### **COMMUNITY EDUCATION**

SPRING 2025



# PERSONAL & PROFESSIONAL DEVELOPMENT COURSES



NEVER STOP LOWWING AND GMOWING

Register online now for courses! jwcc.edu/communityed | 217.641.4941

### **2025 Spring Course Schedule**

Classes are at our main campus unless otherwise noted.

SAT, JAN 25, 10:00 am-3:00 pm	■ Asian Cuisine CRN: 65568
MON, JAN 27, 4:00-5:30 pm	Smartphone IQ – iPhone CRN: 65609
WED, JAN 29, 5:30-8:30 pm	■ I Can Do This: Making Your Diet More Mediterranean (RN: 65560
THURS, JAN 30, FEB 6, 13, 27, MAR 6, 13, 27 & APR 3, 10, 24, 5:15–6:45 pm	■ German 102 (RN: 65608
SAT, FEB 1, 10:00 am-3:00 pm	■ Beginner Sourdough Bread CRN: 65559
MON, FEB 3, 5:30–7:30 pm	■The ABCs of AI: Understanding Artificial Intelligence in Everyday Life (RN: 65617
TUES, FEB 4, 6:00–7:00 pm	■ The Four Pillars of the New Retirement (RN: 65619
TUES, FEB 4, 11, 18, & 25, 6:00–8:30 pm	■ Beginning Knitting (RN: 65601
WED, FEB 5, 5:30-7:30 pm	■ Herbal Remedies for Cold, Flu and Respiratory Ailments CRN: 65578
WED, FEB 5, 6:00–7:30 pm	■ Valentine Candy Gifts for Kids CRN: 65604
WED, FEB 5, 12, 19, & 26, 6:00–7:30 pm	■ Beginner Salsa & Merengue (RN: 65598
THURS, FEB 6, 4:00-7:00 pm	■ Knife Skills CRN: 65566
THURS, FEB 6, 5:30-8:30 pm	■ BLS: Basic Life Support CRN: 65575
SAT, FEB 8, 8:00 am—12:00 pm	■ Garage Welding CRN: 65596
SAT, FEB 8, 1:00-5:00 pm	■ Advanced Garage Welding CRN: 65597
TUES, FEB 11, 6:00–7:00 pm	Retirement: Making Your Money Last CRN: 65620
WED, FEB 12, 5:30-8:30 pm	■The Mediterranean Diet 2.0 CRN: 65561
WED, FEB 12, 6:00-7:30 pm	■ Valentine Candy Bouquet CRN: 65603
THURS, FEB 13, 5:30-8:30 pm	■ Heartsaver First Aid, CPR, AED (RN: 65572
WED, FEB 19, 6:00-7:30 pm	■ DIY Wine Gift Bottle CRN: 65602
TUES, MAR 4, 6:30-8:00 pm	Social Media for Beginners CRN: 65613
TUES & THURS, MAR 4 & 6, 5:00—7:00 pm	■ Spanish Conversation and Practice CRN: 65606
THURS, MAR 6, 4:00-6:00 pm	■ How to Make a Galette CRN: 65562
THURS, MAR 6, 13, 20, 27, 5:15–8:15 pm	<b>Quilting 101</b> CRN: 65600
THURS, MAR 6, 5:30-8:30 pm	■ BLS: Basic Life Support CRN: 65576
SAT, MAR 8, 12:00-4:00 pm	■ Baking Basics CRN: 65558
MON, MARCH 10, 5:30-7:30 pm	■ Design with Canva! CRN: 65615
THURS, MAR 13, 5:30-8:30 pm	■ Heartsaver First Aid, CPR, AED CRN: 65573
TUES, MAR 18, 5:30-7:30 pm	■The ABCs of AI CRN: 65618
TUES, MARCH 18, 25, APRIL 1, 8, 15, 22, 5:30–6:45 pm	■ Tai Chi for Health CRN: 65570

