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**CLASSES FOR PERSONAL AND PROFESSIONAL DEVELOPMENT** 



You're ready to try something new.
Learn a new skill.
Explore your creativity.
Kick your career up a notch.
Maybe even change jobs.

With Community Education, you'll find valuable personal and professional development opportunities, from career-enhancing workshops and certification programs to educational travel, personal enrichment, classes for kids, and more. Our programs work around your busy schedule, with many online options. At Parkland College, we're here to offer rich possibilities for all ages, all stages of life.

**Endless opportunities. Expertise you trust.** 







## **Students Flourish in Floral Design**

Floral design remains one of the most popular courses available through Community Education at Parkland College. Just ask Diane Cousert, who uses the techniques learned in class for everyday life.

"I have always been interested in floral arranging," says Cousert, who's no stranger to taking Community Education courses, from knitting and macrame to web development and chair yoga. "These classes are the perfect opportunity to sample the world of floral arranging. They are conveniently scheduled and well-developed. All the materials are provided."

The course has given her the confidence to try her own arrangements, using various forms of flowers and foliage. She now creates party table arrangements and other similar projects from flowers in her own garden.

"The class is relaxing and makes you feel like you have accomplished something very special," she says. "I don't know anyone who was not surprised and happy with the outcome of the class. It tends to fill up quickly due to its popularity."

Sandy Miller, who also took floral design, says the class allowed her to stay creative and learn the names of the various flowers used in the arrangements. "The class is fun, and we can take the flowers home with us afterwards."

Instructor Carol Kamradt explains she loves the opportunity to share her appreciation of the natural beauty of flowers and plants with others in class.

"I have students of all experience levels in my classes. Many come in and see the sample and don't think they can create anything that looks like it," she says. "I work through the project step by step with them to explain the how and why. Just like a fine art piece, there are elements and principles of design that apply to floral too."

For anyone interested in taking the course, Kamradt advises: "Don't be overwhelmed! Relax and enjoy making the design. When we are done, you will take home something you love. If you don't love it, we'll fix it!"



#### **INSTRUCTOR SPOTLIGHT** Carol Kamradt

Carol Kamradt ICPF, ICD, is a freelance floral designer. She is an Illinois Certified Professional Florist, Illinois Certified Designer, and a member of the Illinois State Florist Association. Carol participates in Nature's Creative Edge, an invited floral exhibition in Michigan as well as Petals and Paintings at the Krannert Art Museum.

## youth programs

## Checkmate! Learn to Play Chess, ages 8–12

Get ready to capture your opponent's king or queen in an exciting game of chess, one of the world's most popular strategy games. As a beginner, you'll learn opening principles, basic checkmates, how the pieces move, and how to notate a chess game. Play against friends and watch your confidence and problem-solving skills grow. Each class includes practice time and resources to use outside of class. *All equipment provided*.

10/20-11/17 Mon 6-7:30 PM Class ID: 19233

Location: PC-X115 \$89

## STEM Explorers: Microbit Programming and Engineering Adventure,ages 8–11

Get ready to code, create, and engineer in this exciting 5-week adventure! In STEM Explorers, you'll dive into the world of micro:bit — a fun, hands-on device that makes learning to program easy and exciting. You'll build your own step counters, track plant health with sensors, design interactive games, and even launch paint pellets with catapults you build yourself. Along the way, you'll learn how coding connects to real-world problems, practice creative thinking, and explore the awesome ways technology and engineering work together. No experience needed — just bring your curiosity and imagination! 10/21–11/18 Tue 6–7:30 PM Class ID: 19237

Location: PC-C246 \$125

#### Beginning Alcohol Ink Art, ages 9–12

Dive into the colorful world of alcohol inks! In this beginner-friendly class, you'll explore how to use vibrant, fast-moving inks to create stunning abstract art on special surfaces. You'll learn basic techniques like blending, layering, and using tools to guide the flow of ink, all while experimenting with color and design. Express yourself, try new ideas, and create one-of-a-kind masterpieces. Bring your imagination and get ready to have fun with this exciting, fluid art form! Bring a smock or wear clothes that can get messy.

11/15 Sat 9 AM-12 PM Class ID: 19236

Location: PC-C186 \$89

#### Dare to Draw and More, ages 8-12

Build your sketchbook drawing skill by daring yourself to use various drawing tools and processes to create original characters and stories. Experiment with graphite, pastels, water-color pencils, markers, gel pens and surfaces. Expand your knowledge by learning some of the techniques used to create compelling characters for comics, animation, and video games. Your artwork will leap off the page as you learn about stylization, story development, and character design.

12/6–12/20

Sat 10 AM–12 PM

Class ID: 19231

Location: PC-C186 \$85

#### Dare to Paint and More, ages 6-9

Love to paint? Learn creative painting techniques and ideas through decoupage, drawing, paints, and more! Create an art book representing you in this fun and engaging class. Learn to overcome artistic imperfections and connect with your creative self.

Wear clothes you don't mind getting messy.

10/18 Sat 9 AM-12 PM Class ID: 19232

Location: PC-C186 \$69

## Felt It! Sculpting with Fiber Arts, ages 13–17

Discover the art of sculpting with wool in this hands-on needle felting course! You'll learn the basics, including choosing the right materials and tools. As you explore this fun and creative technique, you'll transform fibers into your own unique three-dimensional creations. Whether you're brand new to felting or looking to build your skills, this class gives you the chance to experiment, express yourself, and bring your ideas to life—one poke at a time.

All supplies included.

12/6–12/13 Sat 10 AM–12 PM Class ID: 19243

Location: PC-X115 \$69

#### Cake Decorating Fun, ages 11–15

In this fun and hands-on two-day class, you'll learn the basics of cake decorating using real cakes and professional tools. You'll practice leveling, filling, and frosting your cake, then move on to piping techniques and creative finishing touches. By the end of class, you'll have the skills to turn a blank cake into your very own edible masterpiece—and take it home to share!

Allergy alert. Each student will take home a cake.

10/2-10/3 Thu & Fri 9-11:30 AM Class ID: 19240

Location: PC-X116 & X118 \$115

#### Cupcake Creations: A Sweet Decorating Adventure, ages 7–10

Do you love cupcakes? Want to make them extra special? In this fun class, you'll learn how to tint white icing and use decorating tips to create beautiful designs, including roses! Decorate six cupcakes and take them home to share (or enjoy!) at the end of the session. Perfect for kids who love creativity and sweet treats! Allergy alert.

Fri 1-3:30 PM Class ID: 19235 10/3

Location: PC-X116 & X118 \$69

#### new Delicious Dumplings, ages 11–15

Roll, fill, and fold your way to tasty creations in this hands-on dumpling class! You'll learn how to make dumpling dough from scratch, prepare flavorful fillings, and master a variety of pleating techniques to give your dumplings a professional look. From mixing ingredients to the final fold, you'll explore the art and fun of making dumplings by hand. Whether you're new to cooking or already love being in the kitchen, this class is a great way to build your skills—and enjoy some delicious results!

Allergy alert. Bring a 3-cup lidded container.

Fri 6-9 PM Class ID: 19234

Location: PC-X116 & X118 \$65

#### new Fabulous Fall Baking, ages 10–13

Bake your way through the best flavors of fall—apples, cinnamon, and more! In this fun, hands-on class, you'll make a variety of delicious seasonal treats including homemade pies. Learn how to roll out dough, create tasty fillings, and master essential kitchen skills along the way. Instructor Cheyenne Warman-Neal will guide you with easy-to-follow tips and techniques to help you feel confident in the kitchen. You'll enjoy some of your baked creations in class and take the rest home to share!

Allergy alert. Bring a water bottle and 3-cup lidded container.

Wed 6-8 PM Class ID: 19239

Location: PC-X116 & X118 \$105

#### Sweet Layers: Cheesecake and Mousse Creations, ages 11-15

Get whisking, mixing, and layering in this delicious dessert-making class! You'll learn how to make creamy, no-bake cheesecakes and light, fluffy mousse from scratch. Explore flavor combinations, practice basic pastry techniques, and discover how to plate your creations like a pro. Whether you're new to baking or already love working in the kitchen, this class is a fun and tasty way to build your skills—and satisfy your sweet tooth!

Allergy alert. Each student will take home two desserts.

Sat 9 AM-12 PM Class ID: 19241

Location: PC-X116 & X118 \$89

#### Family Cake Decorating Fun, ages 7-10

Grab your aprons and get ready to decorate! In this fun, hands-on class, kids and their grown-ups will team up to learn the basics of cake decorating. You'll practice simple piping techniques, work with colorful frosting, and add creative touches using sprinkles, candies, and more. Each pair will decorate their own mini cake to take home and share. No experience needed—just bring your creativity and get ready for some sweet family fun!

Registration fee is per family. All youth must be accompanied by one registered adult. Allergy alert.

11/21-11/22 Fri 6-8:30 PM & Sat 9-11:30 AM Class ID: 19242 Location: PC-X116 & X118

\$115

#### Orienteering for Families, ages 10–13

Ready, set, go! Explore the great outdoors and discover the fun of orienteering. Instructor Matt Plutz, a member of the Illinois River Valley Orienteering Club (IRVOC) and the United States Adventure Racing Association (USARA), will teach your family basic orienteering skills and guide you through this adventure. Using only a map and compass, your family will be challenged as you decide the best route to locate checkpoints along a course, learn to gauge distances with accuracy, and explore the local topography.

All equipment provided, including compasses. This class is intended for families with children ages 10 to 13. Each registered adult may bring up to two children. Class meets at Lake of the Woods Forest Preserve. Transportation is not provided.

Sat 2-4 PM Class ID: 18795

Location: Lake of the Woods \$69

# development

## health & wellness

## new Climate Smart Living: Practical Steps for a Sustainable Future

Discover simple yet impactful ways to make eco-friendly choices in your daily life. In this course designed to help you reduce your carbon footprint while promoting a healthier lifestyle for yourself and the planet, explore food choices, personal care products, and greener household practices suited to your budget and schedule. Whether you're just starting your journey or looking to deepen your commitment, this workshop will empower you to live more intentionally and be the change you want to see in the world.

9/22 Mon 6–8 PM Class ID: 18881

Location: CE \$39

## **Cultivate Calm Through Mindfulness** and Meditation

Improve focus, decrease stress, and discover inner balance. Learn valuable tools and techniques to help you establish the framework for successfully practicing mindfulness and meditation on your own. This class covers meditation and mindfulness foundations and introduces pause practice and body scan techniques. All backgrounds are welcome; the class features accessible content everyone can understand and apply to any belief system.

Bring a yoga mat.

11/4–12/16 Tue 6–7 PM no class 11/25

Class ID: 19005 Location: CE \$89

#### **Water Aerobics**

Experience increased flexibility, strength, and endurance each week. Relieve stressed muscles and joint pain. With water aerobics pro Jo Rodriquez, participate at your own comfort level and enjoy the process.

 10/21–12/16
 Tue 12–12:45 PM
 no class 11/25

 Class ID: 18822
 Location: The Landing at Legends
 \$85

 10/23–12/18
 Thu 12–12:45 PM
 no class 11/27

 Class ID: 18824
 Location: The Landing at Legends
 \$85

#### **new** Beginner Line Dancing II

Learn classic line dances and get in some great exercise. You'll have so much fun learning or improving on some of the classic line dance moves you'll forget you're burning calories, too! Studies show line dancing lessons greatly help with memory, balance, cardiovascular fitness, and vertigo. Plus, it's a ton of fun! Dances include the cupid shuffle, electric slide, and watermelon crawl.

You'll learn different dances to new songs in this level II class—still appropriate for beginners—Line Dancing I does not need to be completed first. Bring a clean, dry pair of shoes to wear during class.

11/10-12/8 Mon 5:30-6:30 PM no class 11/24

Class ID: 18835 Location: PC-P105 \$69

#### **new** Beginner Strength

Get strong and feel great in this fun, beginner-friendly strength class! Using 1–5 pound dumbbells and bodyweight exercises, you'll strengthen major muscle groups, improve muscle tone, and enhance overall function. Upbeat music will keep you energized and motivated as you work at a pace right for you. Perfect for those new to strength training or looking to build confidence in a supportive environment, this class will help you boost your energy, increase your strength, and have fun along the way.

Bring a yoga mat.

10/29-12/10 Wed 5:30-6:30 PM no class 11/26

Class ID: 18880 Location: PC-P105 \$79

#### **Yoga Basics**

Suitable for everyone, this class will refresh your fundamental yoga skills and help you learn what this proven form of exercise is all about. Certified Instructor Jacinda Dariotis will take you through postures, paying close attention to details to ensure you are maximizing your form and breath awareness. Increase strength, flexibility, balance, and focus. You'll also learn relaxation techniques and stress reducers to apply to daily life.

Bring a yoga mat and two yoga blocks.

10/21–12/16 Tue 5:30–6:30 PM no class 11/25

Class ID: 18866 Location: PC-P105 \$89

#### Infusing the Magic of Folklore Into Everyday Wellness Practices \$126

Delve into the fascinating world of traditional healing beliefs and customs, and explore how wellness experts are incorporating the benefits of nature into modern wellness care. From herbs to crystals, connecting with nature and others, you will learn about a range of techniques that can be applied to your daily life. By the end of this series, you will have the tools to judge for yourself the power of these natural techniques and how they can contribute to your overall wellbeing. Join us for an eye-opening journey into the world of nature-based wellness.

#### The Magic of Everyday Rituals

As we navigate modern life, it's easy to feel overwhelmed and disconnected from ourselves and our sense of purpose. Research shows that belonging and meaning are key factors in longevity. People use rituals and ceremonies to help them feel connected and grounded. Explore some older traditions that demonstrate how creating simple but intentional practices can make a big difference in your day-to-day experiences. Discover ways to connect to yourself, others, nature, and the collective consciousness. Leave with a list of practical, easy-to-implement ideas that fit your lifestyle and your goals.

10/2 Thu 6-7:30 PM Class ID: 18846 Location: CE \$39

#### **Kitchen Magic**

The kitchen is often considered the heart of the home. It's where we prepare our food and gather to share it. But with our busy schedules, many of us have gotten away from cooking and the magic it can bring. In folklore and folk traditions, not only do teas, herbs, and meal preparation techniques nourish our bodies, but some say they have medicinal properties as well. Explore the stories and practices associated with everyday herbs and cooking techniques, and think about ways to bring some of the rituals and intentions back into your meals. You'll also have the chance to create your own herbal blends and take home a few samples.

10/16 Thu 6-8 PM Class ID: 18847 Location: CE \$49

#### **Tea Magic**

10/30

Tea is more than just an afternoon pick-me-up. Tea blends can have a variety of health benefits and can be an important part of a wellness practice. Explore types of tea, the health benefits of drinking tea, and how to brew the perfect cup. We will discuss creating tea rituals and hold a meditative, intention-setting tea practice you can do at home. You'll also have the chance to sample various teas and make a custom blend to take home. Thu 6-8 PM Location: CE Class ID: 18848

#### **Yoga: Beyond the Basics**

Take your yoga practice to the next level. This class is for those with some yoga experience who want to deepen their practice. Build on the skills learned in Yoga Basics and explore asanas (postures) to build strength and flexibility, mindful transitions, dynamic exercises to increase balance, breathing practices (pranayama), and meditation techniques.

