

Adult Programs

Weight Loss Challenge



Join the Weight Loss Challenge (WLC) now and receive an action plan for weight loss success, and learn how to keep it off forever. The WLC meets weekly for 1 hour, where each participant will weigh in and consult with a coach. The program includes a private coaching session outside of class time, where each person is given a wellness profile and a personal action plan to follow. Weekly group classes cover topics including exercise, vitamins, meal replacement options, how to decipher food labels, the power of protein and much more. There are rules in place that qualify each participant for the final prizes, which will be discussed in the first meeting and you must be present for the final class to receive any prize money. Cash prizes will go to the top 3 biggest losers based on percentage of weight loss. Prize ranges have been \$35 - \$500 depending on the class size. The average weight loss is 15 pounds and over 10 inches. The goal is for you to use the tools given towards living a healthy and active lifestyle forever. Anyone between the ages of 13 - 17 may register; but, those under 18 must register with an adult and be accompanied by an adult each week, and they will not be eligible for the prize money at the end of the challenge. The fee for registrants age 13 - 17 is \$35/\$44. (CE)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
38778	Mon	Sept 9 - Nov 18	6:30 - 7:30 pm	\$50/\$63

Instructor: Wellisch

Location: Alcott Center



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. **No class on November 26 and 27.** (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38819	Tue	Sept 10 - Oct 22	10 am - 12 pm	\$75/\$94
38820	Tue	Sept 10 - Oct 22	1 - 3 pm	\$75/\$94
38821	Tue	Sept 10 - Oct 22	7 - 9 pm	\$75/\$94
38822	Wed	Sept 11 - Oct 23	1 - 3 pm	\$75/\$94
38823	Wed	Sept 11 - Oct 23	7 - 9 pm	\$75/\$94
38824	Tue	Oct 29 - Dec 17	10 am - 12 pm	\$75/\$94
38825	Tue	Oct 29 - Dec 17	1 - 3 pm	\$75/\$94
38826	Tue	Oct 29 - Dec 17	7 - 9 pm	\$75/\$94
38827	Wed	Oct 30 - Dec 18	1 - 3 pm	\$75/\$94
38828	Wed	Oct 30 - Dec 18	7 - 9 pm	\$75/\$94

Instructor: Silverman

Location: Alcott Center

Sculpting & Drawing



This class is for introductory and continuing students, and is designed to introduce them to the world of sculpture and drawing for sculpture projects. Students are explained the purpose of the drawing for sculpture and how it differs from other types of graphic art. Students, along with a professional sculptor, will create a portrait, figurative or relief sculpture and drawing. Beginning students will be provided clay and the use of minimal sculpting tools for their first session. Thereafter, participants will be required to purchase their own clay and sculpting tools while still borrowing minimal sculpting tools from the instructor. Participants will also have the option of firing their project at the end of class for an additional fee of \$5 - \$10, depending on the size of the sculpture. **No class on October 14.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38994	Mon	Sept 23 - Nov 18	10 - 11:30 am	\$120/\$150
38995	Mon	Sept 23 - Nov 18	7 - 8:30 pm	\$120/\$150

Instructor: Kovalevskaya

Location: Alcott Center

Puppy Preschool

Having a puppy is like having a 2 year old running wild through your home. Help get your 4-legged best friend off to a great start with positive reinforcement. Learn how to be the Alpha your dog needs and wants you to be. This is the best stage to teach your dog how to succeed, be confident, well adjusted, and have great house manners. We will also cover potty training, proper socializing (are you sending the correct message to your dog?), and loose leash walking. You will learn how to properly introduce commands at this young age and redirect their mischievous behavior. Written proof of Distemper and Parvo shots are required to attend. **No class on September 13 and November 29.** (CE)

Code	Day	Date	Time	R/NR Fee
38924	Fri	Sept 6 - Sept 27	6 - 7 pm	\$35/\$44
38925	Fri	Oct 4 - Oct 18	6 - 7 pm	\$35/\$44
38926	Fri	Oct 25 - Nov 8	6 - 7 pm	\$35/\$44
38927	Fri	Nov 15 - Dec 6	6 - 7 pm	\$35/\$44

