Heartland Community College
Fall Schedule
September 1 - December 15, 2016

Registration Information pg. 64
Unless otherwise stated, these classes are designed for adults 18 and over.

Visit our website at www.heartland.edu/communityEd
Antiques: Stepping Back in Time
ENRICHMN 1528
Step back in time by exploring the world of antiques. Collectibles expert Cheryl Bradley will start this series with an in-depth look at the practice of antiquing and how to be an educated collector. Following sessions will take a focused look at specific topics: furniture, pottery, jewelry, glassware and more.
Cheryl Bradley
4598 Sec. A
Tuesdays (6 sessions), 9/6-10/11, 6-8PM
4599 Sec. B
Tuesdays (6 sessions), 10/18-11/22, 6-8PM
HCC ICN Rm 2303
$85

Learn to Learn Grades Pre-K-K
ENRICHMN 1997
A simple toy can be a wonderful teaching tool. Using LEGO®s, your child will explore colors, letters, and numbers in fun activities that help them associate to the world around them.
April Fisher
4622 Sec. YA
Mondays (14 sessions), 9/12-12/12, 9:30-11AM, HCC WDC 1403
$120

Radio Controlled Flight
ENRICHMN 1991
Take flight with your feet planted firmly on the ground. Members of the Central Illinois Radio Society (SIRS) will introduce you to the exciting world of radio controlled fixed winged model aircraft (no “drones” or helicopters). You will learn the physics of flight, model aircraft technology and, under masterful instruction, get to take the controls of an aircraft. This class is the perfect take-off into this fun and challenging hobby. The first session is on the HCC campus and the next two are at the SIRS airfield near Funk’s Grove and McLean, IL. Field dates are subject to change due to weather.
SIRS Instructors
4579 Sec. A
(3 sessions) Thursday 9/8, 6-8PM, HCC WDC Rm 1402,
Tuesday 9/13, 5:30-7:30PM & Saturday 9/17, 10AM-12PM at SIRS Field
$55

Beginning Genealogy
ENRICHMN 1191
Learn the basics of genealogy in this introductory course. This course teaches you to structure your research and study various sources of genealogical information - census records, courthouse records, cemetery records, family papers, library sources and more. Learn what to do and what to avoid when interviewing family members. An optional tour of the McLean County Genealogical Society Library may also be planned if participants are interested.
George Perkins
4463 Sec. A
Mondays (6 sessions, does not meet 10/17), 9/12-10/24, 6:30-8:30PM, HCC ACEC Rm 2204/2205
$68

personal enrichment
Continuing Education  I  August 2016

Register online at www.heartland.edu/communityEd  I  Personal Enrichment

Basic Dog Grooming & Health Care
ENRICHMN 1695
Learn to keep your dog not only looking good, but feeling good. An experienced dog groomer and pet first aid/CPR instructor will lead you in grooming skills like trimming nails, plucking and cleaning ears and brushing teeth. Understand your pet’s health by learning about dog food ingredients and nutrition and learn about some healthy and holistic alternatives. We will also discuss reasons and solutions for chewing and licking behaviors. The class is limited to eight students and their dogs to maximize hands-on education and animal safety. Specific equipment is required for this class which you can purchase on the first night from the instructor.

Denise Kozell
4325 Sec. A  Thursdays (2 sessions), 9/8-9/15, 6-10PM
4326 Sec. B  Thursdays (2 sessions), 10/6-10/13, 6-10PM
HCC WDC Rm 1400
$95 (plus $60 for grooming kit)

Advanced Dog Grooming
ENRICHMN 1696
Take your dog grooming skills to the next level. Practice more advanced techniques to achieve your dog’s own personal groom. After this 6-hour hands-on class you will be comfortable completing a full groom for your pet. The class is limited to three students and their dogs to maximize hands-on education and safety. A professional equipment kit is required for this class which you can purchase the day of class from the instructor. Pre-requisite: Basic Dog Grooming and Health Care or prior experience.

Denise Kozell
4327 Sec. A  Saturday 9/24, 10AM-4PM
4328 Sec. B  Saturday 11/5, 10AM-4PM
HCC WDC Rm 1400
$165 (plus $175 grooming kit purchased from instructor)

Basic Bicycle Maintenance
ENRICHMN 1236
If you ride a bike, you need this class. In this hands-on workshop you’ll learn how to lube a chain, fix a flat tire and make other minor adjustments to your bike. Also, learn the basics of keeping your bike in good condition in the off season. No experience necessary. You are encouraged, but not required, to bring your bike or bike wheel for hands-on instruction on repairing a flat.

Andrew Moody
4521 Sec. A  Tuesday 9/13, 6-8PM, HCC WDC Rm 1400
$44 (plus $5 for supplies paid to instructor)

The Real CSI: Separating Fact from Fiction
ENRICHMN 1992
The popularity of crime shows in America has introduced the general public to various tools law enforcement uses in the investigation of crimes. However, the shows taking some creative license with their storytelling has resulted in a blurring of what is fact with what is fiction. This class is designed to explore through discussion and hands-on exercises what current methods are employed by investigators.

HCC Instructor
4577 Sec. AP  Monday 10/17, 5:30-9:30PM, Heartland Pontiac Center Rm 220
$42
Introduction to Welding

INDCE 1001

Learn different welding methods in this introduction to Stick (SMAW) welding, MIG (wire) welding and oxy-acetylene gas welding. The basic skills of each process as well as safe operation will be covered. Lab time is used to apply what you have learned and you will be allowed to bring projects from home to work on.

Dennis Ludwig
4281 Sec. A Sundays (5 sessions), 9/11-10/9, 1-4PM
Gary Slater
4282 Sec. B Sundays (5 sessions), 10/23-11/20, 1-4PM
HCC WDC Rm 1601 & 1605
$225

Welding

Did you know that welding has an impact on nearly every aspect of our lives? Many items we use in our daily life are welded or made by equipment that is welded.

Welding is an integral component of our country’s economic growth, and the need for skilled workers in the welding industry is greater than ever. By 2020 it is projected the United States will have a shortage of 300,000 skilled welders. Heartland Community College classes provide students the necessary entry-level skills needed to obtain a position in this rapidly growing industry, and can also provide students with the skills they need to weld for their own personal use.

Students at Heartland can approach their welding education from a variety of angles; from an elective credit class to supplement their area of degree study, to a personal enrichment class to learn about the welding process for personal projects, as a vehicle to employment in the welding field, or for further training for their current job.

HCC Continuing Education offers personal enrichment welding classes which are a five week introduction to popular welding processes that allows students to experience welding first hand, and use what they learn for personal projects. Continuing Education also offers customized welding training programs for businesses and workers unions covering safety, general welding practices and their application to maintenance procedures within an industrial facility. Heartland’s welding credit classes are more in depth traditional 16 week classes or eight week mini semester course.

HCC Adjunct welding instructor Gary Slater explains the benefits of understanding welding, “Knowledge of the welding process is a skill a person will always have and can be used for their own pleasure from fabricating parts while working their own project car to using it as a way to gain employment. Companies like Caterpillar value skilled employees like welders.” Slater says that having welding skills has been invaluable during his own career at Caterpillar.

Welding student Lawrence Duffy was looking to switch careers and because his grandfather was a welder, he had an interest in the field. “My grandmother told me about the Continuing Education welding class. I enjoyed it so much I decided enroll in Heartland’s credit welding program,” says Duffy. He is now finishing his welding certificate and is about to embark on a new career.

Welding has many applications and is a great skill to have. Now is the perfect time to enroll in a welding class at Heartland Community College. For more information, contact:

Continuing Education (309) 268-8160 or
Credit Classes - Randall Jacobs
(309) 268-8872
Beginning Psychic Awareness

ENRICHMN 1883
Learn the meaning of your intuitions and how to effectively understand your feelings. Join other like-minded individuals who are looking for answers in the metaphysical world. Tap into your psychic abilities and understand spirit communication by mastering mental skills including meditation, dream interpretation, intuitive and spiritual development. Learn to interpret signs given to us by becoming in touch with your spiritual self.

Bonnie Crosier
4284 Sec. A
Mondays (6 sessions), 9/12-10/17, 6-8PM, HCC WDC Rm 1402
$145

Circling the Globe: Explore 5 Major World Religions

ENRICHMN 1952
Journey around the world and explore one of the five major religions each week. Learn about the histories and cultures of Judaism, Christianity, Islam, Hinduism and Buddhism. Look into how and where they started, what they do and don’t believe, the basic tenant of the religion and how it’s practiced. There will be time for discussion, questions and ways you can begin to make connections between religions and notice differences among them.

Susan Bailer-Shepard, Thomas Cullen & John Evers
4601 Sec. A
Tuesdays (5 sessions), 9/20-10/18, 6-7:30PM, HCC ICB Rm 1703
$50 (plus text)

Exploring the Paranormal

ENRICHMN 1913
What a great time of year to delve into the paranormal! In this class you learn about the paranormal realm including history, techniques for discovery, local lore and investigation. The paranormal’s relationship to religious beliefs and personal experiences of students, as well as evidence collection and equipment demonstration, will also be discussed. The final class session includes hands-on investigation of the Lincoln Public Library.

Geoffrey Ladd
4231 Sec. AL
Tuesdays (4 sessions), 10/18 & 10/25, 6:30PM-8:30PM, Heartland Lincoln Center Rm 110 & Wednesday 10/19, 6:30PM-8:30PM, & Wednesday 10/26, 6:30PM-10:30PM, Heartland Lincoln Center Rm 111
$79

Islamic Cultural Awareness

ENRICHMN 1509
Increase your understanding of the religious system and world culture of Islam. Gain insight into basic beliefs and practices of Islam from the Imam of the Islamic Center of Bloomington Normal. Learn about The Prophet Muhammad and spirituality in Islam. The first two nights will meet at Heartland Community College and the last night will meet at the mosque on Gill Street in Bloomington.

Abdelkarim Daiya
4315 Sec. A
Wednesdays (3 sessions), 10/12-10/19, 6-8PM, HCC WDC Rm 3603 & Wednesday, 10/26, 6-8PM, Islamic Center of Bloomington/Normal
$39 (plus $15 book fee paid to instructor)

Travel Free & Get Paid to Do It

ENRICHMN 1174
You can afford to travel as much as you want. National speaker Gina Henry will show you hundreds of way she lives a travel lifestyle. Henry travels six months a year, and has visited over 90 countries and 44 states. No matter what your stage of life, these practical money-making ideas will offer ways to make your vacations free, earn income, have more time off and possibly allow vacation tax deductions. The instructor’s 25 years of experience will benefit you as you learn how to earn free airline tickets, hotels, cruises, tours, car rentals, meals and more. Henry teaches in 90 cities and leads group “travel training” trips to Thailand, Italy, Greece and more. Check out www.ginahenry.com for more information about the instructor.

Gina Henry
4270 Sec. A
Saturday 10/8, 9AM-12:30PM, HCC WDC Rm 1006
$39 (plus $15 book fee paid to instructor)

Teaching English Overseas

ENRICHMN 1984
If you can speak English, you can teach it. Teaching English is one of the best ways to make money while travelling. National speaker Gina Henry will help you get started on the path to teaching conversational English overseas. Learn about the best paying jobs, qualifications, certificate programs and specific hiring organizations. Plus, there will be tips for K-12 teachers, university professors and school administrators. Visit www.ginahenry.com for more instructor information.

Gina Henry
4280 Sec. A
Saturday 10/8, 1:30-4:30PM, HCC WDC Rm 1006
$39 (plus $15 book fee paid to instructor)
The Power of Happy Thoughts

ENRICHMN 1959

“Don’t Worry, Be Happy,” “Shiny Happy People,” “Happy” – there’s a reason people sing about happiness. It’s something we all want and now you can learn how to raise your happiness quotient. The Power of Happy Thoughts is a self-enrichment workshop about understanding and applying mental laws to move through mental blocks to discover the life that you are truly meant to live. This workshop will teach you with the three laws of the mind to transcend self-limiting beliefs and live a joyous, meaningful and fulfilled life. It includes a meditation session as well for a very serene and enriching experience.

Ashlesha Raut
4344 Sec. A    Thursday 11/10, 5-8:30PM, HCC WDC Rm 1403
$36

Autumn Harvest: Cultivating Happiness & Meaning for Retirement

ENRICHMN 1885

Whether you choose to retire from full-time employment or to pursue an encore career, the autumn of your life can be a season filled with engagement and purpose. The instructor of this course will offer a practical model, based on current research, for using your talents, interests and values to create new opportunities and positive challenges. Learn how to cultivate your best self!

Maggie McCormick
4324 Sec. A    Tue/Thu (2 sessions), 9/27-9/29, 6-9PM, HCC ACEC Rm 2204/2205
$76

Changing Seasons: Navigating Through Career Transitions

ENRICHMN 1884

Career transitions can come about for many reasons. No matter what instituted the change, you can successfully navigate the shift and manage your career. Through this course, you will learn strategies and tools for career planning and management. You’ll also discover how to identify resources, explore how to more fully use your gifts, and be better prepared to embrace new opportunities during seasons of change.

Maggie McCormick
4323 Sec. A    Tue/Thu (2 sessions), 10/4-10/6, 6-9PM, HCC ACEC Rm 2204/2205
$76

Personal Safety & Self-Defense for Women

ENRICHMN 1412

Self-defense begins long before an attack happens. Knowing how to protect yourself is an important set of skills that everyone should have. Learn self-defense techniques to build your confidence as well as how to respond when you are faced with threatening situations. Instructor Michael Donovan will teach you evasive techniques and behaviors to help you avoid and escape dangerous situations. Donovan is a 4th-degree Black Belt and a USYKA certified instructor with 27 years of teaching experience as well as 20 years of working in criminal justice. This is a hands-on class so please wear comfortable clothes and tennis shoes.

Michael Donovan
4307 Sec. A    Saturday 10/15, 9AM-12PM
4308 Sec. B    Wednesday 11/2, 6PM-9PM, HCC CCB Rm 1407
$45

Classic Rock: 1964-1989

ENRICHMN 1980

Whether or not you believe classic rock was the best genre ever recorded, it did revolutionize the music world. Get a comprehensive look and listen to classic rock and how it evolved. We’ll follow the “birth of rock” beginning with the British Invasion, transitioning through the years to “new wave” and all points in between including the unique sounds of punk rock, alternative rock and “hair metal.” Learn how MTV, rock films, FM radio and album rock influenced the music industry and about icons lost too soon.

Geoffrey Ladd
4652 Sec. AL    Tue & Thu (3 sessions), 10/11 & 10/13, 6:30-8:30PM, Heartland Lincoln Center Rm 110 & Wednesday, 10/12, 6:30-8:30PM, Heartland Lincoln Center Rm 111
$54

Lunch, Learn & Listen

ENRICHMN 1957

Enjoy an excursion to HCC! Your visit includes three presentations and a delightful boxed lunch from Panera. This session will feature: Women in the Civil War – Civil War historian Christina Smith will introduce you to the female abolitionist, soldier, slave, spy, nurse and the thousands of women who impacted the turn of the Civil War. Natural Wonders Outside your Door – Photographer and birder extraordinaire Dave Weth will share with you some of his photo collection and his stories from chasing the birds and butterflies that live in, and travel through, our own neighborhoods. Heartland Songbirds – Delight in music from doo-wop and show tunes to sing-along favorites as performed by HCC’s own Community Education ensemble.

4322 Sec. A    Wednesday 10/12, 11AM-1PM, HCC CCB Rm 1406/1407
$13
Lincoln’s Funeral Train  
**ENRICHMN 3000**
Learn about Lincoln’s final journey. Lincoln’s funeral train retraced the same route it tracked taking President-Elect Lincoln to Washington only four years earlier. Marking the 150th anniversary of Lincoln’s death and funeral, this class examines how the nation mourned their loss. We will uncover the challenges and obstacles in preparing the event, Mary’s overwhelming grief and the reactions of each city as the funeral train arrived. Finally, we review the Lincolns’ arrival in Springfield, the tomb that was not yet erected, and the final funeral ceremony in Springfield.

Christina Smith  
*4629 Sec. A*  
**Mon 10/17, 6-9PM, HCC ACEC Rm 2103**  
$30

Shiloh: Armchair Travel  
**ENRICHMN 1986**
The Battle of Shiloh shocked the nation and changed the American Civil War. The Western Theater was exposed to carnage seen before only on the eastern battlefields. Through pictures, articles, books and brochures, this course will take you to the battlefield of Shiloh in 1862. You will learn about aspects of the battle and how they impacted the war as a whole. Beyond tactics and the movement of troops, we will shed light on the personal, cultural and political impacts of this historic battle.

Christina Smith  
*4394 Sec. A*  
**Monday 10/3, 6-9PM, HCC WDC Rm 1403**  
$30

Christmas During the Civil War  
**ENRICHMN 1985**
What was Christmas like when brother was battling brother during the American Civil War? Through letters, diaries, stories, drawings, manuscripts and books, we will reconstruct how soldiers and civilians celebrated the holiday during a period of battle and bloodshed.

Christina Smith  
*4393 Sec. A*  
**Monday 12/5, 6-9PM, HCC WDC Rm 1402**  
$30

The Donner Party  
**ENRICHMN 1999**
On April 16, 1846, nine covered wagons left Springfield, Illinois on the 2500 mile journey to California in a caravan that would become one of the greatest tragedies in the history of westward migration. Facing starvation, harsh weather conditions and conflicting personalities, the Donner Party became delayed in their course and lost some 40 members. This class discusses how the Donner Party story has been told differently over time. You’ll examine the westward movement, 19th century masculinity, the demographic and archaeological evidence of their deaths and how the Donner Party has been portrayed throughout history and in literature.

Christina Smith  
*4630 Sec. A*  
**Monday 11/7, 6-9PM, HCC WDC 1402**  
$30

Building a T-Trak Model Railroad  
**ENRICHMN 1954**
Get on board the Heartland express as the class builds their very own working T-TRAK train layout. T-TRAK train modules are dioramas with sectional track that snap together to create layouts that are easy to transport, setup and store. Each session will cover a different aspect of building a model railroad relevant to the corresponding stage of module construction. By the end of the course the modules will be ready to connect together to run trains. After completing your creation, you are invited to display and operate your layout during Trains in the Heartland Show on Heartland’s campus in April.

David Gentry  
*4583 Sec. A*  
**Tuesdays (4 sessions), 11/8-11/29, 6:30-8PM, HCC SCB Rm 1802**  
$52 (plus $55 supply fee for T-Trak kit)
**Heartland EDventure Series**

Community Education’s **Heartland EDventure Series** offers exciting trips to regional events, shows and attractions to educate and enrich your life. Leave the planning and details to our knowledgeable travel escorts. Invite a friend or family member to join you for a memorable and carefree day. **EDventures** are designed for adults ages 18 and up, unless otherwise noted. Seats are limited. Make your reservations today!

**COMING APRIL 2017: Canyon Country**

Heartland went on our first EDventure with Collette in April to the Pacific Northwest, and our group of 18 had an amazing time! If you’re ready to EDventure with us beyond the Midwest, join us in April 2017 when we partner with Collette again to explore Canyon Country! On this nine-day trip you will visit Arizona, Utah and Nevada, and enjoy three national parks, Lake Powell, a Canyon Cruise and a western-style dinner among many other activities. The trip ends under the lights of Las Vegas. For more details, participate in the free informational webinar listed below, or call Laurie Mueller at (309) 268-8160. To explore the beauty of the Southwest with us, register for our Canyon Country EDventure by October 27, 2016.

**Canyon Country Webinar Preview**

**ENRICHMN 1989**

Plan ahead for fun next year. 2017 will be an exciting year as Heartland Community College and Collette travel to Canyon Country featuring Arizona and Utah. Learn about our trip on which you will see amazing spires and canyons of three national parks and the stunning Lake Powell. Our scenic nine-day trip will end in Las Vegas. Get the details during this free preview webinar. Registration is required.

**4380 Sec. A  Wednesday 9/7, 5:30-6:30PM, Online**

Free, registration required

**Trains, History & Pullman**

**ENRICHMN 1958**

Take your seats and get ready for a rail adventure as we travel to Chicago’s famous Pullman District. Train enthusiast Mike Matejka will educate us on train history as we travel north. The first destination on our itinerary will be the Pullman Visitor Center. We start off with a short video of the town’s history. You will have plenty of time to wander through the exhibits, artifacts and a gift shop. The next stop on our itinerary is the Harborside International restaurant where we will enjoy a delicious lunch. Our last destination is a guided walking tour of the Pullman District, where we will see the 1880’s housing that George Pullman provided to his workers as well as the Greenstone Church. Your trip includes all transportation, lunch, admission fees and all gratuities. Registration deadline is 8/16. Sorry, no refunds after this date.

**3018 Sec. A  Friday 9/23, 8AM-8PM, Chicago**

$105
We Want to Hear From You!
Is there a particular destination you have always wanted to visit? Would you like to receive advanced information on trips and tours in Heartland’s travel series as it becomes available? Contact the Community Education office at (309) 268-8160 or community.education@heartland.edu to add your name to the mailing list and share your suggestions and new ideas today!