Creative Arts Crafts Culinary Arts Health & Wellness . Sustainable Living.	4 ■ Personal Finance 6 .4–5 ■ Computers & Tech 7 .5–6 ■ Language & Comm 7
TUES & THURS, MAR 18, 20, 25,	Introduction to Art CRN: 65623
27 & APR 1, 3, 6:00–8:00 pm TUES, MAR 18, 6:30–8:00 pm	■ Google Tools For Anyone (RN: 65614
WED, MAR 19, 26, APR 2, 9,	Intro to Latin Dancing CRN: 65599
6:00–7:30 pm	Intro to Latin Dancing Chr. 05599
MON, MAR 24, 6:00–8:30 pm	■ Homeowner's Guide to Electricity CRN: 65595
TUES & THURS, MARCH 25, 27 & APRIL 1, 3, 6:00–7:30 pm	■ Basic Excel CRN: 65610
THURS, MAR 27, 5:00—7:00pm	■ Quick Pickling & Fermented Foods CRN: 65567
WED, APR 2, 1:00-2:30 pm	■ Career Services Workshop CRN: 65621
WED, APR 2, 5:30-7:30 pm	■ Mindfulness in Everyday Life and School (RN: 65571
WED, APR 2, 6:00-8:00 pm	<b>Gardening 101</b> CRN: 65579
THURS, APR 3, 5:30-8:30 pm	■ BLS: Basic Life Support CRN: 65577
TUES & THURS, APR 8 & 10, 5:00-7:00 pm	■ Spanish Conversation and Practice CRN: 65607
TUES, APRIL 8, 6:30-8:00 pm	■ Understanding Digital Media (RN: 65611
THURS, APR 10, 5:30-8:30 pm	■ Heartsaver First Aid, CPR, AED CRN: 65574
THURS, APR 10 & 24, 6:00-8:00 pm	■ Wild Edible Herbs (RN: 65582
THURS, APR 10, 6:30-8:00 pm	■ Easter Charcuterie Board CRN: 65564
TUES, APRIL 15, 5:30-7:30 pm	■ Design with Canva! CRN: 65616
WED, APR 16, 5:00-6:00 pm	■ How to Make a Souffle CRN: 65565
WED, APR 16, 6:30-8:00 pm	■ Grow a Cutting Garden CRN:65580
TUES, APRIL 22, 6:30-8:00 pm	■ Digital Safety and Security CRN: 65612
WED, APR 23, 1:00-3:00 pm	■ ACT Work Keys Test for Para- Educator Workshop (RN:65622
WED, APR 23, 6:00-7:30 pm	■ Herbs 101: Cooking CRN: 65563
SAT, APR 26, 10:00 am-3:00 pm	■ Pasta 101 CRN: 65569
WED, APR 30, 6:00-8:00 pm	■ Graduation Candygram Bouquet CRN: 65605
WED, APR 30 & MAY 7, 6:00-8:00 pm	Exploring Culinary Herbs (RN: 65581

#### **Career Services**

JWCC provides community members complimentary job search assistance and tools to explore career options. Career Services offers online ACT WorkKeys testing for paraeducators – Applied Math and Workplace Documents. Testing is offered by appointment only at the Mt. Sterling Education Center and the Southeast Education Center. Please contact Career Services at 217.641.4963 or careerservices@jwcc.edu to register for the test or to receive additional information.

#### Register now for courses! jwcc.edu/communityed | 217.641.4941

#### **One-On-One Training Opportunities**

# Increase your Smartphone IQ with One-On-One Smartphone Training

Why do people love their smartphones so much? Fall in love with your phone and become skilled with using all the features of your phone and new apps (Apple's iPhone or Android). Stay connected using email, texting, Snapchat, Facebook, Instagram, and more. Learn how to use FaceTime or use WhatsApp to talk internationally. Make your smartphone work like a PC with the use of notes, make PDFs, take photos, and more. Call 217.641.4941 to schedule time with the instructor. Based on instructor availability.

Cost: \$50 per 1.5 hours session

Instructor: Dr. Margie Williams PhD, RN CRN: 65557

#### **Creative Arts**

#### **Beginner Salsa and Merengue**

This class is for any beginner Salsa and Merengue dance enthusiast! No prior dance experience is needed. Learn the fundamental principles of partnering, dance floor etiquette, timing, and basic foot work. If you are registering as a couple, please note your partner's name on your registration form. Each participant must complete a separate registration form.

**Cost: \$50** | Instructor: Ignacio Anguiano-Reyes WED • FEB 5, 12, 19, & 26 (6:00–7:30 pm) CRN: 65598

#### **Introduction to Latin Dancing**

Latin Dancing can be fun! Come and learn the easy and smooth way for beginners. Instruction will include how to walk, turn, and listen to the beat of the drums. So, let's start with the Cuban Bolero, Columbian Cumbia and Dominican Bachata as you get

more confident to go to the fastest rhythms. If you are registering as a couple, please note your partner's name on your registration form. Each participant must complete a separate registration form.