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

Beginning Dog Obedience

Be the Alpha your dog needs and wants you to be. Through positive reinforcement, you will teach your dog not only the basic obedience commands, but more importantly, how to be a well socialized, calm dog with good house manners. **No class on September 13 and November 29.** (CE)

Code	Day	Date	Time	R/NR Fee
38920	Fri	Sept 6 - Oct 25	7 - 8 pm	\$75/\$94
38921	Fri	Nov 1 - Dec 20	7 - 8 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. **No class on September 13 and November 29.** (CE)

Code	Day	Date	Time	R/NR Fee
38922	Fri	Sept 6 - Oct 25	8 - 9 pm	\$75/\$94
38923	Fri	Nov 1 - Dec 20	8 - 9 pm	\$75/\$94

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

Stress Buster - Any Dog Any Problem

Is your 4-legged loved one stressing you out with behavior issues like jumping, nipping, barking, getting into mischief, separation anxiety or constantly begging for your attention? If so, your dog is in control. You will be astonished to learn the simple techniques that put peace and harmony back into your home, and have the family dog you've always dreamed about. This class is recommended even before you bring your dog into your home. This 2 hour class can be held in the privacy of your own home or at the Park District. Please contact Chris Eckert at 847.850.2123 for more information.

Code	R/NR Fee
38956	\$100/\$125

Instructor: Miss Daisy's Manners 4 Paws

Introduction To The iPhone

This hands-on class will teach you the fundamentals of your iPhone. Students will learn many functions of their phones, which include the uses of calling, sending and receiving text messages, email, and how to use maps. We will also have an overview of iCloud and what it might mean for you, and cover how to cut, copy and paste, along with how to use the App Store to download free application for your iPhone. Other functions of the iPhone will be covered to help you become more comfortable with using your new phone. Please bring your iPhone and charger to class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38915	Mon	Oct 28 - Nov 11	6:30 - 8:30 pm	\$100/\$125

Instructor: Computer Training **Location:** Alcott Center

Intermediate iPhone

In this class, you will learn the hidden secrets of your iPhone. This hands on class challenges you with the use of the cut, copy and paste functions and editing text (for use with email and notes). You will also learn how to organize the icons on your phone, which includes folder organization, the use of MMS with photos and video attachments; and, many other iPhone functions will be taught. Please bring your iPhone and charger to class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38919	Mon	Dec 2 - Dec 16	6:30 - 8:30 pm	\$100/\$125

Instructor: Computer Training **Location:** Alcott Center

Introduction To The iPad

This hands on class will teach you the fundamentals of your iPad, give you an overview of what came with your iPad, and cover the basics of the iPad, including the operation of it, how to use the app store to download apps (free and paid apps), how to backup your iPad to your computer, and discuss the use of iCloud. We will also cover how to send and receive emails, use the internet, and how to use cut, copy and paste, as well as other functions of the iPad. If you own the iPad 2, we will also go over how to use the front and back cameras. Please be sure to bring your iPad and charger to the class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38909	Mon	Sept 9 - Sept 23	6:30 - 8:30 pm	\$100/\$125

Instructor: Computer Training **Location:** Alcott Center

Intermediate iPad

Learn the hidden secrets in your iPad. In this hands-on class, you will learn the cut, copy and paste functions and editing text (for use with email and notes). You will also learn how to organize icons on the iPad, which includes folder organization, use of SMS and email with photos, video attachments and many other functions. Please bring your iPad and charger to class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38912	Mon	Sept 30 - Oct 14	6:30 - 8:30 pm	\$100/\$125

Instructor: Computer Training **Location:** Alcott Center

How To Use Your Digital Camera

George LeClaire, Photojournalist with the Daily Herald, will teach participants how to operate all the functions on the digital camera, including white balance, shooting modes, programmable shooting modes, ISO, file format, quality control and lighter/darker settings. Learn about one push button settings that will make your photographs more interesting and look professional. If you do not yet own a digital camera, you can attend the seminar and learn all the advantages of owning one and how to select the best digital camera for you. No previous photographic experience is required. Please bring your digital camera and owner's manual. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38894	Wed	Oct 16	7 - 9 pm	\$40/\$50

