

# CONTROLOGICAL CONTROLOGICAC CO

Spread Your Wings



Scan for additional information.

#### Take flight with a new career or earn a certification in the healthcare field this fall!

Meet Lexis Leiteritz, Continuing Education Program Manager at Illinois Valley Community College. Lexis is available to assist individuals interested in earning a certification within the healthcare field, or considering a new career path. PATH grant funding is available for students who meet application criteria.

#### **Grant Eligible Healthcare Programs**

#### Non-credit based programs; leads to certifications

- Medical Billing and Coding
- · Pharmacy Technician
- · Certified Medical Administrative Assistant
- Certified EKG Technician
- · Certified Physical Therapy Aide
- Patient Care Technician
- · Sterile Processing Technician
- Patient Access Representative

#### **ILLINOIS VALLEY** COMMUNITY COLLEGE

#### Credit-based programs; leads to degree

- · Certified Nursing Assistant (CNA)
- · Licensed Practical Nursing (LPN)
- Nursing (RN)
- Emergency Medical Services (EMS)
- Medical Assisting
- Phlebotomy

#### Get started today! ivcc.edu/PATH

#### **Contact:**

Lexis Leiteritz, Program Manager lexis\_leiteritz@ivcc.edu (815) 224-0490



#### Continuing Education & Business Services (815) 224-0427 | ivcc.edu/cec

business training, professional development, lifelong learning, trips & tours

Bookstore (815) 224-0311 | ivcc.edu/bookstore.com textbooks, supplies, IVCC swag, refurbished laptops

Career Services (815) 224-0502 | ivcc.edu/careerservices

resume, cover letter and job search assistance, job fairs & events

Academic Counseling (815) 224-0360 | ivcc.edu/counseling | ivcc.edu credit career training, transfer programs, academic counseling

**Registration** (815) 224-0427 | ivcc.edu/enroll create a profile, register for classes, request transcripts

Adult Education (815) 224-0358 | ivcc.edu/adulted ABE, HSE, ESL & Citizenship classes

### <u>llinois Valley</u>

**REGISTRATION CONFIRMATION** 

your classes.

You will receive a confirmation of your

**REFUND/CANCELLATION POLICY** 

at point of registration.

registration by email. Confirmation will include

a schedule, receipt and information specific to

To cancel your registration before a class

starts, please call (815) 224-0427. Refunds

class at least one business day prior to the

with different refund policies are so stated

class date, unless otherwise noted. Programs

will be issued to students who cancel the



For busy professionals and career seekers to acquire skills needed to improve work performance or prepare for a new career.

- 2-4 Healthcare, Careers, PATH Grant Funding
- 4 Massage Therapy
- 5-6 Computers & IT Bootcamps
- 6-7 Business & Leadership
- 8 Truck Driver Training, Water Programs, OSHA & Safety
- 8-9 Manufacturing Bootcamps & Real Estate
- 10-11 Teachers, Counselors & Food Service Sanitation

#### **Community Education**

For people in our community interested in lifelong learning activities and cultural experiences to enrich their lives and continue their learning adventure.

11-12 Lifelong Learning, Writing & Publishing
13 Dollars & Sense
14 Dance & Music
15-16 Creative Arts & Culinary

#### **Experience. Interact. Engage.** *From Home.*

IVCC has offered online learning opportunities for over 11 years. We are pleased to announce an expanded library of online classes for you to select from for professional development hours, industry certification, increasing workforce skills and even for your own personal interest.

A variety of learning options are available for most classes: a traditional instructor-led online course or a self-paced tutorial (independent study), where you can work through the course material at your pace.

#### Top career training courses include:

- Medical Billing & Coding
- Pharmacy Technician
- Human Resource Professional
- Certified Paralegal
- Certified Medical Transcriptionist
- Digital Court Reporting
- Certificate in Data Analysis
- Google Analytics Certificate
- Digital Marketing Certificate
- Certificate in Workplace Communications

More Classes! More Options in 2023! ONLINE LEARNING AVAILABLE AT IVCC ivcc.edu/enroll

- 17 Outdoor Education & Gardening
- 18-19 Paranormal Investigation & Mind, Body & Wellness
- 19-20 Trips & Tours
- 21 Nell's Woodland

Unless otherwise stated, these courses are designed for adults 18 & over

"This was a great course that will help me streamline differentiated instruction within my classroom so that I can meet the needs of all my students."

- Amy O, Differentiating K-12 Assessments, Completed Spring 2023

Continuing Education | Questions: [call] (815) 224-0427 [email] continuingeducation@ivcc.edu 📑 🙆 🛅

### <u>HEALTHCARE</u> <u>CAREERS</u>

### Grant funding is available for eligible students interested in a career in healthcare. ivcc.edu/PATH



It has never been easier to advance your education and career. The PATH grant is ideal for students currently enrolled in a healthcare program or those who are interested in making the switch to a profession in the healthcare industry!

#### What does PATH provide?

The PATH grant provides financial support for students who qualify, and are in or enrolling in certain healthcare programs. In addition to financial support, students have access to supportive services.

#### **Eligible Healthcare Programs**

Students within the PATH program have the opportunity to obtain degrees or certifications in the healthcare industry.

### Non-credit based programs; leads to certifications

- $\cdot$  Medical Billing and Coding
- $\cdot$  Pharmacy Technician
- $\cdot$  Certified Medical Administrative Assistant
- $\cdot$  Certified EKG Technician
- Certified Physical Therapy Aide
- Certified Patient Care Representative
- Sterile Processing Technician
- Patient Access Representative

#### Credit-based programs; leads to degree

- Certified Nursing Assistant (CNA)
- Licensed Practical Nursing (LPN)
- Nursing (RN)
- $\cdot$  Emergency Medical Services (EMS)
- Medical Assisting
- Phlebotomy

#### Find out more! ivcc.edu/PATH

- Submit an application
- $\cdot$  Find or request more information
- $\cdot$  Schedule an appointment
- $\cdot$  Connect with us

Contact: Lexis Leiteritz, Program Manager lexis\_leiteritz@ivcc.edu (815) 224-0490

Email: Lexis\_Leiteritz@ivcc.edu ivcc.edu/path \*Tuition includes exam voucher, all textbooks and/or eBooks. Once the program curriculum is accessed online or through submission of a material shipment confirmation, refunds cannot be issued.

#### Medical Billing & Coding\*

[370 Hours | 12 Months] WIOA & PATH grant eligible *Call Lexis Leiteritz (815) 224-0490 for more information or assistance with registration.* Whether you're just starting work or transitioning into a different field, there has never been a better time to enter a career in Medical Billing and Coding. This course will prepare you for success within this rewarding career. You will learn about the legal, ethical and regulatory concepts central to this field, and you will also choose a voucher for professional certification that best aligns with your interests and career goals.

More than one million practicing physicians in the United States rely on medical billers and coders to receive payment for their services. Besides medical facilities, positions are available with health insurance companies, specialty pharmacies, medical suppliers, consulting firms, and national medical coding and billing companies - the opportunities are nearly endless.

Medical billers and coders are in high demand. This course offers valuable training in legal, ethical, and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines, and third-party payer requirements. You will also come to understand all phases of the revenue cyclefrom patient registration through medical coding, claims submission, reimbursement, and collections. Learn common medical terminology to help you converse with others in healthcare easily and with confidence. Study word parts and the structures and functions of the human body. Also presented are the disorders and medical procedures common to each body system, including musculoskeletal, cardiovascular, respiratory, digestive, nervous, endocrine, integumentary, genitourinary, lymphatic and immune.

After successfully completing the course requirements, you should be well prepared to find your place in this rewarding healthcare career. You will receive a Certificate of Completion from Illinois Valley Community College and you will also be able to choose a voucher for the professional certification that best aligns with your interests and career goals.

- Certified Professional Coder (CPC) exam offered by the American Academy of Professional Coders (AAPC)
- Certified Coding Associate (CCA) exam offered by the American Health Information Management

Association (AHIMA)

• Certified Billing and Coding Specialist (CBCS) exam offered by the National Healthcareer Association (NHA)

\*\* There are no prerequisites to take this course. However, in order to sit for national certification exams, candidates must have a high school diploma or equivalent.

Online Self-Paced Tuition: \$2,995

#### **Pharmacy Technician\***

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[400 Hours | 12 Months] WIOA & PATH grant eligible This online pharmacy technician certification course will prepare aspiring pharmacy technicians in how to assist the pharmacist in the packing and distribution of medication. Students will receive didactic and hands-on training to develop the skills necessary for employment in the field.

Enroll in this comprehensive online pharmacy certification course to acquire the essential knowledge and skills needed to assist pharmacists. This course will prepare you for entry-level pharm tech positions by teaching you medical and pharmaceutical terminology, basic anatomy related to the pharmacology of medications, and pharmaceutical calculations. Through this course, you will obtain hands-on practice in retail pharmacy procedures through an online lab module. You will learn what information is necessary to process prescriptions and physician orders and apply that knowledge to fill mock prescriptions. The curriculum in this online pharmacy technician course also includes the ethics of pharmacy practice and education about prescription medications, patient care and interaction, and charges and reimbursement.

Upon completion of this course, you will be prepared to sit for the Pharmacy Technician Certification Exam (PTCE) offered by the Pharmacy Technician Certification Board (PTCB). This course includes a voucher which covers the fee for the exam. As a part of the Pharmacy Technician Online Certification Training Course, you will also have the option to perform a hands-on, 100-hour Practicum Experience. Practicum Experiences are based on individual state board requirements.

**Online Self-Paced** 

Tuition: \$2,995



Continuing Education | Register by: [phone] (815) 224-0427 [web] ivcc.edu/enroll [mail] registration info on pg. 20

Continuing Professional Education]

#### Certified Medical Administrative Assistant\*

[160 Hours | 6 Months] Path Grant Eligible Are you interested in entering a high-demand field? According to the U.S. Bureau of Labor Statistics, the job market for medical assistants will grow by a remarkable 16% through 2031, which is much faster than the average job. This course will teach you how administrative medical assistants are versatile and valuable members of the healthcare team who handle a broad range of duties and are skilled multi-taskers that direct the flow of patients through an office. Effective patient flow allows the practice to operate efficiently, increase revenue, and provide a positive experience for the patient.

Their duties include maintaining the reception area, welcoming patients and visitors, scheduling appointments, gathering demographic information, verifying insurance eligibility, obtaining prior authorizations, collecting co-payments, and communicating via the phone and patient portal. This online administrative medical assistant certification course will prepare you for positions working alongside medical providers performing these administrative duties.

Upon completion of this training course, you will be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA). This CMAA certification course includes a voucher that covers the fee for the exam. The course also includes an opportunity to participate in clinical experience.

\*\* To qualify for the clinical experience applications process, students must successfully complete the online course and have account balances up to date (at a minimum). Going through the clinical experience application process does not quarantee a placement.

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#### Online Self-Paced

Tuition: \$1,895

#### **Certified EKG Technician\***

[170 Hours | 12 Months] PATH Grant Eligible Electrocardiography (EKG) technicians are vital members of any healthcare team. If you want to join the booming healthcare industry as an EKG tech, this in-depth course will train you to apply, monitor, and measure electrocardiography tests in a flexible, online learning environment. You will also learn key subjects needed to earn a nationally recognized EKG technician certification, such as measuring basic vital signs, performing rapid response procedures, operating an EKG machine and identifying rhythms. Upon course completion, you will be prepared to take the Certified EKG Technician (CET), provided by the National Healthcareer Association (NHA). This course offers enrollment with a voucher for the Certified EKG Technician (CET) certification exam. The voucher is prepaid access to sit for the certifying exam upon eligibility.

The course also includes an opportunity to participate in a clinical experience. **\* To qualify** for the clinical experience application process, students must complete the online course successfully and have account balances up to date (at a minimum). Going through the clinical experience application process does not guarantee a placement.

Online Self-Paced Tuition: \$1,995

#### **Certified Physical Therapy Aide\***

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[190 Hours | 9 months] PATH Grant Eligible The demand for physical therapy aides is increasing rapidly. In fact, PT aide jobs will grow over 25% by 2030. This online course will help you master the skills you need to work as a physical therapy aide.

#### You Will:

- Explain the role, responsibilities, and qualifications of the certified physical therapy aide in various healthcare settings.
- Define medical terminology and word elements related to the practice of physical therapy.
- Summarize human anatomy, functional body movements and system disorders as they relate to physical therapy.
- Identify proper positioning, patient transfers, common exercises, modalities and medical equipment.
- Demonstrate ethical and legal behavior specific to healthcare settings.
- Differentiate between tasks appropriate for a certified physical therapy aide and other healthcare professionals.

Not only will you be prepared for the AMCA's Physical Therapy Technician/Aide certification exam, but an externship starter kit will also walk you through everything you need to know to land a PT aide externship.

\*\* To qualify for the externship applications process, students must successfully complete the online course content and have account balances up to date (at a minimum). Going through the externship application process does not guarantee an externship. Students can begin researching the steps of the application process 2 weeks prior to completing courses.

#### **Online Self-Paced**

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Tuition: \$2,145

#### Patient Care Technician\*

[300 Hours | 12 Months] PATH Grant Eligible Patient care technicians play an important role in patients' lives. With healthcare demand at an all-time high, you can be the professional providing this vital care. This online patient care course will help you gain the skills needed to work with patients in various healthcare facilities. You will also prepare to become a Certified Patient Care Technician Level I, a valuable professional credential that validates your specialized skill set.

