

Dog Obedience

Let our instructor help make your dog or puppy a model citizen! Learn to develop a leadership role through positive reinforcement training with your dog. Dogs and their handlers are given weekly homework assignments, and two class levels are offered. Beginning is for dogs who are 8 weeks and older, and intermediate is for dogs over 8 weeks who have completed and graduated from beginning. Please bring a collar, standard 6 ft. and 20 ft. retractable leash, soft training treats, plastic bag, and of course, your pup!

TUESDAY AFTERNOONS

Session I: January 24-March 6

Level	Time	Prg. #
Beginner	12:30-1:25 p.m.	3110-3
Intermediate	1:30-2:25 p.m.	3111-3

Session II: March 13-May 1

Level	Time	Prg. #
Beginner	12:30-1:25 p.m.	3114-3
Intermediate	1:30-2:25 p.m.	3115-3

WEDNESDAY EVENINGS

Session I: January 25-March 7

Level	Time	Prg. #
Beginner	6:30-7:25 p.m.	3112-3
Intermediate	7:30-8:25 p.m.	3113-3

Session I: March 14-May 2

Level	Time	Prg. #
Beginner	6:30-7:25 p.m.	3116-3
Intermediate	7:30-8:25 p.m.	3117-3

Where: Watts Center
R/NR Fee: \$135/\$150 (per dog and two owners)
 7 classes. Fee includes handbook.
Min./Max.: 4/12
No Class: Mar. 27, 28



Parent & Child Puppy Training

This is an opportunity for a parent and child to attend one of our popular obedience classes together! The class is taught at Beginner level to introduce your puppy to simple commands. Take a fun group approach to training the new puppy in your lives. You don't have a dog? It is time to adopt one and join the Saturday morning class!

Who: Adults, 18 and older with up to 2 children per dog
Where: Watts Center
Min./Max.: 6/10
No Class: Feb. 18

Day	Dates	Time	R/NR Fee	# of Classes	Prg. #
Sat.	Jan. 21- Mar. 10	9:30- 10:25 a.m.	\$135/\$150	7	3118-3

Ceramics

No experience needed! This ceramic class is an exploration of form and surface. Students make objects using methods of hand building and wheel for functional and nonfunctional projects. The challenge is to develop finishing techniques through experimentation that make the work pop! Additional free open studio time is posted after the first class.

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Natalie Steinmetz
Min./Max.: 4/15

Day	Dates	Time	R/NR Fee	# of Classes	Prg. #
Tues.	Jan. 24- Mar. 13	9:30 a.m.- 12 p.m.	\$229/\$252	8	3106-3

*We're now offering Dog Obedience
 on Tuesday afternoons!*

*Check out the information above for
 winter and spring sessions.*

Adult Cooking

Glencoe Park District is pleased to welcome back Susan Taves, the chef/owner of Sweet Cassava Culinary Concepts, to instruct cooking classes. She has been catering for more than 20 years and is classically trained in savory and pastry. Susan has studied in Italy and worked extensively in Jamaica, training staff for Sandals Resorts. She has also written curriculum and taught at The Institute of Art. These classes will teach you healthy cooking techniques and where to source fresh, all-natural ingredients.

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Susan Taves, Chef/Owner of Sweet Cassava Culinary Concepts
Min./Max.: 6/12

NEW! Soups for All Seasons

Soups are a great way to start a meal, and a hearty soup can even be your meal! In this course, we make a soup for all seasons, including a cold summer fruit soup, a light spring vegetable soup with homemade vegetable stock, a hearty Turkish roasted red pepper soup with bulgur, and a lemongrass infused soup with Swiss chard dumplings, perfect for brisk fall days. Learn how to garnish and season your soups perfectly. Class includes recipes and some hands-on activities.

Day	Date	Time	R/NR Fee	Prg. #
Wed.	Jan. 18	7-9 p.m.	\$50/\$55	3371-3

Baking Bootcamp

Take the mystery out of baking by using techniques rather than recipes to make delicious baked goods for every season and occasion. Learn the secret to dough, cakes and custards! By learning ingredient functions and techniques you'll be able to create personalized desserts with your own special touches and flavors.

Day	Date	Time	R/NR Fee	Prg. #
Tues.	Feb. 7	7-9 p.m.	\$44/\$48	3372-3



Hands-On Floral Design

Have you ever wanted to learn how to design with flowers at home? This hands-on floral design class is extremely informative and focused on the season at hand. You will educate yourself on the world of flower design while creating a beautiful arrangement to take home. It's fun, focus, and flowers all in one! Different designs and themes are covered in both classes, so feel free to sign up for either one or both this season. All floral materials and professional instruction are included. We request students to bring scissors, garden clippers (if available), and an apron.

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Eileen Looby, Lake Forest Flowers
Min./Max.: 8/16

Day	Date	Time	R/NR Fee	Prg. #
Mon.	Feb. 6	6-7:30 p.m.	\$78/\$86	3122-3
Wed.	Apr. 18	6-7:30 p.m.	\$78/\$86	3123-1

Tai Chi & Ki Gong

Tai Chi & Ki Gong involves the beautiful combination of meditative movement and breath awareness that promotes relaxation, better health, and an increased range of motion. Tai Chi & Ki Gong also help the user to accumulate "Ki" (energy) and develop insight. The simple exercises are suitable for people of all ages and ability levels.

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Lilie Gjelaaj
Min./Max.: 5/15

Day	Dates	Time	R/NR Fee	# of Classes	Prg. #
Sat.	Jan. 28- Mar. 17	11 a.m.- 12 p.m.	\$171/\$188	8	0610-3
Sat.	Apr. 7- May 19	11 a.m.- 12 p.m.	\$150/\$165	7	0611-3

Susan Taves, our expert cooking instructor, also teaches early childhood and youth classes!