Bring a yoga mat and two yoga blocks. This class is suitable for those who have completed Yoga Basics or a similar course or three months of regular yoga practice. Please contact us if you aren't sure whether you meet the requirements.

10/23-12/18 Thu 5:30-6:30 PM no class 11/27

Class ID: 18869 Location: PC-P105 \$89



\$49

## money matters

#### **Creating Your Estate Plan**

Do you know where your assets will go when you die? If not, join financial advisor Kellie Wolking-Kaefring to explore the steps of estate planning. Topics include the function of a will and the various types of trusts. An estate-planning attorney will be present to answer questions.

10/21–10/28 Tue 6:30–8:30 PM Class ID: 18999

Location: CE \$15

#### **Investing in IRAs**

Individual retirement accounts (IRAs) are one of the most versatile tools pre-retirees have access to, but many people fail to use IRAs to their full potential. Join Jim Lilley as he breaks down the basics of traditional, Roth, and spousal IRAs, as well as many strategies you can implement to get the most out of your hard-earned retirement savings. Whether you are a novice or just need a refresher on the current IRA features and rules, this course can prepare you for navigating your accounts in both the accumulation and distribution phases.

12/4 Thu 6–8 PM Class ID: 19015

Location: CE \$9

#### **Savvy Social Security Planning**

Social Security is the largest single source of retirement income for most Americans, yet most Americans do not maximize their benefits. Learn five key factors for applying for benefits and ways to estimate your benefits, minimize taxes during retirement, coordinate benefits with your spouse, and more. Jim Lilley of Chesser Financial will lead you through this informative seminar, where you will learn the decisions you make today can have a tremendous bearing on the total number of benefits you stand to receive over your lifetime. Designed specifically for people ages 50 and older.

11/13 Thu 6-8 PM Class ID: 19016

Location: CE \$9

#### **Understanding Medicare**

With any government program, there can be confusion, opinions, and complexity leading to misinformation. This is certainly true of Medicare. Learn the basics and how it coordinates with supplemental insurance. This course gives you what you need to decide for yourself or a loved one. For more than 20 years, Jim Lilley of Chesser Financial has been helping people understand retirement income and spending. He knows how to make this an enjoyable and informative presentation.

Designed specifically for people ages 60 and older.

11/20 Thu 6-8 PM Class ID: 19017

Location: CE \$9

## The Road to Electric: A Guide for Curious Drivers

Curious about electric vehicles but unsure where to start? This engaging course is designed to help you better understand the fast-changing world of electric cars. Cut through the confusion—sorting facts from hype—while exploring the benefits and challenges of EV ownership. Learn how to shop smart, charge with confidence, and take advantage of available rebates and tax credits. You'll also learn what to expect after you bring your EV home and examine how charging infrastructure is expanding. While the focus is on battery electric vehicles (BEVs), the instructor will also touch on hybrids and why some folks still prefer gas.

10/13-11/17 Mon 10-11:30 AM Class ID: 19041

Location: CE \$79

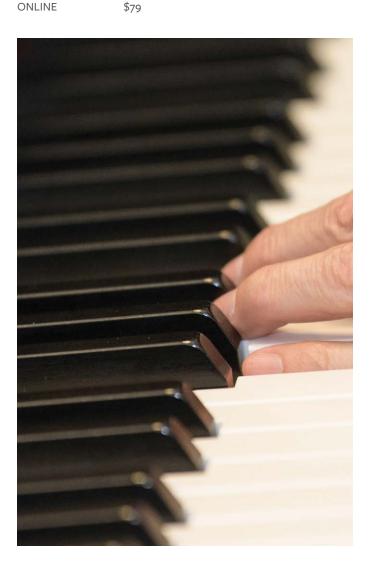


## music

#### **Instant Piano for Busy People**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. The Zoom format allows you to sit at your piano or keyboard at home while you learn. An online book and online follow-up video lessons are included, which allow you to continue your practice and study at your own pace. An optional periodic online question-and-answer session is also included. You will receive a recording of the live Zoom session. The course is part lecture demonstration and part hands-on instruction. Topics include how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid counting, and how to simplify more than 12,000 complex chords.

9/29 Mon 6:30–9:30 PM Class ID: 18857



#### **Instant Guitar for Busy People**

Have you ever wanted to learn the guitar but found it challenging to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords so you can play along with your favorite songs right away. Since this class is held online with Zoom, you can sit at home with your guitar and take the class without any pressure. The session includes an online book and online follow-up video lessons to allow you to continue your practice and study independently. An optional periodic online question-and-answer session and a recording of the Zoom session are also available. Topics include how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (and things to avoid), and how to play along with simple tunes.

9/30 Tue 6:30–9 PM Class ID:

18858 ONLINE \$79

#### **Music Ensembles**

For concert dates, please visit: **parkland.edu/musicensembles.**Community instrumentalists and vocalists are invited to join. Enrollment is open through mid-October. Audition is required. Register by contacting the Arts, Media, and Social Sciences Department at 217/351-2217.

#### **Choral Ensemble/Parkland Chorale**

Director, Dr. Cheryl Morganson

8/19-12/2 Tue 5-7:45 PM PC-C142

#### Instrumental Ensemble/Wind Ensemble

Director, Dr. Jonathan Beckett

8/19-12/2 Tue 6:30-9:15 PM PC-C148

#### Instrumental Ensemble/Orchestra

Director, Dr. Rodney Mueller

8/18–12/5 Mon 7–9:45 PM PC-C148

#### Instrumental Ensemble/Concert Band

Director, Dr. Matthew Dixon

8/21-12/4 Thu 7-9 PM PC-C148

#### Jazz Ensemble/Small Jazz Ensemble

Director, Prof. Kevin Hart

8/18-12/1 Mon 3-5:45 PM PC-C148

#### **Guitar Ensemble**

Director, Prof. Young Kim

8/20-12/3 Wed 6-8:45 PM PC-C142

### arts & crafts

#### **Alcohol Ink Art**

Try this fun and vibrant art form anyone can do, regardless of artistic skill level. Let instructor Sherry Hodges lead you through the process as you create unique art pieces using alcohol ink and a blending solution. Learn how to manipulate the colors, use gradients, and gain tips and tricks to practice on your own.

Beginners are welcome. A supply list of approximately \$50 will be provided.

11/22 Sat 9 AM-12 PM Class ID: 19020

Location: PC-C186 \$89

#### **Beginner Soap Making**

In this hands-on workshop, you'll go over the basics of cold-process soap making. You will make your own scented mini-loaf of soap. Your soap will have all-natural, easy-to-obtain ingredients.

All materials provided.

10/22 Wed 6-8:30 PM Class ID: 19018

Location: PC-X118 \$119

#### Book Folding: Reindeer Design

Create your own holiday décor—a sculpture—out of an old book. Join instructor Michelle Haselhorst as she takes you through the folding process step by step to create a beautiful 3D design. Learn the techniques to get you started creating beautiful works of art. Books and materials provided. You may bring your own book that's at least 310 pages.

12/6 Sat 8:30 AM-12:30 PM Class ID: 19009

Location: CE \$59

#### **Custom Cards**

There's just something special about receiving a hand-crafted card. You know someone took extra time and care to create something just for you. This is your chance to create unique cards with instructor Mark Butler. This is a great introduction to the crafting world if you are unsure of your skills. Mark will provide the cards in prepared kits, so you don't have to worry about buying materials or dealing with any of the mess. He'll guide you through easy-to-follow steps to create beautiful hand-crafted cards. You'll even have time for a special bonus craft! Plan to take home four unique cards and a bonus craft.

#### **Any Occasion**

Registration closes 9/11. All materials and supplies provided.

9/15 Mon 6–8 PM Class ID: 18841 Location: CE \$35

**Holiday Cards** 

Registration closes 11/6. All materials and supplies provided.

11/10 Mon 6-8 PM Class ID: 18842 Location: CE \$

#### **Improve Your Improv**

Learn the mechanics needed to act out an entertaining and meaningful scene on the spot with no prepared lines. Although improv is often a natural skill, anyone can learn elements of the craft. These skills are useful on stage but also in everyday life or wherever you might be put on the spot. While focusing on creating long-form improv scenes, you'll learn the essentials, including team dynamics. You'll also learn short-form improv games to study the craft. This will be a get-up-and-perform kind of class. Complete beginners and those experienced in improv are all encouraged to join!

10/14-11/18 Tue 6-7:30 PM Class ID: 18997

Location: PC-X115 \$119

#### **Intermediate-Level Knitting**

Expand your basic skills, learn new stitches, and learn how to read more detailed patterns. You'll start with a review of casting on and off, knit stitch, and yarn over, then work up to increases and decreases and rib and seed stitches. In the final class, you'll get started on your dish towel and gain the skills to finish it independently. Build your confidence and skills so you can continue to practice new patterns on your own.

This class is recommended for knitters who have practice with basic knitting techniques and stitches such as cast on and off, drop and pick up stitch, yarn over and purl stitch.

10/24-11/14 Fri 10 AM-12 PM Class ID: 18998

Location: CE \$119



#### **Introduction to Hot-Glass Lampworking**

Make blown-glass objects using a benchtop torch in the private studio of Mack Glass. You will make and take home a few custom-made pieces of your own as you learn the basics. A member of the Mack Glass team will guide you through your projects while discussing the best types of tools and glass for the craft and necessary safety precautions. Your craftwork will be one of a kind and you'll be ready to come back for more.

All materials and equipment are included. Closed-toe shoes are required. Wear cotton, khaki, or denim clothing; no polyester. A water bottle is recommended.

10/15	Wed 6:30-8 PM	Class ID: 19273
Location: Mack Glass	\$95	
10/26	Sun 11 AM-12:30 PM	Class ID: 19270
Location: Mack Glass	\$95	
11/5	Wed 6:30-8 PM	Class ID: 19271
Location: Mack Glass	\$95	
11/9	Sun 11 AM-12:30 PM	Class ID: 19272
Location: Mack Glass	\$95	

#### **Introduction to Jewelry Techniques**

If you love hand-crafted products made with metals, beads, and other materials and have always wanted to learn how to create them, now is your chance! Learn to work with wire, beads, and stringing materials and challenge yourself to develop new skills. Walk away with a finished project. We will be making a wrap bracelet and a matching necklace.

A supply list is available online.

11/19 Wed 6-8 PM Class ID: 18995 Location: CE \$69

#### **Nature-Inspired Art**

Want to get a little crafty but don't know where to start? Use nature to inspire your work! This class is designed with beginner artists in mind as we enjoy painting on acorns, rocks, gourds, and wood slices. Create floral sugar skull designs, leaf and log stamp canvases, and more. All materials provided, but you are welcome to bring your own materials from nature to use.

9/20 Sat 9 AM-12 PM Class ID: 18844 Location: PC-C186 \$89

#### Fiber Arts: Felted Penguin

Use locally sourced alpaca fibers and sheep's wool to create an adorable penguin. You'll have a chance to make your own unique penguin and leave with some materials to continue creating on your own. Your instructor will walk you through each step as you discover the art of dry felting and uncover the joy of handcrafting something special. Your instructor is the co-owner of Sundrop Alpacas in Bement, Illinois.

All materials provided.

10/15 Wed 5:30-8:30 PM Class ID: 19000 Location: CE \$89

#### **Painting the Still Life**

Still-life painting is an exceptional way to explore the fundamentals of paint and painting. The focus of this workshop is direct observation of simple still-life objects to create single-session paintings. You will learn about tonal and chromatic development, materials, and the handling of paint. You can use either acrylic or oil paint. Paula McCarty, MFA, will conduct the workshop.

Appropriate for beginner and intermediate painters. Oil and acrylic painters are welcome. A supply list is available online. New students can expect a materials list of approximately \$130; existing painters may need to augment their current supplies.

 11/4-12/2
 Tue 6-8:30 PM
 no class 11/25

 Class ID: 19027
 Location: PC-C190
 \$159

#### **Portrait Painting Simplified**

How much information do we really need to paint a convincing likeness? Analyze shapes of light and dark while experimenting with a minimalist approach to painting a convincing likeness. Mixing skin tones and universal proportions will be discussed. You will work from photographs while instructor Paula McCarty, MFA, conducts the workshop.

For advanced beginner and intermediate painters. Oil and acrylic painters are welcome. A supply list is available online. New students can expect supplies of approximately \$130; experienced painters may need to augment their current supplies.

9/30–10/21 Tue 6–8:30 PM Class ID: 19026 Location: PC-C190 \$159

#### Punch Needle Embroidery: Create a Tufted Ornament

Explore the art of punch needle embroidery in this fun and engaging course designed for all skill levels! Learn the basics of this versatile craft while using provided tools and materials to create a small tufted ornament from start to finish. Choose from a variety of predesigned patterns or express your creativity by designing your own. Whether you're new to needlework or looking to expand your crafting skills, this hands-on class will guide you through each step, leaving you with a unique handmade keepsake to take home. All materials provided.

12/2 Tue 6-8:30 PM Class ID: 19007 Location: CE \$49 12/9 Tue 9:30 AM-12 PM Class ID: 19008 Location: CE \$49

## language & writing

#### **Beginning Conversational French**

Proper pronunciation is important for good communication. This course has been carefully crafted to ensure you will have no trouble pronouncing French words correctly. You will learn how to communicate at the airport and hotel, how to talk to hotel employees, and how to communicate in restaurants. Each lesson also includes cultural tips. Hand and body gestures mean different things in different cultures. For example, do you know the proper way to point to avoid offending people in France? This course will tell you. You will be pleased with your quick progress, and you will be prepared for your next trip! "I have learned an incredible amount of French from this beginning class. I think that is mostly due to the class format and teaching style of the instructor. Merci beaucoup!" -Ed2go student

#### Register at ed2go.com/pc.

10/15-11/21	24 hours	ONLINE	\$130
11/12-12/19	24 hours	ONLINE	\$130
12/17-1/23	24 hours	ONLINE	\$130

#### **Instant Italian**

This dynamic course will teach you how to express yourself comfortably in Italian. You'll read, hear, and practice dialogues of everyday words which will teach you to communicate in a wide variety of settings. "I found the information in the class to be very useful and just the thing I needed to be able to go to Italy and communicate in an understandable and basic way. Professor Bertoldi's explanations were very clear and the additional information available for each lesson was very helpful." –Ed2go student

#### Register at ed2go.com/pc.

10/15–11/21	24 hours	ONLINE	\$130
11/12-12/19	24 hours	ONLINE	\$130
12/17-1/23	24 hours	ONLINE	\$130

#### **Beginning Writer's Workshop**

Some of the best works of fiction and nonfiction were crafted in a writer's workshop. This online course will help you write your own creative piece. Like a true writing workshop, you will learn literary techniques, peer review a classmate's work, and receive constructive criticism on your work. In addition, you will learn how to move your work from the prewriting stage to editing and final revision. You will also learn how to use literary devices, meaningful dialogue, and imagery in your different drafts. By the end of this online workshop, you will have a thoroughly developed creative writing piece. You might even be ready for publication!