#### What You Will Learn:

- Introduction to patient care, legal issues in healthcare, standard precautions and infection control
- Medical terminology, physical examination, patient positioning, bed mobility, range of motion
- Therapeutic exercises, gait, assistive devices, orthosis and prosthesis, transfer techniques
   Wound care and pressure sores, wheelchair management, patient care competency, special topics

You will also receive a prepaid voucher for the Certified Patient Care Technician Level I Exam, offered by the American Education Certification Association (AECA). The voucher is prepaid access to sit for the certifying exam upon eligibility.

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#### **Online Self-Paced**

#### Tuition: \$2,745

### **NEW!** Sterile Processing Technician\*

[190 Hours | 12 Months] PATH Grant Eligible Sterile Processing Technicians (SPT) play a critical role in preventing infection by sterilizing, cleaning, processing, assembling, storing, and distributing medical supplies. This online sterile processing technician certification course will train you to work as an SPT and prepares you for the Certified Registered Central Service Technician (CRCST) certification offered by the Healthcare Sterile Processing Association (HSPA). This course also includes a voucher which is prepaid access to sit for the certification exam upon eligibility.

With the support of an instructor, you will learn all the necessary steps required to perform the duties and tasks of an SPT. In this sterile processing technician training course, you will learn the details and expectations within the concepts of the role and gain proficiency in understanding the step-by-step requirements of the sterilization process.

The course also includes an opportunity to participate in a clinical experience. **\*\*To qualify for the** clinical experience application process, students must complete the online course successfully and have account balances up to date (at a minimum). Going through the clinical experience application process does not guarantee a placement.

Online Self-Paced

Tuition: \$2,795

#### **NEW!** Patient Access Representative\*

[250 Hours | 12 Months] PATH Grant Eligible A patient access representative (PAR) is an integral part of all hospital and outpatient care practices. Patient representatives act as liaisons between healthcare professionals and patients to improve the patient's experience within the healthcare

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system. They also have the skills to support both front and back-office staff, which helps prevent gaps in care, administration, and financial activities, allowing them to be one of the top jobs in healthcare administration.

This patient access representative training bundle provides the knowledge to navigate these systems for those with limited or no healthcare experience. With technology skills also required for this allied healthcare position, obtaining active learning through an electronic health record simulator will provide a complete user experience with all aspects of that equipment-which you will find in many healthcare settings. In-person and telephone communication skills are critical for people in this position, so you will address strategies that can be used in the most common situations in many healthcare settings. This course also prepares you to become a patient service representative, someone who collects information from patients before their medical appointments and answers any questions about billing. You will move through the program at your own pace, and your facilitators will be there with you every step of the way to provide clarification, support, and guidance.

This comprehensive course bundle also features a medical terminology course that will help you gain a greater understanding of the human body, how to describe it, and how to use medical terminology in a healthcare setting-ensuring you have the fundamentals to launch your new healthcare career.

The Patient Access Representative course provides comprehensive training that will prepare you for the Certified Medical Administrative Assistant (CMAA) and Certified Electronic Health Record Specialist (CEHRS) certification exams through National Healthcareer Association (NHA). This course includes vouchers that cover the fees for these exams.

Online Self-Paced

Tuition: \$2,695

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### HEALTHCARE

#### **CNA Train the Trainer Online**

Includes Alzheimer's Disease and Approved Evaluator Components [50 Contact Hours] This course will consist of 5 weeks of online instruction.

Students will spend time completing readings,

discussion postings and assignments. 50 contact

hours are earned. Basic computer skills which will be

helpful include: creating, saving and retrieving word

documents, attaching documents, communicating via

email, copying and pasting within documents and web

addresses in the internet browser, and, exploring the

internet. The instructor will contact students by email a few days prior to the start of class with a link to the

online class and instructions on how to get started.

This course is being conducted in compliance with Illinois Department of Public Health (IDPH) regulations in accordance with Illinois Administrative Code Section 395.160 Instructor Requirements. NOTE: Instructor

February 20, 2020 - affecting nurses with nursing degrees of BSN and higher.

Check these requirements before registering for this course! To view the requirements use the following link: http://www.ilga.gov/commission/jcar/ admincode/077/077003950A01600R.html.

NOTE: Direct questions pertaining to these requirements and RN's eligibility to IDPH Training & Technical Section, Randy Carey-Walden at dph.bnatp@illinois.gov.

The instructor will contact students by email a few days prior to the start of class with a link to the online class and instructions on how to get started.

Required textbook: DeYoung, S. (2015). Teaching Strategies for Nurse Educators (3rd). Pearson Education, Inc.: Upper Saddle River, N.J. ISBN-13: 978-0133565232. This textbook must be purchased prior to the start of class, and it can be purchased in the IVCC Bookstore or online at www.ivccecampus.com

Online Course	Sep 11-Oct 13
5 weeks	Barbara Meinke
	Class ID: 9673 \$500

#### **NEW!** Detoxification & Withdrawal from Substance Use

Learn about substance withdrawal and treatment in this informative webinar with Peggi White. Whether you're a counselor, therapist or registered nurse, this workshop will highlight what you should know about the pharmacology and treatment of withdrawal from various substances of abuse. Get ready to discuss sedative hypnotics, stimulants, hallucinogens, cannabis, opioids and designer drugs. Peggi has over 30 years of experience pioneering the role of the nurse practitioner in Addiction Medicine and Addiction Psychiatry. Register now to attend the webinar and improve your understanding of substance withdrawal and treatment. [3 PD/CE]

#### Objectives

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• Discuss the pharmacology of substances including sedative hypnotics, stimulants, hallucinogens, cannabis, opioids and designer drugs.

· Discuss typical withdrawal syndromes for each category.

· Discuss concepts related to detoxification and treatment of withdrawal for each category.

..... Thu 9 AM-12 PM 1 Session **Online Live** 

Nov 30 Peggi White Class ID: 11263 \$49

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#### **IVCC Online Professional Development for Healthcare** Professionals ivcc.edu/enroll

Earn your professional development hours online with IVCC.

Topics include: Certificate in Violence Prevention and Awareness, Certificate in Energy Medicine, Certificate in Women's Health Issues, Certificate in Holistic and Integrative Health, Certificate in Nutrition, Chronic Disease, and Health Promotion, Certificate in End of Life Care, Certificate in Infectious Diseases and Infection Control, Certificate in Pain Assessment and Management.

Additional courses are available. These courses are non-credit, but may be eligible for CE hours. Interact with your instructor, participate in discussions with fellow students. Gain practical information that you can put to immediate use. Courses begin monthly. Most courses are six weeks long, with 12 lessons. Upon successful completion, you will be able to download a certificate of achievement. Self-study may also be available. Visit ivcc.edu/enroll for a full listing of available classes.

### <u>Massage</u> HER/

Massage Therapy Scholarships available for licensed therapists enrolled in IVCC professional development courses. E-mail continuingeducation@ivcc.edu for details.

### NEW! Dive in! Clinical Progression Series Part 1: Torso Progression of Abdominals & Intercostals

Get right onto the table and dive into a focused progression for these specific muscle groups. Enhance your palpation skills, review some OIA's and get your hands on some effective techniques for your clients. The lecture portion for this class is brief, as this is all about practical work and learning the pace of an hour progression for these muscle groups, the benefits of this work, and the emotional/physical effects of this work. Items needed for class: set of sheets & face cradle cover, bolster of choice, anatomy quide (optional). [4 CE] Examples of classes to come: Part 2: Leg Progression, Part 3: Arm Progression, Part 4: Back Progression, Part 5: Feet Progression, Part 6: Lower back and Gluteal.

Fri 9 AM-1 PM	Sep 29	
1 Session	Tonia McGuinn	
Rm 104	Class ID: 11310	\$99
<b>IVCC Ottawa Center</b>		1

### Basic Life Support (BLS) CPR Training | Refresher

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. This course will consist of 3-hours of self-paced online training (link will be sent to you by Nick Fish within a few days of registration), and 30-minutes of hands-on training. Give yourself enough time to complete the online training prior to attending the hands-on session. The online training must be completed prior to attending the hands-on component. The hands-on component of this course is conveniently scheduled immediately following "Dive-In! Clinical Progression Series Part 1: Torso Progression of Abdominals and Intercostals." [3 CE]

Fri 1:15-1:45 PM 1 Session	Sep 29 Nick Fish	
Rm 101 IVCC Ottawa Center	Class ID: 11271	\$89

**Massage Therapy Ethics** An overview of ethics regarding the Massage Therapy Profession. Ethical guidelines of the relationship between therapist and client can present obstacles and can be difficult to navigate. Examples of realistic scenarios that therapists may face in the profession are presented, discussed, and role-played in this class, while open discussions are welcome, so that real experiences can be shared. Topics covered include transference, schedules & payments, social boundaries, physical boundaries and scope of practice. Participants must have access to a computer and web camera. Within 24 hours of the webinar date, you will receive an email with a link to participate. All participants require internet access, a web camera and an e-mail address. [3 CE]

Mon 9AM-12PM	Oct 23	
1 Session	Tonia McGuinn	
Online Live	Class ID: 11311	\$89

#### **NEW! Sexual Harassment** Prevention

This 30-minute online course meets the standards and guidelines for sexual harassment training that is required for all employers in the state of Illinois. Learn what sexual harassment is and what behaviors constitute sexual harassment. Topics include sexual harassment laws, responsibilities of employers, protections for employees regarding sexual harassment in the workplace and information needed if seeking to file a report. A link to the online course will be provided in your registration confirmation email and you will be given 30-days to complete. A certificate of completion will be issued upon successful completion of the online content and quiz. [1 CE]

1 Session	Annie Monyok
Online	Class ID: 9620

\$20

### COMPUTERS

#### **QuickBooks Online [Level 1]**

Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud-based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units you will learn how to use QuickBooks Online. CEU: 1.6

After successfully completing this course, you will be able to:

- 1. Enter G/L customer, vendor inventory opening balances
- 2. Set up sales and reconciliation with credit/ debit cards
- 3. Create reports and update budgets
- 4. Use multiple currencies and serve foreign customers

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- 5. Prepare customer statements
- 6. Handle bad debts & NSF checks

Sep 5-29 Online	4 Weeks Class ID: 9895	<sup>\$</sup> 195
Unune	Class ID. 9095	.192

#### **QuickBooks Online** [Level 2]

Move on to more advanced QuickBooks Online topics. Become capable with such skills as how to customize settings, banking, credit cards, foreign currencies, statements for debts collection, bank reconciliations, using tags and projects. CEU: 1.6

Oct 2-27	4 Weeks	
Online	Class ID: 9896	<sup>\$</sup> 195

#### **Computer Basics** & Internet Safety

In this hands-on class, you will learn the basic features of Windows 10 and discover tips on how to stay safe on the internet! We will cover essential elements, such as My Computer (now called This PC), allowing you to manage your computer's drives, files and folders. You will also become familiar with the Recycle Bin, how to customize your desktop, the installing of applications, and we will delve into running multiple programs concurrently. You will also understand the importance of the internet and discuss safe practices to ensure your online security. You will explore Gmail and the features offered by various Google apps. Participants must have a Gmail account in order to participate in this class. If you do not currently have an account, please call (815) 224-0490 for assistance.

Fri 1-4 PM	Sep 15-29	
3 Sessions	Lexis Leiteritz	
A-209, IVCC	Class ID: 9797	<sup>\$</sup> 129

#### NEW! Office 365

In this hands-on workshop, you will be introduced to the Office 365 web-based products including file organization, collaboration and sharing. You will learn how to present with Teams, review Outlook options and create a survey using Forms. In addition, we will look at how A.I. can be used in conjunction with Office. Participants must have an Office 365 account in order to participate in this class. If you do not currently have an account, you must set up an account prior to the class. CEU: .5

Tue 1-3:30 PM	Oct 3 & 10	
2 Sessions	Pamela Klarup	
A-209, IVCC	Class ID: 9792	\$ <b>89</b>

#### **NEW!** Cyber Safety Awareness

Partner with IVCC in keeping your children safe. Cybercrime against children has increased by 20% in 2022. Join us in learning how to protect your entire family with a focus on our kids. Whether using social media to online gaming. From their smart phones to being in the comfort of their home, discover how you can identify if your child may be at risk and what we can do about it. The session will involve training with tools you can start using the same day. IVCC Computer Networking and Information Technology Professor Garrick

Whitehead will be the presenter. 2 PD hours are available for educators seeking professional development hours. Schools or businesses interested in offering this program for employees, please contact Jennifer Scheri (815) 224-0390.

