

GO GUIDE

ILLINOIS CENTRAL COLLEGE

April — August 2019

PAINTING

COMPUTERS

YOGA

PROFESSIONAL
DEVELOPMENT

FINANCE

PHOTOGRAPHY

KNITTING

GARDENING

HISTORY

HEALTH





ILLINOIS CENTRAL COLLEGE

was developed to be more than just an institution of higher education. The **GO GUIDE** provides you with a list of opportunities available at Illinois Central College that are NOT college credit classes – trips, recreational learning, plays, stage performances, and professional development. The **GO GUIDE** provides you with opportunities to Go • Do • Learn.

GO GUIDE TABLE OF CONTENTS

| | |
|---------------------------------|----------|
| Adult Community Programs | 1 |
| Antiques & Collectibles | 1 |
| Art | 1 |
| Computers | 2 |
| Crafts | 3 |
| Day Trips | 6 |
| Financial | 3 |
| Fitness | 3 |
| Gardening & Life Sciences | 4 |
| History | 4 |
| Know Your Community | 4 |
| Language | 5 |
| Photography | 5 |
| Registration | 7 |
| Special Interests | 6 |

| | |
|---|----------|
| Professional Development Institute | 8 |
|---|----------|

| | |
|-----------|--|
| 7 | TRUCK DRIVER TRAINING |
| 10 | COLLEGE FOR KIDS CULINARY CAMPS |

ADULT COMMUNITY PROGRAMS

Adult Community Programs are a variety of non-credit classes designed to provide adults the opportunity to learn new skills, visit unique places, investigate interesting topics, and more. Unless otherwise stated, all programs are designed for adults 18 and older.

IT'S EASY TO REGISTER

icc.edu/acp -OR-
(309) 690-6900 -OR-

In person

ICC Peoria Campus - Hickory Hall
5407 N. University Street

Once registered, look for your email confirmation with additional information and a map. If you don't have email, a confirmation will be mailed to you.

NOTE: In the event a participant has to reschedule or cancel, the participant must notify Adult Community Programs (309) 690-6900 at least five business days in advance of the workshop or 15 business days in advance of a day trip to receive a refund. You may substitute another person in your place at no charge.

If a class has insufficient enrollment, the class will be canceled. The number of paid registrations is used to make this decision. The decision to cancel will be made during the week prior to the first class meeting. Day trip cancellation decisions will be made based on destination registration deadlines.

ANTIQUES & COLLECTIBLES

Coin & Currency Collecting

Learn about the world of U.S. coin and currency collecting. Novice collectors will get tips on currency collecting and how to sell a coin collection you might have inherited. Discussions are led by a long-time collector and will include types of collecting, collecting on a budget, and disposing of coins. Bring a coin to class that you want to learn more about.

Cost: \$18

Monday, July 8
6:00 pm - 8:00 pm
ICC Peoria; Rick Farmer

ART

Masters of Art

Come and discover several artists and their history! You will use your imagination to create your own renditions of their work. Each session will focus on a different artist. Projects will include Grant Wood's "American Gothic," Georgia O'Keeffe's "Red Canna," Jackson Pollock's splatter painting, and the Blazing Banyan Tree. All supplies will be provided – all you need to bring is enthusiasm!

Cost: \$80

Tuesdays, July 23 - August 13
6:00 pm - 8:00 pm
ICC Peoria; Terry Spayer

Pour It On III

This full day workshop will incorporate the interesting technique of poured paint paired with the unpredictably beautiful results of poured masking fluid. Having a somewhat abstract quality, the poured masking fluid/paint process delivers a painting with luminosity and dimension not found with traditional techniques. Bring along a sack lunch for a day of laughter, lunch, and learning as we create a beautiful painting. Check the ACP website for the supply list.

Cost: \$60

Wednesday, May 8
9:00 am - 3:00 pm
ICC Peoria; Kathy Sherman

Paint Mornings

In a relaxed and fun atmosphere, people will be able to hang out with friends (or make new ones) and create something fun to take home. These classes are stand-alone and do not require attendance in one before attending another. Each session will tackle a new painting that will be explained in a step-by-step manner by the instructor. All supplies will be provided!

Cost: \$42

■ "At the Beach with Van Gogh"
Thursday, May 23
9:00 am - 11:30 am
ICC Peoria; Ruth Inman
■ "Tidal Wave"
Thursday, June 13
9:00 am - 11:30 am
ICC Peoria; Ruth Inman
■ "Underwater Gem"
Thursday, July 11
9:00 am - 11:30 am
ICC Peoria; Ruth Inman

Sketching & Drawing

Yes, you can draw a straight line and more! In this class, you will learn how to draw a little bit of everything. Come and surprise yourself by completing simple sketches and pictures made by you! Impress yourself and others with your new ability to draw! Supplies included. Bring a pencil, snack, and enthusiasm!