See pages 34 and 60

Voice Lessons

Voice lessons are a great way to improve an inspiring voice by learning basic techniques and building confidence. All levels are welcome and various styles can be taught. Topics covered include sight singing, music theory, diction, and performance preparation. Lessons are 30 minutes in length. Participants can choose either 8 or 16 lesson packs. *The instructor will contact you to schedule your lesson day/time.*

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Lindsay Schoenberger
Min./Max.: 4/10

Dates	Day/Time	R/NR Fee	# of Lessons	Prg. #
Jan. 23-May 26	TBD	\$297/\$327	8	6111-3
Jan. 23-May 26	TBD	\$594/\$653	16	6112-3

Piano Lessons

Private piano lessons are available for beginner through advanced students. Lessons are one-on-one and tailored to the skill level of each student. Let instructor Irene Faliks share her 35 years of teaching experience with you! Lessons are 30 minutes and take place Mondays, 3-7 p.m. *Instructor will contact you to schedule your lesson times.*

Who: Adults, 18 and older
Where: Takiff Center
Instructor: Irene Faliks
Min./Max.: 3/9
No Class: Feb. 20, Mar. 26

Day*	Dates	R/NR Fee	# of Classes	Prg. #
Mon.	Feb. 6-Apr. 2	\$260/\$286	7	6121-3
Mon.	Apr. 9-May 21	\$260/\$286	7	6122-3

* Sunday time slots may also be available upon request.



Adult Open Gym

Who: Adults, 18 and older
When: Sundays, 9:30-11:30 a.m.
Where: Takiff Center
Drop-In Fee: \$5 R/\$6 NR
10 Punch Card: \$30 R/\$40 NR Prg. # **3032-3**

Please visit us online at www.glencoeParkDistrict.com for the open gym weekly schedule.

FREE! Adult Indoor Walking

You can walk a mile in only 16 laps around the gym!

Who: Adults, 18 and older
When: Monday-Thursday, 6-8 a.m.
 Saturday, 8-9 a.m.
Fee: FREE

Men's Spring/Summer Softball League

Come join one of the longest running Adult 12" Softball Leagues on the North Shore! This competitive league offers players a chance to play on one of the best softball fields in the area while feeling right at home. So hurry up and sign your team up before this easy going, yet competitive league is full! A league meeting will be held to determine location, date, and time. All teams must have a representative present.

A \$670 fee is due by March 22, \$620 of which is the league fee and \$50 a refundable forfeit fee. There is no separate non-resident fee. Returning resident teams have priority in registration. The league features a 12-game schedule and post-season tournaments.

Who: Adults, 18 and older
When: Thursday evenings
Maximum: 7 teams

Day	Dates	Time	Fee	# of Games	Prg. #
Thurs.	Apr. 19- Aug. 2	6:40- 10:10 p.m.	\$620 Plus \$50 forfeit fee	12	7091-1



**Glencoe Park District &
OASIS Partnership**
Classes held at the Takiff Center

OASIS is a non-profit, national education organization dedicated to enhancing the quality of life for mature adults through challenging programs in the arts, humanities and wellness, as well as volunteer service. OASIS creates opportunities for adults to continue their personal growth and provide meaningful service to area communities. The local OASIS office is located at the North Shore Senior Center in Northfield.

Glencoe Park District is very excited to enter this partnership with OASIS. We look forward to serving its large membership base and offering a state-of-the-art facility to host the wide variety of programs offered to residents of Glencoe and the surrounding suburbs.

Please note: registrations should be submitted directly through OASIS by either phone, fax, mail or online. Please see "How to Register" for more details. If you have any questions, contact OASIS, located at the North Shore Senior Center, at (847) 242-6230.

Now You Can Register Online!

You may now register for all OASIS classes online using their secure online system.

1. To register online, you must first create a My OASIS account.
2. Go to the OASIS website at www.oasisnet.org
3. In the upper right corner of the home page you will see "MyOASIS" and a link to sign up. Click on "sign up."
4. Create your my OASIS log in information: On the new page, select either "I am new to OASIS" if you have not yet become an OASIS member; or, if you currently are an OASIS member, select "I am already an OASIS member:" to create your log in information.

Registration

Registration is required for participation in all OASIS programs and must be submitted through OASIS. Payment must be received at the time of registration in order for the registration to be completed. Registration opens December 1 and is ongoing throughout the trimester.

Membership

You must be an OASIS member to register for OASIS classes. Membership is FREE. Enrollment forms may be completed at <http://www.oasisnet.org/Cities/Central/ChicagoIL/HowtoRegister.aspx>. To become a member, select "Click here to join" on that page. Enrollment and membership forms are also available at the front desk of the OASIS office.

Registration Processing Fee:

There is a \$12 registration processing fee each trimester. This is a one-time per trimester fee. Please include this fee in your total payment.

Registration Confirmation

Participants will receive a confirmation letter.

Wait Lists:

When a class reaches its maximum limit, a Wait List is started. If there is a cancellation and a vacancy becomes available, calls will be placed to those on the Wait List in the order in which they were received. On the day of the program, walk-ins will not be admitted to the program if there is a Wait List.

How To Register:

1. To register for a class, please use the registration form found at <http://www.oasisnet.org>. Use one form per person. Please print clearly. Fill out the form completely, including name, address, phone, and all class information.
2. Total all registration fees, including processing fee.
3. Fill out payment information completely.
 - a. Checks should be made payable to OASIS
 - b. Charge cards – we can accept Visa or MasterCard
4. Read, sign, and date the waiver at the bottom of the Registration form.
5. Return the completed form, with payment, to the OASIS Administrative Office by one of the following methods:
 - a. Mail: OASIS, 1777 Winnetka Road, Northfield, IL 60093
 - b. Fax: Fax your completed form to (847) 242-6246. Payment must be made using Visa or MasterCard.
 - c. In Person: You may drop off your registration form at the OASIS Administrative Office weekdays between 9:00 a.m. and 3:00 p.m. Cash, Check or Charge may be used.
 - d. Online at www.oasisnet.org
6. You will receive a confirmation letter noting your confirmed registrations.