Cost: \$50 | Instructor: Ignacio Anguiano-Reyes WED • MAR 19, 26, APR 2, 9 (6:00–7:30 pm) CRN: 65599



#### **Quilting 101**

In this class, we will learn some basic quilting skills such as cutting with the rotary cutter, piecing accurately, and assembling a quilt top. If you have a sewing machine, please bring it to class. JWCC has four machines you can reserve when registering for the course, but first come, first served. Students are responsible for purchasing their supplies before the first class. JWCC will provide a supply list upon registration or request.

**Cost:** \$90 | Instructor: Cheryl Gerhardt THURS • MAR 6, 13, 20, 27 (5:15–8:15 pm) CRN: 65600

#### **Beginning Knitting**

Learn how to knit and discover a relaxing hobby you'll enjoy for a lifetime! This course will show you everything you need to know to get started with knitting. You'll learn how to get yarn onto the needles. Then, you'll learn how to make the all-important knit and purl stitches. Lastly, we'll go over how to get your knitting

off the needles. Students are responsible for purchasing their own supplies before the first class. A supply list will be provided at time of registration or upon request.

Cost: \$60 | Instructor: Rachel Peterson

TUES • FEB 4, 11, 18, & 25 (6:00-8:30 pm) CRN: 65601



#### **Policies & Information**

**Supplies** Some classes may require supplies; please read class descriptions carefully.

**Accommodations** If you have a condition requiring special accommodations, please indicate your needs at the time of registration.

**Payment Options/Fees** Cash, check, or credit/debit card. Payments must be made through the JWCC Business Office in the Student/Administrative Center, or by calling 217.641.4211.

JWCC's Business Office hours are 8:00 am–5:00 pm Monday–Thursday, and 8:00 am–12:00 pm Friday.

Payment must be received at the time of registration and must be paid during JWCC

business hours. If we receive your registration form via our website, JWCC staff will attempt to contact you up to three times for payment. Your registration will be finalized after full payment is received. If you have any questions, you can reach the Community Education office at 217.641.4941.

**Refund Policy** Unless otherwise noted in advance, a student who notifies Community Education three business days before the day of the seminar or class will receive a 100 percent refund. No other refunds will be given.

Inclement Weather When JWCC cancels classes due to inclement weather, Community Education classes are also canceled. If canceled, local radio and TV stations will be notified. The staff will work

to reschedule the class or postpone it until further notice. Refunds will be given to those registered for a class that is canceled due to inclement weather.

**Notice of Non-discrimination** JWCC ensures equal educational opportunities are offered to all students, regardless of race, color, national or ethnic origin, age, gender, religion, disability, or other factors prohibited by law.

Canceled Courses & Changes Classes that have not filled minimum enrollment three business days before the first class may be canceled. In the event of a course cancellation, you will be notified, and your fee refunded. JWCC reserves the right to change instructors.

#### **Introduction to Art**

Awaken your creativity in this engaging, three-week introductory course! Perfect for beginners, each week we will focus on a different art medium, helping you build skills in observation and imagination. In the final week you'll combine everything you've learned into a culminating project. Art supplies will be provided.

Cost: \$90 | Instructor: Dawsyn Perry-Broekemeier

TUES & THURS • MAR 18, 20, 25, 27 & APR 1, 3 (6:00-8:00 pm) CRN: 65623

#### **Crafts**

#### **DIY Celebratory Wine Gift Bottle**

Looking for a unique gift for that special occasion – birthday, anniversary, or holiday! Then this class is for you. Learn how to create a unique gift by attaching chocolates and ribbons to the bottle for that professional finish. Please bring your own bottle of wine/sparkling wine/champagne to class.

Cost: \$40 | Instructor: Angela Barnes WED • FEB 19 (6:00–7:30 pm) CRN: 65602

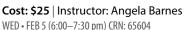
#### **Valentine Candy Bouquet**

Surprise your loved one with a beautiful candy bouquet this Valentine Day! Learn step by step how to make a candy bouquet. Get creative and craft the perfect gift that shows your affection just in time for the big day!

