



# Adult Special Interest

## Take Time FOR YOU

Check out our amazing expanded Adult Special Interest section through page 57. And don't forget Adult Trips on page 58!

### Arts & Crafts Classes

#### Crafty Ladies Workshops SV

Let's get crafty. We'll meet once a month to learn a new craft. Join us to get those creative juices flowing. Deadline is the Wednesday prior to the class.

Location: Longfellow Center

11am-12:30pm		\$15/\$25
W, Dec 10	Fleece Creations	#452999-06
W, Jan 7	Glass Painting	#152999-04
W, Feb 11	Decorative t-shirts	#152999-05
W, Mar 11	Painting Clay Pots	#152999-07

#### NEW! Sew Easy SV

Has that sewing machine been sitting around collecting dust? Sign up and learn the basics of sewing. We'll learn how to measure, pick material, read patterns, and sewing machine basics. Bring your own machine. We will supply the material and pattern. Deadline for registration is January 5.

Location: Longfellow Center

11am-12:30pm		\$48/\$58
W, Jan 14-Feb 4		#152999-08
		Min 6/Max 12

#### NEW! Explore Watercolor Painting SV

Reveal and set free your inner artist. Local artist Marcia Palazzolo will lead this class which is great for beginners and well as established painters. Have fun painting, learn some traditional techniques and try some experimental challenges. Wear old clothes and bring a roll of paper towels. Deadline for registration is the Thursday preceding the first day of class.

Location: Longfellow Center

1-3pm		\$120/\$130
Th, Jan 15 - Feb 19		#152999-14
Th, Mar 5 - Apr 9		#152999-15
# of weeks: 6		Min 6/Max 12

#### Acrylic Painting A-Z (Ages 16+) SW

Professional artist Steve Fisher will lead you through the fundamentals of acrylic painting. Supplies are included in the class. Release your inner creative ideas by exploring the richness and fullness of acrylic painting.

Location: Fox Center

7-9pm		\$110/\$175
W, Jan 21 - Mar 11		#142470-01
# of weeks: 8		Min 6/Max 10

#### Writing for Life SV

Designed for those who love to write and those who don't consider themselves writers. This class will take you on a fun journey of self discovery. Innovative guided exercises will help you to pay close attention to ordinary aspects of our everyday lives. If you want to develop your voice as a writer in a warm and stimulating environment, this class is for you. Get in touch with your creative side and see how the act of writing enriches and expands your experience of living!

Instructor: Jayne Mendius

Location: Longfellow Center

10-11:30am		\$60/\$70
M, Feb 2-Mar 9		#152999-25
# of weeks: 6		Min 6/Max 12

#### Tropical Sketchbook Art Class HY

Learn basic drawing skills by keeping a sketchbook journal of your progress in the highly inspirational environment of the Oak Park Conservatory. Experiment with a wide variety of mediums from ebony pencil to sumi-e ink. Learn about different types of paper, painting surfaces, treatments and grounds in a friendly and supportive environment. All skill levels, including beginners, welcome!

Instructor: Georgia Braun

Location: Oak Park Conservatory

M, 7-9pm		\$144/\$216
Jan 5 - Mar 23		#141085-04
# of weeks: 12		Min 6/Max 12

### Pleasant Home Arts Classes

Programs below take place at Pleasant Home, 217 Home Avenue. Register through Pleasant Home, (708) 383-2654

#### Sketchbook and Journal

##### Keeping Class LT

Learn basic drawing skills. Try out a wide variety of medium and papers. Sketch from nature and the prairie style environment of Pleasant Home. Class includes introduction to printmaking, Sumi-e, collage and watercolor. Beginners welcome! All materials, except sketchbook, included.

Instructor: Georgia Braun

M, 7-9pm

Jan 26 - Feb 16		\$120
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#### Build a Ship in the Bottle LT

Learn this age old sailor's art and explore other aspects of the lore of the sea. Taught by master maritime craftsman, Glenn Braun. All materials included.

Th, 7-9pm

Jan 22 - Feb 12		\$175
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#### Wood Carving Class LT

Carve a decorative lions head, a repeated Pleasant Home motif also used for hundreds of years both at sea and ashore.