Wed 6-8 PM 1 Session CTC-208, IVCC	Oct 4 Garrick Whitehead Class ID: 11252 <sup>\$</sup> 19
Wed 6-8 PM 1 Session CTC-208, IVCC	Oct 18 Garrick Whitehead Class ID: 11253 \$19

### **Excel: VLOOKUP Functions** VLOOKUP is a need-to-know function that can be

difficult to understand. During this workshop we will dive into VLOOKUP as well as other time saving functions such as LOOKUP, OFFSET, INDEX and MATCH which will assist you in tables of data, while uncovering even more valuable secrets of Excel. **CEU: .15** 

Fri 10-11:30 PM	Oct 20
1 Session	Pamela Klarup
A-209, IVCC	Class ID: 9793

#### **Excel: Pivot Tables**

In this hands-on workshop, you will learn to create basic Pivot Tables to summarize, sort, count and chart your data. Learn how to build pivot tables from single or multiple data sources, add calculated fields and format your layout to make it easy to read. Explore additional tools to add complexity to Pivot Tables and add visual interest by building Pivot Charts. CEU: .15

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Fri 12-1:30 PM	Oct 20	
1 Session	Pamela Klarup	
A-209, IVCC	Class ID: 9794	\$39

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<u>Continuing Professional Education]</u>

\$39

#### NEW! Presentation Mash-up: PowerPoint, Google Slides & Canva

In this multi-content session, you will explore various ways to create and format slides with themes in PowerPoint. Learn how to change your presentations into video as well as creating a presentation utilizing A.I. In addition to that, you will touch upon on how to download and share files in Google, as well as work on a team project in Canva. Lots of great tips being shared... you won't want to miss! *Google Drive and Canva accounts required to participate in class. If you do not currently have an account, you must set up an account prior to the class.* **CEU: 15** 

Fri 1-2:30 PM	Oct 27		
1 Session	Pamela Klarup		
A-209, IVCC	Class ID: 9795	\$ <b>39</b>	

#### NEW! Canva for the Holidays!

Harness your creativity, and learn a new program! Canva is a web-based program where you can design your own photo cards, family newsletters, and greeting cards. Natalie Martin will show you how to use the different features, how to upload your photos, use templates and themes, add clip art such as stockings and Santa hats, and even use their online ordering system to create cards, fun newsletters, and helpful lists right from your computer. You will be ready to create your own creative correspondence for the holidays and more and have fun doing it!

Tue 6-7 PM 1 Session Online Live Nov 14 Natalie Martin Class ID: 11234 <sup>\$</sup>15

#### **One-on-One Sessions**

These customized, two-hour classes provide individual tutoring with an instructor skilled in all aspects of basic computers, internet and email, Microsoft 2019, Office 365 applications, and video communication apps, such as ZOOM. The training will be tailor-made to fit your own specific needs and questions. For more information call Jennifer Sowers at (815) 224-0280 or email at **Jennifer\_Sowers@ivcc.edu**.

#### Course Fee: \$149

#### IVCC Online Computer & Technology Classes ivcc.edu/enroll

Hundreds of engaging online computer courses!

**Topics include:** Payroll, Intro to PC & Mobile Security, Intro to Programming, Microsoft Excel, Word and Access, Basic Computer Skills Suite, Creating Mobile Apps & Web Pages, Video Game Development, Intro to Networking, CompTIA Certification Prep, Data Analysis and more. Additional courses are available.

These courses are non-credit, but may be eligible for CEU, CE or PD hours. Interact with your instructor, participate in discussions with fellow students. Gain practical information that you can put to immediate use.

Courses begin monthly. Most courses are six weeks long, with 12 lessons. Upon successful completion, you will be able to download a certificate of achievement. Self-study may also be available. Visit **ivcc.edu/enroll** for a full listing of available classes.

#### IT Bootcamps ivcc.edu/itbootcamps

IVCC Bootcamps will prepare you for in-demand, high-paying jobs in the tech sector. Gain the skills and practical experience employers are looking for in an accelerated, 100% online format. Why Information Technology? According to the U.S. Bureau of Labor Statistics (BLS), computer and IT jobs are projected to grow 13% through 2030. Job opportunities are booming for professionals with these highly sought-after skills. The fast-changing nature of technology creates unlimited options when it comes to career paths. From cybersecurity and programming to artificial intelligence (AI), there are many specializations you can pursue. Additionally, a big advantage to working in tech is high earning potential. Glassdoor reports that an IT professional in the U.S. makes an average of \$ 67,437 per year.

Find the boot camp that's right for you.

#### Self-Paced Boot Camps [6 months]

- Al Machine Learning
- Cybersecurity
- Full Stack Web Development

#### Live, Immersive Boot Camps [3-7 days]

- NEW! CompTIA A+ Training
- NEW! CompTIA Network+
- CompTIA Security+ Training
- Ethical Hacking Dual Certification (CEH and PenTest+)
- Cisco CCNA Associate and CyberOps Associate Training



### **BUSINESS**

#### NEW! Sexual Harassment Prevention

This 30-minute online course meets the standards and guidelines for sexual harassment training that is required for all employers in the state of Illinois. Learn what sexual harassment is and what behaviors constitute sexual harassment. Topics include sexual harassment laws, responsibilities of employers, protections for employees regarding sexual harassment in the workplace and information needed if seeking to file a report. A link to the online course will be provided in your registration confirmation email and you will be given 30-days to complete. A certificate of completion will be issued upon successful completion of the online content and quiz. **[1 CE]** 

1 Session Annie Monyak Online Live Class ID: 9620 <sup>\$</sup>20

#### **Bookkeeping Certificate**

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

Sep 5-Dec 1 Online Live	3 Months Class ID: 9871	<sup>\$</sup> 495

#### Certificate in Project Management

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five project management processes relating to the project management body of knowledge guide. This basic information will assist you in learning the beginnings of project management, whether you are interested in project management, in a project management field, or in any line of work. Finally, learn the 10 project management knowledge areas and their support role and relationships to the five project management processes.

The Project Management Certificate consists of three courses. Each class builds off the previous class.

- Introduction to Project Management
- Project Management Processes
- Project Management Knowledge Areas

Sep 5-Dec 1	3 Months	
Online Live	Class ID: 9851	<sup>\$</sup> 495

#### NEW! Diversity Training for Employees and Managers

This Diversity Training for Employees and Managers is ideal for anyone working in a professional environment. The course brings people together by focusing on principles like respect, acceptance and inclusivity. It is designed to help employees and managers gain a better understanding of the skills, characteristics, and talents that each person brings to the table regardless of their background. The class emphasizes the need to communicate, negotiate, and collaborate in a diverse environment both internally and externally. *This class is self-paced online. Start upon registration. 3-month course access.* [CEU 1.4]

Online Live

Class ID: 11143 \$95



### **LEADERSHIP**

#### **NEW! Strategic Planning**

Every organization needs to position itself differently for success in this century. And only leaders can both create a successful strategic plan and oversee its implementation. Create a new leadership skill that will last a lifetime, and outlast industry and career changes. Come away with both the conceptual tools and a new leadership approach to move from dreams to reality for your organization and your career.

#### Topics include:

- What strategic planning is, and isn't
- Why strategic plans fail
- The 6 Components of Strategic Planning
- Constructing objectives
- Forming strategies
- Assigning tactics
- An 8 Stage Model for Needs Assessment and Marketing Research

#### Contact the Continuing Education Center for additional course delivery and registration information (815) 224-0427. CEU: 1.6

	••••••
Sep 5-29	4 weeks
Online	<b>\$195</b>

#### NEW! Emotional Intelligence Create a More Engaged Workspace

Emotional Intelligence (EI) is defined as managing your emotions and realizing that how you show up every day affects the morale and productivity of others. Employees are your best asset and how we interact is key to their level of engagement and effort put forth when contributing to the overall success of the company. Employees are your best asset and how we interact is key to their level of engagement and effort put forth when contributing to the overall success of the company. **CEU.3** 

#### During this session we will focus on:

- Understanding the neuroscience of EI and how our responses/reactions to our emotions affect outcomes on both a personal and professional level
- Impact of engaged employees in the workplace verse disengaged employees
- Tips and tools on how to communicate with others, assuring what you say is what they perceive

Wed 8:30-11:30 AM	Sep 20	
1 Session	Donna Honold	
CTC-124, IVCC	Class ID: 9796	\$129

### NEW! Essential Coaching Skills for Leaders

With business moving at breakneck speed, frequent job shifts and limited in-house training, professionals of all levels grapple with change. As a result, organizations are in dire need of leaders who can guide their colleagues through workplace challenges, help them improve performance and lead them through career decisions. This program offers basic coaching frameworks for internal employees to strengthen their coaching skills.

#### Topics covered include:

- $\cdot$  How to design a coaching engagement
- The role of assessments in coaching individuals and teams
- · Overcoming common coaching challenges
- Core principles and qualities to look for when hiring coaches for your company

This fundamental program is designed for internal managers who want to develop a coaching approach to leadership, as well as HR professionals who want to coach leaders within their organization or who are responsible for hiring external coaches. **CEU:** .4

Tue 8 AM-12 PM Oct 3 1 Session Chuck Jenrich CTC-124, IVCC Class ID: 9791 <sup>\$</sup>189

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[Community Education]

Continuing Education | Questions: [call] (815) 224-0427 [email] continuingeducation@ivcc.edu



# DR

For more information on either of the programs below, call the IVCC Truck Driver Training Center at 815-224-0265.

#### Class B 40-Hour Course

Students will be expected to demonstrate the proper preparation, handling, safety, and driving skills necessary to pass the Commercial Driver's License (CDL) Driving Examination. This course will involve yard work, pre-trip and driving on city street and highways. You must be at least 18 years old, hold a valid driver license, meet the medical requirements of the Federal Motor Carrier Safety Regulation and hold a current CDL Permit. In addition, you must pass a drug screen and provide a motor vehicle report. Participants will need to provide Class B truck for inspection before class start date.

#### 40-Hour Equipment Refresher

This program includes 40-hours of hands-on, onthe-road driving equipment and a review of class A commercial driver's license requirements. This program is intended for past CDL Class A holders that need to retest/renew their license at the DMV. Participants must have a current DOT physical, drug screen, motor vehicle report and a Class A learner permit. A driving test is required to qualify for the refresher program.

#### Online Hazmat Certification

This course will cover the varies areas of hazardous materials and the intent of the regulation. Topics will include hazardous material transporting; communication rules; bulk packaging

loading and unloading; driving and parking rules; emergencies; as well as terminology. Practical experience will be shared. This course meets the Federal Motor Carrier Administration requirement for all CDL holders to have proof of hazardous material training before they can add the endorsement to their license. Participants will receive a certificate of completion upon passing the final exam with an 80% or higher.

### WATER PROGRAMS





IVCC, in partnership with Black Hawk College, will be offering Drinking Water and Wastewater courses to help prepare for the operators' state exam and Illinois EPA certification. These courses will be presented, online live, via Zoom and can also be attended to fulfill Renewable Training Hour (RTH) requirements. For more information go to ivcc.edu/waterclasses.

### Beginning Drinking Water Class C & D (No Class: Oct 9)

Sep 11- Nov 27 Mon 6-9 PM Class ID: 9772 575

#### **Advanced Drinking Water** Class A & B

Sep 12 - Dec 5 Tue 6-9 PM Class ID: 9773 <sup>\$</sup>590

### Beginning Wastewater Class 3 & 4

Sep 12 - Nov 21 Class ID: 9774

Tue 6-9 PM \$595

#### Advanced Wastewater **Class 1 & 2**

Sep 7- Nov 16 Class ID: 9790 Thu 6-9 PM \$**595** 

### HA & SA

Look to Continuing Education and Business Services to help meet your organization's safety needs. Classes can bé facilitated on campus ór customized and delivered onsite, setting a schedule that works best for your employees. Topics include, but not limited to:

- · Forklift Training and Renewal | Aerial Lift
- Fall Protection | Confined Space Entry & Rescue
- OSHA 30 Hour Construction or General Industry
- OSHA 10 Hour Construction or General Industry
- First Aid/CPR/AED | HAZWOPER
- Electrical Safety
- · Emergency Action Plan OSHA Safety Audit Walk Thru
- Annual Reviews | SDS Training & Updating

#### Looking for Additional **Employee Training?**



Many of our courses in this catalog, as well as many not listed, can be offered at your site and customized to fit your company's needs. Categories include; but not limited to:

- · Computers
- · Leadership/Supervisor/Management
- · OSHA and Safety/First Aid/CPR
- · Electrical/ Mechanical/Industrial Maintenance/ · Welding/CNC/CAD
- · Continuous Improvement/ Lean Manufacturing/ Six Sigma
- · Quality Management/ ISO Consulting & Training · Customized Assessments for New & Current Employees

Call Jennifer Sowers in the IVCC Business Training Center for details at (815) 224-0280 or visit www.ivcc.edu/ivbtc

### **UFACTURING** отсам

ILLINOIS VALLEY



Join IVCC for a new series of technical training that brings real-world applications into the classroom with specially designed activities that are proven to positively affect training outcomes, enhance skill set knowledge and reinforce learning retention. Obtain the principles and essential skills needed so that management, craftsmen, operators, engineers and technicians can transition performance to an improvement-based, results driven culture that is sure to leave your organization's processes reliable. These sessions will be offered in partnership with Reliability Solutions.

#### NEW! Essential Craft Skills 1 Precision Assembly & Installation

This seminar focuses on essential craft skills in precision assembly and installation. It aims to address the lack of understanding and application of correct "precision" principles and techniques among craft technicians. The importance of reliability and long-term cost-effectiveness in maintenance practices, moving away from a "remove and replace" mentality will also be discussed. Participants are introduced to various maintenance philosophies and learn how to use vibration instrumentation to identify machinery

improvements. Hands-on exercises and dynamic demonstrators are used to reinforce correct principles and allow technicians to practice new techniques. By the end of the seminar, participants gain practical tips and a renewed approach to maintenance activities, developing correct assessment, measurement, troubleshooting and reliability improvement habits.

