

ILLINOIS VALLEY COMMUNITY COLLEGE

WINTER RETREAT AT NELL'S WOODLAND

ART

SOUND HEALING

MEDITATION

YOUTH & ADULT
PROGRAMS

YOGA

T'AI CHI



ILLINOIS VALLEY
COMMUNITY COLLEGE

Introduction to Moon Phases

[Ages: 18+] Class ID: 14385
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.

Thu Feb 8 6-7:30 PM
1 Session Abby Zukowski
Wellness Bldg. Class ID: 14385 \$29
Nell's Woodland, Ottawa

Introduction to Yoga

[Ages: 18+] Class ID: 14374
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. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes.*

Thu Feb 15-Apr 4 5:45-6:45 PM
8 Sessions Emily Mantemach
Wellness Bldg. Class ID: 14374 \$69
Nell's Woodland, Ottawa

Refund 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 the point of registration

12 Universal Laws

[Ages: 18+] Class ID: 14387
This is an introductory course that not only will help you learn and understand the Laws but also provides exercises to help you to understand how the Laws work in your life. We will go into more details on the basic principles in each of the 12 Laws. If you are looking to feel a deeper sense of empowerment, as well as a sense of peace due to a deeper understanding of how the Universe works, then this class is for you.

Thu Feb 22 6-7:30 PM
1 Session Abby Zukowski
Wellness Bldg. Class ID: 14387 \$29
Nell's Woodland, Ottawa

Breathing for Life

[Ages: 18+] Class ID: 14363
Body, breath and mind are interrelated. Breathing properly is conducive to health and well being, alleviates anxiety, improves sleep, circulation and immune system functioning and calms and relaxes the mind. This is a great opportunity for an introduction to breathing techniques used in yoga. You will learn how to breathe for life! **Bring a blanket and dress comfortably for an exploration of the mechanics and benefits of natural breathing.** *Dan Retoff has taught at Illinois Valley Community College since 1999. In addition to teaching yoga, breathing and t'ai chi classes through the Continuing Education Center. Prior to his retirement from teaching academics he also instructed Anatomy & Physiology I, Human Growth and Development and Human Body Structure & Function.*

Mon Feb 26-Mar 18 5-6 PM
4 Sessions Dan Retoff
Wellness Bldg. Class ID: 14363 \$39
Nell's Woodland, Ottawa

Beginning T'ai Chi

[Ages: 18+] Class ID: 14373
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.*

Thu Feb 29-Apr 18 5-6 PM
5 Sessions Dan Retoff
Wellness Bldg. Class ID: 14373 \$69
Nell's Woodland, Ottawa

Lunar Living

[Ages: 18+] Class ID: 14386
Join us for an exciting program where we explore the fascinating connection between moon phases, our lifestyle and our health. Discover how the moon can influence our emotions, energy levels, and overall well-being. Learn practical tips and techniques to align your daily activities with the moon's cycles to optimize your health and enhance your lifestyle. Join us at Nell's Woodland which is the perfect space for relaxation and self-discovery. Don't miss this unique opportunity to unlock the secrets of the moon and improve your life!

Mon Mar 4 6-7:30 PM
1 Session Abby Zukowski
Ecology Bldg. Class ID: 14386 \$29



Spring Chickadee

Acrylic Painting on Canvas

[Ages: 13+]

Class ID: 11320

As spring arrives, join us at Nell's Woodland, Ottawa in the Ecology Building as we follow along step-by-step to create a 16" x 20" painting featuring a spring chickadee. Choose from over 25 colors for your background so you can personalize your painting. 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 Mar 7 6-8:30 PM
1 Session Lucy Schmidt
Ecology Bldg. Class ID: 12718 \$39
Nell's Woodland, Ottawa

Incorporating Native Plants in Your Landscaping

[Ages: 18+]

Class ID: 14371

Plants that are native to Illinois provide a lot of benefit to your garden! They are more attractive to pollinators, more resistant to drought and more hardy through our winters. If you have been wondering how to get more native plants in your garden, attend this informational session where Natalie Martin will teach you how to choose the right native plant, their growing habits and sourcing plants. Participants will leave with resources on native plants as well as how to locate native species for your garden.