MONDAY SCHEDULE

Choral Symphonies

Professor Michael Vaughn, Ph.D., National-Louis University; Inspired by Beethoven's 9th, a number of composers, including Berlioz, Liszt, Mendelssohn, Mahler, and Shostakovich penned their own choral symphonies. This unique form, combining the orchestra and chorus, also weaves text to music in a particularly colorful, dramatic manner. Through listening and lecture we explore this interesting genre.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Jan. 16-23	10-11:30 a.m.	\$20	2	202

In the Tents of the Patriarchs

Myra Weiss, Scholar, Bible & Near Eastern Studies; All was not peace and harmony in the households of the Biblical patriarchs. This program examines the marriages of Abraham, Isaac, and Jacob and traces the very realistic, non-ideal picture the Biblical narrative paints of their marriages.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Jan. 23-30	1-2:30 p.m.	\$19	2	205

The Funniest British TV Comedies You've Never Seen

Michael Delaney, Educator, Museum of Broadcast Communications; Mike has gathered together a collection of clever comedy sketches broadcast on British television in the 1960s, 1970s and 1990s not seen on American television. A dozen or so popular English comedy favorites are featured from such series as "Do Not Adjust Your TV Set", the "Secret Policeman's Ball", and the "Not Nine O'clock News".

Day	Date	Time	Fee	# of Classes	Course #
Mon.	Jan. 30	10-11:30 a.m.	\$9	1	207

Sibling Rivalry in the Bible

Myra Weiss, Scholar, Bible & Near Eastern Studies; From the paradigmatic case of Cain and Abel, through the time of the Israelite monarchy, the problem of jealousy, resentment, and even hatred among siblings stands out as a recurring theme. We examine this fascinating Biblical motif and explore both its causes and its effects.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Feb. 6-13	1-2:30 p.m.	\$19	2	211

Hog Butchers' Melody: Musical Life in Early Chicago

Professor Michael Vaughn, Ph.D., National-Louis University; Acclaimed today as one of the world's major cultural centers, Chicago's musical origins were much more humble than its present-day status would suggest. Join Michael as he explores the early history of music in Chicago, its institutions and personalities.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Feb. 13-20	10-11:30 a.m.	\$20	2	213

Dick Van Dyke: In Rare Form

Michael Delaney, Educator, Museum of Broadcast Communications; After earning his "comedic stripes" on the television shows of Andy Williams, Garry Moore and Phil Silvers, Dick Van Dyke became a regular on Pat Boone's Chevy Showroom broadcast in 1958. Mike Delaney has collected three classic Van Dyke mime routines from that series along with a brief biographical look at the man who would later star in two series of his own.

Day	Date	Time	Fee	# of Classes	Course #
Mon.	Feb. 27	10-11:30 a.m.	\$9	1	216

A Light Unto the Nations: Contributions of Jews to American Life & Culture

Leah Polin, former Executive Director, Dawn Schuman Institute for Jewish Learning; Since their arrival in New Amsterdam more than 350 years ago, Jews have contributed enormously to the fabric of American Life. We look at factors contributing to their creativity and focus on personalities achieving greatness in fields such as entertainment, labor, fashion, medicine, science, business and education.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Mar. 12-26	10-11:30 a.m.	\$35	3	219

Victor Borge: The Clown Prince of Music

Professor Michael Vaughn, Ph.D., National-Louis University; Beloved the world over for classic routines such as "Phonetic Punctuation" and "Inflationary Language," as well as his hilarious parodies of musicians, Victor Borge was also an extremely gifted pianist and conductor whose musical gifts were always overshadowed by his comedic genius. In this program we encounter both sides of this delightful gentleman.

Day	Date	Time	Fee	# of Classes	Course #
Mon.	Apr. 2	10-11:30 a.m.	\$10	1	222

Jewish Artifacts and Religious Objects

Sue Carol Lewis, Educator; An overview of the many ceremonial and non-ceremonial objects in our Jewish homes and synagogues today, and in our history. Sue has examples to show and teaches about their usage and original purposes.

Day	Dates	Time	Fee	# of Classes	Course #
Mon.	Apr. 2-16	1-2:30 p.m.	\$39	3	224

**Interested in Low-Impact
Exercise Classes?**

Check Out Pages 15, 22-25

TUESDAY SCHEDULE

Four Geopolitical Hotspots

Jim Kenney, Executive Director, Common Ground; This workshop explores 2011's four most critical zones of concern. We have to wait to see which regions make Jim's list. Afghanistan and Pakistan are possible candidates, and of course, the Middle East (though particular areas and issues remain to be identified). But where else on the globe will we likely be focusing? India? Mexico? China? Africa? Russia? Europe? Join Jim for what promises to be an exciting and informative description and analysis of the most important friction points in a dramatically changing world.

Day	Dates	Time	Fee	# of Classes	Course #
Tues.	Jan. 17- Feb. 7	1-2:30 p.m.	\$40	4	301

Campaign Snapshot: 2012

Jim Kenney, Executive Director, Common Ground; As presidential primary season opens on the heels of the most divisive Congressional session in recent memory, this year's campaign, at every level, promises to be at turns fascinating and brutal, disheartening and hopeful. Above all, it is complex and confusing, with a storm of sound bites obscuring the most critical issues and the real positions of the candidates. This presentation provides some basic guidelines to the most important and the most politically significant issues, notes on key candidates at the national level, and a very tentative early analysis of trends, numbers, and "might-be's."

Day	Date	Time	Fee	# of Classes	Course #
Tues.	Feb. 21	1-2:30 p.m.	\$10	1	306

Ancient Secrets: Archaeology's Stunning Recent Finds

Jim Kenney, Executive Director, Common Ground; Pushing back the likely date of the earliest seafaring by more than 100,000 years? Decoding the Neanderthal genome? Macabre finds beneath the El Diablo pyramid in the modest Mayan city of El Zotz? The discovery of the legendary British research ship, HMS Investigator, missing in the Arctic for 157 years? The use of satellite technology to pinpoint 17 new pyramids, 1,000 new tombs, and over 3,000 buildings just below the sand in the Egyptian desert? Which is the most exciting, the most significant? And what criteria might scholars use to make such an argument? We'll take up these extraordinary finds and many more as we explore the cutting edge of modern archaeology.

Day	Dates	Time	Fee	# of Classes	Course #
Tues.	Mar. 6-27	1-2:30 p.m.	\$40	4	307

The Musical Side of Audrey Hepburn

Richard Klein, Show-Biz Enthusiast; Audrey Hepburn as an actress, humanitarian and style icon, is well chronicled. Less obvious was her contribution to dance and song. She served as an inspiration to composer Henry Mancini, who wrote "Moon River" with her in mind. Michael Tillson Thomas composed music for Hepburn's narration of *The Diary of Anne Frank*. Through narrated film clips, we explore Hepburn's contributions.

