

PERSONAL ENRICHMENT • PROFESSIONAL DEVELOPMENT • BUSINESS SOLUTIONS

CONTINUING EDUCATION

WINTER

JAN-MAR '24



TELLING THE
STORIES OF

BLACK
History
Inside story

TAKE A JOURNEY
TO MOULIN ROUGE!
Page 2



HEARTLAND
COMMUNITY COLLEGE

Heartland.edu/ContinuingEd



Jeff Woodard is surrounded by McLean County history as director of marketing and community relations at the McLean County History Museum. He lives and breathes it as he walks the four galleries of the museum's permanent exhibit, *Challenges, Choices, and Change*, on the museum square in downtown Bloomington.

One of the stories he tells is that of Simon Malone, who in 1867 became one of the first African American residents of Normal. The former slave built a home near what is now Kingsley Junior High in Normal.

Another is of Wilber Barton, one of the first Black students to attend Illinois State Normal University, where he graduated with a teaching degree. Barton's grandfather was acquainted with Jesse Fell, a friend of Abraham Lincoln and the founder of the town of Normal.

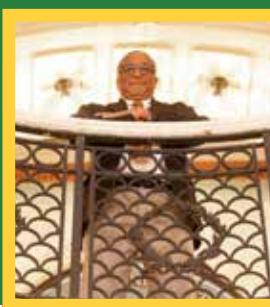
Still, there was Dr. Eugene Covington, who came to Bloomington around 1900 to open a medical practice. He was the first and only African American physician in the Twin Cities until the 1930s.

There are countless other stories, and Woodard weaves in the missing puzzle pieces of African American life and culture in McLean County as it existed before the 1930s in his well-researched Continuing Education class, *Black History in McLean County*. He will also discuss the background of the Bloomington-Normal Black History Project, its origins, some of the projects over the years, including the exhibit, *Presence, Pride, and Passion: A History of African Americans in McLean County*, and the book that resulted.

Moreover, you will learn of the sacrifices and determination it took for African American men and women to thrive in the area. Check out details of the Feb. 22 class on page 4.

Woodard's class is one of the many history classes we bring to you. We'll explore genealogies in *Mapping Your Family Tree*. Learn how tragedies shaped history and ways you can honor victims in our *Remembering the Holocaust* and *The Tragedy at Kent State*. Begin your history journey on page 4.

Find yourself and your passion in our varied course offerings this winter — you will be richer for it.



On the cover:

Jeff Woodard, McLean County History Museum director of marketing and community relations, is positioned in front of a photoshopped collage of African American history makers in our community. He'll share information about leaders in our community in an upcoming class.

What's Inside

Trips	2
Special Interest	3
History	4
Creative Arts	5
Performing Arts	8
Truck Driver Training	9
Essential Workplace Skills	10
Professional Development	12
Technology	16
Health, Wellness & Recreation	20
Home, Garden & Pets	22
In the Kitchen	24
Personal Finance	26
Language, Communication & Culture	27
Kids@Heartland	28
Pontiac	29
Lincoln	30
Information/Registration	31
Find Your Class	32



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.



We have room for you!

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.



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, online professional development, Ed2Go, and a few other select courses.

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

Visit our website www.Heartland.edu/ContinuingEd

Continuing Education Issue 93 January 2024 (USPS 024531) is published 5 times a year: January, February, April, May, 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

Blossoms, Bees & Butterflies NEW!

Enjoy a fragrant day strolling through the Lincoln Park neighborhood of Chicago! Take a guided walking tour in the vibrant gardens of the Lincoln Park Conservatory during their annual spring flower show. Attend the enriching workshop *What's the Buzz about Bees?* at the Peggy Notebaert Nature Museum, and explore the famous exhibits, including the Judy Istock Butterfly Haven! Your trip includes transportation, a tour, tickets, a workshop, and lunch at Maggiano's Little Italy. Call (309) 268-8160 to request a Pontiac pickup. **Sorry, no refunds after March 4.**

1137 Sec. A Friday 4/5, 7:30AM-7PM
\$175



Moulin Rouge! The Musical at The Fabulous NEW! Fox Theatre

Watch Moulin Rouge! The Musical in St. Louis! Enjoy this musical based on the splashy 2001 award-winning movie. See the spectacular production design, including stunning sets, extravagant costumes, and breathtaking choreography. Enjoy a meal at Rigazzi's - On The Hill, voted the best Italian restaurant in St. Louis. Your trip fee includes transportation, lunch, and a matinee show. Call (309) 268-8160 to request a Lincoln pickup. **Sorry, no refunds after March 21.**

1921 Sec. A Saturday 5/11, 8:30AM-8:30PM
\$249

Divine Delights

Watch upcoming booklets for sweet news on a trip to see the beautiful church architecture of Chicago and a side trek to see a chocolatier in action.



Connect. Engage. Learn.

Follow Continuing Education on social media!

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

Special Interest

Secret Travel Hacks: Free Air, Hotels & Cash Back

Maximize your dollars on an upcoming trip by lowering airfare and hotel costs. Earn hundreds of thousands of redeemable frequent-flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. Instructor Gina Henry, founder of Go Global Inc., has been a professional traveler for over 30 years and earns 15 free airline tickets and dozens of free hotel nights each year. Learn beginner and advanced strategies that could earn you more than 1 million reward points a year. Leave ready to plot your next vacation!

Gina Henry

1942 Sec. OA

Saturday 2/17, 11AM-2PM

\$59 (includes text)

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

2045 Sec. A

Saturday 3/16, 9AM-12PM

\$49



Be in the know

Like or follow us on Facebook and join the conversation!

<https://www.facebook.com/continuingEd.hcc>



Observing the Total Solar Eclipse

Join us for a free community event this spring to witness the total solar eclipse! Enjoy complimentary solar viewing glasses, a fun demo explaining the eclipse, and explore the Challenger Learning Center. Don't miss out on this incredible event where everyone is welcome to participate and explore the mysteries of our universe!

Challenger Learning Center instructor

1006 Sec. A

Monday 4/8, 1-2:30PM

Challenger Learning Center,

Astroth Community Education Center

FREE, but registration required

Spring Break FUN ahead!



Plan some fun Spring Break activities for the kids! See **Kids@Heartland** on page 28.

History



Black History in McLean County

Before the 1930s, very little of African American life and culture in McLean County had been documented. Gain insight into these fundamental missing puzzle pieces of our area's history as you discuss specific experiences of local Black and African American people. Learn the background of the Bloomington-Normal Black History Project and how to get involved. Leave class empowered by knowledge and motivated to keep listening, learning, and educating others.

Jeff Woodard

1940 Sec. A Thursday 2/22, 6-7:30PM
\$25

The Tragedy at Kent State NEW!

Explore the aftermath of the Kent State shootings in May 1970, when our nation teetered on the brink because of the continued U.S. involvement in the Vietnam War. Dive into the impact: Hundreds of universities and colleges temporarily closed or came close and students openly debated revolution. Find out how this tragedy shaped conversations across the nation's campuses — and beyond — and why the unrest continued until the war's end five years later.