From Europe to America: Polish & German Neighborhood Tour
ENRICHMN 1988
Chicago is a melting pot of diverse cultures and neighborhoods. Spend the day with us visiting a Polish and a German neighborhood to learn about their rich traditions. We will first visit the Polish Museum of America where we will learn about the Polish immigration to Chicago. Then we will get a tour of St. Stanislaus Kostka Catholic church. Opened in 1881 it is considered the “mother parish” of Chicago’s Polish population. Next we will have lunch at one of the best buffets in Chicago – Red Apple Polish Buffet. No one will leave hungry after dining on some (but not limited to) Polish traditional foods. We will end the day in Lincoln Square, Chicago’s historic German neighborhood. Visit quaint boutiques, get a tour of the German American Cultural Center and enjoy Gene’s Sausage Shop, a family owned European market. Your trip includes transportation to and from Chicago, all admission fees, lunch and all gratuities. Registration deadline is September 20. Sorry, no refunds after that date.
4356 Sec. A Thursday 10/20, 7AM-7PM, Chicago
$110

Christmas in Geneva
ENRICHMN 1690
Discover the charm of Geneva, Illinois. Enjoy the day exploring the over 140 downtown specialty shops. The holiday themed shopping district features the Great Tree on the courthouse lawn. Strolling carolers, carriage rides and a live nativity scene are some of the things you will encounter. Your day includes your transportation to and from Geneva. Lunch will be on your own. Registration deadline is November 3. Sorry, no refunds after this date.
4482 Sec. A Saturday 12/3, 7:30AM-7:30PM, Geneva
$80
The Actor’s Workshop

PRFMARTS 1022

Take the stage for this class and learn how to make your characters come to life. Find a deeper connection with your work as an actor and remove the hindrances that hold you back! These sessions will help you find truth and relationship with your character’s words and movement. Actress Terri Whisenhunt, will show you how to analyze your script and help you with memorization. She will touch upon a mixture of techniques that will add focus, zest, and play to your acting. Laban Effort Actions, Meisner Technique, group discussions, scene work and more will be explored.

Terri Whisenhunt

4528 Sec. A  Tue/Thu (6 sessions), 9/6-9/22, 6-8PM
4529 Sec. B  Tue/Thu (6 sessions), 10/4-10/20, 6-8PM
HCC ACEC Rm 2102

$125

The Actor’s Workshop: Unarmed Stage Combat

PRFMARTS 1036

This segment of The Actor’s Workshop takes a careful look into an exciting element of theatrical performance – stage combat. We will be using a specialized technique designed to create the illusion of physical combat that portrays a real visual effect. Actress Terri Whisenhunt, along with guest actor Justin Stewart, will safely teach the actor’s responsibility and the fundamentals of unarmed combat. You will learn how to send and receive slaps, punches, holds, throws, kicks, and falls which will be applied in scene work. Each student can choose to watch instead of participate in any of the techniques.

Terri Whisenhunt

4628 Sec. A  Tue/Thu (2 sessions) 11/1-11/3 6-8PM,
HCC ACEC 2102

$65
Play the Recorder I: Beginning
PRFMARTS 1028
It’s never too late to learn to play the recorder. Learn its basic technique from scratch, or improve upon what you already know in a positive environment with professional recorder player Lisette Kielson. Beginners and low-intermediate players welcome. Please bring your own recorder and music stand. Prerequisite: you must be able to read music.

Lisette Kielson
4396 Sec. A Tuesdays (10 sessions, does not meet 10/25), 9/13-11/22, 3:30-4:30PM, HCC ACEC Rm 2400
$90 (plus supplies)

Play the Recorder II: Intermediate & Above
PRFMARTS 1034
Improve your tone, technique and ensemble playing skills in this encore level class. We will tackle more advanced notes, rhythms and musical concepts with exercises and recorder ensemble repertoire from the Renaissance to the Contemporary. No prior group playing experience is necessary. Please bring your own recorder and music stand. Music is provided. This class serves as a continuation to Play the Recorder I: Beginning or for those with prior study of recorder.

Lisette Kielson
4395 Sec. A Tuesdays (10 sessions, does not meet 10/25), 9/13-11/22, 2-3PM, HCC ACEC Rm 2400
$90

Mandolin Masterclass
PRFMARTS 1024
Mandolin master Cliff Anglen will get you strumming and picking in this tuneful class. Learn to play tunes from across the styles - Celtic, bluegrass, old-time and more. Pick your way through scale patterns, get some tips on instrument setup, and learn crosspicking, tremolo and other secrets of the mandolin. If you already know some chords and want to learn more techniques or if you play another string instrument and want to pick up the mandolin, come on and join the music.

Clifford Anglen
4414 Sec. A Thursdays (4 sessions), 9/29-10/20, 6-8PM, HCC ACEC Rm 2101
$84

Heartland Songbirds
PRFMARTS 1029
Make Wednesday’s lunch break your favorite one of the week by adding a dash of music. If you love to sing and can read music, join the Heartland Songbirds. During the course we’ll learn three or four pieces with amazing harmonies. Whether you love hits from yesteryear or songs made famous by groups like the Manhattan Transfer or the Pentatonics, this ensemble will remind you why making music with others is so much fun. Our 6-week session will conclude with a casual performance at a campus or community event.

Char Fesler
4320 Sec. A Wednesdays (8 sessions), 8/24-10/12, 12-1PM
4321 Sec. B Wednesdays (8 sessions, does not meet 11/23), 10/19-12/14, 12-1PM, HCC ACEC Rm 2400
$40

Music Theory I
PRFMARTS 1032
Major, minor, dominant, diminished. What do all these music terms mean? Now is your chance to find out. Learn some of the theory behind why music sounds like it does. Taught by an HCC music faculty member, this course will review note reading on bass and treble clef then dive into understanding scales and basic chord theory.

John Morrissey
4397 Sec. A Mondays (3 sessions), 10/3-10/17, 6-8PM, HCC ICB Rm 1801
$50

Music Theory II
PRFMARTS 1035
Bring your theory knowledge up an octave. You will expand your understanding of chords, scales and key signatures and how all of these work together to build the harmonic language of music. This course is for students who have completed Music Theory I or for those who already have some knowledge of music theory.

John Morrissey
4392 Sec. A Mondays (3 sessions), 11/7-11/21, 6-8PM, HCC ICB Rm 1801
$50

Register online at www.heartland.edu/communityEd
creative arts

**Beginning Stained Glass**  
**ARTCRAFT 1161**  
Create beautiful works of glass art. This course teaches you all about stained glass – the tools, techniques and safety. You’ll also create your very own stained glass panel using the copper foil method. You will receive a supply list when you register and you may need to purchase some of the tools prior to the first night of class. Your additional expense for tools and supplies over the five weeks may total as much as $135, depending on your choice of design and glass.

- **Terry Garbe**  
- **4287 Sec. A**  
  Tuesdays (5 sessions), 9/6-10/4, 7:30-10PM  
- **4288 Sec. B**  
  Thursdays (5 sessions), 10/13-11/10, 7:30-10PM

**Touch of Glass**  
$99 (plus supplies & tools)

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**Knitting**

**Knitting I**  
**ARTCRAFT 1023**  
Stay warm this winter! Discover the joys of knitting and create two different beginner knit projects. Learn the basic techniques which include casting on, knit stitch, purl stitch and casting off. Course homework allows you to work on your own and explore knitting even further. By the end of this course, you will be ready to work on more advanced projects.

- **Lyn Johnson**  
- **4442 Sec. A**  
  Tuesdays (7 sessions), 9/6-10/18, 6-8PM,  
  HCC SCB Rm 1602  
  $86 (plus $22 materials fee paid to instructor)

**My First Lacy Shawl**  
**ARTCRAFT 1736**  
Wrap yourself in warmth. Knit up a lacy triangle shawlette for the upcoming winter. Follow a detailed pattern with increases and decreases to create a lacy pattern. Finish it off with a picot edge and learn how to block it to show off the beautiful lacy work. Knitting experience is required.

- **Lyn Johnson**  
- **4456 Sec. A**  
  Tuesdays (6 sessions), 10/25-11/29, 6-8PM,  
  HCC SCB Rm 1602  
  $78 (plus $20 materials fee paid to instructor)

**Cables 101**  
**ARTCRAFT 1737**  
Cables are fun and easy. Learn to create those lovely twists and turns in knitting by following a cabled ear warmer pattern. Skills covered will be cabling in the front and back, following a cable pattern and proper blocking. We’ll also learn how to pick up stitches to turn the ear warmer into a hat. Knitting experience required.

- **Lyn Johnson**  
- **4444 Sec. A**  
  Tuesdays (2 sessions), 12/6-12/13, 6-8PM,  
  HCC SCB Rm 1602  
  $47 (plus $15 materials fee paid to instructor)
Learn to Crochet

**ARTCRAFT 1025**
Get hooked on a new hobby. Learn and practice the single, half double and double crochet stitch. Work on several small projects including dishcloths, round hot pads, granny squares, a winter scarf and towel topper. This class will teach you how to read patterns and change yarn colors. No experience necessary. A supply list is given at the first class.

Kay Bowen
4409 Sec. A  
Mondays (6 sessions), 9/12-10/17, 6:30-8:30PM,  
HCC WDC Rm 1401  
$88 (plus $7 materials fee paid to instructor)

Frilly Scarf

**ARTCRAFT 1608**
Crochet a frilly scarf that forms graceful swirls as it drapes around your neck. These make wonderful gifts if you can part with them. Previous crocheting experience is not necessary. A selection of colorful yarns will be provided by the instructor. Bring an “I” crochet hook.

Shirley Splittstoesser
4342 Sec. A  
Thursday 10/13, 10AM-12PM, HCC WDC Rm 1402  
$39 (plus $5 for supplies paid to instructor)

Crocheted Kitchen Helpers

**ARTCRAFT 1638**
Crochet color coordinated practical kitchen items to brighten up your kitchen. You will make a nylon net pot scrubbie and a kitchen towel top. They also make great gifts for the Christmas season. The nylon net pot scrubbie will not scratch glass or Teflon, and the kitchen towel can attach to your oven door handle so it will never fall on the floor. A variety of colors of nylon net, towels and towel top yarn is provided. Bring an “I,” “J” and “K” crochet hook and a pair of scissors.

Shirley Splittstoesser
4337 Sec. A  
Monday 9/12, 1-3PM, HCC WDC Rm 1402  
$39 (plus $5 materials fee paid to instructor)

Tunisian Crochet

**ARTCRAFT 1735**
Tunisian Crochet, also known as Afghan Crochet, creates a wonderfully textured fabric. Each row is made of two actions - forward action in which you pick up the loops and the return action in which you work the loops off the hook. Learn step by step how to create a Tunisian crocheted dish cloth. Bring an “H” Afghan crochet hook or a double end crochet hook, scissors and a skein of 100% cotton yarn.

Shirley Splittstoesser
4340 Sec. A  
Saturday 10/1, 10AM-12PM, HCC WDC Rm 1402  
$39 (plus $5 materials fee paid to instructor)

Crocheted Flower Afghan

**ARTCRAFT 1699**
Create a handmade afghan in 2 days! In the first session make strips that have a flower pattern. In the second session join these strips and crochet a border. Crocheting experience is helpful, but not required. The finished size will be 36” X 48” but can be easily adjusted to a smaller size. Your creation will make the perfect gift for someone you love…or maybe just for yourself.

Shirley Splittstoesser
4346 Sec. A  
Thursdays (2 sessions), 10/13-10/20, 6-8PM,  
HCC WDC Rm 1402  
$45 (plus supplies)

Crochet Jewelry: Necklace & Bracelet

**ARTCRAFT 1609**
Make a lovely crocheted necklace with matching bracelet from ladder yarn. The 6-strand necklace and 4-strand bracelet look as though they are beaded and are adjustable to various sizes. Make these as adorable gifts or to accessorize yourself. You will learn to make these step-by-step so crocheting experience is not necessary. The instructor provides several colors of ladder yarn. Bring a crochet hook and scissors.

Shirley Splittstoesser
4345 Sec. A  
Thursday 10/20, 1-3PM, HCC WDC Rm 1402  
$39 (plus $3 materials fee paid to instructor)
Getting to Know Your Sewing Machine

ARTCRAFT 1376

Don’t let your sewing machine just sit there; put it to good use. This class teaches you how to stitch a blind hem, make buttonholes, insert a zipper and mend and stretch stitches. You’ll also learn basic machine maintenance techniques to keep your machine in tip-top running condition. Bring your own machine (in good running condition) and if available, the manual and attachments. Your instructor will help you learn how to use the accessories in your attachment box.

Dee Thompson
4411 Sec. A  Mondays (2 sessions), 9/12-9/19, 6-8:30PM, HCC WDC Rm 1400
$46 (plus $3 supply fee paid to instructor)

Sewing for Beginners I

ARTCRAFT 1087

Make sewing easy in this introductory class. Start with the very basics: fabric, supplies and pattern selection. Learn how to read a pattern, straighten the fabric grainline and the importance of accurate measurements. Then practice your new skills by completing a project designed for the novice. By the end of class, you’ll know basic sewing and finishing techniques that can be applied to any simple sewing project. Note: for this class, you need to bring your own sewing machine (in good working condition), manual and attachments.

Dee Thompson
4412 Sec. A  Mondays (5 sessions), 9/26-10/24, 6-8PM, HCC WDC Rm 1400
$60 (plus $3 supply fee paid to instructor, plus materials)

Sewing II

ARTCRAFT 1577

Whether you are making a garment for yourself, a project for a gift or something to decorate your home, this is the class you need. You select your own project, bring your materials (ready to cut out), and Dee will help you finish with style. Note: for this class you will need to bring your own sewing machine (in good working condition), manual and attachments. Prerequisite: Sewing for Beginners I or equivalent skills.

Dee Thompson
4413 Sec. A  Mondays (5 sessions), 10/31-11/28, 6-8PM, HCC WDC Rm 1400
$60 (plus $3 supply fee paid to instructor, plus materials)

Serger Boot Camp

ARTCRAFT 1506

Frustration with your serger will soon be a thing of the past after our serger boot camp. Your first class is all about the machine and the basic stitch. The second class has you making a scarf or a pillowcase, and in the third class, pajama pants or a t-shirt. Because each serger is different, class size is limited to assure individualized attention. Bring your serger, its accessories and manual. You will also need to bring four spools of thread (red, blue, yellow and green) and basic sewing supplies. If you aren’t sure if your serger is in working order, please have it checked before the first night of class.

Trisha Horner
4268 Sec. A  Tuesdays (3 sessions), 10/4-10/18, 6-8:30PM, HCC WDC Rm 1400
$75 (plus supplies)

Serger Encore

ARTCRAFT 1567

Make your serger work for you. Now that you know the basics and are comfortable using your serger, it’s time to have some fun. In Serger Encore, you learn some new skills and discover the tricks you need to make your serger do what you want it to. You also learn to quilt as you go. Apply beads and sequins, create your own ribbons, napkins and create rolled hems. The third session is completely focused on what you want your serger to do for you. Do you have an idea what you want to create? The instructor will show you how to do it! Bring your serger, in good working condition, with its accessories and manuals along with basic sewing supplies and extra machine needles. If you aren’t sure if your serger is in working order, please have it checked before the first night of class.

Trisha Horner
4269 Sec. A  Tuesdays (3 sessions), 10/25-11/8, 6-8:30PM, HCC WDC Rm 1400
$75 (plus supplies)
Quilting Basics I

**ARTCRAFT 1308**
The joys of quilting are only a stitch away. In this introductory class you'll learn to use a rotary cutter, press seams, assemble and finish your own lap quilt. We'll explore quilting basics, choosing fabric, color values and the supplies you'll need. Basic sewing skills are required and you must have access to a sewing machine outside of class.

Kay Bowen

4401 Sec. A  Tuesdays (6 sessions), 9/6-10/11, 6-8:30PM, HCC WDC Rm 1402

$89 (plus supplies & fabric)

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Foundation Paper Piecing for Quilts

**ARTCRAFT 1282**
Use up those small scraps of fabric sitting around your house. Foundation block piecing consists of sewing pieces of fabric on paper or muslin foundation to form a quilt block. While this technique is most often used for miniature blocks, foundation piecing can be used for creating full-sized quilt blocks as well. This method allows a quilter to construct complicated patterns easily and accurately. Prerequisite: *Quilting Basics I* or basic quilting skills.

Kay Bowen

4408 Sec. A  Monday 11/28, 6-9PM, HCC WDC Rm 1402

$46 (plus $5 kit purchased from instructor)

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Disappearing Nine Patch Quilt

**ARTCRAFT 1710**
Learn to make an intricate and impressive quilt. The secret that you don't have to tell anyone is that it is so easy, a beginner could do it. The disappearing nine patch is a simple variation on the traditional nine-patch block. This is an ideal pattern for using up scraps and charm packs or when you need to whip up a quick baby blanket. It is also a great pattern for “I Spy” quilts and using novelty squares. Master this new pattern by creating a table topper in this two session class.

Kay Bowen

4404 Sec. A  Thursdays (2 sessions), 9/22-9/29, 6-9PM, HCC WDC Rm 1402

$66 (plus supplies)

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Twister Pinwheel Quilt

**ARTCRAFT 1570**
Have fun creating continuous pinwheels using the Lil’ Twister tool. The new tool simplifies this old favorite with an easy, fun and fast technique. You can use a charm pack, get a kit from Kay or bring your own five-inch squares.

Kay Bowen

4405 Sec. A  Monday 10/24, 6-9PM, HCC WDC Rm 1403

$46 (plus cost of fabric & supplies)

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Quilting Basics II

**ARTCRAFT 1069**
Show off your new quilting skills with piece block quilting. You make six beginning blocks to construct a lap quilt, wall hanging, table runner, pillow or tote bag. With half-square, quarter-square and triangle units, you can use piece blocking to create any quilt. We explore advanced quilting basics, choosing fabric, color values and the supplies you need. Basic sewing skills or *Quilting Basics I* is required and you must have access to a sewing machine outside of class.

Kay Bowen

4403 Sec. A  Tuesdays (6 sessions, does not meet 11/22), 10/18-11/29, 6-8:30PM, HCC WDC Rm 1402

$89 (plus supplies & fabric)
Quilted Spiral Holiday Table Runner
ARTCRAFT 1564
Your table will shine at your next holiday gathering after you learn to make a very easy and versatile table runner. This festive holiday table runner can be easily modified to fit any holiday or special occasion by simply using different fabrics.

Kay Bowen
4406 Sec. A  Wednesdays (2 sessions), 11/9-11/16, 6-9PM, HCC WDC Rm 1402
$66 (plus supplies, fabric & pattern)
4457 Sec. AL Mondays (2 sessions), 11/7-11/14, 6-9PM,
Make It Sew, Lincoln
$75 (plus supplies, fabric & pattern)

Disappearing Pinwheel
ARTCRAFT 1741
Get playful with your pinwheels. With just a few extra cuts, learn to make a basic quilt block into something new and fun. Create a stunning table runner for the holidays. Quilting Basics I or basic quilting skills required.

Kay Bowen
4627 Sec. A  Monday 11/21, 6-9PM, HCC WDC Rm 1402
$46 (plus fabric)

Paint Like a Pro: Acrylics & Oil
ARTCRAFT 1732
Learn acrylic and oil painting techniques from a professional artist. This course covers color mixing, edging, values, design and other basic skills to allow you to master acrylic painting. You will receive a supply list on the first day of class and have an opportunity to save money by purchasing supplies through the instructor. Please be advised that paint and brushes may cost $90 or more. This class is for ages 16 and up.

Infinite HeArt Studios Instructor
4418 Sec. A  Thursdays (6 sessions), 9/8-10/13, 11:30AM-2PM
4419 Sec. B  Wednesdays (6 sessions, does not meet 11/23), 10/19-11/30, 9:30AM-12PM
$132 (plus supplies)

Acrylic Painting
ARTCRAFT 1157
Bring the canvas to life with acrylics. Join our relaxed atmosphere as we pursue the basics of painting with acrylics. We will then progress to creating still life and landscape works using three-dimensional painting techniques. You will work from still life displays and photographs supplied by the instructor and create your own work of art.

Julie F. Callahan
4329 Sec. A  Tuesdays (6 sessions), 9/13-10/18, 9AM-12PM,
HCC SCB Rm 1802
$122 (plus $25 materials fee paid to instructor)

Intermediate Drawing
ARTCRAFT 1183
Bring some color into your drawing and have a great time doing it. We will cover the basics and then use these methods to create a variety of intriguing compositions that will highlight your developing skills. Adding color with confidence and developing shading in your finished projects will expand your enjoyment of the creative process and truly give you a sense of accomplishment. A variety of mediums will be used. Some art experience is helpful, but beginners are welcome as well.