Day	Date	Time	Fee	# of Classes	Course #
Tues.	Apr. 3	10-11:30 a.m.	\$9	1	310

Religious (R)Evolution: The Second Axial Age

Jim Kenney, Executive Director, Common Ground; Could it be that ours is an age of profound evolutionary transformation of the religious and spiritual dimensions of human culture, a "Second Axial Age?" The First Axial Age, in the millennium before the birth of Jesus, saw the laying of the foundations of most of the great world religions we know today. It wrought a profound transformation in the lives of human beings. If we are indeed passing into a Second Axial period, the possibilities are far more portentous, and more promising. Jim explores sixteen key markers, major religious and spiritual advances that seem to point to a major reshaping of religion and spirituality in our time.

Day	Dates	Time	Fee	# of Classes	Course #
Tues.	Apr. 3-17	1-2:30 p.m.	\$30	3	311

"Here We Are Again," A Revisit of Kukla, Fran & Ollie

Richard Klein, Show-Biz Enthusiast; Burr Tillstrom's magical puppet creation captivated children and adults from their on-air beginnings in 1947. The Kuklapolitan ensemble enchanted millions, be it by the thoughtful Kukla, the irrepressible Oliver J. Dragon, or nurturing by the kindly Fran Allison. Through slides and clips, we recall fond impressions of the sublime Kuklapolitan times.

Day	Date	Time	Fee	# of Classes	Course #
Tues.	Apr. 17	10-11:30 a.m.	\$9	1	314

WEDNESDAY SCHEDULE

Mid-Week Men's Group

Fred Arkush and Harold Brailov, Co-Chairmen; Membership is filled at the present time. If you wish to be placed on the waiting list, please fill out and send us a registration form.

Day	Dates	Time	Fee	# of Classes	Course #
Wed.	Jan. 18- Apr. 18	10:15- 11:45 a.m.	Club dues	14	400

Great Jewish Thinkers

Hyma Levin, Dir. of Education Emerita, Beth Emet The Free Synagogue; Change challenges old ideas and ways of thinking. Through the eyes of the Baal Shem Tov, Theodor Herzl and Mordecai Kaplan, we will study individuals who believed that the past could be a model for the present. Each struggled with changing times and succeeded in rethinking life in his own time.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Jan. 18	1-2:30 p.m.	\$9	1	403

WEDNESDAY SCHEDULE, cont.

In the Footsteps of Mahatma Gandhi

Bill Helmuth, M.Ed., *World Traveler, Storyteller*; We trace the extraordinary journey of Mahatma Gandhi, one of history's greatest liberators, from England to South Africa and back to his home country, India, where he provided the inspiration and determination to free his people from British Colonialism in 1948.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Jan. 25	1-2:30 p.m.	\$9	1	407

The Immigrant Experience

Steve Frenzel, *Film Teacher*; Explore the ways in which filmmakers have recreated the thrilling and frightening experience of arriving in America for the first time. We learn about both historical and modern arrivals in this country, with stirring scenes and moments that touch on the great journeys and stories of those who left their homeland in pursuit of their dreams.

Day	Dates	Time	Fee	# of Classes	Course #
Wed.	Feb. 15-22	1-2:30 p.m.	\$19	2	414

Rajasthan: Jewel of Northern India

Bill Helmuth, M.Ed., *World Traveler, Storyteller*; We visit this desert kingdom, studded with magical oases like Jaipur, Udaipur, Jodhpur, and Jaisalmer to discover the multi-layered culture that still continues to hide its mysteries and treasures from the outside world.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Feb. 29	1-2:30 p.m.	\$9	1	419

The Art and Life of Frida Kahlo

Michelle Paluch-Mishur, Ph.D., *Art Excursions*; Frida Kahlo created highly imaginative paintings that expressed the passion, struggle, and pain of her life. This program provides an art historical context for Kahlo's artistic production. The lecture examines the interrelationship between various events in Kahlo's life and her powerful artwork, including numerous self-portraits.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Mar. 14	1-2:30 p.m.	\$9	1	422

Old(er) Folks Around the World

Bill Helmuth, M.Ed., *World Traveler, Storyteller*; We travel to six continents to inspect how the senior set live, work and play and to learn the art of survival in their ever-changing world. We also see how they manage in the confines of political and religious intolerance.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Mar. 21	1-2:30 p.m.	\$9	1	424

Varian Fry, Degenerate Art and the Rescued Artists

Jeff Mishur, *Art Historian; Professor; Art Excursions*; In the 1930s, the Nazi party waged a campaign to erase modern art from history. At the onset of WWII, artists, poets, intellectuals, and other enemies of the Third Reich found themselves in mortal danger whether they lived in Germany or in other European countries. Under official sponsorship from The Emergency Rescue Committee, the subject of this lecture, American Varian Fry, rescued many individuals from Nazi-occupied France, earning himself the contemporary moniker, the "Oscar Schindler of artists."

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Mar. 28	1-2:30 p.m.	\$9	1	427

Wonderful, Wonderful Copenhagen

Sara Drower, *Artist & World Traveler*; Copenhagen is the home of Hans Christian Andersen, The Little Mermaid and Tivoli Gardens. We see examples of Danish Modern design in that quaint, charming, timeless city. We also compare the new cuisine with traditional Danish and other Scandinavian food.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Apr. 4	1-2:30 p.m.	\$9	1	429

The Strength of Women in the Bible

Hyma Levin, *Dir. of Education Emerita, Beth Emet The Free Synagogue*; We see Biblical women as victor, victim, bride/wife and voice of God. We note the experiences of women in a patriarchal society and hopefully find relevance in these stories to our own lives.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Apr. 11	1-2:30 p.m.	\$9	1	431

Fascinating Foods

Bill Helmuth, M.Ed., *World Traveler, Storyteller*; Bill challenges us to bite, chew and swallow the delicacies of people around the world from the Amazon Rainforest to Morocco, India and beyond. Can you imagine chomping on a sheep's hoof in Pakistan, or fish eyes in Malaysia? Come and be amazed.

