

New Traditions Adult Horseback Riding (Age: 16 & up)

Come and fall in love with horses all over again and master the skill of horseback riding! Lessons will be offered in cooperation with the New Traditions Riding Academy at Palos Hills Riding Stables. All lessons are one hour in length. Riders must wear long pants; shoes with heels no higher than 1 inch and wear a helmet. Helmet rental is one dollar per lesson. After registration is completed at the Oak Lawn Park District, call the riding school to arrange your schedule and bring your receipt to your first lesson. PDNA (sg) New Traditions Riding Academy 10100 So. Kean Avenue, Palos Hills, IL 60465 708-598-7718.

Location: New Traditions Riding Academy
Instructor: New Traditions Riding Academy

Code	Days	Res/NR
502401-1	M-Su	\$210/\$210
502401-2	M-Su	\$330/\$330
502401-3	M-Su	\$240/\$240
502401-4	M-Su	\$380/\$380

HeartSaver CPR (Age: 16 & up)



This course is designed for those non-professional healthcare providers who have a duty to respond to a cardiac emergency on the job. Or those that would like

to learn to use at home. This course teaches you how to recognize an emergency. Adult, Child and Infant CPR techniques are taught in addition to rescue techniques for choking victims. AED use will also be covered. Completion of this course gives a 2-year certification in accordance with the American Heart Association's guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

Location: Administration

Code	Day	Dates	Time	Res/NR
302011-01	Th	1/09	5:00-9:00P	\$65/\$79
302011-02	Sa	2/01	9:00A-12:30P	\$65/\$79
302011-03	Th	2/20	5:00-9:30P	\$65/\$79
302011-04	Th	3/12	5:00-9:30P	\$65/\$79

Rubberstamping (Age: 16 & up)

Want to learn how to create some beautiful handmade greeting cards to send to all of your family and friends? This class is for you! This popular class will increase your creative side as you learn different techniques using the art of stamping. The prep work is done, so you will have the opportunity for several projects. Each class is different so sign up for all of them! Bring color pencils, adhesive, and scissors to class. All other materials will be supplied. PDNA (sg)

Location: Oak View Center
Instructor: Barbara Kamenczak

Code	Days	Date	Time	Res/NR
302201-1	Tu	1/21-1/21	7:00-9:30P	\$10/\$10
302201-2	Tu	2/18-2/18	7:00-9:30P	\$10/\$10
302201-3	Tu	3/17-3/17	7:00-9:30P	\$10/\$10

Spanish For Adults (Age: 16 & up)



Have you always wanted to learn a foreign language, but never had the opportunity? In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled. **No class 2/17& 3/02.** PDNA (sg)

Location: Oak View Center

Instructor: Language In Action, INC

Code	Days	Date	Time	Res/NR
302203-1	M	1/27-3/16	10:00-11:00A	\$86/\$86

Health Academy

Struggling with your weight? This program is for you. The Little Company of Mary Hospital Health Education Center presents: Tools for Successful Weight Management. This FREE multidisciplinary panel presentation covers weight management for all including nutrition counseling, medical weight management and bariatric surgery. For more information and to register call 708-423-5774. CEUs for nurses. (co)

Location: Community Pavilion

Days	Date	Time	Res/NR
Sa	1/11	11:00A-12:00P	Free

Gardening Without Pesticides

Get Ready for next year's flower and vegetable garden now, by planning to garden pesticide free. Planning to garden chemical and pesticide free will benefit you, your garden and the pollinators that visit. Join this class to learn strategies and alternatives to using pesticides in your garden and yard. (DF)

Location: Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	11/04	6:30-8:30P	\$10

Winter Sowing/ Seed Collecting

Winter seed sowing is a new way to start seeds at home. Not in the house but outside! This is a method of plant propagation by seed, outdoors in winter. This method gives the seeds a natural frost period and higher germination rates. This method saves space in the house. Whether you want to grow your own organic vegetables or you want to grow organic food/flowers for caterpillars/pollinators, this is a great method. Winter sowing demonstration and seed collecting will be discussed. (DF)

Location: Oak View Center

Code	Days	Date	Time	Res/NR
327102-01	Sa	1/18	10:00A-12:00P	\$10

The Secret Lives of Butterflies

When we see butterflies in the garden we often see them sipping nectar and flying. Butterflies have many interesting behaviors that we may never notice unless we know what to look for. We will be discussing butterfly life cycle, mating and feeding habits and how to start your own garden or enhancing your existing garden! (DF)

Location: Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	2/03	6:30-8:30P	\$10

Gardening for Butterflies and Bees

Did you know that there are more bees out there than honey bees and yellow jackets? In Illinois we have 400 native bee species but they are rapidly losing habitat. Our home gardens and parks can be wonderful habitat for bees. When you garden for butterflies, you are inviting bees to the table too. Learn how to enhance your garden ecology to feed many insects and organisms. (DF)

Location: Oak View Center

Code	Days	Date	Time	Res/NR
TBA	M	3/09	6:30-8:30P	\$10



Private Art Lessons at the Oak View Center (Age: 10 & up)

