to any group. Learn the secrets of how to present a speech, handle questions, manage conflict in meetings, and even how to shine in an interview. This class will be instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week. There is also a self-paced option with 3 months access.

\$135 ed2go.com/hcc

Thinking Critically at Work

Boost your value at work by being seen as an effective problem-solver. In this session, explore the skills and strategies behind critical thinking — what it is and how to show it. Practice the ability to adopt multiple perspectives, analyze data, and tackle complex issues collaboratively. Explore techniques for evaluating solutions and communicating them to key stakeholders. Walk away with confidence that you know how to generate improvements that benefit yourself, your team, and your organization. This workshop is worth 3 PD hours for K-12 educators.

Carol Burrell

2081 Sec. A

Thursday 4/6, 8:30-11:30AM

\$60

Professional Development



Writing Skills to Ace Your Work

Harness the power of words and storytelling to turn a blank page into a tool for achieving your goals. Learn from a published author and communications specialist about the different approaches to writing for work and how to apply them to a variety of projects. From the fundamentals of effective persuasive writing to composing speeches, newsletters, columns, emails, and more, this workshop will equip you with the skills you need for dynamic and strong messaging, no matter the medium.

Julie Navickas

2083 Sec. A

Wednesday 5/3, 2-4PM

\$35

Laugh it Up: Boost Productivity With Humor

Infuse laughter into your workplace and reap the benefits of humor. Hear from a certified humor professional and current president of the Association for Applied and Therapeutic Humor Jennifer Keith and learn how you can tap into laughter to boost productivity. See how the brain processes humor and walk away with tips to minimize stress as you pepper a little lightheartedness into a difficult day.

Jennifer Keith

2085 Sec. A

Thursday 4/13, 9-11AM

\$35

Fundamental Supervisory Skills

show how effective supervision drives quality results and fosters employer retention.

Visit: www.heartland.edu/FSS

Modules include:

- Leading Through Change & Transition
- Balancing Authority & Influence
- Making Feedback & Evaluation Meaningful
- Resolving Difficult Situations
- Sparking Employee Excellence

Leading Through Change & Transition

As an organizational go-between, supervisors have to monitor changes at both employee and management levels. In this session, strengthen resilience to change. Understand how to better support your team as new expectations, targets, or realities come its way. Expand on the concept of "growth mindset" so that change is positioned as an opportunity, not a threat. Learn steps to take when introducing and implementing change and know what data to monitor for reporting progress. Leave with greater readiness to lend a steady hand when the work environment is in flux.

Carol Burrell

2082 Sec. A

Thursday 4/27, 8:30-11:30AM

\$60



What You Believe Matters: Understanding & Addressing Microaggressions

Microaggressions are brief, everyday exchanges that send hurtful and demeaning messages to individuals. Research has shown that consistently experiencing microaggressions can be psychologically and physically draining. Discover the different forms of microaggressions, what they look like, and how they manifest. Determine the safest and most effective ways to address microaggressions and reflect on ways to check your own behaviors. Leave with a grasp on how to curb microaggressions and be a part of the solution. This class is worth 2 PDs for K-12 educators.

Angell Howard

2087 Sec. A

Wednesday 5/10, 9-11AM
\$35

Understanding the Power of Empathy & its Connection to Diversity, Equity & Inclusion NEW!

Recent surveys suggest people are less trusting of one another, making it hard for them to empathize and show compassion. The ability to empathize is essential to connect with and understand others from different social, cultural, or economic backgrounds. In this class, explore empathy through the lens of diversity, equity, and inclusion. Learn three core empathy skills and challenge yourself to apply them in your professional and personal lives.

Angell Howard

2089 Sec. A

Monday 4/17, 2-4PM
\$35

Supporting Neurodiversity in Your Workplace NEW!

Reinforce inclusive practices in your workplace by strengthening your understanding of neurodiversity. Grow in your ability to communicate about neuro-types and to provide sensitive feedback to neuro-diverse professionals. Prepare to launch accommodations that support individual needs. Leave ready to implement an action plan that benefits everyone.

Kristi Glesne

2149 Sec. A

Wednesday (2 sessions), 5/17-5/24, 9-11AM
\$69

Online Classes

Your Path to Entrepreneurship

Start your journey as an entrepreneur. Evaluate the feasibility of running your own business, construct a business plan, and determine what it takes to build a strong brand. Take away tried and true methods for attracting and sustaining customers, along with strategies for effectively managing and marketing your business.

UGotClass instructor

2199 Sec. OA

4/3-6/30, ONLINE
\$495

Data Analysis

Add a new skill set to your portfolio and contribute to the success of your organization through data analysis. Whether your business is home-based or a large company, you will derive a basic understanding of how to analyze data. Discover how to perform inquiries that will be useful to your organization, and develop the skills necessary to communicate these results with fellow employees through graphs and text. Regardless of industry, these courses will take your decision-making to the next level.