Jeff Paisley

1922 Sec. A Wednesday 2/28, 6-8PM
\$29

Remembering the Holocaust

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

1944 Sec. A Tuesday (4 sessions), 3/5-3/26, 6-7:30PM
\$59

Mapping Your Family Tree

Find answers about your genealogy without paying a fortune. Search for your ancestors as you fill out genealogy forms, pedigree charts, and family group sheets. Discover how to find family history information through government records and the internet. Pull together a personal history and discover, quite literally, where you came from.

Gail Leonard

1938 Sec. A Thursday (4 sessions), 3/7-3/28, 6-8PM
\$79



The Art of Tattoo NEW!

What turns a sketch into a great tattoo? Find out in this three-session class taught by Chad Ramsay, owner of Illinois Tattoo Co. in Bloomington. Explore the history of tattoo art, investigate various tattoo styles, and discover the non-digital drawing techniques that lend themselves well to body art. Get the chance to have your own artwork evaluated and leave class equipped to design a personal tattoo that will stand the test of time.

Illinois Tattoo Co. instructor

2071 Sec. A Tuesday (3 sessions), 3/12-3/26, 6:30-8:30PM
\$85

Glass Working for Beginners: Heat Your Heart Out 📍

Sculpt a lasting symbol of love! Tour a hot shop and enjoy a demonstration from the expert glass team at Michael Amis Studio. Then gather molten glass from the furnace and heat, stretch, and mold your own heart-shaped paperweight. No prior experience is required. Projects must be cooled overnight before leaving the studio.

Michael Amis Studio instructor

2057 Sec. A	Saturday 2/10, 9-10:30AM
2059 Sec. B	Saturday 2/10, 11AM-12:30PM
2061 Sec. C	Saturday 2/10, 1:30-3PM
2063 Sec. G	Saturday 2/10, 3:30-5PM

Off campus, Michael Amis Studio, Bloomington
\$75 (plus \$35 supply fee paid to instructor)



LOOK UP IN THE SKY!

JOIN US FOR A GREAT EVENT CELEBRATING THE
NEXT VISIBLE SOLAR ECLIPSE IN SPRING 2024.

You're invited to a free community event April 8 to witness the next total solar eclipse! Enjoy complimentary solar viewing glasses, a fun demo explaining the eclipse, and explore the Challenger Learning Center. Don't miss out on this incredible event where everyone is welcome to participate and explore the mysteries of our universe! See details on page 3.

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. You will also learn how to crochet the top of a kitchen towel. Find out how to read patterns and change yarn colors. No experience necessary.

Kay Bowen

2047 Sec. A Monday (6 sessions), 2/5-3/11, 6:30-8:30PM
\$119 (plus \$7 supply fee 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.

Emma's Legacy Instructor

2094 Sec. A Tuesday (2 sessions), 2/6-2/13, 6-8:30PM
\$45 (plus \$3 supply fee paid to instructor)

Quilting Basics

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 you must have access to a sewing machine outside of class. First class will meet at Bolines Quilt Shop warehouse, 414 Olympia Drive in Bloomington, where the instructor will assist students in purchasing supplies for the class.

Kay Bowen

2049 Sec. A Wednesday (6 sessions), 2/7-3/13, 6-8:30PM
\$149 (plus supplies & fabric)

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

2055 Sec. A Thursday (6 sessions), 2/15-3/21, 9AM-12PM
\$219

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.

The Little Art School instructor

2053 Sec. A Monday (6 sessions), 3/4-4/8, 6-8PM
\$179 (plus supplies)

Fabric Fusion: The Art of Appliqué Collage NEW!

Express your creativity through fabric appliqué and collage! Practice drawing, tracing, cutting, layering, and adhering fabric brought from home in this hands-on workshop. Leave with personalized fabric appliqué collage artwork to adorn your household.

Kelly Cummings Cowles

2067 Sec. A Wednesday (2 sessions), 3/13-3/20, 6-9PM
\$59 (plus supplies and \$10 supply fee paid to instructor)



From *Understanding the Cloud* to *Where Does All My Money Go?* hundreds of courses across dozens of subject areas are waiting for you. Ed2go can be accessed through our website at Heartland.edu/ContinuingEd/online or direct at ed2go.com/hcc



Macra-make It!: All About Owls

Polish your macramé skills and create intricate owls in this beginner/intermediate class. Knot together a large owl on the first night and design several smaller owls in session two. "Perch" your birds on wood that we supply or incorporate your favorite piece of driftwood. Leave with eye-catching designs to nest in your home. Some familiarity with macramé knots would be helpful but is not essential.

Dan Anderson

2065 Sec. A

Thursday (2 sessions), 2/29-3/7, 6-9PM

\$59 (plus \$25 supply fee paid to instructor)

Knot a Beginner Anymore: Intermediate Macramé NEW!

Now that you've mastered beginning macramé, get ready to take your skills to the next level with this intermediate workshop. Gain a more advanced understanding of varied knotting techniques and add more dimension and texture to your pieces. Leave class with a one-of-a-kind piece ready to grace any home!

Dan Anderson

2069 Sec. A

Thursday (2 sessions), 3/14-3/21, 6-9PM

\$59 (plus \$45 supply fee paid to instructor)

Zentangle-Inspired Art NEW!

Venture into the fascinating and relaxing world of Zentangle art. Enlist the powers of this easy, yet effective, meditative practice by forming patterns designed to calm the mind. Walk away able to replicate this art method with the materials you have at home. No previous drawing experience is required.

Sue Dion

2051 Sec. OA

Thursday 2/22, 6-8PM

\$29 (plus supplies)

Crafted With Love: Valentine's Day Jewelry Workshop

Celebrate the season of love by crafting unique jewelry with a heartfelt touch. Practice with professional jewelry-making tools in this workshop designed for both beginners and intermediate jewelry enthusiasts. Form a heart-shaped pendant with wire and adorn it with glossy beads. Finish it off with wire weaving techniques. Leave class with beautiful, custom-made accessories that will serve as lasting symbols of your affection.

Jen Bethmann

2073 Sec. A

Tuesday 2/13, 6-8PM

\$29 (plus \$5 for supply fee paid to instructor)



Pretty pillows!

Take a short trip to learn a new **quilting pattern** for perfect pillows. See page 29 for **Paper Piece Quilt Pillow**.

Medal in Metal!

Use **welding techniques** to create your artistic vision. See **Welding Metal Art** on page 23.



Performing Arts



Acing Your Audition NEW!

Snag the role of your dreams! Gain the guidance of a seasoned actor with a wealth of auditioning experience, and learn tips and tricks to help your auditions shine. Practice your new knowledge in two fast-paced, personalized sessions and leave ready to make a great impression in any audition setting.

Rachel Hettrick

2018 Sec. A Saturday (2 sessions), 2/17-2/24, 1-4PM
\$55

An Introduction To Voiceovers

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Must be 18+ to participate and have internet access and video chatting capabilities.