Cost: \$80

■ Wednesdays, April 24 - May 15
6:00 pm - 8:00 pm
ICC Peoria; Terry Spayer

Acrylics – Basic Color Theory

Have you ever experienced problems with mixing various paint colors? Then this class is for you! Color theory is an important concept for beginning and intermediate painters. Using acrylic paints, participants will learn how to correctly mix paints, understand color terminology by using the color wheel, properly create shadows using complementary colors, and create paint charts for their individual palette. New subject matter will be offered for those who have previously taken this class. Check the ACP website for the supply list.

Cost: \$60

■ Mondays, May 6 & 13
9:00 am - 12:00 pm
ICC Peoria; Jean Griffith

Collaborative Mural Project

This experience is one-of-a-kind! A mural is a large image affixed to a wall. Murals bring art into public places and allow people to reflect upon their joys, concerns, values, and histories. We will collectively come up with a theme for our painting dependent on where we will donate your work. You will create your own section on a canvas. Your section, when put together with others, will create a large mural. Your takeaway from this class will be the joy of the placement of our class mural on some wall in Peoria. Supplies included.

COST: \$80

- Tuesdays, May 28 – June 18
6:00 pm - 8:00 pm
ICC Peoria; Terry Spayer

Cartooning in Watercolor Workshop

Come out of the July heat and into the cool classroom for a full day workshop exploring cartooning in watercolor. You will create your own cartoon character (or characters), render it in watercolor and even compose your own comic strip using your unique character. Pack a lunch along with your imagination and let the fun begin. Check the ACP website for the supply list.

COST: \$60

- Wednesday, July 10
9:00 am - 3:00 pm
ICC Peoria; Kathy Sherman

Comic Book Drawing

Comic art is simply a “drawn movie” like the story boards that are used to lay out the camera shots of a film. Comic book movies are the most popular movies of all time due to the dynamic effects and dramatic storytelling that goes into them. In this workshop we will introduce you to the concept of dynamic comic art and dramatic graphic storytelling through the use of superhero anatomy and facial expression, lighting, color and perspective. Check the ACP website for the supply list.

COST: \$120

- Mondays, June 3 - July 8
5:30 pm - 7:30 pm
ICC Peoria; Mike Vadis

Watercolor with Pen & Ink Workshop

Sometimes a watercolor painting needs just that little something extra to make it complete or to give it some needed definition for that “Wow” factor. This full day workshop will offer techniques to use pen and ink over watercolor images. Bring your own watercolor paintings or design one with the group to create a beautiful work of art. Pack your lunch and join the fun! Check the ACP website for the supply list.

COST: \$60

- Wednesday, June 5
9:00 am - 3:00 pm
ICC Peoria; Kathy Sherman

Tangle Art

Learning the art of Zentangle is only half the battle. What to do with it is the other half. Ruth will show you a few ideas to spark our creative juices and use your tangles in everyday items.

COST: \$20

- Thursday, July 18
9:00 am - 11:00 am
ICC Peoria; Ruth Inman

COMPUTERS

Photos: Phone to Computer and Beyond

Do you have tons of photos on your phone and need to move them to your computer? Or even to a website or Facebook? Need to resize them and not sure how? Come to this class to learn all this and more! Bring your phone, laptop and a USB Drive.

COST: \$22

- Thursday, May 2
1:00 pm - 3:00 pm
ICC Peoria; Ruth Inman

Android for Beginners

If you’ve just picked up your first Android phone or tablet, or if you have an Android phone or tablet that you don’t take full advantage of, this is the class for you. Learn the most basic settings, controls, and setup for key elements such as email and apps. This is a hands-on class, so be sure to bring your phone, tablet, or both.

COST: \$33

- Wednesday, June 26
1:00 pm - 4:00 pm
ICC Peoria; Doug Orwig

Routine Computer Maintenance

This class is designed to provide a recommended schedule for weekly and monthly maintenance of your computer. We will cover such tasks as cleaning out your temporary files, running a malware detector and cleaner, regular use of virus protection, and backing up your important files. After this class you will understand more about what files are important to back up and how to keep your computer running more smoothly.

COST: \$33

- Saturday, July 13
9:00 am - 12:00 pm
ICC Peoria; Ruth Inman

Computer Storage Options: The Cloud and More

There are several options for you to save computer data for your everyday life. The solution you choose depends on your specific needs, such as whether the data needs to be accessible to just you or shared with other users, and how much space your data requires. Learn the differences between the cloud, USB flash drives, and external hard drives! Bring a USB flash drive, and bring your laptop if available.

COST: \$27.50

- Thursday, June 27
5:30 pm - 8:00 pm
ICC Peoria; Ruth Inman

iPad & iPhone for Beginners

Geared for the truly novice iPad and iPhone users, this workshop will take you through the most basic settings, controls, and setup for key elements such as email and the App Store. If you’ve had trouble finding the user’s manual for your iPhone or iPad, this is the place to start. Be sure to bring your iPad, iPhone, or both to class.