Cost: \$40 | Instructor: Angela Barnes WED • FEB 12 (6:00–7:30 pm) CRN: 65603

#### **Valentine Candy Gifts for Kids**

Kiddos will learn to create Valentine gifts using candies and chocolates. This class is kid friendly, so bring your child or grandchild for a special interactive craft time! Adult registration is required and covers cost of child participation.





#### **Graduation Candygram Bouquet**

Say congratulations in a big way! Treat your graduate to a delicious candygram bouquet. Create a sweet assortment of tasty treats that is perfect for high school or college graduation. Make it a gift they'll remember! Please bring tissue paper and zip ribbon in the graduate's school colors.

Cost: \$40 | Instructor: Angela Barnes WED • APR 30 (6:00–8:00 pm) CRN: 65605

#### **Culinary Arts**

Courses in this category are not recommended for people with food allergies.

#### **Baking Basics**

Would you like to learn the skills needed to make delicious home baked cookies, muffins, or quick breads? Then this is the class for you! Please bring a container with you to take home some of the goodies we will make.

**Cost: \$45** | Instructor: Cheryl Gerhardt SAT • MAR 8 (12:00–4:00 pm) CRN: 65558

#### **Beginner Sourdough Bread Making**

Join us for a sour-dough bread making workshop where you'll learn how to make sourdough bread. Learn how to feed and maintain a sourdough starter and learn about the fermentation process. Class includes a starter jar and some starter.

Cost: \$ 65 | Instructor: Lindsey Wellman SAT • FEB 1 (10:00 am-3:00 pm) CRN: 65559

#### I Can Do This: Making Your Diet More Mediterranean

Have you been interested in trying the Mediterranean Diet to improve your blood pressure, thinking, circulation and more? Learn easy ways to blend into your daily meals. Prepare and try

out recipes that will make your meals follow the principles of the Mediterranean Diet. Please bring a paring knife and container to take food home.

**Cost:** \$60 | Instructor: Dr. Margie Williams PhD, RN

WED • JAN 29 (5:30-8:30 pm) CRN: 65560

# The Mediterranean Diet 2.0 - With New Recipes

Come and try out new recipes as you learn to follow the

principles of the Mediterranean diet. Learn easy ways to blend the Mediterranean diet into your daily lives. This class is for persons who want to explore different recipes for side dishes and main entrees. Please bring a paring knife and container to take food home.

Cost: \$60 | Instructor: Dr. Margie Williams PhD, RN WED • FEB 12 (5:30–8:30 pm) CRN: 65561

#### **How to Make a Galette (Rustic French Tart)**

Learn how to make a classic rustic French butter tart known as a Galette. Fill it with your choice of veggies or sweet fruit or both!

Cost: \$45 | Instructor: Vanessa Hall THURS • MAR 6 (4:00–6:00 pm) CRN: 65562

#### **Herbs 101: Cooking with Herbs**

Learn about the common culinary herbs used in cooking. When you take this class, you will learn to make dressings, spice blends and dips free of preservatives. Take home recipes and sample various dips. You will take home (5) herbs to get started!

Cost: \$65 | Instructor: Angela Barnes WED • APR 23 (6:00–7:30 pm) CRN: 65563

#### **Easter Charcuterie Board**

Learn how to style an Easter holiday charcuterie board and creations while learning proper food handling, flavor profiling and the history of charcuterie. Please provide any food allergies and bring an eight-inch chef's knife.

Cost: \$65 | Instructor: Crystal Yock THURS • APR 10 (6:30–8:00 pm) CRN: 65564

#### **How to Make a Souffle**

Explore the world of French cuisine by learning to make a French classic. Students will learn to make a classic French cheese souffle and perfect the art of the perfect risen pastry!

Cost: \$45 | Instructor: Vanessa Hall WED • APR 16 (5:00–6:00 pm) CRN: 65565



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#### **Knife Skills**

Learn basic knife skills and techniques to elevate your food preparation and impress while cooking at home. The cost of the class includes an eight-inch chef's knife. Please bring a couple of containers to take home food made in class.

Cost: \$70 | Instructor: Vanessa Hall THURS • FEB 6 (4:00–7:00 pm) CRN: 65566

#### **Quick Pickling & Fermented Foods**

Tired of wasting veggies because they go bad so quickly? Learn how to preserve them and add acid to any dish through quick pickling. Learn how to fresh pickle any vegetable and how to make Kimchi. We will also address how to ferment foods for gut health. Please bring a chef knife & a couple of containers to take home food made in class.