Voices for All instructor

2081 Sec. A Mon-Fri, (Date flexible according to your availability, determined with your instructor)
\$49

Meet Our Instructors:



Bio: Rachel Hettrick has been teaching in Continuing Education since spring 2022. She is the associate executive director of Coalescence Theatre as well as president of the board. Rachel has dual degrees in stage management and journalism from Illinois State University and an MBA from the University of Illinois at Springfield.

In her acting career, she has portrayed Mrs. Ford in *Merry Wives of Windsor*; Clare in *The Two Character Play*; Roberta in *Dead to the Last Drop*; Sherry Johnson/Swing in *The Laramie Project*; and Allison in *Dressing Robbie Temple*. Her varied career includes stints as a voice actor in podcasts, participation in new play readings, and appearances online in *Heartland Theatre's Hot Shorts* and *#Enough2022*. She was a finalist for the 2023 Best of Springfield - Best Female Actor. In addition, she's acted at Stage 212, Coalescence Theatre, MASS Media Productions, New Route Theatre, Theatre in the Park, and others. Her work also includes behind the scenes duties at various theaters.

Classes: Rachel taught *Become a Stage Manager* in spring 2022 and spring 2023. She will be teaching *Acing Your Audition* this winter. See details above.

Quote: *"I want to teach actors to enjoy auditions and approach them with as much energy and drive as they do rehearsals — it's all acting!"*

Rachel Hettrick

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.

Essential Workplace Skills



Heartland.edu/EWS

3 PD hours for K-12 educators available
for each completed EWS session.

Promote critical workplace behaviors and ensure incumbent workers are set up to succeed, regardless of industry. Created with insights from over 140 employers and developed with industry professionals, the *Essential Workplace Skills* (EWS) classes provide an intentional and consistent approach to soft-skills training. In addition, each workshop delivers action plans for immediate, on-the-job integration. Open enrollment or customized trainings available.

Connect. Engage. Learn.

Keep your finger on the pulse of our professional development opportunities. Follow Heartland Community College on LinkedIn.



LinkedIn: Heartland Community College

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.

Carol Burrell

1952 Sec. A Wednesday 5/15, 8:30-11:30AM
\$60

Communicating Effectively

Communication drives workplace engagement. In this session, get more strategic about communication as a professional skill. Tune into your personal communication style and compare it to that of your peers, supervisors, and customers. Learn how to customize your approach and get the best results. Understand how to manage in-person, written, and digital interactions to prevent conflict and promote productivity. Leave with new methods for connecting to others at work and contributing as a high-performing employee.

Carol Burrell

1950 Sec. A Wednesday 2/28, 8:30-11:30AM
\$60

Fundamental Supervisory Skills

Visit: www.Heartland.edu/FSS

Watch our booklets for Fundamental Supervisory Skills classes. For customized classes, contact Christina Schulz at christina.schulz@heartland.edu or call (309) 268-8173.

Modules include:

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

Understanding Customer Service Essentials

Inclusive and cross-generational workplaces are today's professional norm. In this session, assess your customer-centricity and learn how to maintain and improve trust. Expand communication skills, including use of technology, to serve internal and external customers equally well. Learn recovery steps that rebuild customer loyalty. Leave ready to provide professional customer-service excellence regardless of title or industry.

Eric Hoss

1954 Sec. A Wednesday 3/20, 1-4PM
\$60

Advancing Equity, Diversity & Inclusion

Equity, diversity, and inclusion are among today's most critical commitments for employers and employees alike. In this session, learn how top-ranked organizations put these commitments into action. Explore how to approach and improve interactions with others, so that they feel involved and respected. Walk away with a plan to address implicit bias and contribute to an inclusive, high-performing workplace.

Eric Hoss

1961 Sec. A Wednesday 4/3, 1-4PM
\$60

Professional Development



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. You will learn about basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years.

U of I Extension instructor

1965 Sec. A Wednesday 3/6, 9AM-3PM & Friday 3/8, 9AM-2PM
\$125 (includes exam)

Building Better Work Teams NEW!

Don't leave it to chance: Learn to create work teams that thrive. Articulate your vision and shared purpose to strengthen your teams' connection and collaboration. Leave with a plan for building a solid team that is productive and averse to conflict.

Stephanie Duquenne

1968 Sec. A Monday 3/11, 9-11AM
\$49

Unlock the Secrets of Hiring & Retaining Great Employees

Discover the art of cultivating an exceptional work environment where employees thrive. Engage in dynamic discussions led by a seasoned session facilitator and two subject-matter experts who share invaluable insights on attracting, hiring, and retaining top talent. Gain a competitive edge by exploring cutting-edge workforce trends and enhancing your strategies. Walk away with newfound confidence in your ability to discover and retain outstanding individuals who will elevate your organization's success.

HCC instructor

2088 Sec. A Thursday 4/25, 9-11AM
\$49

Share your talents!

Leverage your knowledge and experience in the workplace while earning extra income as a Continuing Education Professional Development instructor. Join our team!

For more information, contact Beth Hauck (309) 268-8163 or email beth.hauck@heartland.edu



Be in the know

Like or follow us on Facebook and join the conversation!
<https://www.facebook.com/continuingEd.hcc>

Register by phone: (309) 268-8160



Boost Your Work Game: Find Your **Productivity Style** NEW!

Discover your unique productivity style and use it to turbocharge your work routine. Dive into the worlds of the Prioritizer, Planner, Arranger, and Visualizer, and explore fresh ways to plan, prioritize, and get work done. Level up your time management and work communication skills.

Stephanie Duquenne

1989 Sec. A

Thursday 2/15, 9-11AM

\$49

Public Speaking

Whether you know it or not, you already are a public speaker. The ability to speak effectively is one of the most valuable tools you can have for excelling personally and professionally. Sharpen your skills and discover preparation techniques to fuel your confidence. You will leave this workshop with the experience to communicate your ideas with impact, whether you are speaking to an audience of one or 1,000.

Julie Navickas

2104 Sec. A

Tuesday 5/7, 9-11AM

\$49

Join our dynamic Business Solutions Showcase

Save the date! Thursday, April 18



Find out how to build, train, and retain your office dream team. Engage in free short sessions from experts on timely topics, including:

- Cutting-edge hiring/retention workforce trends
- Building an inclusive workplace
- Mental health and wellness on the job
- Gen Z and the modern workforce
- *Essential Workplace Skills* celebrates 5 years; what workplace skills look like today

Breakfast (and coffee!) included, along with plenty of time for networking. Mark your calendars and watch for more information in our Spring Continuing Education booklet and CE website.

Professional Development



Recognizing & Addressing Work Burnout NEW!

Stress and burnout are prevalent in the professional world today. Recognizing burnout is key to improving workplace satisfaction and preventing future stress. Explore the signs of burnout, investigate techniques to assist with recovery, and discover tools to hone professional resilience.

Meghan Moser

1991 Sec. A Thursday 5/23, 9-11AM
\$49



Using the Internet in the Classroom

Harness the power of the internet to make your textbooks and lessons come alive! Teach your students how to locate and evaluate internet resources. Improve the caliber and amount of discussion through the use of email and discussion boards. Learn how to safeguard your students and their personal information while they are using the internet. 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.

\$135 ed2go.com/hcc



What's up with artificial intelligence?