Day	Date	Time	Fee	# of Classes	Course #
Wed.	Apr. 18	1-2:30 p.m.	\$9	1	434

THURSDAY SCHEDULE

OASIS Men's Group

Art Pollakoff, *Chairman*; Membership is filled at the present time. If you wish to be placed on the waiting list, please fill out and send us a registration form.

Day	Dates	Time	Fee	# of Classes	Course #
Thurs.	Jan. 19- Apr. 26	10:15- 11:45 a.m.	Club dues	14	500

THURSDAY SCHEDULE, cont.

The Early Days of Television

Barry Bradford, M.A., Historian; The early days of television brought laughter to America in the 1950s - laughter that continues today! Each session is peppered with fabulous anecdotes, numerous video clips and an inside look at the stories behind *I Love Lucy*, *The Honeymooners*, Sid Caesar's shows, and *The Dick Van Dyke Show*.

Day	Dates	Time	Fee	# of Classes	Course #
Thurs.	Jan. 19- Feb. 9	1-2:30 p.m.	\$40	4	504

The Funny Ladies

Barry Bradford, M.A., Historian; Are you ready to laugh? Join Barry Bradford as he uses little-known stories, fascinating anecdotes and lots of hilarious video clips to illustrate the amazing lives and careers of Betty White, Carol Burnett, Mary Tyler Moore and Tina Fey.

Day	Dates	Time	Fee	# of Classes	Course #
Thurs.	Feb. 16- Mar. 8	1-2:30 p.m.	\$36	4	506

Vincent Van Gogh: Tormented Genius

Claire Cross, M.A., Art History, U. of Chicago; Hear the story of red-haired Dutchman Vincent's sorrowful life in late 19th century France. View color slides of his expressive, vibrant art and experience the times in which he lived including his tumultuous last days in Arles. This self-effacing artist's wildly popular paintings have helped the ordinary public to appreciate and accept modern art.

Day	Date	Time	Fee	# of Classes	Course #
Thurs.	Mar. 15	1-2:30 p.m.	\$9	1	512

Catch Up

Moshe Pomerantz, B.A., M.A., Teacher, Lecturer; Moshe brings you up-to-date on the major stories which did and did not make the headlines (but should have) about what is happening in Israel: the turmoil among our neighbors (Egypt and Syria), natural gas discovery mixed with politics and there are elections in the air. We also cover developments regarding science, medicine, high tech, culture and social progress from Israel television news. No session would be complete without some movie clips and at least one Israeli hit television sitcom.

Day	Date	Time	Fee	# of Classes	Course #
Thurs.	Mar. 22	1-2:30 p.m.	\$9	1	513

Freedom of Expression: A Woman's Story

Moshe Pomerantz, B.A., M.A., Teacher, Lecturer; Israeli law provides for a wide range of freedom of expression. There are corners in Israeli society where this doesn't always work. Religion often stifles this freedom, especially when it comes to sexuality. Moshe discusses the range of freedoms in Israel and also provides focus on attitudes towards homosexuality as a form of free expression in Israeli society. The award winning Israeli film *Secrets* is screened and discussed. Issues of religious coercion, orthodoxy and youthful rebellion all merge in a program that is for mature audiences.

Day	Date	Time	Fee	# of Classes	Course #
Thurs.	Mar. 29	1-2:30 p.m.	\$9	1	514

Freedom of Expression: A Man's Story

Moshe Pomerantz, B.A., M.A., Teacher, Lecturer; Moshe continues the review of freedom of expression in contemporary Israeli society and the suppression of those freedoms. The specific issue of artistic freedom turns to the attitudes towards homosexuality as a form of free expression in the Israeli culture of today. How much influence should the most orthodox of orthodox communities in Jerusalem have on its community of followers and on Israel at large? The award-winning and powerful Israeli film *Eyes Wide Open* is screened and discussed. This session is for mature audiences.

Day	Date	Time	Fee	# of Classes	Course #
Thurs.	Apr. 12	1-2:30 p.m.	\$9	1	516

The Israeli Looking Out to the World

Moshe Pomerantz, B.A., M.A., Teacher, Lecturer; Life is tough at home, but life can also be difficult for the Israeli abroad. The struggle in the Middle East is not confined just to the Middle East. Like it or not, the Israeli who travels abroad has to serve as an ambassador. Moshe leads the group through the screening and discussion of the award-winning Israeli film *Strangers*. While it is a love story, it is also a biting picture of today's Israeli reality. It is a Romeo/Juliet story that is contemporary, universal, and very Israeli.

Day	Date	Time	Fee	# of Classes	Course #
Thurs.	Apr. 19	1-2:30 p.m.	\$9	1	518

OASIS DAY TRIPS

"Gypsy" at Drury Lane Theatre

Considered by many critics to be the greatest American musical ever written, "Gypsy" is based on the memoirs of Gypsy Rose Lee, a famous burlesque performer. The play tells the story of Rose, an overbearing stage mother, determined to break into the big time by pushing a vaudeville career onto her two daughters. Fee includes ticket, lunch and transportation.

Day	Date	Time	Fee	Course #
Wed.	Mar. 7	10:15 a.m.-5 p.m.	\$79	901

"Pirates of Penzance" at the Marriott Theatre in Lincolnshire

Stash the gold! Guard the women! Hide the rum! The "Pirates" have arrived! Set sail on this swashbuckling Gilbert and Sullivan adventure loaded with enough laughs to fill Davey Jones' locker. It follows the fortunes of Frederic, a young lad who is mistakenly apprenticed to the Pirate King. When Frederic falls for the lovely Mabel, whose father is the very model of a modern Major General, a tempest brews on the sea of love. Full of roving rogues and dazzling damsels in distress, it's a treasure chest full of mischievous musical mayhem. Fee includes ticket and transportation.

Day	Date	Time	Fee	Course #
Wed.	Apr. 18	12-4:30 p.m.	\$69	902

Helen's Fitness and Yoga (HFY)

Fitness/Yoga/Dance/Barre

Helen's Fitness and Yoga is owned by Glencoe resident and certified experienced fitness trainer, Helen Boris, and offers a comprehensive fitness program in Glencoe Park District's Takiff Center. HFY provides you with the latest and most advanced trends in fitness, including yoga, Zumba®, strength, barre, and jazz classes. With the help of expert and certified instructors, HFY has had a long-standing reputation in the Glencoe community for offering quality group fitness classes. Many new and unique offerings enable you to design your own personal fitness schedule with a Fitness Passport. HFY's staff is firmly committed to the ideal that a healthy body and mind must be nurtured together, and that this is the key to optimum health and wellness.