Cost: \$ 70 | Instructor: Vanessa Hall THURS • MAR 27 (5:00–7:00pm) CRN: 65567

#### **Asian Cuisine**

Explore the various cuisines throughout the Asian peninsula from curries to pho, blending exotic spices to create new and exciting dishes. We will make things like pho, Thai Curry and Bulgogi. Please bring a chef knife & a couple of containers to take home food made in class.

**Cost:** \$80 | Instructor: Vanessa Hall SAT • JAN 25 (10:00 am-3:00 pm) CRN: 65568



#### Pasta 101

Make you own authentic Italian pasta! From pasta sheets to ravioli to authentic fettuccine alfredo made in its original form without cream, you will never have to buy pasta again! Learn the basics of pasta making and how to make ravioli and flavored pastas. Walk away with an understanding how to pair sauces with different styles of pasta. Please bring a chef knife & a couple of containers to take home food made in class.

**Cost: \$75** | Instructor: Vanessa Hall SAT • APR 26 (10:00 am – 3:00 pm) CRN: 65569

#### **Health & Wellness**

#### **Tai Chi for Health**

Tai Chi is a series of gentle, slow motion, connected movements that reduces stress and pain, improves mood and memory, as well as heart health and other chronic conditions. The Mayo Clinic, Harvard Medical School, The CDC, among others, recommend Tai Chi for general health and several chronic conditions.

Cost: \$50 | Instructor: Jess Myers

TUES • MARCH 18, 25, APRIL 1, 8, 15, 22 (5:30-6:45 pm) CRN: 65570

#### **Mindfulness in Everyday Life and School**

In this session, Dr. Margie Williams PhD, RN, shares how you can incorporate mindfulness into your everyday life. In this interactive session, you will be introduced to relaxing and healing mindfulness techniques that can be done anywhere and by all ages. You will learn how it helps with calm, mental clarity and relaxation. This is a great class to learn how to relax during testing.

Cost: \$40 | Instructor: Dr. Margie Williams PhD, RN WED • APR 2 (5:30–7:30 pm) CRN: 65571

#### Heartsaver First Aid, CPR, and AED

Learn to assess the scene safely and administer first aid if needed. Learn high quality CPR. Individuals will earn their First Aid and CPR certifications by completing this class. Cost of the class includes the Heartsaver book.

Cost: \$100 | Instructor: Sarah Straza

THURS • FEB 13 (5:30–8:30 pm) CRN: 65572 THURS • MAR 13 (5:30–8:30 pm) CRN: 65573 THURS • APR 10 (5:30–8:30 pm) CRN: 65574

#### **BLS: Basic Life Support**

Learn high quality CPR and proper use of AED. Individuals will earn their BLS certification. The cost of the class includes the BLS book.

Cost: \$50 | Instructor: Sarah Straza

THURS • FEB 6 (5:30–8:30 pm) CRN: 65575 THURS • MAR 6 (5:30–8:30 pm) CRN: 65576 THURS • APR 3 (5:30–8:30 pm) CRN: 65577

#### Free Educational Resources for Adults



**GED Test Preparation** Free classes are offered for JWCC district residents preparing to take the GED high school equivalency test and earn their State of Illinois High School Diploma. Morning, afternoon and evening class times are available and class locations include Camp Point, Mount Sterling, Pittsfield and several locations in Quincy. Online learning opportunities are also available. Students must attend an orientation session prior to starting class. For more information or to register, go to **jwcc.edu/ged** or contact Lisbeth Lefler at **llefler@jwcc.edu** or **Call 217-641-4951** or **Text 573-494-2114**.

**English as a Second Language** Classes are designed to help English language learners improve their reading, writing, and speaking skills and are free to JWCC district residents. For class locations and times, go to **jwcc.edu/esl** or contact Lisbeth Lefler at **llefler@jwcc.edu** or **Call 217-641-4951**.

**Adult Literacy** Free tutoring is available for adults in reading, math, and learning the English language. Scheduling is flexible and available in person or online. Adult learners must be 17 years or older, not currently enrolled in school, living in the JWCC district, and have reading or math skills below high school level. For more information, go to **jwcc.edu/read** or contact Tina Jett at the Adult Volunteer Literacy program **cjett@jwcc.edu** or **Call 217-641-4153**.