Find out what AI is and how you can use it in your business. See page 17.

The Power of Gen Z: Shaping the Future of Work

Prepare to harness the potential of Generation Z, the driving force behind tomorrow's workforce. With their diversity and numbers (by 2025, they will make up 27% of the workforce), Gen Z is poised to revolutionize the professional landscape. Dive into the qualities that set this generation apart and explore their expectations and contributions to the workplace. Leave with strategies to connect with and lead this vibrant cohort.

Brett Carter

1966 Sec. A Tuesday 4/9, 9-11AM
\$49

Supporting Neurodiversity in Your Workplace

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

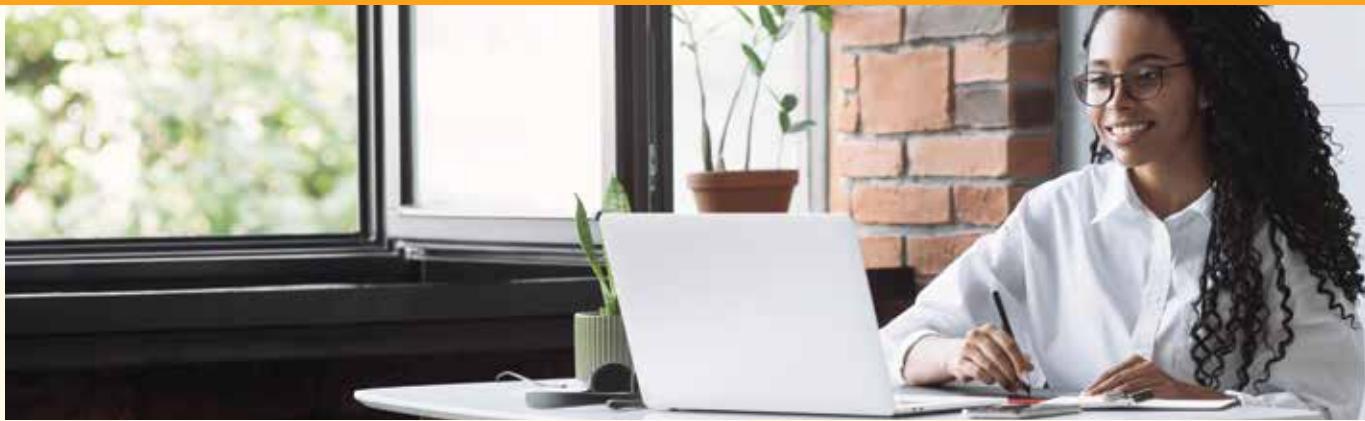
1963 Sec. A Thursday 5/2, 8:30-11:30AM
\$60

Creating a Social Media Strategy for Your Business

Social media has evolved into a primary marketing tool for businesses. Discover just how influential this channel can be for converting leads into sales, retrieving consumer analytics, and staying connected with your community. Determine which platforms align best with your marketing goals, and learn how to maximize their potential to best reach your target audience. Leave with the knowledge to create an intentional social media strategy through purposeful content creation and mindful scheduling habits.

Julie Navickas

1956 Sec. A Tuesday 2/20, 9-11AM
\$49



Online Classes

Integrating Social Media into Your Organization NEW!

Take away a practical strategy and techniques for implementing a social strategy for your organization or business. Learn the top five considerations when starting a social network as well as tips to manage an online community. Discover how to create your own private social network using the Ning platform. Discuss the top tools to use to manage your social media life and build integration into your website.

UGotClass instructor

2108 Sec. OA 1/15-3/31, ONLINE
\$195

Introduction to SQL NEW!

Learn how to write SQL code to create and populate database tables and how to write simple SQL queries that are capable of retrieving vast amounts of information from a database. Discover the power of the relational database, how to create and manage database tables, and how to use SQL SELECT statements to precisely pinpoint and retrieve data from a database. Requirements: You must have Windows 10 or later versions on your computer; Macs are not compatible. You must be able to install programs on the computer used for class.

UGotClass instructor

2109 Sec. OA 1/15-3/31, ONLINE
\$245

HTML Fundamentals NEW!

Discover the basics of HTML coding language. Learn how to build simple web pages by hand coding, using HTML tags to create paragraphs, headings, lists, links, insert images and tables, and more. Learn to create a simple multi-page website with images, text, and a navigation bar.

UGotClass instructor

2107 Sec. OA 1/15-3/31, ONLINE
\$245

Managing Remote Workers NEW!

It's hard to manage remote workers like you oversee office workers. Learn how to supervise remote workers better, with greater productivity and efficiency. Discover the keys to successful managing in the new workplace of the 21st century.

UGotClass instructor

2110 Sec. OA 1/15-3/31, ONLINE
\$245

Cash is King NEW!

Cash is arguably the most important factor in business success. Dun & Bradstreet reports 90% of all small-business failures are due to poor cash flow — more money gets paid out than collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash, and find out your role in cash-flow success.

UGotClass instructor

2106 Sec. OA 1/15-3/31, ONLINE
\$195

Technology



Illustrate Your Big Picture Ideas With Charts in Excel NEW!

Tell a compelling story with any set of data! Learn to grab, analyze, and compile data into a stunning yet informative presentation. Explore various charts and graphs and practice adding labels and titles. Find out how to embed your charts and graphs into other documents. A working knowledge of Excel is required.

Martin Coughlin

2090 Sec. A Tuesday 2/27, 6-8PM
\$35

Apple Mac Basics

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

1926 Sec. A Wednesday 2/28, 6-8PM
\$35



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. 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 Feb. 13.**

Kelly Cummings Cowles

1915 Sec. A Tue-Thu (3 sessions), 2/27-2/29, 1-4PM
\$165 (includes text)

QuickBooks Online

Keep your financial records organized with QuickBooks Online, a tool designed for business professionals. Discover how to harness its power to set up company records, create invoices, match payments to invoices, enter and pay bills, categorize expenses, and more! Leave ready to implement a more efficient workflow.

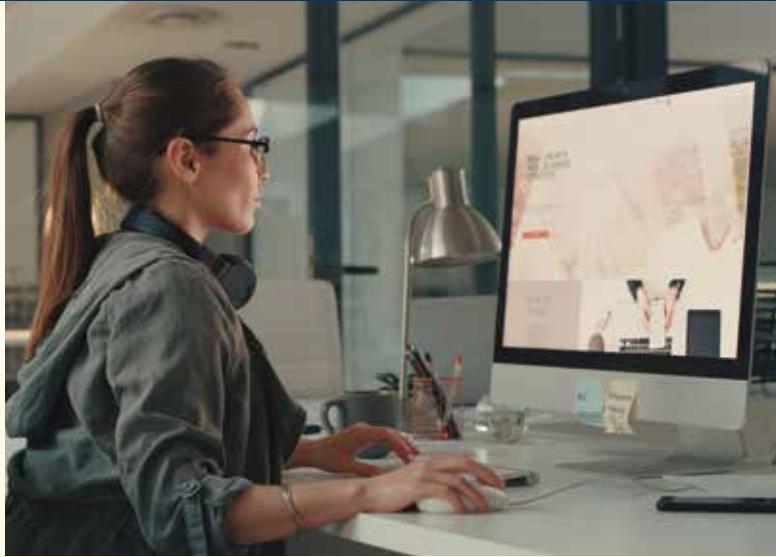
Frances Aronhalt

2102 Sec. A Mon-Thu (4 sessions), 5/6-5/9, 6-8PM
\$79 (plus textbook)

Leverage your tech skills in business!