#### Register at ed2go.com/pc.

10/15-11/21	24 hours	ONLINE	\$146
11/12-12/19	24 hours	ONLINE	\$146
12/17-1/23	24 hours	ONLINE	\$146

#### **Conversational Japanese**

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Gain cultural knowledge and learn useful conversational phrases and vocabulary words particular to a specific area of travel. You'll practice these in drills, interactive exercises, and dialogues. In each lesson, you'll find helpful audio aids and Japanese words written in the English alphabet. This technique will allow you to bypass one of the biggest obstacles for most beginners of Japanese: the letter system. By the end of this course, you'll have acquired basic conversational skills that enable you to travel around the country easily, and you'll have discovered the heart of Japan!

"The course was outstanding!! The approach and method of teaching was completely appropriate ...The instructor's pleasing personality was very evident in each lesson... In addition, her pride in being a guide to her native language and customs embellished the lessons with an exceptionally pleasant atmosphere and authenticity. I look forward to enrolling in her future courses." -Ed2go student

#### Register at ed2go.com/pc.

10/15-11/21	24 hours	ONLINE	\$130
11/12-12/19	24 hours	ONLINE	\$130
12/17-1/23	24 hours	ONLINE	\$130

#### **Writing for Children**

Discover what you need to know to write for children. If you are a beginner writer, this course will help you transform your book idea into a finished product. If you are an already successful writer, this course will help you explore new opportunities and markets for your work. You will explore the changing world of children's literature and understand the various formats, including picture books, chapter books, middle grade or young adult novels. You will get insights from publishing professionals to gain a better understanding of the needs of today's market. You will receive valuable tips about creating your manuscript, and even practice writing a query letter to submit to a publisher. By the time you finish this course, you will have all the tools and resources you will need to begin navigating the world of children's publishing and to continue growing as a writer for children. Register at ed2go.com/pc.

## 10/15-11/21 24 hours ONLINE \$130 11/12-12/19 24 hours ONLINE \$130 12/17-1/23 24 hours ONLINE \$130

## culinary

#### Apple Pie with Lattice Crust

Perfect crust and a delicious fall apple filling make the perfect pie. Learn the secrets to producing flaky, flavorful pie crust as well as weaving the beautiful lattice for a finishing touch. Instructor Heidi Gerber will guide your use of the best ingredients so you take home a piece of perfect fall season pleasure.

This is a make-and-take-home-to-bake class. Bring a 9-inch pie pan.

11/4 Tue 6-8:30 PM Class ID: 19006

Location: PC-X118

#### new Cider Tasting and Making

Over the ages hard cider transformed from an ancient everyday drink to a refined and refreshing beverage. Explore the art and science of hard cider, including tasting many styles such as English, French, and New World ciders. Participants will enjoy the rare opportunity to broaden their theoretical knowledge of cider making while honing their sensory skills on a variety of quality ciders. Must be at least 21 years of age. Street parking only.

Sat 2-4 PM Class ID: 19014 Location: The Bee Space \$89

#### new Cookie Decorating

Learn the basic skills and tools to be a cookie artist. As you become familiar with the tools of the trade, you'll decorate several cookies using outline and flood techniques, and you'll practice those techniques with various frosting consistencies. Work on wet-on-wet designs and, of course, use sprinkles to enhance your works of art. You will take home approximately five frosted cookies.

Bring a lidded container. All materials provided.

Wed 6-9 PM Class ID: 18845 9/17 \$79

Location: PC-X118

Christmas

Mon 6-9 PM Class ID: 18996 12/15

Location: PC-X118 \$79

#### Focaccia Bread Baking: From Dough to Delicious

Discover the joy of making your own focaccia bread in this fun and flavorful hands-on class! Learn step-by-step how to mix, knead, proof, and bake this iconic Italian flatbread. Explore techniques for achieving that signature airy texture and crispy crust and create with a variety of savory toppings—from herbs and garlic to olives and sundried tomatoes. Leave with a freshly baked focaccia and the skills to recreate it at home. Come hungry and ready to bake!

Bring a 8"x11" container with airtight lid.

10/23 Thu 6-8:30 PM Class ID: 19031

Location: PC-X118

#### Fried Rice Flour Cake with Egg and Thai Tapioca Red Tea

Step into the vibrant world of Asian street food and drinks in this hands-on class! Make a delicious savory fried rice flour cake with egg — a popular dish known for its crispy edges and chewy texture, often found sizzling on hot griddles in Southeast Asia. Pair your creation with a refreshing Thai tapioca red tea. A fun cultural dive into two beloved Asian staples. No prior cooking experience necessary—just come hungry and ready to cook!

Bring two lidded containers.

10/14 Tue 10 AM-12 PM Class ID: 19037

Location: PC-X118 \$89

#### new Indo-Chinese Meal

Explore popular Indo-Chinese dishes combining bold flavors with fast, high-heat cooking techniques. You'll create Chicken Manchurian prepared two ways (dry and gravy), Vegetable Fried Rice, and a crisp Soy-Garlic Cabbage Salad. Perfect for fans of tangy, spicy, streetstyle meals. Share the meal at the end of class and prepare to take home lots of flavor tips.

Bring two lidded containers.

10/28 Tue 6-8:30 PM Class ID: 19038

Location: PC-X118 \$89

#### **Mead Tasting and Making**

Investigate and celebrate the world's oldest fermented beverage, mead (honey wine). This class will introduce you to the characteristics of various mead styles, such as traditional, fruit, and high-gravity meads. Improve your palate with an accompanying mead tasting illustrating the principles of mead-making. Award-winning mazer and certified mead judge Maggie Wachter will be your instructor.

Must be at least 21 years of age. Street parking only.

11/22 Sat 2–4 PM Class ID: 19012

Location: The Bee Space \$89



#### Simple and Sassy Sauces and Dressing

Transform everyday meals with delicious homemade sauces and dressings! Create classic warm sauces like bechamel and hollandaise, starting with fundamental techniques such as making a roux. Then, dive into the world of fresh, flavorful dressings—perfect for green, vegetable, fruit, and pasta salads. Explore the right balance of liquids, seasonings, and fresh ingredients to craft dressings that elevate any dish.

All materials provided. Bring three lidded containers.

10/4 Sat 1–3 PM Class ID: 18882

Location: PC-X118 \$89

#### new Thai Flavors Experience

Learn to balance bold, aromatic Thai flavors while preparing a delicious meal that includes chicken saute in Thai saute sauce, classic pad thai, a fresh Thai coriander mint lime salad, and the beloved dessert sticky rice with mango. Perfect for flavor explorers who want to discover authentic Thai ingredients and techniques. Expect a full meal, new skills, and plenty of Thai zest to take home!

Bring two lidded containers.

11/19 Wed 6-8:30 PM Class ID: 19040

Location: PC-X118 \$89

## **new** Vietnamese Pho Bo and Iced Milk Coffee

Warm up with the comforting flavors of Vietnam in this hands-on class. Learn how to prepare pho bo—traditional Vietnamese beef noodle soup—from crafting a rich, aromatic broth to assembling the perfect bowl with rice noodles, tender beef, and fresh herbs. You'll also make classic Vietnamese iced milk coffee (cà phê sữa dá), known for its bold, smooth flavor and creamy sweetness. Perfect for anyone who enjoys exploring global cuisine, discovering new techniques, and tasting delicious results. No experience needed—just bring your curiosity and appetite!

Bring two lidded containers.

11/11 Tue 10 AM-12 PM Class ID: 19039

Location: PC-X118 \$89

#### Yule Log (Bûche de Noël)

Until the 1800s, it was a custom for extended families to select a log to bring home and burn for Christmas celebrations. Today, a rich chocolate Christmas cake carries the symbolism of this tradition. Instructor Doris Klenke will walk you through the perfect way to prepare the filling, cake roll, and frosting and help spark your creative side with decoration ideas that will culminate in a treat for both the eyes and the stomach.

Bring two lidded food containers.

12/4 Thu 6-8:30 PM Class ID: 18829

Location: PC-X118 \$89

12/9 Tue 6-8:30 PM Class ID: 19274

Location: PC-X118 \$89



#### Healthy Cuisine From Around the World \$249

Embark on a culinary journey around the world in this exciting three-class series led by instructor Doris Klenke. Each session explores a unique and healthy dish. Discover essential cooking techniques, bold flavors, and the cultural stories behind these iconic recipes. Perfect for food enthusiasts of all skill levels, this series will inspire your inner chef and expand your global palate.

#### new Bún Chay: Vietnamese Noodle Bowl Night

Learn to make bun chay, a delightful vegetarian take on the classic noodle bowl. You'll master the art of preparing perfectly balanced sauces, fresh herbs, crunchy vegetables, and tender rice noodles, all topped with crispy tofu or your choice of protein. Explore the secrets behind this healthy and delicious dish, perfect for any meal. Whether you're a seasoned cook or a kitchen novice, this class will inspire your culinary creativity. Join us for a fun evening of cooking, tasting, and celebrating the bold and refreshing flavors of Vietnamese cuisine!

Bring two lidded containers.

9/11 Thu 6-8:30 PM Class ID: 18883 Location: PC-X118 \$89

#### **new** North African Chicken and Rice

Learn to prepare a fragrant and savory chicken and rice dish infused with bold spices like cumin, coriander, and turmeric. You'll master techniques for creating perfectly tender chicken and fluffy, flavorful rice, all enhanced with traditional ingredients like preserved lemons, olives, and fresh herbs. This dish is a comforting, crowd-pleasing favorite that's as nutritious as it is delicious. Whether you're new to the kitchen or a seasoned home chef, this class offers a delightful exploration of North African cuisine.

Bring two lidded containers.

10/2 Thu 6-8:30 PM Class ID: 18884 Location: PC-X118 \$89

#### new Cioppino Stew: A Taste of the Sea

Dive into the flavors of the coast with this class dedicated to cioppino, the classic Italian-American seafood stew. Learn to craft a rich, savory, tomato-based broth brimming with the freshest catches, such as shrimp, mussels, clams, and fish. You'll discover the secrets to balancing spices, herbs, and wine to create a dish both comforting and elegant. Perfect for entertaining or a cozy night in, cioppino is a versatile, show-stopping meal.

Bring two lidded containers.

11/6 Thu 6-8:30 PM Class ID: 18885 Location: PC-X118 \$89



## recreation

#### **Introduction to Orienteering**

Learn to find your way to various checkpoints with the aid of a map and compass. Some courses are on paved paths and some are on more rugged terrain, all the way to bushwhacking courses. You'll join instructor Matt Plutz in the classroom for some basic introductions to map and compass reading. Then you'll have a chance to practice your newly acquired skills on a field course at Lake of the Woods in Mahomet, Illinois.

Activity level: For the field portion of class, plan to walk 3 to 4 miles. Much of this will be on uneven ground. To best prepare, wear comfortable shoes and pants because you may walk through some areas of tall grass or brush. Bring a water bottle. Class will be held in rain. 9/17–9/20 Wed 6–8 PM & Sat 10 AM–1 PM Class ID: 18860 Location: CE & Lake of the Woods \$69

#### **Pistol One: Fundamentals**

If you are new to firearms and have an interest in firing a handgun, this class is for you. Ownership of a handgun is not required, nor is a FOID card. Your instructor will guide you through your first experience on the range with a .22 caliber handgun, and there will be plenty of classroom time for discussion and questions.

Registration closes 10/29. Bring your own safety glasses and hearing protection. Ammunition and handguns will be provided. An Illinois Firearm Owner Identification (FOID) card is not required.

11/1 Sat 9 AM-12 PM Class ID: 19028 Location: High Caliber \$99

## history

#### Champaign History Walking Tour: University of Illinois Haunts and Legends Tour

The University dates back to 1867, and rumors of hauntings, scary stories, and oddities have been passed down from generation to generation. Join us for this spooky tour as we explore these legends, how truthful they are, and tell you tales of the University's past.

Wear comfortable shoes. The tour meets and begins at the Illinois Union Anniversary Plaza (near the patio area outside facing the quad). Be aware of parking regulations on campus. Visit parking. illinois.edu to make a parking plan. Please arrive 15 minutes before the scheduled tour time. No refunds after October 1.

10/9 Thu 10–11:30 AM Class ID: 19029 Location: Illinois Union Anniversary Plaza \$25

## home & garden

#### **Canning**

Join award-winning canner Sue Tiger as she walks you through the process of making delicious canned goods. Canning gives you control over what you put into your food, tastes better than store-bought products, and is cost effective. Learn the techniques and processes for canning safely. You'll get a background on the science behind the canning process as you work. Not only will you take home step-by-step instructions for the delicious recipe, but you'll also leave with your own canned food to enjoy and share.

All supplies are provided.

Salsa

9/28 Sun 2-4:30 PM Class ID: 19001

Location: PC-X118 \$89

Sauces: Pizza and Spaghetti

10/5 Sun 2–4:30 PM Class ID: 19002

Location: PC-X118 \$89

#### **Hands-On Chicken Processing**

Learn to efficiently and safely harvest a chicken in this hands-on class for those interested in how their food gets on their plates, DI-Yers, and those raising backyard flocks. Using step-by-step instructions, Penny Gioja will cover the legal aspects, tools, and equipment needed; food safety and sanitation; and processing a chicken from live to ready to cook.

Includes one meat chicken. Bring an iced cooler and wear closedtoe shoes and comfortable clothes you don't mind getting dirty or stained.

10/11 Sat 1–3:30 PM Class ID: 18859 Location: Joy of Illinois Farm \$89

#### **Friendsgiving Floral Bottle Arrangement**

Join us as we use fresh flowers to create a "bottle bouquet" arrangement using a Flora Cheers foam ring. When this arrangement is complete, it will make a great gift for family or friends.

Registration deadline 10/24. All tools and materials provided.

11/8 Sat 1–3 PM Class ID: 19023

Location: PC-W120 & W122 \$89

#### **new** Thanksgiving Buffet Arrangement

Join us as we use the rich colors and textures of fall to create a modern floral design. Carol Kamradt, ICPF/ICD will guide you to create an upright vase arrangement to grace your Thanksgiving buffet. Registration deadline 11/7. All tools and materials provided.

11/22 Sat 9:30–11:30 AM Class ID: 19024

Location: PC-W120 & W122 \$89

11/22 Sat 1–3 PM Class ID: 19025

Location: PC-W120 & W122 \$89

#### Holiday Greens Arrangement

Join us to build your own fresh greens arrangement to add to your holiday decor this year. Instructor Carol Kamradt, ICPF/ICD, leads you through an informative discussion as you create an arrangement of fresh holiday greens with tips on how to embellish with finishing touches.