UGotClass Instructor

2196 Sec. OA

4/3-6/30, ONLINE
\$495



Top tech tools!

Find out how to use technology to optimize your time and goals with

Stay on Track With Tech Tools, page 14.

Technology



Apple Mac Basics NEW!

Learn how to navigate a Mac computer like a pro! Practice using the Mac mouse to navigate the desktop and menu bar in a hands-on environment. Gain tips on managing files and folders and using the calendar application. Then explore some popular built-in applications like iMovie as well as downloadable entertainment applications. This course will be held in a Mac lab using OS Monterey software and applies to both desktop and laptop versions of Mac.

Jennifer Keith

2460 Sec. A

Wednesday 4/19, 1-3PM
\$35

Intro to Computers

Get comfortable with computers and build essential skills as you learn digital technologies. Gain hands-on experience on a personal computer with Windows 10 as you learn essential concepts and practice keyboard commands and shortcuts. Explore basic computer terminology and leave with a solid understanding of computing basics. This class is ideal for users with little or no computer skills who wish to develop confidence in navigating a PC.

Kay Bowen

2450 Sec. A

Wednesday (3 sessions), 5/3-5/17, 1-4PM
\$79

We have room for you!

You'll notice something missing this time around:
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.

Create With Canva

Design stunning flyers, social media graphics, resumes, and other visual content using Canva, a free online design tool. Take a deep dive into the platform as you learn how to navigate its features, master its basic functions, and explore its variety of assets. Leave ready to create designs that will enhance your digital efforts.

Victoria Padilla

2210 Sec. A

Wednesday (3 sessions), 3/29-4/12, 6-7:30PM
\$45

—ed2go—

How to Get Started in Game Development

Turn your love of video games into a job of becoming a game developer. Learn game genres, design, platforms, tools and techniques. This class is instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week. There is also a self-paced option with 3 months access.

\$135 ed2go.com/hcc

Stay on Track With Tech Tools

Manage your priorities by reaching the ultimate level of organization. Explore the many ways you can use technology to manage your time and stay on track with your goals and to-do lists. Discuss different calendar and scheduling apps, ways to use spreadsheets, and more. Assemble your own perfect package of Microsoft, Google and/or Apple tools that you can access at your fingertips. Leave class equipped to stay focused on the events, tasks, and information most important to you.

Jennifer Keith

2084 Sec. A

Monday 4/24, 9-11AM
\$35

Digital Photography Basics: DSLR Cameras

Learn basic techniques to enhance your digital photography skills. Find out how the proper camera settings can improve your results. You will need a digital camera with a fully-charged battery, lens, memory card, and user manual. Prerequisite: familiarity with the basic controls of your camera.

Kent Simpson

2448 Sec. A

Mon/Wed (4 sessions), 4/3-4/12, 5:30-8:30PM
\$169



Excel Formulas & Functions

Use functions and formulas and let Excel handle the math! Functions are predefined formulas that perform simple or complex math. Start with a review of the most commonly used average and sum functions then move to more advanced ones. Find out how special functions like Hlookup, Vlookup, and IF can make data entry more efficient. This course requires working knowledge of Excel.

Kelly Cummings Cowles

2212 Sec. A

Thursday 4/20, 1-4PM
\$75

Intermediate Excel

Build on your Excel knowledge as you gain intermediate skills for both professional and personal use. Master subtotals, the outline feature, the quick analysis tool, and conditional formatting. Learn to troubleshoot Excel functions such as date, financial, lookup, text, and conditional functions. Prerequisite: completion of Intro to Excel or equivalent. Registration deadline is March 23.

Jennifer Dyehouse

2208 Sec. A

Tue/Thu (4 sessions), 4/4-4/13, 6-8:30PM
\$175 (includes text)



Multiple Course Discount

Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price. *Does not include Truck Driver Training, off-campus trips, professional development, or online classes.*

Health, Wellness & Recreation

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

2476 Sec. C

Tuesday (9 sessions, does not meet 7/4),

5/23-7/25, 6-7PM

Off Campus

\$105

Intro to Ayurveda

Learn the core concepts of Ayurveda, the ancient medical science that focuses on heightening your potential for optimal health. Learn more about yourself and how to balance your lifestyle through Ayurveda. Discover yoga practices for your body type and rejuvenate your life through Ayurveda detox.

Ashlesha Raut

2467 Sec. A

Thursday (4 sessions), 5/4-5/25, 6-7PM

\$39



For CPR training locations and times, please check with Carle BroMenn Medical Center at Carle.org/events.



Keep calm and flexible!

Learn techniques for deep relaxation, breath awareness, and movement that support physical and emotional healing in *Gentle & Restorative Yoga*. Class coming in summer 2023.