All Fitness Passport Punch Cards must be purchased before your first class, either in person, online, by mail or fax.

* Drop-ins are also available; fees must be paid prior to class. Jazz must be pre-registered or drop-in fee may be paid per class.

For more information about fitness, dance, and yoga classes and instructors, please contact HFY online at helensfitnessandyoga.com or the HFY hotline at (847) 835-5223. Please check helensfitnessandyoga.com frequently for updates in schedules.

HFY Programs/Staff

Pilates Core Fusion: Denise Rosenfeld, Sheila Jegan

Barre Classes: Sheila Jegan

Dance/Zumba: Julie Burman Kaplan, Lisa Friedman

Fitness: Helen Boris, Marianne Nicolosi, Marcy Abramson, Shelia Jegan

Yoga: Alison Liguori, Barb Ofman, Judy Storey

Please check helensfitnessandyoga.com frequently for updates in schedules!

Passport Classes

Yoga

Hatha Yoga: This class enables you to enjoy a strong body and mind and practice yoga postures with the help of props. Classes offer instruction geared toward increasing strength, stamina, and flexibility. Through various standing and sitting postures, hatha yoga challenges the body as well as the mind. Classes in this tradition teach the basic poses (asanas) which are adapted for the particular level of students as indicated.

Yoga Flow: Slightly more advanced than the Hatha Yoga class (prop), it is helpful, but not essential for students to have some yoga experience. After a warm-up with sun salutations, stretching and strengthening the muscles follow in a flow pattern working through various asanas (yoga postures) toward the goal of gaining more strength and flexibility.

Hatha Restorative: Gently stretch and release tissues around the major joints! These hatha yoga classes for all levels incorporate breath awareness techniques and physical postures that gently stretch the body, increase relaxation benefits and support immune functions to bring about an experience of well-being and vitality. Bring your stress and leave refreshed. Props may be used to facilitate poses (Incorporated into the Hatha Yoga classes, twice per month.)

It is recommended that students bring their own mat to all yoga classes for hygienic purposes.

Note: Core Fusion is also a Mind/Body class; it is a fusion of pilates and yoga postures which uses balls and props for additional strength and core work.



Fitness Passport Card

- Provides unlimited access to Fitness, Fusion, Barre, Zumba, and Yoga classes (excludes Jazz Dance).
- May be purchased anytime during the session through Glencoe Park District either in-person, online, by mail or fax.
- Expires 6 months from your first class.
- You must register for a Fitness Passport Card and sign a waiver.
- Students who do not own a Fitness Passport must pay a drop-in fee and sign a waiver each time they attend, before class.

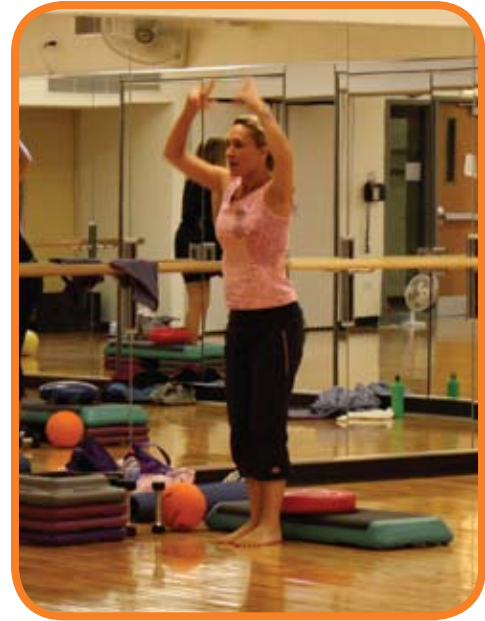
All classes are Fitness Passport accessible unless indicated as **R** (Registered Classes)

Passport Options	Res.	Non./Res	Res./Senior** (10% discount)	Non./Res. Senior** (discounted)	Prg. #
5 punch	\$95	\$100	\$85	\$90	0550-3
10 punch	\$155	\$165	\$140	\$150	0551-3
20 punch	\$260	\$270	\$235	\$250	0552-3
30 punch	\$325	\$340	\$295	\$310	0553-3

Drop In Fee \$20/class **(Waiver must accompany fee)**

There are no complimentary passes unless issued by Glencoe Park District or Helen's Fitness and Yoga.

** Senior 65 years and older



Yoga

Class Schedule: Monday-Sunday, begins January 2, 2012
Special Thanksgiving workout, Winter and Spring Break schedules TBA.
[Check helensfitnessandyoga.com](http://helensfitnessandyoga.com) for updates.

Location: Takiff Center Studios

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			9-10 am Core Fusion Denise	9:30-11 am Hatha Yoga Allison	8:20-9:20 am Core Fusion Sheila
9:30-11 am Hatha Yoga <i>All Levels</i> Barb	9:30-11 am Hatha Yoga Allison	9:30-10:30 am Body Define <i>(core work)</i> Sheila			

All Yoga classes are Fitness Passport accessible unless indicated as **R** (Registered Classes).

Please call the HFY Hotline at (847) 835-5223 or check helensfitnessandyoga.com frequently for updates in schedules!

Adult Fitness

Fitness: Strength, Zumba, Barre, and Cardio

Winter Class Schedule: Begins Monday, January 2, 2012
 Special Thanksgiving workout, Winter and Spring Break schedules TBA.
 Check helensfitnessandyoga.com for schedule updates.

Location: Takiff Center Studios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8-9 am Cardio Blast Helen			
	8:20-9:20 am Moving with Weights Marianne	9-10 am Pilates Core Fusion Denise	8:20-9:20 am Moving with Weights Marianne	8:20-9:20 am Pilates Core Fusion Shelia	
9:30-10:30 am Raise the Barre Sheila	9:30- 10:30 am Body Define Sheila	9:30-10:30 am Strength w/ Weights & Ball Helen	9:45-10:45 am No Frills Boot Camp Helen	9:30-10:30 am Triple Threat Bands, Ball & Barre Helen	9:05-10:05 am Zumba! <i>It's a party!</i> Lisa
			9:40-11 am Adult Jazz Dance <i>Adv Int/Int</i> Julie Prg. # 0571-3 R		10:15-11:15 am Weekend Workout: Strength Marcy

R = Registered Class

Fitness Questions? Contact Helen Boris online at helensfitnessandyoga.com or call (847) 835-5223.