Registration deadline 11/21. All tools and materials provided. Since greens may contain sap, we recommend you bring a pair of garden gloves.

12/6 Sat 9:30–11:30 AM Class ID: 19021

Location: PC-W120 & W122 \$89

12/6 Sat 1–3 PM Class ID: 19022

Location: PC-W120 & W122 \$89

#### **Houseplant Care and Maintenance**

A great fit for those looking to transform a space into a green oasis. If you're facing challenges in keeping plants alive, this workshop is for you. Discover the best plants for your specific environment and learn how to nurture them for optimal growth. Take home two potted plants to add vibrancy to your indoor space. Handouts and plants will be provided.

Bring two 6- to 8-inch pots of your choice.

11/1 Sat 10 AM-12 PM Class ID: 19019

Location: PC-W122 \$69

#### Make Your Own Beeswax Skin Cream

Learn how honeybees produce and use wax, then find out how you can transform pure beeswax and natural oils into nourishing skin cream without additives and preservatives. Take home samples of luxurious skin cream made in class. Your instructor is beekeeper and award-winning honey producer, Maggie Wachter.

Street parking only.

9/16 Tue 6–8 PM Class ID: 19011

Location: The Bee Space \$59

#### **Overwintering Honeybee Hives**

Winters are tough on honeybees. Many hives don't make it through the Illinois winter without beekeepers' help. This class will highlight measures beekeepers can take to improve their bees' chances of survival. Learn about winter feeding, hive insulation, ventilation, and other essential preparations, including a technique for making winter sugar boards. Don't miss this opportunity to learn how to protect and help your honeybees survive the most critical time of the year. This class is for beekeepers and those concerned with honeybee survival.

9/24 Wed 6–8 PM Class ID: 19010

Location: CE \$29

#### **Introduction to Welding**

Learn the basics of welding on the weekend. Welding is a useful skill for car mechanics, general hobbyists, artists, and those interested in DIY home and farm repair projects. In just five Sundays, discover the welding methods and safe operating practices of stick (SMAW) and MIG (wire, GMAW). Practice what you've learned in the lab and work on a project of your choice.

Bring a pair of safety glasses and gauntlet-style welding gloves. Both items can be found reasonably priced at most home improvement stores or online. No open-toed shoes or frayed clothing. Wear non-synthetic clothing.

10/12-11/9 Sun 3-6 PM Class ID: 19004

Location: PC-T131 & T132 \$299



### travel

#### **Armchair Presentations**

Join us on adventures near and far as our presentations give you unique perspectives of travelers' experiences.

#### new Sicily

In the midst of the Mediterranean, discover an island with personality all its own—full of flavor and teeming with one-of-a-kind art, mosaics, and architecture. Every visit in Sicily reveals unexpected treasures. You'll start at the bayside city of Palermo, progressing to the hilltop town of Monreale, several UNESCO World heritage sites, the ancient ruins of Segesta and Erice, Agrigento, and Siracusa, ending in Taormina.

10/14 Tue 1:30-3 PM Class ID: 18874

Location: CE \$15

#### **new** England, Denmark, and Norway

Join Robin Goettel for an enchanting journey through Northern Europe from the comfort of your seat! Your adventure begins in Harrogate, England, a charming spa town where you'll explore exquisite fan collections in historic homes and the Mercer Art Gallery. Next, travel to Copenhagen, Denmark, to visit magnificent castles and palaces steeped in royal history and colorful harbor district with its historic buildings and canals. Finally, venture to Norway, where breathtaking fjords, cascading waterfalls, and dramatic mountains await. Experience the scenic beauty of Bergen, Flam, and Oslo—complete with a stunning railway journey and an insider's tour of the Norwegian capital. Don't miss this opportunity to discover history, culture, and natural wonders without packing a suitcase!

11/18 Tue 1:30-3 PM Class ID: 18994

Location: CE \$15

## Remember the Ladies: A Victorian Experience in LaSalle

Step back in time and explore the lives, luxuries, and limitations of 19th-century women on this immersive day trip to LaSalle, Illinois. Begin your journey with a guided tour of the stunning Reddick Mansion—a 22-room Italianate home built in 1855 and believed to be one of the most ornate private residences in Illinois before the Civil War. After touring the mansion's grand interiors, enjoy a delicious catered lunch featuring house-made quiches, soups, salads, and sweets at the I&M Canal Visitors Center. Following lunch, historian and storyteller Tricia Kelly brings the past to life in her captivating one-woman show, Interview with a Victorian. Through first-person interpretation, Tricia reveals the real stories behind Victorian life—covering everything from childhood and courtship to motherhood and mourning. Lunch is included, buffet style. Menu: spinach, sun dried tomato, and feta quiche and quiche lorraine. Fresh Caesar salad and baby greens salad, cheddar broccoli soup. A variety of desserts and water or tea to drink. No refunds after 9/23. If mobility/accessibility is an issue for you, please contact our office with any questions before registering. 10/21 Tue 7:15 AM-4:45 PM

Class ID: 19032 Location: CE \$119

## Springfield Historic Homes: A Journey Through Art, Architecture, and History

Join us for an enriching day exploring Springfield's cultural and architectural gems! Our adventure begins with a guided tour of Edwards Place, a beautifully preserved historic home offering a glimpse into 19th-century life. Next, immerse yourself in the architectural brilliance of Frank Lloyd Wright with a visit to the iconic Dana-Thomas House, a masterpiece of Prairie School design. Midday, relax and savor a delicious lunch at one of Springfield's charming local eateries. Our day concludes with a tour of the Vachel Lindsay Home, where you'll learn about the life and works of the celebrated poet and visionary.

Tours and transportation are included. Lunch is additional. Parkland shuttle bus departs from Community Education parking lot. No refunds after October 15.

11/5 Wed 7:45 AM-4:45 PM

Class ID: 19030 Location: CE \$79

#### **new** Overnight Trip: Christmas in St. Louis

Celebrate the magic of the holiday season with a festive overnight getaway to Christmas in St. Louis! This two-day adventure begins with comfortable accommodations at the Drury Inn Forest Park and an unforgettable Italian dinner at Favazza's on The Hill. After dinner, experience the breathtaking Garden Glow at the Missouri Botanical Garden. Stroll among over one million dazzling lights that transform the garden into a winter wonderland, complete with holiday music, festive displays, and perfect photo opportunities. Day two begins with a hot breakfast at the hotel before setting out on a guided tour filled with sweet treats and holiday charm. Visit the Chocolate Chocolate Chocolate Company for a behind-the-scenes look (and taste!) at how fine chocolates are made. Next, stop at the Missouri Baking Company to shop for your favorite baked goods and take home a goody bag of cookies. Then step back in time at the beautifully decorated Campbell House Museum, a stunningly restored Victorian home that captures the elegance of the 1880s. Before heading home, enjoy lunch on your own at vibrant Ballpark Village. This festive escape is the perfect way to kick off the holiday season—full of flavor, fun, and holiday cheer! Occupancy: each room has two double beds. Each participant needs to register.

Included: Parkland shuttle bus transportation, all tours, overnight hotel accommodation, dinner on day 1. Bus departs from Community Education.

NOT included: lunch on day 2. Registration deadline 9/30. No refunds after this date.

Activity Level: This tour will keep you on your feet for extended periods. If mobility/accessibility is an issue for you, please contact our office with any questions prior to registering.

Note: the Garden Glow event is outside and involves walk throughout the Garden on paved, lit pathways. Dress accordingly for weather and wear comfortable shoes.

12/2-12/3 Tue 12 PM-Wed 5 PM

SINGLE	Class ID: 19033	\$449
DOUBLE	Class ID: 19034	\$379
TRIPLE	Class ID: 19035	\$279
QUAD	Class ID: 19036	\$279



"Campbell House Museum" by kevinpsiu is licensed under CC BY 2.0.



"Climatron, Missouri Botanical Gardens" is licensed under CC BY-SA 3.0.

## computers & technology

#### **Using AI to Grow Your Business**

In today's competitive business environment, combining the power of artificial intelligence (AI) with the reach of social media can help you accelerate growth, enhance customer engagement, and streamline operations. This class is designed for business owners, entrepreneurs, and anyone who wants to harness the latest AI tools and social media strategies to achieve their business goals. Gain a clear understanding of blending AI technology with social media strategies to optimize your marketing efforts, increase brand awareness, and drive tangible business growth. Whether you're looking to attract new clients, improve engagement, or streamline your marketing processes, you will leave with the tools and techniques to succeed in the digital age.

Sign up for a free ChatGPT account.

11/12 Wed 5:30-8:30 PM Class ID: 19069

Location: CE \$145

#### **Excel: Format Like a Pro**

Do you want to make your worksheets look professional, engaging, and easy to read? Learn formatting and simple tips and tricks to quickly clean up your spreadsheets. Learn shortcuts to adjust column and row sizing, apply special number and date formats, use font color, fill cells, add borders effectively, apply cell styles, master format painter, and discover conditional formatting.

10/28 Tue 1–3 PM Class ID: 19059

Location: CE \$145

## Excel: PivotTables, Charts, and Dashboards, Oh My!

Learn the essentials of managing data and creating PivotTables in Excel. You will use PivotTables to summarize, sort, count, and chart your data. Learn how to build PivotTables, add calculated fields, and format your layout to make it easy to read. You will also create PivotCharts, slicers, and dashboards to help you visualize your data.

9/18 Thu 1–3 PM Class ID: 18922

Location: CE \$125

11/13 Thu 1-3 PM Class ID: 19063

Location: CE \$145

## Excel: Function, Function, What's Your Function?

Do you want more out of Excel? Have you ever needed to pull specific data out of a spreadsheet? Ever thought to yourself, Isn't there an easier way? Unravel the mystery of functions by exposing the most useful ones in Excel. You will start with logical functions (IF, SUM IF, SUM IFS) to help you create comparisons in your formulas. From there, you will move on to conditional functions (AND, OR) to quickly highlight important information in a spreadsheet. Discover how to find and retrieve data with the new XLOOKUP function and learn how they will assist you in tables of data, along with DSUM, DAVERAGE, and DCOUNT. Learn how to use the SORT, FILTER, and UNIQUE functions as well as date functions like WEEKDAY, NETWORKDAY, EOMONTH, and EDATE.

11/4-11/6 Tue & Thu 9-11 AM Class ID: 19060

Location: CE \$145

#### **Excel Essentials**

Designed for beginners, this course will guide you through creating, modifying, formatting, and printing worksheets. You'll explore essential formulas, functions, and shortcuts to use Microsoft Excel efficiently and confidently.

10/21-10/23 Tue & Thu 1-3 PM Class ID: 19058

Location: CE \$145

#### **new** Must Know Excel Tools

Master the essential Excel tools every professional needs in this focused, hands-on class. Whether you're analyzing data, managing budgets, or streamlining workflows, Excel offers powerful features to save time and boost accuracy. You will learn how to link spreadsheets and workbooks, audit formulas, set up tables correctly, and validate data. Use the new analyze data feature in Excel 365 as well as practice shortcuts like go to special, find and replace formatting, inserting checkboxes, and managing preferences. Finally, impress your coworkers by learning how to use copilot/ChaptGPT to help with data analysis! Designed for beginners to intermediate users, this course is perfect for professionals, students, and anyone looking to build confidence and speed in Excel.

12/2 Tue 1–3 PM Class ID: 19074

Location: CE \$145

## Easy Data Analysis Using Excel Power Pivot & Power Query

Are you struggling to get your data to cooperate? Power Query is here to make your life easier! This powerful Excel feature lets you effortlessly import data from multiple sources and clean, transform, and reshape it to fit your exact needs. In this engaging course, you'll learn how to import, merge, rearrange, and clean your data, and then repeat the process with just one click whenever your data changes. Next, dive into Power Pivot to create a dynamic data model from multiple tables, bring in additional data, build relationships, and create custom calculations to analyze your data effectively. Basic knowledge of PivotTables is required to make the most of this course.

9/25 Thu 1–3 PM Class ID: 18923

Location: CE \$125

11/18 Tue 1-3 PM Class ID: 19061

Location: CE \$125

#### **Python Developer**

Python's popularity has steadily increased over the years due to its simplicity, readability, and extensive libraries. According to the TIOBE Index, Python consistently ranks among the top programming languages, making it a valuable skill in today's job market. Its clean syntax and intuitive nature make it an excellent choice for beginners, while its powerful features and vast ecosystem of libraries cater to the needs of experienced developers. Our Python course is perfect for both beginners and experienced programmers who are ready to start or advance their Python training. In coding, Python is widely used for web development, data analysis, scientific computing, machine learning, and artificial intelligence. By enrolling in our Python coding course, you will gain a solid foundation in Python programming and become equipped with the skills and knowledge needed to build numerous applications, from simple scripts to complex web applications. In this Python developer course, you will explore Python's applications, gain advanced sorting techniques for efficient data organization, and master mathematical operations and data manipulation. You will also understand how to perform complex numerical computations with NumPy and write modular, write reusable code with object-oriented programming in Python, and more.

Register and pay at careertraining.parkland.edu.

ONLINE, self-paced; begin upon registration \$1,124

## Looking for stronger leaders, fewer skills gaps, and lower turnover?

Partner with Parkland College for custom staff training.

In-person courses. Led by local experts. Tailored to fit your organization's biggest needs.

Whether it's leadership, safety, essential workplace skills, or technical certification, the bottom line is: training leads to higher productivity, stability, and morale.

#### **Courses in high demand:**

#### **Professional skills**

- Leading EDGE leadership series
- Essential Workplace Skills
- Computer skills
- Team building
- Career training and licensure

#### **Food Protection Manager Certification**

- HVAC and EPA 608
- Industrial Technology skills
- · Occupational health and safety

#### Mental Health

- Active Threat Response
- Wellness in the Workplace



## development

## **business & management**

#### **Power BI**

Unlock the power of your data with Power BI, Microsoft's leading business analytics tool. This hands-on course is designed for professionals who want to learn how to transform raw data into meaningful insights and visually compelling dashboards. Participants will learn how to connect to various data sources, clean and model data using Power Query, create measures and calculated columns with DAX, and build interactive reports and visualizations. Through real-world examples and guided exercises, students will develop the skills to design professional-grade reports, automate workflows, and share insights across teams.

No prior experience in Power BI is required, but familiarity with Excel or basic data concepts is recommended.

12/9-12/11 Tue & Thu 1-3 PM Class ID: 19080

Location: CE \$145

#### new Basic Bookkeeping

This course offers a practical introduction to the fundamentals of bookkeeping for small businesses. You'll learn how to record and categorize financial transactions, manage accounts, and maintain accurate financial records. Topics include understanding debits and credits, working with ledgers, managing income and expenses, and reconciling bank statements. By the end of the class, you'll be able to confidently handle the day-to-day bookkeeping tasks that keep your business's finances organized and compliant. Whether you're new to bookkeeping or looking to refine your skills, discover the essential knowledge to help you stay on top of your business's financial records.