Discover Scuba Diving

Dive into your dream of exploring the underwater world when you learn to scuba! Midwest Diving Specialists will guide you through what it takes to plunge into the wonder and vastness of our planet's oceans and seas and to transcend the limits of gill-less bodies. Complete this non-certification course ready to embark on your scuba journey. No prior experience required, must be ages 10 and up. Participants must take part in a medical questionnaire.

Midwest Diving Specialists instructor

2515 Sec. A

Saturday 5/13, 9-11AM

Off Campus, Shirk Center pool, Bloomington

\$89



Meet Our Instructors:



Nancy Norkiewicz

Bio: Nancy has been a yoga instructor in Continuing Education for a year. She previously taught physical education for 27 years at Moraine Valley Community College and high school health/ PE in Chicago. She came to Illinois State University in 1977 as one of the first recruited female athletes to receive a full scholarship in gymnastics. She recently moved back to McLean County with her husband and three dogs and is thrilled to be able to share her enthusiasm for health and wellness in a "FUN"-damental way. She has a BS degree in physical education, and is a certified ACE/AFAA group exercise instructor, instructor trainer, and personal trainer; Temple of Kriya certified yoga instructor; and certified Tai Chi instructor.

What she teaches: Last fall, Nancy taught *Yoga I* and *Gentle & Restorative Yoga* and will be teaching *Yoga I* this spring. See the details on page 16.

Quote: "My ultimate goal is, and always has been, to inspire movement to empower people from all walks of life, while honoring the direction of their own unique journey toward greater freedom and enhanced quality of life. Yoga is the perfect place to rediscover one's amazing potential for balance and harmony, both inside and out. I truly enjoy sharing this ancient practice and guiding students to see that yoga is for every BODY."

Be a teen leader!

Zoom into our info session for our *Teen Leadership & Service Academy*. Find out how you can grow your communication, goal-setting, and teamwork skills while gaining service opportunities. See page 29 for details.



Health, Wellness & Recreation



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 Staff instructor

2483 Sec. A

Saturday (2 sessions), 4/15-4/22, 12-2PM
Off campus, Evergreen Racquet Club, Bloomington
\$99



Help for your kids

Learn the tools of working with your kids in *Autism Spectrum Disorder: Strategies for Managing Challenging Behaviors at Home*. See page 3 for details.

Nightclub 2-Step Basics

Get on your feet and onto the dance floor! Many dancers proclaim that Nightclub Two-Step is their favorite dance. Learn the basics of this popular slow dance, a great way to prepare for weddings, reunions, street festivals, and slow dancing at home. Learn several basic patterns as each class builds on the last. Participants must enroll with a dance partner.

Cathy Hempstead

2478 Sec. A

Monday (5 sessions), 4/24-5/22, 6-7:15PM
Off campus, Dance Partners Studio, Bloomington
\$79 (per person)

Do the Tango

Develop dramatic, smooth Tango moves in just a few lessons in this American-style version. Learn the patterns of this popular ballroom dance as you practice the colorful steps, pauses, and body positions derived from Argentina. Then join a partner and socialize on the floor in this dance with flair. Participants must enroll with a dance partner.

Cathy Hempstead

2475 Sec. A

Thursday (5 sessions), 5/18-6/15, 6-7:15PM
Off campus, Dance Partners Studio, Bloomington
\$79 (per person)



Basic Bike Maintenance: ABCs

Avoid taking your bicycle to the shop for minor repairs with this do-it-yourself class. Discover the ABCs of bike maintenance: air, brakes, and chain. Learn how to lubricate a chain, fix a flat tire, and make adjustments to your bike. Then get tips on how to keep it in good condition during the off-season. Bring your own bike to class for hands-on, personal instruction!

Dan Steadman, WBRP Bike Co-Op director

2496 Sec. A **Wednesday 4/5, 5-7PM**
Off campus, West Bloomington Revitalization
Project, Bloomington
\$35

Nurturing Your Houseplants

Develop your green thumb by getting started with houseplants! Learn how to care for money plant, snake plant, widow's thrills plant, peace lily, and lucky bamboo. Gain helpful tips for watering and fertilizing your plant as well as optimizing its sunlight exposure. Leave class with a cute plant that adds freshness to your home.

Anuja Deshpande

2430 Sec. A **Monday 4/10, 6-8PM**
\$29 (plus \$10 supply fee paid to instructor)

Journey Through the Art of Candle Making

Formulate your own custom jarred soy candle in this hands-on workshop and discover how soy wax is produced, starting with growing soybeans, and ending with harvesting and processing them. Then mix up unique scents as you learn about optimal wax temperatures, candle safety, and maintenance. Finish by curing your candle and trimming its wick. Leave class with your creation and a fragrant new hobby.

Farm to Wick instructors

2598 Sec. A **Tuesday 4/18, 6-8PM**
\$45

Pamper Yourself!: Craft Luxury Skincare Products

Learn to craft your own luxurious skincare products. Mix up a custom herbal bath salt, an exfoliating sugar scrub, and a moisturizing lotion bar. Leave class with everything you need to pamper yourself or send a thoughtful gift.