Engage your business brain in Professional Development classes! See pages 11-15 for our PD offerings.

Register by phone: (309) 268-8160



Exploring Artificial Intelligence NEW!

Explore the burgeoning world of cutting-edge artificial intelligence technologies and see what they can do. Find ways in which they can be useful in your business and personal life and weigh the potential risks and benefits. Investigate how these technologies will impact our community and lean into strategies for reimagining our way of life.

Roy Magnuson

2092 Sec. A

Tuesday 3/19, 1-4PM

\$49

SharePoint Basics NEW!

Master the ultimate collaboration tool for businesses — SharePoint. Get hands-on guidance through configuring, accessing, and navigating content. Gain experience with modifying list views and group lists, and discover how to synchronize data with MS Office applications. Practice your new knowledge as you create a profile and tag for your personal site. This class is worth 3 PDs for K-12 educators.

Registration deadline is April 1.

Jennifer Dyehouse

1934 Sec. A

Monday 4/15, 9AM-12PM

\$85 (includes text)

Creating or Maintaining a WordPress Site

Master the fundamentals of WordPress! Gain hands-on experience with this free web-building service and leave with the ability to start a website on your own. Already have WordPress? Go beyond the basics and add creativity and function to your individual and small-business site. Explore plugins, templates, and more to customize your site with functions such as search engine optimization (SEO). WordPress is a free service that requires an email address to register, so please have one readily accessible for the first day of class.

Holly Johnson

1596 Sec. A

Mon/Wed (2 sessions), 4/8-4/10, 6-8PM

\$69

Spring Break FUN ahead!



Plan some fun Spring Break activities for the kids! See **Kids@Heartland** on page 28.

Technology



Create With Canva: Beginners

Design stunning flyers, social media graphics, resumes, and other visual content using Canva! Explore the free version of this online design tool as you learn to navigate its core features, and explore its assets. Leave this entry-level course with the skills to build your own digital creations.

Victoria Padilla

1930 Sec. A Tuesday (3 sessions), 2/6-2/20, 6-7:30PM
\$55

Meet Our Instructors:



Victoria Padilla

Bio: Victoria Padilla has been teaching Continuing Education at Heartland since fall 2021. She has always loved design and found the best medium for her creativity when she discovered Canva. She uses Canva in her current role as the Communications Director for the Regional Office of Education #17 and in her professional networking and volunteer organizations.

Classes: Victoria has taught *Create with Canva*; *Create With Canva: Advanced*; and *Unlock Your Digital Creativity*. She will be teaching *Create With Canva: Beginners* this winter. See details above.

Quote: *"I love teaching at HCC because I get the opportunity to connect with local entrepreneurs, philanthropists and hobbyists who want to use Canva to better spread their message and talents. I hope participants walk away realizing that design is meant to be fun, and everyone can create something beautiful."*

Build Your Own Gaming PC NEW!

Build a computer from the ground up! Investigate various computer parts, explore their functions, and assemble your own working computer using these base components. Practice troubleshooting your hardware and software and leave equipped to use your custom build.

Stephen Szabo

1936 Sec. A Saturday (2 sessions), 3/9-3/16, 12-3PM
\$65

Getting to Know Google Workspace

Gmail is just the beginning of what Google has to offer. Get to know the full Google Workspace, a collection of online, user-friendly applications that can be accessed anywhere at your convenience. Join a Google Certified Trainer as you walk through Google Drive, Docs, Sheets, Calendar, and more. Familiarize yourself with dozens of features to boost your effectiveness at home or work.

Jennifer Keith

1932 Sec. A Wednesday 4/17, 6-8PM
\$35

Introduction to Photoshop NEW!

Gain a solid foundation in Adobe Photoshop, one of the most powerful and widely used photo editing programs in the world! Practice digital image manipulation with techniques geared toward both beginner and intermediate-level learners. Get hands-on guidance as you navigate the interface and develop a creative process. Leave equipped to create stunning images on your own.

Kent Simpson

1928 Sec. A Mon-Thu (4 sessions), 4/29-5/2, 5:30-8:30PM
\$169

Tap into your employees' potential with **Customized Training!**

From offering an existing program at your choice of venue to developing a new curriculum, we've got you covered.

Skill-Enhancement Workshops:

If you need training for a few individuals, consider workshops led by industry professionals. These activity-based sessions engage participants while they master new skills to apply on the job.

Popular topics include:

- Business writing
- Heartsaver CPR/AED/First Aid training
- Emotional intelligence
- Equity, diversity, and inclusion
- Supervisory skills
- Technology and productivity tools (ex: Google Workspace, Microsoft Office, and QuickBooks)

Custom Solutions:

We have a variety of customized learning options designed to increase productivity, efficiency, and workplace morale. Our staff will listen to your challenges and determine the training that aligns with your priorities. We fulfill client requests from OSHA and office technology to customer service and CPR. Regardless of the topic, offerings can be delivered when and where you need them.

To find out more, contact Christina Schulz, Director of Business and Industry Solutions.
Email: christina.schulz@heartland.edu, Call (309) 268-8173

Health, Wellness & Recreation



Strength Training for Women

Advance your muscle strength, improve your lean body mass, and reduce your risk of osteoporosis while maintaining your physical health. Start on your fitness journey or progress past your current abilities with guided sessions designed for women. Become familiar with gym equipment and practice safe weight training techniques. Leave with the confidence to continue training at home.

Lisa Summers

2039 Sec. A Wednesday (2 sessions), 2/21-2/28, 5:30-7:30PM
\$59

Dessert & Dancing

Invite your favorite dance partner to celebrate Valentine's Day in a new way! In this holiday course designed for couples, spend a romantic evening sampling delicious desserts and swaying around the room. Discover the basics of classic slow dances like waltz, rumba, nightclub, two-step, and more. Leave with a satisfied sweet tooth, some new moves, and a night to remember. No prior dance experience is required.

Cathy Hempstead

2036 Sec. A Friday 2/9, 6-8PM
\$69 (per couple)



Barre Body

If you want a full-body workout that combines stretching, strengthening, light aerobics, and core work, look no further than the barre. A professional ballerina will guide you through warming up, doing barre work, and cooling down while toning your muscles. Practice in a setting adaptable to your abilities, and leave class feeling fully conditioned. No prior ballet experience required.

Michelle Masi

2041 Sec. A Wednesday (5 sessions), 3/6-4/3, 6-7PM
\$49

Chicago Stepping NEW!

Experience the vibrant rhythms of Chicago stepping, a dynamic dance style set to energetic beats! Practice the art of smooth footwork, intricate movement patterns, and partner connection, and leave ready to replicate this unique dance form at any event.