Tue Mar 26 6-7 PM
1 Session Natalie Martin
Ecology Bldg. Class ID: 14371 \$25
Nell's Woodland, Ottawa

Sound Healing Introductory Class

[Ages: 18+]

Class ID: 14384

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. At the end of class a sound healing session will be demonstrated. *Wear comfortable clothing to class. You may wish to bring a yoga mat, although it is not required.*

Thu Apr 11 6-7:30 PM
1 Session Abby Zukowski
Ecology Bldg. Class ID: 14383 \$29
Nell's Woodland, Ottawa

Introduction to Yoga

[Ages: 18+]

Class ID: 14375

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. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes.*

Thu Apr 11-May 30 5:45-6:45 PM
8 Sessions Emily Mantemach
Wellness Bldg. Class ID: 143745 \$69
Nell's Woodland, Ottawa

Introduction to Meditation, Asana & Conscious Nature Walking

[All Ages]

Class ID: 14376

During these sessions come for what you need! The series 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. All ages are welcome. You can register for a single session or even part of the class, although participation in two or more parts 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
8:00-8:30 AM Asana
8:30-9 AM Meditation

Fri Apr 19 7:30-9 AM
1 Session Emily Mantemach
Wellness Bldg. Class ID: 14376 \$25



Landscaping for Birds

[Ages: 18+] Class ID: 14372
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 yard 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 walk around the grounds at Nell's Woodland will help us identify local bird and plant species after the hour-long presentation.

Sat Apr 13 9-10:30 AM
1 Session Natalie Martin
Ecology Bldg. Class ID: 14372 \$25
Nell's Woodland, Ottawa

Impressionist Landscape Exploration Using Soft Pastels

[Ages: 18+] Class ID: 12714
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. Please bring a folding outdoor chair to class. *Supplies are included in your tuition fee and will be provided at class. Students will take home a set of soft pastels and blending stumps.*

Sat Apr 27 9 AM-1 PM
1 Session Julie Jenkins
Ecology Bldg. Class ID: 12714 \$89
Nell's Woodland, Ottawa



Meet IVCC Instructor Julie Jenkins

Julie Jenkins was born and raised in rural Ottawa, Illinois. She studied art through high school, and then went on to IVCC for her A.A. in Art. Julie continued her education at SIU in Carbondale, where she received a B.S. in Art Education. In December 2021, she completed her M.A. in Art Education from Eastern Illinois University. Currently, she resides in Peru, Illinois with her husband and two children. She is teaching high school art at LaSalle-Peru Township High School. She earned the Illinois Alliance for Arts Education Fine Arts Educator Award for 2013. Julie is the co-founder North Central Illinois ARTworks. She is member of the Illinois Art Education Association and National Art Education Association. Her work has been exhibited at the former Collins and Co. Studio and Gallery, the Prairie Arts Center in Princeton, Illinois, Music Suite 408 Paintbox Gallery in Peru, Illinois and several local restaurant galleries. Julie was also a featured artist in the Spring/Summer 2008 issue of Spirit magazine. Julie's body of work is comprised of an ongoing study of nature, music, and urban decay. Her primary media is painting with an additional focal in photography. She bases her paintings primarily off of her photographs taken on various travel experiences. National Parks, Blues and Jazz clubs and abandoned warehouses are subjects of many of her works. Julie will be teaching an art class using soft pastels at Nell's Woodland on April 27 and a watercolor pet portrait painting class at IVCC on February 24.