COST: \$33

- Wednesday, July 17
1:00 pm - 4:00 pm
ICC Peoria; Doug Orwig

Introduction to Microsoft Excel

Begin with the basics of Excel. If you have limited or no experience using Excel, learn how to enter and organize text and numeric data into a worksheet. Work with formulas and functions using basic steps to perform mathematical calculations, and adjust the appearance of a worksheet by resizing columns and rows, adding cell borders, and shading. Enhance your worksheet using charts, sparklines, and conditional formatting. Worksheets will be provided for you with step-by-step exercises on how to enter text and numeric data. Once your worksheet is complete you will save, preview, and print. Computer and keyboarding skills are required. You will use an ICC computer with Windows 10 operating system. Check the ACP website for the supply list.

COST: \$66

- Tuesdays, May 7 - 21
1:00 pm - 3:00 pm
ICC Peoria; Vickie Culbertson

Basic Mac Apps

Applications for Macs can be so expensive. How can I get the most out of my Mac without sinking a fortune into the apps. Come and learn what to use for word processing, spreadsheets, graphic editing, and more.

COST: \$33

- Thursday, June 20
9:00 am - 12:00 pm
ICC Peoria; Ruth Inman

CRAFTS

Card Making from Graphics

Do you have a photograph or drawing you think would make a nice card to send to someone special? Come and learn how you can use your computer to scan and/or manipulate the file to create a personalized notecard. Bring a photo (print or digital) or a piece of art that you created to work with. Bring a USB drive and your laptop if you have one.

COST: \$22

- Thursday, May 2
9:00 am - 11:00 am
ICC Peoria; Ruth Inman

Quilt Pattern Making

Do you have a picture you always thought would make a nice quilt? Perhaps a painting of yours? Come and learn how to transform an idea into a quilt pattern.

COST: \$22

- Thursday, July 11
1:00 pm - 3:00 pm
ICC Peoria; Ruth Inman

FINANCIAL

The information provided in these courses is for informational purposes only and should not be interpreted as personalized financial, tax, or legal advice. Please consult your financial, tax, and legal professionals regarding your specific circumstances.

The House Hunt: Helping You Buy Your First House

Buying your first house can seem a little overwhelming. This seminar will provide the basic information a consumer needs to buy a house, with special attention given to the first time buyer. The complete process will be covered, including getting (and staying) pre-approved for a loan, searching for the right house, negotiating a contract, earnest money, inspections, appraisals, disclosures, and closing on the house.

COST: \$18

- Saturday, May 4
10:00 am - 12:00 pm
ICC Peoria; Greg McCoy

How to Sell Your House

Whether you are thinking about downsizing or just looking for a change of address, this seminar will provide the basic information needed to sell your current house. Topics covered in the class include the best and worst times to sell, understanding the market, determining a reasonable listing price, advertising, disclosures, showings, negotiating a contract, inspections, appraisals, problems that can arise, and closing on the house.

COST: \$18

- Saturday, May 11
10:00 am - 12:00 pm
ICC Peoria; Greg McCoy

FITNESS

Tai Chi - Yang Style

This class explores Tai Chi principles, movements and Yang Form for health benefits. All ages and levels are welcome but this class is geared toward the beginner. We will develop balance, energy, concentration, relaxation and more graceful movement through the ancient Chinese practice of Tai Chi. Wear loose, comfortable clothing and shoes you can easily move in.

COST: \$40

- MONDAYS, APRIL 22 - MAY 13
9:30 AM - 10:30 AM
ICC PEORIA; SALLY ZELL

COST: \$40

- MONDAYS, JUNE 3 - 24
9:30 AM - 10:30 AM
ICC PEORIA; SALLY ZELL

COST: \$60

- MONDAYS, SEPTEMBER 9 - OCTOBER 14
9:30 AM - 10:30 AM

ICC PEORIA; SALLY ZELL

Chair Yoga

Perfect for all levels, chair yoga is a great way to relax from head to toe without the stress of getting on the floor. Perfect for those who want to stretch their bodies to relieve tension. You will learn postures that will open your hips, move your shoulders and neck, stretch your hamstrings, and find length in your spine.

■ Tuesdays, May 7 - 28

9:00 am - 10:00 am
ICC Peoria; Vickie Culbertson
Cost: \$40

■ Tuesdays, June 4 - 25
9:00 am - 10:00 am
ICC Peoria; Vickie Culbertson
Cost: \$40

■ Tuesdays, July 2 - 30
9:00 am - 10:00 am
ICC Peoria; Gayle Carrillo
Cost: \$50

Chair Yoga - Drop-In

Unable to commit to the full month of Chair Yoga? Don't miss out! Students may register for single sessions in person at the front desk of Hickory Hall before the day's session begins. Please call us in advance to confirm that classes are being held as scheduled.

COST: \$12

Yoga for Beginners

Being a beginner isn't easy. If you've never tried yoga or have gone to a class only to feel out of place, this class is for you. Starting at the very beginning, you will learn basic yoga poses, how to choose a yoga mat and other props, and how to prevent injuries.

Cost: \$40

■ Tuesdays, May 7 - 28

10:30 am - 11:30 am

ICC Peoria; Vickie Culbertson

Yoga for Your Back

Too much time at your desk, in your car, and watching TV can contribute to back stiffness, soreness, and pain that can steal the joy from your life. Yoga poses introduced in this class will improve your posture, ease pressure, relieve tightness, increase circulation, and make you stronger and more flexible.