Instructors: LeClaire Location: Alcott Center

Smart Phone Photography and Apps - iPhone & Android

If you have a smart phone this class is a must! You will learn how to use the camera's settings and controls to capture unique photographs and video clips. Discover how a cell phone can create works of art for everyday events and people in your life. During hands on classroom shooting assignments, you will utilize your mobile camera's exposure and other setting to create images with dramatic light and texture. We'll cover how to set the ISO, white balance, and exposure compensation (brightness), making the most of natural light so your photos stand out. Learn to add and use special camera apps that allow tilt-shift, HDR, 360 degree, time-lapse, and fast shutter burst, that mimic effects in professional DSLRs. You will discover apps for editing, stylizing, posting and transmitting photos, such as free Photoshop, Instagram, camera360 and retro camera. Instagram is great for brand or business marketing or sharing photos with friends. Please bring your fully charged smart phone and charger to class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38895	Thu	Sept 26 - Oct 3	7 - 9 pm	\$40/\$50

Instructor: LeClaire Location: Alcott Center

How To Take Great Photojournalism Style Photographs

Learn to go beyond posed pictures and take interesting photographs using all the simple controls on your digital camera, including how and why not to shoot in old fashioned automatic mode, along with how to shoot without a flash. In this course, taught by a photo journalist with the Daily Herald, you will learn to use professional shooting styles to add personal flair to your photos, making them more exciting, unique and memorable. This class will focus on photo journalism styles and techniques to capture storytelling photos of everyday events in your life. No past photographic experience is required. Please bring your digital camera and owner's manual. This is not a technical camera setting class. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38901	Thu	Oct 17 - Oct 24	7 - 9 pm	\$40/\$50

Instructors: LeClaire Location: Alcott Center

Earn. Shop. Save. Finding Savings Through The Web

This class will show you how to stretch your budget with online offers, amazing deals, and venues that have hidden reward cards. Learn different ways you can save your money by finding coupon codes, birthday meals, and other free items, all with the click of a mouse. The first class will show you where to navigate the web to search for the deals, why consolidated websites are worth the time, and how to never pay full price again. At the end of the class, you will be assigned homework. In the second class, be prepared to discuss what you purchased, where you found the savings, and how much you saved. Please bring your laptop and/or iPad to the first class. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38744	Thu	Sept 19	7 - 8 pm	\$25/\$31
	Thu	Sept 26	7 - 7:30 pm	
38745	Thu	Oct 10	7 - 8 pm	\$25/\$31
	Thu	Oct 17	7 - 7:30 pm	

Instructor: Ginsberg 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, how to use rewards programs and more. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38746	Thu	Oct 24	7 - 8 pm	\$7/\$9
38748	Thu	Nov 14	7 - 8 pm	\$7/\$9

Instructor: Ginsberg Location: Alcott Center

Help Keep Your Papers & House Organized

Whether you are down sizing, moving into a new home, getting married or just trying to keep order in your current home, come and learn from a professional organizer how to easily keep your home and papers organized. Make your home a stress free environment. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38816	Tue	Sept 10	7 - 8:30 pm	\$20/\$25
38817	Wed	Oct 9	7 - 8:30 pm	\$20/\$25
38818	Thu	Nov 14	7 - 8:30 pm	\$20/\$25

Instructors: Stec Location: Alcott Center

Preserving The Harvest

Your garden has yielded a bumper crop of fruits and vegetables and your friends and neighbors can't take any more. So what are you going to do with the surplus? This class reviews a number of things that can be used to preserve the harvest through the winter, and maybe even beyond. It will cover canning, freezing, dehydrating, and winter storage techniques. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38770	Tue	Oct 8	7 - 9 pm	\$10/\$14

