

Adult Special Interest

Dog Obedience

Practical Puppy Manners **AASI**

Requirements: At least the first 2 rounds of the Parvovirus and Distemper vaccinations must be completed and current before puppies may attend class. First class is for HUMANS ONLY.

Puppy Manners puppy class is for puppies from 8 weeks old up to 5 months of age. This will be the most important class you will ever attend with your puppy. Learn the 4 top things your puppy needs to learn to be successful in their adult lives. Socializing and teaching them the basics will help them live as happy and productive members of your household. Learn how to effectively housetrain and crate train. Learn what to do when your puppy decides to use you as a chew toy. Training helps you establish a special bond with your puppy using positive reinforcement methods which will make a happy household.

Location: Andersen Center

Sa, 11-11:45am	\$96/\$144
<u>Jan 14 - Feb 18</u>	<u>#112340-01</u>
Su, 3-3:45pm	\$96/\$144
<u>Feb 19 - Mar 25</u>	<u>#112340-07</u>
# of weeks: 6	Min 6/Max 12

Basics for Beginners **AASI**

Parvovirus, Distemper and Rabies vaccinations must be current. First class is for HUMANS ONLY.

Dogs of any age will benefit from this class. We'll help you to teach your new family member how to behave appropriately, or help your older dog unlearn many undesirable behaviors and teach them new, more appropriate behaviors. Our Basic for Beginners obedience class is for dogs 5 months and older, including those who have failed other training approaches. We help you use patience, respect and practice to make you and your dog a successful team. Situations like nipping and biting, jumping on people, problem barking, digging and chewing will also be discussed. Training helps you establish a special bond with your dog using positive reinforcement methods which will make a happy household. Instructor: Gayle Smith

Location: Andersen Center

Sa, 10-10:45am	\$96/\$144
<u>Jan 14 - Feb 18</u>	<u>#112340-02</u>
Su, 4-4:45pm	\$96/\$144
<u>Feb 19 - Mar 25</u>	<u>#112340-06</u>
# of weeks: 6	Min 4/Max 12

Hot Dogs: Intermediate Obedience

AASI

Parvovirus, Distemper and Rabies vaccinations must be current.

Our Hot Dogs obedience class is for dogs that have successfully completed the Basics for Beginners obedience class or similar training. We will take the training we have learned in Basics for Beginners a few steps further for a more disciplined dog. There will be an introduction to some agility training, as well as more on-leash and some off-leash training. Need some more bonding time with your dog or maybe a tune-up on that sit-stay? If so, this class is for you.

Instructor: Gayle Smith

Location: Andersen Center

Sa, 9-9:45am	\$96/\$144
<u>Jan 14 - Feb 18</u>	<u>#112340-04</u>
Su, 5-5:45pm	\$96/\$144
<u>Feb 19 - Mar 25</u>	<u>#112340-08</u>
# of weeks: 6	Min 4/Max 12



Dogs in Our Parks

For the safety of our patrons, dogs are not allowed in Park District playgrounds but are allowed in our parks as long as they are on a leash which is no longer than 8 feet at all times. Another alternative for your four-legged friend is to purchase a permit for the Park District's Dog Park and Dog Park Plus, located at Ridgeland Common Park, and the new Dog Park at Maple Park. See page 72 for more information!

Ceramics Class

Creative Expressions w/Clay (Ages 16 & Up)

SE

Express yourself in this new program that will focus on basic throwing and handbuilding techniques. Kris will instruct basic wheel and handbuilding techniques each week along with ideas for projects you can individualize. Tiles, mugs, bowls, teapots, and more will be projects you can design in this class. Continuing students are encouraged to register and use this class to enhance their skills. Clay, glazes, and firing will be provided in this class.

Location: Dole Center Ceramics Studio

Sa, 2-4pm	\$160/\$240
<u>Jan 21 - Mar 10</u>	<u>#142450-11</u>
Th, 7-9pm	\$160/\$240
<u>Jan 19 - Mar 8</u>	<u>#142450-10</u>
# of weeks: 8	Min 4/Max 6

LOTTERY!

Lottery Deadline is Noon, Dec 15.
Please read lottery info on page 85.

Childbirth Class

Know Your Birth

FIT

This comprehensive childbirth education class is designed to prepare a family for what to expect during pregnancy, birth, and postpartum by exploring health and nutrition, pregnancy exercises, anatomy and physiology of the body, phases and stages of labor, comfort measures and techniques for labor, breastfeeding and much more. A lending/resource library is also available. Come join us to learn how you can truly get to know your birth.