Cost: \$30

■ Tuesdays, May 7 - 21

5:30 pm - 6:30 pm

ICC Peoria; Vickie Culbertson

GARDENING & LIFE SCIENCES

Gardening for Butterflies, Hummingbirds, & Pollinators

Butterflies, hummingbirds, and pollinators are great additions to any garden, but they can be picky as to which gardens they flock to. Pollinators are in trouble and need our help. In this class, you will learn what types of environments and plants attracts these beautiful creatures.

Cost: \$18

■ Thursday, May 16

6:00 pm - 8:00 pm

ICC Peoria; Rebecca Schillinger

Leaf Castings Workshop

Leaf sculptures can add beauty to any garden or indoor environment. Many completed samples will be shown for inspiration. There will be opportunity to cast several leaves. You may bring your own leaves, but all materials will be provided. Wear old clothes and bring rubber gloves. Depending on the type of construction, some leaves may need to dry at ICC's Horticulture Lab and be picked up at a later date. Your leaf castings can be used as ornaments, birdbaths, feeders, etc.

Cost: \$21

■ Thursday, June 27

6:00 pm - 8:00 pm

ICC Horticulture Lab; Ella Maxwell

■ Saturday, June 29

10:00 am - 12:00 pm

ICC Horticulture Lab; Ella Maxwell

HISTORY

On the Road to War, Pivotal Events leading to the American Civil War

When did the American Civil War begin? The war began in 1861 and lasted until 1865; yet the decades leading up to the 1860s are pivotal in understanding why the war began. This class examines the culmination of events from the 1830s to the 1860s, which sparks secession and four long years of war.

Cost: \$27

■ Wednesday, May 1

5:30 pm - 8:30 pm

ICC Peoria; Christina Smith

19th Century Presidential Elections

Every four years, United States citizens have the opportunity to participate directly in the election of the country's president with one winner having the honor of serving in the nation's highest office. This class examines the presidential elections between 1832 and 1856. This era of American history is fraught with sectional tensions; when political parties were created and then abandoned; and when campaigning as we know it today was altogether different. But, was it politics as usual?

Cost: \$27

■ Wednesday, May 22

5:30 pm - 8:30 pm

ICC Peoria; Christina Smith

19th Century Rural Cemetery Movement

In early 19th century America, as the Industrial Revolution lured throngs of workers to evermore-congested cities, urban burial grounds became increasingly overcrowded. Graves were stacked one atop another, and graveyards were blamed for the diseases seizing cities. A society, under the influence of Romanticism, moved toward reformation. This class examines how America embraced cemeteries as cultural institutions and how rural cemeteries transformed the ways in which Americans thought about death and nature.

Cost: \$27

■ Friday, June 7

9:00 am - 12:00 pm

ICC Peoria; Christina Smith

KNOW YOUR COMMUNITY

Comply & Complain

Learn how to do both—comply and complain—when interacting with police. Join Undersheriff Ronda Guyton and Lieutenant James Middlemas of the Peoria County Sheriff's Office for a frank and informative discussion regarding law enforcement communication concerns and tactics. The officers will go over statutes and case law, examples of what to do if you are being questioned or arrested, and how to file a complaint if you believe you have been treated unfairly.

Cost: Free

■ Thursday, July 11

6:00 pm - 8:00 pm

ICC Peoria; Undersheriff

Ronda Guyton and Lieutenant

James Middlemas

Food Safety in the Home

Did you know that your own kitchen can be a high-risk environment for foodborne illness? Microscopic germs such as bacteria, viruses, and parasites can thrive in food that is improperly stored or handled. If ingested, these germs can make you, your family, and your dinner guests sick. Join PCCHD Environmental Health Coordinator Stephanie Streight to learn about the general principles and practices of safe food handling at home.

Cost: Free

■ Thursday, May 23

6:00 pm - 8:00 pm

ICC Peoria; Stephanie Streight

LANGUAGE

Habla usted español I?

If you don't speak Spanish, but would like to learn or brush up your skills for fun or travel, this multi-faceted, interactive workshop is for you. The focus will be on conversational language skills to learn practical phrases and sentences to communicate with Spanish speakers. You will also learn about Latin American Culture. Audiovisual and printed materials will be used during class. Individual practice and class participation is encouraged.

Cost: \$108

■ Thursdays, May 23 - June 27

6:00 pm - 8:00 pm

ICC Peoria; Roberto Ortega

PHOTOGRAPHY

Digital Photography Basics

Whether you are new to digital photography or have experience, you'll learn how to get the most out of your camera (point-and-shoot or DSLR). Composing images, exposure control, white balance control, and camera mechanics will keep you discovering what else your camera can do. Bring your camera (any type), a charged-up battery, a fresh SD memory card, and camera manual each week. One session will be an off-site class shoot.