**Tutoring Services or to Volunteer** We are looking for volunteers to help change lives through basic reading, math, and English language tutoring! No experience necessary. Training and materials provided. For more information, go to **jwcc.edu/read** or contact Tina Jett at the Adult Volunteer Literacy program **cjett@jwcc.edu** or **Call 217-641-4153**.

#### **Herbal Remedies for Cold, Flu and Respiratory Ailments**

Winter is the time when illnesses run rampant. Pneumonia, COVID, Coughs, Flu and more. Learn how to prevent these problems, plus how to reverse them when you start to feel bad. Numerous herbal remedies are safe and can help. Learn how to avoid the need for repeated use of antibiotics and when it's time to see your MD if needed.

**Cost: \$40** | Instructor: Dr. Deborah Lee WED • FEB 5 (5:30–7:30 pm) CRN: 65578

#### **Sustainable Living & Gardening**

#### **Gardening 101**

Learn how to grow a beginner garden. You will learn how to start seeds indoors and read seed packets. We will discuss various vegetables, flowers, herbs and how to grow them. Understand companion planting and go home with garden recipes. This class is perfect for the novice gardener who's always wanted that backyard garden.

Cost: \$45 | Instructor: Angela Barnes WED • APR 2 (6:00–8:00 pm) CRN: 65579

#### **How to Grow a Cutting Garden**

Find a sunny spot in your yard and let Momma Bee's Garden teach you how to grow flowers for cutting. Have access to flowers all summer long as we learn to review various flowers, how to start seeds, planting, growing, and harvesting to make beautiful



bouquets all season long. Students will take home seeds and (10) plants to get started!

Cost: \$ 60 | Instructor: Angela Barnes WED • APR 16 (6:30–8:00 pm) CRN:65580

#### **Exploring Culinary Herbs**

Are you intrigued by culinary herbs, but do not know how to grow or use them? In this 2-session class, Dr. Lee will discuss popular herbs, along with some terrific lesser-known ones. In the first session, learn how to grow, harvest, and use at least 12 easy to grow plants. In the second session, join Dr. Lee at Four Winds Farm,

where you will explore culinary herbs in more depth in their natural habitat. First class meets at JWCC, second class meets at Four Winds Farm:

**Cost:** \$45 | Instructor: Dr. Deborah Lee WED • APR 30 & MAY 7 (6:00–8:00 pm) CRN: 65581

#### Wild Edible Herbs

3729 North 36th Street.

Join Dr. Lee on a walk through Four Winds Farm and enjoy the beauty of spring. Learn about plants that are edible, when to collect them, and how to safely use them. Discover patterns in nature and helpful collecting tips. Take home a short study guide of 100 wild edibles. First class meets

at JWCC, second class meets at Four Winds Farm: 3729 North 36th Street.

**Cost:** \$45 | Instructor: Dr. Deborah Lee THURS • APR 10 & 24 (6:00–8:00 pm) CRN: 65582



#### **Personal Enrichment**

#### **Homeowner's Guide to Electricity**

Do you want to better understand your home's electrical system? You will learn how overcurrent works (whether it's fuses or breakers). Other topics include existing codes and concepts to keep your home as safe as possible, as well as upgrading issues including LED lighting and GFCI protection. Class is taught by Steve Edgar, Licensed Master Electrician and JWCC instructor. This class will be held at the Workforce Development Center, 2710 North 42nd Street, Quincy.

Cost: FREE | Instructor: Steve Edgar MON • MAR 24 (6:00–8:30 pm) CRN: 65595

#### **Garage Welding**

Have a welding machine collecting dust in your garage or thinking about purchasing one? Learn about the types of welders and how to use them safely! Topics include inner shield, flux core arc welding and short arc welding, how to set voltage and wire speeds, and how to hold angles on a welder. You will also learn how to choose the proper gas to weld various steels. Class is taught by Mark Schenk, JWCC welding Instructor. This class will be held at the Workforce Development Center, 2710 North 42nd Street, Quincy.

Required Personal Protective Equipment (PPE) – Please bring your own

welding gloves and be sure to dress appropriately (long pants, long-sleeved shirts and leather shoes or boots).

**Cost:** \$75 | Instructor: Mark Schenk SAT • FEB 8 (8:00 am-12:00 pm) CRN: 65596



#### **Advanced Garage Welding**

(Prerequisite: Garage Welding) This is a continuation of Garage Welding.