Holly Sanford

2440 Sec. A **Wednesday 4/12, 6-8PM**
\$29 (plus \$15 supply fee paid to instructor)

Home, Garden & Pets



—ed2go—

Start Your Own Edible Garden

Grow delicious, and nutritious fruit and vegetables in a convenient patch of soil all season long. Find out about zone hardiness, nutrients, fertilizers, and how to make compost. Start with soil prep and follow through with planting, harvesting, and end-of-season cleanup. This class is instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week. There is also a self-paced option with 3 months access.

\$135 ed2go.com/hcc

Yard Smart: Environmentally Friendly Gardening NEW!

Make sure your lawn or garden is a safe and enjoyable space by avoiding common maintenance practices that are harmful to the planet. Hear from the assistant director of the Ecology Action Center and find out how you can work with nature to transform your space into an ecologically sustainable yard. Learn about native plants, lawn care practices, organic alternatives to chemical treatments, and conserving natural resources. Take home a native plant and the know-how to maintain an eco-friendly lawn or garden.

Ecology Action Center instructor

2504 Sec. A

Monday 5/8, 6-7:30PM

\$19 (plus \$15 supply fee paid to instructor)

Our Native Bees NEW!

Explore the fascinating world of native bees! Learn about the lifecycles of these important pollinators, and discover the different types of homes that they need to thrive. Identify the challenges that native bees face, and find out what you can do to help them. Leave class with a better understanding of these incredible insects and how you can play a role in their conservation.

Patti Koranda

2438 Sec. A

Monday 4/3, 6-8PM

\$25

Pollinator Gardens

Optimize your garden and transform it into a buzz-worthy spot for butterflies, bees, hummingbirds, and other pollinators. Learn all about key pollinating species and which plants, locations and colors attract them. Walk away with the information you need to design your own pollinator oasis and bring it to life.

Patti Koranda

2417 Sec. A

Tuesday 4/11, 6-7:30PM

\$19

We have room for you!

You'll notice something missing this time around:

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.



Backyard Bird Watching & Care

Beckon a symphony of songbirds to your yard. Learn how to attract more than 100 species of birds with the right native plants, water, food, and birdhouses. Discover how to accurately identify migratory and native species and gain insights into their behavior. Leave with an increased appreciation for birds and native plants and a better understanding of how to make your property a more enticing destination for your avian friends.

Bill Davison

2481 Sec. A

Saturday 4/1, 9-11AM

\$29

Introduction to Welding

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.

Aaron Metcalf

2503 Sec. A

Saturday (5 sessions), 4/15-5/13, 1-4PM

\$249 (plus supplies)

Connect. Engage. Learn.

Stay connected with your lifelong learning community all year long.



Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)





Good Dog!

If your dog is comfortable around other dogs and people but needs to learn proper manners, let's work on it together! In this workshop, you and your companion will focus on learning "sit," "down," "stay," "come," "leave it," and "wait" commands. You'll also practice loose leash walking and a few exciting tricks. Mastery of this course will put you closer to earning the status of Canine Good Citizen. Puppies with their first full set of vaccinations are welcome in this class.

Valeri Farmer-Dougan

2419 Sec. A **Thursday (4 sessions), 4/20-5/11, 6-7PM**
\$39

Tackling Problem Behaviors in Dogs

Ensure a thriving relationship between you and your dog while addressing various negative canine behaviors, with a focus on separation anxiety. Identify the catalysts of your dog's negative behaviors, develop a plan for your pet, and put it to the test with expert guidance from the former director of Illinois State University's Canine Behavior and Cognition Lab. Walk away with resources to better understand your dog and gain techniques to reduce unwanted behaviors.

Valeri Farmer-Dougan

2403 Sec. A **Wednesday (2 sessions), 4/5-4/12, 6-7:30PM**
\$29

Dog Leash Training 101 NEW!

Transform your dog walking routine into a pleasant experience by learning how to curb leash pulling. Learn about types of walks and gain techniques tailored to your dog's wants and needs. Leave class ready to enjoy more peaceful walks with your four-legged companion.

Sam Stocking

2426 Sec. A **Wednesday 4/26, 6-7:30PM**
\$19

Monthly Puppy Playtime NEW!

Is your puppy ready to make new four-legged friends? Meet with classmates once a month and increase your dog's social skills in a safe and fun environment. This class is for dogs aged 8 months to 2 years of age. No reactive or aggressive dogs. Please bring proof of your pup's vaccination. You may sign up for any or all sessions.