Cost: \$120

■ Tuesdays, June 11 - July 23

(skip June 18)

1:00 pm - 3:00 pm

ICC Peoria; Ann Conner

■ Tuesdays, June 11 - July 23

(skip June 18)

6:00 pm - 8:00 pm

ICC Peoria; Ann Conner

Photoshop Elements I

Boggled by post capture photographic programs? Perhaps you haven't opened the program you bought and are overwhelmed? No problem, we will start at the beginning. In this lab workshop designed for the beginner, you'll explore and use the tools available in Photoshop Elements. You'll work on sample photographs supplied by the instructor. A lab computer will be used. Please bring a flash drive to class.

Cost: \$132

■ Wednesdays, June 12 - July 24

(skip June 19)

6:00 pm - 8:00 pm

ICC Peoria; Ann Conner

Cell Phone Photography

Wondering how to get those great pictures with your smart phone? Come spend two hours learning what buttons to push, how to delete the photos you do not want, stylize the keepers, and send them to family and friends.

Cost: \$24

■ Wednesday, May 8

12:30 pm - 2:30 pm

ICC Peoria; Ann Conner

■ Thursday, June 27

1:00 pm - 3:00 pm

ICC Peoria; Ann Conner

Individual Photography Study

Choose the topic you want to learn in this one-to-one session with photography expert Ann Conner. For two hours, you'll get individual instruction on your choice of subjects, whether it's camera workings, shooting techniques, composition, portfolio review, or a Photoshop application (bring your own laptop). Additional class times can be arranged.

Cost: \$70

■ Thursday, June 13

6:00 pm - 8:00 pm

ICC Peoria; Ann Conner

■ Thursday, July 11

6:00 pm - 8:00 pm

ICC Peoria; Ann Conner

■ Thursday, July 18

6:00 pm - 8:00 pm

ICC Peoria; Ann Conner

■ Thursday, July 25

1:00 pm - 3:00 pm

ICC Peoria; Ann Conner

Photographers' Field Trip: Waterfalls and Reflections

This is a workshop specifically designed for learning to shoot waterfalls and reflections. Participants will enjoy an all-day shooting event at Matthiessen State Park under the instruction of professional photographer, Ann Conner. A tripod is a must, neutral-density and polarizer filters are helpful but not required. Bring your camera with charged up batteries and a fresh SD card. Bug repellent, sunscreen, water and a sack lunch or snack should be brought for the Matthiessen hike. Footwear should be waterproof.

Cost: \$65

■ Wednesday, May 15

8:00 am - 4:00 pm

Vans leave from ICC Peoria;

Ann Conner

Sports Photography

Shooting indoor and outdoor sports have very specific problems for the photographer. We'll cover some of the tricks and tips to getting those great shots. It would be helpful for participants to have a telephoto lens that is 150 mm and a monopod. We will meet in the classroom the first session and at school sporting events for the three remaining sessions. Note: there is usually a small entry fee which supports high school athletics. Bring your camera, fresh battery, SD card and monopod to each class.

Cost: \$80

■ Tuesdays, April 23 - May 14

4:30 pm - 6:30 pm

ICC Peoria; Ann Conner

Photographing Your Cousin's Wedding

You have a nice camera and your family loves all your photographs. Your cousin is getting married on a shoestring budget and asks if you will photograph her wedding. You say "yes" because you want to help. The next day you ask yourself, "What in the world was I thinking?" It is now too late to back out. Learn the basic "dos" and "don'ts" of a small family wedding, providing you with an outline for the wedding and hands-on shooting experience. Bring your camera, charged up camera battery(s), a fresh memory card, external flash and diffuser, if you have one.

Cost: \$63

■ Saturday, May 4

9:00 am - 3:00 pm

ICC North; Ann Conner

SPECIAL INTERESTS

Simple Abundance: How Having Less Brings You More

Abundance comes not from quantity, but from the quality of your environment. A cluttered home or office can be impossible to keep organized. It's hard to be productive amidst that stress. What if you could reduce your stress and have a home that serves who you want to be? Professional Organizer and Life Coach Kate Varness, of Green Light Organizing and Coaching, will inspire you to get more from less in a simple and organized space.

Cost: \$18

■ Thursday, May 16

6:00 pm - 8:00 pm

ICC Peoria; Kate Varness

Why Can't I Get Organized?

Are you tired of trying to get organized, but not following through? Let 2019 be the year you finally reach your goals. Professional Organizer Kate Varness will help you understand the causes of chronic disorganization, the five step process to organize projects large or small, communication strategies if your loved one is chronically disorganized, and ways to be successful long-term.

COST: \$18

- Tuesday, July 16
6:00 pm - 8:00 pm
ICC Peoria; Kate Varness

Genealogy: FAN Club

We all have at least one "brick wall" in our family genealogy - that one ancestor who seems to have fallen off the ends of the earth. Learn how to use others in your circle of FRIENDS, ASSOCIATES, and NEIGHBORS to track them down!