In Garage Welding, you learned the basics of inner shield, flux core arc welding and short arc welding and how to set voltage and wire speeds. In Advanced Garage Welding, you will learn to use a Metal Inert Gas (MIG) welder and perform horizontal, vertical, and downhill welding including the proper technique to fill in gaps between two pieces of metal. Class is taught by Mark Schenk, JWCC welding Instructor. This class will be held at the Workforce Development Center, 2710 North 42nd Street, Quincy.

Required Personal Protective Equipment (PPE) – Please bring your own welding gloves and be sure to dress appropriately (long pants, long-sleeved shirts and leather shoes or boots).

**Cost: \$75** | Instructor: Mark Schenk SAT • FEB 8 (1:00–5:00 pm) CRN: 65597

#### **Personal Finance**

#### The Four Pillars of the New Retirement

The purpose of this workshop is to share insights from Edward Jones/Age Wave research about how retirement is changing. We will dive into how the four pillars of Health, Family, Purpose, and Finances share our retirement and ways to plan and address these considerations as you enter this next chapter of your life.

Cost: \$10 | Instructor: Trenton Murfin TUES • FEB 4 (6:00–7:00 pm) CRN: 65619

#### **Retirement: Making Your Money Last**

This workshop is designed for people who are thinking about retiring or have recently retired. You will learn specific strategies around investing, social security, and Medicare to be better prepared to enter this next chapter of your life.

**Cost: \$10** | Instructor: Trenton Murfin TUES • FEB 11 (6:00–7:00 pm) CRN: 65620

#### **Computers & Technology**

# Increase your Smartphone IQ with Smartphone Training: iPhone

Are you frustrated when using your smartphone? In this small group session, learn about all the features of your phone and new apps. Use the calendar function to organize your life. Connect with other using email, testing, Snapchat, Facebook, What's Up and more. Learn how to share photos with others. Make your Smartphone work like a PC to organize and edit photos, take notes, and organize files. No flip phones, please.

Cost: \$15 | Instructor: Dr. Margie Williams, PhD, RN

For iPhone users MON • JAN 27 (4:00-5:30 pm) CRN: 65609

#### **Basic Excel**

This class is designed for those who want a solid start in Excel. This includes Home Ribbon features, basic formulas, data entry shortcuts and skills to build spreadsheets. Get hands on experience in an interactive class environment and leave with the resources to take your skills to the next level.

Cost: \$60 | Instructor: Rita Schmitt

TUES & THURS • MARCH 25, 27 & APRIL 1, 3 (6:00-7:30 pm) CRN: 65610

#### **Understanding Digital Media**

Join me to learn more about how to keep yourself safe with the digital media, news and information that floods our lives. This course is intended to address the growing need to understand bias, identify misinformation/quality of information, and vet sources in today's digital landscape. Attendees will learn essential skills for critically analyzing digital content and ensuring their online safety. By the end of the course, you'll be more informed and empowered to navigate the complexities of digital media with confidence.

Cost: FREE | Instructor: Emily Pool TUES • APRIL 8 (6:30–8:00 pm) CRN: 65611

#### **Digital Safety and Security**

Do you feel like there is danger around every virtual corner? Well, you don't have to feel that way. In the Wild, Wild West of the Internet you might feel intimidated or overwhelmed on how to stay safe. Join us to learn how to stay safe, the warning signs and general safety of your online information.

**Cost:** \$15 | Instructor: Emily Pool TUES • APRIL 22 (6:30–8:00 pm) CRN: 65612

#### **Social Media for Beginners**

In this course we will explore the ins and outs of social media. What is it? How does it work? Benefits, cautions and more! We'll explore Facebook, Instagram, X (Twitter), and Reddit specifically with general information about our socially connected networks on the internet. Learn to navigate this connected environment safely to learn, connect, and engage through social media.

**Cost:** \$15 | Instructor: Emily Pool TUES • MAR 4 (6:30–8:00 pm) CRN: 65613

#### **Google Tools For Anyone**

In this course, participants will learn about the basic creation tools that are accessed with a Google Account. Learn how to create documents, flyers, etc through Docs. Create a simple presentation or slide show with Google Slides and expand your learning of spreadsheets with Google Sheets. All these and more tools are available with a Google (Gmail) Account. **Please come prepared with a Google Account.** Bring your own device or be prepared to login with a Google account on the JWCC computers to work interactive with the Google Tools.