Diane Saulsberry

2043 Sec. A Thursday (6 sessions), 3/7-4/11, 6-7PM
\$59

Social Dance LOC

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 2-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, '60s on through the 21st century, show off your new skills and become popular on the dance floor! Participants should enroll with a dance partner.

Cathy Hempstead

2032 Sec. A Thursday (5 sessions), 2/15-3/14, 6-7:15PM
Off campus, Dance Partners Studio, Bloomington
\$79 (per person)

In the mood for Moulin Rouge!

Get ready to see this spectacular musical based on the splashy award-winning movie when we head to St. Louis in May. Yes, you "can-can" check out the extravaganza Moulin Rouge! The Musical at The Fabulous Fox Theatre on page 2. Call (309) 268-8160 for a Lincoln pickup.

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

1958 Sec. A Saturday 2/17, 8:30-11:45AM
1960 Sec. B Saturday 4/20, 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.



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

2033 Sec. A Tuesday (10 sessions), 1/9-3/12, 6-7PM
2086 Sec. B Tuesday (10 sessions), 3/19-5/21, 6-7PM
\$129

The Power of Happy Thoughts

You have a say over how you feel. Take steps toward living a joyous, meaningful, and fulfilled life. Gain insight on how to raise your happiness quotient by understanding the three laws of the mind. Practice applying these laws personally to push through mental blocks and transcend self-limiting, degrading, and negative thoughts. A serene meditation session will be included.

Ashlesha Raut

1946 Sec. A Thursday 2/15, 5-8:30PM
\$29

Balance Your Lifestyle With Ayurveda to Optimize Wellness

Connect with yourself on a deeper level and balance your lifestyle through Ayurveda, an ancient medical science focused on increasing your potential for optimal health. Discover yoga practices for your body type and rejuvenate your life through Ayurveda detox.

Ashlesha Raut

1948 Sec. A Thursday (4 sessions), 2/29-3/21, 6-7PM
\$39

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.

2038 Sec. A Mon-Sat, (Closed on 1/15 & 5/27), 1/2-5/31
Mon-Fri: 6AM-8PM; Sat: 8AM-4PM; Sundays: Closed
\$99

Home, Garden & Pets



Backyard Beekeeping

Learn the basics of backyard beekeeping and get started with a fulfilling hobby that benefits bees, our food system, and the planet. Discuss necessary equipment, safety practices, ideal sites for hives, and properties of different hive types. Understand some of the threats that bees face today and connect with other members of your local beekeeping community. Leave class ready to take the next steps toward small-scale beekeeping!

Patti Koranda

1981 Sec. A Thursday 2/8, 5:30-8:30PM
\$39

Next Steps in Beekeeping

Dive into this buzzworthy workshop, taught by a member of the Central Illinois Beekeepers Association. Gain the beekeeping knowledge you need to start your own hive. Investigate topics like best winter practices, beehive smoker use, beekeeping and the law, inspections, and bee care through the seasons. Then unpack the process of extracting, bottling, and selling honey! Course cost includes a smoker and hive tool to take home.

Patti Koranda

1976 Sec. A Thursday (4 sessions), 2/22-3/14, 6-8PM
\$139 (includes supplies)

Wonder of bees!

Find out more about bees when you join us April 5 on a field trip to Chicago to see the fragrant blossoms of the Lincoln Park Conservatory and attend the enriching workshop *What's the Buzz about Bees?* at the Peggy Notebaert Nature Museum. See page 2 for details.

Houseplants for Your Health NEW!

Bask in the beauty of elegant houseplants while enjoying their proven health benefits! Dig deeper into those benefits and find out which plants are best for creating a healthy environment. Plant your own take-home houseplant and leave class ready to kickstart your indoor oasis.

Kathryn Mundell-Bligh

1995 Sec. A Thursday 3/7, 6-7:30PM
\$25 (plus \$15 supply fee paid to instructor)

Indoor Composting NEW!

Explore the benefits of composting to reduce landfill waste! Transform your kitchen and garden waste into nutrient-rich organic matter through this natural and sustainable method. Discover the benefits for your garden and the environment, master the composting process from start to finish, and gain practical tips on maintaining a successful compost pile or bin. Leave with knowledge on how to create a compost bin at your home.

Baylee Ritter

1993 Sec. A Wednesday 2/28, 6-8PM
\$29



Design a Victorian Tussie-Mussie Bouquet NEW!

Discover the tussie-mussie, a small bunch of flowers or herbs, and craft your own floral arrangement to share with a special valentine. Explore the history of this timeless Victorian bouquet and investigate the secret messages each flower conveys. Leave class with a custom, colorful creation.

Kathryn Mundell-Bligh

2012 Sec. A

Wednesday 2/7, 6-7:30PM

\$25 (plus \$15 supply fee)



DIY Home Plumbing Repairs NEW!

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.

Michael Plezia

2006 Sec. A

Saturday, 2/10, 9-11AM

\$29

DIY Dog Grooming 📍

A healthy dog is a happy dog. Learn essential tips for bathing, nail trimming, and ear cleaning, and explore which brush is best for your dog's coat type. Discover positive reinforcement training tactics to make bathing less stressful for both you and your pet. Leave with the confidence to keep your companion clean and their coat pristine without having to pay a professional groomer. The first session will be without a pet and all supplies will be provided at Nilla's Tub. This class does not cover how to cut fur for breeds that need such services. **The deadline to register is March 20.**

Grace Mitchell

2014 Sec. A

Mon/Wed (2 sessions), 3/25-3/27, 6-8PM

Off campus, Nilla's Tub, Normal

\$75 (plus \$10 for supplies)

How to Create Seed Balls NEW!

Start prepping your garden early this winter by making seed balls — a simple way to disperse seeds sustainably! In this hands-on class, you'll explore the art, history, and science of crafting seed balls using a variety of native Central Illinois seeds. Whether you're an enthusiastic gardener or curious about sustainable practices, this class offers a unique opportunity to leave a positive impact on the world.

Baylee Ritter

2010 Sec. A

Thursday 3/21, 6-8PM

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

Design a Memorial Garden

Turn your memories into a garden and unearth the emotional healing effects of landscaping. Memorial gardens vary in size and are used to commemorate major events or personal losses. Learn about the symbolism of different plants and how to choose and arrange them based on their growing needs and meaning. Draw up your own garden plan and leave class ready to honor loved ones with the beauty of nature.

Kevin Hoop

1977 Sec. A

Saturday 3/9, 9-11AM

\$29

Welding Metal Art NEW!

Create captivating metal art! Practice TIG welding techniques in a safe environment as you use precise welding tools to form intricate art. Leave with a new ability to bring your artistic vision to life with stainless steel. Familiarity with shop safety practices and equipment is required.

Aaron Metcalf

2100 Sec. A

Saturday (2 sessions), 2/17-2/24, 9AM-12PM

\$115 (plus supplies)



In the Kitchen



Samosas: A Popular Indian Delight NEW! 📍

Discover the joy of making samosas, a beloved Indian snack. In this demo-style class, learn to create savory, crispy appetizers by folding pastry dough sheets into artistic cones filled with spicy potatoes. Deep-fry to perfection and serve with tamarind and mint chutney.