COST: \$18

- Monday, May 20
6:00 pm - 8:00 pm
ICC Peoria; Kim Mullins

Suffering and the Pursuit of Happiness

We human beings are born free with an abundance of choices. However, we get lost when we realize that no choice is a right one. Life moves forward per moment to its end, but along the way is deep-rooted suffering. What is suffering? Why do we suffer? How do we get rid of suffering? What is it that boosts happiness? If suffering has a cause, it has a cure too. In this six-week capsule course, Suman Shah, 80, well known writer and retired professor of literature, Visiting Fellow at Yale University and Writer-in-Residence at the University of Pennsylvania, will explain the problem and elaborate the cure of suffering from the simple philosophy of "Love for Wisdom". This class will be infused with philosophy, literature, and capsulated with Pranayama practice - a breath control to realize the flow of Prana - life energy. The participants will experience a lifestyle boost resulting in better living.

COST: \$108

- Tuesdays, May 7 - June 11
6:00 pm - 8:00 pm
ICC Peoria; Suman Shah

AARP Smart Driver Course

Cars have changed over the years. So have traffic rules, driving conditions, and the roads you travel every day. By taking the AARP Smart Driver Course, you will learn the current rules of the road, defensive driving techniques, and proven safety strategies to help keep you safe while on the road. Completion of this class may qualify you for a discount on your driving insurance. Please check with your insurance provider to verify. Must attend full eight hours of training to receive certificate. Each participant must purchase a book in class (\$15 for AARP members and \$20 for non-members). Check or cash only please.

COST: \$5 (plus \$15 or \$20 for book, paid to AARP at the class)

- Wednesday & Thursday
May 22 & 23
8:30 am - 12:30 pm
ICC Peoria; William Gardner
- Wednesday & Thursday
July 10 & 11
8:30 am - 12:30 pm
ICC Peoria; William Gardner

DAY TRIPS

DAY TRIP CANCELLATION POLICY:

To receive a full refund you must cancel your day trip reservation at least 15 days prior to the day of the trip.

Hummingbird Haven

Imagine the air filled with hundreds of tiny wings beating faster than the eye can take it in. That's the scene throughout the summer at Creel and Lois White's Hummingbird Haven, near Smithfield. The White's farm has long been a paradise for the tiny birds. Visitors come from all over to witness the countless tiny hummingbirds enjoying the special feeder blend. More than 800 pounds of sugar is used each summer to attract the birds. We will also tour the farm's prairie garden used to attract the tiny birds. After our visit, we will enjoy lunch at Bistro 101 in Canton. The trip includes transportation, tour, and lunch.

COST: \$50

- Tuesday, June 18
8:00 am - 3:30 pm
Bus leaves from ICC Peoria

Photographers' Field Trip: Waterfalls and Reflections

This is a workshop specifically designed for learning to shoot waterfalls and reflections. Participants will enjoy an all-day shooting event at Matthiessen State Park under the instruction of professional photographer, Ann Conner. A tripod is a must, neutral-density and polarizer filters are helpful but not required. Bring your camera with charged up batteries and a fresh SD card. Bug repellent, sunscreen, water and a sack lunch or snack should be brought for the Matthiessen hike. Footwear should be waterproof.

COST: \$65

- Wednesday, May 15
8:00 am - 4:00 pm
Vans leave from ICC Peoria;
Ann Conner

CLASS REGISTRATION INFORMATION:

Adult Community Programs are a variety of non-credit programs designed to provide adults the opportunity to learn new skills, visit unique places, investigate interesting topics, and more!

Unless otherwise stated, all classes are designed for adults 18 and older.

IT'S EASY TO REGISTER

ONLINE icc.edu/acp

CALL (309) 690-6900

IN PERSON at ICC Peoria (Hickory Hall, 5407 N. University St.)

Look for your email confirmation with registration information and a map. If you don't have email, a confirmation will be mailed to you.

CANCELLATION POLICY:

In the event a participant has to reschedule or cancel, the participant must notify Adult Community Programs at least five business days in advance of the workshop or 15 business days in advance of a day trip to receive a refund. You may substitute another person in your place at no extra charge. Unless otherwise stated, all programs are designed for adults 18 and older.

If a class has insufficient enrollment, the class will be cancelled. The number of paid registrations is used to make this decision. The decision to cancel will be made during the week prior to the first class meeting. Day trip cancellation decisions will be made based on destination registration deadlines.

ICC TRUCK DRIVER TRAINING PROGRAM



FULL-TIME CLASSES

MAY 6 JUNE 17
MAY 28 JULY 8

PART-TIME CLASSES

MAY 6 - JULY 8
ICC.EDU/PDI/TRUCKDRIVER

(309) 694-8555

EMAIL: CONNIE.SMITH@ICC.EDU



What is PDI?

The Professional Development Institute (PDI) provides both open enrollment and customized, in-house or on-site, workforce training. Topic areas include Computer/IT Training, Business Effectiveness, Technical, Industrial & Safety Programs and Continuing Health Education.

PDI Organizational Learning

We provide quality workforce solutions that will not bust your budget with outstanding, experienced training professionals with years of real-world experience. We have the experience to customize training solutions to meet the needs of your workforce and develop essential skills to boost employee performance.