Private Art lessons are a total of 6 hours of private instruction per course session spread throughout four 1.5 hour sessions. Enjoy one-on-one instruction with our award winning art instructor in our designated art room. Lessons are geared for beginners or those with minimal experience. Relax and work stress free at your own pace. Choose from one of the following sessions: Learn to Draw, Beginning Acrylic Painting, Introduction to Watercolor, Abstract Acrylic Painting, and Easy Portrait Drawing. Canvases are required for the Beginning Acrylic Painting & Abstract Acrylic Painting sessions. Canvases can be purchased at the Oak View Center, M-F, from 9am-5pm, or students can bring their own. Sessions are individually arranged with the instructor. Interested participants must fill out a request form at the Oak View Center. Our art instructor will contact you to set-up your schedule after the request is received. Call 708-857-2200 for more information. All materials will be provided, except for canvases. [PDNA](#) (ms)

Instructor: Laurie Snaer

Res/NR: \$175

NEW! Flow Acrylic Painting- Beginner Level (Age: 15 & up)

Exciting, creative, sometimes unpredictable, and totally amazing results! Everyone is able to create finished pieces of art—absolutely no prior experience needed. This class will teach you the basic terminology and beginner pouring techniques of flow acrylic painting. Learn measuring, ratios, consistency, finishing, and how to achieve beautiful “cells” in your work. Each basic pour will be demonstrated before you begin. Class structure: Demonstration and then remaining time is student’s for completing the project at their own pace. All paint, flow medium, silicone, and designing tools will be provided. **We supply your first canvas. All canvases after this will be the responsibility of the student. Canvas size 11x14 only for beginner sessions.** [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328125-01	Th	1/16-2/20	1:30-3:00P	\$75/\$84

Watercolor Pencil Painting (Age: 16 & up)

Do you find traditional watercolor a bit intimidating? This is a popular and fun way to introduce yourself to easy watercolor painting using watercolor pencils. Students will see examples of how to use watercolor pencils and begin by working on a pre-determined project. Students can choose their next painting project. All materials are provided. This class is also for continuing students who would like to incorporate traditional watercolor and additional ink work. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328121-01	Th	1/16-2/20	12:30-1:30P	\$54/\$63
328121-02	Th	1/16-2/20	6:45-7:45P	\$54/\$63

Mindful Meditation Art (Age: 14 & up)

For some, traditional meditation can be a challenge. In these sessions, we will combine Art with focused breathing, relaxation, and stress-free art activities. This is known as proactive meditation. Students can choose from pre-printed designs, draw their own, or choose a simple drawing task to complete each week. Our weekly practice will include: learning relaxation techniques, focused breathing, and brief centering/visualization techniques while you work on the project of your choosing. These classes are taught by our Meditation/Art instructor, and will take place in the Art Room. All art and meditation materials will be provided. No previous experience required. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328135-01	W	1/15-2/19	10:30-11:15A	\$35/\$45
328235-01	Tu	1/14-2/18	6:45-7:30P	\$35/\$45

NEW! Clayworks For Adults (Age: 16 & up)

Squish it, roll it, pound it flat, this is truly a hands-on class! We will explore techniques for working in clay. Everyone will be provided with non-toxic, air-drying clay and will learn how to complete one of our simple hand-formed projects. All sculptures can be painted when dry- time permitting. All materials supplied. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328127-01	Tu	1/14-2/18	12:30-1:30P	\$54/\$63

NEW! Themed Acrylic Painting Classes (Age: 16 & up)

We will provide a master painting to work from, with step-by-step instruction. Our goal is to introduce you to the fascinating world of painting and encourage you to enhance your life through art. No previous experience is necessary to participate in these fun classes. All materials are supplied- EXCEPT CANVASES. Canvases can be purchased at the Oak View Center front office during hours or you can bring your own 16x20 size. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR	Theme
328137-01	W	1/15-2/19	12:30-1:30P	\$54/\$63	Winter Rabbit

Artistic Endeavors (Age: 16 & up)

Has it been a while since you dabbled in art? Are you interested in trying but feel a lack of confidence? Join us and learn something new, or work in something you enjoy. Discover your inner artist in our relaxing & inspiring art program for adults. Use pastels, charcoal, colored pencils, acrylic, watercolor, ink, tempera paints, or work with air dry clay and create your own unique art! Individual attention and instruction are the hallmarks of this class. This is not a pre-determined project class. Project ideas and selection are student’s choice, however, we do have ideas and examples available if you get stuck! All materials supplied- EXCEPT if you choose to work on canvases. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328112-01	Tu	1/14-2/18	11:00A-12:30P	\$75/\$84

Learn To Draw- Basics & Beyond (Age: 16 & up)

Graphite & Charcoal: Learn the basics and move along at your own pace, expanding your knowledge and personal abilities. We will address basic/advanced composition skills to utilize in your drawings including: balance, proportion, shading and more. This course is both basic and comprehensive with mini-lectures, demonstrations, and suggested student projects. Students can also work independently on subjects of their choice. We supply all materials. [PDNA](#) (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328120-01	W	1/15-2/19	6:15-7:15P	\$54/\$63
328120-02	F	1/17-2/21	10:30-11:30A	\$54/\$63

NEW! Remixed Masterpiece- Art Collage (Age: 16 & up)

Choose an image to recreate as a collage! Create animals, still life, landscapes, portraits, abstracts, or reproduce your own drawing. Our focus will be on color usage, contrast, textures, and how to complete your collage using various mediums. How intricate your piece becomes will be up to you! All materials will be supplied. You are welcome to bring your own image to reproduce, or choose from one of our options in the Art Room. [PDNA](#)(ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
328136-01	W	1/15-2/19	11:30A-12:30P	\$54/\$63

Canvases can be purchased at the Oak View Center, during front desk hours only, for all Art classes. Two sizes are available; 11x14 canvases for \$5, and 16x20 canvases for \$7.