Topics include:

- Coupling assemblies
- · Bearing types and applications
- Belt drives
- Precise alignment principles
- Torque requirements
- Common assembly errors and the distinction between reliability and runability.
- Measuring tools

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Lubrication techniques

While the seminar is primarily aimed at participants with a mechanical craft background, it is also valuable for production operators and engineers. First-line supervision is encouraged to attend to demonstrate support and understanding of the essential principles. **CEU: 4.0** 

Mon-Fri 8 AM-4:30F	PM Sep 25-29	)
Mon-Fri 8 AM-4:30F 5 Sessions C-325/326, IVCC	Reliability Solut	ions \$2100
C-323/320, IVCC	Class ID. 11200	2100

#### NEW! Essential Craft Skills 2 Light Manufacturing & Distribution

This hands-on skill building course focuses on a systematic approach to identifying and reducing common machinery failures in conveyance systems, particularly belt conveyors. Participants learn a root cause failure elimination process that enables them to effectively address component failures and convey their findings to facilitate accurate machine repairs. This course emphasizes effective communication skills alongside precision skills, such as vibration analysis, to enhance troubleshooting, repair and communication abilities.

#### **Topics include:**

- Root cause failure elimination
- Machinery inspection techniques
- Rolling element bearings
- Lubrication fundamentals
- Conveyor components and installation
- Pneumatic systems
- $\cdot$  Identifying and eliminating common failures

Technicians, maintenance supervisors, area maintenance managers, operations management and supervisors, maintenance planners, and engineers can all benefit from this seminar. **CEU: 4.0** 

Mon-Fri 8 AM-4:		•••••
5 Sessions C-316, IVCC	Reliability Solutions Class ID: 11261 \$21	00

#### NEW! Leading Reliability Manufacturing Skills Bootcamp

Leadership with a global view is crucial for driving improvements in the right direction and at the appropriate levels. This session provides insights into best-in-class performers and their approaches to work, measurement tactics for reviewing success and the incorporation of skill development on the floor. Senior-level managers will find practical tips and vital information applicable to their field. facilitating documentation and reassessment of sustainability within reliable manufacturing. You will discuss how to improve the reliability of various aspects within manufacturing processes, such as assets, engineering, design, purchasing and warehousing. Emphasis is placed on the need to develop and implement correct principles and practices on the floor while aligning them with corporate strategic intent.

#### **Topics include:**

- Asset strategy development
- Condition monitoring techniques such as vibration analysis and electrical condition monitoring
- Precision maintenance® and machinery assembly and installation
- $\cdot$  Component failure identification and control
- $\cdot$  Pumps and piping systems
- $\cdot$  Asset operation and troubleshooting
- $\cdot$  Root cause problem elimination
- $\cdot$  Implementation of reliable manufacturing

Corporate, senior and area/line managers, superintendents, as well as maintenance and operation supervisors will benefit most from this 3-day training. Participants should expect thought-provoking and actionable observation challenges. Foundational elements such as effective communication, reliability strategy development and work management are also addressed. **CEU: 2.4** 

Tue-Thu 8 AM-4:30PM Oct 31-Nov 2 3 Sessions Reliability Solutions C-316, IVCC Class ID: 11262 \$1775



### **REAL ESTATE**

#### **Real Estate Broker Pre-License**

*Call (815) 224-0447 to enroll in REA-1200-300.* This course provides students with instruction in real estate fundamentals. Students are required to attend all sessions which include introduction to the license law and real property, basics of agency, seller and buyer relationships and counseling, local, state and federal laws, brokerage, property management, leases, independent contractor and employee status, financing, contracts and title records and transactions. This course is appropriate and required for anyone interested in obtaining a broker license in Illinois and fulfills the 75-hour education requirement for obtaining an Illinois Real Estate Broker license. **Credit Hours: 6** 

To obtain an Illinois real estate license, you must be at least 18 years old, have a Social Security Number or Individual Taxpayer Identification Number, and have a high school diploma or G.E.D. certificate. *If you have any disabilities that require special accommodations, please identify those special needs.* 

Textbooks are required and can only be purchased online at **ivcc.ecampus.com**. An additional binder is required for this class and must be purchased at the IVCC Bookstore.

Scholarships and GI Bill Tuition Reimbursement for Veterans may be available through the Illinois Realtors Association. Visit **illinoisrealtors.org** for more information.

Please note: This class is a credit course. Enrollment must be completed through the IVCC Registration Department by calling (815) 224-0447 or online at ivcc.edu. Please reference course number: REA-1200-300.

Tue 6-10 PM	Aug 22 - Dec 5	
Sat 8:30 AM-5 PM	Oct 28 & Nov 18	
18 Sessions	<b>Carol Wlodarch</b>	ak
E-213, IVCC	REA-1200-300	\$ <b>853</b>

### <u>TEACHERS &</u> <u>Counselors</u>

Illinois Valley Community College offers PD & Graduate Credit Hours for education professionals. In addition to the classes listed, additional options can be found at **ivcc.edu/enroll**.

#### **NEW!** Cyber Safety Awareness

Cybercrime against children has increased by 20% in 2022. Join us in learning how to protect your entire family with a focus on our kids. Whether using social media to online gaming. From their smart phones to being in the comfort of their home, discover how you can identify if a child may be at risk and what we can do about it. The session will involve training with tools you can start using the same day. IVCC Computer Networking and Information Technology Professor Garrick Whitehead will be the presenter. **[2 PD]** Schools or businesses interested in offering this program for employees, please contact Jennifer Scheri (815)224-0390.

Wed 6-8 PM	Oct 4
1 Session	Garrick Whitehead
CTC-208, IVCC	Class ID: 11252 <sup>\$</sup> 19
Wed 6-8 PM	Oct 18
1 Session	Garrick Whitehead
CTC-208, IVCC	Class ID: 11253 <sup>\$</sup> 19

#### Developing the Socialization Skills for Students with ASD in the Inclusive Classroom

Today, every school in America has students who have been diagnosed with ASD (Austim Spectrum Disorder) a neurological disorder on the autism spectrum. The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate ASD. In this course, you take away strategies for working effectively with ASD students. And you will find out how to work effectively with parents to create the most positive learning environments for children and teens with this disorder.

The course is geared for K-12 teachers, but it is also relevant for counselors, faculty in higher education, parents and anyone else interested in understanding this important issue.

#### 16 PD from Illinois Valley Community College or 3 Grad Credits (Optional) from Framingham State University, a leading provider of K-12

**teacher training**. Grad credit requirements are to complete the four-unit quizzes at 80% level (you may retake them until you reach 80%); make at least one comment in each of the four unit discussions; and write a 3-5 page paper based on the course, submitting it within two weeks after the course ends. PRDV 79520, additional \$225 cost, payable to Framingham State University. Additional information sent for pd hours or grad credit after you register for the course.

Oct 2-27	4 Weeks
Julie Coates	Class ID: 9802
Online	

#### NEW! Detoxification & Withdrawal from Substance Use

<sup>\$</sup>145

Learn about substance withdrawal and treatment in this informative webinar with Peggi White. Whether you're a counselor, therapist or registered nurse, this workshop will highlight what you should know about the pharmacology and treatment of withdrawal from various substances of abuse. Get ready to discuss sedative hypnotics, stimulants, hallucinogens, cannabis, opioids and designer drugs. Peggi has over 30 years of experience pioneering the role of the nurse practitioner in Addiction Medicine and Addiction Psychiatry. Register now to attend the webinar and improve your understanding of substance withdrawal and treatment. **[3 PD/CE]** 

#### Objectives

- Discuss the pharmacology of substances including sedative hypnotics, stimulants, hallucinogens, cannabis, opioids and designer drugs.
- Discuss typical withdrawal syndromes for each category.
- Discuss concepts related to detoxification and treatment of withdrawal for each category.

Thu 9 AM - 12 PM	Nov 30	
1 Session	Peggi White	
Online Live	Class ID: 11263	<sup>\$</sup> 49

#### Creating the Inclusive Classroom: Strategies for Success

Get the training you need to reach the diverse mix of students you face every day. You will learn proven strategies for inclusion that turn diversity into opportunity. With a mix of students who have learning disabilities, neurobiological disorders, and physical challenges, the modern classroom requires an efficient and effective teacher who can prioritize under tight deadlines and be creative on demand. In this course, you will discover how students with special needs can become a part of the mainstream. You will learn to see the inclusive classroom as a home for these students, exploring how all students can benefit from an adaptive learning environment. You will examine how each child learns and what you can do to help them develop new strengths. You'll gain a deeper understanding of the opportunities offered by inclusion and how to build collaborative partnerships with the special educator and classroom aides. Above all, you'll discover creative, low-budget strategies for turning your inclusive classroom into a nurturing, supportive learning environment that helps every student. [24 PD].

3 months Class ID: 11007 <sup>\$</sup>129 Online Self-Paced



#### Differentiated Instruction in the Classroom

This course explores 10 practical Differentiated Instruction integration strategies. Each strategy is accompanied by at least three sample lessons, as well as tips for applying them to best improve learning outcomes for your students. In this course you will discover Differentiated Instruction strategies including interest centers, flexible grouping, cubing, and tiering. Every lesson is packed with real-world examples that will help you put these strategies to use in your own classroom. You will take a look at integration across different subjects, grade levels, and learning profiles as you gain helpful knowledge on bringing Differentiated Instruction to your classroom.

This course is a must for today's teachers who often have to differentiate quickly and with minimal resources. Differentiated Instruction is an excellent launch pad for ramping up your creative classroom, and with the tips in these lessons, you will be meeting the needs of your diverse learners in no time. **[24 PD]** 

3 months Class ID: 10864 <sup>\$</sup>129 Online Self-Paced

### FOOD SERVICE

#### In-Person Class | In-Person Exam Food Service Sanitation

8 Hour Class Applied Food Service Sanitation is designed to assist the manager or potential manager applying sanitation principles in the operation of a food service establishment. Students will learn to identify the causes of food-borne illness, identify and apply correct procedures for cleaning and sanitizing, recognize problems and potential solutions associated with facility, equipment and layout. The Illinois code related to food service establishments will be discussed. Students will take the ServSafe Protection Food Manager Certification exam in class at the end of the course. **This class is required in Illinois for**  Certified Food Protection Manager Certification (CFPM) and is an ANSI certified course accepted by the Illinois Department of Public Health (IDPH). Upon successful

completion of the exam with a passing grade, students will attain the ServSafe CFPM. Licenses are valid for five years.

#### Don't Forget Your Textbooks!

Required: ServSafe Manager, 7th Edition. Textbooks are now available for purchase online only. Students should plan to purchase the book and begin review prior to class due to the fast-paced nature of the class. Purchase your textbook at **ivcc.ecampus.com**. Books will be delivered to your home address.

#### Take it at the IVCC Ottawa Center [321 W. Main Street, Ottawa]

#### 8 Hour Food Sanitation

Tue/Thu 5-7:30 PM 4 Sessions	Aug 22-31 Sara Smith	
Rm 104, Ottawa Center	Class ID: 9667	<sup>\$</sup> 130

#### **8 Hour Food Sanitation**

Tue/Thu 5-7:30 PM	Sep 26-Oct 5	
4 Sessions	Sara Smith	
Rm 104,	Class ID: 9668	<sup>\$</sup> 130
Ottawa Center		

#### **8 Hour Food Sanitation**

Tue/Thu 5-7:30 PM 4 Sessions	Nov 7-16 Sara Smith	
Rm 104,	Class ID: 9669	<sup>\$</sup> 130
Ottawa Center		

#### Take it at the IVCC Main Campus, Oglesby

[815 N. Orlando Smith Road, Oglesby]

#### **8 Hour Food Sanitation**

Wed 8 AM-6 PM	Sep 6	
1 Session	Ida Boyle-Bruch	
C-316, IVCC	Class ID: 9777	<sup>\$</sup> 130

#### **8 Hour Food Sanitation**

Mon 8 AM-6 PM	Oct 23	
1 Session	Ida Boyle-Bruch	
C-316, IVCC	Class ID: 9778	<sup>\$</sup> 130

#### **8 Hour Food Sanitation**

Mon 8 AM-1 PM	Nov 13	
1 Session	Ida Boyle-Bruch	
C-316, IVCC	Class ID: 9779	<sup>\$</sup> 130

#### Online Course | In-Person Exam Food Service Sanitation

The ServSafe Manager online course is ideal for individuals who wish to prepare to take the ServSafe Food Protection Manager Certification Exam. This interactive course delivers current food safety information, in an easy-to-use format. The course covers critical principles including personal hygiene, cross contamination, time and temperature, cleaning and sanitizing and more. A practice exam is included at the end of the course. All purchases of online courses are final. Once you begin the course, you will have 90 days to complete it, at which time the course will be deactivated. Paper/pencil exams will be administered at the IVCC Main Campus after completion of the IVCC online course. Select your exam date from the list below. Equipment needs: email address, computer and internet access. Please contact the IVCC Continuing Education Center at (815) 224-0427 with questions or to register for your online course and exam session. Instructions for accessing the online class will be sent to students via email within three business days. Tuition: includes 90-day access to online course and proctored paper/pencil exam at the IVCC Main Campus upon completion of the course. Course extensions are not available. Student is responsible for completing the course prior to sitting for the exam. Nonrefundable.