Sam Stocking

2651 Sec. B **Saturday 3/25, 12-1PM**
2654 Sec. C **Saturday 4/22, 12-1PM**
2656 Sec. G **Saturday 5/20, 12-1PM**
\$15



Exploring Indian Cuisine

Indian cuisine is diverse, delicious, and easier to cook than you think! Full of flavorful spices and vegetables, these dishes really showcase their unique ingredients. Discover the health benefits that Indian cuisine has to offer in this mouth-watering demonstration. Then, taste-test traditional recipes and bring them home to create your own delectable dish.

Anuja Deshpande

2395 Sec. A Tuesday 3/28, 6-9PM
\$49

Signature Spice Blends

Augment and enhance the flavors of your favorite recipes with spices. Learn how to measure and balance proportions to create classic and signature spice blends. Explore the aromas of different blends and discover their surprising therapeutic benefits. Master this crucial culinary skill and reap the benefits in all your future flavoring endeavors.

Anuja Deshpande

2399 Sec. A Thursday 4/6, 6-9PM
\$49

Springtime Cookie Decorating

Get ready to assemble your own edible bouquet with sweets that sing SPRING. Try techniques for decorating seasonally-themed sugar cookies to look like butterflies, flowers, ladybugs and more without the hassle and expense of special equipment. Find out just how easy it is to create oh-so-sweet festive treats — then take a batch home to share!

Michelle Schneider

2397 Sec. B Tuesday 4/4, 6-8PM
\$45

Dazzling Drip Cakes NEW!

The Insta-famous drip cake is fun, whimsical, and surprisingly easy to make. Learn how to create the perfect cake layers while whipping up fluffy buttercream frosting. Then practice smoothing the outer layer of frosting like a pro! Discover how to add dazzle to your cake with an exciting drip layer. Leave class ready to wow any party guest with your baking talent.

Michelle Schneider

2428 Sec. A Tuesday 5/9, 6-9PM
\$49 (plus \$25 supply fee paid to instructor)



In the Kitchen



Gluten-Free Sweet Breads NEW!

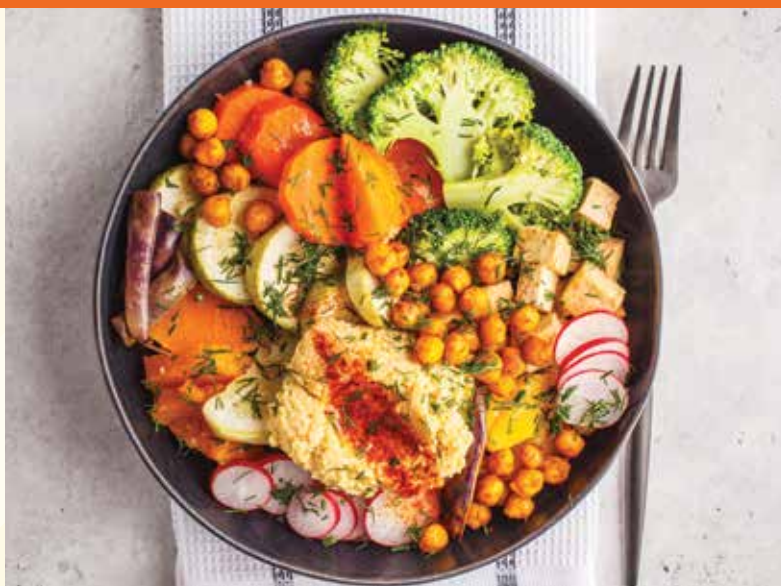
Bake warm lemon blueberry loaves that your whole family will enjoy. This hands-on workshop will guide you through the process as you mix tasty ingredients such as lemon juice and fresh blueberries. Take home your delectable loaves along with another quick bread recipe to try on your own! To avoid cross-contamination please bring your own large mixing bowl, spatula, whisk, liquid measuring cup, 9-inch loaf pan, and digital scale (optional).

Drue Van Meter

2602 Sec. A

Tuesday 4/25, 6-8PM

\$45



The Basics of Plant-Based Cooking

Let us show you how to whip up a delicious plant-based meal! We're talking not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. Collect and perfect new recipes that you can make and devour at home! Experience a hands-on demonstration in preparing a three-course meal and gather insight on giving your favorite dishes vegan or plant-based makeovers. Explore what plant-based and vegan diets consist of, and understand the fun, tasty, and convenient options that you can incorporate into your own health journey.

Chemberly Harris

2405 Sec. A

Wednesday 4/19, 6-8PM

\$45



Festive Spring Brunch Centerpiece With NEW! Edible Treats

Add some springtime flair to your next holiday brunch with a festive centerpiece and delicious handmade treats! Arrange faux grass and vibrant eggs to add a pop of color to your table. Then make edible art when you combine cracked almond bark candy with a spring color palette. Leave class with custom creations that will last for several days or weeks!

Holly Sanford

2442 Sec. A

Thursday 3/30, 6-8PM

\$29 (plus \$15 supply fee paid to instructor)



Homemade Tortillas NEW!