Julie F. Callahan
4330 Sec. A  Tuesdays (5 sessions, does not meet 11/22),
11/1-12/6, 9AM-12PM, HCC SCB Rm 1802
$108 (plus $25 materials fee paid to instructor)
Wire Wrapped Pendants
ARTCRAFT 1568
Why buy it when you can make it yourself? Make your own lovely pendant in our beginner class. You will learn the art form of wire-wrapping and take home two wire-wrapped pendants of your creation. All materials, including a selection of pendants, will be provided, but if you have a suitable stone you’d like to wire-wrap, bring it!

Shirley Splittstoesser
4338 Sec. A  Monday 9/19, 1-3PM, HCC WDC Rm 1402
$39 (plus $5 materials fee paid to instructor)

Decorative Satin Bows
ARTCRAFT 1642
It is the time for giving gifts to your family and friends. You can put a smile on their face by adding a special handmade satin bow to each gift. Join this class and learn different techniques of satin bow making.

Anuja Deshpande
4289 Sec. A  Tuesdays (2 sessions), 11/8-11/15, 6-8PM,
HCC WDC Rm 1401
$44 (plus $10 supplies fee paid to instructor)

DIY Fabric Flowers
HOMEGARD 1634
Have beautiful flowers all year long by making your own. Learn how to make fabric and satin flowers then learn how to use candles to make flowers from organza. The organza fabric melts and curls to be formed in the shape of your choice. Your fabric flowers will make great embellishments on bags, purses, headbands or jewelry. With clip-ons attached to each flower, they are easy to use on a variety of items. No experience is necessary for this fun, do-it-yourself project.

Anuja Deshpande
4290 Sec. A  Tuesdays (2 sessions), 9/6-9/13, 6-8PM,
HCC WDC Rm 1403
$44 (plus $10 materials fee paid to the instructor at the first class)

Holiday Card Workshop
ARTCRAFT 1647
Using seasonal themes based on nature, create mixed media cards and postcards suitable for mailing, framing and gift giving. A combination of acrylic paint, colored pencil, chalk pastel and other mediums will be used. While art experience is helpful, beginners are welcome.

Stephanie Mays
4489 Sec. A  Saturday 11/12, 9AM-12PM, HCC SCB Rm 1802
$33 (plus supplies)

Zentangle-Inspired Art
ARTCRAFT 1641
Whether you’re a lifelong artist, or are afraid to make a mark on a page, this class will open you up to the fascinating and relaxing world of Zentangle. You will learn three new patterns never before taught at Heartland by this instructor. Zentangle is an easy meditative practice to use anytime and doesn’t require any special art ability or previous drawing experience. You will have the opportunity to purchase additional supplies and Zentangle books from the instructor after class.

Ellen Baranowski
4436 Sec. A  Saturday 9/17, 11AM-1:30PM, HCC WDC Rm 1400
$38 (plus $7 materials fee paid to instructor)

Zentangle Inspired Art & Stencils
ARTCRAFT 1733
Start with a stencil, add Zentangle patterns and you’ll end up with a sure-fire recipe for fun, relaxation and innovative art. In this class certified Zentangle instructor, Ellen Baranowski will supply the stencils and teach you three patterns she hasn’t taught at Heartland before now. Zentangle doesn’t require any special art ability or previous drawing experience to create and take home your own unique stencil-inspired art. You will have the opportunity to purchase additional supplies and Zentangle books from the instructor after class.

Ellen Baranowski
4431 Sec. A  Saturday 10/8, 11AM-1:30PM, HCC WDC Rm 1400
$38 (plus $7 supply kit paid to the instructor)

Zentangle Inspired Cards
ARTCRAFT 1734
Everyone enjoys receiving hand-made cards. Learning the art of Zentangle makes creating your own cards easy, relaxing and fun! In this class certified Zentangle instructor Ellen Baranowski will teach you three new patterns that you will use to create your own card. Zentangle doesn’t require any special art ability or previous drawing experience. You will have the opportunity to purchase additional supplies and Zentangle books from the instructor after class.

Ellen Baranowski
4432 Sec. A  Saturday 11/12, 11AM-1:30PM, HCC WDC Rm 1400
$38 (plus $7 supply kit paid to the instructor)
The Green Institute provides education and information to businesses and residents about sustainable living, energy efficiency, renewable energy, recycling and other related environmental technologies. For more information visit www.heartland.edu/greeninstitute or call Larissa Armstrong at 309-268-8225.

Green Cleaning
GREENNCR 1014
You can make household cleaning healthier for your family and the planet, while saving yourself some money. Learn about the benefits of using homemade natural cleaners in your home and how to make your own. You will leave with your own green cleaning starter kit and recipes for multiple types of natural cleaners!
Larissa Armstrong
4522 Sec. A
Monday 10/3, 6-8PM, HCC SCB Rm 1802
$35

Intro to Modern Homesteading
GREENNCR 1012
You don’t have to move to the middle of nowhere to be a modern homesteader. Become more self-reliant, grow some of your own food and start making things from scratch. As we tour Antiquity Oaks, a modern homestead that was started in 2002, we will explore possibilities for becoming more self-reliant, whether you live in a condo, a suburban subdivision or in the country. We will discuss the basics of growing your own fruits and vegetables, as well as caring for backyard poultry and the requirements for a personal home dairy. Deborah is the author of Homegrown and Homemade: A Practical Guide to More Self-Reliant Living, which is available to purchase in class. Feel free to arrive an hour early with your own picnic lunch to enjoy by the pond or under the oak trees. For a full day of fun on the farm, register for the morning class Photo Adventure on a Farm.
Deborah Niemann-Boehle
4361 Sec. AP
Saturday 10/22, 1-4PM, Antiquity Oaks Farm, Cornell
$49
The following classes are offered in Lincoln

Classic Rock: 1964-1989

**ENRICHMN 1980**

Whether or not you believe classic rock was the best genre ever recorded, it did revolutionize the music world. Get a comprehensive look and listen to classic rock and how it evolved. We’ll follow the “birth of rock” beginning with the British Invasion, transitioning through the years to “new wave” and all points in between including the unique sounds of punk rock, alternative rock and “hair metal.” Learn how MTV, rock films, FM radio and album rock influenced the music industry and about icons lost too soon.

Geoffrey Ladd
4652 Sec. AL
Tue & Thu (3 sessions), 10/11 & 10/13, 6:30-8:30PM, Heartland Lincoln Center Rm 110
& Wednesday, 10/12, 6:30-8:30PM, Heartland Lincoln Center Rm 111

$54

Retirement University

**PERSFIN 1196**

Retirement is getting closer – are you ready? Take our Retirement University class and make sure you know everything you need in order to retire responsibly. You will learn advanced social security income planning strategies. We will explore expenses, changes in your income stream, aspects of long-term care, Medicare coverage and tax efficient legacy planning, wills and trusts.

Bernie Wrezinski
4096 Sec. AL
Tuesdays (2 sessions), 9/6-9/13, 5:30-7:30PM, Heartland Lincoln Center Rm 110

$45

Exploring the Paranormal

**ENRICHMN 1913**

What a great time of year to delve into the paranormal! In this class you learn about the paranormal realm including history, techniques for discovery, local lore and investigation. The paranormal’s relationship to religious beliefs and personal experiences of students, as well as evidence collection and equipment demonstration, will also be discussed. The final class session includes hands-on investigation of the Lincoln Public Library.

Geoffrey Ladd
4231 Sec. AL
Tuesdays (4 sessions), 10/18 & 10/25, 6:30PM-8:30PM, Heartland Lincoln Center Rm 110
& Wednesday 10/19, 6:30PM-8:30PM, Heartland Lincoln Center Rm 111
& Wednesday 10/26, 6:30PM-10:30PM, Heartland Lincoln Center Rm 111

$79

Strategies for Paying for College

**PERSFIN 1208**

A college degree is one of the most important investments you can make in your future or the future of your children. Unfortunately, college costs continue to rise, causing many people to wonder how they can afford such an investment. This class will explore options and payment strategies to help you afford higher education. Topics covered include the myths about financial aid, sources of scholarships (free money) and loans, need-based versus non need-based funds, and college funding versus financial aid. With background on alternatives and time to plan ahead, you’ll come away with a plan for paying for college.

Bernie Wrezinski
4095 Sec. AL
Monday 9/26, 5:30-6:30PM, Heartland Lincoln Center Rm 111

$25

Photo Adventure in Kickapoo Creek Park

**COMPNCR 3201**

You have probably used your digital camera to take pictures of family and friends, but have you taken a close-up of a colorful fall leaf or framed the perfect nature scene? If you are interested in learning more about digital photography and want to gain real-life photo experience in the process, join us as we visit Kickapoo Creek Park in Lincoln. Explore 80 acres of forest, prairie land, water features and wild life, as well as a wooden suspension bridge. Learn about landscape and nature photography. All camera types are welcome. Please make sure that your camera is fully charged and/or that you bring a spare battery. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot.

Jennifer Crones
4607 Sec. AL
Saturday 10/15, 9AM-12PM, Kickapoo Creek Park, Lincoln

$59

Marketing & PR for Nonprofits & Small Businesses

**PROFDVLP 1036**

Do people know that your organization exists? Do you know how to reach the media with news about your work and programs? This course teaches you a broad range of marketing skills focused on the nonprofit or small budget organization including marketing, PR, newsletter generation and writing, special events planning, social networking and media relations. Learn how to effectively market your organization with a small budget and even smaller staff. You will leave the class with contacts and other practical information that can be put to use right away. This class is also ideal for churches wanting to promote community events.

Raegan Rinchiuso
4357 Sec. AL
Thursday 11/3, 9AM-4:30PM, Heartland Lincoln Center Rm 628B

$89
The following classes are offered in Lincoln

**Introduction to Office**
**CMPCE 1015**
If you are familiar with using computers and thinking about getting back into the workforce, changing jobs or perhaps using computers for your own personal or business use, this class will assist you in learning about some popular business applications. You will get hands-on experience with Windows 7 and Microsoft Office 2013 products including Word, Excel, PowerPoint and Outlook.
(9 PDs)

Loyd Kirby
4358 Sec. AL
Thursdays (3 sessions), 9/1-9/15, 6-9PM, Heartland Lincoln Center Rm 110
$139
$125 discount fee (see page 38 for details)

**PowerPoint Introduction**
**COMPNCR 1526**
Learn how to design and format presentations or slide shows using the powerful features of PowerPoint. Add pictures, text, sound, animation, graphics, charts and diagrams to your presentation. It is great for family slide shows and work applications. PowerPoint is fun and easier to use than you think.

Jennifer Crones
4453 Sec. AL
Saturdays (2 sessions), 11/5-11/12, 9AM-12PM, Heartland Lincoln Center Rm 112
$120 (includes text)
$108 discount fee (see page 38 for details)

**Computer Created Holiday Projects**
**COMPNCR 3060**
Use your computer to get crafty. This course will combine holiday arts and crafts projects with basic computer skills. Bring your whole family and learn how to make custom holiday placemats, ornaments, gift tags, address labels, e-cards, printed cards and more. This is a great class for those who are creative and thrifty. You’ll be limited only by your imagination so bring your ideas and come ready to create!

Jennifer Crones
4439 Sec. AL
Saturdays (2 sessions), 12/3-12/10, 9AM-12PM, Heartland Lincoln Center Rm 628A
$79 (includes supplies)

**Quilted Spiral Holiday Table Runner**
**ARTCRAFT 1564**
Your table will shine at your next holiday gathering after you learn to make a very easy and versatile table runner. This festive holiday table runner can be easily modified to fit any holiday or special occasion by simply using different fabrics.

Kay Bowen
4457 Sec. AL
Mondays (2 sessions), 11/7-11/14, 6-9PM, Make It Sew, Lincoln
$75 (plus supplies, fabric & pattern)

**Perfect Pie Making**
**HOMEgard 1456**
Enjoy learning the time-honored skill of pie making, just in time for the holidays. You’ll get step by step instruction covering different types of crusts, including a gluten-free version. You’ll learn tips and tricks for mixing, rolling, filling and baking. Nobody will leave this class empty handed. You’ll take home recipes and a freshly baked pie.

Peggy Payne
4366 Sec. AL
Thursday 11/17, 5:30-9PM, Carroll School Café, Lincoln
$40 (plus $15 supply fee paid to instructor)

**Holiday Cookie Decorating**
**HOMEgard 1455**
Make your holiday celebration a sweet success. Learn easy steps to create beautiful, funny, whimsical decorated cookies. In this class, bake and decorate cookies using different icings, tools and tips. Take home delicious holiday cookies to share with family and friends. Ingredients and tools provided so come ready to be imaginative.

Peggy Payne
4365 Sec. AL
Thursday 12/8, 5:30-9PM, Carroll School Café, Lincoln
$40 (plus $15 supply fee paid to instructor)
The following classes are offered in Pontiac

Getting Started with Computers
COMPNCR 1083
If you’ve never used a computer, then this is the class for you. Learn the most basic skills such as how to turn it on, how to use a mouse to point and click and other essential computer skills. This is a hands-on class that provides plenty of time to practice. The class uses PCs with Windows 7.
Kay Bowen
4610 Sec. AP Thursday, 10/13, 1-4PM, Heartland Pontiac Center, Rm 214
$66
$60 discount fee (see page 38 for details)

Getting Started with Computers II
COMPNCR 1022
Get lots of hands-on experience using the start menu programs and working with a word processor. Practice using Windows software to locate and manage your files. Increase your knowledge of the Internet by searching, bookmarking and choosing what to print. Experience with using a mouse or our Getting Started with Computers class is a helpful foundation for this course.
Kay Bowen
4608 Sec. AP Thursdays (4 sessions), 10/20-11/10, 1-4PM, Heartland Pontiac Center Rm 214
$130 (includes text)
$117 discount fee (see page 38 for details)

Writing & Publishing a Children’s Book
COMMNCR 1246
See Jane write. See Jane publish! Discover the world of writing for children in this introductory course designed to offer advice to those on the path to publication. Learn about the various genres, formats and age levels of books as well as the basic elements of what makes a good story. This class includes short writing activities to get your creative juices flowing. Your instructor will share tips and tricks for researching publishers and submitting your work for publications. This course will help you hone your writing skills and provide you with a clear understanding of the challenges and pathways to publication.
Dawn Malone
4360 Sec. AP Thursday 10/13, 6-9PM, Heartland Pontiac Center Rm 220
$49

Photo Adventure on a Farm
COMPNCR 3170
Antiquity Oaks Farm has everything a photographer could want to experience: a wide variety of animals, active fields, farm equipment, a fishing pond, a winding creek and several types of buildings. While exploring this beautiful farm, you will learn about landscape, nature and animal photography, as well as how to apply these skills to other types of photography. All camera types are welcome. Please make sure that your camera is fully charged. Bring a spare battery and your camera’s manual if possible. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot. Feel free to bring your own picnic lunch to enjoy by the pond or under the oak trees. For a full day of fun on the farm, register for our afternoon class Intro to Modern Homesteading.
Jennifer Crones
4573 Sec. AP Saturday 10/22, 9AM-12PM, Antiquity Oaks Farm, Cornell
$39
$35 discount fee (see page 38 for details)

Intro to Modern Homesteading
GREENCR 1012
You don’t have to move to the middle of nowhere to be a modern homesteader. Become more self-reliant, grow some of your own food and start making things from scratch. As we tour Antiquity Oaks, a modern homestead that was started in 2002, we will explore possibilities for becoming more self-reliant, whether you live in a condo, a suburban subdivision or in the country. We will discuss the basics of growing your own fruits and vegetables, as well as caring for backyard poultry and the requirements for a personal home dairy. Deborah is the author of Homegrown and Homemade: A Practical Guide to More Self-Reliant Living, which is available to purchase in class. Feel free to arrive an hour early with your own picnic lunch to enjoy by the pond or under the oak trees. For a full day of fun on the farm, register for the morning class Photo Adventure on a Farm.
Deborah Niemann-Boehle
4361 Sec. AP Saturday 10/22, 1-4PM, Antiquity Oaks Farm, Cornell
$49
Lincoln & Pontiac Classes  |  Register by phone: (309) 268-8160

The following classes are offered in Pontiac

**Photo Adventure in the Woods**

COMPNCR 3061  
You have probably used your digital camera to take pictures of family and friends, but have you taken a close-up of a flower or framed the perfect nature scene? If you are interested in learning more about digital photography and want to gain real-life photo experience in the process, join us as we visit the Humiston Woods Nature Center in Pontiac. While exploring its 300+ acres of hardwood forest, prairie land and water features, you will learn about landscape and nature photography, capturing both the beautiful and the spooky aspects of the woods in the autumn. All camera types are welcome. Please make sure that your camera is fully charged and/or that you bring a spare battery. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot.

Jennifer Crones  
4569 Sec. AP  
Friday 10/28, 2-5PM, Humiston Woods Nature Center, Pontiac  
$39  
$35 discount fee (see page 38 for details)

**Photo Adventure in the Cemetery**

COMPNCR 3169  
For a spooky time, learn how to use your camera in the cemetery just before Halloween! Pontiac’s South Side Cemetery has been described as a 24 acre oasis of art and architecture. With both simple headstones and elaborate mausoleums, ranging from the tearful to the humorous, this cemetery makes for an interesting photographic subject. While exploring this beautiful riverside landmark, you will learn about landscape and object photography, as well as how to apply these skills to other areas of photography. All camera types are welcome. Please make sure that your camera is fully charged. Bring a spare battery and your camera’s manual if possible.

Jennifer Crones  
4571 Sec. AP  
Saturday 10/29, 1-4PM, South Side Cemetery, Pontiac  
$39  
$35 discount fee (see page 38 for details)

**The Real CSI: Separating Fact from Fiction**

ENRICHMN 1992  
The popularity of crime shows in America has introduced the general public to various tools law enforcement uses in the investigation of crimes. However, the shows taking some creative license with their storytelling has resulted in a blurring of what is fact with what is fiction. This class is designed to explore through discussion and hands-on exercises what current methods are employed by investigators.

HCC Instructor  
4577 Sec. AP  
Monday 10/17, 5:30-9:30PM, Heartland Pontiac Center Rm 220  
$42

**Analyzing & Improving Your Credit Score**

PERSFIN 1194  
Your credit score not only impacts your ability to get a loan and installment payment plans, but it will also impact the interest rate that you pay on those. In this class, you will learn how to analyze a credit report to determine the factors that are bringing a credit score down. Given the information on a report, we will explore the most effective and efficient ways to bring a credit score up. Before you leave, we will show you how to obtain your own credit report so that you can apply what you have learned.

Streator Onized Credit Union (SOCU) Pontiac Branch Staff  
4490 Sec. AP  
Thursday 11/3, 6-8PM, Heartland Pontiac Center Rm 214  
$25
Wine Appreciation - Beginners

HOMEGARD 1311
Learn the basics of wine tasting and recognizing varietal characteristics to help you identify your likes and dislikes. Discover how to properly open, serve and taste wines, as well as how to pair certain wines with foods. This class consists of a brief lecture followed by a tasting of five varietals to learn their basic characteristics. Although this class is geared towards the novice enthusiast, it is open to all. Some light appetizers will be served. Participants must be at least 21 years of age.

Jhun Medina
4596 Sec. A  Monday 10/3, 6-8PM, Satio Wine Bar
$36 (plus $15 wine fee paid to instructor)

Advanced Wine Appreciation

HOMEGARD 1423
Know your wines. This class will focus on appreciating the different characteristics of red and white wines from around the world. A brief lecture will be followed by tasting and learning the characteristics of each wine in relation to the region. This class is geared toward those who completed the Wine Appreciation - Beginners class, but it is open to all. Some light appetizers will be served. Participants must be at least 21 years of age.