#### **Exam Schedule for Online Classes**

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•	Thu 5-7:30 PM 1 Session Room 104 Ottawa Center	Aug 31 Sara Smith Class ID: 9787	<sup>\$</sup> 190
•	Thu 5-7:30 PM 1 Session Room 104 Ottawa Center	Oct 5 Sara Smith Class ID: 9788	<sup>\$</sup> 190
•	Mon 9 AM-12 PM 1 Session C-316, IVCC	Nov 6 Ida Boyle-Bruch Class ID: 9780	<sup>\$</sup> 190
•	Thu 5-7:30 PM 1 Session Room 104 Ottawa Center	Nov 16 Sara Smith Class ID: 9789	<sup>\$</sup> 190
•	Mon 9 ΔM-12 PM	Dec 4	•••••

Mon 9 AM-12 PM 1 Session C-316, IVCC

Ida Boyle-Bruch Class ID: 9781 \$190

### LIFELONG LEARNING

Learn for life! Illinois Valley Community College participates in an initiative with College of DuPage, Harper College, Rock Valley College and Kankakee Community College to offer a series of enrichment courses. These classes are designed for students of any age and share the strengths of each lifelong learning program to provide an exciting selection of courses to participants throughout the Northern Illinois region.

All online live classroom courses meet via Zoom. A meeting invite will be emailed within 24 hours before class begins. Participants need access to a computer with high-speed internet. A webcam and microphone are recommended, but are not required. If you would like to participate but do not have access to a computer or tablet, please contact our office to inquire about other ways to participate.

#### Weird and Wonderful Illinois

Celebrate the State of Illinois by exploring the many weird and wonderful people, places and things that make Illinois great. Learn about the famous Illinois Tully Monster, the Tsavo Man Eaters, a buried nuclear reactor in Lemont's Red Gate Woods, the Dixie Square Ghost Mall, Anna's King Neptune Memorial, Peoria's Scale Model of the Solar System and more.

•••••		
Wed 1-3 PM	Sep 13	
1 Session	Jay Sternickle	
<b>Online Live</b>	Class ID: 11257	<sup>\$</sup> 19

#### NEW! The Medieval Spice Trade: Making and Tasting Historical Recipes

In this virtual cooking demonstration, we will explore the medieval spice trade through the preparation of medieval European recipes. We will learn about premodern food culture through reading and interpreting recipes featuring an array of historical spices.

Wed 1-3 PM	Oct 11	
1 Session	Sarah Kernan	
Online Live	Class ID: 11229	\$19

#### NEW! Thriving on Limitations: Behind the Scenes of Star Trek II: The Wrath of Khan

Celebrate the amazing actresses, actors, and behind the scenes artists who worked on Nicholas Meyer's Star Trek II: The Wrath of Khan. More than 100 rare, and many 'never-before-seen,' photographs paint the incredible picture of a company of actors and artists whose talents combined to create one of Star Trek's best films. In addition to the photographs, the presentation will share trivia and little-known facts about the making of the film and how it was made despite limitations of budget, time, and technology. A special thank you to writer/director Nicholas Meyer for his permission to share these photographs and the University of Iowa Library.

Tue 1-3 PM	Oct 17
1 Session	Maria Jose Tenuto
Online Live	Class ID: 11230 \$19

#### NEW! Race to the Moon: Project Mercury

Project Mercury was the first manned space program in the United States. These early space missions taught NASA many important lessons - how to reach orbit, how man can survive and function while in orbit, and how to both launch and recover astronauts and their vehicles. From 1958 to 1963, NASA conducted 20 unmanned test flights and 6 successful manned flights. Find out what the objectives and goals of the Mercury Program were and its importance to landing man on the moon. Join us as we discuss these missions, the original 7 astronauts nicknamed the Mercury 7, and find out why they truly had "the right stuff". This will be the first in a series of three classes.

Wed 10-11:30 AM Oct 18 1 Session Mike Frederiksen Online Live Class ID: 11231 \$19

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Continuing Education | Questions: [call] (815) 224-0427 [email] continuingeducation@ivcc.edu

11

#### **NEW!** Walking Tour of Chicago

Discover the cultural and architectural wonders hidden right in our own big city - Chicago. Come along on a virtual walking tour of downtown Chicago and learn about the city's most famous architecture. Learn about the downtown's rich history and how Chicago rose from the ashes to become a powerhouse of finance, entertainment and culture..

Wed 1-3 PM	Oct 25	
1 Session	Jay Sternickle	
Online Live	Class ID: 11258	\$19

### NEW! The Amazing Code Breakers of Geneva, IL

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Learn the fascinating life stories of two famous pioneers of modern cryptology, who began their code-breaking careers in Geneva, Illinois! Working at the Fabyan Villa (Riverbank Laboratories), William and Elizebeth Friedman worked on breaking secret codes during World War I, Prohibition, World War II and beyond.

Tue 10 AM-12 PM	Nov 7	•••••
1 Session	Jay Sternickle	
Online Live	Class ID: 11232	\$19

#### **NEW!** Living Behind the Iron Curtain

Pursued by the Americans and British from the West and Soviet forces from the east, Nazi forces in Europe were in retreat by early 1945. Areas occupied since 1940-41 found themselves freed from Nazi control and oppression. Nations in Eastern Europe - Poland, Czechoslovakia, Hungary, Romania and Bulgaria - were liberated by the Soviet Red Army. After the war ended, the Soviets remained in these countries longer than expected. By the late 1940s, most of eastern Europe was cloaked behind what would become known as the Iron Curtain. What was is like to live behind the Iron Curtain? Alina Warner shares from her experience as a child growing up in Romania, witnessing the isolation of the people and the hardship of the totalitarian regime. As a teenager she remembers living through the 1989 Revolution that freed the people from the dictatorship of Nicolae Ceausescu.

Wed 6-7:15 PM	Nov 8	
1 Session	Alina Warner	
Online Live	Class ID: 11233	\$19

#### **NEW!** Canva for the Holidays!

Harness your creativity, and learn a new program! Canva is a web-based program where you can design your own photo cards, family newsletters, and greeting cards. Natalie Martin will show you how to use the different features, how to upload your photos, use templates and themes, add clip art such as stockings and Santa hats, and even use their online ordering system to create cards, fun newsletters, and helpful lists right from your computer. You will be ready to create your own creative correspondence for the holidays and more and have fun doing it! .....

1 Session

Tue 6-7 PM **Nov 14** Natalie Martin **Online Live** Class ID: 11234 \$19

#### **NEW!** The James Webb Space Telescope

The Webb Telescope is the most recent and most developed space telescope. Launched in December 2021, this telescope is set to study the history of our universe. From the first moments in the birth of the universe after the 'big bang' to the more recent formation of our own solar system. This course will present a history of space telescopes, and how they help scientists determine the origins and evolution of galaxies and stars and planetary systems. We will also see the beauty of deep space photography in capturing the vast array of objects in our sky.

Tue 11 AM-12:30 PM	Nov 14	
1 Session	Dr. Suzanne Rau	
Online Live	Class ID: 11235	\$19

#### **NEW!** Amazing Castles | Legends, Lore, & More

Castles, the stuff of romance, still fascinate the modern mind. Come and explore the history, legends, and lore that only can be found in Castles, the most imposing monuments ever built around the world. From King Arthur to modern monarchs, we'll explore their romantic, mysterious, and intriguing castles that have played a crucial role in the history of civilization for more than a thousand years. .....

Fri 11 AM-12 PM 1 Session **Online Live** 

Dec 1 **Barbara J. Barrett** Class ID: 11236 \$19

#### NEW! Midwest Road Trip

Take a nostalgic road trip and discover the history of the Midwest vacation destinations that area residents have been visiting for generations. Relive family road trip memories or discover new destinations to help plan your next day trip or vacation getaway.

..... Wed 1-3 PM Dec 6 1 Session Jay Sternickle **Online Live** Class ID: 11259 \$19



# RHSH

### Beginner's Guide to Getting Published

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. If you really want to succeed, this step-by-step workshop is a must!

#### You will discover how to:

- · Become a "published" writer overnight
- Submit manuscripts the correct way
- Find the right publisher for your work
- Write irresistible query letters
- Determine when and how to get an agent
- 100 ways to make money as a freelance writer

..... Thu 6-8 PM 1 Session **Online Live** 

**Oct 5** LeeAnne Krusemark Class ID: 11243 \$45

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### NEW! Write Your Life Story (for fun or profit)

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. The handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/ publishing options will also be discussed.

Sat 10 AM-1 PM Oct 7 1 Session LeeAnne Krusemark **Online Live** Class ID: 11244

### NEW! Beginner's Guide to

Starting a Blog

Online blogging is a great way to get the word out about you, your service, your product or information you want to share! Learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking.

#### You will learn step-by-step how to:

- Start a FREE blog with WordPress
- · Choose a blog template
- Emphasize your blog content with a creative name
- Use your unique voice to share your expertise Connect your domain/website

Tue 6-8 PM	Oct 10
1 Session	LeeAnne Krusemark
Online Live	Class ID: 11245 \$45

### Writing for Online Blogs, Magazines & Websites

You don't need a journalism degree or previously published articles to write for an online blog. magazine or website. Some opportunities offer exposure, while many pay well - \$1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel.

Thu 6-8 PM 1 Session **Online Live** 

**Oct 12** LeeAnne Krusemark Class ID: 11246 \$45

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# LARS &

#### How to Travel Free

We're back to our travels! Everything is getting more expensive, so how do we make our travel free? Learn how to find the deep travel discounts motivating us to see the world. If you are retired, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she has traveled for free to 100 countries and all 50 states. Plus learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. Earn free airline tickets, hotel nights, tours, cruises & more! Volunteer, fun work-vacations, paid travel, teach English, mystery shopping, importing, drop shipping & remote employment opportunities. Gina teaches this online class while she is traveling all over the US & worldwide for free. Tuition includes her 100-page digital book "How to Travel Free" (a \$39.95 value).

Sat 11 AM-2PM	Sep 23	
1 Session	Gina Henry	
Online Live	Class ID: 11256	\$49

#### NEW! Protect Yourself from Fraud

Learn how to keep yourself safe from fraud. Countless online, mail, and telephone scams exist in the world today. They are designed to sound innocent and to lure you into schemes that may cost you your money, your credit or your identity. They flourish only because people are uninformed. In this informative class, students will learn what to look for and how to protect themselves from fraud.

Wed 1-3PM	Sep 27
1 Session	Jeffery Sternickle
Online Live	Class ID: 11254 \$49
Wed 1-3PM	Oct 11
1 Session	Jeffery Sternickle
Online Live	Class ID: 11255 \$49

#### **Estate Planning & Asset** Protection

Estate Planning Everyone who has assets, whether you are just graduating from college, starting a family or planning for your golden years, needs an estate plan. Learn why you need an estate plan, how it works and what happens when you don't have one. We will discuss estate planning fundamentals and terminology including ramifications of asset ownership, legal reasons for life insurance, importance of beneficiary designations, life estates, nursing home costs, importance of powers of attorney, increase in guardianships, wills, use of trusts and more. Learn what questions you should be asking yourself. You will be better prepared to consider your options and have the tools needed to create a plan for the first time or review your current plan with your attorney.

Thu 6-8 PM	Sep 28	
1 Session	Walt Zukowski	
C-316, IVCC	Class ID: 11248	\$29

#### NEW! Cyber Safety Awareness

Partner with IVCC in keeping your children safe. cybercrime against children has increased by 20% in 2022. Join us in learning how to protect your entire family with a focus on our kids. Whether using social media to online gaming. From their smart phones to being in the comfort of their home, discover how you can identify if your child may be at risk and what we can do about it. The session will involve training with tools you can start using the same day. IVCC Computer Networking and Information Technology Professor Garrick Whitehead will be the presenter. 2 PD hours are available for educators seeking professional development hours. Schools or businesses interested in offering this program for employees, please contact Jennifer Scheri (815)224-0390.

Wed 6-8 PM	Oct 4
1 Session	Garrick Whitehead
CTC-208, IVCC	Class ID: 11252 \$19
Wed 6-8 PM	Oct 18
1 Session	Garrick Whitehead
CTC-208, IVCC	Class ID: 11253 \$19

#### NEW! Affiliate Marketing: Monetize Your Websites, Blogs and Social Media

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. .....

Thu 5-6 PM	Oct 5
1 Session	LeeAnne Krusemark
<b>Online Live</b>	Class ID: 11242 \$30

AARP Driver Safety The AARP Driver Safety Program is a classroom driver refresher course designed especially for drivers age 50 and over. This program aims to help community members retain their driving competency. Learn driving strategies, understand the effects of aging on driving, reduce the chance of having an accident and know when to retire from driving. At completion of this course; you will receive a certificate that can be presented to your automobile insurance holder that may entitle you to a discount. Attendance is required at both days of class to receive the certificate of completion. There is a \$20 fee for AARP members (with AARP membership card); and a \$25 fee for non-members payable to the AARP instructor for materials on the first day of class. The course is free for United Healthcare members. Additional information about this class, parking and location will be emailed to you approximately one week before class is scheduled to meet.

