

Adult Programs



Stampin' UP Workshop

Let's get creative! Learn to make beautiful and unique crafts from cards, bookmarks, picture frames, favors, and much more using rubber stamps and other products offered by Stampin' UP! In each class you will make several projects showing different techniques, so bring your enthusiasm and creativity! Kids are welcome to attend this class. All supplies are included, however, if you'd like to make more projects at home you may purchase supplies at the end of class. There will be a new project each class!

Activity: 353581
 Instructor: Megan Wendt
 Location: ARC/Administrative Offices
 Time: 7:00-9:45 pm
 Age: All, under 18 must be accompanied by an adult
 Fee: R\$15/NR\$22
 Min/Max: 4/10
 Registration Deadline: One week before start of session

Session	Day	Date
A	TH	March 11
B	WE	March 31
C	WE	April 14
D	TH	April 22
E	WE	May 5
F	WE	May 26
G	TH	June 17

Scrapbooking Beginner Class

Do you have pictures everywhere like on your computer, camera, memory cards, and CDs? Do you want an easy way to organize all these photos so you can enjoy them? If your answer is yes, then come for an evening of fun and learn how to get your digital images out of your memory card, off your computer, out of boxes and into your life! You're going to love all your options! This class includes a gift certificate for \$5 towards products purchased that day.

Activity: 353591-A
 Instructor: Christy Lynch
 Location: ARC/Multipurpose Room I
 Day/Date: Saturday, March 27
 Time: 11:00 am-12:00 pm
 Age: 11-Adult
 Fee: R\$8/NR\$12
 Min/Max: 2/15
 Registration Deadline: One week before start of session

Senior Citizen Club

Our Senior Citizen Club is always looking for new members! This exciting club meets on the second and fourth Mondays at the Apollo Recreation Center in the Dance Room from Noon-3:00 pm. Please plan on joining us for Bingo, desserts, and other fun activities. This group also plans several luncheons throughout the year.

Super Saturday Crop

Now is the perfect time of the year to get caught up with your album projects and this all day crop event is the perfect place to get it done! Everyone is invited to hours of uninterrupted album-making time. You'll get to work on your albums, check out the newest product releases, and enjoy the day with friends. Register today because space is limited! Class includes tools to use and a goody bag. Please bring photos and your album making materials. Additional products will be available for purchase. Stay and work on your albums for as long as you'd like!

Activity: 353590
 Instructor: Christy Lynch
 Location: ARC/Multipurpose Room I
 Day/Date: Saturday
 Time: 10:00 am-7:00 pm
 Age: 11-Adult
 Fee: R\$25/NR\$35
 Min/Max: 2/15
 Registration Deadline: One week before start of session

Session	Date
A	March 27
B	May 15
C	June 19

Do-it-yourself Home Improvements

Take advantage of this informative class and learn how to fix those odds and ends around the house! This class will provide realistic demonstrations on basic topics such as wiring, plumbing, painting, resurfacing, furnace up-keep, drywall repair, and more. Our knowledgeable instructor will be focusing on one topic each week and the easy ways you can make your own home improvements. Become your own handy man during this 8-week class!

Activity: 353594-A
 Instructor: Greg Milke
 Location: ARC/Multipurpose Room II
 Day/Dates: Thursday, March 25-May 13
 Time: 6:00-8:00 pm
 Age: Adult
 Fee: R\$30/NR\$45
 Min/Max: 4/16
 Registration Deadline: One week before start of session

Volunteers Needed!

The Alsip Park District hosts a variety of special events and youth athletic leagues. In order for these leagues and events to be successful, we need dedicated volunteers to assist us. If you are interested in volunteering your time as a coach, team parent or event volunteer, please contact our Main Office at 708-389-1003 and leave your name and phone number. We look forward to hearing from you!



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Learning your Digital Camera

Are you still wondering about all the features of your newly purchased digital camera? This class will teach you digital camera basics, including pixels, memory, resolution, choosing a digital camera, and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories!

Activity: 353569-A
Instructor: Laura Piton
Location: ARC/Multipurpose I Room
Day/Dates: Fridays, April 2-23
Time: 7:00-8:30 pm
Age: 11-Adult
Fee: R\$57/NR\$77
Min/Max: 4/20
Registration Deadline: One week before start of session

Learn to Fix your Digital Pictures

In this class you will explore in-depth photo editing techniques. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus, correcting for improper white balance, sharpening a blurred photo, and creating a card using a photo. Participants need to bring a laptop computer to class. Don't miss your chance to fix your pictures like a pro!

Activity: 353568-A
Instructor: Laura Piton
Location: ARC/Multipurpose Room I
Day/Dates: Fridays, May 7-28
Time: 7:00-8:30 pm
Age: 11-Adult
Fee: R\$57/NR\$77
Min/Max: 4/20
Registration Deadline: One week before start of session

Photo Organization & Power Sort

Are your photos filling up boxes and drawers or stored in developing envelopes that are destroying them? This hands-on class allows you to bring your boxes and bags of pictures and learn how to organize a lifetime of photos. Included in the class fee is a Mini Power Sort Box, a sturdy, photo-safe container to store up to 600 photos, photo labeling pencil, instruction, and handouts. Note: You will need to bring bags, boxes, or photo albums of pictures in need of organization and labeling. This is a great class for beginners!

Activity: 353566-A
Instructor: Christy Lynch
Location: ARC/Multipurpose I Room
Day/Date: Thursday, April 22
Time: 7:00-9:00 pm
Age: 11-Adult
Fee: R\$25/NR\$35
Min/Max: 2/15
Registration Deadline: One week before start of session

Crop for the Cure

Now is the perfect time of the year to get caught up with your album projects and make a difference for the fight against breast cancer. We're inviting you for hours of uninterrupted album-making time to work on your albums, check out the newest product releases and raise funds for the Avon Breast Cancer Walk. Register today because space is limited! This class includes tools to use, snacks, one meal and a goody bag. You should bring photos and your album making materials. Additional products will be available for purchase. A \$25 donation will be made for each registration for this class to the Avon Breast Cancer Walk.

