

Life Skills



#ADULTING

All of the #Adulting 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 #10609301 Age 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 12/20 6-6:45pm Reg by 12/13 \$7/\$9 -1A



FOOD #ADULTING

Cookies #10608304 Age 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.

Rolled Sugar Cookies – bring a rolling pin if you have one

LC TH 12/1 6:30-8pm Reg by 11/24 \$7/\$9 -1A

Breakfast Cookies – these healthy cookies can freeze and thaw for a quick breakfast

LC TU 1/10 6-7:30pm Reg by 1/3 \$7/\$9 -2A

Biscotti – Anise or Chocolate Chip – crunchy, dippable cookie that pairs well with coffee or tea

LC TH 2/9 6:30-8:30pm Reg by 2/2 \$7/\$9 -3A

Make Your Own Hard Candy #40608307 Age 14+

Start a tradition of making candy as a family during Winter. Learn how to make your own hard candy from scratch. Help make the candy and take the recipe home.

LC FR 12/16 6-7pm Reg by 12/9 \$7/\$9 -1A

New! Food Labels #10609304 Age 14+

What you need to know: serving sizes, calories etc and nutritional requirements. The first 30 minutes will be instruction the last 15 minutes will be for questions.

JBC TH 12/8 6:30-7:15pm Reg by 12/1 FREE -1A

JBC TH 1/12 7-7:45pm Reg by 1/5 FREE -2A

JBC TH 2/16 6:30-7:15pm Reg by 2/9 FREE -3A

Brain Fitness Club #10204302

Age 55+

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.

BRC TU 1/3,2/7,3/7 11am-12pm Reg by 12/30 FREE -1A

New! Better Balance & Movement #10204304 Age 50+

After taking on Brain fitness once a month, join us at the Belvidere Recreation Center to improve your overall balance, movement, and general mobility. This fun, energetic, yet beginner style class will help participants get their blood moving through a variety of different balance and movement techniques; along with exercises.

BRC TU 1/10-1/31 11am-12pm Reg by 1/5 FREE -1A

LANGUAGE

Beginner Spanish #10610301 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 1/28-3/4 9:30-11am Reg by 1/24 \$56/\$62 -1A

Intermediate Spanish #10610302 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 1/28-3/4 11:05-12:30pm Reg by 1/24 \$56/\$62 -1A



Basic First Aid, CPR & AED Class for Infant, Child, and Adult #10204303 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 2/4 9am-3pm Reg by 1/31 \$59/\$69 1A