Instructor: Deanne Falzone

Location: Barrie Center

Sa, 9:30-11:45am	\$160/\$240
<u>Jan 14-Feb 18</u>	<u>#143050-21</u>
<u>Mar 3-Apr 7</u>	<u>#143050-43</u>
# of weeks: 6	Min 3/Max 12

Adult Special Interest

Sewing Classes

Sew Easy (Ages 15+)

AASI

 Whether you are brand new to sewing or looking for a refresher, Sew Easy is the class for you. We begin with threading and understanding your machine and move on to sewing projects that develop beginner sewing skills like cutting and sewing in a straight line. Projects include (but are not limited to) aprons, basic tote bags, pillows, a drawstring bag, placemats, and table runners. Participants will need to supply a sewing machine, basic sewing supplies (scissors, thread and pins) and fabric (about \$10 worth). Returning participants are welcome. Machine rental is available.


Instructor: Angie Cataldo

Location: Barrie Center

Tu, 7-9pm	\$62/\$93
Jan 10 - Jan 31	#112340-28
Th, 7-9pm	\$62/\$93
Mar 1 - Mar 22	#112340-38
# of weeks: 4	Min 5/Max 8

Sew Easy, Too - Zippers, Pleats & Buttons (Ages 15+)

AASI

 Add to your repertoire of skills by learning how to master zippers, pleats and buttons. We'll make a pleated tote (different than the peek-a-boo tote we've sewn in the past), zippered pillow with square corners and a box with a button-hole closure. Participants will need to supply a sewing machine, basic sewing supplies, fabric* (about 3 yards of cotton woven fabric) and notions. Participants must have a basic understanding of machine sewing or have completed Sew Easy. Past participants are welcome! Machine rental is available.

Instructor: Angie Cataldo


Location: Barrie Center

Th, 7-9pm	\$59/\$89
Feb 2 - Feb 16	#112340-29
# of weeks: 3	Min 5/Max 8

**Free fabric is available for projects in select classes for you to choose from in class (if you do not wish to provide your own) due to a generous donation from the Watson-Cotto family!*

Sew Easy, Too - Pattern Reading (Ages 15+)

AASI


 Learning to follow a manufactured sewing pattern can be tricky. There are so many lines and so much new vocabulary! However, by beginning with the right pattern, you can master following a pattern quickly. Participants will choose from a variety of available patterns. Participants will need to supply a sewing machine, basic sewing supplies, fabric (about 3 yards of cotton woven fabric) and notions. Participants must have a basic understanding of machine sewing or have completed Sew Easy. Machine rental is available. Past participants encouraged to try these new projects!

Instructor: Angie Cataldo

Location: Barrie Center

Tu, 7-9pm	\$59/\$89
Feb 7 - Feb 21	#112340-40
# of weeks: 3	Min 5/Max 8

1-Day Applique (Ages 15+) **AASI**

 Learn to tailor readymade items or those you sew with a few versatile applique techniques. We'll explore the basic applique as well as a faux screening technique. Soon you'll be making boutique-quality items for yourself and for gifts. Bring a sewing machine if you have one, but it is not necessary. All participants will bring an item to applique during the workshop. Participants will receive full details one week prior to workshop.

Instructor: Angie Cataldo

Location: Longfellow Center

Sa, 10am-12:30pm	\$25/\$38
Mar 31	#112340-32
# of weeks: 1	Min 5/Max 8

3 Weeks, 3 Skirts (Ages 15+)

AASI

 Join Angie to further develop your sewing skills by learning how to draft patterns and make your own skirts. We'll use fold over elastic, zippers and elastic to make three different styles. Once you learn these basic patterns your design possibilities are endless! Participants will need to supply a sewing machine, basic sewing supplies, fabric* (about 6 yards of muslin or cotton woven fabric) and notions. Participants must have a basic understanding of machine sewing or have completed Sew Easy. Machine rental is available.


Instructor: Angie Cataldo

Location: Barrie Center

Th, 7-9pm	\$50/\$75
Jan 12 - Jan 26	#112340-39
# of weeks: 3	Min 5/Max 8

Bias Tape Workshop (Ages 15+)

AASI

 Bias tape adds striking detail to your sewing projects while simplifying it at the same time. Learn what it is and new ways to use it! You don't have to be restricted to using the pre-packaged bias tape sold in fabric stores - make your own that is beautiful and fits your style! In this class you'll use bias tape to make coasters to take home with you. Participants will need to supply a sewing machine and basic sewing supplies (scissors, pins, etc). Participants must have a basic understanding of machine sewing or have completed Sew Easy.


Instructor: Angie Cataldo

Location: Longfellow Center

Sa, 10am-Noon	\$27/\$41
Feb 11	#112340-41
# of weeks: 1	Min 5/Max 8

Hem & Mend Clothes (Ages 15+)

AASI

 Just in time for spring cleaning! Do you have clothes in your closet you'd love to wear but cannot because they are too long, too big or have a hole in them? You don't have to part with them! Bring them to this hemming and mending class! We'll take a look at how to best alter your clothes and mend holes. If it can't be fixed, Angie will have suggestions how to reuse the item or fabric. Participants will need to supply a sewing machine and basic sewing supplies (scissors, pins, etc.) as well as bring 3 to 5 items to fix. Participants must have a basic understanding of machine sewing or have completed Sew Easy.