Upgrade your Taco Tuesday with traditional Hispanic flour and corn tortillas. Learn how to make this delicious and versatile staple from scratch while exploring its fascinating history. Find out the differences between traditional tortillas and Americanized versions while you whip up some delicious derivatives: tostada bowls and tortilla chips! Leave the class with your own batch of handmade tortillas, and the skills to make them at home.

Chemberly Harris

2444 Sec. A

Tuesday 5/16, 6-8PM

\$45



All About Dumplings NEW!

Dive into the world of dumplings! Explore the many ingredients used to make dumplings as you try several at-home preparation methods. Learn wrapping techniques to craft your own pork, shrimp, or veggie dumplings. Then taste-test your creations with a variety of mouthwatering sauces. Leave class ready to impress your friends and family with homemade dumplings.

Vivian Kong Doctora

2490 Sec. A

Thursday 5/4, 6-8PM

\$45

Everything Chocolate

Fall further in love with chocolate while you learn how to make it from scratch! Discover what goes into the quintessential delight, then explore alternative and plant-based ingredients to make this luxurious sweet enjoyable for everyone. Become a true choco-connoisseur as you investigate the different types of chocolate and what gives them their unique flavor. Walk away knowing how to prepare a healthy twist on a variety of desserts, from chocolate bars to truffles and more!

Miranda Lin

2401 Sec. A

Tuesday 5/2, 6-9PM

\$49



Personal Finance



Mitigating the Cost of Long-Term Care

Individual long-term care encompasses both medical and non-medical needs. Get educated about your long-term care options in this class as you plan for independence and a high quality of life. Discuss long-term care (LTC) by the numbers, federal LTC programs, activities of daily living, qualifying for low/no cost coverage, LTC insurance alternatives, Medicaid planning, and LTC during retirement. Learn what you need to know today to secure the future for yourself or your loved ones.

Trever Kuipers

2458 Sec. A

Wednesday 4/5, 6-7:30PM
\$19

Stepping Into the Role of Estate Executor or Trustee NEW!

Prepare to manage the affairs of your loved ones with confidence when you demystify the estate planning and administration process. Ensure a secure future by learning to identify and understand the necessary documents. Discover the steps to preparing a will or trust and leave with the ability to create an estate plan.

Nathan Hinch

2513 Sec. A

Wednesday 5/17, 6-8PM
\$25

Estate Planning: Avoid Probate for Your Estate

Make sure you have properly planned for your estate to avoid probate and reduce estate taxes. Engage with a seasoned estate planning attorney in discussions on wills, trusts, powers-of-attorney, probate, estate taxes, and titling assets. Discover the key concepts of estate planning that everyone should know. Leave ready to use these planning tools to chart the course for your estate or that of your loved ones.

Chad Ritchie

2456 Sec. A

Wednesday (2 sessions), 4/26-5/3, 6-8PM
\$39



Fiscal Fitness Checkup NEW!

Invest in yourself by identifying your path to a secure financial future. Explore retirement and bill pay options and map out a plan to get on track. Leave class with the knowledge necessary to build a financially peaceful life.

Scott Miller

2473 Sec. A

Tuesday (2 sessions), 4/11-4/18, 6-7:30PM
\$29

Preparing for Retirement: A Guide to the Big Picture

Whether you are years or months away from retirement, there are many critical decisions you need to make. Learn about Social Security, Medicare, pensions, investments, spending, and taxes, and how they affect your later years. Plot your big picture and leave the class feeling ready to take the next steps toward achieving financial goals for your future.

Scott Davis, CFA, CFP®, MSF

2471 Sec. A

Thursday 4/13, 6-8PM
\$25

Language, Communication & Culture



Spanish for Beginners

Whether you wish to converse with neighbors or colleagues or communicate with native speakers during your next vacation to a Spanish-speaking country, this introductory course will help you develop your understanding of the Spanish language. Learn common phrases and vocabulary on everyday topics and put your skills into practice through written and oral exercises. This class is your first stepping stone on your way to communicating in Spanish.

Marineth Sierra

2499 Sec. A Tuesday (8 sessions), 3/28-5/16, 6-8:30PM
\$169

Introduction to German Culture

Gain insights into the history, food, geography, and traditions in the different regions of German-speaking countries. Whether you hope to better understand your ancestry, are planning an overseas trip, or are just curious, this course will allow you to dive into German culture. Walk away with new knowledge, fun facts, and a deeper appreciation for this influential region.

Kory Carter

2382 Sec. A Monday (4 sessions), 4/3-4/24, 6-8PM
\$69

News Literacy in an Age of Misinformation

Never before has the need for news literacy been more urgent. As media consumers, we are bombarded with a constant stream of fake news, propaganda, hoaxes, rumors, satire, and advertising that often masquerades as credible journalism. It is becoming more and more difficult to distinguish fact from fiction. While the public's faith in the news media erodes, purveyors of misinformation have helped give rise to troubling cultural trends and alarming political movements. Regain control as you learn about the basics of news literacy from the Center for News Literacy.