M, 7-9pm

Jan 26 - Feb 16		\$175
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Arts programming at Pleasant Home is partially supported by a grant from the Illinois Arts Council, a state agency.

#### NEW! Eco-Art Camp for Grownups HY

Why should the kids have all the fun? Experience a collection of the best-loved nature based art workshops such as fairy houses, printmaking, art cards, tape-orama, wind chimes, and "never pay for art supplies" in a neat, twelve week package. This is earth friendly art that can be shared with generations to come. Join us for this lively and enjoyable class!

Instructor: Georgia Braun

Location: Oak Park Conservatory

10am - Noon		\$144/\$216
Sa, Jan 10 - Mar 28		#141095-01
# of weeks: 12		Min 6/Max 12



## Arts & Crafts Classes Continued

### **NEW!** Open Studio for Artists *HY*

Draw, paint, write, and meditate in a tranquil, natural and safe environment close to home. Oak Park's very own Conservatory offers you a chance to decompress and refuel those creative juices in an indoor paradise lush with healthy plants, colorful birds, a peaceful koi pond, a waterfall and meandering paths. Sketch materials provided. Art instruction upon request.

Location: Oak Park Conservatory

6:30-9:30pm

\$48/\$72

W, Jan 7 - Mar 25

#141085-02

Drop-in without registration:

\$5/\$8 each day

# of weeks: 12

Min 8/Max 12

### Introduction to Digital

#### Photography *HY*

This class will teach you the basics of digital photography in a hands-on, conversational atmosphere. Learn which equipment is the most useful. The instructor's digital cameras, lap top computer and digital accessories will be available as aids and examples. Bring your own digital camera if you have already purchased it.

Location: Oak Park Conservatory

Instructor: Larry Godson

Th, Feb 12, 7-9pm

\$40/\$60

Sa, Feb 14, 9am - Noon

#141090-03

Th, Feb 19, 7-9pm

# of days: 3

Min 6/Max 15

### **NEW!** Paint Whatever Your

#### Art Desires! *HY*

Join Jennifer Taylor, owner of Painted Board Studio, in painting whatever your 'art desires! How about a rain barrel? (You can buy one at Green Home Experts located on Oak Park Avenue). Or how about a big ceramic pot for your garden? A chair? A small table? Any object will do! In the course of four hours we will prime, paint and seal whatever object you bring. All materials are included in the fee. Keep in mind: the larger the painting surfaces the better, and spindles are *hard!*

Location: Oak Park Conservatory

Sa, Feb 28

\$45/\$65

11am-3pm

#141085-03

Min 6/Max 12

## Miscellaneous Arts Classes for Adults

### **NEW!** Adult Improv Class

#### (Ages 14 & Up)

*SW*

A fun, energizing class for adults looking for a creative performance outlet in a safe, non-threatening environment. This performance class is based on the work of Viola Spolin, who created Theater Games, which are known and loved all over the world. The class starts with games and exercises that anyone can do. Each week, new skills are added that enable us to do increasingly complex improvisations. Theater games help people free themselves creatively and let go of their inner critic. They also help develop fundamental skills for acting with scripts. Gain confidence, lose stress, learn about yourself, and have fun!

Instructor: Amy Fenton

Location: Longfellow Center

9-11am

\$125/\$187

Sa, Jan 24 - Mar 28

#142430-01

# of weeks: 10

Min 8/Max 20

### **NEW!** The Craft of Storytelling

#### Workshop (Ages 16 & Up)

*SW*

We all know what it's like to be in the middle of a great story only to reach the end and see a room full of cold, blank stares. What happened? How could such a powerful narrative fail so miserably? Whether speaking to family, corporate executives, or one on one with a friend, storytelling has the ability to capture hearts and propel humans into meaningful action. Stories create lasting memories and are powerful communication devices if thoughtfully orchestrated. Learn the basic elements of storytelling: characteristics of a high-quality story; preparation (research, audience definition, etc.); and delivery elements. Participants will develop the essential skills necessary to create effective, confident stories easily incorporated into their communication repertoire.

