

Adult Classes

Drawing & Painting S

Discover the joys and magic of painting in oils and acrylics under the guidance and inspiration of professional artist Enid Silverman. Beginning, intermediate and advanced students will be given individual attention as they are taught how to develop and improve their drawing and painting skills, while choosing their own subject matter. Beginners will be given supplies for the first class. Thereafter, participants will be required to purchase minimal supplies as needed. You can see Enid's artist show Tuesdays at 7:30 pm on local access channels 19 and 35. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31010701	Tue	Jan 2 - Feb 13	10 am - 12 pm	\$80/\$100
31010702	Tue	Jan 2 - Feb 13	1 - 3 pm	\$80/\$100
31010703	Tue	Jan 2 - Feb 13	6:30 - 8:30 pm	\$80/\$100
31010704	Wed	Jan 3 - Feb 14	1 - 3 pm	\$80/\$100
31010705	Wed	Jan 3 - Feb 14	6:30 - 8:30 pm	\$80/\$100
31010706	Tue	Feb 20 - Apr 3	10 am - 12 pm	\$80/\$100
31010707	Tue	Feb 20 - Apr 3	1 - 3 pm	\$80/\$100
31010708	Tue	Feb 20 - Apr 3	6:30 - 8:30 pm	\$80/\$100
31010709	Wed	Feb 21 - Apr 4	1 - 3 pm	\$80/\$100
31010710	Wed	Feb 21 - Apr 4	6:30 - 8:30 pm	\$80/\$100

Instructor: Silverman

Location: Alcott Center



Couponing 101

Help for your budget is coming thanks to this program! In this class, you will learn that how and when you shop can make a huge impact on your grocery costs when using coupons. In fact, your grocery bill is one of the best places to cut wasteful spending. Learn things like how to save 50% or more off your grocery bill, how sales run in cycles, coupon lingo, and how to use rewards programs. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31013501	Tue	Jan 16	7 - 8 pm	\$7/\$9
31013502	Thu	Mar 15	7 - 8 pm	\$7/\$9

Instructor: Ginsberg

Location: Alcott Center

NEW Focus On Healthy Eating

Do you often give in to food cravings and choose unhealthy foods? Do you feel like you're stuck on the diet roller coaster - always dieting, but never keeping the weight off? Do you commonly turn to food in stressful situations, instead of choosing exercise or healthier stress-busting techniques? Do you struggle to find time in your busy schedule to prepare healthy meals? Do you feel like you live to eat instead of eat to live? Do you wish there was a simple way to bring more vitality and joy into your life? If you answered yes to any or all of the above questions, then this program is for you. It's an interactive, mindful eating and healthy weight management program that can change your relationship with food forever, by developing healthy eating and lifestyle habits. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
311761-01	Tue	Jan 2 - Mar 20	7 - 8 pm	\$285/\$356

Instructor: Jablonski/Stewart

Location: Alcott Center



Get Your Home Organized

Are you tired of coming home to a cluttered home? Do you have trouble finding papers or things you need? Have you tried to get organized, but are really not sure where to start? Come and learn from a professional organizer on how to begin, how to get it done, and how to maintain an organized home. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
310119-01	Tue	Feb 6	7 - 8:30 pm	\$20/\$25
310119-02	Wed	Mar 14	7 - 8:30 pm	\$20/\$25

Instructor: Stec

Location: Alcott Center

Mah Jongg - Choosing Your Hand

Choosing your hands is one of the hardest things for any player, but especially the newer players. This class will focus on effectiveness and analysis on hand selections. A better knowledge of the NMJL 2017 card will be highly encouraged, and could result in achieving a better outcome and game success. We will not cover the basic foundations of the game that are covered in the Beginner Mah Jongg class. Mah Jongg sets are encouraged, but not required for this class. Mah Jongg cards are required for every student (priced at \$9 and supplied by the instructor) at the first class. Students already having a 2017 National Mah Jongg League published card are exempt. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
310173-01	Tue	Feb 13 - Mar 20	9:30 - 11:30 am	\$60/\$75
310173-02	Wed	Feb 14 - Mar 21	6:30 - 8:30 pm	\$60/\$75

Instructor: Max

Location: Alcott Center

S Indicates there is a senior discount available.