Fri 8:30 AM-12:30 P	M Oct 20 & 27
2 Sessions	<b>Regina Leffelman</b>
Rm 104	Class ID: 9799
Ottawa Center	Fee payable day of class

Mon/Tue 8:30 AM	-12:30 PM	Nov 6-7
2 Sessions	Regin	ıa Leffelmar
Rm 103, Bldg. H		ass ID: 9800
IVCC	Fee payable	day of class



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#### Stocks, Bonds & Investing

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Do you wish you could do it all without having to pay a broker or a financial advisor? This class walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. Each lesson explains these concepts in detail, so you understand how and why things work in the investment world. Provide yourself with the independence and confidence you will need to make your own investment decisions. Self-paced. Start upon registration.

Online	3 months
Class ID: 10815	\$125

### NEW! Analysis & Valuation of Stocks

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This comprehensive course is designed to provide you with conventional and advanced techniques in researching and valuing stocks. Starting off with the basics, you will learn how to read financial statements and calculate financial ratios, and then move on to perform industrial comparisons, value stocks, and conduct economic and industrial research. The course is taught in a manner that uses everyday language, simple yet insightful analogies, and a just the facts attitude that you will understand and appreciate. By the end of this course, you will have a strong foundation in the analysis and valuation of stocks. *Self-paced. Start upon registration*.

Online	3 months
Class ID: 10987	\$125

### LIASS ID: 10813 \$125

#### **Intermediate Swing**

**Pre-requisite:** Students must have attended a Beginning Swing Dance class previously. This class will take you up a notch from the introductory Beginning Swing level. Intermediate Swing is designed for those that are not quite ready for the advanced class.

Tue 8:15-9:30 PM	Sep 12-Oct 17	
6 Sessions	Jane Schomas	
Small Gym	Class ID: 11239	\$75
Oglesby Lincoln S	chool	•

#### Beginning Swing Dance Big band, rock, oldies or country? No matter what

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Big band, rock, oldies or country? No matter what kind of music you like you can dance swing to it. Learn the moves to take you a step ahead. You will learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the dance floor, not Fred & Ethel! **No class: Oct 31, Nov 21** 

Tue 7-8:15 PM	Oct 24-Dec 12	•••••
6 Sessions	Jane Schomas	
Small Gym	Class ID: 11240	\$75
<b>Oglesby Lincoln</b>	School	•

#### **Advanced Swing Dance**

Now that you have the 6-count mastered, let's take on some fancier footwork! Learn some of the more intricate parts of swing dance including turns, advanced footwork, Lindy Hop and Charleston moves. **No class: Oct 31, Nov 21** 

Tue 8:15-9:30 P	M Oct 24-Dec 12	•••••
6 Sessions	Jane Schomas	
Small Gym	Class ID: 11241	\$75
<b>Oglesby Lincol</b>	n School	

### **MUSIC**

#### **IVCC Jazz Ensemble**

Have you ever wanted to participate in a jazz ensemble? This course provides a study of style and techniques in the jazz idiom. The course is open to all wind instrument players as well as piano, guitar, bass and drum set players. Students will also participate in public performances during the semester. Prerequisite: Performance ability on a wind instrument, piano, guitar or tap drum. **The college owns a piano; students playing wind, guitar or drums must provide their own instrument.** 

Tue 6:45-9:15 PM	Aug 22-Dec 17
17 Sessions	Brandon Czubachowski
D-223, IVCC	Class ID: 11300 \$25

#### Instant Piano for Hopelessly 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. Since this class is being held online with Zoom you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. This course includes an online book and follow up video lessons. You will be able to continue your practice and study on your own. An optional online question and answer session and a recording of the class is also included. The course is part lecture, demonstration and hands-on instruction.

Mon 6:30-9:30 PM	Oct 2	
1 Session	Craig Coffman	
Online Live	Class ID: 11356	\$69

#### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult 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 and get you playing along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to participate at home with your guitar and take this class without any pressure at all. The class includes an online book and online follow-up video lessons. You will be able to continue your practice and study on your own. An optional online question and answer session and a recording of the class is also included. For ages 13+. 

Tue 6:30-9 PM	Oct 3	
1 Session Online Live	Craig Coffman Class ID: 11357	\$69

#### **NEW!** How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Topics include how to find the starting note, how to determine when chords change, how to predict the chord progression, how chords help you find the correct melody, how the melody helps you find the correct chords, how to learn songs from recordings, how to transpose, the Universal Key Signature, how to use the Circle of Fifths, how to recognize the most common chord patterns.

Tue 6:30-9 PM	Oct 3	
1 Session	Craig Coffman	
Online Live	Class ID: 11357	\$6 <b>9</b>

**DANCE** 

\*Please sign up with a dance partner. Both persons must register. Dance classes will be held in the small gym at Lincoln School, 855 Bennett Road, Oqlesby.

#### Wedding Reception Survival Skills

Tired of making small talk at the table while everyone else is having fun on the dance floor? From wedding receptions to special events, learn to survive most social occasions by mastering the reception basics: slow dance, swing, waltz and merengue.

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Tue 7-8:15 PM Sep 12-Oct 17 6 Sessions Jane Schomas Small Gym, Class ID: 11238 \$75 Oglesby Lincoln School

Continuing Education | Register by: [phone] (815) 224-0427 [web] ivcc.edu/enroll [mail] registration info on pg. 20

### <u>CREATIVE</u> <u>ARTS</u>

#### NEW! Impressionist Landscape Exploration

Join local art teacher and artist Julie Jenkins in exploring the medium of pastels in the serene landscape of Nell's Woodland. Learn about the medium of soft pastels and create a landscape or botanical drawing en plein air (outdoors). We will discuss techniques and pieces created by the Impressionists and adapt them to paint our own masterpieces. No experience necessary. *Supplies* (\$30 value) are included and will be provided at class.

Sat 9 AM-1 PM 1 Session Ecology Building Nell's Woodland	Sep 9 Julie Jenkins Class ID: 11318	\$89
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#### **NEW!** Pumpkin Topiary Painting

The fall season is upon us. Follow along step-bystep as we create a 16" x 20" painting of stacked fall pumpkins. We will be using classic soft fall colors. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.* 

Thu 6-9 PM 1 Session CTC-123 IVCC	Sep 7 Lucy Schmidt Class ID: 11319	\$39
Wed 6-9 PM 1 Session Ecology Building Nell's Woodland, (	Sep 13 Lucy Schmidt Class ID: 11320 Dttawa	\$39

#### Paint Your Home! Watercolor Home Portraits

Learn about the range and flexibility of watercolor medium. Use these skills to craft a watercolor portrait of your home (or other similar structure of your choice.) You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. Students will be asked to submit a photo of their home (or similar structure) by email approximately two weeks prior to class. The picture of your home should be taken from the front, as straight as possible. If you wish to paint a different structure such as a barn or other architectural structure the same applies for the sample photo. Students will receive a list of art supplies to purchase prior to class.

**Oct 14** 

#### **NEW!** Witch Legs Yard Stakes

I'll get you my pretties! Customize a set of wooden witch leg yard stakes complete with her shoes! Project size is 25" tall. Ages: 12+ Children can register and attend class with an adult over the age of 18 who is also attending class. There is a \$19 material fee payable to the instructor the day of class.

Mon 5:30-7:30 PM	Oct 2
1 Session	Ivilian Ossola
CTC-123 IVCC	Class ID: 11322 \$35

#### **NEW!** Witch Gnome Painting

We are back with the popular painted gnome series. Follow along step-by-step as we create a 16" x 20" painting of a Halloween Witch Gnome. We will be using glitter to accentuate this piece. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.* 

Tue 6-9 PM	Oct 3
1 Session	Lucy Schmidt
CTC-123 IVCC	Class ID: 11323 \$39

#### NEW! Reversible Stacked Pumpkin/Snowman Door Décor

Join us to create this multi-seasonal door hanger. Finished project measures 22" long. You can hang this on your front door, display inside your home, garden post, etc. This will be a doublesided silhouette project with a stacked pumpkin design on one side and snowman on the reverse. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.* There is an \$18 material fee payable to the instructor the day of class.

Sat 10 AM-1 PM	Oct 14
1 Session	Jyllian Ossola
Habitat ReStore	Ćlass ID: 11324 \$35
Peru	

#### **NEW! Harry Potter Owl Painting**

The focus for this class is Harry's beloved Hedwig. Join us on a Saturday morning for a magical experience. Follow along step-by-step as we create a 16" x 20" painting of Hedwig. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.* 

Oct 28	
Lucy Schmidt	
Class ID: 11325	\$39
	Oct 28 Lucy Schmidt Class ID: 11325

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#### **NEW!** Winter Barn Landscape

Let's create a winter landscape featuring a barn and evergreen trees. Follow along stepby-step as we create a 16" x 20" painting. This class will be held at Nell's Woodland, Ottawa. All supplies included. *Skill level: 16+* 

Thu 6-9 PM	Nov 2	
1 Session	Lucy Schmidt	
Ecology Building	Class ID: 11326	\$39
Nell's Woodland		



#### NEW! Vintage Holiday Truck Painting

Meet us in the Miller Community Room at Habitat ReStore-Peru. Follow along step-by-step as we create a 16" x 20" painting of a winter scene featuring a vintage truck and the wording "Happy Holidays." All supplies included. *Skill level:* 16+

Sat 10 AM-12:30 PM 1 Session Habitat ReStore Peru	Nov 18 Lucy Schmidt Class ID: 11327	\$39
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#### NEW! Skating Penguins Painting My Grown Up & Me

Take it together! Paint with grandma, grandpa, aunt, uncle, mom, dad or your all-around favorite person! Each person paints their own 11" X 14" canvas. Each finished painting can be displayed by itself, but when the canvas are placed side by side, they also combine to create on picture. All supplies included. *Ages: 6+. Children can register and attend class with an adult over the age of 18 who is also attending class.* 

Sat 10 AM-12 PMDec 21 SessionLucy SchmidtCTC-123, IVCCClass ID: 11328

\$45

Sat 9 AM-1 PM 1 Session B-101 IVCC

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#### **NEW!** Reindeer Yard Sign

Create a hand-painted reindeer sign that you can place in your yard, or in an outdoor winter container. This is a staked yard sign made on 1/4" wood. Project size is 22" tall. Ages: 12+ Children can register and attend class with an adult over the age of 18 who is also attending class. There is an \$18 material fee payable to the instructor the day of class.

Mon 5:30-7:30 PM	Dec 4	
1 Session	Jyllian Ossola	
CTC-123, IVCC	Class ID: 11329	\$35

#### NEW! Wooden Mitten Pair | My Grown up and Me

Take it together! Paint with grandma, grandpa, aunt, uncle, mom, dad or your all-around favorite person! Create an attached pair of mittens that can be displayed indoor or out. Work together to complete this project. Ages: 6+ Children can register and attend class with an adult over the age of 18 who is also attending class. There is an \$18 material fee payable to the instructor the day of class.

Sat 10 AM-12 PM	Dec 16	
1 Session	Jyllian Ossola	
Habitat ReStore	Class ID: 11330	\$35
Peru		-

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#### SAVE THE DATE! Barn Quilt Classes Spring 2024

Barn Quilt Classes will be back in Spring 2024. If you would like to know when the next class will be scheduled call our office (815) 224-0427 or email us at continuingeducation@ivcc.edu to request to be on the wait list for the next class.

### **CULINARY**

#### **NEW!** Growing a Cocktail Garden

Fresh ingredients can be the difference between a good cocktail and a great cocktail. Level up your happy hour with this interactive course, where participants will learn three cocktail recipes utilizing ingredients you can grow in your own garden. Garden and cocktail enthusiast, Natalie Martin will lead participants through the making of each cocktail, how to grow the plants, and then participants will get to sample each cocktail. Don't miss this evening out to freshen up your happy hour! Ages: 21+ **There is a \$10 material fee payable to the instructor the night of class.** 

	••••••••••••••••••			••
	Thu 6-7:30 PM	Sep 14		
1	1 Session	Natalie Martin		
	CTC-123, IVCC	Class ID: 11333	\$35	

#### **NEW!** Gluten Free Gourmet

Join an experienced chef to learn more about gluten free cooking. This class is not just for those who suffer from gluten sensitivity or celiac disease, some also choose to follow a gluten-free diet or are just curious about how to reduce the gluten they are consuming. We will discuss how to substitute gluten-free ingredients in place of regular ingredients and explore alternatives such as millet, corn, amaranth, quinoa and/or gluten-free flours to prepare a variety of dishes. Recipes will include: Sweet Potato Skins with Spinach, Chick Peas and Cream Cheese, Breakfast Sandwich with Hash Brown Bun, Baked Avocado Benedict and more. Please bring an apron, cutting board, potholder, heatresistant spatula and kitchen knife to class. There is a \$35 material fee payable the night of class.

Wed 6-9 PM Oct 11 1 Session Sara Fitzpatrick CTC-123, IVCC Class ID: 11312 \$49

#### Tortellini: Twist, Cook, Eat, Repeat

Tortellini: Twist, Cook, Eat, Repeat Dee has been making these Italian treasures from the time she was a young girl. Relatives and elder ladies of Mark, Illinois taught her how to make authentic pasta. Tortellini is a meat and cheese filled pasta that is twisted to resemble a belly button. As a child she sat around the big dining room tables and learned how to make this Italian "staple" from the experts... relatives from the Old Country. In this class we will learn how to make the dough and filling and how to twist them. Follow by cooking and of course eating them. Please bring an apron, pizza cutter and a cutting board. Bring a bottle of water, soda or coffee. There is a \$25 material fee payable to the instructor the night of class.