Monarch Butterfly Acrylic Painting on Canvas

[Ages: 13+] Class ID: 12722
Follow along step-by-step as we create this 16" x 20" acrylic painting of a monarch butterfly perched on a flower. 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 May 7 6-9 PM
1 Session Lucy Schmidt
Ecology Bldg. Class ID: 12722 \$39
Nell's Woodland, Ottawa

Introduction to Meditation, Asana & Conscious Nature Walking

[All Ages]
See full description on page 3. Bring a yoga mat for Asana, a pillow for meditation and water. Wear comfortable, loose-fitting clothing and athletic shoes. Children under age 18 should be accompanied by an adult who is registered and participating in the session.

7:30-8 AM Nature Walk
8:00-8:30 AM Asana
8:30-9 AM Meditation

Fri May 17 7:30-9 AM
1 Session Emily Mantemach
Wellness Bldg. Class ID: 14377 \$25
Nell's Woodland, Ottawa

Fri Jun 28 7:30-9 AM
1 Session Emily Mantemach
Wellness Bldg. Class ID: 14378 \$25
Nell's Woodland, Ottawa

Fri Jul 26 7:30-9 AM
1 Session Emily Mantemach
Wellness Bldg. Class ID: 14379 \$25
Nell's Woodland, Ottawa

Fri Aug 23 7:30-9 AM
1 Session Emily Mantemach
Wellness Bldg. Class ID: 14380 \$25
Nell's Woodland, Ottawa

Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

Featured Classes

Online and In-person at IVCC's Main Campus

online live

Herbs for Winter Wellness

[Ages: 18+] Class ID: 14326
Learn which herbs and foods can bring more sunshine into your world and keep you buoyant and revitalized when the temperatures dip and the skies are gray. Explore creative uses of herbs and food for well-being, immune health and getting enough sleep.

Tue Feb 6 6-7:15 PM
1 Session Dawn Petter
Online Live Class ID: 14326 \$19

online live

Gardening with a Goal in Mind

[Ages: 18+] Class ID: 14332
Master Gardener Natalie Martin will walk you through the process of using goal-based gardening to jumpstart your garden plan for the year. Using the S.M.A.R.T. goal framework, come up with some ideas for your garden this year and make them achievable!

Tue Mar 5 6-7:15 PM
1 Session Natalie Martin
Online Live Class ID: 14332 \$19

online live

Listen to the Wolves

[Ages: 18+] Class ID: 14334
Based upon a book of the same name, the story of a man who survives the stark Canadian wilderness in the winter by listening to lessons the wolves show him and the practices of Native Americans (First Nation's People) whom he studies as part of his PH.D. work. A sudden storm brings his bush plane down and after surviving the crash the man must walk out of the wilderness with the few items he can salvage from his plane. Would you be able to do the same? Techniques of survival and personal qualities will be revealed and discussed.

Thu Mar 14 1-3 PM
1 Session Steve Aavang
Online Live Class ID: 14334 \$19

IVCC Main Campus, Oglesby

Photographing Eagles, Birds and Wildlife

[Ages: 18+] Class ID: 12732
This class will teach you the skills to capture eagles, raptors, birds and wildlife in the Starved Rock area. Join photographer David Anderson for a morning presentation at IVCC of eagle and wildlife photography including discussion of proper camera settings and techniques for still and action photography. In the afternoon, class will continue with an outdoor session in the Starved Rock area, where you will learn how to photograph eagles and wildlife. Students will provide their own transportation. **Bring your camera, long lens, winter clothing, hiking boots, sack lunch and water.**

Fri Feb 16 9 AM-4 PM
1 Session David Anderson
CTC-216, IVCC Class ID: 12732 \$49



Meet your instructor: David Anderson has lived in Ottawa, IL for most of his life. He began photographing the natural beauty of the area in 2001, where he first encountered the many varieties of unique and beautiful wildflowers found at Starved Rock State Park. One of his specialties is photo-graphing the majestic American Bald Eagle that migrates to the Illinois River Valley during the winter months. He is also fond of capturing the beautiful white Snowy Owl which also migrates here during the winter months and can be seen in the surrounding area farm fields. During all seasons of the year, he has enjoyed shooting many unique and wonderful photos of wildflowers, wildlife, eagles, owls, pelicans, birds, nature scenes, waterfalls, barns, mountains, sunrise and sunset shots, and the solar and lunar eclipse, in both Illinois and the Rocky Mountain west.