Karla Huffman

2386 Sec. A Friday 4/21, 9:30AM-12PM
\$15

Unlock Writer's Block NEW!

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

2388 Sec. A Wednesday 4/26, 6-7:30PM
\$15



Have a knack for voices?

Join our *An Introduction to Voiceovers: Getting Started in Voice Acting* class and find out how to use your talents in a starring role! See page 8 for details.



Spring Break

Captains of the Kitchen: Grades 3-5

Step into the shoes of a chef! Unleash food imagination and gain some new skills as you learn to make fun snacks like a pro. Explore how to use food you already have to make something delicious! Collect cooking techniques, safety tips, and be ready to help make meals at home and maybe even become the new captain of your family kitchen!

HCC instructor

2130 Sec. YA **Mon-Thu (4 sessions), 3/27-3/30, 9AM-12PM**
\$169

YouTube Content Creators: Grades 6-8

Find your voice and leave your mark! Develop your on-camera presence, channel branding, and editing skills, and gain tips for practicing good digital citizenship. Take home a plan to launch your own channel with the content you create in class. You will be able to access your projects at home on a password protected website.

Robert Scornavacco

2214 Sec. YA **Mon-Thu (4 sessions), 3/27-3/30, 9AM-12PM**
\$185

Connect. Engage. Learn.

Bring the learning adventures home.
Follow Kids@Heartland on Instagram!



Instagram: @kidsatheartland

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 and what to do during severe weather. Gain best safety practices and first-aid care. Better understand child behavior 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 March 21.**

Dawn Wilson

2216 Sec. YA **Friday 3/31, 9AM-4PM**
\$135 (includes text)

In the swim of things!

Dive into the underwater world as you learn to scuba. Adults and kids 10 years and up can find out more on page 17.





Teen Leadership & Service Academy Informational Session: Grades 9-12

Whether you are just starting to gain leadership experience or are ready to take your skills to the next level, the Teen Leadership & Service Academy will foster your professionalism while you earn service hours around your busy summer schedule. This full-day workshop, led by a business training expert, will help you grow key communication, goal-setting, and teamwork skills. Put your new skills into practice with K-8 grade students as you assist Continuing Education instructors and/or take part in other service opportunities. After completing the workshop, reflection questions, and volunteer hours, you'll receive a personal reference letter documenting your service hours and training.

Christina Schulz

2487 Sec. OYA

Tuesday 4/4, 7-7:30PM

Zoom

Free, registration required

Crafting Your College Essay: Grades 9-12

Admissions and scholarship essays are every bit as important as your test scores — it's your chance to put your unique personality on display! Discover how to make your words pop and how to avoid groan-worthy grammar mistakes. Master how to market yourself and increase your chances of scholarships and acceptance into your dream school. Walk away with a solid outline and draft that you can adapt to any application.

Ryan Edel

2446 Sec. YA

Thursday (3 sessions), 4/20-5/4, 6-7:15PM

\$39



We have room for you!

You'll notice something missing this time around:

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.

See the sea lions!

We're headed to the Shedd Aquarium on June 24 in an exciting day designed for adult and child. Swim on over to page 2 to see details! Pontiac pickup available.

Pontiac



T-shirt Quilt

Preserve cherished memories when you make a quilt out of old T-shirts! Learn how to upcycle clothing that holds special meaning to craft a cozy and sentimental keepsake. You should have basic sewing skills and will need to bring your sewing machine with the manual, attachments, and power adapter to class. A small number of machines will be available for use.

Emma's Legacy instructor

2501 Sec. AP **Monday (4 sessions), 4/3-4/24, 6-8PM**
Off campus, Emma's Legacy, Pontiac
\$69 (plus materials)



The Frank Lloyd Wright Experience

We'll drive while you relax and explore the architect's distinctive Prairie Style. Pontiac pickup available. Details on page 2.

Whale of a good time!

Take a trip to see the beluga whales, otters, dolphins, and other aquatic life at Chicago's Shedd Aquarium. Details on page 2. Pontiac pickup is available.



Lincoln



Intro to Excel

Excel is a powerful tool for organizing data, but it can be overwhelming for first-time users. Both beginners and longtime spreadsheet operators will learn many valuable tips and techniques in this course. Topics include developing and editing worksheets and utilizing formatting features and fill commands. Create formulas and learn some of the most popular built-in functions. Then practice customizing reports and visually representing data with charts and graphs. **Registration deadline is March 29.**

Loyd Kirby

2492 Sec. AL **Mon/Wed (4 sessions), 4/10-4/19, 6-8PM**
\$125 (includes text)

Beginning Yoga

Yoga doesn't have to be intimidating! This beginner-friendly course will guide you through the basics of yoga as you embrace its healing benefits. Learn the philosophy behind yoga from certified yoga instructor and holistic life and wellness coach Marcia Cook. Then practice basic poses and breathwork before trying a guided meditation. Gain new confidence in your body as you build strength, flexibility, and balance.