Jhun Medina
4597 Sec. A  Monday 11/7, 6-8PM, Satio Wine Bar
$36 (plus $15 wine fee paid to instructor)
Cooking

Cooking: The Basics - Slicing & Dicing
HOMEGARD 1392
Learn how to use a knife like a pro. In this three-hour course, you will learn how to slice, dice, mince and julienne. Learn what knives you need in the kitchen, how to sharpen them and use them safely. You will learn how mastering Mise en Place can help you become a better cook and expand your skills. Bring along your own knife or use one of ours. At the end of class, we will gather all our cuts and make a delicious stir-fry. This class is perfect for someone new to the kitchen, but is also great for the experienced cook.
Kristine Freshour
4586 Sec. A  Saturday 10/1, 9AM-12PM, NRC Rm 1203/1204
$66

Cooking: The Basics - Breakfast
HOMEGARD 1434
Rise and shine – it’s breakfast time. No need to eat breakfast before this class. Learn the many ways to cook eggs and how to make perfect omelets. Breakfast isn’t complete without pancakes and French toast, so they are on the menu during this fun class.
Zoe Guzman
4585 Sec. A  Saturday 10/15, 9AM-12PM, HCC NRC Rm 1203/1204
$66

Cooking: The Basics - Stocks & Sauces
HOMEGARD 1414
The secret really is in the sauce. Learn how to make a simple stock and turn it into an amazing soup or a well-balanced sauce that will turn your favorite entrée into something special. Learning the five basic sauces is the first step in training to become a professional chef, but is easy enough that, with help, a beginner can have success. Learn the five mother sauces and you will be able to prepare a range of recipes like a professional.
Kristine Freshour
4587 Sec. A  Thursday 11/3, 6-9PM, HCC NRC Rm 1203/1204
$66

Chinese Egg Rolls
HOMEGARD 1453
The secret of perfect homemade egg rolls won’t be a secret to you after this class. Be prepared to wrap your way through this hands-on class as you learn many different fillings and how to wrap and cook your egg rolls. You might not need to ever order takeout Chinese ever again.
Shiwei Wang
4515 Sec. A  Wednesday 9/28, 6-8PM, HCC NRC Rm 1203/1204
$56

Chinese Cooking: Fried Rice & Fried Rice Noodles
HOMEGARD 1438
Bring the tastes of China into your kitchen. Rice and noodles are very popular wok-fried grain dish as in Chinese cuisine. In this class, you get hands-on experience making fried rice and fried rice noodles. This class teaches you about the tools and techniques used in authentic Chinese cooking. The ingredients vary so participants will have options to choose the foods they like and make their own fried rice and fried noodle dishes.
Shiwei Wang
4514 Sec. A  Wednesday 10/12, 6-8PM, HCC NRC Rm 1203/1204
$56

Chinese Cooking: Stir-Fry
HOMEGARD 1440
Try something a little different for dinner. Stir-fried dishes are an important part of the daily diet of the Chinese culture. Whether you want to try a veggie version or incorporate meat, you can choose what ingredients you want to include to make it your own creation. In this lesson, you will learn to cook two stir-fried dishes: fried eggs and tomatoes, beef and broccoli or beef and mushrooms.
Shiwei Wang
4513 Sec. A  Wednesday 11/9, 6-8PM, HCC NRC Rm 1203/1204
$56
Indian Nutrition: Ayurveda Cooking

See into the deep richness of this ethnic cuisine from a healthy perspective. The class will cover how to improve your life through healthy cooking. This fun class is great to take with a partner, spouse, or a good friend. Come learn the secrets of eastern cuisine popularly known as Ayurveda cooking.

Ashlesha Raut
4343 Sec. A  Tuesday 11/1, 6-9PM, HCC SCB Rm 1802
$48

Soups to Keep You Healthy

Keep the cold at bay this winter with warm and healthy soups. Simple or hearty, pureed or chunky, soups are a great way to boost your immune system. Dietician Anuja Deshpande teaches you soup recipes that your family will love and want to have over and over again.

Anuja Deshpande
4298 Sec. A  Tuesdays (2 sessions), 12/8-12/15, 6-8PM, HCC SCB Rm 1802
$44 (plus $10 supplies fee paid to instructor)

Oysters 101 - The Original Superfood

Crack open a superfood. Join us for a tasting suitable for novices and experienced oysters lovers alike. Oysters are an old world delicacy credited with the development of human evolution. They are delicious, inexpensive and can be enjoyed in numerous ways. You will taste classic dishes such as Oysters Rockafeller, learn to shuck your own oysters and enjoy a wide variety of oysters on the half shell. From Bluepoints to Kumamoto, we’ll open up the world of oysters and arm you with the knowledge, experience and education to confidently enjoy oysters.

Cheese and Crackers Instructor
4496 Sec. A  Friday 11/11, 6-8PM, HCC SCB Rm 1802
$44

Fresh & Healthy Herbs

Fresh herbs to the rescue! Herbs are healthy, flavorful and have medicinal properties. Often they are the best remedies to keep away cough and cold during winter. There is a long list of flavorful herbs like mint, basil, cilantro, chives and more that can help keep you fit and healthy. Join this class to learn more about the benefits of herbs, their role in boosting your immune system and how to incorporate herbs in cooking.

Anuja Deshpande
4291 Sec. A  Tuesdays (2 sessions), 10/18-10/25, 6-8PM, HCC SCB Rm 1802
$44 (plus $10 supplies fee paid to instructor)

Raw Fish 101 - It’s Not Just Sushi

You can enjoy perfect sushi or sashimi at home for a fraction of the price of a night out and, using fresher fish, have a higher quality experience by preparing it yourself. Simple, easy and elegant we will walk you through the steps to make your own sushi. But wait, there’s more - all cultures with a coastline have enjoyed raw fish, from the Hawaiian Islands to the shores of Italy. We will teach you the simple and healthy preparations of these cultures and open a world of fresh, sustainable and healthy fish for your diet.

Cheese and Crackers Instructor
4494 Sec. A  Friday 10/7, 6-8PM, HCC SCB Rm 1802
$44

Healthy One-Pot Meals

Don’t get stressed over dinner. We’ve got a way to keep it easy and simple. One-pot meals are great fixes for busy nights. Dietician Anuja Deshpande will show you how to cook healthy, one-pot meals that are quick and nutritious.

Anuja Deshpande
4297 Sec. A  Tuesdays (2 sessions), 12/8-12/15, 6-8PM, HCC SCB Rm 1802
$44 (plus $10 materials fee paid to the instructor at the first class)
New

Cheese 101 - Milk’s Leap Toward Immortality
HOMEGARD 1479
Calling all cheese lovers. Our expert cheesemongers will take you on a culinary journey, traveling from the artisanal producers of the United States through the ancient traditional cheeses of Europe. Every cheese has a story, and our experts will share the best with you. The evening includes notable pairings from around the world with accompaniments ranging from simple dried fruits to exotic nuts and chutneys. Come enjoy a night of cheese.

Cheese and Crackers Instructor
4493 Sec. A Friday 9/16, 6-8PM, HCC SCB Rm 1802
$38

A Taste of Germany
HOMEGARD 1484
Roll out the barrel for your next dinner event. Discover the favorite Bavarian dishes of schnitzel, spatzle, braised red cabbage and a simple apple strudel. You will learn breading methods and finish off the class with proper presentation and garnishing. Come hungry because we’ll be taste-testing our delicious German treats!

Kristine Feshour
4584 Sec. A Thursday 10/13, 6-8PM, HCC NRC Rm 1203/1204
$65

Serve It Safely
HOMEGARD 1482
Does your club, church or organization raise funds by holding community dinners, bake sales, bazaars or other food events? Whether you are cooking for your family or a church potluck, safe food-handling is the first step to healthy and delicious meals. This class will focus on safely preparing, storing and serving food for public consumption so that your food-related event doesn’t turn into a food-safety disaster. Each participant will receive a food safety manual, thermometer and certificate of completion.

U of I - Extension Instructor
4299 Sec. A Monday 11/14, 9-11AM, HCC WDC Rm 1402
$25

Yeast Bread Basics
HOMEGARD 1130
Fill your home with the aroma of fresh baked bread. Once you learn some basics skills, the whole world of bread-making opens up to you. In four hours you’ll make a lean bread, an herbed bread and a sweet bread. This hands-on session has you measuring, mixing, kneading and baking and then sends you home with three delicious loaves of bread.

Ellen Vega
4588 Sec. A Saturday, 10/29, 9AM-1PM, HCC NRC Rm 1203/1204
$65

Lean Breads
HOMEGARD 1445
Crisp and chewy crust and crumb await your table at the end of this aromatic class. You will bake baguettes, ciabattas, dinner rolls and more in this class focused on the simplest of breads. Discover what you can do with only yeast, flour, salt and water. By the end of the class you’ll have some bread to take home for your own table.
Zoe Guzman
4510 Sec. A Saturday 9/10, 9AM-12PM, HCC NRC Rm 1203/1204
$60

Enriched Breads
HOMEGARD 1446
Satisfy your need to knead. This class will get you baking breads rich with flavor. Brioche, croissants and more will be on the menu as you mix, rise and bake your way to becoming a better baker.
Zoe Guzman
4602 Sec. A Tuesday 10/11, 9AM-12PM, HCC NRC Rm 1203/1204
$66
Baking with Sourdough

**HOMEWARD 1447**

The delicious magic of sourdough doesn’t have to be remain a mystery. In this demo class, you will learn how to start and maintain your sourdough. Then Chef Zoe Guzman will show you how to use your starter dough to make mouthwatering breads. The result will be so good, you’ll think you’re in San Francisco.

Zoe Guzman
4398 Sec. A  Thursday 10/6, 6-8PM, HCC SCB Rm 1802
$40

Savory Baking

**HOMEWARD 1473**

Learn the secrets of a perfect pot pie, buttery homemade biscuits and puff pastry appetizers that will wow your guests at every gathering. In this course we will make everything from scratch, including a simple white gravy for our mini pot pies. This is a hands-on class, with lots of taste testing!

Ellen Vega
4520 Sec. A  Saturday 10/8, 9AM-12PM, HCC NRC Rm 1203/1204
$62

Pretzels & Bagels

**HOMEWARD 1449**

A baking class with a twist! Literally. With just a few simple tricks and tips you can bring these deli favorites to your own kitchen. Come ready to bake and take home some of your delicious pretzel and bagel creations.

Zoe Guzman
4603 Sec. A  Wednesday 9/21, 9AM-12PM, HCC NRC Rm 1203/1204
$58

Cake Decorating for Beginners

**HOMEWARD 1016**

Learn the basics of cake decorating! Start off by learning how to make buttercream icing. From there, learn simple piping techniques to make borders, basket weave, writing, flowers and more. Next learn how to ice a cake with a smooth surface and apply your new piping skills to decorate it. Plenty of hands-on practice will be provided to master each new skill. Students will need to come to class with a cake decorating kit and be ready to bring a cake and icing to the second session.

Zoe Guzman
4400 Sec. A  Thursdays (2 sessions), 9/15-9/22, 6-8PM, HCC SCB Rm 1802
$52 (plus supplies)

Cookie Decorating

**HOMEWARD 1476**

Cookies and sugar and buttercream, oh my! Come learn the basics of cookie decorating. You’ll learn how to make basic buttercream frosting, color your frosting, prepare frosting bags, use icing tips to get the look you want as well as tricks to smooth icing and cookie outlining and fill. You get to take home your cookies...if they even make it home.

Teresa Hudak
4631 Sec. YA  Thursday 10/20, 6-9PM
4632 Sec. YB  Thursday 12/1, 6-9PM
HCC SCB Rm 1802
$50

Holiday Cookie Decorating

**HOMEWARD 1455**

Make your holiday celebration a sweet success. Learn easy steps to create beautiful, funny, whimsical decorated cookies. In this class, bake and decorate cookies using different icings, tools and tips. Take home delicious holiday cookies to share with family and friends. Ingredients and tools provided so come ready to be imaginative.

Peggy Payne
4365 Sec. AL  Thursday 12/8, 5:30-9PM, Carroll School Café, Lincoln
$40 (plus $15 supply fee paid to instructor)

Truffles

**HOMEWARD 1465**

You’ll have people eating out of the palm of your hand when you master this sweet treat. Come learn how to craft delectable homemade chocolate truffles. You will make ganache and learn to create hand rolled traditional as well as beautifully molded truffles that are sure to be a hit for any special gathering.

Zoe Guzman
4399 Sec. A  Wednesday 11/16, 6-8PM, HCC NRC Rm 1203/1204
$45
Making Pie Crusts

**HOMEGARD 1430**
Demystify the pie crust and make your pies the talk of the town. This course will cover basic pie crust recipes, including gluten free pies. Recipes provided in class will give step by step instructions on making a tender, flaky crust from scratch, and a delicious pie to take home.

Ellen Vega  
**4509 Sec. A**  
Saturday 11/5, 9AM-12PM, HCC NRC Rm 1203/1204  
$62

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Perfect Pie Making

**HOMEGARD 1456**
Enjoy learning the time-honored skill of pie making, just in time for the holidays. You’ll get step by step instruction covering different types of crusts, including a gluten-free version. You’ll learn tips and tricks for mixing, rolling, filling and baking. Nobody will leave this class empty handed. You’ll take home recipes and a freshly baked pie.

Peggy Payne  
**4366 Sec. AL**  
Thursday 11/17, 5:30-9PM, Carroll School Café, Lincoln  
$40 (plus $15 supply fee paid to instructor)

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**WANTED: Enthusiastic Instructors**

Do you have a special skill or topic that you would like to teach? Share your knowledge and love of learning with the community. Instructors are wanted to teach short-term Community Education courses — day or evening.

- Youth Enrichment Programs
- Game Programming
- Adobe Creative Suite
- Italian
- Edmodo
- Jewelry Making
- All topics in Pontiac & Lincoln
- Real Estate
- Cooking & Baking
- LEGO MindStorm

For more information, visit www.heartland.edu/communityEd or call (309) 268-8160.
CommunityScope an Open House for Lifelong Learning

Saturday, January 7, 2017 • 9AM-12noon (Doors open at 8:30AM)
Heartland Community College • Workforce Development Center

Bring a friend and enjoy the kaleidoscope of course offerings at CommunityScope. This FREE event will give you a chance to sample Community Education classes including computers, painting, wellness and cooking. If you’re feeling adventurous, take a trip to Mars with the Challenger Learning Center or try a fitness class. Youth classes available at all sessions.

Participants must pre-register or complete the registration form when checking in to the event.
To pre-register, call 309-268-8160 or register online at www.heartland.edu/communityEd

Enjoy up to four FREE 35-minute mini-classes at CommunityScope
Register for one or more Community Education courses while you’re there and receive a 25% discount!*

*Discount applied only to walk-in registrations received during CommunityScope.
Discount cannot be combined with other discounts and does not apply to some programs.
Sign Language I
COMMCR 1001
Designed for the beginner with little to no signing skills, Sign Language I teaches you the basic alphabet and sign vocabulary. This beginner course in American Sign Language (ASL) helps you develop the ability to have a basic conversation with a deaf individual.
(20 PDs)
Amy Blough
4300 Sec. A
Tue/Thu (10 sessions), 9/6-10/6, 6-8PM, HCC ICB Rm 1704
$125 (plus text)

Sign Language II
COMMCR 1019
Because American Sign Language (ASL) is a visual language, you’ll continue to develop and practice your expressive and receptive skills through group activities and dialogues. Whether you’re taking this class to communicate with a friend, family member or colleague; considering a career in interpreting or for personal development, you’ll expand your ability to converse in sign. This course is taught by a deaf instructor using ASL. No interpreter is provided and this course will continue to use the same book from Sign Language I. (20 PDs)
Amy Blough
4301 Sec. A
Tue/Thu (10 sessions), 10/18-11/17, 6-8PM, HCC ICB Rm 1704
$125 (plus text)

Beginning Spanish Level II
COMMCR 1003
If you have completed a beginning Spanish course, you’ll be excited about this opportunity to continue working on the four basic skills of reading, writing, speaking and listening. You’ll also learn more about the mechanics of the language. Prerequisite: completion of Beginning Spanish for All Occasions or equivalent. Uses the same text as Beginning Spanish for All Occasions, please contact Community Ed prior to class if you need a book. (22 PDs)
Carlos Diaz
4415 Sec. A
Tuesdays (11 sessions), 8/16-10/25, 6:30-8:30PM, HCC WDC Rm 3002
$120 (plus text if needed)
Japanese I

COMMNCR 1258
Whether you’re planning a vacation to Japan or need to communicate with international colleagues, this course will set you on your path to learning Japanese. We’ll help you develop the vocabulary to engage in elementary conversation for self-introduction, shopping, and travel. Intended for students who have little or no background in Japanese, this class will focus on speaking, listening, and pronunciation.

Kazumi Hartry
4318 Sec. A  Mondays (8 sessions, does not meet 9/5), 8/22-10/17, HCC ICB Rm 1704
$130 (plus text)

Japanese II

COMMNCR 1259
Travel beyond beginning Japanese. In this course we will expand on a variety of expressions that can be used during excursions, dining out and visiting a Japanese home. While increasing Japanese vocabulary, we will also focus on elementary level conversation. You will also start to learn some printed Japanese through the study of Hiragana. Prerequisite: Japanese I or previous experience with the language.

Kazumi Hartry
4319 Sec. A  Mondays (8 sessions), 10/24-12/12, HCC ICB Rm 1704
$130

French 101

COMMNCR 1289
Intensive and fun, French 101 is for the student wanting a comprehensive, in-depth study of this beautiful language. You will learn the sound system of the language and both recognize and reproduce the sounds of spoken French. You will develop basic competency of French linguistic structures in order to carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of the French-speaking world. Preparation outside of class is required and sessions will only be conducted in French. Purchase of text and online access keys are also required.

Lisa Brittingham
4578 Sec. A  Tues/Thu (24 sessions, does not meet 11/22 & 11/24), 9/6-12/1, 1-3PM, HCC WDC Rm 1403
$250 (plus text & online access code)

Beginning French I

COMMNCR 1008
Get started learning French in this introduction to oral and written French and basic grammar. You’ll learn and practice basic conversational vocabulary and dialogue. You’ll also learn about the French culture including customs, greetings, transportation, food and more. (20 PDs)

Molly Ramirez
4367 Sec. A  Tuesdays (10 sessions), 9/13-11/15, 5-7PM, HCC ICN Rm 2302
$98 (plus text)

Beginning French II

COMMNCR 1184
Brush up on your French with this next level language class. In Beginning French II you will learn to recognize and reproduce the sounds of spoken French. You will learn to carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of French-speaking peoples. (20 PDs)

Molly Ramirez
4368 Sec. A  Thursdays (10 sessions), 9/15-11/17, 5-7PM, HCC ICN Rm 2304
$98 (plus text)

Chinese Language Program
Class days and times vary for K-12 graders. For information contact Dr. Jane Ren at jane.ren@heartland.edu or visit www.heartland.edu/CCE/chinese-school for details.

Register online at www.heartland.edu/communityEd I Language & Communications
**Conversational Russian**

**COMMNR 1171**

Explore the language and culture of this exotic country. This course offers a broad scope of activities related to learning the basics of conversational Russian. You will learn how to read and write using the Cyrillic alphabet and learn new words and phrases that will help you understand the mysterious Russian soul. The course will consist of several themed units to make memorization of the language structures more relevant to everyday life situations. Your instructor will help you work on your pronunciation and explain some grammar for comprehension and production of speech. You will have a unique opportunity to be part of the live performance of some Russian popular songs and learn about Russian culture. (20 PDs)

Olga Cochran  
4283 Sec. A  
Wednesdays (10 sessions), 9/14-11/16, 6-8PM, HCC WDC Rm 1403  
$115 (plus text)

**Conversational Russian II**

**COMMNR 1279**

Revisit your Russian and broaden your command of this fascinating language. This course is built for those who already have some knowledge of the Cyrillic alphabet and basics of grammar. You will expand your knowledge of syntax while learning to use nouns, pronouns, verbs, numerals and prepositions. Along with grammar, the course will focus on expanding vocabulary and applying it in various situations. (20 PDs)

Olga Cochran  
4402 Sec. A  
Tuesdays (10 sessions), 9/13-11/15, 6-8PM, HCC ACEC Rm 2103  
$115 (plus text)

**Memoirs: Your Life Story**

**COMMNR 1083**

Think about how much we learned from Anne Frank’s diary. Your life story is unique and should be recorded for yourself and for your family to read years from now. Your instructor teaches you seven styles for writing memoirs; you choose the style that fits your story. Professional writer and developer of Touchstone Storytelling, Charlene Homan, will give a demonstration and offer tips.

Shirley Splittstoesser  
4336 Sec. A  
Mondays (2 sessions), 9/12-9/19, 10AM-12PM, HCC WDC Rm 1402  
$45 (please bring one pack of index cards)

**Writing & Publishing a Children’s Book**

**COMMNR 1246**

See Jane write. See Jane publish! Discover the world of writing for children in this introductory course designed to offer advice to those on the path to publication. Learn about the various genres, formats and age levels of books as well as the basic elements of what makes a good story. This class includes short writing activities to get your creative juices flowing. Your instructor will share tips and tricks for researching publishers and submitting your work for publications. This course will help you hone your writing skills and provide you with a clear understanding of the challenges and pathways to publication.

Dawn Malone  
4360 Sec. AP  
Thursday 10/13, 6-9PM, Heartland Pontiac Center Rm 220  
$49

**Pick Up Your Pen**

**COMMNR 1212**

Get that story out of your head and onto the page. This class for beginner writers of fiction and nonfiction will teach you techniques to bring your stories to life. Learn to capture your reader, keep the pages turning and leave your reader recommending your story to a friend. Please bring 3 of your favorite books and writing paper or laptop.

Shirley Splittstoesser  
4341 Sec. A  
Thursday 10/13, 1-4PM, HCC WDC Rm 1402  
$42

**Introduction to Voiceovers**

**COMMNR 1157**

This fun and empowering two hour introductory workshop covers different types of voiceovers and what tools are needed to find success in the industry. You’ll be coached as you read a script and be recorded so you can receive a professional voiceover evaluation later. You’ll have the knowledge necessary to help you decide if this is something you’d like to pursue. This class is taught by a professional voice actor from the voice acting training company, Voices For All.

Voices for All Instructor  
4267 Sec. A  
Monday 10/10, 6-8PM, HCC WDC Rm 1403  
$55
Enhanced ACT Review

COLLPREP 1001

This course teaches everything you need to succeed on the ACT exam. You will use practice exams to learn about the different types of questions and the best strategies for successfully answering them. The workshop consists of six two-hour sessions which include discussions of test taking strategies and reviews of English, math, reading and science reasoning skills. Please register for the ACT exam at www.act.org or through your high school guidance counselor’s office.