Instructors: Lyons Location: Alcott Center

Heavenly Dairy Products

There is more to dairy than just milk. In this class, Mark Lyons, an experienced cheese maker, will show you how to turn that milk into wonderful treats such as butter, cheese, buttermilk, creme fraiche, and Devonshire clotted cream. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38777	Tue	Nov 5 - Nov 19	7 - 9 pm	\$20/\$25

Instructors: Lyons Location: Alcott Center

Home Cheese Making

Good cheese tastes even better when you make it yourself. Mark Lyons, experienced cheese maker with a degree in Agriculture, will teach you all the techniques for making your own cheese. The course will cover the science behind cheese making, along with ingredients, equipment, and techniques for making soft, hard, Italian, and other kinds of cheeses. This class is a demonstration only. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38768	Tue	Sept 17 - Sept 24	7 - 9 pm	\$15/\$19

Instructor: Lyons Location: Alcott Center

Basics of Investment

This class will cover basic investments and provide participants with a greater understanding of financial and investment topics. We will discuss certificate of deposits, municipal bonds, unit investment trusts, mutual funds, corporate bonds, treasuries, stocks and annuities. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38813	Tue	Sept 17 - Sept 24	6:30 - 8:30 pm	\$15/\$19

Instructor: O'Brien Location: Alcott Center

Should Annuity Be Part Of Your Retirement Plan

What is Annuity? Should it be in your portfolio? This class will answer questions you have about annuities. You will learn about different types of annuities and how they play at different stages of your financial planning. As we live longer, it is important to explore ways to make sure we do not outlive our retirement income. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38815	Tue	Oct 29	6:30 - 8:30 pm	\$10/\$13

Instructor: O'Brien Location: Alcott Center

Saving For College

In this class, you will learn available options for college savings, such as 529 Education Saving Plan, Coverdell Education Saving Account, Uniform Gift Minors Act Account, Zero Coupon Bonds, Prepaid Tuition Plan, and Financial Aid. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38814	Tue	Oct 8	6:30 - 8:30 pm	\$10/\$13

Instructor: O'Brien Location: Alcott Center

Divorced Moms GPS: 3 Steps To A Thriving Life

Rebuilding your life after divorce is hard work, and there are no easy ways out. The 3 Steps that we'll discuss together will ensure that you have a solid foundation, and will give you a great head start in the right direction. All 3 Steps are simple, practical, and highly customizable to suit your needs and preferences, and to prepare you to succeed. You will leave the class with a clear plan of action for each of them. Come prepared to change your life. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38943	Thu	Sept 12	7 - 8:30 pm	\$55/\$69
38944	Sat	Oct 5	10 - 11:30 am	\$55/\$69

Instructors: Marcusanu, Ph. D. Location: Alcott Center

For Working Parents - How To Manage Your Energy

Are you overwhelmed? Do you find yourself exhausted at the end of most days? If you answered yes to these questions, then this class is definitely for you. Join us to learn practical, effective ways to manage your energy throughout the day. We'll discuss about what drains the energy, what keeps it level, and how to increase it. You'll leave the class with a short plan that will bring results in just a few weeks. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38947	Sat	Sept 7	10 - 11 am	\$45/\$56
38948	Thu	Sept 19	7 - 8 pm	\$45/\$56

Instructors: Marcusanu, Ph. D. Location: Alcott Center

Finding Me Time For Single Parents

As single parents we are extremely busy, to the point that we often get overwhelmed, frazzled and snappy. This way of life can be likened to driving bumper to bumper on a highway. We don't have any space around us; we don't enjoy the places we pass through; we don't even see them. This class is intended to help you take the next exit off this highway of unending stress, so that you start enjoying the every day's scenic views and get your life back. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38945	Thu	Oct 3	7 - 8 pm	\$45/\$56
38946	Wed	Oct 9	7 - 8 pm	\$45/\$56

