

# Adult Interests

## Winter Seed Sowing

Winter seed sowing is a method of starting plants from seed outdoors in winter. By definition it is a propagation method used throughout the winter, where temperate climate seeds are sown into protective vented containers, and placed outdoors to foster naturally timed, high percentage germination, of climate tolerant seedlings. "This same winter sowing method can be used in early spring to give half-hardy annuals a good start. Yes, in zones where there's lots of snow and in zones where there's little snow. This requires less care than indoor seed sowing, increases the amount of space available, and, best of all, creates plants that are ready to go in the garden without the hardening off process required with nursery stock. Preparing and planning your seed collecting for the next season will be covered. (df)

Code	Days	Date	Time	Res/NR
327102-01	M	2/29	6:30-8:30P	\$5/\$5

## Pruning Basics for the Gardener

Overcome your fear of pruning! Felco-phobia is a new gardener's biggest hurdle. Some may be afraid of killing the whole plant or pruning at the wrong time of the season. Rest assured most plants are forgiving when they are shorn too close. What some gardeners don't know is that every cut on a plant stimulates growth. Knowing where the cut needs to be to stimulate the correct growth is the challenge. Bring your questions and pruning photos and I will help you face your Felco-phobia! (df)

Code	Days	Date	Time	Res/NR
327102-02	M	3/28	6:30-8:30P	\$5/\$5

## Butterfly Gardening Workshop

This workshop is 3 hours and will be divided into three parts. Butterfly Gardening, Monarch Conservation, Raising Caterpillars at home. The time is now to begin a butterfly habitat in your garden! Now more than ever butterflies need our help to survive and thrive. Learn the best butterfly attracting plants and how to plan your garden to provide food, cover and host plants for caterpillars. The caterpillar/ butterfly life cycle is also an integral part of planning a butterfly garden and will be covered. Join a new conservation movement! (df)

Code	Days	Date	Time	Res/NR
327102-03	M	4/18	6:00-9:00P	\$5/\$5



## Succulent Social Hour

This is a succulent planting class. Attend this class and learn how to assemble a colorful-easy to grow succulent planter. Bring a friend, socialize and bring home a planter full of cute little plants! These plants are easy to care for. Save \$ AND create thoughtful gifts for others. Reuse an old dish, garden container or some great yard-sale find! Just about anything will do, however succulents are easier to care for in containers that have a drain hole (a lot easier to not over-water). If you do not have a container there will be containers at the class. Soil and plants included in the price of the class. No prior gardening experience necessary. (df)

Location: Oak View Center

Code	Days	Date	Time	Res/NR
427210-01	F	5/13	7:00-9:00P	\$25/\$25



**Like our Oak Lawn's Gotta Get Gardening Facebook Page today!**

## Adopt-a-Flowerbed Program:

Thinking about spring yet? Want to garden in the parks? Who can adopt a garden? Gardeners, families, scout troops, clubs, groups of friends and you can adopt a flowerbed and care for it in memory of a loved one. \* We have 53 gardens for 2016. There are new gardens; we are looking for new volunteers. We do the bed preparation and watering, planting and weeding is your responsibility for the whole summer. Flowers will be provided to you. The program runs May 5- August 31, 2016. Your name or the name of your garden will be featured on a sign in your garden. You may choose the garden from the list but beware; this program is first come, first served. Fill out the adoption form early. They are due to the Maintenance office by March 15th. The forms will be available at the maintenance office, facility front desks and on the park district website. For more information call Dolly Foster 857-2201 or email dfoster@olparks.com \*This program is approved for Illinois Master Gardener Volunteer hours.

Mark Your Calendar! In order to be in the Adopt-A-Flowerbed program all volunteers need to attend one of the trainings. You may choose morning or evening. (df)

Volunteer Training Meeting (Mandatory)

Code	Days	Date	Time	Res/NR
427211-01	Tu	5/03	10:00A-11:00A	Free
427212-01	Tu	5/03	6:30-7:30P	Free



# Adult Interests

## 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. 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 guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

**Location:** Administrative Center

Code	Days	Date	Time	Res/NR
402011-01	M	3/07	5:30-9:30P	\$59/\$75
402011-02	Th	4/07	5:30-9:30P	\$59/\$75
402011-03	Th	5/05	5:30-9:30P	\$59/\$75

## Family & Friends CPR Course (Age: 10 & up)

Are you ready in an emergency? Anyone can be a lifesaver. The American heart Association Family & Friends CPR course is for everyone from schoolchildren to older family members, caregivers, and other adults who care for people at risk of sudden cardiac death. This course focuses on CPR and response to choking and helps participants: recognize signs of heart attack, cardiac arrest, stroke and choking in adults, children and infants. This is not a certification course but will prepare you to act in an emergency especially with loved ones. Participants will receive Family and Friends CPR book. (mc)