Susan Evens, Jeffrey Hoogland & Elizabeth Peterson

4309 Sec. A  Tue/Thu (6 sessions), 9/6-9/22, 6-8PM
4458 Sec. B  Tue/Thu (6 sessions), 9/27-10/13, 6-8PM
4459 Sec. C  Tue/Thu (6 sessions, does not meet 11/22, 11/24), 11/8-12/1, 6PM-8PM
HCC NRC Rm 1101

$90 (includes text & materials)

Essential ACT Skills

COLLPREP 1034

Get ready to ace the ACT. Statistics show that test preparation is the key to higher ACT scores. The materials you will use in this program were developed by Cambridge Education Services and are used throughout the country with an extraordinary success rate. Classroom lessons will cover English, reading, science and math ACT subtests. You will practice test-taking strategies and have access to homework reinforcement modules that include simulated test problems. The skill-building exercises include practice drills of all levels in order to help you improve. An actual test simulation will occur at the beginning of the course and a computer diagnostic assessment will be done to identify areas of improvement during the course.

Susan Evens, Jeffrey Hoogland & Elizabeth Peterson

4310 Sec. A  Tue/Thu (6 sessions), 10/18-11/3, 6-9PM, HCC NRC Rm 1101

$160 (includes text & materials)
PBS Space Racer: Stars & Planets Parent & Child

SCIENCE 1168
Get a behind the scenes sneak peek at one of today’s newest TV shows. SPACE RACERS is a new animated preschool television program that follows young space cadets as they soar through the Solar System. They learn about the power of scientific investigation and observation, the wonders of space exploration, and the importance of working together as a team. Join the show’s creator, Julian Cohen, for an unusual access to how each animated character was brought to life. You will also learn how NASA scientists and astronauts assisted in the development of the series. As a bonus you will get to enjoy special episodes of SPACE RACERS and take part in fun science and space based activities to learn about the planets and stars. For students grades Pre-K - 1st and parents.

Susan Evens & Stacey Shrewsbury
4501 Sec. YA
Saturday 11/5, 10AM-12PM, HCC Challenger Learning Center
$10

Adventures with Miles from Tomorrowland

SCIENCE 1182
Miles from Tomorrowland is an animated space adventure series airing on Disney Junior. Space adventurer Miles Callisto is always ready for action, traveling through the universe with his family and his best friend, a robo-ostrich named Merc. You can have your own adventure like Miles at the Challenger Learning Center. In addition to your exploration, you will enjoy special episodes of Miles from Tomorrowland. This program is open to students ages 3-8. Parent or guardian must attend with their child(ren). Both child and adult will need to register for this class.

Stacey Shrewsbury & Elizabeth Torbeck
4825 Sec. YA
Saturday 10/1, 10AM-12PM, HCC Challenger Learning Center
$10 (per child)

Science Spectacular
Ages 3-8

SCIENCE 1162
Join the team from the Challenger Learning Center for this Science Spectacular Open House! Families are invited to explore anytime between 10am-12pm the science that is around us every day through fun, hands-on activities. Parents, aunts, uncles and grandparents can work with their children to discover the wonders of science and perform experiments that they can do again at home. Science Spectacular is sure to be a day of fun for the whole family! Preregistration for parent and child is strongly recommended.

Susan Evens & Stacey Shrewsbury
4502 Sec. YA
Saturday 12/3, 10AM-12PM, HCC Challenger Learning Center & ACEC Rm 1000
$10 (per child)
CLC Special Agent Academy  Grades 2-6

**SCIENCE 1164**

Become a special agent. Attend the CLC Special Agent Academy to learn the skills you need to investigate crime. Learn how to collect and handle evidence, conduct covert surveillance, explore forensics and crack secret codes. Join the ranks of Sherlock Holmes as you learn how to use reasoning and observation skills just like a detective. By the end of your training, you’ll help figure out what happened at a special CLC crime scene using your newly-acquired skills. This program is open to grades 2-6. Bring a lunch and if you have food allergies, bring snacks as well.

Susan Evens & Elizabeth Torbeck
4499 Sec. YA  Friday 10/28, 8:30AM-4:30PM,
HCC Challenger Learning Center
$50

Fright Flight Space Mission  Grades 2-6

**SCIENCE 1140**

Wear your Halloween costume a few days early at the Challenger Learning Center for a Fright Flight Space Mission! Come enjoy a tasty pizza dinner, do a fun Halloween-themed science activity with us and then become an astronaut or mission controller as you participate in a hands-on space mission. Cost per person includes two slices of pizza and a soda. This mission is open to students in grades 5-8.

Susan Evens & Elizabeth Torbeck
4500 Sec. YA  Saturday 10/29, 1-3PM,
HCC Challenger Learning Center
$20 (per person)

Crafty Kids  Grades 1-5

**ARTCRAFT 1740**

Get crafty at this ultimate craft class. Make one project each week using every material imaginable! Projects differ for each age group and may include jewelry, painting, small sculptures, decorative wall hangings, weavings and small gifts.

Stephanie Mays
4460 Sec. YA  Wednesdays (4 sessions), 9/14-10/5, 3:30-5PM,
HCC WDC Rm 1400
$40 (plus supplies)

The Joy of Art  Grades 2-5

**ARTCRAFT 1703**

Calling all budding artists! Explore art in an environment where you can work in your own unique direction. Have a go at different types of art like drawing, painting and sculpture. Pick up the basics of art, having fun and letting your creativity flow. All supplies are included.

Infinite HeArt Studios Instructor
4416 Sec. YA  Thursdays (6 sessions), 9/8-10/13, 3:45-4:45PM
4417 Sec. YB  Saturdays (6 sessions), 10/15-11/19, 10-11:15AM
Infinite HeArt Studios
$132

Park Art  Grades 3-6

**ARTCRAFT 1739**

Take art out of the classroom and to the outdoors. Have fun creating art that focuses on the environment around you. Use a variety of techniques to complete art projects including splatter paint, sculpture using nature, landscape drawings, sidewalk chalk and more.

Stephanie Mays
4462 Sec. YA  Mondays (4 sessions), 9/12-10/3, 3:30-5:30PM,
HCC SCB Rm 1802
$45 (plus supplies)

Bring Back the Summer  Grades 2-6

**SCIENCE 1199**

Now that school’s in session, don’t you wish you could turn back time to summer? Flash back to days of fun and sun as we highlight summer camp activities. One moment, you might be exploring Mars and then next competing in an out-of-this-world Olympics. Challenges may include building a roller coaster, or a mad scientist machine. Explore the powers of super heroes or maybe even the universe. It is sure to be a fun filled day. This program is open to grades 2-6. Bring a lunch and if you have food allergies, please bring snacks as well.

Stacey Shrewsbury & Elizabeth Torbeck
4593 Sec. YA  Friday 9/9, 8:30AM-4:30PM
Susan Evens & Tricia Hozie
4594 Sec. YB  Friday 10/21, 8:30AM-4:30PM
HCC Challenger Learning Center
$60

Christmas LEGOs  Grades 2-4

**ENRICHMN 1998 YA**

Using LEGO Toys you will learn about different Christmas traditions and how they are celebrated. In addition to exploring new and old Christmas LEGO sets you will create a Christmas tree ornament to take home.

April Fisher
4621 Sec. YA  Wednesdays (7 sessions, does not meet 11/24),
10/26-12/14, 6:30-8PM, HCC WDC Rm 1400
$99
Columbus Day Classes

Aqueous Media Grades 3-6
ARTCRAFT 1738
Dive into art! Explore drawing and painting techniques with different types of water based materials. Each week you will complete a small project which includes painting on a canvas. Supplies not included.
Stephanie Mays
4461 Sec. YA Tuesday 10/11-12/13, 6-8PM
HCC SCB Rm 1802
$40 (plus supplies)

The Magic of Painting Grades 4-10
ARTCRAFT 1768
Join a professional artist and create great paintings in a fun and highly positive environment. Learn about color mixing, edges, values, design and other basic skills. You will experiment with realistic and abstract techniques and then focus on the one you prefer. A supply list will be provided on the first day of class along with an opportunity to save by purchasing supplies through the instructor. Please be advised that paint and brushes may cost $90 or more. Parents are welcome to paint with their children.
Infinite HeArt Studios Instructor
4420 Sec. YA Wednesdays (6 sessions), 9/7-10/12, 5-6:30PM
4421 Sec. YB Thursdays (6 sessions), 9/8-10/13, 5-6:30PM
4422 Sec. YC Wednesdays (6 sessions, does not meet 11/23), 10/19-11/30, 5-6:30PM
Infinite HeArt Studios
$132 (plus supplies)

Zoo Animal Photography Grades 4-8
COMPNCR 1614
Start to master your digital camera’s vast capabilities and create interesting images you’ll be proud to share. Miller Park Zoo is the perfect place to learn how to use your camera. We’ll shoot indoor and outdoor scenes and practice ways to navigate around visual barriers. Bring your personal digital SLR or point and shoot camera.
Jennifer Crones
4475 Sec. YA Saturday 9/10, 9AM-12PM, Miller Park Zoo
$60 (includes zoo entrance fee)

#psyched Grades 5-8
ENRICHMN 1943
Why do you do the things you do? Check out some of the awesome aspects of psychology in a fun and interactive setting. Learn all about memory, your senses and perception while painting, playing games and eating food while blindfolded. Be prepared to think outside of the box and learn more about yourself and the amazing world around you.
Cristina Prestin-Latham
4604 Sec. YA Saturday 9/24, 9AM-12PM, HCC WDC Rm 1403
$33

Art & the Cosmic Connection Grades 3-6
SCIENCE 1990
Become an artist explorer! In this fun art/science mash-up learn about NASA’s robotic photographers, the missions to planets, asteroids and moons, and how blobs relate to volcanos or lakes. Use art as a tool to investigate the mysterious surfaces of the planets and take home an amazing art piece. Please bring a sack lunch and drink.
Stephanie Mays & Susan Evans
4590 Sec. YA Monday 10/10, 9AM-4PM, HCC WDC Rm 1400
$50 (includes supplies)

Juno: Unlocking Jupiter’s Secrets Camp Grades 2-6
SCIENCE 1200
Here’s your chance to take part in the exploration of Jupiter as you investigate its atmosphere, magnetosphere, gravity fields and the planet’s deep structure. NASA’s Juno mission is on course to study this heavy weight planet. Through hands-on activities and experiments, you will take a giant step forward in your understanding of Jupiter, its moons and the Juno mission. This program is open to grades 2-6. Bring a lunch and if you have food allergies, please bring snacks as well.
Tricia Hozie & Stacey Shrewsbury
4595 Sec. YA Monday 10/10, 8:30AM-4:30PM, HCC Challenger Learning Center
$60
active retirement

Enjoy the company of other students your age while learning new skills. Many of the following classes are offered during the daytime for your convenience.

French 101
COMMNR 1289
Intensive and fun, French 101 is for the student wanting a comprehensive, in-depth study of this beautiful language. You will learn the sound system of the language and both recognize and reproduce the sounds of spoken French. You will develop basic competency of French linguistic structures in order to carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of the French-speaking world. Preparation outside of class is required and sessions will only be conducted in French. Purchase of text and online access keys are also required.

Lisa Brittingham
4578 Sec. A
Tue/Thu (24 sessions, does not meet 11/22, 11/24), 9/6-12/1, 1-3PM, HCC ACEC Rm 2103
$250 (plus text & online access code)

Memoirs: Your Life Story
COMMNR 1083
Think about how much we learned from Anne Frank’s diary. Your life story is unique and should be recorded for yourself and for your family to read years from now. Your instructor teaches you seven styles for writing memoirs; you choose the style that fits your story. Professional writer and developer of Touchstone Storytelling, Charlene Homan, will give a demonstration and offer tips.

Shirley Splittstoesser
4336 Sec. A
Mondays (2 sessions), 9/12-9/19, 10AM-12PM, HCC WDC Rm 1402
$45 (please bring one pack of index cards)

Pick Up Your Pen
COMMNR 1212
Get that story out of your head and onto the page. This class for beginner writers of fiction and nonfiction will teach you techniques to bring your stories to life. Learn to capture your reader, keep the pages turning and leave your reader recommending your story to a friend. Please bring 3 of your favorite books and writing paper or laptop.

Shirley Splittstoesser
4341 Sec. A
Thursday 10/13, 1-4PM, HCC WDC Rm 1402
$42
Multiple Computer Course Discount

Sign up for two or more computer classes and receive a 10% discount on each! Only those classes designated by the $§$ symbol are eligible for the discount. 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 discounted computer classes remaining on your schedule. We will refund the class fee minus the difference between the full price and discount price of the remaining class. If Community Education cancels the class, you will still be eligible for the discount price. For more information, please call (309) 268-8160.

Getting Started with Computers

$§$ COMPNCR 1083

If you’ve never used a computer, then this is the class for you. Learn the most basic skills such as how to turn it on, how to use a mouse to point and click and other essential computer skills. This is a hands-on class that provides plenty of time to practice. The class uses PCs with Windows 7.

Kay Bowen
4464 Sec. A
Tuesday 9/13, 9AM-12PM, HCC WDC Rm 1404
4610 Sec. AP
Thursday 10/13, 1-4PM, Heartland Pontiac Center Rm 214
$66
$60 discount fee (see above for details)

Getting Started with Computers II

$§$ COMPNCR 1022

Get lots of hands-on experience using the start menu programs and working with a word processor. Practice using Windows software to locate and manage your files. Increase your knowledge of the Internet by searching, book-marking and choosing what to print. Experience with using a mouse or our Getting Started with Computers class is a helpful foundation for this course.

Kay Bowen
4472 Sec. A
Tuesdays (4 sessions), 9/20-10/11, 9AM-12PM, HCC WDC Rm 1404
4608 Sec. AP
Thursdays (4 sessions), 10/20-11/10, 1-4PM, Heartland Pontiac Center Rm 214
$130 (includes text)
$117 discount fee (see above for details)

Getting Started with the Internet & Email

$§$ COMPNCR 1148

Learn to search the Internet and quickly find what you are looking for. Learn how to use your email account and access your account away from home. You will work with attaching files to emails and viewing attachments that you receive.

Kay Bowen
4466 Sec. A
Tuesdays (2 sessions), 10/18-10/25, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see above for details)

Getting Started with Word 2013

$§$ COMPNCR 3072

Microsoft Word 2013 is a popular program of the MS Office Suite. This class will help keep you current and walk you through the basic differences from the previous versions. Some of the topics covered will be creating letters and documents, editing and using the ribbon. You will also discover some of the predefined templates to get you started on projects.

Kay Bowen
4470 Sec. A
Tuesdays (2 sessions), 11/1-11/8, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see above for details)

Keyboarding I

CMPCE 1016

Break bad habits by learning to type properly and prepare for an employment test. This class helps you write your reports, memos and emails faster. Weekly assignments help enhance your skills. The typing program used in class will be available for you to use on any computer outside of class.

Cheryl Belligio
4503 Sec. A
Tue/Thu (6 sessions), 11/3-11/22, 1-2:30PM, HCC WDC Rm 1404
$117 (includes materials)
$105 discount fee (see above for details)

Getting Started with Social Media

$§$ COMPNCR 1670

Facebook, LinkedIn, Twitter, Instagram - trying to figure out what social media platform to use and the accompanying terminology can be very confusing. What is a platform anyway? We will help you navigate through the maze to determine which ones are right for your personal use. You will also receive tips on how to be socially savvy and how to protect your privacy.

Jennifer Flaig
4613 Sec. A
Wednesday, 9/14, 6-9PM, HCC WDC Rm 1405
$60
$54 discount fee (see above for details)
Getting Started with Twitter

COMPNCR 3026 $$

Twitter is a fun way to connect with friends, family and others who share similar interests. You will learn how the timeline works, how to navigate privacy settings, the details of setting up your profile, what to post and when to post. You will even learn what a hashtag is and get some tips and tricks on how to use them effectively. Soon you’ll be tweeting along with your family and friends.

Jennifer Flaig
4617 Sec. A  Wednesday, 10/5, 6-8PM, HCC WDC Rm 1405
$55
$50 discount fee (see page 38 for details)

Getting Started with LinkedIn

COMPNCR 1913 $$

LinkedIn is a great way to network, find jobs and showcase your professional experiences. You will learn how to find connections, what to post, how often to post and how to find companies or jobs. After this LinkedIn bootcamp you will be able to enhance your professional connections to give yourself greater exposure in the job market.

Jennifer Flaig
4619 Sec. A  Wednesday, 10/19, 6-9PM, HCC WDC Rm 1405
$60
$54 discount fee (see page 38 for details)

Getting Started with Facebook

COMPNCR 1759 $$

Facebook is more than sharing cat videos and posting pictures of your breakfast. You will learn where Facebook fits into the social media landscape, its terminology, how to set up a profile, the ins and outs of privacy settings and how to find friends. Armed with this new information you can decide if this is the social media platform for you.

Jennifer Flaig
4615 Sec. A  Wednesdays (2 sessions), 9/21-9/28, 6-8PM, HCC WDC Rm 1405
$65
$59 discount fee (see page 38 for details)

Getting Started with Excel 2013

COMPNCR 3073 $$

So you just mastered Excel 2010. And then they came out with Excel 2013. What to do? Attend this class to learn the changes in Excel from version 2010 to 2013 to become Excel proficient once again. Spreadsheets are great tools to manage your lists and do calculation with data. You will learn the very basic uses of this functional program to help you get and stay organized.

Kay Bowen
4468 Sec. A  Tuesdays (2 sessions), 11/15-11/22, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see page 38 for details)

Paint Like a Pro: Acrylics & Oil

ARTCRAFT 1732

Learn acrylic and oil painting techniques from a professional artist. This course covers color mixing, edging, values, design and other basic skills to allow you to master acrylic painting. You will receive a supply list on the first day of class and have an opportunity to save money by purchasing supplies through the instructor. Please be advised that paint and brushes may cost $90 or more. This class is for ages 16 and up.

Infinite HeArt Studios Instructor
4418 Sec. A  Thursdays (6 sessions), 9/8-10/13, 11:30AM-2PM
4419 Sec. B  Wednesdays (6 sessions, does not meet 11/23), 10/19-11/30, 9:30AM-12PM
$132 (plus supplies)

Acrylic Painting

ARTCRAFT 1157

Bring the canvas to life with acrylics. Join our relaxed atmosphere as we pursue the basics of painting with acrylics. We will then progress to creating still life and landscape works using three-dimensional painting techniques. You will work from still life displays and photographs supplied by the instructor and create your own work of art.

Julie F. Callahan
4329 Sec. A  Tuesdays (6 sessions), 9/13-10/18, 9AM-12PM, HCC SCB Rm 1802
$122 (plus $25 materials fee paid to instructor)

Intermediate Drawing

ARTCRAFT 1183

Bring some color into your drawing and have a great time doing it. We will cover the basics and then use these methods to create a variety of intriguing compositions that will highlight your developing skills. Adding color with confidence and developing shading in your finished projects will expand your enjoyment of the creative process and truly give you a sense of accomplishment. A variety of mediums will be used. Some art experience is helpful, but beginners are welcome as well.

Julie F. Callahan
4330 Sec. A  Tuesdays (5 sessions, does not meet 11/22), 11/1-12/6, 9AM-12PM, HCC SCB Rm 1802
$108 (plus $25 materials fee paid to instructor)
Wire Wrapped Pendants

**ARTCRAFT 1568**

Why buy it when you can make it yourself? Make your own lovely pendant in our beginner class. You will learn the art form of wire-wrapping and take home two wire-wrapped pendants of your creation. All materials, including a selection of pendants will be provided but if you have a suitable stone you’d like to wire-wrap, bring it!

Shirley Splittstoesser 4338 Sec. A  Monday 9/19, 1-3PM, HCC WDC Rm 1402  $39 (plus $5 materials fee paid to instructor)

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**Free Yourself from Negative Emotion**

**ENRICHMN 1382**

Emotional Freedom Technique (EFT) is a simple, safe form of psychological acupressure. Learn to treat emotional ailments without invasive needles or medications, just by tapping your fingers and using positive affirmations. Whether you have been through a traumatic event, have an addiction or are suffering from pain, EFT can provide relief in just minutes. Learn how and why this is effective as well as techniques to incorporate the practice into your daily life.

Ron Maier 4314 Sec. B  Wednesdays (3 sessions), 9/14-9/28, 9-11AM, HCC ACEC Rm 2206  $70

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**Eliminating Self-Defeating Behaviors**

**ENRICHMN 1293**

This workshop will help you eliminate your self-defeating behaviors (SDBs), whatever they might be - procrastination, indecision, discouragement. Those behaviors have been a barrier designed to prevent you from experiencing what you fear. When that barrier falls away you will see a world of freedom, possibilities and opportunities. And you will experience that world with a sense of confidence and self-trust, free of those fears.