Some essential skills include:

- Resolving Conflict
- Managing Change
- Over and Above Customer Service
- Business Writing
- Coaching as a Management Tool
- Effective Communication
- Cultural Intelligence
- Generational Leadership
- Mentoring for Professional Development
- Transition to Leadership
- Introduction to Project Management
- Developing Successful Work Teams
- Managing Priorities
- Habits for Success
- Creativity and Innovation
- Emotional Intelligence
- Adaptive Leadership
- Negotiations – Getting the Yes!

For a comprehensive list of courses, please visit
icc.edu/pdi/business

Questions?

Please direct questions to 309-690-6900.

Computer / IT Training

Whether you're a new or experience computer user, PDI offers a hands-on learning experience that provides skills you can use immediately on the job or at home. Let PDI provide the training you need to help advance your career or get you started in a new one.

Get more information or register online by visiting our web site:
icc.edu/pdi/computers

- Register by phone at 309-690-6900
- Register in person at the ICC Peoria Campus
Hickory Hall, 5407 N. University St

Truck Driver Training Program

PDI's Truck Driver Training Program can get you ready for the long haul! Developed for beginning drivers or those who have minimal commercial driving experience, this course will get you ready to roll.

FOR A LIST OF CLASS DATES, VISIT:
icc.edu/truckdriver or contact Conni Smith at 309-694-8555 or connie.smith@icc.edu.

Technical, Industrial & Safety Programs

PDI offers a variety of technical and industrial training topics to provide employers an opportunity to enhance and upgrade the skills of their employees. All workshops can be customized to meet company requirements and are developed with hands-on experience, practical discussions of the rules with real-world exercises/examples and the opportunity to work with experts. Upon successful completion of our workshops, participants will receive a certificate for Continuing Education Units (CEUs) or a recognized professional certification.

- Topics include:
- Blueprint Reading
 - Hydraulic Troubleshooting
 - Welding
 - Electrical
 - OSHA Safety Programs
 - ISO/APQP/SPC
 - Construction
 - Shop Safety
 - DOT Hazardous Materials Training
 - PLC Troubleshooting
 - BPI Certification
 - CNC

FOR MORE INFORMATION, VISIT:
icc.edu/technical or contact Ellen George at 309-690-6909 or egeorge@icc.edu.

Contract Training

Do you and your co-workers all need to brush up on your computer skills? Need CISSP, AWS or PMP certification? Contract training through PDI could be the answer. Contact Frank Thomas at 309-690-6915 or fthomas@icc.edu to learn more about what we can do for employers of all sizes.

MS Access

A relational database application such as Microsoft Access 2016 can help you and your organization collect and manage large amounts of data.

MS Access 2016 Part 1

- Cost: \$140
- July 10 & 11, 2019
8:30 am – 12:00 pm

MS Access 2016 Part 2

- Cost: \$140
- July 17 & 18, 2019
8:30 am – 12:00 pm

MS Access 2016 Part 3

- Cost: \$140
- July 24 & 25, 2019
8:30 am – 12:00 pm

MS Excel

Create and develop Excel worksheets and workbooks in order to work with and analyze the data that is critical to the success of your organization.

MS Excel 2016 Part 1

- Cost: \$140
- April 2 & 3, 2019
1:00 – 4:30 pm
- June 3 & 4, 2019
1:00 – 4:30 pm

MS Excel 2016 Part 2

- Cost: \$140
- April 9 & 10, 2019
1:00 – 4:30 pm
- June 10 & 11, 2019
1:00 – 4:30 pm

MS Excel 2016 Part 3

- Cost: \$140
- April 16 & 17, 2019
1:00 – 4:30 pm
- June 17 & 18, 2019
1:00 – 4:30 pm

Data Analysis with Excel Pivot Tables

Use Pivot Tables to summarize data and organize it in a way that can be meaningfully presented to others.

- Cost: \$80
- May 8, 2019
1:00 – 4:30 pm
- July 11, 2019
1:00 – 4:30 pm

Data Analysis with Excel Power Pivot

Excel provides Power Pivot to help you organize, manipulate, and report on your data in the best way possible.

- Cost: \$80
- May 14, 2019
1:00 – 4:30 pm
- July 18, 2019
1:00 – 4:30 pm

Excel Dashboards

Analyze massive amounts of data, extract actionable intelligence from it, and present that information to decision makers.

- Cost: \$80
- May 20, 2019
1:00 – 4:30 pm
- July 29, 2019
1:00 – 4:30 pm

Inbox Intervention

A short two-hour workshop that will teach you how to use features of Outlook to help you manage your inbox. You will also get tips on how to structure your email messages so they actually get read.

- Cost: \$40
- April 24, 2019
1:00 - 3:00 pm
- June 12, 2019
1:00 - 3:00 pm

G-Suite Primer

Explore the different apps in G-Suite including Docs, Sheets, Slides, Forms and Keep. Compare and contrast with MS Office. Learn how to use the powerful collaboration tools in G-Suite. Discuss updates for Calendars, Gmail and Hangouts. Learn how to migrate from MS Office to G-Suite. Tips and Tricks.