Instructor: Angie Cataldo

Location: Barrie Center

Tu, 7-9pm	\$56/\$84
Mar 6 - Apr 3	#112340-42
# of weeks: 5	Min 5/Max 8

Invisible Zipper Workshop (Ages 15+)

AASI

 Invisible zippers: what are they and how are they installed? Learn the best techniques for installing an invisible zipper in home decor or apparel (with or without an invisible zipper foot) and walk away with a finished throw pillow. Participants will need to supply a sewing machine and basic sewing supplies (scissors, pins, etc.)*. Participants must have a basic understanding of machine sewing or have completed Sew Easy.

Instructor: Angie Cataldo

Location: Longfellow Center

M, 7-9:30pm	\$33/\$50
Feb 27	#112340-43
# of weeks: 1	Min 5/Max 8

Adult Special Interest

Weight Loss Workshop

Losing Weight

AS

Program instructor Dr. Kirschenbaum developed the widely acclaimed program used in Wellspring, the leading provider of treatment services for overweight young people in North America (10 summer camps and 2 boarding schools). Wellspring uses three principles: science, simplicity, and sustainability- to create a 3-1-8 program for permanent and remarkably comfortable lifestyle change (see www.wellspringweight-loss.com). In this 3-session workshop, you'll receive Dr. Kirschenbaum's most recent book *The Wellspring Weight Loss Plan*, a pedometer and other materials (\$45 value), so that you can understand the details of, and begin using right away, Wellspring's 3-1-8 plan:

- 3 Simple Behavioral Goals: eat as little fat as possible, walk at least 10,000 steps per day, and write down all of your eating and activities.
- 1 Challenging Mission: To develop a healthy obsession.
- 8 Steps: From making the decision (#1) to overcoming slumps (#8).

Location: Stevenson Center

W, 7:15-8:45pm

\$125/\$188

Jan 18 - Feb 1

#113758-01

Feb 22 - Mar 7

#113758-02

of weeks: 3

Min 15/Max 30

Share Your Knowledge

Do you have an interesting hobby or special interest that you would like to share with the community? People just like you have started new and interesting adult classes. We'll take you through the planning steps and help you organize. If you are interested in conducting a class or seminar with the Park District of Oak Park, please contact Steven Doniger at 708-725-2101.

Pleasant Home Arts Classes

Classes below are non-lotteried and take place at Pleasant Home, 217 Home Avenue, at the intersection of Pleasant & Home in Oak Park.

Register for these classes through Pleasant Home, (708) 383-2654.

Active Adult Membership discount does not apply.



Drawing 217: Pencil, Charcoal & Chalk

Inspired by Pleasant Home and its surroundings, this class will cover still life, interior, landscape, simple figure drawing, shading and perspective. using dry medium & paper.

M, Jan 16 - Feb 20 from 6:30-8pm

\$145 All materials included

Drawing 217: Ink, Watercolor and Prints

Inspired by Pleasant Home and its surroundings, this class will cover still life, interior, landscape, simple figure drawing, shading and perspective. using watercolor, batik, ink and resist on paper and cloth.

Th, Jan 19 - Feb 23 from 6:30-8pm

\$145 All materials included

Printmaking at Pleasant Home

Produce small editions of drypoint, hardground, and/or softground etchings. Supplies provided: 2 4"x5" zinc plates, 1 etching needle, printmaking paper. Taught by NIU instructor and fine artist, Brian Hammond.

Th, Feb 2 - 23 from 6:30-8pm

\$150 all materials included

Turn of the Century Toys Family Workshops

Learn how and why many toys were made long ago and what games were popular in the late 1800's! Each workshop will focus on one project with stories in-between and patterns to go.

\$55 per family per workshop

\$100 per family for both workshops

10am-Noon

Sa, Feb 18 MagicTricks & Games

Sa, Mar 17 Jumping Jacks & Toys that Move

Learn to Play Bridge

Bridge Lessons

AASI



Deadline for registration is one week prior to class start.

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 and play. Come introduce yourself to a social game that will challenge and delight you for a lifetime! Deadline for registration is one week prior to the start of class.

Instructor: Bob Dolan

Location: Fox Center

Beginning Bridge: Tricks & Trumps

Tu, 7-9pm

\$70/\$105

Jan 10 - Feb 14

#152999-22

of weeks: 6

Min 6/Max 16

Continuing Bridge: Conventions, Play & Defense

Must have taken beginning bridge or get instructor approval to enroll in this level.

M, 7-9pm

\$70/\$105

Feb 27 - Apr 2

#152999-23

of weeks: 6

Min 6/Max 16

Competitive Bridge:

Must have taken beginning bridge or get instructor approval to enroll in this level.

Tu, 7-9pm

\$85/\$128

Feb 28 - Apr 10 (No class 3/30)

#152999-24

of weeks: 7

Min 6/Max 16