9/30 Tue 6–7:30 PM Class ID: 18914

Location: CE \$95

## Handling Difficult Supervisors and Coworkers

Workplace challenges are inevitable—but how you respond can make all the difference. In this practical, interactive class, you'll explore proven strategies for managing difficult interactions with supervisors and coworkers while maintaining professionalism and protecting your well-being. Learn how to:

- identify common types of challenging behaviors and their root causes
- communicate assertively and set clear boundaries
- stay calm and focused under pressure
- address conflict constructively and avoid escalation
- foster a more positive, collaborative work environment

10/2 Thu 9–11 AM Class ID: 19073

Location: CE \$145

## Introduction to Lean ProcessManagement

This engaging and interactive course introduces professionals to the core principles of Lean Process Management. Designed as the ideal entry point for those seeking to improve efficiency, reduce waste, and foster a culture of continuous improvement, this course sets the stage for future Lean Six Sigma Green Belt certification. Participants will explore the foundational tools and philosophies of Lean—including value stream mapping, 5S, visual management, and the 'People First' approach—through real-world examples, group discussions, and guided activities. The course is ideal for professionals across industries and is delivered in a dynamic, in-person format with opportunities for networking and collaboration.

Bring materials for note-taking (pen/pencil, notebook, sticky notes, highlighters, and calculator (optional). You should also have a way to access online materials. Thanks to our Noncredit Strategies at Work (NSAW) grant, we're offering a 50% discount on this class; the price has already been reduced.

9/2-11/4 8:30 AM-12 PM Class ID: 19071

Location: CE \$249.50

## **new** Automation for Small to Mid-Sized Businesses

In today's tight labor market, small and mid-sized businesses (SMBs) are under increasing pressure to do more with less. This course empowers business owners and operational leaders to leverage no-cost and low-cost automation tools that can significantly enhance productivity, reduce manual effort, and free up time for strategic work. From automating tasks like invoicing and appointment scheduling to optimizing project management and CRM workflows, this hands-on session explores practical tools that are accessible, affordable, and transformative. Participants will leave with a clearer understanding of automation opportunities and how to begin integrating them into their own operations for immediate impact.

Bring materials for note-taking:pen/pencil, notebook, sticky notes, highlighters, and calculator (optional). A laptop or tablet is recommended for tool demonstrations. Thanks to our Noncredit Strategies at Work (NSAW) grant, we're offering a 50% discount on this class; the price has already been reduced.

9/2–11/4 1–4 PM Class ID: 19072

Location: CE \$249.50

#### **Introduction to Nonprofit Management**

Part of the Nonprofit Leadership Series

What is a nonprofit? How do they work? What do they do—and what challenges do they face? This introductory, 3-hour class explores the unique role of nonprofits and sets the foundation for effective leadership in the sector. You will:

- Define the purpose, structure, and distinguishing characteristics of nonprofit organizations
- Understand how nonprofits differ from public and for-profit entities
- Identify key responsibilities of boards and executive leadership, and distinguish between governance and management
- Explore core operational areas including fundraising, finance, program delivery, advocacy, impact measurement, and communication
- Discuss common challenges and ethical considerations, including stakeholder engagement and inclusivity
- Apply basic leadership principles to real-world nonprofit scenarios
  is session is ideal for emerging leaders, new board members, or

This session is ideal for emerging leaders, new board members, or anyone curious about working in the nonprofit space.

\*Required for enrollment in the Nonprofit Leadership Series.

Thanks to our Noncredit Strategies at Work (NSAW) grant, we're offering a 50% discount on this class; the price has already been reduced.

**10/15** Wed 1-4 PM Class ID: 19351

Location: CE \$49.50

10/20 Mon 8:30-11:30 AM Class ID: 19352

Location: CE \$49.50

#### Launch Your Nonprofit Leadership Journey!

After completing Introduction to Nonprofit Management, take the next step with our full Nonprofit Leadership Series.

**Build Confidence & Skills: Core Course Modules** 

- Strategic Planning
- Financial Standards
- Mission Development
- Stakeholder Engagement

Apply What You Learn: Capstone Project + Mentorship
Put your knowledge into action. You'll be matched with a
local business or nonprofit leader to complete a capstone
project that reflects the realities and rewards of nonprofit
leadership. This guided experience supports both skill development and career growth.

#### Go Deeper: Electives

Tailor your learning through deep-dive electives in leadership, operations, technology, and communication—offered in both online and in-person formats. These courses expand your perspective and equip you to meet emerging challenges in the nonprofit world.

#### Stay tuned for more details!



#### Accounting Strategies Series \$240

Take control of your small business finances with our three-part Small Business Accounting Series! Whether you're just starting out or looking to sharpen your skills, these 90-minute courses will give you the practical tools to manage your money with confidence. From mastering the basics of accounting and setting up your books to creating effective budgets, managing cash flow, and understanding taxes—this series has you covered. Learn how to make informed financial decisions, stay on top of your tax obligations, and ensure long-term business success. Don't miss this chance to gain essential skills to help your business thrive!

#### Small Business Accounting Basics

Discover key accounting concepts and practical steps for managing finances in a small business. Learn essential terms like assets, liabilities, equity, revenue, and expenses, and understand the accounting equation, cash vs. accrual methods, and key financial statements (balance sheet, income statement, cash flow statement). We'll also cover setting up an effective accounting system, including choosing the right software, creating a chart of accounts, and best practices for tracking income and expenses. You'll leave with the tools to maintain accurate financial records and manage your business's finances with confidence.

9/9 Tue 6-7:30 PM Class ID: 18927 Location: CE \$95

#### Budgeting and Managing Cash Flow

Learn essential strategies for managing cash flow and creating effective budgets to ensure the financial health of your small business. Explore the importance of cash flow management, including how to prepare and use a cash flow forecast, manage receivables and payables, and implement strategies like early payment incentives and inventory control to maintain a positive cash flow. Then focus on budgeting and financial planning. You'll learn how to create a simple, actionable budget, forecast revenues and expenses, and monitor performance against your budget. We'll also discuss how to adjust your budget based on actual results to stay on track with your financial goals.

9/16 Tue 6-7:30 PM Class ID: 18925 Location: CE \$95

#### Taxes, Reports, and Decision-Making

Small business owners will discover the essential knowledge for managing tax obligations and leveraging financial reporting for better decision-making. We'll cover the basics of tax responsibilities, including understanding common deductions and credits, key tax filing deadlines, and the importance of maintaining accurate tax records throughout the year. We'll also focus on using financial reports to guide business decisions. Learn how to interpret key performance indicators (KPIs), analyze financial statements, and apply important financial ratios like profit margin and current ratio to assess the health of your business and make informed choices.

9/23 Tue 6-7:30 PM Class ID: 18929 Location: CE \$95





#### **Essential Workplace Skills**

Promote critical workplace behaviors and ensure workers are set up for success, regardless of industry. Created in collaboration with employers and industry professionals, the Essential Workplace Skills series provides an intentional and consistent approach to soft skills training. Each workshop includes small-group and individual activities for an interactive learning experience. You will leave with tools and action plans for immediate integration in the workplace.

#### **Practicing Professionalism at Work**

A true professional is one who adds value to their organization. Crosscheck your professionalism against best practices. Learn how to positively influence coworkers and customers, relate to diversity, and adapt to various work environments. Understand how to use feedback to improve performance and be seen as a problem-solver. Leave with new tools that help you contribute to a healthy and positive workplace.

10/1 Wed 9 AM-12 PM Class ID: 19065 Location: CE \$60

#### **Communicating Effectively**

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

11/13 Thu 9 AM-12 PM Class ID: 19050 Location: CE \$60

#### **Thinking Critically at Work**

Boost your value at work by being seen as an effective problem-solver. Explore the skills and strategies behind critical thinking—what it is and how to show it. Practice adopting multiple perspectives, analyzing a variety of data, and tackling complex issues collaboratively. Discover techniques for evaluating solutions and communicating them to key stakeholders. Walk away with confidence that you know how to generate improvements to benefit yourself, your team, and the organization.

12/3 Wed 1–4 PM Class ID: 19068 Location: CE \$60

## communication

#### **new** Effective Presentation Techniques

Learn the format styles to guide you in developing an effective presentation. The objective is to ensure that your audience receives and understands the information you're sharing. Developing an effective presentation is the first step. The manner in which you present the information is equally important. You will be shown correct ways to address your audience. Some incorrect examples will also be demonstrated for comparison. You will be given the opportunity to give a five-minute presentation on a topic of your choice.

Bring your laptop or tablet.

9/23 Tue 6-8 PM Class ID: 18938

Location: CE \$145

12/9 Tue 6-8 PM Class ID: 19051

Location: CE \$145

#### A to Z Grant Writing

A to Z Grant Writing will take you through the planning process for documenting the need for funding in a Theory of Change Grant Project Planning Worksheet. Beginning with writing about what will be implemented (your vision for change and impact) when the project is funded, the worksheet begins to come to life. Exploring why funding is needed is the beginning of articulating the statement of need. You will learn how to document your projection of how, when funded, your project will initiate change. Once you've created the project's goals, the worksheet asks for inputs or resources (mirroring a logic model's format). Your thought processes and imagination will be tested in the implementation activities & timeline section. You'll also have a chance to develop outputs and outcomes for the planned project. Finally, you'll learn how to develop a project budget. Where does all of this lead? Every lesson is one step closer to having 100% of the information you'll need to write a highly competitive grant proposal. Additional features include six teachable moments videos and six choose your own adventure branching scenarios to fuel your creative thinking processes.

Register at ed2go.com/pc.

ONLINE, self-paced; begin upon registration \$143

#### **new** Effective Business Writing

Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential!

It doesn't matter whether you're a clerical worker, an engineer, or an executive. If you communicate with others in writing, you need this course to help you identify and eliminate problem areas. By the end of this course, you'll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

Register at **ed2go.com/pc.** 

ONLINE, self-paced; begin upon registration \$190

#### **Instructors Wanted!**

Get paid for sharing what you love to do. We are looking for those with a passion for learning who are willing to share their knowledge with others. Flexible hours. \$25/hour and up. Contact us at **communityeducation@parkland.edu** or 217/351-2235.

- Arts and Crafts
- Painting and Drawing
- Home and Garden
- Culinary
- History

- Technology
- Professional Development
- Career Training
- Youth



## leadership

#### The Emotionally Intelligent Leader Series \$500

Discover the transformative power of emotional intelligence in leadership through this comprehensive series designed for leaders at all levels. This program equips you with essential skills to foster authentic connections, boost employee engagement, and lead with empathy and resilience. Through interactive activities, practical tools, and expert guidance, you will be empowered to elevate your impact, strengthen workplace dynamics, and achieve sustainable success.

#### new Emotional Intelligence for Self-Mastery

In EQ for Self-Mastery, you will learn why EQ is effective. Then you will develop an understanding of the Foundations of Emotional Intelligence—Self-Awareness, Regulation, Motivation, Empathy, and Social Skills—and practical steps on how to level up each of them in your life. You will come away with deeper, clarifying awareness of your own blocks to upleveling your emotional intelligence and what your triggers are, along with practical steps to identify and cope with them. Outcomes: Understand the importance of EQ and the physiological origins of emotions; identify the five Foundational Pillars of EQ and low/high EQ behavior; learn and resolve common blocks to EQ development; understand emotional regulation through the emotional scale; and explore the basics of emotional triggers.

10/14 Tue 9 AM-12 PM Class ID: 19052 Location: CE \$149

#### Emotional Intelligence for Employee Engagement and Relationships

This course starts by harnessing the power of emotional intelligence to create more bandwidth for empathy and trust in relationships. We'll then step back to apply a framework to identify the support system you need to thrive at work and home. Because so many of us are dedicated to helping others as parents, managers, caregivers, and community members, we'll look at the growing prevalence of compassion fatigue and how to address it. Last, we will look at assertive communication and getting out of a common communication "trap" called the Drama Triangle with confidence! Outcomes: empathy, trust, and social skills through active listening; three-part support system to accelerate personal and professional growth; recognize and recover from compassion fatigue; practice the two most effective communication skills, storytelling and assertive communication; and understanding and exiting the Drama Triangle with assertive communication.

11/11 Tue 9 AM-12 PM Class ID: 19056 Location: CE \$149

## new Emotional Intelligence for Mindfulness-Based Stress Reduction

Do you experience stress, overwhelm, or exhaustion? We look at what happens in our bodies and emotions under stress; we'll get up close with our stress and identify real, proven, practical strategies to thrive—even with it. Next, we build our own definitions of resilience. Last, we will look at the common components, warning signs, and how to recover from the growing epidemic of burnout. Outcomes: Understand the physiological and emotional origins and effects of stress; learn how to thrive with stress; develop a practical definition of and practice mindfulness; create and view strategies to implement increased resilience; and learn practical strategies to identify and recover from burnout.

## **new** Emotional Intelligence for Authentic Leadership

EQ for Authentic Leadership will prime you to step into bigger leadership roles. You'll know how to create safe spaces, say the hard things, make better decisions, and leverage more of your strengths. First, you'll identify quick steps to implement to increase growth in the five emotional intelligence disciplines for you and your team. You will come away with a toolbox ready to implement psychological safety in conversations, along with a proven framework to initiate and work through difficult conversations. You will understand how to lessen impostor syndrome. Last, we will dive into how you best make decisions and your authentic leader blueprint. Outcomes: individual EQ assessment to understand growth and strength areas; strategies for psychological safety in your workplace; understand the what and why of impostor syndrome; utilize framework to practice difficult conversations; and create your authentic leader blueprint to identify where you best thrive!

11/19 Wed 9 AM-12 PM Class ID: 19057 Location: CE \$149

#### Developing the Leader Within You and Around You \$780

Leadership starts from within. Before you can lead others, you must first know how to lead yourself. And leading yourself starts with knowing yourself. How well do you know yourself? Do you know the value you bring and how you uniquely contribute to your organization or company as a leader? Join Sparkle Sanders for Developing the Leader Within You and Around You, a four-part series designed to give you the confidence, clarity, and comfort you need to not only carry out your role, but to thrive in it.

#### **new** Where's the Confidence? Three Keys to Becoming a Confident Leader

As a leader, do you struggle with "imposter syndrome"? Have you felt like you can never do anything right? Do you constantly doubt yourself and feel like throwing in the towel? Don't give up just yet! The secret to excelling and persevering as a leader is confidence. In this session, you will learn three key strategies that will help you increase your level of self-awareness and capacity; celebrate your strengths, "sweet spots", and values; and embrace your leadership and personality style. The session will be two-fold: you'll spend time learning the concepts and then applying them to your leadership.