**Location:** Administrative Center

Code	Days	Date	Time	Res/NR
402012-01	M	4/04	6:30-8:30P	\$29/\$45
402012-02	Tu	5/10	6:30-8:30P	\$29/\$45

## BLS for Healthcare Providers (Age: 18 & up)

The Basic Life Support (BLS) for Healthcare Providers is designed to provide a wide variety of healthcare professionals the ability to recognize several life threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely, and effective manner. (mc)

**Location:** Administrative Center

Code	Days	Date	Time	Res/NR
402013-01	Th	3/10	5:00-9:30P	\$59/\$75
402013-02	Th	4/21	5:00-9:30P	\$59/\$75

## 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 1/2 inch and wear a helmet. Helmet rental is one dollar per lesson. Adult Beginner lessons are offered Mondays, 8:30pm and Sundays, 12:15pm. Adult Pleasure Riding is offered Wednesdays, 12N and Sundays, 10am (coffee and discussion afterwards). Registration is required at the park district for discounted rates. 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 (dm)

**Location:** New Traditions Riding Academy at Palos Hills Riding Stables – 10100 S. Kean Ave.

**Phone:** 708-598-7718

**Website:** www.newtraditionsridingacademy.com

Code	Days	Date	Res/NR
<b>5 lessons</b>			
402401-1	M-Su	12/01-6/30	\$170/\$170
<b>10 Lessons</b>			
402401-2	M-Su	12/01-6/30	\$320/\$320

## Conversational French (Age: 14 & up)

A fun enjoyable course, perfect for those who love the French language! If you are just starting to learn or already studied French in high school, you are welcome to attend this special class, which will cover many topics of conversation – TV, recipes, travel, sports, and movie. Program is great for those wish to travel to France. The instructor is fluent in the French language. The only prerequisite is you must love to talk to other people who speak French! PDNA (dm)

**Location:** Oak View Center

**Instructor:** Laudy Tenn, B.A. Education of Children w/ major in French

Code	Days	Date	Time	Res/NR
402301-1	W	3/23-5/25	5:00-6:00P	\$105/\$105
402301-2	W	3/23-5/25	6:00-7:00P	\$105/\$105

## Rubber-Stamping Workshop: GREETING CARDS & MORE (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 (dm)

**Location:** Oak View Center

**Instructor:** Barbara Kamenczak

Code	Days	Date	Time	Res/NR
402201-1	Tu	3/15	7:00-9:30P	\$9/\$9
402201-2	Tu	4/19	7:00-9:30P	\$9/\$9
402201-3	Tu	5/17	7:00-9:30P	\$9/\$9

## Knots & Knits: Crochet Club & Class (Age: 16 & up)

This class is designed for both beginners and for those who wish to brush up on their skills. Instruction is very individualized and you will proceed at your own pace. We will create some simple projects incorporating basic crochet stitches and you will learn to interpret patterns in order to choose and complete your own projects, with plenty of help along the way. Rather than a typical "classroom" style instruction, I hope to create camaraderie of crocheters with a sharing of ideas, tips and fun for all! Please bring "H" size crochet hook and one ball of 100% cotton yarn (such as Lily Sugar and Cream) in a light color to the first class. (dm)

**Location:** Oak View Center

**Instructor:** Kristina Morgan

Code	Days	Date	Time	Res/NR
402202-01	W	4/06-5/25	6:30-8:00P	\$56/\$56

# Adult Interests

**New! Canvases can be purchased at the Oak View Center for all Art classes. We have 2 sizes available. 11x14 canvases will be available for \$4.50 (plus taxes), and 16x20 canvases will be \$6.25 (plus taxes). Please note: Canvases can only be purchased during Oak View front desk office hours.**

## Watercolor Paint Parties (Age: 18 & up)

If you can hold a pencil you can do this! Watercolor pencils make fine art fun art. Colors are applied using watercolor pencils and water is brushed on to transform your color pencil image into a watercolor masterpiece. You may choose to add a touch of ink accents to create a unique work of art! Our paintings are simple, but the results can be as soft or bold as you choose! Our participants are free to change colors, add ideas, and create their own interpretation of the example painting. We supply all materials, including one 15x20 watercolor board & complementary mat frame. Light snacks/refreshments will be provided. Don't wait to sign up and miss the fun - our space is limited. Art party room opens for painting at 7 pm- please be on time. Check out the paintings on [www.artwithlaurie.weebly.com](http://www.artwithlaurie.weebly.com). For private parties, please contact the Oak View Center. **PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428123-01	F	3/18	7:00-9:30P	\$40/\$40
428123-02	F	4/15	7:00-9:30P	\$40/\$40
428123-03	F	5/13	7:00-9:30P	\$40/\$40