Activity: 353589-A
Instructor: Christy Lynch
Location: ARC/Multipurpose Room I
Day/Date: Saturday, April 10
Time: 10:00 am-8:00 pm
Age: 11-Adult
Fee: R\$35/NR\$45
Min/Max: 2/15
Registration Deadline: One week before start of session

Spring Border Class

This class is designed for those who want to learn other techniques for matting and mounting photos, creating borders and various methods of making shape designs. You will create several free standing borders to be used on any album page. Fee includes instruction, handouts, paper, stickers and use of tools. Register with a friend!

Activity: 353582-A
Instructor: Christy Lynch
Location: ARC/Multipurpose I Room
Day/Date: Thursday, May 13
Time: 7:00-9:30 pm
Age: 11-Adult
Fee: R\$28/NR\$38
Min/Max: 2/15
Registration Deadline: One week before start of session

Power Layout Class

Do you think "Scrapbooking" is a 4 letter word? Do you want to complete an album in a short amount of time? This class will show you how to use our Power Layout technique to layout 15 pages at one time. You will need to bring 45-90 photos of the same person or theme in chronological order as well as any borders or decorations you will want to put on these pages. You will receive a power layout box and guides to store your page layouts and several photo mats.

Activity: 353585-A
Instructor: Christy Lynch
Location: ARC/Multipurpose I Room
Day/Date: Thursday, May 20
Time: 7:00-9:45 pm
Age: 11-Adult
Fee: R\$35/NR\$45
Min/Max: 2/15
Registration Deadline: One week before start of session

Registration Dates

Resident: begins February 22
Non-Resident: begins March 1
Spring Programs begin:
March 15, 2010

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Adult CPR/AED

Be prepared in case of an emergency! This class will cover the American Red Cross guidelines for Adult CPR as well as AED. Update yourself on the new methods and procedures. Once you obtain certification, you only need to renew your certification each following year. All participants should bring a lunch. Following the completion of the class requirements, participants will receive their American Red Cross certification. Please bring a lunch.

Activity: 353623
Instructor: Ray Tarnow
Location: ARC/Multipurpose Room II
Day/Date: Saturday
Time: 9:00 am-2:00 pm
Age: 11-Adult
Fee: R\$36/NR\$54
Min/Max: 4/10
Registration Deadline: One week before start of session

Session	Date
A	April 17
B	May 29



Child/Infant CPR

Learn the valuable life saving skills needed to help an injured infant or child. You will use classroom discussion, video and hands-on activities to learn skills you can not afford not to know. Topics covered include CPR, choking, recognizing emergencies, first aid and more. All participants who successfully complete the class will receive an American Red Cross certificate. Please bring a lunch.

Activity: 353432-A
Instructor: Ray Tarnow
Location: ARC/Multipurpose Room II
Day/Date: Saturday, April 24
Time: 9:00 am-2:00 pm
Age: 11-Adult
Fee: R\$43/NR\$63
\$21 for any Certified Babysitter
(must show card at registration)
Min/Max: 4/10
Registration Deadline: One week before start of session

Wilderness First Aid

This course is designed for those who work, play, or live in areas 30 minutes or more from regular Emergency Medical Service (EMS) response. The course combines classroom lecture, skills practice, and role-playing to teach the response steps and treatment of injuries and illnesses in a delayed-help situation. Learn to prioritize care and treat injuries in the field while learning to plan and carry out transports and evacuations. Participants will receive a Wilderness First Aid certificate upon completion. Please bring a lunch to class.

Activity: 353437-A
Instructor: Ray Tarnow
Location: ARC/Multipurpose Room II
Day/Date: Saturday, May 22
Time: 9:00 am-5:00 pm
Age: 11-Adult
Fee: R\$85/NR\$100
Min/Max: 4/10
Registration Deadline: One week before start of session

Trips

Pick-up/Drop-off at Heritage I & II Clubhouse

The Alsip Park District will be offering a pick-up/drop-off at the Heritage I and II clubhouses for various trips. Those residents that choose to utilize this service will be notified of their pick-up time the week of the trip. You must specify at registration if you need Heritage I or II pick-up/drop-off services. We hope this makes trip-going easier for you!

A little information about our trips...

We love to take you on our trips! Transportation can be on our recreation vans or through motor coaches, please call if you have any questions. There are no refunds on trips after the registration deadline. This is due to ticket sales, reservations or other necessary actions. If space is available after the registration deadline, you may still register. Simply call the Main Office staff at 708-389-1003; we hope to see on one of these great trips!

Galos Caves: Salt Caves

No need to go to the beach to absorb the intense air of the mineral rich salts! Travel with us to the Galos Caves for a 45 minute session of relaxation. The sea microclimate created inside the caves becomes an oasis of peace and relaxation for citizens of many countries. This summer, the first salt-iodine cave in the U.S. was built according to very strict technological rules. We will stop at the Jolly Inn for lunch after our relaxing time at the caves so please bring money for lunch.

Note: Departure will be at the Worth Park District at 11500 S. Beloit Avenue, Worth, IL.

Activity: 383670-A
Location: Chicago, IL
Day/Date: Tuesday, March 16
Depart: 10:00 am at the Worth Park District Terrace Centre
Return: 2:00 pm at the Worth Park District Terrace Centre
Age: All, under 18 must be accompanied by an adult
Fee: R\$30/NR\$45
Min/Max: 8/14
Registration Deadline: March 2