Ron Maier 4312 Sec. B  Wednesdays (5 sessions), 10/5-11/2, 9-11AM, HCC WDC Rm 1402  $79

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**Lunch, Learn & Listen**

**ENRICHMN 1957**

Enjoy an excursion to HCC! Your visit includes three presentations and a delightful boxed lunch from Panera. This session will feature: Women in the Civil War – Civil War historian Christina Smith will introduce you to the female abolitionist, soldier, slave, spy, nurse and the thousands of women who impacted the turn of the Civil War. Natural Wonders Outside your Door – Photographer and birder extraordinaire Dave Weth will share with you some of his photo collection and his stories from chasing the birds and butterflies that live in, and travel through, our own neighborhoods. Heartland Songbirds – Delight in music from doo-wop and show tunes to sing-along favorites as performed by HCC’s own Community Education ensemble.

4322 Sec. A  Wednesday 10/12, 11AM-1PM, HCC CCB Rm 1406/1407  $13

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**Serve It Safely**

**HOMEGARD 1482**

Does your club, church or organization raise funds by holding community dinners, bake sales, bazaars or other food events? Whether you are cooking for your family or a church potluck, safe food-handling is the first step to healthy and delicious meals. This class will focus on safely preparing, storing and serving food for public consumption so that your food-related event doesn’t turn into a food-safety disaster. Each participant will receive a food safety manual, thermometer and certificate of completion.

U of I - Extension Instructor 4299 Sec. A  Monday 11/14, 9-11AM, HCC WDC Rm 1402  $25

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**Frilly Scarf**

**ARTCRAFT 1608**

Crochet a frilly scarf that forms graceful swirls as it drapes around your neck. These make wonderful gifts if you can part with them. Previous crocheting experience is not necessary. A selection of colorful yarns will be provided by the instructor. Bring your “I” crochet hook.

Shirley Splittstoesser 4342 Sec. A  Thursday 10/13, 10AM-12PM, HCC WDC Rm 1402  $39 (plus $5 for supplies paid to instructor)

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**Crochet Jewelry: Necklace & Bracelet**

**ARTCRAFT 1609**

Make a lovely crocheted necklace with matching bracelet from ladder yarn. The 6-strand necklace and 4-strand bracelet look as though they are beaded and are adjustable to various sizes. Make these as adorable gifts or to accessorize yourself. You will learn to make these step-by-step so crocheting experience is not necessary. The instructor provides several colors of ladder yarn. Bring a crochet hook and scissors.

Shirley Splittstoesser 4345 Sec. A  Thursday 10/20, 1-3PM, HCC WDC Rm 1402  $39 (plus $3 materials fee paid to instructor)
**Heartland Songbirds**

**PRFMARTS 1029**

Make Wednesdays' lunch break your favorite one of the week by adding a dash of music. If you love to sing and can read music, join the Heartland Songbirds. Whether you love hits from yesteryear, show tunes or catchy songs with great harmonies, this ensemble will remind you why making music with others is so much fun. Our session will conclude with a casual performance at a campus or community event.

Char Fesler
4320 Sec. A  
4321 Sec. B

- Wednesdays (8 sessions), 8/24-10/12, 12-1PM
- Wednesdays (8 sessions, does not meet 11/23), 10/19-12/14, 12-1PM

HCC ACEC Rm 2400

$40

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**Play the Recorder I: Beginning**

**PRFMARTS 1028**

It's never too late to learn to play the recorder. Learn its basic technique from scratch, or improve upon what you already know in a positive environment with professional recorder player Lisette Kielson. Beginners and low-intermediate players welcome. Please bring your own recorder and music stand. Prerequisite: you must be able to read music.

Lisette Kielson
4396 Sec. A

- Tuesdays (10 sessions, does not meet 10/25), 9/13-11/22, 3:30-4:30PM, HCC ACEC Rm 2400

$90 (plus supplies)

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**Play the Recorder II: Intermediate & Above**

**PRFMARTS 1034**

Improve your tone, technique and ensemble playing skills in this encore level class. We will tackle more advanced notes, rhythms and musical concepts with exercises and recorder ensemble repertoire from the Renaissance to the Contemporary. No prior group playing experience is necessary. Please bring your own recorder and music stand. Music is provided. This class serves as a continuation to Play the Recorder I: Beginning or for those with prior study of recorder.

Lisette Kielson
4395 Sec. A

- Tuesdays (10 sessions, does not meet 10/25), 9/13-11/22, 2-3PM, HCC ACEC Rm 2400

$90

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**Birdwatching**

**RECREATN 1021**

Listen to the birds sing. Bird watching, or birding, is becoming an increasingly popular hobby in the United States. You will learn how to identify birds common to Central Illinois as well as some beautiful migrants that pass through our area in fall. Learn to identify these feathered friends by both sound and sight. We will also learn about bird feeding and how to make your yard bird friendly. The majority of this course will take place outdoors at local natural areas so students will need to provide their own transportation. You will need a pair of binoculars for this class.

Dave Weth
4354 Sec. A

- Tuesdays (6 sessions), 9/6-10/11, 8-10AM
- HCC WDC Rm 1403

$105

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**Ladies Golf**

**RECREATN 1288**

Ladies, are you looking to learn the basics of golf? Do you need a refresher golf class to get your game on track? Join our ladies-only golf class designed just for you. This class is a great opportunity to learn the game of golf or improve your performance. Gain an understanding of the entire game while receiving hands-on instruction. Class size is limited to ensure individual attention. Your registration fee covers instruction, range balls and rental clubs.

All Seasons Golf Learning Center Instructor
4352 Sec. A

- Wednesdays (4 sessions), 9/14-10/5, 11AM-12PM, All Seasons Golf Learning Center

$115
Tai Chi I
RECREATN 1054
Relieve stress, build concentration and increase your flexibility, coordination, balance and physical fitness. Tai Chi is for everyone. It includes choreographed movements which can be thought of as a moving meditation. This internal exercise is characterized by stillness, slowness, agility, lightness and use of the mind to improve health and achieve longevity.

Bonnie Hocking
4388 Sec. A Tuesdays (6 sessions), 9/6-10/11, 9:30-10:30AM
4389 Sec. B Tuesdays (6 sessions, does not meet 11/1), 10/18-11/29, 9:30-10:30AM
HCC ACEC Rm 2400
$59

Tai Chi II
RECREATN 1022
Go more in depth with your Tai Chi skills in this advanced class. You will continue to practice gaining mental calm and clarity by focusing the mind on your movements. Further coordination and relaxation of muscles and the use of joints for balance will increase your well-being. Must complete Beginning Tai Chi or have equivalent experience.

Bonnie Hocking
4385 Sec. A Tuesdays (6 sessions), 9/6-10/11, 11AM-12PM
4386 Sec. B Tuesdays (6 sessions, does not meet 11/1), 10/18-11/29, 11AM-12PM
HCC ACEC Rm 2400
$59

Yoga for Arthritis
RECREATN 1308
Create an attitude for yoga, learn correct body alignment and take action needed for proper execution. You will learn how yoga can increase your balance, strength and flexibility. This class is perfect for those ages 55 and older. Support props such as blocks, straps and chairs are available for use. Also, modifications for poses are shown throughout the class. You will increase your flexibility, mobility and range of motion while reducing aches and pains. Please wear comfortable clothing and bring a yoga mat.

Diane Boeck
4332 Sec. A Mondays (6 sessions, does not meet 9/26), 9/12-10/24, 10-11AM
4333 Sec. B Mondays (6 sessions), 10/31-12/5, 10-11AM
HCC FRC Rm 1020
$65

Beginning Hatha Yoga II
RECREATN 1412
Yoga calms the mind, lifts the spirit and helps support a healthy body at any stage of life. This class is designed for those who enjoy practicing at a gentle pace but have had some beginning level experience. Each class includes basic yoga poses, breath work and relaxation. The gentle pace encourages each person to create a yoga practice that suits his or her individual needs. Come with your yoga mat and leave feeling the increased energy and peacefulness yoga has to offer.

Cynthia Houser
4362 Sec. A Thursdays (10 sessions), 9/8-11/10, 11AM-12PM
HCC ACEC Rm 2102
$79

Chair Yoga
RECREATN 1444
Yoga incorporates simple mind/body exercises focusing on breath and relaxation which help to reduce stress. If you have heard how wonderful yoga is, but always thought it was too difficult, now is your time to experience this amazing age-old practice. Modified for the chair, Chair Yoga incorporates all of the benefits of yoga: a healthier, stronger and more relaxed you; improved flexibility; a great sense of calm and wellbeing; and increased oxygen intake. In this gentle class, there is no getting down on the floor and no ‘pretzel’ poses - just increased flexibility, mobility and relaxation.

Diane Boeck
4331 Sec. A Thursdays (6 sessions), 10/13-11/17, 10-11AM
HCC CCB Rm 1407
$65
WellnessScope 2016

WellnessScope Highlights:

- Sample up to four free 30 minute mini classes, including dancing, essential oils, meditation, healthy cooking and much more!
- Tour the Fitness & Recreation Center
- Stop by one of our local vendor tables and see how you can live a well and balanced life
- Buy your lunch at the Healthy in a Hurry food truck
- Register for eligible Community Education classes while you’re there and receive a 10% discount*

For more details and to pre-register, visit: www.heartland.edu/communityEd or call (309) 268-8160

*Discount applied only to walk in registrations received during WellnessScope. Discount cannot be combined with other discounts and does not apply to some programs. A list of eligible programs will be available the day of the event.
The 5 Essentials of a Maximized Life
ENRICHMN 1993
Take action to become healthier and happier. In this course you will receive information on how to burn fat, reduce toxins and how your spine and health are connected. Use this information to create a plan for yourself to live a long and healthy life.
Dr. Josh Johnson
4653 Sec. A  Wednesdays (5 sessions), 9/14-10/12, 7-8:30PM, HCC CCB 1407
$75 (plus text purchased from the instructor)

The Power of Food: Cancer Prevention & Survival
ENRICHMN 1982
A proper diet can help you live a longer, healthier life. Learn how the right food choices can help reduce your risk of cancer and how it can play a beneficial role for those who already have a diagnosis. You’ll get a chance to taste test recipes and learn how easy it is to make these meals at home.
Nerma Frieden
4437 Sec. A  Wednesdays (4 sessions), 9/7-9/28, 6-8PM, HCC SCB Rm 1602 & 1802
$60 (optional text purchased from instructor for $12.50)

The Power of Food: Diabetes Prevention
ENRICHMN 1983
The road to diabetes does not have to be a one way street. Learn how a low fat, plant-based diet can help improve blood sugar levels and prevent complications. The meals we’ll discuss are very affordable and can be quite delicious and satisfying. Review the latest science behind this approach, consider some simple ideas for getting started, sample dishes and explore useful resources.
Nerma Frieden
4438 Sec. A  Wednesdays (4 sessions), 10/5-10/26, 6-8PM, HCC SCB Rm 1602 & 1802
$60

Essential Oils: What, Why & How
ENRICHMN 1937
The essential oils industry is one of the fastest growing in the US. Learn how you can use essential oils to promote better health and wellness. Essential oils can be used for everything from fighting illness and aches and pains to being used as natural cleaners and bug repellants. For just about anything you can say “Yes - there is an oil for that!” Along with a ton of useful information, you will leave this course with your own oil recipe to help fight colds or mosquitos.
Shari Weitekamp
4575 Sec. A  Mondays (2 sessions), 9/19-9/26, 6-8PM
4576 Sec. B  Mondays (2 sessions), 10/7-10/14, 6-8PM, HCC NRC Rm 1101
$40 (plus $10 for supplies)

Save a Life – Get Certified
American Heart Association CPR & AED Classes

CPR/AED
4294 Sec. A  Thursday 10/20, 5:30-9PM
4295 Sec. B  Thursday 12/15, 5:30-9PM
$55

1st Aid/CPR/AED
4296 Sec. A  Saturday 11/12, 8AM-12PM
$60

Healthcare Provider CPR
4292 Sec. A  Saturday 9/24, 9AM-12PM
4293 Sec. B  Saturday 12/3, 9AM-12PM
$55

For more information on our CPR classes, please call 309-268-8160, or visit us at www.heartland.edu/communityEd.
Meditation & Mindfulness

**ENRICHMN 1440**

Breathe in. Breathe out. Dwell in the present moment. In this class you will learn a variety of ways to meditate. Increase your ability to focus on the present, while gently disregarding the stress producing worries and regrets your “unkind mind” continually whispers to you. Discover how just five or ten minutes a day of quietly sitting or walking can make a difference in the amount of stress you experience and how you handle it.

Ron Maier

4317 Sec. A  
Mondays (5 sessions), 11/7-12/5, 6-8PM, HCC WDC Rm 1403

$79

Free Yourself from Negative Emotion

**ENRICHMN 1382**

Emotional Freedom Technique (EFT) is a simple, safe form of psychological acupressure. Learn to treat emotional ailments without invasive needles or medications, just by tapping your fingers and using positive affirmations. Whether you have been through a traumatic event, have an addiction or are suffering from pain, EFT can provide relief in just minutes. Learn how and why this is effective as well as techniques to incorporate the practice into your daily life.

Ron Maier

4313 Sec. A  
Tuesdays (3 sessions), 9/13-9/27, 6PM-8PM, HCC WDC Rm 3603

4314 Sec. B  
Wednesdays (3 sessions), 9/14-9/28, 9-11AM, HCC ACEC Rm 2206

$70

Eliminating Self-Defeating Behaviors

**ENRICHMN 1293**

This workshop will help you eliminate your self-defeating behaviors (SDBs), whatever they might be - procrastination, indecision, discouragement. Those behaviors have been a barrier designed to prevent you from experiencing what you fear. When that barrier falls away you will see a world of freedom, possibilities and opportunities. And you will experience that world with a sense of confidence and self-trust, free of those fears.

Ron Maier

4311 Sec. A  
Tuesdays (5 sessions), 10/4-11/1, 6-8PM, HCC ICN Rm 2304

4312 Sec. B  
Wednesdays (5 sessions), 10/5-11/2, 9-11AM, HCC WDC Rm 1402

$79

Strategizing to Reduce Stress

**ENRICHMN 1995**

The holidays are coming - prepare yourself. Develop strategies for handling stressful situations. Learn the importance of taking time for quality self-care in five life dimensions (physical, mental, spiritual, social, and emotional) which will help you personally and professionally. Bounce back from difficulties and understand your own flexibility when handling stress. Construct positive habits to feel more balance in your life.

Rebecca Mentzer

4612 Sec. A  
Thursday 10/27, 6-8PM, HCC WDC Rm 1403

$55

Intro to Ayurveda

**ENRICHMN 1878**

Learn the core concepts of Ayurveda, the ancient medical science that studies the art of living to achieve an individual’s highest potential of optimal health. You will learn how to balance your lifestyle and more about yourself through Ayurveda. The class also discusses yoga for your body type and how to rejuvenate your life through Ayurveda detox.

Ashlesha Raut

4339 Sec. A  
Tuesdays (4 sessions), 9/27-10/18, 6-7PM, HCC CCB Rm 1407

$44

The Power of Happy Thoughts

**ENRICHMN 1959**

“Don’t Worry, Be Happy,” “Shiny Happy People,” “Happy” – there’s a reason people sing about happiness. It’s something we all want and now you can learn how to raise your happiness quotient. The Power of Happy Thoughts is a self-enrichment workshop about understanding and applying mental laws to move through mental blocks to discover the life that you are truly meant to live. This workshop will teach you with the three laws of the mind to transcend self-limiting beliefs and live a joyous, meaningful and fulfilled life. It includes a meditation session as well for a very serene and enriching experience.

Ashlesha Raut

4344 Sec. A  
Thursday 11/10, 5-8:30PM, HCC WDC Rm 1403

$36
Hoop Dance Fitness I

RECREATN 1299

In this beginner class you work your core, arms and legs while you learn waist hooping, hand hooping and basic off body hooping. Practice time will help you achieve a gentle increase in range of motion and/or flexibility. Learn at your own pace in a fun, laid-back atmosphere. Comfortable, natural fibers are best to wear. Adult-sized hula hoops are provided during class. Personalized hoops can also be purchased from instructors and are highly recommended for practice at home.

Suzanne Richardson
4363 Sec. A  Mondays (6 sessions), 9/19-10/24, 6-7PM
4364 Sec. B  Mondays (6 sessions), 11/7-12/12, 6-7PM
HCC CCB Rm 1406/1407
$69 (plus optional $25 to purchase hoop from instructor)

Tai Chi I

RECREATN 1054

Relieve stress, build concentration and increase your flexibility, coordination, balance and physical fitness. Tai Chi is for everyone. It includes choreographed movements which can be thought of as a moving meditation. This internal exercise is characterized by stillness, slowness, agility, lightness and use of the mind to improve health and achieve longevity.

Bonnie Hocking
4388 Sec. A  Tuesdays (6 sessions), 9/6-10/11, 9:30-10:30AM
4389 Sec. B  Tuesdays (6 sessions, does not meet 11/1), 10/18-11/29, 9:30-10:30AM
HCC ACEC Rm 2400
$59

Tai Chi II

RECREATN 1022

Go more in depth with your Tai Chi skills in this advanced class. You will continue to practice gaining mental calm and clarity by focusing the mind on your movements. Further coordination and relaxation of muscles and the use of joints for balance will increase your well-being. Must complete Beginning Tai Chi or have equivalent experience.

Bonnie Hocking
4385 Sec. A  Tuesdays (6 sessions), 9/6-10/11, 11AM-12PM
4386 Sec. B  Tuesdays (6 sessions, does not meet 11/1), 10/18-11/29, 11AM-12PM
HCC ACEC Rm 2400
$59
Yoga I
RECREATN 1099
Learn the fundamentals of yoga including basic postures, proper breathing, mindfulness practice and deep relaxation. Individuals will work safely within their personal levels of strength and flexibility. No experience or knowledge of yoga is necessary. Bring your yoga mat, leave your stress behind and re-energize your body and mind.

Kim Barman
4347 Sec. A  Mondays (6 sessions), 9/19-10/24, 5:30-6:30PM
4348 Sec. B  Mondays (6 sessions), 11/7-12/12, 5:30-6:30PM
HCC CDL Rm 1201
$65

Yoga II
RECREATN 1172
This invigorating class will expand upon basic yoga postures while introducing you to a few intermediate poses. Yoga II is taught in primarily a flow format, allowing for a more challenging and vigorous practice, but maintaining the opportunity for exploration of each pose within your personal level of strength and flexibility. We’ll also review the fundamentals of yoga, proper breathing, mindfulness and relaxation. Previous experience with yoga is not necessary, but you should be physically active and able to get up and down from the floor easily. Please bring a yoga mat.

Kim Barman
4349 Sec. A  Thursdays (10 sessions does not meet 11/3 & 11/24), 9/22-12/8, 5:30-6:30PM, HCC CDL Rm 1201
$79

Gentle & Restorative Yoga
RECREATN 1169
Learn deep relaxation and self-reflection in this intro to yoga. All students can also enjoy this class which emphasizes stretching, breath and movement coordination, alignment awareness and slow motion movement. The class is perfect if you are new to yoga, have joint sensitivity, stiffness throughout your body, stress or physical limitations. This may be the gentlest yoga class you attend. Please wear comfortable clothes and bring a yoga mat.

Diane Boeck
4334 Sec. A  Wednesdays (6 sessions, does not meet 9/26), 9/12-10/24, 10-11AM
4335 Sec. B  Wednesdays (6 sessions, does not meet 11/23), 10/26-12/7, 6-7PM
HCC CDL Rm 1201
$65

Yoga for Arthritis
RECREATN 1308
Create an attitude for yoga, learn correct body alignment and take action needed for proper execution. You will learn how yoga can increase your balance, strength and flexibility. This class is perfect for those ages 55 and older. Support props such as blocks, straps and chairs are available for use. Also, modifications for poses are shown throughout the class. You will increase your flexibility, mobility and range of motion while reducing aches and pains. Please wear comfortable clothing and bring a yoga mat.

Diane Boeck
4332 Sec. A  Mondays (6 sessions, does not meet 9/26), 9/12-10/24, 10-11AM
4333 Sec. B  Mondays (6 sessions), 10/31-12/5, 10-11AM
HCC FRC Rm 1020
$65

Chair Yoga
RECREATN 1444
Yoga incorporates simple mind/body exercises focusing on breath and relaxation which help to reduce stress. If you have heard how wonderful yoga is, but always thought it was too difficult, now is your time to experience this amazing age-old practice. Modified for the chair, Chair Yoga incorporates all of the benefits of yoga: a healthier, stronger and more relaxed you; improved flexibility; a great sense of calm and wellbeing; and increased oxygen intake. In this gentle class, there is no getting down on the floor and no "pretzel" poses - just increased flexibility, mobility and relaxation.

Diane Boeck
4331 Sec. A  Thursdays (6 sessions), 10/13-11/17, 10-11AM, HCC CCB Rm 1407
$65

Beginning Hatha Yoga II
RECREATN 1412
Yoga calms the mind, lifts the spirit and helps support a healthy body at any stage of life. This class is designed for those who enjoy practicing at a gentle pace but have had some beginning level experience. Each class includes basic yoga poses, breath work and relaxation. The gentle pace encourages each person to create a yoga practice that suits his or her individual needs. Come with your yoga mat and leave feeling the increased energy and peacefulness yoga has to offer.