Instructor: Molly Rudberg-Leshnock

Location: Longfellow Center

Sa, Jan 24

\$125/\$187

9-11am

#142430-02

Min 10/Max 20

## Cheney Cooks! Cooking Classes for Ages 18+

### Cheney Cooks! in the Mansion's Catering Kitchen *LP*

Please visit [cheneymansion.com](http://cheneymansion.com) and check out our latest class listing, scheduled to be posted by December 10.

All classes are taught by professional chefs, and are a combination of hands-on and demonstration. Students enjoy the convivial mood and social interaction in addition to the culinary instruction, but the best part of all is always the tasting! A minimum of 5 participants must be registered for each class to proceed. A maximum of 8 students per class is allowed.

Location: Cheney Mansion Catering Kitchen, 220 N.

Euclid in Oak Park

7-9:30 pm on various weeknights

\$60/\$70 per class



# LOTTERY!

Lottery Deadline is Noon, Dec 18. Please read lottery info on page 73.



# Adult Special Interest



## Nature/Gardening Programs & Workshops at the Oak Park Conservatory

Workshops below are held at the Oak Park Conservatory in the Elvira Rubinstein classroom or the Operation area. Please register at least 5 days prior to class to facilitate the ordering of supplies. Classes will be cancelled if the minimum enrollment is not met 3 days prior to the starting date of the class.

### Flowers & Foliage

HY

Does your shade garden lack color or your sun garden have too many colors that fight against each other? Learn how to use foliage to provide color in shade and build on your house colors when designing sunny beds. Class will include slides, lecture and color exercises. Finish with a planting scheme designed just for your garden. You will go home with a plan for 150 square feet in any configuration. A list of needed materials will be provided at registration.

Instructor: Andrea Green, Landscape Designer and Owner of Gardens by Design.

Th, 7-9pm

\$60/\$75

Mar 12, 19, 26

#141124-03

# of weeks: 3

Min 5/Max 15

### The Four-Season Garden

HY

Learn which plants are the showiest for each season of the year and how to combine them for maximum effect. Learn design techniques that use leaf shape and size and bark color as well as flowers to bring year-round beauty into your home landscape. Bring photos of the area you wish to redesign.

Instructor: Andrea Green, Landscape Designer and Owner of Gardens by Design.

W, 7-9pm

\$60/\$75

Feb 11, 18, 25

#141070-03

# of weeks: 3

Min 5/Max 15

### Spring Garden and Lawn Care

#### Workshop

HY

Wake up your garden and lawn with a few simple steps now to ensure a beautiful landscape all summer. Topics include early maintenance for perennials and shrubs, weed control, fertilizing and starting a lawn from seed.

Instructor: Mike Kolaczewski, Horticulture Consultant

Tu, Feb 24

\$25/\$35

7-9pm

#141065-01

Min 5/Max 25

### Holiday Plant Care Workshop

HY

Now that the holidays are over, how do you maintain your beautiful gift plants? Learn the proper care for poinsettias, amaryllis, cyclamen, Christmas cactus, azaleas and others. Keep them healthy and thriving for years to come.

Instructor: Susan Bal, AIFD

Tu, Jan 6

\$20/\$30

7-9pm

#141124-04

Min 6/Max 25

### Outdoor Winter Containers

#### Workshop

HY

Create a unique outdoor container using an assortment of mixed evergreens and dry material. Learn about basic container and material preparation, as well as the benefits of texture, fragrance and color in your arrangements. Transform your containers to green before the winter grays take hold. Bring your own pruning shears and a box in which to carry your creation.

Instructor: Deborah Cullen, Designer and Master Gardener

Sa, Dec 13

\$40/\$60

10am-Noon

#141075-01

Min 8/Max 15



UNIVERSITY OF ILLINOIS  
EXTENSION

All courses on this page are approved for continuing education credit for University of Illinois Extension - Cook County Master Gardeners. Visit <http://web.extension.uiuc.edu/cook/>



**LOTTERY!**  
Lottery Deadline is Noon, Dec 18.  
Please read lottery info on page 73.

## Longfellow Center Drop In Programs

### Card Parties

SV

Come play your favorite card games. Become an Active Adult member and you'll pay only \$1 every time you play! For more info please call (708)383-3143.