Instructors: Marcusanu, Ph. D. Location: Alcott Center

NEW **Building A New Relationship With Our Children After Divorce**



Divorce significantly changes us and our role in the family. Thus, the children may not recognize us anymore and may not know how to relate to this new parent. Unless we are aware of this and intentionally step in to form a strong new connection with them, children may be negatively impacted by this change. Join us for a lively discussion on this topic, and to learn ways to effectively reconnect with your children, thus laying the foundation for a happy post-divorce future. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38949	Sat	Sept 14	10 - 11 am	\$45/\$56
38950	Thu	Oct 24	7 - 8 pm	\$45/\$56

Instructors: Marcusanu, Ph. D. **Location:** Alcott Center

NEW **Conflict TKO: Rocky Style**



Negativity loves misery, and takes pleasure in consuming our lives through demands, words and actions from others that tend to punch the happy right out of us. Find your inner Rocky Balboa, and work with licensed and certified professional life and relationship coach, Anita Myers, as your professional advocate standing ringside (your proverbial Mick). It's time to train your inner-power to take on your conflicts and win. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38952	Wed	Oct 9 - Oct 23	7 - 8 pm	\$45/\$56

Instructors: InnerScope Consulting **Location:** Alcott Center

NEW **Making The Better Connection**



Are you tired... of being tired... of not finding that relationship that matters to you? Welcome to the relationship readiness launching pad for people who are ready to have a more valuable, loving and successful relationship. Throw out the list you compiled of that perfect person, and learn the better route to getting what you want: a healthy and loving relationship. You know you want better. You know you deserve better. Take a healthy break in reading advice columns, watching relationship shows and listening to self-help audio books, and discover your truth with a professional advocate who will guide you to what your meaning of dating really is. This class is great for college students to single and divorced adults. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38953	Sat	Sept 28 - Oct 12	10 - 11 am	\$45/\$56

Instructors: InnerScope Consulting **Location:** Alcott Center

NEW **Super Hero Dating**



Break the habit; learn how to make every date worth your time. Licensed and certified professional life and relationship coach, Anita Myers, brings reality back to our true purpose in dating. Whether you are new to dating, a veteran dater, or re-entering the dating world, this program is designed to empower you in recognizing and letting go of your own kryptonite, understanding your powers to have them work for your benefit, master your abilities, and date like a super hero. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38951	Wed	Sept 18 - Oct 2	7 - 8 pm	\$45/\$56

Instructors: InnerScope Consulting **Location:** Alcott Center

NEW **The Power Within You**



Learn the beginning stages of how to release the forces inside you and get what you want. You will be introduced to some techniques to release the fears, doubts and worries that are holding you back from getting what you want in life. You will learn how to help yourself receive an answer when you are unsure on what to do or what is wanted out of life. An imagery session is also included in the class. Step out of your comfort zone and go for it. (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38940	Wed	Sept 25	7 - 9 pm	\$42/\$53
38941	Wed	Oct 23	7 - 9 pm	\$42/\$53
38942	Wed	Nov 20	7 - 9 pm	\$42/\$53

Instructor: Soskich **Location:** Alcott Center

Mah Jongg



Come join this class to be part of the millions of players that already enjoy the game called Mah Jongg. It is a fascinating rummy-like game played with tiles rather than cards. In a small amount of time and effort, you will be able to learn the elementary principles of the game. At the completion of this class, every student will know the Mah Jongg basics and be able to play the game with a group on their own. The class is for beginners and is perfect for those who already know the game, but need refresher classes to brush up on skills, rules and strategies. Mah Jongg sets are encouraged, but not required for this class. Mah Jongg cards are required for every student (priced at \$8 and supplied by the instructor) at the first class. Students already having a 2012 National Mah Jongg League published card are exempt. **No class on November 26 and 27.** (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38928	Tue	Sept 17 - Oct 22	9:30 - 11:30 am	\$60/\$75
38929	Wed	Sept 18 - Oct 23	6:30 - 8:30 pm	\$60/\$75
38930	Tue	Nov 5 - Dec 17	9:30 - 11:30 am	\$60/\$75
38932	Wed	Nov 6 - Dec 18	6:30 - 8:30 pm	\$60/\$75

Instructor: Max **Location:** Alcott Center