Anuja Deshpande

2008 Sec. A Tuesday 2/27, 6-9PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$59

Indian Breakfast Delight: Pongal NEW! 📍

Ever wonder what a protein-packed, vegan Indian breakfast tastes like? Discover pongal, a savory dish served with an assortment of chutneys, and vada, a deep-fried snack resembling a doughnut. Learn how to craft these delectable dishes and explore their flavor variations. Leave class ready to serve them at your next get-together.

Nagasudha Ravinuthala

2004 Sec. A Wednesday 2/21, 5:30-8:30PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$59

The Keys to Indian Cuisine: Chutneys & Raita 📍

Elevate your weekly meals or next holiday event menu with flavor-packed, made-from-scratch condiments. With chutney and raita as your cuisine canvases, discover the endless savory and sweet possibilities of these Indian-rooted food enhancers. Learn how to make tamarind and date chutney, cilantro-mint chutney, and vegetable raita while gathering prep and storage tips. Return home inspired by new recipes, ready to experiment with more flavor concoctions to pair with your favorite meals!

Anuja Deshpande

1972 Sec. A Thursday 2/15, 6-9PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$59

All About Dumplings 📍

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 Doctora

1983 Sec. A Monday 3/4, 6-8PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$49

The Secrets of Spices

The difference between something basic and spectacular is a dash of the unexpected. This crash course on spices will help you add global flair to any dish! Discover the diversity of spices and the effects they have on our palates and health. Master spice measurements and learn to balance fragrances as you explore each taste. Leave with an advanced understanding of spices that will add layers of flavor to any and all future meals.

Anuja Deshpande

1970 Sec. A Wednesday 3/20, 6-9PM
\$59 (plus \$10 supply fee paid to instructor)

Mexican-Style Stuffed Peppers: Flavorful NEW! Homemade Delights 📍

Enjoy a hearty meal of Mexican-Style Stuffed Peppers, filled with corn, tomatoes, meat, and spices, all on a bed of rice. For a finishing touch, cover these crowd-pleasing veggie, meat delights with cheese. Take home valuable recipes and tips to recreate this delicious treat in your own kitchen.

Tasha Davis

2002 Sec. A Tuesday 3/19, 6-8PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$49

Gluten-Free Sandwich Bread & Biscuits NEW! 📍

Enjoy making and tasting flavorful gluten-free goodies! Get hands-on guidance as you make soft and versatile sandwich bread from start to finish. Then whip up a batch of flaky, buttery, cut biscuits! Leave class with a great taste of goodness and fresh, timeless recipes. Please bring a container to take home treats.

Drue Van Meter

1987 Sec. A Wednesday 3/6, 6-8PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$49

Scone Making 101 📍

Whether sweet or savory, frosted or filled, scones are a spectacular delight. Make your own unique light homemade scones, perfect to complement tea, coffee, or your favorite drink, any time of day. Collect recipes and tips from our expert scone maker and leave class with mouthwatering scones to share.

Tasha Davis

1917 Sec. A Monday 2/26, 5:30-8:30PM
Off campus, St. John's Lutheran Church kitchen, Bloomington
\$59

Valentine Cookie Decorating

Sweeten your Valentine's Day celebration with one-of-a-kind treats decorated with love. Indulge in a delightful experience as you practice simple techniques to adorn pre-baked cookies. No prior skills needed — just a sprinkle of enthusiasm! Take home your festive delights and the recipes to recreate them at home.

Cat Bomya

1974 Sec. A Thursday 2/1, 6-8PM
\$49



Decorate Cupcakes Like a Pro NEW!

Learn easy techniques to transform plain cupcakes into delectable works of art almost too pretty to eat! Get hands-on guidance as you mix up, bake, and decorate take-home tasty treats. Find out how to make delicious buttercream frosting and then piping techniques to bring your cupcakes up a notch. Please bring a container to take your creations home.

Cat Bomya

1985 Sec. A Wednesday 3/13, 6-8PM
\$49

Connect. Engage. Learn.

Stay connected with your lifelong learning community all year long.

 [Facebook: continuingEd.hcc](#)

Personal Finance



ed2go

Where Does All My Money Go?

Learn the basics of how to get control of your finances rather than letting them control you. Fund your dreams and save money for everything from emergencies to vacations. Find out how to pay down debt and budget. Leave ready to set yourself up to maximize your savings and minimize bad decisions. This course is instructor-led with 6 weeks access, based on set start dates. There are 12 lessons with 2 released per week.

\$125 ed2go.com/hcc

Will Basics NEW!

Ensure the direction of your future and protect your finances with a will. Get a basic understanding of will requirements in Illinois and learn more about the will-writing process. Leave with the ability to make an informed decision on hiring an attorney versus writing a will on your own.

Carissa Haning

2022 Sec. A Wednesday 3/20, 6-8PM
\$25

The World of Investments: Building Wealth for the Future

Get introduced to the vast world of investing and unravel its inner workings. Explore common types of investments and accounts and discover your best investment options. Get your specific questions answered during this interactive, engaging session.

Mark Hunt

2020 Sec. A Wednesday 3/13, 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

2026 Sec. A Thursday (2 sessions, does not meet 2/15), 2/8 & 2/22, 6-8PM
\$39

The Ins & Outs of Annuities

Your retirement plan is personal to you and your annuities should be no different. Get a foundational understanding of annuities in order to prepare for your individual retirement needs. Learn about the four types of annuities and what each entails. Evaluate your annuity options within a Thrift Savings Plan, explore special tax considerations, and determine how annuities can best benefit your portfolio. Leave with essential knowledge for long-term financial decision-making.

Trever Kuipers

2028 Sec. A Tuesday 3/5, 6-7:30PM
\$19

Maximizing Your Social Security Benefits

Don't guess when it comes to your retirement benefits. Learn how to get the most out of your Social Security. Understand the importance of timing, including when to start receiving benefits, and when to start drawing them. Discuss how factors like age, job, taxes, and marriage status play a role in your Social Security decisions, and leave equipped with personalized steps and strategies for overseeing your benefits.

Trever Kuipers

2024 Sec. A Thursday 2/15, 6-7:30PM
\$19

Welcome to the
bright lights!

Learn how to master your
audition with advice from a
seasoned actor in *Acing Your
Audition* on page 8.

Language, Communication & Culture

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 20 PDs for K-12 educators.

Melissa Kearney

2075 Sec. A Thursday (8 sessions), 2/8-3/28, 6-8:30PM
\$199



French for Beginners

Bienvenue to one of the world's most popular languages! Practice basic French grammar and pronunciation through oral and written exercises. Learn well-known phrases and greetings and apply your knowledge through conversation. Familiarize yourself with common vocabulary about locations and restaurants, and encounter language beyond Europe to discover French influence across the globe. This class is designed for someone with little to no French language experience.

Anne Besler

2077 Sec. A Wednesday (8 sessions), 2/14-4/3, 6-8:30PM
\$199

From the Heart to the Page: Crafting NEW! a Love Letter

Gift a personal, heartfelt keepsake this Valentine's Day. Learn from best-selling, award-winning contemporary romance author Julie Navickas, and pour your heart and soul into an eloquently written love letter. Leave with a personal special message that your loved one will cherish.