Thu 6-8:30 PM	Oct 19	
1 Session	Dee Biagi	
CTC-123, IVCC	Class ID: 11315	\$35

#### **Italian Sauces**

Learn to make authentic sauces to add to your home-made or "store bought" pastas. Sauces include: alfredo sauce, a creamy white sauce with asiago cheese melted to give it a decadent flavor; pesto sauce, a fresh basil and olive oil flavor charmer added to other sauces or can stand alone. The sauces will be sampled with store bought pastas and other dishes the night of class. Skip dinner at home for an authentic tour of sauces from the northern region of Italy with Dee (Malavolti) Biagi. *Please bring an apron, cutting board and kitchen knife to class. Bring a bottle of water, soda or coffee.* There is a \$25 material fee payable to the instructor the night of class.

Fri 5:30-8:30 PM	Oct 20	•••••
1 Session	Dee Biagi	
CTC-123, IVCC	Class ID: 11316	\$35

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#### **NEW!** Ayurvedic Cooking

Ayurvedic cooking helps heal the body, mind and soul. During this class learn to make an ayurvedic meal and staple recipes such as Kitchari! The benefits of Ayurvedic cooking have been observed over thousands of years, including better digestion, clearer skin, and a stronger immune system. Ayurveda includes focus on eating seasonally and by consuming spices that are recommended for your dosha. You can also explore elements of this ancient practice by making dishes to balance your mood. New to Ayurveda? Find out more in the Introduction to Ayurveda class on October 7. Class ID: 11344. Please bring: an apron, cutting board, pot holder, heat-resistant spatula, table service and kitchen knife to class. There is a \$20 material fee payable to the instructor the day of class.

Sat 10 AM-12 PM	0ct 21	••••••
1 Session	Sat 10 AM-12 PM	l
CTC-123, IVCC	Class ID: 11317	\$39

If you have food allergies, please contact us prior to registration. We will do our best to accommodate, however all culinary classes may not be able to make accommodations.



Continuing Education | Register by: [phone] (815) 224-0427 [web] ivcc.edu/enroll [mail] registration info on pg. 20

**Community Education** 

### NEW! Holiday Appetizers & Seasonal Libations

Who does not love appetizers around the holidays? One to two bites of savory treats couldn't get any better unless you pair them with seasonal libations. In this class we will make delicious one to two bite holiday time inspired appetizers paired with the libations that compliment them the best. Discover how certain combinations of food and drink deliciously expand the culinary experience. Learn new recipes just in time for the holidays! Recipes will include: Gorgonzola Crostini, Potato Pancakes with Smoked Salmon and Crème Fraiche, Marinated Filet Mignon Skewers, Mini Charcuterie Cups and more. \*Students must be age 21 and should be prepared to provide a valid form of personal identification. Please bring an apron, cutting board, potholder, heat-resistant spatula, and kitchen knife to class. There is a \$45 material fee payable to the instructor the night of class.

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Wed 6-9 PM	Nov 1		
1 Session	Sara Fitzpatrick		
CTC-123, IVCC	Class ID: 11313	\$49	

### PHOTOGRAPHY

#### **Photography for Beginners: DSLR**

This course will introduce the students to DSLR cameras. lenses and accessories. The course will cover basic photographic concepts including exposure, color balance, lighting and composition. Basic concepts and real-world applications of digital imaging will be discussed. Students will review and discuss photos presented by the instructor as well as student work. Assignments will reinforce what is learned in a fun and upbeat atmosphere. This class will meet both indoors and outdoors, weather permitting. The instructor will discuss an optional field trip to Nell's Woodland. Ottawa which is tentatively scheduled for the final night of class. Class size is limited to 8-10 students. Students should bring a digital SLR camera, lens, memory card and camera manual to class. \*If you are interested in a photography class starting later in the semester, contact our office to join a waitlist (815) 224-0427.

Thu 6:30-9:30 PM	Sep 12-Oct 17	
6 Sessions	Doug Dellinger	
E-320, IVCC	Class ID: 11338	<sup>\$</sup> 169
L JZU, IVCC	Class ID. 11550	102

### **OUTDOOR EDUCATION &** GARDENING

#### Survival Skills: Making Fire by Friction - The Bow & Hand Drills

Now, I know what you're thinking, why take this class when I could just use a lighter? And lighters are a great survival tool, but what if it gets wet or runs out? Friction fire-making skills never run out, are readily available from many sources, and work even when it's wet, windy, or cold! And with a little bit of guidance and some practice, you can make one too! It's not only a great party trick, but it's also one of the most deeply satisfying experiences you can ever have. Good fire structure will also be covered in this class, so you can save on lighter fluid as well! This class will meet mostly outdoors. Bring a knife, note-taking materials, water bottle and lunch that does not require refrigeration for the four-hour classes. Ages: 18+

Sat 10 AM-2 PM	Sep 9
1 Session	Jason
Wellness Building	Class
Nell's Woodland	

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..... Thompson ID: 11336 \$49

#### **Survival Skills: Primitive** Trapping, Making Cordage, A Figure-4 Deadfall Trap & A **Rolling Snare**

Combined with hunting, trapping and snaring give a survivalist the best chance of securing food in the wild. Traps and snares can be set to save time to bring in food while the survivalist is busy doing other things. The figure-4 deadfall trap and rolling snares are two of the most simple but effective ways to harvest well-needed protein to fuel your body to survive. And cordage, making a small rope out of natural materials, is another useful skill for making tinder, fire, shelter, snares and traps, lashing things, and can be made out of surprisingly a lot of stuff in the wild! This class will meet mostly outdoors. Bring a knife, note-taking materials, water bottle and lunch that does not require refrigeration for the four-hour classes. Ages: 18+ .....

Sat 10 AM-2 PM 1 Session Wellness Building Nell's Woodland	Sep 23 Jason Thompson Class ID: 11337	\$49
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#### **NEW!** Growing a Cocktail Garden

Fresh ingredients can be the difference between a good cocktail and a great cocktail. Level up your happy hour with this interactive course, where participants will learn three cocktail recipes utilizing ingredients you can grow in your own garden. Garden and Cocktail Enthusiast, Natalie Martin will lead participants through the making of each cocktail, how to grow the plants, and then participants will get to sample each cocktail. Don't miss this evening out to freshen up your Happy Hour! Ages: 21+ There is a \$10 material fee payable to the instructor the night of class.

Thu 6-7:30 PM	Sep 14	
1 Session	Natalie Martin	
CTC-123, IVCC	Class ID: 11333	\$35

#### NEW! "Birds, Bees & Butterflies, Please" Gardening for **Pollinators**

Butterflies, bees and birds, they are all important pollinators for plants, whether it's agriculture or your own personal landscape. If you're looking to support these necessary creatures, sign up for this presentation to find out more. Environmental educator, Natalie Martin will lead you through what a pollinator is, what kinds of plants attract them, and how to grow those plants in your own yard. This hour-long program will allow plenty of opportunity to ask questions, and brainstorm ideas to attract a variety of species to your yard.

Thu 6-7 PM 1 Session Ecology Building Nell's Woodland	Oct 5 Natalie Martin Class ID: 11334	\$25	•
Nell's Woodland		1	

#### **NEW!** "It's for the Birds" Landscaping for Birds

Interested in attracting more birds to your yard? Then you won't want to miss this educational program from environmental educator, Natalie Martin. Natalie will guide you through common species of birds in our area, their sight and bird call identifiers, and how to attract them to your vard with shrubs, trees, grasses, and other plants. Participants will leave this course knowing how to proceed with planting popular plant species for birds and how to tell if different birds visit their yard. Weather permitting, at the end of class an optional 30-minute walk around the grounds at Nell's Woodland will help us identify local bird and plant species after the hour-long presentation.

Sat 10-11:30 AM	Oct 7	•••••
1 Session Ecology Building	Natalie Martin Class ID: 11335	\$35
Nell's Woodland	Clubb 10. 11555	<b>433</b>

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<u>Community Education]</u>

### <u>PARANORMAL</u> INVESTIGATION

#### Introduction to Paranormal Investigation

Join The Illinois Paranormalists (TIP) for an exploration in the realm of ghost hunting. During the session TIP members will share their experiences with investigating ghost sightings and sounds, discuss techniques used in an investigation and present the equipment they use. At the end of class, we will listen to, and view examples of evidence collected by TIP on previous investigations.

Find out:

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- How likely it is that you will "see" a ghost or apparition?
- What does a ghost "sound" like?
- What is an EVP and how is it used?
- Why is debunking important?

Locations they have investigated include: the Amboy Depot Museum, Sheboygan Asylum, Whispers Estate, Chaney Mansion and Mineral Springs Hotel among others.

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IP lass ID: 11237 \$25
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### MIND, BODY & WELLNESS

#### NEW! Beginning T'ai Chi at Nell's Woodland

T'ai chi comprises gentle and slow movement exercises which increase the accumulation, circulation and balancing of energy. The movements are easy to learn and appropriate for people of all ages and physical abilities. Those who regularly practice T'ai chi experience greater energy, better balance and enables and improved quality of life. This class will introduce you to T'ai chi while experiencing the benefits of practice. Wear comfortable, loose-fitting clothing and athletic shoes. Bring water.

\$49

Thu 5-6 PM	Aug 24-Sep 21
5 Sessions	Dan Retoff
Wellness Bldg	Class ID: 11331
Nell's Woodland,	Ottawa

NEW! Introduction to Yoga at Nell's Woodland

Learn the postures or asanas of yoga. We will put on a beginner's mindset and learn each pose more in depth as well as flow through the postures. Come away more relaxed, limber and feeling better! At the end of the session, you'll be more familiar with yoga postures and benefits of the practice for the whole being. Focus will be given to breathwork and proper alignment. This class is a continuation of the summer session, new students are welcome. Bring a yoga mat and water. *Wear comfortable, loose-fitting clothing and athletic shoes*.

Thu 6:30-7:30 PM	Aug 24-Sep 28
6 Sessions	Emily Manternach
Wellness Bldg.	Class ID: 11332 \$59
Nell's Woodland, O	ttawa

#### Introduction to Meditation, Asana & Conscious Nature Walking [All Ages]

We will start with a nature walk to loosen the muscles and mind. Then we will practice Asana to stretch and move the body before sitting in stillness for meditation. Each of the three parts will have a shared theme we will be focusing on. August 25 – Focus on Love, September 8 – Focus on Compassion, October 6 – Focus on Forgiveness. All ages are welcome. Participation in two or more activities during class is recommended for full benefit. Bring a yoga mat for Asana, a pillow for meditation and water. Wear comfortable, loose-fitting clothing and close-toed athletic shoes. Children under the age of 18 should be accompanied by an adult who is also registered and participating in the session.

7:30-8 AM Nature Walk 8-8:30 AM Asana 8:30-9 AM Meditation

Fri 7:30-9 AM	Aug 25	•••••
1 Session	Emily Manternach	
Wellness Bldg.	Class ID: 11340 <sup>\$</sup> 2	5
Nell's Woodland,	Ottawa	

Fri 7:30-9 AM 1 Session	Sep 8 Emily Manternad	ch
Wellness Bldg.	Class ID: 11341	<sup>\$</sup> 25
Nell's Woodland, (	Ottawa	

Fri 7:30-9 AM	Oct 6	
1 Session	Emily Manterna	ch
Wellness Bldg.	Class ID: 11342	
Nell's Woodland, Ottawa		

#### NEW! The Rhythm & Cycles of Nature at Nell's Woodland

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Learn the benefits of tapping into nature's abundant energy and living a more productive and purposeful life by adapting to the cycles of nature. You will discover how to incorporate a variety of practices that will help you live more harmoniously by balancing your physical and energetic bodies. Wear comfortable clothing to class.

Sat 9-10 AM 1 Session	Sep 9 Abby Zukowski	
Wellness Bldg. Nell's Woodland, (	Class ID: 11352	<sup>\$</sup> 25

#### **NEW!** Glow Yoga for Adults

Come enjoy using glow lights and let your light shine while practicing Asana, breath work and meditation. Let's have some fun with glow light! Plan to dress in comfortable clothes and colors that glow in the dark. Optional UV face and body paint will be available. *Please bring water, a towel or yoga mat and a \$5 material fee to class.* 

Sat 3-4:15 PM	Sep 9
1 Session	Emily Manternach
CTC-123, IVCC	Class ID: 11339 \$25

#### Yoga Unique to You

**....** 

This class will provide you with an opportunity to cross train by participating in two different training methods. This functional fitness class will encourage coordination skills, tone your body, zap calories and metabolize fat. You will build a strong core: abs, hips and back, to support and improve what you do every day. Start at a beginner's level and gradually increase to a more advanced level



Continuing Education | Register by: [phone] (815) 224-0427 [web] ivcc.edu/enroll [mail] registration info on pg. 20

**Community Education** 

as improvement is shown. We will also incorporate a HIIT (High Intensity Interval Training) method of exercise into this class. Have fun and burn calories long after class has ended. *Please bring water, a* sweat towel and an exercise or yoga mat.