IVCC Main Campus, Oglesby

Beginning DSLR Photography

[Ages: 18+] Class ID: 14323
Do you have a \$500 camera, but don't know how to use the settings and features? This course will introduce you to DSLR cameras, lenses and accessories. We will cover basic photographic concepts including exposure, color balance, lighting and composition. Basic concepts and real-world applications of digital imaging will be discussed. Assignments will reinforce what is learned in a fun and upbeat atmosphere. *This class will meet both indoors and outdoors, weather permitting. Class size is limited to 8-10 students. Bring a digital SLR camera, lens, memory card and camera manual to class.*

Tue Mar 19-Apr 23 6:30-9:30 PM
1 Session Doug Dellinger
E-320, IVCC Class ID: 14323 \$169

IVCC Main Campus, Oglesby & Nell's Woodland, Ottawa

Portrait Photography

[Ages: 18+] Class ID: 14324
Pre-requisite: Students should have completed Beginning DSLR Photography or have permission from the instructor to register for this class. Portrait Photography is a useful skill; whether you want to take better pictures of your family or are considering expanding your business portfolio. This class will include quality and direction of light, light patterns, measuring light and types of light. Explore camera lens selection for portraits. Learn the principles of subject placement, posing and camera angles. You will also have an introduction to Adobe Photoshop for portraiture retouching and an overview of the business of portraiture. **Bring a digital SLR camera, lens, memory card and camera manual to class. The last two sessions of class plan to meet at Nell's Woodland, Ottawa.**

Tue May 7-Jun 11 6:30-9 PM
1 Session Doug Dellinger
E-320, IVCC Class ID: 14324 \$169
& Nell's Woodland, Ottawa

Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

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 cancelled by the Continuing Education Center, you will receive a full refund.

Continuing Education Registration Form

Spring 2024 | Visit our website - ivcc.edu/enroll  



Gender: Male Female Non-Binary

Admission Status: First time IVCC Student Returning IVCC Student

Last Name _____ Former Last Name _____ First Name _____

Home Mailing Address _____

City _____ State _____ Zip _____ County _____

Phone: Home () _____ Business () _____ Cell () _____

Date of Birth(required) / / _____ Email Address(required) _____

Emergency Contact Name _____ Phone () _____

The following items are requested for state reporting.

Ethnic/Ethnicity:

Please identify your racial/ethnic group. (more than one can be selected)

- Choose not to respond
- American Indian/Alaskan Native
- Asian
- Hispanic or Latino
- Black or African American
- Native Hawaiian or other Pacific Islander
- White
- Non-Resident Alien
- Middle Eastern or North African

COURSE NUMBER	COURSE NAME	FEES
TOTAL		

STUDENT SIGNATURE _____ DATE _____

PAYMENT INFORMATION

- Check enclosed, payable to Illinois Valley Community College
- Please charge my credit card for the fees indicated above.
- Master Card Visa Discover American Express 3-Digit Security Code _____
- Card Number _____ Expiration Date _____
- Cardholder's signature _____ Per Phone

IVCC does not discriminate on the basis of race, national origin, disability, age, religion, sexual orientation or any legally protected classification.



About Nell's Woodland

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.

Spring 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 Thursdays-Mondays from 8 a.m. to 5 p.m. These hours may change as the season move forwards. Visit nellswoodland.com for current hours. 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.

www.nellswoodland.com or connect@nellswoodland.com



Registration Confirmation

You will receive a confirmation of your registration by email. Confirmation will include a schedule, receipt and information specific to your class.

Refund Policy

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IVCC Continuing Education Center

Questions or ready to register?

Call: (815) 224-0427

Online: ivcc.edu/nellswoodland

Contact Us: continuingeducation@ivcc.edu