Marcia Cook

2552 Sec. AL **Tuesday (4 sessions), 4/11-5/2, 6-7PM**
Off Campus, Moksha Center, Lincoln
\$49

Connect. Engage. Learn.

Stay connected with your lifelong learning community all year long.



Facebook: [continuingEd.hcc](https://www.facebook.com/continuingEd.hcc)

3 WAYS TO REGISTER



Online:

Payment must be made by credit/debit card (Visa, MasterCard, Discover or American Express).
Visit our website: www.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 (MasterCard, Visa, 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
Workforce Development Center
Suite 2400
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.

Registration Confirmation

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).

Age Appropriate Guidelines

Unless otherwise stated, these classes are designed for adults ages 18 and over.

Fees

Fees are payable in full at the time of registration. We accept cash, check or credit/debit cards.

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

In-Person Classes

Heartland places a high priority on the safety of everyone in their facilities. We are taking precautions to help prevent the spread of the COVID-19 virus among the community and ask that you adhere to the College Standard of Care (find at heartland.edu) for your on-campus activities.

In the event that we are unable to host your class in-person, we will do all we can to transition your course to a virtual format. Otherwise, you will have the opportunity to choose an alternative class or receive a full refund.

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 smart phones 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.

Full or Canceled Classes

Please make sure we have your current contact information so we can notify you if classes are full or canceled. You may choose alternate classes or receive a refund.

Refund Policy

Unless otherwise stated in the course description, you must drop a class no later than three working days before the first class session to receive a refund. No refunds or class credits will be issued after that time. Payments for course materials, supplies or textbooks are also non-refundable.

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.

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.

Find Your Class

Rooms will be assigned at a later date.

Main Campus 1500 W Raab Road, Normal IL

- | | |
|--|--|
| 1 Community Commons Building (CCB) | 7 Workforce Development Center (WDC) |
| 2 Student Commons Building (SCB) | 8 Child Development Lab (CDL) |
| 3 Instructional Commons Building (ICB) | 9 Fitness & Recreation Center (FRC) |
| 4 Instructional Commons North (ICN) | 10 Astroth Community Education Center (ACEC) |
| 5 Physical Plant Building (PPB) | 11 Normal Readiness Center/Illinois National Guard (NRC) |
| 6 Receiving & Storage Building (RSB) | 12 Corn Crib Stadium |



HCC

Heartland Community College
1500 W. Raab Road
Normal, IL 61761

Challenger Learning Center at Heartland Community College
Astroth Community Education Center
1500 W. Raab Road
Normal, IL 61761

ACEC Astroth Community Education Center
CCB Community Commons Building
CD Child Development Lab
FRC Fitness & Recreation Center
ICB Instructional Commons Building
ICN Instructional Commons North
NRC Normal Readiness Center/Illinois National Guard
SCB Student Commons Building
WDC Workforce Development Center

Off-campus

Dance Partners Studio
1401 Tralee Lane
Bloomington, IL 61704

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

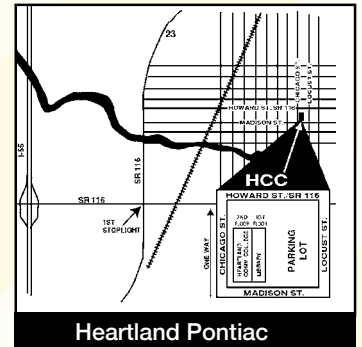
Michael Amis Studio
300 E. Grove St.
Bloomington, IL 61701
(entrance to studio is on Prairie Street)

Shirk Center
302 E Emerson St.
Bloomington, IL 61701

The Place for Children with Autism
301 S Prospect Road, Suite 2
Bloomington, IL 61704

West Bloomington Revitalization Project
724 W. Washington St.
Bloomington, IL 61701

Pontiac



HCC Pontiac
211 E. Madison St.
Pontiac, IL 61764

Emma's Legacy
213 N. Mill St.
Pontiac, IL 61764

Lincoln



HCC Lincoln
2201 Woodlawn Road
Lincoln, IL 62656

Moksha Center
112 S. McLean St.
Lincoln, IL 62656



Discover Heartland. *Discover Your Future.*

Credit Class Registration Dates

Summer 2023: March 7 - June 5

Fall 2023: April 4 - August 21



HEARTLAND
COMMUNITY COLLEGE

heartland.edu/discover



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LIFELONG LEARNING

1500 W. Raab Road, Normal, IL 61761



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with a crafted candle** **Page 19**

**Learn the truth
about tornadoes**

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**Spend a day with
Shedd's sea lions**

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