T/Th 4:45-5:15 PM 8 Sessions CTC-123, IVCC	Sep 12-Oct 5 Tracie Klieber Class ID: 11276	<sup>\$</sup> 65
T/Th 4:45-5:15 PM 8 Sessions CTC-123, IVCC	Oct 10-Nov 2 Tracie Klieber Class ID: 11277	<sup>\$</sup> 65
T/Th 4:45-5:15 PM 8 Sessions CTC-123, IVCC	Nov 7-Dec 5 Tracie Klieber Class ID: 11278	<sup>\$</sup> 65
T/Th 4:45-5:15 PM 4 Sessions CTC-123, IVCC	Dec 7-19 Tracie Klieber Class ID: 11279	\$33

#### **Yoga Unique to You**

Yoga challenges body and mind while building core power and improving stability. All levels of experience welcome. Learn sun salutations, standing postures, seated postures and vinyasa. Emphasis will be placed on correct body alignment, holding postures and meditative flow from one posture to the next. Coordination of breath (pranayama) and movement is also emphasized. Please bring a yoga mat, towel and water. This class is offered in both a morning and afternoon option with choice of in-person or online live. Please be sure to select the appropriate Class ID when registering.

#### **Morning Classes**

M/W 6:30-7:30 AM 8 Sessions CTC-123, IVCC Online Live Class	Sep 11-Oct 4 Tracie Klieber Class ID: 11286 Class ID: 11297	<sup>\$</sup> 59 <sup>\$</sup> 49
M/W 6:30-7:30 AM 8 Sessions CTC-123, IVCC Online Live Class	Oct 9-Nov 1 Tracie Klieber Class ID: 11287 Class ID: 11298	<sup>\$</sup> 59 <sup>\$</sup> 49
M/W 6:30-7:30 AM 8 Sessions CTC-123, IVCC Online Live Class *No class: Nov 22	*Nov 6-Dec 4 Tracie Klieber Class ID: 11288 Class ID: 11299	<sup>\$</sup> 59 <sup>\$</sup> 49
M/W 6:30-7:30 AM 4 Sessions CTC-123, IVCC Online Live Class	Dec 6-18 Tracie Klieber Class ID: 11290 Class ID: 11301	\$29 \$25

#### Afternoon Classes

 M/W 4:45-5:45 PM 8 Sessions CTC-123, IVCC Online Live Class	Sep 11-Oct 4 Tracie Klieber Class ID: 11292 Class ID: 11303	<sup>\$</sup> 59 <sup>\$</sup> 49
 M/W 4:45-5:45 PM 8 Sessions CTC-123, IVCC Online Live Class	Oct 9-Nov 1 Tracie Klieber Class ID: 11293 Class ID: 11304	<sup>\$</sup> 59 <sup>\$</sup> 49
 M/W 4:45-5:45 PM 8 Sessions CTC-123, IVCC Online Live Class	*Nov 6-Dec 4 Tracie Klieber Class ID: 11294 Class ID: 11305	<sup>\$</sup> 59 <sup>\$</sup> 49
 M/W 4:45-5:45 PM 4 Sessions CTC-123, IVCC Online Live Class	Dec 6-18 Tracie Klieber Class ID: 11295 Class ID: 11306	\$29 \$25

#### **NEW!** Introduction to Ayurveda

Come learn about Ayurveda which is the sister science to yoga related to health, nutrition and wellbeing. We will cover doshas and how this relates to each individual's wellbeing. In addition, you will receive a few simple nutrition tips to take with you. This informational session precedes an Ayurvedic Cooking class scheduled for Saturday, October 21. See Class ID: 11317 for additional information on the cooking class. .....

Sat 10-11:30 AM	0
1 Session	Er
CTC-123, IVCC	Cl

)ct 7 milv Manternach <sup>\$</sup>25 lass ID: 11344

#### **NEW!** Sound Healing Introductory Class

With sound healing, breathwork, mantra and meditation you can embark on a deep inner journey through space, conscious awareness, breath, tone and vibration to access the well of knowledge and self-healing available to all of us. Experience a variety of instruments including singing bowls, Shruti box, gong and more. We will also discuss the Solfeggio scale and sound frequencies. Wear comfortable clothing to class. You may wish to bring a yoga mat, although it is not required.

Tue 6-7:30 PM 1 Session Wellness Bldg. Nell's Woodland,	Oct 17 Abby Zukowski Class ID: 11349 Ottawa	<sup>\$</sup> 29
Sat 9-10:30 AM 1 Session Wellness Bldg. Nell's Woodland, (	Nov 4 Abby Zukowski Class ID: 11350 Ottawa	<sup>\$</sup> 29

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#### **NEW!** Introduction to Moon **Phases**

Every moon phase has a function and timely activities to make the best use of the available cosmic influences, including light. By taking this into account in our planning personal or work projects, it can help us strategize our efforts more easily, and better our chances of attaining goals. In this class, discover how to synchronize your life rhythm with moon phases to regain your work-life balance, manage your energy and enjoy life more.

\$29

Thu 6-7:30 PM **Oct 26** Abby Zukowski 1 Session Class ID: 11351 Wellness Bldg. Nell's Woodland, Ottawa

### **IPS/TOURS**

Illinois Valley Community College Continuing Education Center coordinates a variety of day trips, arm chairs tours and educational travel programs each year. From Broadway theatre in Chicago, historic sites and buildings, garden tours, museum outings, culinary adventures to our popular holiday tours there are many options. We strive to provide unique and personal experiences and the best part; you get to leave all the planning to us!

Stay tuned as we prepare for some exciting programs to celebrate IVCC's 100th year. Join our e-newsletter list to stay informed!

Email: continuingeducation@ivcc.edu or call (815) 224-0427 to be added to our e-news list!

#### Music Legends & Pop Icons

Includes: motorcoach transportation, professional quided tour, tour of Chess Records, dinner at House of Blues, lower balcony tickets to MJ the musical, gratuities and snacks.

No other city was impacted more than Chicago especially for music - it was in Chicago that the 3 pillars of American Music: Blues, Jazz, and Gospel saw the greatest evolution! Louis Armstrong, Thomas Dorsey, Mahalia Jackson, Muddy Waters... all have an influential role in Chicago. Over the next few decades, the music will continue to evolve, especially with Swing from Jazz, Soul from Gospel, and Rock n' Roll from Blues! Several music legends performed, recorded and lived in Chicago. We see our tour this afternoon will visit the legendary hit factory Chess Records (now Blues Heaven Foundation). The studio was home to many artists who brought music to our ears and hearts, including Etta James' recording of "At Last", and Chuck Berry's "Johnny Be Goode." Between 1957 and 1967, brothers Leonard and Phil Chess made this modest facility the creative home for artists such as Muddy Waters and Chuck Berry! Next, we will enjoy an included dinner at the iconic House of Blues. This evening we will take our seats in the lower balcony at The Nederlander Theatre for MJ,

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Pre-registration is required for all classes. Online registration is encouraged to ensure availability of classes.

Payment is due at the time of registration.

#### **REGISTER NOW:**

#### **Online** ivcc.edu/enroll

#### Mail

[request a registration form] Continuing Education Center 815 N. Orlando Smith Road Oglesby, IL 61348

#### Phone

Please call (815) 224-0427

Fax (815) 224-0276

#### **In Person**

IVCC – Continuing Education Room CTC-219 815 N. Orlando Smith Road Oglesby, IL 61348

#### **REGISTRATION CONFIRMATION**

You will receive a confirmation of your registration by email.

#### **REFUND/CANCELLATION POLICY**

To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted. Programs with different refund policies are so stated at point of registration.

The Continuing Education Center reserves the right to cancel class due to low enrollment or other extenuating circumstances. If a class must be canceled by the Continuing Education Center, you will receive a full refund. the Tony Award-winning new musical centering on Michael Jackson's 1993 Dangerous World Tour. The music. The showmanship. The icon. MJ offers not just Michael Jackson's singular moves and signature sound, but also a thrilling glimpse into the creative spirit that created the biggest pop superstar the world has ever known. Seating is located in the lower balcony. Limited seats available.

Date: Tuesday, August 15 Time: 11:30 AM-11 PM Where: IVCC, Parking Lot #4 Class ID: 7562 Fee: \$ 219

#### Fall into Fun!

Includes: motorcoach transportation, visit to Historic Wagner Farms, dinner included, Night of 1,000 Jack O'Lanterns at Chicago Botanic Garden, gratuities and snacks.

Visit Historic Wagner Farm in Glenview, Illinois, a historic jewel of the North Shore and the site of the highly-popular Wagner Farm Heritage Center. Meet the draft horse team and find out about proper horsemanship, draft horse breeds, and how farmers used these particular animals. Activities include grooming, harnessing, and proper handling techniques. Have free time to explore the grounds step inside a two-story silo and "shop" in a 1930s grocery store. We will also be mixing some weird and wonderful Chicago facts and locations into our day. Visit a weird and wonderful location in Niles, that will make for the perfect photo opportunity! This evening we will visit Chicago Botanic Garden to experience one of their newest events. More than 1,000 hand-carved pumpkins - some as large as 150 pounds - will light up the night at our Halloween event. Night of 1,000 Jack-o'-Lanterns takes advantage of the Garden's glorious fall setting, and features only real pumpkins. On a paved path, the evening takes on a festive air, with costumed entertainers and live carving demos. It's an unforgettable experience not to be missed! Please note: there is standing and walking throughout this program. Night of 1,000 Jack-o-Lanterns is approximately a 1-mile length that you will walk at a self-quided pace.

Date: Wednesday, October 18 Time: 11:30 AM-10 PM Where: IVCC, Parking Lot #4 Class ID: 11355 Fee: \$149

#### Holiday Bakery Bus & Chicago Cheer

Includes: motorcoach transportation, visits and many samples at a variety of ethnic bakeries and specialty shops, lunch at a Chicago Polish restaurant, all tips, gratuities and snacks.

Travel around the world as we head to Chicago for a new installment of our popular bakery bus

tours! This time we are heading to the Windy City! We will spend the day visiting a variety of ethnic bakeries and specialty shops well known for their delicious goods. The tour feature stops throughout the city while enjoying stories of Irish, German, Polish, Greek, Italian and Mexican holiday traditions, among others, that celebrate Chicago's rich heritage. You will be treated to signature cookies, candies or pastries at each stop. We will be visiting four-five bakeries, including a Greek bakery, visit to Polonia, shopping at a Polish grocery store and a stop at an Italian bakery in Little Italy, family owned & operated since 1908. There will be many stops along the way throughout the day! Bring a tote or canvas shopping bag to keep track of all your goodies. There will also be opportunity to shop at the locations we will be visiting. We will be sure to have lots of fun! Don't forget to wear your Santa hat, elf stockings, ugly Christmas sweater or even your pretty Christmas sweater...all are welcome as we experience a variety of holiday customs from around the world all in one day! \*Please note: there will be multiple stops throughout the day, we will be loading and unloading from the bus frequently upon arrival in Chicago. Bakery locations will be confirmed closer to departure.

Date: Wednesday, November 29 Time: 7:30 a.m.-6:30 p.m. Where: IVCC, Parking Lot #4 Class ID: 11353 Fee: \$159

#### Happy Holidays Mystery Trip

Includes: motorcoach transportation, professional guided tour, dinner, all tips, gratuities and snacks.

It will be a merry mystery! Where to? Only Santa knows but we can tell you that dinner is included and there will be some goodies and merriment along the way. This trip will be sure to get you into the Holiday Spirit! Step aboard, as the coach moves merrily along. We will return home full of holiday cheer and will have found new travel friends, so dear. We will release clues as departure gets closer. **First clue:** Departure will be from IVCC with a pickup location in Ottawa.

Date: Wednesday, December 13 Time: 12 PM-10 PM Where: IVCC, Parking Lot #4 Class ID: 11354 Fee: \$159





## IVCC Lifelong Learning Classes Offered at Nell's Woodland, Ottawa

Illinois Valley Community College has partnered with Nell's Woodland Foundation to provide a variety of continuing education opportunities aligned with the Nell's Woodland spheres of influence.

The Nell's Foundation has been made possible through the inspiration and generous support of former Ottawan Mr. James Downey. Located at 2000 Alexis Avenue on 58 acres of beautiful oak woodland preserve, his contributions have allowed the creation of an engaging and evolutionary place. The mission of the Nell's Woodland Foundation is to provide people with a connection to nature, programs, and educational opportunities that support stewardship in the areas of Ecology, Wellness and the Arts.

Fall offerings feature a partnership with Illinois Valley Community College, providing a variety of continuing education opportunities aligned with the Nell's Woodland spheres of influence, along with public access to the park on Sundays and Monday from 7 a.m. to 7 p.m. Additional plans are underway for a variety of other opportunities and programs to be announced via the Nell's Woodland website and future press releases.

The Nell's Woodland community aspires to enhance and nurture the natural landscape of the 58-acre property. To date they have developed a walking pathway system that traverses 6,800 feet traveling across three distinct ridges allowing individuals to immerse themselves in the serenity of the preserve. For visitors and friends, they have developed facilities to support and enhance activities. With the belief that nature has the capacity to inspire, promote curiosity and generate creative ways of thinking and expression through the arts Nell's Woodland is open to all ages, backgrounds and demographics.

#### ivcc.edu/nellswoodland | 2000 Alexis Avenue, Ottawa, IL 61350



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Call (815) 224-0427 to connect with one of our enrollment specialists for assistance finding the class you are looking for.

For more information contact the Continuing Education Center Illinois Valley Community College 815 North Orlando Smith Road | Oglesby, IL | 61348 (815) 224-0427 | ivcc.edu/cec