- Cost: \$80
- April 15, 2019
1:00 – 4:30 pm
- July 15, 2019
1:00 – 4:30 pm

CyberSAFE (Securing Assets For End Users)

Regardless of your computer experience, this course will help you become more aware of technology-related risks and what you can do to protect yourself and your organization from them. Explore the hazards and pitfalls of technology, and learn how to use that technology safely and securely.

This course is designed for a non-technical end user of computers, mobile devices, networks, and the Internet, to enable you to use technology more securely to minimize digital risks.

It is also designed as prep material for the Certified CyberSAFE credential.

- Cost: \$80
- May 9, 2019
1:00 – 4:30 pm
- July 31, 2019
1:00 – 4:30 pm

Office 2013? PowerPoint? Word?

Yes, we can still teach them. Contact us if your group needs Office 2013 (or earlier) training, or needs training in PowerPoint or Word 2016.



COLLEGE FOR KIDS

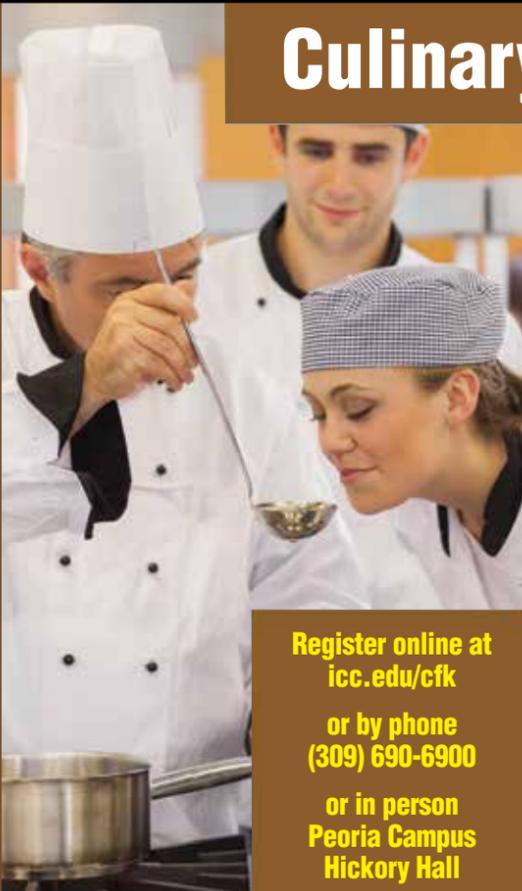
ICC College for Kids is a 2-week summer program held at the East Peoria Campus, offering fun and educational classes for students entering 4th-12th grades. These courses are interactive and educational with a lot of fun, hands-on activities. They also focus on a variety of subjects such as language arts, math and science, computer technology, social studies, etc.

SESSION I: June 10 - 21, 2019
SESSION II: July 8 - 19, 2019
Each class meets for 2 hours Mondays through Thursdays. Kids can enroll for up to three classes per session.

REGISTRATION OPENS:
March 11, 2019

cce.icc.edu/youth/cfk

EMAIL: STEFFI.XU@ICC.EDU | (309) 690-6916



Culinary Camps • June 2019

Culinary Camp Beginners
 June 10-14, 2019
 Monday-Friday
 9:00 am-2:00 pm
 Grades 9-12
 Price: \$425
 Registration deadline: May 30

Culinary Camp Advanced
 June 24-28, 2019
 Monday-Friday
 9:00 am-2:00 pm
 Grades 9-12
 Price: \$359 (Prerequisite – *Culinary Camp Beginners* in 2016 - 2019)
 Registration deadline: June 11

Culinary Camp for Beginners: Students learn basic knife skills, get a peek into the world of sauce making, dabble in dessert making and presentation, and put all the skills together to create a fabulous lunch to serve to family and friends.

Culinary Camp Advanced: (Must have taken *Beginners* in 2016-2019) Take the lessons you learned in *Culinary Camp Beginners* to the next level. Learn the art of making sausage. Make delicious breads and five-star desserts. On Friday, put it all together in a "Chopped" style competition between participants.

Register online at
icc.edu/cfk
 or by phone
 (309) 690-6900
 or in person
 Peoria Campus
 Hickory Hall

Culinary Camp is held in the professional kitchens in Dogwood Hall at the ICC Peoria Campus. The week-long course is taught by a professional chef, Charles Robertson, and includes all supplies. Advanced students utilize their tools they received in *Beginners* class and will also receive a boning knife.

Some scholarships are available. Please contact Steffi Xu, Youth Programs Coordinator to obtain a scholarship application (stefi.xu@icc.edu).

ICC Peoria Campus • Dogwood Hall



GO GUIDE

1 COLLEGE DR.
 EAST PEORIA, IL 61635

Illinois
 Central
 College



NON PROFIT ORG.
 U.S. POSTAGE
 PAID
 PEORIA, IL
 PERMIT NO. 562



PROFESSIONAL DEVELOPMENT
 GARDENING
 COMPUTERS
 PAINTING
 FINANCE
 YOGA
 HEALTH
 KNITTING
 PHOTOGRAPHY

your SMART CHOICE