Cynthia Houser
4332 Sec. A  Thursdays (10 sessions), 9/8-11-10, 11AM-12PM, HCC ACEC Rm 2102
$79

Register online at www.heartland.edu/communityEd  |  Fitness & Recreation
### Beginning Golf

**RECREATN 1060**

Learn the basics of golf or refresh your game. This class is designed for those with no golf experience or for the golfer who regularly shoots above 105 for 18 holes. Gain an understanding of the entire game while receiving hands-on instruction. Class size is limited to ensure individual attention. Your registration fee covers instruction, range balls and rental clubs.

**All Seasons Golf Learning Center Instructor 4351 Sec. A**

Mondays (4 sessions), 9/12-10/3, 5-6PM, All Seasons Golf Learning Center

$115

### Ladies Golf

**RECREATN 1288**

Ladies, are you looking to learn the basics of golf? Do you need a refresher golf class to get your game on track? Join our ladies-only golf class designed just for you. This class is a great opportunity to learn the game of golf or improve your performance. Gain an understanding of the entire game while receiving hands-on instruction. Class size is limited to ensure individual attention. Your registration fee covers instruction, range balls and rental clubs.

**All Seasons Golf Learning Center Instructor 4352 Sec. A**

Wednesdays (4 sessions), 9/14-10/5, 11AM-12PM, All Seasons Golf Learning Center

$115

### Birdwatching

**RECREATN 1021**

Listen to the birds sing. Bird watching, or birding, is becoming an increasingly popular hobby in the United States. You will learn how to identify birds common to Central Illinois as well as some beautiful migrants that pass through our area in fall. Learn to identify these feathered friends by both sound and sight. We will also learn about bird feeding and how to make your yard bird friendly. The majority of this course will take place outdoors at local natural areas so students will need to provide their own transportation. You will need a pair of binoculars for this class.

**Dave Weth 4354 Sec. A**

Tuesdays (6 sessions), 9/6-10/11, 8-10AM, HCC WDC Rm 1403

$105

### Fitness & Recreation Center Community Access

**RECREATN 1400**

Experience the health and wellness opportunities that Heartland’s Fitness and Recreation Center has to offer. Enrollment in this program provides everything you need to improve your fitness level, including treadmills, ellipticals, free weights and weight machines. You can also use the 1/13 mile walking track, the dance studio and the 10,000 square foot gymnasium complete with four basketball standards that double as volleyball courts. Access to the locker room, a towel service and four group fitness offerings a week are all included (classes offered by Community Ed not included). Ages 16 and up only. Heartland Community College employees please register in person or over the phone with Community Education.

**Ryan Knox 3002 Sec. A**

Access 8/15-12/9

$99

$89.10 discount price if you enroll for a summer, fall and spring section all at once

**3004 Sec. B**

Access 8/15-10/21

$55

$49.50 discount price if you enroll for a summer, fall and spring section all at once
Fencing for Beginners

**RECREATN 1447**
Modern Olympic fencing draws on a long history of form and technique. As physically demanding as tennis or racquetball, fencing is chess at 80 miles an hour. It requires quick thinking, strategy and trained reflexes. You will learn enough skills in attack and defense by the end of the class to participate in competitive bouts where safety and fun are priorities. The last class will consist of a tournament and will conclude at 6:30 PM. All equipment is provided.

David Duguid
4433 Sec. A  Thursdays (6 sessions), 9/22-10/27, 5:30-7:30PM, HCC FRC Rm 1007N
$110

Advanced Fencing

**RECREATN 1448**
Take your fencing experience to the next level. The physical demands in this class are greater than the beginner class with more time for sparring. Class training includes a focus on footwork and drills in a group setting. Fencing for Beginners is required for this class or previous fencing experience with instructor approval. All equipment is provided.

David Duguid
4434 Sec. A  Tuesdays (6 sessions), 9/20-10/25, 5:30-7:30PM
4435 Sec. B  Tuesdays (6 sessions, does not meet 11/22), 11/1-12/13, 5:30-7:30PM
HCC FRC Rm 1007N
$110

Dance

Ballroom Basics I

**RECREATN 1013**
Foilot, Rumba and Cha Cha - these three dance styles fit a variety of pop, country, ‘50s, ‘60s and “movie” music. Romantic and sultry, Rumba was the original slow dance. A highly addictive rhythm, Cha Cha is the Caribbean-influenced counterpart of swing. Foiltot allows you to move gracefully around the dance floor like Fred & Ginger did in all the old movies. Get ready to impress your friends with your great moves and self-confidence at any dance occasion.

Cathy Hempstead
4383 Sec. A  Mondays (5 sessions), 9/12-10/10, 6-7:20PM, HCC ACEC Rm 2400
$65 (per person)

Triple 2-Step I

**RECREATN 1445**
When your favorite country song plays and you’re ready to dance, you have more choices than just line dancing. Triple 2-Step offers country music fans a partner dance alternative to line dancing. You will travel around the dance floor and learn a variety of turns. It is similar to Texas 2-Step but fits slightly slower, energetic music. Grab your partner and get ready to spin them around the floor!

Cathy Hempstead
4381 Sec. A  Mondays (5 sessions), 10/17-11/14, 6-7:20PM, HCC ACEC Rm 2400
$65 (per person)

West Coast Swing Basics I

**RECREATN 1123**
If you like the blues, jazz or country music, you’re going to love West Coast Swing. In the 1940s it was called “sophisticated swing.” This state dance of California is done in a slot pattern to slow blues, jazz, country and other slow-swing music. This dance gives the appearance of a lady rushing to and spinning past the man as he leads her toward, and away from, the spot where he’s dancing. West Coast Swing is not so much a dance as it is an addiction.

Cathy Hempstead
4384 Sec. A  Mondays (5 sessions), 10/17-11/14, 7:30-8:50PM, HCC ACEC Rm 2400
$65 (per person)

Intro to Nightclub Dances

**RECREATN 1446**
Get ready to show off some sweet dance moves next time you head to the club. We’ll teach you some of the more popular “nightclub” dances in this introductory class. Learn a little East Coast Swing, West Coast Swing, Ballad and Salsa. These moves are done with a partner, can be enjoyed with a variety of pop music rhythms and are easily done even when there’s not much room to move.

Cathy Hempstead
4382 Sec. A  Mondays (5 sessions), 9/12-10/10, 7:30-8:50PM, HCC ACEC Rm 2400
$65 (per person)
Medicare: What Does It Mean for You?

**PERSFIN 1187**
If you will have 65 candles on your next birthday cake then you have a whole new world ahead of you when it comes to healthcare. Knowing what Medicare is and what it is not is very important. Your questions about how your current health insurance figures into this transition, if you need a Medicare supplement policy and what Medicare Advantage is will all be answered.

Carol Burroughs
4429 Sec. A  Tuesdays (2 sessions), 9/13-9/20, 6-7:30PM
4430 Sec. B  Tuesdays (2 sessions), 11/8-11/15, 6-7:30PM
HCC ACEC Rm 2101
$45

Medicare Basics: Understanding Your Benefits

**PERSFIN 1209**
Medicare can sometimes seem like it has a language all its own. Now that you have signed up for coverage do you know what it all means? In this class you will learn about Medicare Parts A and B and what each individual part covers. Discover what your financial responsibility is and gain insight into the different plans/supplements that are available to you as well as the pros and cons of each. Uncover hidden costs that can be prevented through proper planning and learn how to navigate Medicare Part D (Drug Coverage and the “Doughnut Hole”).

Bernie Wrezinski
4446 Sec. A  Wednesday 10/5, 5:30-6:30PM, HCC WDC Rm 1402
$15

Do You Want to Retire?

**PERSFIN 1003**
How can you plan ahead for retirement? We’ll discuss what you need to consider BEFORE making a retirement decision. Discover what amount of money you need to retire comfortably and which retirement plans help you retire at an early age. Bring your questions with you to class.

Diane Ryon
4448 Sec. A  Tuesday 9/20, 6-8PM, HCC ACEC Rm 2210
$25 (per person or couple)

What Happens When the Paycheck Stops?

**PERSFIN 1211**
You may not be retiring tomorrow but are you preparing for it today? We will help you examine how to budget for retirement expenses, potential sources of retirement income and potential risks to your savings such as Long-Term Care (LTC) and health care costs.

Matt Sanders
4455 Sec. A  Thursday 10/20, 6-7:30PM, HCC WDC Rm 3002
$20

Retirement University

**PERSFIN 1196**
Retirement is getting closer – are you ready? Take our Retirement University class and make sure you know everything you need in order to retire responsibly. You will learn advanced social security income planning strategies. We will explore expenses, changes in your income stream, aspects of long-term care, Medicare coverage and tax efficient legacy planning, wills and trusts.

Bernie Wrezinski
4390 Sec. A  Tuesdays (4 sessions), 11/1-11/22, 6-7:30PM, HCC WDC Rm 3002
4096 Sec. AL Tuesdays (2 sessions), 9/6-9/13, 5:30-7:30PM, Heartland Lincoln Center Rm 110
$45
The Sandwich Generation: How to Help Your Aging Parents Financially

**PERSFIN 1171**
Join us to discover financial options available to assist you with your aging parents. We will discuss Medicaid trust, the Spousal Impoverishment Act and other services available to seniors to stretch their money.

Diane Ryon  
4452 Sec. A  
Thursday 9/22, 6-7:30PM, HCC ACEC Rm 2210  
$20

Foundations of Investing

**PERSFIN 1193**
Investing is a mystery to many of us. If you desire a better understanding of investing objectives, concepts and strategies, this class is for you. We will cover the basics of investing - stocks, fixed income, mutual funds and the principles for building and maintaining a healthy portfolio.

Matt Sanders  
4440 Sec. A  
Tuesdays (2 sessions), 11/8-11/15, 6-8PM, HCC ACEC Rm 2102  
$25

Understanding Wall Street

**PERSFIN 1197**
What’s your Wall Street IQ? Understand how stocks, bonds, mutual funds and various financial vehicles of the Wall Street function are essential to developing a solid financial backbone. This class will help teach what these vehicles are, how they work, and separate fact from fiction when it comes to fueling your retirement fire. We will discuss how these items work and how the taxes and fees woven into these vehicles can affect your bottom line.

Bernie Wrezinski  
4391 Sec. A  
Tuesday 9/27, 5:30-6:30PM, HCC WDC Rm 3002  
$15

Strategies for Paying for College

**PERSFIN 1208**
A college degree is one of the most important investments you can make in your future or the future of your children. Unfortunately, college costs continue to rise, causing many people to wonder how they can afford such an investment. This class will explore options and payment strategies to help you afford higher education. Topics covered include the myths about financial aid, sources of scholarships (free money) and loans, need-based versus non-need-based funds, and college funding versus financial aid. With background on alternatives and time to plan ahead, you’ll come away with a plan for paying for college.

Bernie Wrezinski  
4095 Sec. AL  
Monday 9/26, 5:30-6:30PM, Heartland Lincoln Center Rm 111  
$25

Estate Planning

**PERSFIN 1054**
Will you be helping your parents pay bills? What do you need to do to get your estate or your parents’ estate in order? Join us for a discussion on wills, powers-of-attorney, probate, estate taxes and titling assets. Learn how to make what can be an overwhelming task more manageable in this hands-on class.

Diane Ryon  
4447 Sec. A  
Thursdays (2 sessions), 9/29-10/6, 6-7:30PM, HCC ACEC Rm 2210  
$35

Script Your Family’s Future

**PERSFIN 1210**
Being prepared for the future is not just smart but can be very comforting. You will learn about asset transfer, incapacity protection, guardians for minors or dependents, charitable intent and tax control.

Matt Sanders  
4445 Sec. A  
Thursday 10/6, 6-7:30PM, HCC WDC Rm 3002  
$20

Analyzing & Improving Your Credit Score

**PERSFIN 1194**
Your credit score not only impacts your ability to get a loan and installment payment plans, but it will also impact the interest rate that you pay on those. In this class, you will learn how to analyze a credit report to determine the factors that are bringing a credit score down. Given the information on a report, we will explore the most effective and efficient ways to bring a credit score up. Before you leave, we will show you how to obtain your own credit report so that you can apply what you have learned.

Strater Onized Credit Union (SOCU) Pontiac Branch Staff  
4490 Sec. AP  
Thursday 11/3, 6-8PM, Heartland Pontiac Center Rm 214  
$25

Show Me the Money! Accessing Scholarships & Paying for College

**PERSFIN 1089**
College isn’t getting any cheaper. If you are worried about how you will ever afford to send your children to college, this is the class for you. How much does it cost to attend a private or state school? What funding sources are available? Where do you look for money? How do you take “advantage” of unclaimed scholarships? Join us for answers to these questions. Students and parents are encouraged to attend this class together.

Diane Ryon  
4490 Sec. A  
Tuesday 9/27, 6-8PM, HCC ACEC Rm 2210  
$25 (please register each family member attending, per person or family)
Emotional Intelligence in the Workplace

COMMNCR 1269
Have you ever been told that you possess impeccable skills to do your job but somehow you are bypassed when it comes time for a promotion? To be competitive in today’s global workplace you need much more than knowledge and expertise. It requires emotional intelligence - social skills that distinguish good employees from great leaders. Fortunately, emotional intelligence can be enhanced. Learn about the four pillars of emotional intelligence and why they are crucial to success. Through this course you explore hands-on strategies to help boost your emotional intelligence to succeed.

Jackie Langhoff
4589 Sec. A Thursday 9/29, 9AM-12PM, HCC WDC Rm 1403
$42 (plus text)

Removing Doubt in a Job Interview

COMMNCR 1198
Get that job! Successful interviews don’t just happen, they are prepared for and planned. A successful interviewee is always preparing the groundwork for their next interview, no matter how far away it might be. Remove all doubt and walk confidently into your next interview ready to impress. Author Eric C. Hoss will show you how to focus on your skills and background, target potential doubts and remove them. The user-friendly style of Removing Doubt in a Job Interview makes it easy to learn the system and get the job you want. Don’t let an interview be an obstacle. Learn the skills from an experienced interviewer and turn each interview into an opportunity.

Eric Hoss
4427 Sec. A Tuesday 9/13, 6-9PM, HCC ACEC Rm 2100
4425 Sec. B Tuesday 11/15, 6-9PM, HCC WDC Rm 1403
$52 (includes text)

Grant Writing Fundamentals

COMMNCR 1022
Learn how to craft a winning grant proposal. Grant funding is critical for the success of many nonprofit and public agencies. This course includes essential information and useful tips on grant proposal content, style, format and submission. You will learn how to write a compelling need or problem statement, realistic goals and objectives, a clear description of methods, a workable evaluation plan and an accurate budget. From identifying potential funders to the follow-up steps to take after your proposal is done, this interactive course will cover the basics of grant writing. Registration ends one week prior to the start of class.

(7.5 PDs) Beverly Beyer
4410 Sec. A Friday 9/16, 8AM-4:30PM, HCC WDC Rm 1404
$99 (includes lunch & materials)
Marketing & PR for Nonprofits & Small Businesses

PROFDVLP 1036
Do people know that your organization exists? Do you know how to reach the media with news about your work and programs? This course teaches you a broad range of marketing skills focused on the nonprofit or small budget organization including marketing, PR, newsletter generation and writing, special events planning, social networking and media relations. Learn how to effectively market your organization with a small budget and even smaller staff. You will leave the class with contacts and other practical information that can be put to use right away. This class is also ideal for churches wanting to promote community events.

Raegan Rinchiuso
4357 Sec. AL
Thursday 11/3, 9AM-4:30PM, Heartland Lincoln Center Rm 628B

$89

Personal Training Certification

PFDOCE 1015
Do you have a passion for fitness? Prepare for a new professional endeavor and expand your understanding of this dynamic field by becoming a certified personal trainer. Whether you are looking for a new career path or just some extra income, this class prepares you to be a top-notch personal trainer. Lecture topics include anatomy, exercise physiology, nutrition and health screening. Practical training prepares you to work with clients one-on-one. Participants who successfully complete this course will be prepared to sit for the American Council on Exercise’s (ACE) Personal Trainer Exam. The computer-based exam can be taken locally and the cost of the exam is included in the course. CPR certification is required to sit for the exam. Cost of text not included. For more information visit www.acefitness.org.

Lisa Summers
4387 Sec. A
Tuesdays (12 sessions), 9/6-11/22, 5:30-8PM, HCC ICN Rm 2301

$470

IL Food Service Sanitation Manager Certification

PFDOCE 1020
The Illinois Department of Public Health Food Sanitation Code (section 750.540) requires food service establishments to be under the operational supervision of a certified food service sanitation manager. This course meets the 8-hour coursework and examination required by the State of Illinois for either the initial Food Service Sanitation Managers Certification or the recertification, which is required every five years. Topics include introduction to food safety, contamination, employee health and hygiene, safe food handling, cleaning and sanitizing and Hazard Analysis Critical Control Point (HACCP). After successful completion of this course, you will need to pay an additional $35 to the Department of Public Health to receive your certificate.

Lisa Summers
4387 Sec. A
Wed/Fri (2 sessions), 11/2-11/4, 9AM-3PM, HCC WDC Rm 1403

$124

Oracle/Primavera: Project Management in P6 Client-Server

CMPCE 5002
Oracle’s Primavera P6 Enterprise Project Portfolio Management is the most powerful, robust and easy-to-use solution for prioritizing, planning, managing and evaluating projects, programs and portfolios. It provides a 100% web-based, solution for managing projects of any size, adapts to varying levels of complexity across projects and intelligently scales to meet the needs of all roles, functions, or skill levels in your organization and on your project team.

Participants who successfully complete the two-day training will receive a certificate of completion, 15 PDUs and 1.5 CEUs.

Registration Price: $1,600 (includes training and light refreshments on both days; lunches on your own)

Early Registration Discount: Save $200 if you register before Friday at 12:00PM, two weeks prior to the start date of the course.
Take the Lead
2016-2017
LEADERSHIP SERIES

Leadership Mastery Series – Starting September 2016!

Instructor: Steve Welland

Our Leadership Series consists of 12 cutting-edge courses that will prepare you to manage your team through a variety of leadership techniques. Courses include:

- Communicating for Superior Teamwork*
- The Principles & Qualities of Genuine Leadership*
- Get Control! Of Email & Get Organized
- Communication Excellence
- Providing Constructive Feedback
- Coaching: Developing Others*
- Resolving Conflict within Your Team
- Time Mastery*
- Delegating for Shared Success
- Addressing Emotions at Work
- Giving Recognition
- Fearless Facilitation

Participants must complete the four required courses* plus seven additional courses to earn the certificate of completion. Those interested in classes but who are not seeking certification can sign up for individual classes. The Series will be offered annually!

For course dates, descriptions and cost visit www.heartland.edu/customizedTraining

Register today!
Call Customized Training at 309-268-8440
Business group discounts available
For more details visit www.heartland.edu/customizedTraining or call 309-268-8440

Certified ScrumMaster and Certified Scrum Product Owner Training

These two-day trainings introduce the concepts of agile project leadership using the Scrum methodology. Successful participants will become Certified ScrumMasters (CSM) or Certified Scrum Product Owners (CSPO), the first step in the journey towards this more adaptive form of project leadership.

Upcoming 2016 Scrum Trainings:
- August 27-28, 2016 - Certified ScrumMaster (CSM)
- October 22-23, 2016 - Certified ScrumMaster (CSM)
- December 3-4, 2016 - Certified ScrumMaster (CSM)

See more at: www.heartland.edu/customizedTraining/training/scrum.

These courses are offered on Saturdays and Sundays from 8:15AM to 4:30PM in the Workforce Development Center (WDC), Room 1006 at our Normal, Illinois campus.

Registration Price: $1,199 (includes training, breakfast and lunch both days, and the certification fee)

Early Registration Discount: Save $200 if you register before Friday at 12:00PM, two weeks prior to the start date of the course.

Employers: We can enroll your employees in our open-enrollment CSM or CSPO trainings or we can set up a customized training exclusively for your staff on a time and day that is most convenient for you.

Please call 309-268-8440 for more information or visit www.heartland.edu/customizedTraining
Truck Driver Training Program

TRFCE 1001

This course is designed to prepare you to obtain a commercial driver’s license. You will spend the first week preparing for the commercial driver’s license learner’s permit exam. At the end of the course, you will take a Class “A” License road test administered by the Illinois Secretary of State’s office. This course also covers endorsement preparation, 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. Instruction includes classroom lecture, demonstration and behind-the-wheel experience in a Class “A” vehicle. Course fee includes background check, drug screening and Motor Vehicle Report (MVR). For more information call (309) 268-8448 or email truck.driver@heartland.edu.

Joseph Eggleston, David Keim
Classes are held Monday-Friday from 8:30AM-4:30PM for four weeks.
Call 309-268-8448 for more information
$3,750
Allied Health Care

Prepare for a career in one of the largest growing industries. The health care industry is projected to add 2.3 million new jobs between 2014 and 2024 according to the U.S. Bureau of Labor Statistics. If you are looking for a new career or want to advance yourself in your current medical career, these are the programs for you.