9/23 Tue 10–11:30 AM Class ID: 19079 Location: CE \$199

#### Start With Why: Part 1 - Creating a Vision for Your Leadership

Vision is everything. It's your "why" and foundation for not only how you lead, but why you lead. Have you become stagnant in your leadership? Are you looking for a fresh perspective and new way to become engaged, excited and connected to your team and work? Let's talk vision! In this power-packed session, discover the importance of creating, knowing and communicating your leadership vision. You will learn the components of vision and how to create a vision for your leadership.

10/7 Tue 10-11:30 AM Class ID: 19077 Location: CE \$199

#### **new** Start with Why: Part 2 - Implementing Your Leadership Vision

Now that you've discovered your leadership vision, learn how to communicate, set expectations for, and carry it out within your team and throughout your organization. In this follow-up session, you will discuss and learn how to communicate and lead others to your vision, how to get others to buy-in to your vision, and how to own, take accountability for, and drive your vision as you continue lead. The session will be two-fold: you'll spend time learning the concepts and then applying them to your leadership.

10/21 Tue 10-11:30 AM Class ID: 19078 Location: CE \$199

#### new Have a Heart for It: Staying Inspired, Engaged and Connected to Your Team

In a world full of distractions, it's easy to feel disconnected and pulled away from your work and team. With so many things vying for your attention, how do you stay engaged with your staff? How do you remain connected to them even with remote and hybrid work schedules? What does it look like to foster relationships and keep them inspired on the toughest of days? Discover the answers to these questions and more during this session! You'll gain a better understanding of:

- · What truly motivates and inspires staff
- How to use this to build and stay connected to your team
- How to keep motivation and engagement going as a leader
- How to lead from a heartfelt place
- How to serve people, not just lead them
- The session will be two-fold: you'll spend time learning the concepts and then applying them to your leadership.

11/5 Wed 10-11:30 AM Class ID: 19238 Location: CE \$199

#### **Leading EDGE Certificate Series**

Join your colleagues and other professionals for tips and strategies to develop and improve the skills of extraordinary leaders. Discover the importance of communication style; the principles for success; time and priority management skills; and techniques for giving and receiving feedback, mastering conflict, and delegating. This 12-course series, offered January through December 2025, will help you build extraordinary leadership skills. To qualify for the certificate, you must complete a minimum of 44 hours consisting of 5 required courses AND at least 6 of 7 electives.

## Take Control: Reducing Email Stress and Overload

Do you feel like you could spend your entire day responding to incoming emails and never catch up? Stop the overload of emails and learn practical tips and tricks to regain control of your email systems. Explore research-proven strategies for managing emails, minimizing interruptions, and using all the tools built into your email program.

10/1	Wed 8 AM-12 PM	Class ID: 17385
Location: CE	\$299	
10/9	Thu 1-5 PM	Class ID: 17386
Location: CE	\$299	
10/15	Wed 8 AM-12 PM	Class ID: 17387

#### **Leading Change at Every Level**

\$299

Location: CE

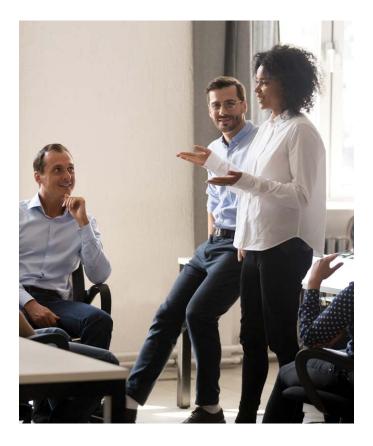
The ability to lead change has become critical in today's unpredictable workplace environment. Traditionally, CEOs have shouldered the responsibility for implementing organizational change. However, corporate cultures have streamlined, and recent research shows that change is effectively implemented when it's led by those it affects most directly. Learn how to understand and develop change leadership skills and behaviors, generate support for change efforts, and improve your ability to lead change.

10/29	Wed 8 AM-12 PM	Class ID: 17388
Location: CE	\$299	
11/6	Thu 1-5 PM	Class ID: 17389
Location: CE	\$299	
11/12	Wed 8 AM-12 PM	Class ID: 17390
Location: CE	\$299	

#### **Mastering Conflict**

All great and productive teams require conflict for them to grow. Teams that engage in constructive conflict know that the purpose is to produce the best solution in a short amount of time. Understand that conflict is a requirement and discover how to master conflict to bring out the positive changes it can produce.

12/3	Wed 8 AM-12 PM	Class ID: 17391
Location: CE	\$299	
12/10	Wed 8 AM-12 PM	Class ID: 17392
Location: CE	\$299	
12/11	Thu 1-5 PM	Class ID: 17393
Location: CE	\$299	



## marketing & sales

#### **Canva for Beginners**

Discover the power of Canva, a versatile and easy-to-use online design platform, in this hands-on course designed for beginners. Whether you're looking to create eye-catching social media posts, professional presentations, or custom flyers, this class will guide you step by step through the essential features of Canva. With personalized instructor support, you'll learn how to turn your ideas into stunning visuals and gain the confidence to design with ease. This course is perfect for those with little to no experience using Canva. While a Canva Pro account is recommended for access to premium tools and resources, it's not required. By the end of this course, you'll be equipped to create professional-level designs that stand out! To get the most out of this course, sign up for a free Canva account at canva.com. You can explore the most features with a Canva Pro account, but a free account will also work.

9/24 Wed 5:30–8:30 PM Class ID: 18915

Location: CE \$145

#### **Canva Pro: Beyond the Basics**

Learn how to effectively use Canva, the leading graphic visual editor, to create visually stunning and impactful designs for your brand or business. You'll walk away with hands-on experience and practical tips as well as a knowledge of design principles you can put to work as you create your next marketing or promotional piece. This class is best for users who have a good grasp of some of the features of Canva but would like to explore everything Canva has to offer in order to take designs to the next level. The class will include instruction on Canva Magic Studio.

To get the most out of this advanced course, sign up for a Canva Pro account at canva.com.

10/22 Wed 5:30-8:30 PM Class ID: 19053

Location: CE \$145

#### **Video Editing Made Easy With Canva**

Whether you're a teacher aiming to engage students, a business owner creating promotional content, or anyone interested in making quick videos, this course is your gateway to professional-looking productions without the technical hassle or expensive software. Learn how to craft compelling videos with ease using Canva's easy-to-navigate tools. From transitions to animations, you'll gain the skills to create videos that captivate and inspire!

To get the most out of this course, sign up for a free Canva account at canva.com. You can explore the most features with a Canva Pro account, but a free account will also work.

11/5 Wed 5:30-8:30 PM Class ID: 19054

Location: CE \$145

## new On-Camera Storytelling for Creators & Brands

This beginner-friendly, hands-on workshop is designed to help you build confidence and master the essentials of performing on camera—whether for social media, marketing, or personal branding. In just three hours, you'll analyze real-world video examples, learn practical filming techniques using everyday devices like smartphones, and create your own short testimonial or promo video. Guided by expert feedback and easy-to-follow tips, you'll develop authentic storytelling skills that connect with your audience and elevate your on-screen presence. Perfect for creators, influencers, entrepreneurs, and anyone ready to show up confidently on camera.

Recommended: a laptop or tablet for editing purposes. Download CapCut before class.

11/14 Fri 1–4 PM Class ID: 19070

Location: CE \$145

## An Overthinker's Guide to Elevator Pitches: Introducing Yourself & Your Brand

Learn how to confidently introduce yourself and your work with a short, clear "elevator pitch"—a quick way to share who you are, what you do, and why it matters. Try out simple frameworks to turn big ideas into a few meaningful sentences that reflect your unique point of view and what you bring to the table. Show up as a thoughtful professional who's open to meaningful work and ready to contribute in a positive way. Let your values come through as you connect with people about what drives you. Because making a living is important—but doing work that aligns with what you care about is even more rewarding.

Bring your laptop, tablet, or something to take notes with.

9/18 Thu 12-2 PM Class ID: 18892

ONLINE \$145

10/9 Thu 1–3 PM Class ID: 19043

Location: CE \$145

## career training

## The Travel Lab: Ultimate Course to Becoming a Travel Agent

Whether you are a newcomer to the travel industry or an experienced agent struggling to find success, this comprehensive course will help you build a thriving travel business. Tuition includes access to course curriculum, videos, twice-monthly live mentoring calls, and travel agency community access for one year. Led by award-winning travel agent Jennifer Wayland, who has more than 25 years of industry experience, this course will guide you through the essential aspects of becoming a successful travel agent. By the end of the course, you'll have the knowledge and tools to create a turnkey travel business marketing system. This course isn't just about learning; it's about empowering you to make your mark in the travel industry.

10/1–12/31 Class ID: 19067 ONLINE \$695

## Podcasting 101: How to Launch Your Dream Podcast

Ready to start your own podcast but not sure where to begin? Podcasting 101 is the perfect course for beginners who want to dive into the world of podcasting. In this course, you'll learn what equipment you need to purchase, from microphones to audio interfaces; how to operate and set up your equipment for professional-quality sound; an overview of editing software options and tips to streamline your editing process; how to upload and distribute your podcast using an RSS feed to multiple platforms; and ensuring your content reaches as many listeners as possible. By the end of this course, you'll have the knowledge and confidence to launch your podcast and start sharing your voice with the world.

10/22 Wed 5-8 PM Class ID: 19064

Location: CE \$145

## **new** HVAC Troubleshooting and EPA 608 Certification

Technician certification and servicing for types I, II, and III under EPA regulations. EPA Section 608 of the Federal Clean Air Act requires that all persons who maintain, service, repair, or dispose of appliances that contain regulated refrigerants be certified in proper refrigerant handling techniques. Learn electricity fundamentals and safety requirements to service HVAC systems. Includes hands-on practical exercises and tests.

10/6-11/12 Mon & Wed 8-10 AM Class ID: 19062

Location: PC-M133 & M135 \$795

1/5-2/11 Mon & Wed 8-10 AM Class ID: 19230

Location: PC-M133 & M135 \$795

#### **new** Getting Started in Voice-Over

This class is for both beginners and experienced actors eager to explore the voice-over industry. The course focuses on the core elements of voice-over work, with less emphasis on acting. You'll discover the various types of voice-over work, including commercials, corporate narration, audiobooks, and more. In addition, you'll gain valuable insights into the business side of the industry, such as setting up a home studio, leveraging technology, finding opportunities, and marketing yourself as a voice-over artist.

9/16 Tue 6-7:30 PM Class ID: 18964

Location: CE \$125



## workplace safety

#### **Basic Forklift**

Be knowledgeable. Be productive. Be in demand. Forklifts are critical to keeping America's inventory in motion and are the workhorses that move goods daily. Nearly every product sold in the United States has been touched by a forklift. Become a fully knowledgeable forklift operator and a vital contributor to our economy. Grey & Associates will show you how to operate a forklift safely and effectively. Become familiar with the controls, daily checks, OSHA regulations, ANSI standards, factors in center of gravity and stability, load capacity, accident statistics, and more.

Thanks to our Noncredit Workforce Training Initiative (NWTI) grant, we're offering a 50% discount on this class, the price has already been reduced. Prerequisites: You must be able to read, write, speak, and comprehend English. Dress appropriately for the weather and bring your lunch. Wear closed-toe shoes.

9/18 Thu 8 AM-4 PM Class ID: 18894

Location: CE \$199.50

#### **Food Protection Manager Certification**

Previously referred to as the Food Service Sanitation Manager Certification, this program meets the eight-hour course and exam requirements by the Illinois Department of Public Health for the Certified Food Protection Manager Certification. Prepare to take the ServSafe Food Protection Manager Certification Exam and cover the following topics:

- Preventing cross-contamination
- Cleaning and sanitizing
- Safe food preparation
- Receiving and storing food
- Methods of thawing, cooking, cooling, and reheating food
- HACCP (hazard analysis and critical control points)
- · Food safety regulations

The course and exam are administered through ServSafe and are administered by the National Restaurant Association.

Exams can be taken in English, Spanish, Chinese, Korean, Japanese, and Canadian French. The course is taught in English.

9/29	Mon 8 AM-5 PM	Class ID: 17753
Location: CE	\$229	
10/27	Mon 8 AM-5 PM	Class ID: 17754

Location: CE \$229

12/15 Mon 8 AM-5 PM Class ID: 17755

Location: CE \$229

#### **Truck Driving (CDL)**

Train to earn your commercial driver's license and prepare for a career in the trucking industry. More than 300,000 truck driving jobs are now available in the United States. Entry-level truck drivers have the potential to earn \$48,000 to \$72,000 annually. This course is for those with little or no commercial driving experience. Learn and understand everything you need to earn a CDL. Earn your CDL learner's permit after the first week of class as you learn DOT rules, regulations, and logbook requirements. The remaining weeks focus on behind-the-wheel driver training. The total program is 160 hours. Our team works with trucking industry partners to assist you with job placement.

Funding opportunities are available from Support for Workforce Training (SWFT) at 217/353-2150, parkland.edu/SWFT, or Workforce Innovation and Opportunity Act (WIOA) at 217/351-8282.

Course fees include your physical, drug screening, permit, and Secretary of State test. Call 877/350-0884 for an appointment.

Classes start every month \$5,495

## **Entry-Level Driver Training (ELDT) for Hazardous Materials**

Truck drivers with their CDLs are in-demand in the trucking industry, and being able to transport hazardous materials is a specialized driver credential that can result in more opportunities and higher pay. This course was created in collaboration with an approved training provider listed on Federal Motor Carrier Safety Administration (FMCSA)'s Training Provider Registry (TPR). This hazmat course is for commercial motor vehicle drivers seeking a hazardous materials (H) endorsement to their CDLs. After you complete this course, our system will automatically upload your ELDT records to the U.S. Department of Transportation's (DOT) TPR, and you can take your state's hazmat knowledge test. This test is usually administered at the state motor vehicle office.

Note: There are no refunds for this course. This course is excluded from standard refund policies. Once access to the course is provided, no refunds will be allowed.

Register and pay at careertraining.parkland.edu.

ONLINE, self-paced; begin upon registration \$195

#### **Freight Broker/Agent Training**

Start your career as a freight broker or agent. This course provides you with the comprehensive skills needed to build a successful freight brokerage or begin working for a broker. Learn the foundational aspects of brokering shipments—from laws and terminology to valuable tools and software. You will also learn how to set up your freight brokerage business and manage contracts and forms as well as how to find shippers and do ratings. This combined freight broker and freight agent training will help you gain the knowledge, insight, and direction to stand out in this growing industry. After completing this course, you will understand the steps of setting up carrier and shipper packets and contracts, marketing and advertising avenues, rate quotes, how to interact with shippers and carriers to keep lines of communication open, and valuable negotiation skills needed as a freight broker or agent.

Register and pay at careertraining.parkland.edu.