Beginning Dog Obedience

Learn how to be the Alpha your dog wants and needs you to be through positive reinforcement, leadership skills, and the 4-component treatment plan. We will cover basic obedience commands, but more importantly, how to have a well socialized and calm dog, with good house manners and impulse control. We will also work on desensitizing to stimuli (reactions to things such as other dogs, animals and people - basically anything that moves). Are you sending the correct message to your dog or reinforcing bad behavior? This class is for dogs 4 months and older. If your dog is under 4 months old, and you want to be in the class, please contact Chris Eckert at 847.850.2123. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31013001	Tue	Jan 2 - Feb 6	6:30 - 7:30 pm	\$75/\$94
31013002	Tue	Feb 13 - Mar 20	6:30 - 7:30 pm	\$75/\$94

Instructor: Miss Daisy's Manners 4 Paws **Location:** Alcott Center

Intermediate Dog Obedience

We will build on the basic commands learned in Beginning Dog Obedience, as well as impulse control and desensitizing to stimuli (reactions to things such as other dogs, animals, people and cars - basically anything that moves). We will also cover proper socializing, and if you are sending the correct message or reinforcing bad behavior. Your leadership skills will always be reinforced during this class. Some type of beginning dog obedience is a prerequisite before taking this course. **Please note:** A 20-foot long line (cloth training lead) is required. If we do not meet the minimum number of dogs required to run the class, registrants will have the option to join the beginning class while being taught the intermediate lesson. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31013101	Tue	Jan 2 - Feb 6	7:30 - 8:30 pm	\$75/\$94
31013102	Tue	Feb 13 - Mar 20	7:30 - 8:30 pm	\$75/\$94

Instructor: Miss Daisy's Manners 4 Paws **Location:** Alcott Center

The Joy Of Goat Milk Cheeses

Goat milk cheeses are a rare and delicate treat. Have you ever wondered how they're made, or thought about making your own? In this class, Mark Lyons, an experienced home cheese maker will open your eyes to the delicious world of goat milk cheeses, and show you how to make chevre and whole goat milk ricotta. The first class will be a lecture, and then you will begin making chevre. In the second class, you will finish the chevre and make whole goat milk ricotta. Enjoy samples of these delicious cheeses, while learning the art of cheese making. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
31012401	Tue	Feb 13 - Feb 20	6:30 - 9 pm	\$25/\$31

Instructor: Lyons **Location:** Alcott Center

Heavenly Dairy Products

There is more to dairy than just milk. In this class, Mark Lyons, an experienced dairy products creator, will show you how to turn your milk into wonderful treats, such as butter, kefir, buttermilk, crème fraîche, and even Devonshire clotted cream. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
31017101	Thu	Feb 1 - Feb 15	6:30 - 9 pm	\$25/\$31

Instructor: Lyons **Location:** Alcott Center

Social Security - Learn About The Changes & When To Receive Benefits

This presentation will help participants understand how Social Security benefits work. During the presentation, we cover items including ideas to maximize Social Security income, and when to start receiving benefits. As people near retirement, one of the biggest financial decisions they will make is when to begin receiving their Social Security retirement benefits. With pensions disappearing, Social Security remains a major source of guaranteed lifetime retirement income for most people. It's so important to take the time to explore the options and make a well-informed educated decision. This presentation is free for anyone 55 and older. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31017401	Thu	Jan 25	7 - 8:30 pm	\$5/\$6

Instructor: Rosenbloom **Location:** Alcott Center

Introduction To Voiceovers

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character, and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional voiceover artist. The current voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering introductory workshop, you will learn about the different types of voiceovers and what tools are needed in order to find success in the industry. You will have the opportunity to get a taste of what it's like to be a voice actor, as you perform a real voiceover script. You will be recorded so that you can receive professional voiceover evaluation later. Come to class ready to laugh, learn and be inspired. This class is taught by a professional voice actor. **Please note:** Code #310117-02 is an online course. For the online course, your instructor will coach you in this one-on-one video chat setting, as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. Once you have registered for the online course, Voices For All will contact you directly to set-up a date for you to take the online course. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
31011701	Thu	Feb 15	6 - 8 pm	\$49/\$61

Instructor: Voices For All **Location:** Alcott Center

31011702				\$49/\$61
----------	--	--	--	-----------

Instructor: Voices For All **Location:** Online