*Times and Instructors are subject to change based on enrollment.

See page 66 for Adult Karate classes!



Passport Classes

Fitness Classes

NEW! No Frills Boot Camp Circuits: Workout that incorporates all aspects of strength, cardio, and core conditioning! The workout includes a vigorous warm-up followed by squats and lunges with or without small weights and a challenging section with the step for fat burning and core strength, guaranteed to change your body! Students work out at their own pace. (Thurs.)

Pilates Core Fusion: A mindful fusion of functional fitness training, using yoga and pilates-based postures and other core exercises. You are challenged by a series of innovative exercises and posture sequences that work on balance, stability and strength. Some equipment or props are used to facilitate the class. This new cross-training option focuses on mind/body awareness and core strengthening. (Wed. & Fri.)

Moving with Weights: This lo-impact progressive cardio and weights program strengthens, improves muscle tone and increases bone density. Using various weights and progressively adding to them, plus simple step moves, this workout increases upper and lower body strength and burns calories. Guaranteed to make you sweat! For all levels. (Tues. & Thurs.)

Strength with Weights: Included in this challenging class are strength exercises designed to increase bone density, increase energy levels and rev up your metabolism. Various training equipment such as weights, medicine balls, and tubing are used, as well as the Resist-a-Ball. (Wed.)

Cardio Blast Plus Weights: This class will rev up your metabolism, burn calories, shape and tone your upper body. Light weights and abs are added at the last part of class. (Wed.)

Zumba®: It's a party designed to burn calories and make you sweat while having fun! This class is inspired by Latin and international rhythms. Best of all it shapes and works out all the muscles in your waist and hips. Instructors lead you through great music, easy steps, and routines you'll love to learn. (Sat.)

Sculpt & Tone Classes

Raise the Barre: This is a hip new barefoot workout that focuses on core and balance work, flexibility and strength. You see and feel results quickly while gaining lean long muscles at the ballet barre, without any jarring high impact cardio! It is a fusion of yoga, pilates, and balletic toning with hot new motivating pop hits to raise your heart rate, increase your energy level and burn fat! Come try this NEW recombined Lotte Berke workout that's rocking the fitness world! (Mon.)

Body Define: This is a total body sculpting class without the cardio blast! If you love the Barre workout, you'll find this one just as challenging and focused. It is a complete retro mat and barre workout which blends lots of reps with small weights and bands, sculpting lower body with bender balls, and utilizing the barre and mat for Ultimate Body Toning. (Tues.)

Triple Threat – Body Sculpt; Barre, Ball, Bands: This class is a complete body sculpting workout without the bounce! Using light weights and lots of repetitions, your upper and lower body will be more toned and defined than ever before. Adding the barre and bands increases the resistance and reshape your arms, abs and glutes. Cardio is incorporated without high impact movement. (Fri.)

All classes are 60 minutes. Drop-in fees are accepted.

Non-Passport Classes

How to Register:

- Select a program, read and fill out the registration form completely, including the program number listed.
- Read Waiver and Release, and sign it on the registration form.
- Register either online, in-person, by mail or fax.

For complete registration instructions, refer to the "Directions for Registering" section on page 78.

Intermediate/Advanced Jazz*: Winter 2012

Be inspired when you dance with Julie Kaplan in this choreographed class, recommended for dancers with some experience in modern, jazz or ballet. Enjoy great music and dance combinations. Abs and core work are included. This is a registered class.

When: Thursdays, Jan. 5-Mar. 22, 9:40-11 a.m. **R**
Where: Takiff Center Studios
R/NR Fee: \$210/\$221 (Seniors: \$190/\$210)
Instructor: Julie Kaplan
Prg. #: **0571-3**

*Drop in fee applies: \$20 pay as you go. You must sign a waiver prior to attending the class.



Glencoe Park District - Oakton Community College Partnership

Classes held at the Takiff Center

Meet new people and have fun while you expand your cultural horizons, examine current affairs, increase your literary knowledge, enhance your creativity, or brush up on your history!

Glencoe Park District is pleased to continue our partnership with Oakton Community College, a leader in adult and continuing education courses in the state of Illinois. Residents of Glencoe can look forward to the increased quantity and quality of programs offered thanks to this natural win-win partnership.

Since January 2009, the Park District has offered a variety of innovative continuing education courses through Oakton's Alliance for Lifelong Learning. The Alliance for Lifelong Learning is Oakton Community College's noncredit and continuing education division. This program is well-known at Oakton, and when brought to Glencoe, is designed to meet the needs and interests of residents at the conveniently located Takiff Center at 999 Green Bay Rd.

Please contact Emily Vanderkamp, Manager of Recreation Services, at (847) 835-7538 to provide your valuable input regarding classes you would like to see offered in the future.

Half Tuition

Residents of the Oakton Community College District who are 60 years or older are eligible to enroll for one-half of the price of registration. Half price tuition may not be requested after full-price tuition has been processed.

Processing Fee

All students, including senior citizens, are charged an \$8 processing fee per registration form.

To Register Online:

- If you have not registered for a Noncredit Continuing Education class in the past three years, go to my.oakton.edu and click on ONLINE APPLICATION.
- Set up a user name and PIN (password) for yourself, then click on LOGIN.
- On the next screen, choose "Noncredit (Alliance)" application, then click on "Continue." From this point on, be sure to follow instructions for Noncredit Classes.
- If you HAVE registered for a Noncredit (Alliance) class in the past three years, log on to my.oakton.edu <<https://my.oakton.edu/cp/home/displaylogin>> .
- Enter your username and password, OR click on "How do I find my username and password?"
- Follow online instructions from this point.
- After login, you will be guided through the registration process. Be sure to follow instructions for Noncredit Classes.
- Online registration requires payment by credit card (MasterCard, Visa or Discover) at the time of registration.

Hours for online registration are: Monday - Sunday, 6 a.m. - Midnight.