ONLINE, self-paced; begin upon registration

\$2,085



## Construction Skills: HCCTP Apprenticeship Readiness Program

Build a better future—literally. The Highway Construction Careers Training Program (HCCTP) is your pathway into the high-demand world of skilled construction trades. Whether you see yourself operating heavy machinery, laying concrete foundations, or installing electrical systems. HCCTP prepares you for a rewarding career with excellent wages, health care, and retirement benefits.

This intensive pre-apprenticeship program is offered twice a year: a 12-week spring session and a 16-week fall session (times are approximate). You will receive hands-on training that prepares you for registered trade apprenticeships where you can earn while you learn. Gain essential construction skills, earn industry-recognized certifications, and build confidence to succeed in the trades.

This pre-apprenticeship program covers these areas:

- Trades-focused math instruction
- OSHA-30 certification
- First aid and CPR training
- Job readiness and career coaching
- Tool safety and proper use
- Introduction to welding
- Basics of heavy equipment operation

We are committed to growing a strong, inclusive workforce. Cost: None. This program is funded by the Illinois Department of Transportation.

Eligibility Requirements:

- 18 years of age or older
- High school diploma or GED
- Valid driver's license
- · Ability to pass reading and math assessments
- Must pass drug testing before and during the program

The first step is to register and attend a FREE informational orientation. Upcoming dates and registration at parkland.edu/ HCCTP.

11/13	Thu 9:30-10:30 AM	Class ID: 19245	Location: CE
11/13	Thu 12-1 PM	Class ID: 19246	Location: CE
11/13	Thu 2:30-3:30 PM	Class ID: 19247	Location: CE
12/2	Tue 9-10 AM	Class ID: 19248	Location: CE
12/2	Tue 11:30 AM-12:30 PM	Class ID: 19249	Location: CE
12/2	Tue 3-4 PM	Class ID: 19250	Location: CE











### real estate

**Illinois licensing requirements:** To qualify for an Illinois real estate broker's license, individuals must meet all of the following requirements:

- At least 18 years old
- High school diploma or equivalent (GED)
- Successfully completed the required curriculum of 75 class hours of pre-license education at a real estate school approved by the Department of Regulation in the following manner:
  - Real Estate Broker Topics (60 hours)
  - Broker Pre-License Applied Real Estate Principles—Interactive (15 hours)

Section 5-27(a)(5) of the Real Estate License Act of 2000 requires an applicant for licensure as a broker to provide satisfactory evidence of having completed 75 hours of instruction in real estate courses approved by the department, 15 hours of which must consist of situational and case studies presented in the classroom or by live, interactive webinar or online distance education.

Questions regarding license application or information concerning licensure requirements should be directed to the Illinois Department of Financial and Professional Regulation at idfpr.com.

A **payment plan** is available. Contact us before enrolling to set up your payment plan: 217/351-2235 or communityeducation@parkland.edu.

If you believe you have a disability for which you may need an accommodation (use of assistive technology or other classroom assistance), please contact the Office of Accessibility Services, Parkland College room U260, 217/353-2338 or accessibilityservices@parkland.edu.

**Attention veterans:** You've served your country. Now let us help you start your career in real estate. Veterans are eligible to use their GI Bill benefits for real estate pre-license education courses offered by the IAR Licensing and Training Center.

Visit illinoisrealtors.org/GIBill.

Sponsored by Illinois REALTORS®.

#### **Broker's Pre-License Topics 513001835**

This course reflects the most recent legislative changes and practices in Illinois. Learn the principles of real property law, interests, and forms of ownership. Discover how contract agreements are entered into, executed, and closed for a handsome payday. From taxes to property management to financing and appraisal, this course covers it all. Applying the principles from the industry's most recognized publication, Modern Real Estate Practice, you will be prepared for the licensing exam and create a solid foundation for a career in real estate. Gain everything you need to become regulation compliant in Illinois. Book provided at first class.

9/8-11/12 Mon & Wed 6-9 PM Class ID: 18913

Location: CE \$849

#### **Broker's Pre-License Principles 513001606**

Fulfill 15 of the 75 hours of pre-license education with this state-approved course. Apply what you learned in the 60-hour Broker's Pre-License Topics, practice dealing with buyers and sellers in a safe environment using the laws and rules reviewed in Broker's Pre-License Topics, and gain insight into the proper application of the laws and rules.

If you believe you have a disability for which you may need an accommodation (i.e., use of assistive technology or other class-room assistance), please contact the Office of Accessibility Services, Parkland College, room U260, 217/353-2338 or accessibilityservices@parkland.edu. Sponsored by Illinois REALTORS®.

Prerequisite: Broker's Pre-License Topics. Book provided at the first session. Register by October 31 to receive a \$50 discount.

11/17-12/3 Mon & Wed 6-9 PM no class 11/26

Class ID: 18912 Location: CE \$299

FOLLOW US ON SOCIAL MEDIA



**Parkland College Community Education** 



**Parkland Community Education** 

### health

### **Care Concern Crisis**

As a leader, mentor, or supportive individual, you may find yourself facing difficult situations where a team member, colleague, or loved one is struggling with their mental health. How do you determine when to simply offer support, when to be concerned, and when a crisis requires immediate action? In this comprehensive 3–4 hour workshop, you'll learn how to assess different levels of mental health challenges and respond appropriately within your role. We'll break down the distinctions between care, concern, and crisis, equipping you with practical tools to navigate difficult conversations, offer the right kind of support, and recognize when professional intervention is necessary. This training will help you lead with confidence, compassion, and clarity—ensuring those in your care receive the help they need while maintaining appropriate boundaries within your professional scope.

Thanks to our Noncredit Strategies at Work (NSAW) grant, we're offering a 50% discount on this class; the price has already been reduced.

10/4 Sat 8 AM-12 PM Class ID: 19075

Location: CE \$125

11/10 Mon 12-4 PM Class ID: 19076

Location: CE \$125

### **Medical Coding and Billing Professional**

Designed by experts, our online Medical Coding and Billing Professional Program is aligned to the career-focused skills that can help you become a successful medical billing and coding professional. Your program also prepares you to sit for the American Academy of Professional Coders (AAPC) Certified Professional Coder (CPC) Exam, which can help you stand out to employers! Additionally, the AAPC's Practicode course and an AAPC membership are included with your program.

Foundations in HIM: Gain a thorough understanding of health information management (HIM), how medical coding fits into health care, and various reimbursement methods.

Biomedical Sciences: Learn the medical terminology, anatomy, and physiology needed for correctly assigning billing codes to patient procedures and diagnoses.

Medical Record Coding: Learn the current medical code sets and get hands-on experience with 3M encoding software as you practice with actual medical records.

Register online at careerstep.com/lp/partner/ap/medical-cod-ing-billing-for-outpatient-services/parkland/

ONLINE, self-paced; begin upon registration Class ID: 17710 \$3,699

### **Pharmacy Technician**

Your pharmacy technician training will prepare you to work under the guidance of a pharmacist. You'll be a crucial member of the team and a critical part of keeping the pharmacy running smoothly. A day in your new life will likely include the following:

- verify prescription information and dosage.
- assist in formulating, labeling, and dispensing medications.
- enter patient and order information into the computer system.
- create and update patient profiles.
- process and submit insurance claims.
- provide quality customer service to patients and health care providers.

You'll likely take on more responsibilities over time, possibly offering flu shots or taking a more active role with patient consultations.

Register and pay online at

**careerstep.com/lp/partner/ap/pharmacy-technician-ashp/parkland/**ONLINE, self-paced; begin upon registration
Class ID: 17700
\$3,899

### **Phlebotomy Technician**

Our phlebotomy technician program was developed by medical professionals with years of healthcare experience. Our elite online coursework is reverse engineered from the industry's leading validation, the Certified Phlebotomy Technician (CPT) credential from the National Healthcareer Association. Our program's comprehensive training infuses you with the knowledge and simulation experience you need to be prepared to pass the test and add the prestigious credential to your resume. Rich and visual course materials include lots of images, learning games, and highly interactive simulations to help you quickly comprehend—and succeed. The goal of our phlebotomy technician program is to position you—immediately upon completion—to start working in the field of phlebotomy. To that end, a 40-hour externship experience is included with your training so you can earn clinical hours and get valuable hands-on experience. Remember that clinical opportunities vary, and we work with a vast network of health care organizations to find a good fit. We can't guarantee placement—or employment—in your area. Register online at

**careerstep.com/lp/partner/ap/phlebotomy-technician/parkland/**ONLINE, self-paced; begin upon registration Class ID: 17709
\$1,899

### **Physical Therapy Aide**

Ready to get certified for a job that includes equipment knowledge, office management skills, patient interaction, and a steady paycheck with benefits? This program will prepare you to sit for the Physical Therapy Technician/Aide Certification Exam-offered by the American Medical Certification Association (AMCA)—and qualify you to become an in-demand physical therapy aide. You'll learn to keep the front desk running smoothly, check patients in, prep equipment, keep the facility clean and orderly, and provide procedural assistance when needed. If this role appeals to you, then get the ball rolling! Sign up for this online physical therapy aide training program today. Register and pay online at

careerstep.com/lp/partner/ap/physical-therapy-aide/parkland/ ONLINE, self-paced; begin upon registration Class ID: 17701 \$3,299

### **Behavior & Psychiatric Health Technician**

Behavioral and psychiatric health technicians are excellent listeners who possess strong observational skills and a solid understanding of what it takes to treat individuals with behavioral disorders. Here's a snapshot of what their day-to-day might look like:

- Evaluating clients' mental and physical health, addiction, or problematic behavior
- Assessing patients' readiness for treatment
- Developing, recommending, and reviewing treatment goals and plans with clients and their families
- Assisting patients in developing skills and behaviors necessary to recover from their addiction
- Working with clients to identify behaviors or situations that interfere with their recovery
- Teaching clients' family members about addiction

Register and pay online at careerstep.com/lp/partner/ap/behavioral-psychiatric-health-technicianparkland/ ONLINE, self-paced; begin upon registration Class ID: 17851 \$4,099

### Certified Dietary Manager (CDM) Certificate

Take control of your career and increase the care you provide and the compensation you receive by becoming a certified dietary manager and certified food protection professional (CDM, CFPP). In a flexible online format, Kristina Adams Smith, MS, RD, LDN, covers basic nutrition and an introduction to medical nutrition therapy, food service management, human resources, and food safety. In addition to the coursework, you will complete the 150-hour internship reguired to apply for the CDM Credentialing Exam. This is an accelerated training program for self-motivated individuals with food service experience seeking career advancement. The program prepares you to become a CDM, CFPP and to join the Association of Nutrition and Foodservice Professionals (ANFP).

This is an ANFP-approved program.

Thanks to the NWTI grant, a \$250 discount has been applied to this class reducing the price from \$999. Prerequisite: high school diploma or GED. Required textbooks additional. More information online. Class ID: 18934 **ONLINE** \$749

### **Basic Life Support (BLS) CPR: Blended Learning**

Learn to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. Upon completion, you will be issued an American Heart Association BLS Healthcare Provider Course Completion Card. During the blended learning course format, complete HeartCode BLS online coursework before attending a live instructor-led hands-on session focusing on skills practice, team scenarios, and skills testing. The online portion can be completed in one to two hours, and the hands-on skills sessions can be completed in one hour.

You must complete HeartCode BLS at onlineaha.org, print your certificate of completion, and bring it to class. The fee is an additional \$38 (to be paid online). Your CPR card is valid for two years. It typically takes two to three weeks to process your card. If you need proof sooner, your instructor can issue you a temporary card upon successful completion of the course.

Classes held at Community Education, \$149 each.

10/30	Thu 5:30-6:30 PM	Class ID: 18908
	Thu 7-8 PM	Class ID: 18909
11/20	Thu 5:30-6:30 PM	Class ID: 19046
	Thu 7-8 PM	Class ID: 19047
12/17	Wed 5:30-6:30 PM	Class ID: 19048
	Wed 7-8 PM	Class ID: 19049

### Basic Life Support (BLS) CPR: Instructor-Led

During this instructor-led hands-on class, you will learn to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. Upon completion, you will be issued an American Heart Association BLS Healthcare Provider Course Completion Card. The BLS course is for healthcare providers and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a variety of in-facility and prehospital settings.

Your CPR card is valid for two years. It typically takes two to three weeks to process your card. If you need proof sooner, your instructor can issue you a temporary card upon successful completion of the course. Book is included.

Classes held at Community Education, \$149 each.

10/4	Sat 8 AM-12:30 PM	Class ID: 18898
11/8	Sat 8 AM-12:30 PM	Class ID: 19044
12/13	Sat 8 AM-12:30 PM	Class ID: 19045



# PARKLAND COLLEGE FOUNDATION



Gifts to the Parkland College Foundation open doors and change the lives of Parkland College students. A gift of \$178 gets a student one hour closer to achieving their dreams.

To make an impact today, visit parkland.edu/give.



# parkland presents

### theatre

Out of Order (An Actors' Studio production)
October 2–4 at 7:30 pm
October 5 at 3 pm

Written by Ray Cooney Directed by Mike O'Brien

### **Moon Over Buffalo**

November 6–8, 14–15 at 7:30 pm November 9 at 3 pm

Written by Ken Ludwig Directed by Mathew Green

Purchase tickets at tickets.parkland.edu. For more information about our shows, visit parkland.edu/theatre.



### **Become a Friend of Parkland Theatre**

Your donations help us to continue to provide high-quality productions. For more information, visit parkland.edu/theatre-howtogive.

# music ensembles



### Parkland College Orchestra

Dr. Rodney Mueller, Director

### **Concert Band**

Dr. Matthew Dixon, Director

### Wind Ensemble

Dr. Jonathan Beckett, Director

### Jazz Ensemble

Prof. Kevin Hart, Director

### **Guitar Ensemble**

Prof. Kevin Hart, Director

### Choir

Dr. Cheryl Morganson, Director

For information on concert dates, visit parkland.edu/musicensembles.

### William M. Staerkel Planetarium

The William M. Staerkel Planetarium is the second-largest planetarium in Illinois. The Digistar 6 planetarium projection system transforms the 50-foot dome ceiling into an immersive virtual environment.

The planetarium hosts numerous shows, programs, and special events. Call our show hotline at 217/351-2446 or visit parkland.edu/planetarium.

- Open weekdays for school and private groups. Virtual shows, sensory-friendly shows, and Spanish-language shows available.
   Reservations required.
- Public presentations on Friday evenings and Saturday afternoons. Tickets \$7–8 sold online or at the door.
- Join the Friends of the Staerkel Planetarium (FOSP) and see FREE shows for a year.
- Teachers, book your field trip with us! Find a complete list
  of school programs by grade level, plus activities for before
  or after your visit, including links to the NGSS. Contact us at
  217/351-2568 to set up your field trip!
- Book a unique rental space for birthday parties, weddings, and other private events under the stars.
- Join the Galaxy Club: Kids get a stamp card and begin to earn free admission to a show.
- Rent-a-Scope: 10-inch Dobsonian or Astroscan telescopes. \$10/ night or \$15/weekend.

