

# 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 #30609301 14+

Learn how to tie a tie. The basic knot and full Windsor knot will be taught. If you own a tie please bring it with you.

LC TU 6/21 6-6:45pm Reg by 6/14 \$7/\$9 1A

### Cookies: Oatmeal #30608304 14+

Each month will feature a different cookie. 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.

#### Oatmeal Cookie Variety 1

LC TU 6/21 7:15-8:45pm Reg by 6/14 \$7/\$9 -1A

#### Oatmeal Cookie Variety 2

LC TH 7/28 4-5:30pm Reg by 7/21 \$7/\$9 -2A

#### Oatmeal Cookie Variety 3

LC MO 8/8 10-11:30am Reg by 8/1 \$7/\$9 -3A



## Garden to Table



"America's Move to Raise a Healthier Generation of Kids"

### NEW! Garden to Table #30609406 Family Age 5+

Garden to Table, is a new program that exposes families to gardening, learning about nutrition, eating healthy, enjoying nature, and spending quality time together as a family. A free meal for each family is provided as part of the program experience.

Once a week, a 90 minute session will take place for the duration of the program. The first 30 minutes will be for garden education and maintenance, the last 60 minutes will be for a healthy eating lesson or nature activity, preparing a healthy meal, and then eating together as a community.

Once a week, families will be asked to spend 30 minutes, on their own time to help maintain the Children's Garden. This program has a limited number of spots available and is proposed to help families who face financial hardships. An application to enroll in this program is available online at [www.waukeganparks.org](http://www.waukeganparks.org) or at a Waukegan Park District facility. Applications must be submitted by the enrollment deadline in order to be considered for the program. For more information, please call Jen at 847-360-4705. The value of this program is \$80 per family, but is provided to families who qualify for this program for free.

JAC TU 6/20-7/26 6-7:30pm Reg by 6/3 FREE -1A



### Basic First Aid, CPR, & AED class for Infant, Child, and Adult #30204303 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 8/6 9am-3pm Reg by 8/1 \$59/\$69 -1A