A few points to consider prior to registration:
- Research employment opportunities in your area
- A significant time investment is required to be successful
- A thorough background check and drug screen is needed prior to obtaining employment in health care
- Suggested knowledge of medical terminology and basic human anatomy recommended

Heartland Community College offers these affordable and convenient trainings for allied health care professions in partnership with Condensed Curriculum International, Inc. A payment plan is available to arrange for monthly payments. Students who successfully complete these programs will have the necessary skills to pursue employment, job placement is not guaranteed. Please visit www.heartland.edu/communityEd or call (309)268-8160 for more information.

Medical Office Assistant

**HLTCE 1005**
This 50-hour course prepares students to function effectively in many of the administrative and clerical positions in the health care industry. Medical administrative assistants, medical secretary and medical records clerks are all positions in great demand. This program covers important background information on the medical assisting profession and interpersonal skills, medical ethics and law, medical terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, medical records management and management of practice finances. This program is intended to provide students with a well-rounded introduction to medical administration so that they can gain the necessary skills required to obtain an administrative medical assistant position. This program meets the necessary requirements to take the National Healthcareer Association (NHA) - Certified Medical Administrative Assistant (CMAA) exam. Registration ends 9/26.

**CCI Instructor**

**4305 Sec. A**
Saturdays (7 sessions), 10/1-11/12, 9AM-4:30PM, HCC WDC Rm 1403

$1,049 (includes text)

Medical Billing and Coding

**HLTCE 1001**
This combined 80-hour billing and coding course offers the skills needed to solve insurance billing problems, how to file claims using the proper manual, complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers CPT (introduction, guidelines, evaluation and management), specialty fields (such as surgery, radiology and laboratory), ICD-10 (introduction and guidelines) and basic claims processes for medical insurance and third party reimbursements. You will learn how to find the service and codes using CPT, ICD-10 and HCPCS manuals. After obtaining the practical work experience (six months to two years), students who successfully complete this course will be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or COC Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams. This course does not include an externship. Registration ends 9/26.

**CCI Instructor**

**4306 Sec. A**
Mon/Wed (24 sessions, does not meet 11/23, 12/19, 12/21, 12/26, 12/28), 10/3-1/9, 6-9:30PM, HCC ICN Rm 2303

$1,949 (includes text)
Clinical Medical Assistant

**HLTCE 1011**
Prepare yourself for an exciting, challenging and rewarding career in healthcare. This program will train you to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. We will review important topics including phlebotomy, pharmacology, proper administration of medications, recording vital signs, cardiology, workplace behavior, ethics and the legal aspects of healthcare. This program includes 140-hours of classroom lecture, hands-on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, you must successfully complete the 140 hour program, provide proof of immunizations, obtain a CPR certification and meet other requirements. Upon successful completion of this program, you are eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. Registration ends 9/27.

**CCI Instructor**

**4302 Sec. B**  
Tue/Thu (28 sessions, does not meet 11/24, 12/20, 12/22, 12/27, 12/29), 10/4-1/24, 6-9:30PM, HCC NRC Rm 1201 & Saturdays (6 sessions) 10/8, 10/15, 11/5, 11/12, 12/3, 1/14, 9AM-4:30PM, NRC Rm 1201

$2,649 (includes text)

Phlebotomy Technician

**HLTCE 1004**
This 90-hour phlebotomy technician program prepares professionals to collect blood specimens from clients for the purpose of laboratory analysis. You will become familiar with all aspects related to blood collection and develop comprehensive skills to perform venipunctures completely and safely. Classroom and lab work includes terminology, anatomy and physiology and blood collection procedures. Hands-on practice and training in skills and techniques to perform puncture methods are also covered. There is no outside externship rotation included with this program. Registration ends 9/26.

**CCI Instructor**

**4304 Sec. A**  
Mon/Wed (21 sessions, does not meet 11/23), 10/3-12/14, 6-9:30PM, HCC NRC Rm 1201 & Saturdays (3 sessions), 10/15, 11/12, 12/3, 9AM-3PM, HCC NRC Rm 1202

$1,849 (includes text)

Pharmacy Technician

**HLTCE 1002**
This comprehensive 50-hour program will prepare you to work as a pharmacy technician in a pharmacy setting and to take the Pharmacy Technician Certification Board’s PTCB exam. Course content includes medical terminology, the history of pharmacy, the practice in multiple environments, calculations and measurements, reading and interpreting prescriptions and defining drugs by generic and brand names. Through classroom lecture and hands-on labs, you will review dosage calculations, drug classifications, the “top 200 drugs”, I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. This course does not include an externship. Registration ends 10/4.

**CCI Instructor**

**4303 Sec. A**  
Tue/Thu (15 sessions, does not meet 11/24), 10/11-12/1, 6-9:30PM, HCC NRC Rm 1102

$1,249 (includes text)
Getting Started with Computers

**COMPNCR 1083** $55
If you’ve never used a computer, then this is the class for you. Learn the most basic skills such as how to turn it on, how to use a mouse to point and click and other essential computer skills. This is a hands-on class that provides plenty of time to practice. The class uses PCs with Windows 7.

Kay Bowen
4464 Sec. A  Tuesday 9/13, 9AM-12PM, HCC WDC Rm 1404
4610 Sec. AP  Thursday, 10/13, 1-4PM, Heartland Pontiac Center, Rm 214
$66
$60 discount fee (see page 38 for details)

Getting Started with Computers II

**COMPNCR 1022** $55
Get lots of hands-on experience using the start menu programs and working with a word processor. Practice using Windows software to locate and manage your files. Increase your knowledge of the Internet by searching, book-marking and choosing what to print. Experience with using a mouse or our Getting Started with Computers class is a helpful foundation for this course.

Kay Bowen
4472 Sec. A  Tuesdays (4 sessions), 9/20-10/11, 9AM-12PM, HCC WDC Rm 1404
4608 Sec. AP  Thursdays (4 sessions), 10/20-11/10, 1-4PM, Heartland Pontiac Center Rm 214
$130 (includes text)
$117 discount fee (see page 38 for details)

Getting Started with Windows 10

**COMPNCR 1639** $55
The more you learn about Windows 10, the easier it will be to operate your computer. Learn how to organize your files, personalize your computer, use the ribbons and gadgets and find where the games are stored.

Jennifer Coombs
4605 Sec. A  Thursday 10/13, 6-9PM, HCC WDC Rm 1404
$100 (includes text)
$90 discount fee (see page 38 for details)

Getting Started with the Internet & Email

**COMPNCR 1148** $55
Learn to search the Internet and quickly find what you are looking for. Learn how to use your email account and access your account away from home. You will work with attaching files to emails and viewing attachments that you receive.

Kay Bowen
4466 Sec. A  Tuesdays (2 sessions), 10/18-10/25, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see page 38 for details)

Getting Started with Word 2013

**COMPNCR 3072** $55
Microsoft Word 2013 is a popular program of the MS Office Suite. This class will help keep you current and walk you through the basic differences from the previous versions. Some of the topics covered will be creating letters and documents, editing and using the ribbon. You will also discover some of the predefined templates to get you started on projects.

Kay Bowen
4470 Sec. A  Tuesdays (2 sessions), 11/1-11/8, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see page 38 for details)
Getting Started with Excel 2013

So you just mastered Excel 2010. And then they came out with Excel 2013. What to do? Attend this class to learn the changes in Excel from version 2010 to 2013 to become Excel proficient once again. Spreadsheets are great tools to manage your lists and do calculation with data. You will learn the very basic uses of this functional program to help you get and stay organized.

Kay Bowen
4468 Sec. A Tuesdays (2 sessions), 11/15-11/22, 9AM-12PM, HCC WDC Rm 1404
$88 (includes materials)
$80 discount fee (see page 38 for details)

Welcome to the Mac

This course helps you use a Mac computer including how to use the Mac mouse, navigate the menu bar and desktop and manage files and folders. You also learn to use popular features such as the calendar, photo management tools and entertainment applications. Plus, this course covers how to run Windows operating system on a Mac computer. We will be using OS X EL Capitan.

Jackie Langhoff
4591 Sec. A Saturdays (3 sessions), 9/17-10/1, 9AM-12PM, HCC WDC Rm 3004
$130 (includes text)
$117 discount fee (see page 38 for details)

Keyboarding I

Break bad habits by learning to type properly and prepare for an employment test. This class helps you write your reports, memos and emails faster. Weekly assignments help enhance your skills. The typing program used in class will be available for you to use on any computer outside of class.

Cheryl Belligio
4503 Sec. A Tues/Thu (6 sessions), 11/3-11/22, 1-2:30PM, HCC WDC Rm 1404
$117 (includes materials)
$105 discount fee (see page 38 for details)

Computer Created Holiday Projects

Use your computer to get crafty. This course will combine holiday arts and crafts projects with basic computer skills. Bring your whole family and learn how to make custom holiday placemats, ornaments, gift tags, address labels, e-cards, printed cards and more. This is a great class for those who are creative and thrifty. You’ll be limited only by your imagination so bring your ideas and come ready to create!

Jennifer Crones
4439 Sec. AL Saturdays (2 sessions), 12/3-12/10, 9AM-12PM, Heartland Lincoln Center Rm 628A
$79 (includes supplies)

Microsoft Applications

Excel Introduction

Excel can be a powerful tool to organize data, but it can be overwhelming at first. This course is designed primarily for beginners but long-time spreadsheet users also learn many valuable hints and techniques as well. Topics include creating and editing worksheets using cut, copy, paste and fill commands to create spreadsheets faster. You create a wide variety of formulas using relative and absolute addressing (formulas using the $ sign) and some of the most popular built-in functions. Customizing reports and visually representing data with charts and graphs will also be covered.

Jennifer Coombs
4505 Sec. A Tue/Thu (4 sessions), 9/6-9/15, 6-9PM, HCC WDC Rm 1404
$160 (includes text)
$144 discount fee (see page 38 for details)

Excel Intermediate

Build on the Excel skills you already have. This course covers a variety of features of Excel to gain intermediate business and home skills. Topics include managing multiple-page worksheets by locking important rows and columns on the screen and getting larger reports to print properly with headers and footers, page breaks and other printing techniques. Other topics include setting up multiple sheet workbooks, creating a master budget and using passwords and protection commands, assigning names to cells, organizing reports using tables that can be sorted, filtered and subtotaled and spicing up reports with graphics and SmartArt. Prerequisite: Completion of Excel Introduction or equivalent.

Jennifer Coombs
4507 Sec. A Tue/Thu (4 sessions), 9/20-9/29, 6-9PM, HCC WDC Rm 1404
$160 (includes text)
$144 discount fee (see page 38 for details)

Excel Advanced

Learn some pro tips and tricks for Excel. This course covers the more complex features in Excel allowing you to fully utilize this powerful software at home or work. Topics include creating and revising Pivot Tables that summarize large lists of data into clear and meaningful reports, using macros to simplify repetitive tasks, performing more advanced financial and data analysis by using the Lookup and If functions, auditing and tracing formulas, sharing data with others, tracking document changes and using Excel with other programs. Prerequisite: Completion of Excel Intermediate or equivalent.

Jennifer Coombs
4511 Sec. A Tue/Thu (4 sessions), 10/18-10/27, 6-9PM, HCC WDC Rm 1404
$160 (includes text)
$144 discount fee (see page 38 for details)
### Introduction to Office

**CMPCE 1015 $**

If you are familiar with using computers and thinking about getting back into the workforce, changing jobs or perhaps using computers for your own personal or business use, this class will assist you in learning about some popular business applications. You will get hands-on experience with Windows 7 and Microsoft Office 2013 products including Word, Excel, PowerPoint and Outlook.

**Loyd Kirby**  
4358 Sec. AL  
Thursdays (3 sessions), 9/1-9/15, 6-9PM, Heartland Lincoln Center Rm 110  
$139  
$125 discount fee (see page 38 for details)

### PowerPoint Introduction

**COMPNCR 1526 $**

Learn how to design and format presentations or slide shows using the powerful features of PowerPoint. Add pictures, text, sound, animation, graphics, charts and diagrams to your presentation. It is great for family slide shows and work applications. PowerPoint is fun and easier to use than you think.

**Jennifer Crones**  
4453 Sec. AL  
Saturdays (2 sessions), 11/5-11/12, 9AM-12PM, Heartland Lincoln Center Rm 112  
$120 (includes text)  
$108 discount fee (see page 38 for details)

### Digital Photography

#### Digital Photography Basics - SLR Cameras

**COMPNCR 1293 $**

Learn basic photography techniques to enhance your digital picture-taking 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**  
4491 Sec. A  
Tue/Thu (4 sessions), 10/11-10/20, 5:30-8:30PM, HCC WDC Rm 3602  
$160 (includes text)  
$144 discount fee (see page 38 for details)

#### Photography Workshop at the Zoo

**COMPNCR 1776 $**

Start to master your digital camera’s vast capabilities and create beautiful, interesting images that you’ll be proud to view and share. Miller Park Zoo is the perfect venue to learn how to use your camera to shoot indoor/outdoor scenes as well as navigate around visual barriers. Learn the basics of photography and how to run your personal camera whether it be a digital SLR or a point and shoot.

**Jennifer Crones**  
4474 Sec. A  
Saturday 9/17, 9AM-12PM, Miller Park Zoo  
$60 (includes zoo entrance fee)
Twin City Photography Tour  
COMPNCR 3067

Bring out your adventurous side as you get a new perspective on the Twin Cities. How often have you climbed on a roof to get a new perspective on Uptown? Now is your chance for a thrilling new way to photograph your surroundings. Bring your cameras - DSLR, film or point and shoot - as you get experience shooting architecture, wildlife, downtown/uptown scenes and portrait photography. You will learn tips on how to achieve better exposure and overall better composition in your photos in a variety of settings. Please make sure your batteries are charged and you are prepared for a lot of walking. Adventure begins during the first class- we will meet at the circle in Uptown Normal and go exploring from there.

Jennifer Crones  
4478 Sec. A Saturdays (4 sessions), 9/10-10/1, 2-5PM, Bloomington/Normal  
$105

Photo Adventure in Kickapoo Creek Park  
COMPNCR 3201

You have probably used your digital camera to take pictures of family and friends, but have you taken a close-up of a colorful fall leaf or framed the perfect nature scene? If you are interested in learning more about digital photography and want to gain real-life photo experience in the process, join us as we visit Kickapoo Creek Park in Lincoln. Explore 80 acres of forest, prairie land, water features and wild life, as well as a wooden suspension bridge. Learn about landscape and nature photography. All camera types are welcome. Please make sure that your camera is fully charged and/or that you bring a spare battery. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot.

Jennifer Crones  
4607 Sec. AL Saturday 10/15, 9AM-12PM, Kickapoo Creek Park, Lincoln  
$59

Photo Adventure on a Farm  
COMPNCR 3170

Antiquity Oaks Farm has everything a photographer could want to experience: a wide variety of animals, active fields, farm equipment, a fishing pond, a winding creek and several types of buildings. While exploring this beautiful farm, you will learn about landscape, nature and animal photography, as well as how to apply these skills to other types of photography. All camera types are welcome. Please make sure that your camera is fully charged. Bring a spare battery and your camera’s manual if possible. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot. Feel free to bring your own picnic lunch to enjoy by the pond or under the oak trees. For a full day of fun on the farm, register for our afternoon class Intro to Modern Homesteading.

Jennifer Crones  
4573 Sec. AP Saturday 10/22, 9AM-12PM, Antiquity Oaks Farm, Cornell  
$39  
$35 discount fee (see page 38 for details)

Photo Adventure in the Woods  
COMPNCR 3061

You have probably used your digital camera to take pictures of family and friends, but have you taken a close-up of a flower or framed the perfect nature scene? If you are interested in learning more about digital photography and want to gain real-life photo experience in the process, join us as we visit the Humiston Woods Nature Center in Pontiac. While exploring its 300+ acres of hardwood forest, prairie land and water features, you will learn about landscape and nature photography, capturing both the beautiful and the spooky aspects of the woods in the autumn. All camera types are welcome. Please make sure that your camera is fully charged and/or that you bring a spare battery. Wear comfortable shoes and be prepared to get a little dirty in order to get that perfect shot.

Jennifer Crones  
4569 Sec. AP Friday 10/28, 2-5PM, Humiston Woods Nature Center, Pontiac  
$39  
$35 discount fee (see page 38 for details)

Photo Adventure in the Cemetery  
COMPNCR 3169

For a spooky time, learn how to use your camera in the cemetery just before Halloween! Pontiac’s South Side Cemetery has been described as a 24 acre oasis of art and architecture. With both simple headstones and elaborate mausoleums, ranging from the tearful to the humorous, this cemetery makes for an interesting photographic subject. While exploring this beautiful riverside landmark, you will learn about landscape and object photography, as well as how to apply these skills to other areas of photography. All camera types are welcome. Please make sure that your camera is fully charged. Bring a spare battery and your camera’s manual if possible.

Jennifer Crones  
4571 Sec. AP Saturday 10/29, 1-4PM, South Side Cemetery, Pontiac  
$39  
$35 discount fee (see page 38 for details)
Update your skills, discover a new talent or chart a career path at your convenience with our online courses. Interactive quizzes, assignments, tutorials and online discussion areas are available to supplement the lessons. Read your lessons and ask questions of your instructor at the times most convenient for you.

**Ed2Go Courses — www.ed2go.com/hcc**
Acquire new skills or gain knowledge in just six weeks! Most Ed2Go courses run for six weeks and consist of 12 lessons. Visit our Ed2Go website for more information.

**Ed2Go Online Career Training — www.ed2go.com/career**
Complete a career training program in just 90 days. All of the Ed2Go Online Career Training courses are self-paced and open enrollment. Visit the website for an online demo and more information.

**Center for Legal Studies Online Classes — www.legalstudies.com**
Legal Secretary and Paralegal - Check website for dates. To register, click on “Illinois” and then choose Heartland Community College or call: (800) 522-7737.

**JER Online — Workforce and Continuing Education Online Learning Courses www.coursecatalog.com/hcce**
Heartland Community College is pleased to offer Workforce and Continuing Education Online Learning courses at basic, intermediate and advanced levels. Start a course anytime. Registration information can be found on our website. All you need to get started is Internet access, an email address and a web browser. Additional requirements, if any, will be listed with the course description.

**UGotClass — www.yougotclass.org/catalog.cfm/Heartland**
In partnership with LERN, Community Education is now offering UGotClass online courses to help you grow, develop new or update current skills. Instructors are experts in their respective fields and have a passion for teaching and learning.

**George Brown College — www.heartland-gbc.com**
A world-leader in distance education, George Brown College offers award-winning online technical training in Programmable Logic Controllers. The PLC Technician II Certificate is a computer-based home study program that enables students to study at their own pace, remotely from their own homes, using DVD-based curriculum and a PLC simulator to master the technology of PLCs in the field of industrial manufacturing and production.

**be XSible - www.bexsible.com**
Social Media job openings increased 49% last year and with the right education you can venture down this career path. For information on these virtual or online classes please go to Be XSible’s website.

For more information about online offerings, call (309) 268-8160.

www.heartland.edu/communityEd/online.jsp

Begin your online learning today!
Thanks to our partners:
The Center for Legal Studies
Condensed Curriculum International
Dance Partners
Infinite HeArt Studios
Omnikron University

Main Campus 1500 W Raab Rd, 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 and 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 (NRC)
12 Corn Crib Stadium
Pre-registration is required for all classes. Classes fill quickly so register early!

Register Confirmation
You will receive a confirmation of your registration in the mail. Confirmation will include a course schedule, receipt, 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.

Full or Canceled Classes
Community Education reserves the right to limit the enrollments or cancel any class due to insufficient enrollments. For this reason, please register early to reserve your place in the class of your choice. Every effort will be made to notify registrants that a class has been filled or canceled. Registrants may choose alternate courses or receive full refunds.

Refund Policy
Unless otherwise stated in the description, if you wish to drop a class you must do so no later than two working days before the first class session to receive a full refund. After that time, no refunds will be issued. Unfortunately, we are unable to issue refunds or credits due to missed classes. No refunds will be given after the class has ended. Payments for course materials, supplies or textbooks are non-refundable. To drop a class, please call (309) 268-8160.

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. Students are responsible for understanding the benefits of successful certification attainment. 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. Heartland Community College offers career resources and services at no charge to all current and past students. Career Services can be contacted at (309) 268-8034 or by email at career.services@heartland.edu

Weather or Emergency Cancellation Policy
If Heartland Community College closes campus due to inclement weather or emergencies, Community Education classes will also be canceled. Cancellations will be announced on area radio stations and local TV stations.

If you have any questions or suggestions for future courses or potential instructors, please call our Program Coordinators:

Angie — 268-8193    Laurie — 268-8179
Alicia — 268-8706    Travis — 268-8191
Lauren — 268-8202    Val — (217) 735-1731 (Lincoln)