### **Fall Programs**

Fall Prairie Skies: Fridays at 7 pm

*Einstein's Gravity Playlist:* Fridays at 8 pm and Saturdays at 2 pm in October

Spooky Space (premiere): Saturdays in October at 1 pm
Forward! To the Moon: Fridays at 8 pm and Saturdays at 2 pm
in November

One World, One Sky: Big Bird's Adventure: Saturdays in October at 1 pm

Season of Light: Fridays at 8 pm and Saturdays at 2 pm in December Santa's Secret Star: Saturdays in November and December at 1 pm

### **Laser Shows**

October 23–26: Join us for special programs set to pop music and Halloween-themed songs. Tickets are \$12 for everyone at the door. The full schedule is available online.

### **Holiday Show Schedule**

Matinées play on October 13 and November 26. Closed November 28–29 and December 20–January 2

### **Sensory-Friendly Matinées**

The Staerkel Planetarium offers matinée shows with sensory-friendly settings on December 13. Sensory-friendly shows have "lights up, sound down" settings and a relaxed atmosphere where patrons can come, go, and move around as needed. Sensory-friendly shows are great for guests with autism spectrum disorder, sensory sensitivities, or young children.

### See the Real Sky

Join members of the C-U Astronomical Society at their rural observatory for a peek at the real sky. See the stars and planets through the many telescopes on site. All observing events are weather permitting.

September 27 and October 25 after sunset
Location: CUAS Observatory, County Road 700E, south of
Monticello Road, southwest of Champaign. Visit cuas.org for

### **Pink Floyd Is Back!**

directions.

Enjoy a full dome film set to The Dark Side of the Moon each month at selected times. Please note these are not for those with motion sickness! Tickets are \$12 for everyone.

### Earn your Scout badges!

Get help with your Girl Scouts Space Science badge or your Scouts BSA Astronomy merit badge by attending a workshop at the planetarium. Advance registration is required. Find information about the workshops and registration forms at parkland.edu/planetarium.

**Girl Scout Daisy/Brownie workshop:** October 29, 6–7:30 pm **Girl Scout Junior/Cadette/Senior/Ambassador workshop:** October 30, 6–7:30 pm

Scouts BSA workshop: November 3, 6:30-9 pm

# **Giertz Gallery**

Giertz Gallery at Parkland College serves as a platform to exhibit contemporary art. As a learning lab that fosters critical thought and discussion through the visual arts, we also serve as a cultural hub for our community. As a quiet space on campus, we emphasize a genuine connection between the artwork and the viewer, fostering a deeper understanding of oneself and the arts. Through our additional programming, including workshops and lectures, participants can experience the artwork in person and hear artists speak about their process, their career, and their artistic journey.

Visit our website to learn about our current opportunities and events, connect with us through Facebook and Instagram, or join our email list for additional programming and up-to-date information. For more information, visit **parkland.edu/gallery** or email us at **giertzgallery@parkland.edu.** 

### **Ceramics Biennial**

### Monday, November 17-Saturday, February 7

Curated by Tyler Lotz and Albion Stafford
Reception: Thursday, November 20, 5:30–7:30 pm
Gallery Talk at 6:15 pm by Lotz and Stafford
Illinois State University Ceramics faculty Tyler Lotz and Albion
Stafford co-curated our biennial ceramics exhibition. They explore
contemporary artists who are part of a larger conversation about
art, craft, and contemporary issues.



### **Fall Gallery Hours:**

Monday-Wednesday: 10 am-5 pm

Thursday: 10 am-7 pm Saturday: 12-2 pm

Closed November 27-29, December 5-January 10,

and January 19.

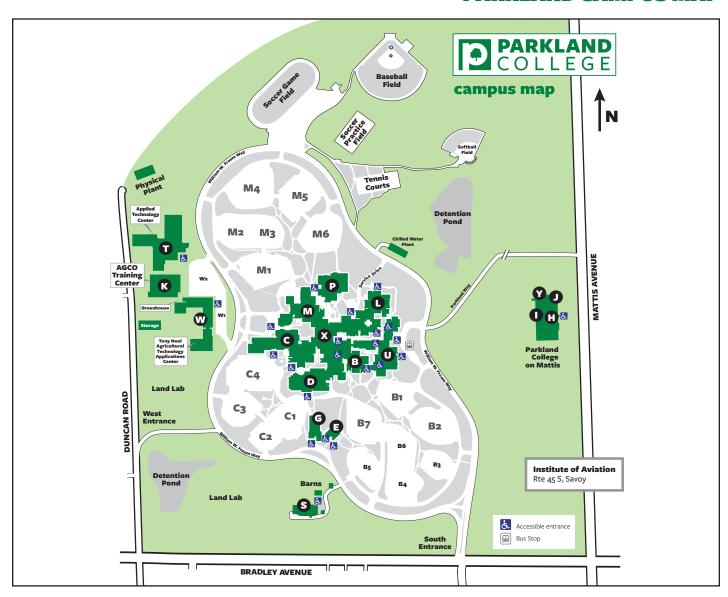
We close for installation between exhibitions. For more information, please visit our website at **parkland.edu/gallery** or call the gallery office at 217/351-2485.



Giertz Gallery acknowledges support from the Illinois Arts Council Agency.

All events in the accessible gallery are free and open to the public. Parkland College is a section 504/ADA-compliant institution. For accommodations, call 217/353-2338 or email accessibilityservices@parkland.edu.

### PARKLAND CAMPUS MAP



- Business Office, Public Safety, Human Resources A
- В Business/Computer Science and Technologies Department
- $\mathbf{C}$ Fine and Applied Arts Department, Humanities Department
- Adult Education/Literacy Center, Campus Technologies, Center for D Excellence in Teaching and Learning, Computer Technology Center, Conference Center, Learning Support Division, Photography and Graphic Design, Social Sciences and Human Services Department, Support for Workforce Training (SWFT)
- G Child Development Center
- AGCO Service Technician Training Center K
- L Health Professions Division
- M Career and Technical Education Division
- P Donald C. Dodds, Jr. Athletic Center (Athletics, Fitness Center, Gymnasium)
- R Learning Commons/Library (above X)
- т Parkhill Applied Technology Center (Agricultural/Engineering Science and Technologies Department)

- Student Union (Accessibility Services, Administrative Offices, Admissions and Records, Assessment Center, Bookstore, Cafeteria, Cashier Office, Counseling Services, Dean of Enrollment Management, Dean of Students, Dean of Counseling Services, Early College Services, Financial Aid and Veteran Services, Foundation, Grants and Contracts, Institutional Accountability and Research, Student Life, TRiO/Student Support Services, Wellness Center)
- Tony Noel Agricultural Technology Applications Center (Diesel Power Equipment Technology, Prairie Gardens Plant Lab/Greenhouse Com-
- Arts and Sciences Division, College Center, Educational Video Center, Giertz Gallery, Mathematics Department, Natural Sciences Department, PCTV, WPCD

Parkland College on Mattis — Community Education (J), Construction Education Alliance (Y), Health Professions (H), Workforce Development (I)

Institute of Aviation at Willard Airport, Savov

**Accessibility** Location of mechanical doors: ● Entrance X-2 southwest of B wing, between B and X • Southwest entrance to C wing • West entrance to D wing • North entrance to M wing • West entrance to P wing • Door to A wing lobby • East entrances to U wing community education AT PARKLAND COLLEGE

### **REGISTER NOW!**

### How to Register

### **4 Easy Ways to Register**

Many classes have limited seating. Register early!

Online

Use your computer, tablet, or phone to register online, 24 hours a day!

### Go to parkland.edu/enrollCE

#### 2. In Person

Community Education 1315 N. Mattis Ave., Champaign Mon-Fri, 8 AM-5 PM, except major holidays

### CLOSED: Sep 1, Nov 27-28, and Dec 24-Jan 2

3. Mail

Parkland College Community Education 1315 N. Mattis Ave.

Champaign, IL 61821

- Fill out the enclosed enrollment form and include payment (credit/debit card number or enclose check).
- Make check payable to Parkland College.

#### 4. Phone

217/351-2235

#### **Payment**

- Payment is due at the time of registration.
- Acceptable forms of payment are Visa, MasterCard, Discover, American Express, check, money order, and cash.
- Payment by your company must be authorized on your account.

#### Refunds

- A credit or refund is available if Parkland College cancels a class.
- To cancel your registration before a class starts, please call 217/351-2235.
- Refunds will be issued to students who cancel the class at least one business day prior to the class start date, unless otherwise noted.
- No refunds will be issued for classes canceled on or after the class start date.

### Location

Please note the location of your class. Classes are held at Parkland College, online, and offsite locations.

### **Accessibility Statement**

If you believe you have a disability for which you may need an accommodation (i.e. use of assistive technology or other classroom assistance), please contact Accessibility Services, Parkland College, room U260, 217/353-2338 or accessibilityservices@parkland.edu.

### **Corporate Clients**

Let us customize classes at your location or ours at times that best fit your needs. Contact Dave Webb 217/351-2235 or at **communityeducation@parkland.edu**.

### 100% Satisfaction Guarantee

If you are not completely satisfied with your class or experience, we will gladly enroll you in a course of equal value. You may also request a full refund by contacting our office within 10 business days of course completion at 217/351-2235.



Use your computer, tablet, or phone to register online, 24 hours a day: parkland.edu/enrollCE

Parkland College ensures equal educational opportunities are offered to all students regardless of race, color, national origin, gender, gender expression, disability, sexual orientation, veteran/Vietnam veteran era, age, or religion, and is Section 504/ADA compliant. For additional information or accommodations, call 217/351-2551.

### **REGISTRATION FORM**

Please print clearly. Missing information will delay your registration.

1 ADULT PARTICIPANT OR PARENT/GUARDIAN INFORMATION								
Name								
First			Last	Midd	Middle initial			
Mailing add	dress							
Street/Apartment/Unit#			City		State			
Telephone								
Home	Home		Work	Mobile				
Birthdate _			Email					
Employer _			Job title					
2 PARTIC	CIPANT INFORMATION							
Class ID	Class title	Fee	First and last name		Sex M/F	Birthdate mm/dd/yy	Shirt size	
	Total payment	\$						
3 РАУМЕ	ENT INFORMATION							
Payment ty	rpe:   Cash (do not mail cash)  Credit card  Visa  Discover		9 ,					
Credit card	#		3-4-digit CCID#	Expir	ation da	ate		
Cardholder	signature							

### 4 CANCELLATIONS/REFUNDS

To cancel your registration before a class starts, please call 217/351-2235. No refund or credit will be issued for classes canceled on or after the class start date. Refunds will be issued to students who cancel the class at least one business day prior to the class start date, unless otherwise noted.

100% Satisfaction Guarantee: If you are not completely satisfied with your class or experience, we will gladly enroll you in a course of equal value. You may also request a full refund by contacting our office within 10 business days of course completion.

SAVE TIME—REGISTER ONLINE! parkland.edu/enrollCE

SPECIAL NEEDS/ALLERGY INFORMA	ATION			
If any participant has special needs or allergies, please indicate. (Attach list for multiple participants.)				
Name:				
Allergies:				
Special needs:				
Please understand we ask this information to pro-	ovide the best service possible. We will limit this information to necessary staff only.			
6 EMERGENCY CONTACT INFORMAT	ION (REQUIRED for youth programs and trips)			
Participant #1:				
Contact:	Contact phone:			
Participant #2:				
Contact:	Contact phone:			
7 WAIVER AND RELEASE (REQUIRED	)			
IMPORTANT INFORMATION				
Parkland College holds the safety of its students in high regard and is committed to conducting Community Education courses in a safe manner. Parkland College continually strives to reduce such risks and insists that all students follow safety rules and instructions that are designed to ensure everyone's safety. However, students must recognize that there is an inherent risk of injury when choosing to participate.				
WARNING OF RISK				
Community Education courses are intended to challenge and engage the student. Depending on the particular activity, students must understand that certain inherent risks always exist. Despite careful and proper preparation of instructors, there is still a risk when participating in courses. In this regard, it must be recognized that it is impossible for Parkland College to guarantee absolute safety.				
WAIVER AND RELEASE OF ALL CLAIMS AN	ND ASSUMPTION OF RISK			
I understand that there may be certain risks of physical injury, damage or loss which I and/or my dependents may sustain as a result of participating in any and all activities associated with Parkland College courses offered by Community Education. In registering and participating in these courses, I expressly assume the risk and legal liability, waiving and releasing all claims for risk connected with said courses. Furthermore, I grant Parkland College and PCTV permission to record and/or photograph myself or my dependents for future promotion. In addition, I understand that there will be no refunds for classes canceled due to severe weather conditions, power outages, or situations that may affect the safety of the program or Parkland College.				
I have read and understand the above important information, warning of risk, and waiver and release of all claims and assumption of risk.				
Participant's name (PLEASE PRINT)				

Participation may be denied if the signature of adult participant or parent/guardian and date are not on this waiver.

### 8 RETURN TO:

**ONLINE (credit cards only)** 

parkland.edu/enrollCE

PHONE (credit cards only)

217/351-2235

FAX (credit cards only)

217/351-5928

### IN PERSON OR BY MAIL

Parkland College Community Education 1315 N. Mattis Ave., Champaign, IL 61821

### **QUESTIONS?**

Contact us at 217/351-2235 or communityeducation@parkland.edu



Signature of adult participant or parent/guardian (if participant is under 18 years old)



### Become a better leader

# Developing the Leader Within You and Around You p 30

Leadership starts from within. Before you can lead others, you must first know how to lead yourself. And leading yourself starts with knowing yourself. How well do you know yourself? Do you know the value you bring and how you uniquely contribute to your organization or company as a leader? Join Sparkle Sanders for a four-part series designed to give you the confidence, clarity, and comfortability you need to not only carry out your role, but thrive in it.

- Where is the Confidence? 3 Keys to Becoming a Confident Leader
- Start With Why: Part 1 Creating a Vision for Your Leadership
- Start with Why: Part 2 Implementing Your Leadership Vision
- Have a Heart for It: Staying Inspired, Engaged and Connected to Your Team

### The Emotionally Intelligent Leader Series p 29

Discover the transformative power of emotional intelligence in leadership through this comprehensive series designed for leaders at all levels with Heidi Esther. This program equips you with essential skills to foster authentic connections, boost employee engagement, and lead with empathy and resilience. Through interactive activities, practical tools, and expert guidance, you will be empowered to elevate your impact, strengthen workplace dynamics, and achieve sustainable success.

- Emotional Intelligence for Self-Mastery
- Emotional Intelligence for Mindfulness-Based Stress Reduction
- Emotional Intelligence for Employee Engagement and Relationship
- Emotional Intelligence for Authentic Leadership





Non-Profit Org.
U.S. POSTAGE PAID
Champaign, Illinois
Permit No. 268