Cost: \$15 | Instructor: Emily Pool TUES • MAR 18 (6:30–8:00 pm) CRN: 65614

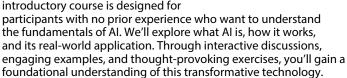
#### **Design Like a Pro with Canva!**

Canva is a user-friendly design tool that empowers anyone to create beautiful visuals. Learn the basics of Canva and create stunning graphics for social media, presentations, and more. This workshop is perfect for beginners and those looking to improve their design skills. No prior experience necessary!

**Cost: \$40** | Instructor: Lisa Schwartz MON • MARCH 10 (5:30–7:30 pm) CRN: 65615 TUES • APRIL 15 (5:30–7:30 pm) CRN: 65616

# The ABCs of AI: Understanding Artificial Intelligence in Everyday Life

Curious about Artificial Intelligence (AI) and its impact on our world? This introductory course is designed for



Cost: \$40 | Instructor: Lisa Schwartz MON • FEB 3 (5:30–7:30 pm) CRN: 65617 TUES • MAR 18 (5:30–7:30 pm) CRN: 65618

#### **Language and Communication**

#### **Spanish Conversation and Practice**

This fun, interactive course is taught by a native Spanish speaker and designed as an introductory course for absolute beginners. Put your knowledge into practice with your classmates and leave with resources to study at home.

**Cost: \$40** | Instructor: Ignacio Anguiano-Reyes TUES & THURS • MAR 4 & 6 (5:00–7:00 pm) CRN: 65606 TUES & THURS • APR 8 & 10 (5:00–7:00 pm) CRN: 65607

#### German 102

German 102 is a continuation of the beginner course for adult learners without prior German knowledge or for learners who want to improve their German skills. In this 10-week course, participants will practice their acquired German language in pairs or groups guided by authentic scenarios.

Cost: \$100 | Instructor: Frau Judy Percy

THURS• JAN 30, FEB 6, 13, 27, MAR 6, 13, 27 & APR 3, 10, 24 (5:15-6:45 pm) CRN: 65608

#### **Professional Development**

#### **Career Services Workshop**

Do you have an updated resume? Are you prepared for your next interview? Career Services can help! This workshop is geared toward individuals looking to update their resume and practice their responses to some frequently asked interview questions.

Please bring a copy of your most recent resume.

Cost: Free | Instructor: Madison McLennan

WED • APR 2 (1:00-2:30 pm) CRN: 65621

#### **ACT Work Keys Test for Para-Educator Workshop**

Think you might want to be a para-educator, but don't have the credentials. This class will help individuals prepare to take the ACT Work Keys test. The instructor will review sample test questions and students will have the opportunity to take practice tests for both applied math and workplace documents.

Cost: Free | Instructor: Zac Bentley WED • APR 23 (1:00–3:00 pm) CRN:65622



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#### **Spring 2025 Business & Industry Classes**

#### COMPUTER SKILLS

**Beginning Excel | Intermediate Excel | Advanced Excel** SOCIAL MEDIA

DIY Video Marketing | Digital Marketing Essentials

LEADERSHIP TRAINING

Become the Leader Others Want to Follow Leading From the Front Leading to Create Other Leaders

SAFETY/INDUSTRIAL MAINTENANCE

Electrical Troubleshooting and Maintenance NFPA 70E | Electrical Systems Analysis Fluid Power | OSHA 10 General Industry

LEAN MANUFACTURING

Lean 101 with Simulation

ARTIFICIAL INTELLIGENCE (AI)

Al for Small Business Lunch and Learn Practical Al for Business

NONPROFITS

Using the Power of Story in Your Nonprofit DIY Video Marketing Digital Marketing Essentials Nonprofit Board Member Development

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# COLLEGE FOR LIFE

JWCC enriches lives through learning by providing accessible educational opportunities and services at an exceptional value. College for Life (CFL) extends that mission to students with intellectual or developmental disabilities (IDD), allowing JWCC to better reach the community as a whole.

- College for Life is for students 18 years of age and older who:
- Have an intellectual or developmental disability, or similar learning challenge.
- Want to continue their education beyond high school.
- · Want to take non-credit courses.
- Want to be part of campus life.

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# We're looking for JDUB Academy Instructors!

Contact Community Education at **217.641.4941** or **communityed@jwcc.edu** to learn more!



SUMMER 2025
JUNE 2-JULY 17

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