## Mixed Media Art (Age:18 & up)

Get Intuit! Explore mixed media. Bring an idea, share an idea, get inspired by others, and prepare to have fun! This is a class for self-expression and experimental media work. Use pastels, charcoal, colored pencils, acrylic, watercolor, ink, tempera paints, or work with air dry clay and create your own unique art. Instruction on medium usage provided. This is not a step by step predetermined project class. Project ideas and selection are student's choice. All materials supplied - EXCEPT IF YOU CHOOSE TO WORK ON CANVASES. **PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Day	Dates	Time	Res/NR
428112-01	Tu	3/08-4/12	11:00A-12:30P	\$74/\$84
428112-02	Tu	4/26-5/31	11:00A-12:30P	\$74/\$84

## Discover Your Artistic Voice (Age: 18 & up)

Join us on Sunday mornings and learn how to work in chalk, pastels, watercolor, ink, and charcoal. Discover the "how-to" aspects of each medium you work with throughout the session, along with the necessary skills to complete our projects. We welcome both the absolute beginner and anyone who would like to rediscover their artistic abilities! Join us for a new experience & bring a spouse or friend this winter! Classes move at a relaxed stress free pace. Projects change every session. All materials for all mediums introduced are provided, except canvases. **No class 3/27, 5/08 & 5/29. PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428110-01	Su	3/06-4/10	11:30A-12:30P	\$42/\$52
428110-02	Su	4/24-6/05	11:30A-12:30P	\$42/\$52

## Watercolor & Ink Painting (Age: 18 & up)

Join us after lunch for easy & fun watercolor painting. Students will begin by using simple watercolor pencils and may choose to try tube and pan watercolors to complete our painting projects. This class is designed for simplicity, ease, and relaxation for beginners. Continuing or experienced students may choose to work independently and choose their own subjects to paint. All materials provided. **No class 5/30. PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428121-01	M	3/07-4/11	12:30-1:30P	\$49/\$59
428121-02	M	4/25-6/06	12:30-1:30P	\$49/\$59

## Graphite Charcoal & Ink Draw (Age: 18 & up)

Always wanted to draw - but never took the time? Like to draw, but a little rusty at it? Want to advance your skills beyond basics? Join our multilevel drawing class. We will cover everything from the very basics in drawing to advance techniques as individuals progress. You move at your own comfortable pace. Students can choose their own subjects to draw, or work on the project provided. This is a easy, fun and relaxed drawing program. We supply all the materials for you to explore and expand your drawing abilities **No class 3/25. PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428120-01	F	3/11-4/15	11:30A-12:30P	\$42/\$52
428120-02	F	4/29-6/03	11:30A-12:30P	\$49/\$59

## Adult Evening Art Workshops

Don't have time to take a full class session? Try out one of our evening workshops this Spring. Each night a different medium will be explored. Learn the basic techniques, and aspects of each medium. All the necessary skills will be taught to complete the evenings project. All materials will be supplied. March- Learning to Draw; April- Exploring Watercolors; May- Discovering Soft Chalk Pastels. **PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428119-01	W	3/16	6:30-8:30P	\$16/\$20
428119-02	W	4/13	6:30-8:30P	\$16/\$20
428119-03	W	5/11	6:30-8:30P	\$16/\$20

## Easy Acrylic Painting (Age: 18 & up)

Paint like Monet, Picasso, or better yet, like you! This class is designed to inspire & introduce you to acrylic painting and is not a technical painting class! Explore, enjoy, and develop your own style of painting. All painting projects are provided with step-by-step instructions. Students are allowed to bring their own ideas to paint. Relax, laugh, and make new friends. These classes move at an easy pace and no previous drawing or painting experience is needed. We supply aprons, easels, paints, brushes and inspiration! Give it a try! Students are REQUIRED to bring one 16x20 canvas, which can be purchased at Oak View for an additional fee. All canvases are students' responsibility. **No class 5/30. PDNA (ms)**

**Location:** Oak View Center

**Instructor:** Laurie Snaer

Code	Days	Date	Time	Res/NR
428104-01	M	3/07-4/11	11:00A-12:30P	\$74/\$84
428104-02	Tu	3/08-4/12	12:30-2:00P	\$74/\$84
428104-03	M	4/25-6/06	11:00A-12:30P	\$74/\$84
428104-04	Tu	4/26-5/31	12:30-2:00P	\$74/\$84

## GET THE WHOLE FAMILY TOGETHER FOR A Family Painting Party

(AGES, ADULT 18 & UP/CHILD 5-14) **Check out details on page 73.**



**Want to receive up-to-date information on all of our Art Programs? Sign up for our Art email blasts! Check out page 3, complete the form, and turn the form into one of our facilities. It is that easy!**