

# Life Skills



## LIFE SKILLS AND FOOD

All of the Life Skills and Food classes are priced at \$7/\$9 a person and \$3 for each additional family member. All children under the age of 14 need to be accompanied by an adult. All supplies are included.

**Tie a Tie #20609301** 14+  
Learn how to tie a tie. The basic knot and "Van Wik" knot will be taught. If you own a tie, please bring it with you.  
JBC SA 3/12 2-2:45pm Reg by 3/5 \$7/\$9 -1A

**NEW! Sew On Your Own Buttons #20609303** 14+  
Snaps, shank, four and two hole. Come learn how to sew on a button. An instruction sheet will be given to each student to take home.  
LC WE 5/23 5:45-6:45pm Reg by 5/16 \$7/\$9 -1A

**Cookies: Chocolate #20608304** 14+  
This quarter, three chocolate cookies will be featured. Help with mixing, rolling/dropping, and baking. Also, help with "quality control" (tasting). Leave with a copy of the recipe. Class time is best guess rounded up. Allergy notice: most or all cookies will include eggs, flour (gluten), and milk. Peanuts and peanut butter will not be used, unless it is noted in the title.

**Mrs. C's Brownies – chocolaty and moist**  
LC WE 3/2 6:30-8pm Reg by 2/24 \$7/\$9 -1A

**Chunky Cheesecake Brownies – gooey chocolate and cream cheese**  
LC MO 4/11 6:30-8pm Reg by 4/4 \$7/\$9 -2A

**Chocolate Bombs – a "bomb" of chocolate and very rich**  
LC MO 5/23 7-8:15pm Reg by 5/16 \$7/\$9 -3A

## LANGUAGE

**Beginner Spanish #20610301** Age 16+  
Do you want to learn to communicate in another language? Do you hear Spanish dialect all around you and wish you understood? Join us on Saturday mornings and gain the knowledge to understand and speak Spanish at a beginner's level.  
BRC SA 3/5-4/16\* 9:30-11am Reg by 3/1 \$56/\$62 -1A  
\*No class 3/26

**Intermediate Spanish #20610302** Age 16+  
Have you taken the first round of Spanish classes, and still feel some more training is necessary before you can converse in the language? Do you aspire to learn more? Don't miss this extension of the Beginner Spanish class! Consider taking Beginner Spanish II, because here our instructor will drive home the topics that were introduced in the beginner class, as well as expand your skills at the next level. If you have a basic foundation understanding the Spanish language, but aspire to expand, you are welcome to join.  
BRC SA 3/5-4/16\* 11:05-12:30pm Reg by 3/1 \$56/\$62 -1A  
\*No class 3/26



## Basic First Aid, CPR, & AED class for Infant, Child, and Adult #20204303

Age 12+

This basic CPR, AED, and First Aid class will teach you how to enter an accident scene safely, assist an injured or ill person, perform CPR, use an AED (Automatic External Defibrillator) and manage an obstructed airway. This course is designed by Medic First Aid, a worldwide leader in CPR, AED and First Aid emergency care training programs. **Upon successful completion of the course, students will receive CPR and First Aid certification for infants, children, and adults valid for two years. This class will satisfy any child care requirements.** A written test is not required but students must be able to physically participate in all skill practices. Please contact the instructor at 847-989-7056 to discuss any reasonable accommodations that may be needed. Class materials, including a reference book, are included in the fee. Please wear comfortable clothing and bring a sack lunch.

BRC SA 4/16 9am-3pm Reg by 4/12 \$59/\$69 -1A

## Safe Sitter Baby Sitter Training #20609203

Age 11-16

Safe Sitter®, an up-to-date and well-rounded youth development program with a medical basis, teaches young teen babysitters everything they need to know to keep themselves and the children in their care safe. The nationally-recognized, pediatrician-developed program includes child care techniques, basic first aid, and rescue techniques (like choking infant and child rescue), babysitting as a business, and online and cell phone safety. They even learn CPR. The program is for young teens 11+.

BRC SA 4/2 9am-3pm Reg by 03/02 \$40/\$50 -1A



## Brain Fitness CLUB

Exercise your brain by joining our club. We will practice mental workouts with fun trivia brain games and puzzles. You won't strain this large muscle of yours, but we plan to strengthen and enhance your brain to stimulate neurons as you challenge yourself to fun games. Don't miss out on this entertaining experience. Age 55+.

BRC TU 2/2, 3/1, 4/5 11-12pm Reg by 1/27 FREE #20204302-1A