Julie Navickas

2084 Sec. A Wednesday 2/7, 6-8PM
\$19

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 everyday words and phrases and put your skills into practice through written and oral exercises. This class is your first stepping stone to communicating in Spanish.

Rocio Morales

2079 Sec. A Thursday (8 sessions), 2/1-3/21, 6-8PM
\$185

How to Show, Not Tell, in Your Writing

Uncover the secret to leveling up your writing! Engage in techniques that place your reader at the heart of your composition. Captivate your audience by "showing" what is happening, rather than telling them. Leave class with a mastery of descriptive writing that will immediately enhance your work.

Julie Navickas

2082 Sec. A Wednesday 3/20, 6-7:30PM
\$15



Have a knack for voices?

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

Spring Break

Cat Crazy: Grades 3-5 NEW!

If you can't resist a hilarious cat video, you might be on your way to being "cat crazy" or maybe you are already there! Explore multiple mediums while making art that celebrates cats in all their glory! Practice creating with line drawing, watercolor, collage, wire sculpture, and modeling clay. Leave with a collaborative coloring book filled with custom line drawings of our feline friends.

The Little Art School instructor

2096 Sec. YA Mon-Fri (5 sessions), 3/25-3/29, 9AM-12PM
\$199



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 March 19.**

Dawn Wilson

1919 Sec. YA Friday 3/29, 9AM-4PM
\$145 (includes text)

Build Your Own PC: Grades 6-8

Anyone can buy a computer, but what about building one? In this class, you will gain the skills and confidence to build your own custom PC. Learn about various computer parts and their functions, assemble working computers from base components, and earn valuable troubleshooting skills along the way.

Stephen Szabo

1924 Sec. YA Mon-Tue (2 sessions), 3/25-3/26, 9AM-12PM
\$79 (includes materials)



Paper Piece Quilt Pillow

Take your sewing and quilting skills to the next level! Practice with zippers, bias tape and cover cording to create your own gorgeous throw pillow. Get hands-on guidance as you practice the paper piecing quilting technique. Leave with a plush new addition to your home and the confidence to create more!

Emma's Legacy instructor

2098 Sec. AP Thursday (3 sessions), 2/22-3/7, 6-8:30PM
\$89 (plus supplies and \$5 supply fee paid to instructor)



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

1959 Sec. AP Wednesday 2/28, 6-9:15PM
\$65 (includes text & certification card)



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



The colors of spring!

View the vibrant gardens of Chicago's Lincoln Park Conservatory during the spring flower show in April. Call (309) 268-8160 to arrange a Pontiac pickup. See page 2 for details on Blossoms, Bees & Butterflies.

Lincoln



Getting to Know Google Workspace

Gmail is just the beginning of what Google has to offer. Get to know the full Google Workspace, a collection of online, user-friendly applications that can be accessed anywhere at your convenience. Join a Google Certified Trainer as you walk through Google Drive, Docs, Sheets, Calendar, and more. Familiarize yourself with dozens of features to boost your effectiveness at home or work.

Jennifer Keith

2185 Sec. AL

Thursday 2/22, 6-8PM

\$35

Meditative Yoga



Increase flexibility and strength, and restore balance to your body and mind when you explore the ancient practice of yoga. Marcia Cook, holistic life coach and yoga instructor, will guide you through basic poses, breathing exercises, and a meditation that will invite renewal into your life. Leave class with the confidence to continue your wellness journey.

Marcia Cook

2183 Sec. AL

Tuesday (4 sessions), 2/27-3/19, 6-7PM

Off campus, Moksha Center, Lincoln

\$49



Sample fine architecture and chocolate!

Take a guided tour of Chicago church architectural marvels and then dive into the art of chocolate making at a local chocolatier. Watch for details in our booklets and online.

Moulin Rouge! magic

Take a trip with us in May to see this fantastic musical at The Fabulous Fox Theatre in St. Louis. Call (309) 268-8160 to arrange a Lincoln pickup. See page 2 for details.



Information/Registration

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
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.

Age Appropriate Guidelines

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

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).

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

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.

Full or Canceled Classes

Continuing Education reserves the right to limit the enrollments or cancel any classes due to insufficient enrollments. For this reason, please register early to reserve your place in the class of your choice. Please make sure we have your current contact information so we can notify you if classes are canceled. You may choose an alternative course or receive a full 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.

Accommodations

Individuals with a documented disability have the right to request accommodations through Heartland Community College Student Access and Accommodation Services (SAAS). Students/guardians registering for a Continuing Education course who would like to discuss reasonable accommodation options that may be available should contact the SAAS office a minimum of two weeks prior to the start date of your session. Please call (309) 268-8259 or email accommodations@heartland.edu to schedule a conversation.

Find Your Class

Rooms will be assigned at a later date.

Main Campus 1500 W. Raab Road, Normal IL

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

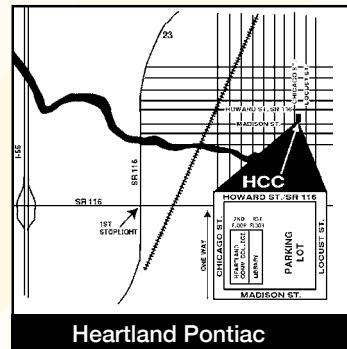
Dance Partners Studio
1401 Tralee Lane
Bloomington, IL 61704

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

Nilla's Tub DIY Dog Wash
& Health Food Store
211 Landmark Drive
Normal, IL 61761

St. John's Lutheran Church
kitchen
1617 E. Emerson St.
Bloomington, IL 61701

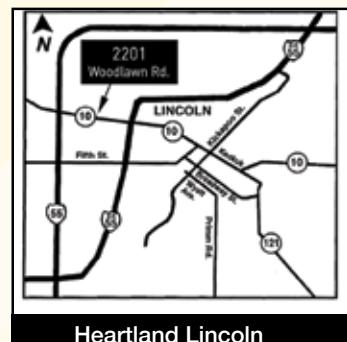
Pontiac



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.

Apply now for
credit classes.



Heartland.edu

A promotional poster for the "HCC FUNNYRAiSER Comedy Night". The background is a brick wall. The title "HCC FUNNYRAiSER" is in large, stylized blue letters with a yellow outline. Below it, "Comedy Night" is written in a smaller blue font. A white speech bubble shape contains the text "You could use a good laugh. We can help!". To the right of the text is a large, shiny gold-colored vintage-style microphone. The overall design has a blue and gold color scheme.

Tickets at Heartland.edu/Funny

Friday, Feb. 23, 2024 • 7pm-9:30pm
Heartland Community College



CONTINUING EDUCATION

YOUR PATH TO
LIFELONG LEARNING

1500 W. Raab Road, Normal, IL 61761



How will AI
affect our lives

Page 17

Watch the eclipse
with us

Page 3



Pick a tattoo
that fits you

Page 5



continuingEd.hcc



Heartland Community College



@kidsatheartland