To Register by Mail:

- Print and complete the registration form <<http://www.oakton.edu/conted/pdfs/ALLregform.pdf>> .
- Send a check payable to Oakton Community College. Or pay by credit card (MasterCard, VISA or Discover); include credit card number, expiration date, 3-digit verification code, and signature.
- Mail to:
Alliance for Lifelong Learning
P.O. Box 367
Skokie, IL 60077-289

To Register in Person:

Complete a registration form at the Alliance for Lifelong Learning office in Des Plaines or Skokie or the Glencoe Park District. Regular daytime hours for Des Plaines, Skokie campuses, and Glencoe Park District: Monday - Friday 8:30 am - 5 pm. Pay using cash, check or credit card (MasterCard, VISA, Discover). For more information call (847) 982-9888, option 3.

Glencoe Park District
Takiff Center
999 Green Bay Road
Glencoe, IL 60022

Des Plaines Campus
1600 East Golf Road
Des Plaines, IL 60016
Room 1420

Skokie Campus
7701 N. Lincoln Avenue
Skokie, IL 60077
Room A120

To Register by Fax:

Print and complete the registration form. <<http://www.oakton.edu/conted/pdfs/ALLregform.pdf>> Include credit card number, expiration date, 3-digit verification code, and signature. Fax to (847) 635-1448. Payment must accompany registration form.

NEW! Digital Camera Basics

Bring your digital camera and walk out of class two hours later knowing not just how to use it, but how to get the most out of it. You learn the basics as well as some handy tips and tricks. No senior discount.

Section	Day	Dates	Time	Fee	Min/Max	CRN
ART C79-005	Mon.	Feb. 13	7-9:30 pm	\$25	10/25	40647

NEW! Budgeting in a Tough Environment

In a tough economy it can be difficult to stay on a budget. Learn how to build a realistic spending plan that can put you in control of your day-to-day finances. This class is for general educational purposes only; no specific financial advice is provided. There will be a follow-up class in Spring 2012.

Section	Day	Date	Time	Fee	Min/Max	CRN
FIN E17-001	Mon.	Mar. 12	6:30-8:30 pm	\$25	10/25	40661

Painting with Oil

Work with oil using still life, portraits and figures. Learn color, composition and values. Supplies: Palette knife, palette cups, qt. mineral spirits, bristle filberts #2, 4, 6 and 8, canvas panel (14x18 or 16x20). The following paint colors: ivory black, burnt sienna, raw sienna, alizarin crimson, cadmium red (light or med) cadmium orange, cadmium yellow light, viridian, ultra marine blue, titanium white. Students are responsible for purchasing additional supplies.

Section	Day	Dates	Time	Fee	Min/Max	CRN
ART C15-01	Mon.	Mar. 26- Apr. 23	6-9 pm	\$175	8/15	40248



NEW! Garden Photography

Every year, April showers do their job to help gardens bloom in May. Flowers are great photo subjects – but they won't wait indefinitely! How do you decide which light is best? From what angle should you shoot a flower? How do you add interest to a wide shot? Learn to create wonderful images, from close-up studies of individual flowers to charming shots of your whole garden. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
ART E15-002	Mon.	Apr. 23	7-9 pm	\$25	10/25	40650

Five Secrets to Looking and Feeling Younger

Discussion focuses on metabolism, weight loss, nutrition, medications, and exercise. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
HEA C20-003	Mon.	May 7	6:30-7:30 pm	\$15	9/25	40328

NEW! Understanding Fibromyalgia

Get detailed information about fibromyalgia from symptoms to treatment options. Learn about Trigger Point Therapy and other alternative methods for addressing fibromyalgia and chronic pain symptoms. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
HEA C21-002	Mon.	May 7	7:30-8:35 pm	\$15	9/25	40331

Register Early!

Classes are cancelled a week before start date if minimum enrollment is not met.

Enjoy Easy Online Registration at www.oakton.edu

NEW! Aromatherapy for Healing

Learn how to use essential oils to take control of your family's physical, emotional, and mental well-being, enhance immunity, and develop natural healing capacity. Use therapeutic-grade essential oils to anchor positive states and new behaviors, lift moods, facilitate weight-loss, relieve stress, and increase focus. Course taught by Linda Pawlisz, MA, LPC, CHT, certified clinical aroma therapist, hypnotherapist, and holographic memory resolution practitioner.

Section	Day	Date	Time	Fee	Min/Max	CRN
HEA E40-001	Tues.	Feb. 21	7-9 pm	\$30	9/25	40333

NEW! Color Your Home Beautiful

Color is one of a home's most influential elements. Explore the various components of color and creating an effect that's just right. Learn how to determine color schemes from a color wheel and how to choose the perfect palette for a specific room. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
HEA B14-004	Tues.	Apr. 17	10 am-12 pm	\$30	8/20	40999

NEW! Travel Photography

Return from your holidays with photos that reflect the beauty and excitement you remember. Discussion topics include: people in their environment, establishing rapport, film and equipment, how to photograph an overwhelming, grand landscape, and maximizing the use of light for the most exciting effect. Photographer and world traveler, Mike Gauer, shares his skills and experiences. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
ART D10-002	Wed.	Feb. 8	7-9 pm	\$25	10/25	40648

Register Early!

Classes are cancelled a week before start date if minimum enrollment is not met.

**Enjoy Easy Online Registration
at www.oakton.edu**



Sushi Workshop

Join Chef Susan Taves and learn about all of the components of sushi including rice, fish, seaweed, wasabi, soy, and ginger. The class makes Nigiri Zushi (individual pieces), mat rolls, and hand rolls using smoked salmon, tuna, crab and spicy shrimp. No senior discount.

Section	Day	Date	Time	Fee	Min/Max	CRN
HEC F12-002	Thurs.	Apr. 5	7-9 pm	\$35	5/10	40417

Retirement Reality

Have you established retirement goals? Where are you today relative to these goals? What income do you expect to have in retirement? What is your annual spending goal? What is the gap between your retirement income and your spending goal? How will you determine what assets to use to make up the difference? This workshop assists you in planning for retirement. No senior discount.

Section	Day	Dates	Time	Fee	Min/Max	CRN
FIN E42-004	Thurs.	Apr. 19	1-2:30 pm	\$25	8/20	40031