Party Bridge-Tuesdays

10:30am-2:30pm (meets weekly)

Located at Longfellow Center

\$1 AA Members /\$2 non-members

### Scrabble Groups

SV

Bring your lunch and dictionary so you can challenge your mind and your friends.

Location: Longfellow Center

10am-4pm

\$15/season

or \$2 daily drop in fee

#152910-02

Min 4/Max 20

F, Jan 9 - Mar 27

### Book Worms

SV

We'll get together each month at Longfellow Center to discuss the book of the month. Members will pick a new book at each meeting, so come with your ideas. Stay afterwards for Social Time.

10-11am \$1/\$2

Th, Dec 11 "The Secret Life of Bees" #452999-14

Jan 22 TBD #152999-11

Feb 12 TBD #152999-12

Mar 12 TBD #152999-13

### Checkmate !

SV

Calling all chess players, it's your move! Players of all levels are welcome, but you must have a basic knowledge of the game.

Noon-2pm \$15/season

or \$2 daily drop in fee

F, Jan 9 - Mar 27 #152910-32

### Mah Jongg

SV

Mah Jongg is a game of skill, strategy, calculation and chance. Come join us at Longfellow Center to play this Chinese puzzle game that has been around since ancient times. Players of all levels are welcome, but you must have a basic knowledge of the game.

Noon-2pm \$15/season

or \$2 daily drop in fee

F, Jan 9 - Mar 27 #152910-31

### Bored Games

SV

Are you bored of being in the house? Come on over to Longfellow Center and bring your friends. We'll have board and other games such as Clue, Battleship and Boggle available for you to play. If you have ideas of games to play, bring them and we'll try to work it out.

Noon-2pm \$15/season

or \$2 daily drop in fee

F, Jan 9 - Mar 27 #152910-03

# Adult Special Interest



### NEW! Self Defense for Women

CD

This program utilizes simple movement techniques and conditioning to focus on escape from an assailant and render them temporarily disabled.

The program concentrates on a repetitive defense approach that can be understood and utilized by most women. You will learn basic punching, blocking and kicking techniques and breaking from one or two hand hold. You will also learn how to tap into your natural power source, control fear and adrenaline, setting verbal and physical boundaries and more!

Location: Stevenson Center

1-2pm \$50/\$75

Sa, Feb 21 - Mar 21 #143749-01

# of weeks: 5 Min 6 / Max 24

### NEW! Bridge Lessons

SV

Want to develop your mind and have some fun too? Learn to play contract bridge! A four-person partnership oriented, trick-based card game, bridge has been played by millions of enthusiasts world-wide over the last century. Your instructor, a Life Master and local Bridge Director, will introduce you to basic bidding, play and defense. Each class meeting includes time to listen some and play some. Come introduce yourself to a social game that will challenge and delight you for a lifetime! Deadline for registration is the Tuesday prior to each class.

Instructor: Bob Dolan

Location: Longfellow Center

9-10:30am \$58/\$68

Tu, Jan 6 - Feb 10 #152999-21

Tu, Feb 17-Mar 24 #152999-22

Location: Fox Center

7-8:30pm

Tu, Jan 6-Feb 10 #152999-23

Tu, Feb 17-Mar 24 #152999-24

Min 6 / Max 16

## Goin' To The Dogs

### Dog Obedience - Taught by the Oak Park Animal Care League

JG

Instruction on training and exercises leading to basic obedience skills will be taught. We will also provide instruction on dog care and behavior information. Dogs will learn sit, down, heel, stay and come commands.

Teach your dog how to become a good family member and neighbor. Non-Residents who adopt from the Oak Park Animal Care League will get the resident rate.

REGISTRANTS MUST SHOW PROOF OF ADOPTION DURING THE REGISTRATION PROCESS IN ORDER TO RECEIVE THE RESIDENT RATE. For first day of program for Beginning and Continuing Obedience, do not bring your dog with you!

Location: Andersen Center

Jan 24 - Mar 14 \$126/\$189

9-10am Puppy Obedience #182230-01

10-11am Beginning Obedience #182230-02

11am-Noon Continuing Obedience #182230-03

# of weeks: 8 Min 6/Max 12

