

COMMUNITY-BASED OUTREACH

FALL 2026



PERSONAL & PROFESSIONAL **DEVELOPMENT COURSES**

NEVER STOP *Learning* AND *Growing*

Register online now for courses! jwcc.edu/communityed | 217.641.4152

2026 Fall Course Schedule

Classes are at our main campus unless otherwise noted.

■ Computers & Tech 3	■ Culinary Arts 6
■ Language & Comm 4	■ Health & Wellness 6–7
■ Personal Finance 4	■ Personal Enrichment 7
■ Creative Arts 4–5	

THURS, SEPT 10, 17, 24, & OCT 1, 5:15–8:15 pm	■ Sewing 201–D129 CRN: 31348
THURS, SEPT 10, 17, 24, & OCT 1, 8, 22, 5:30–7:00 pm	■ Conversational Spanish: Speak with Confidence–D160 CRN: 31354
THURS, SEPT 10, 17, 24 & OCT 1, 8, 22, 29 & NOV 5, 6:00–6:45 pm	■ Wir Sprechen Deutsch: Everyday Conversations in German–D158 CRN: 31356
THURS, SEPT 10, 17, 24 & OCT 1, 8, 22, 29 & NOV 5, 7:00–7:45 pm	■ Wir Sprechen Deutsch: Inter. German–D158 CRN: 31357
MON, SEPT 14, 4:30–6:30 pm	■ Canva Creations–D029 CRN: 31366
MON, SEPT 14, 5:30–8:30 pm	■ Heartsaver First Aid, CPR, and AED–A024 CRN: 31340
MON, SEPT 14, 21, 28 & OCT 5, 12, 19, 5:30–6:45 pm	■ Tai Chi for Health–D024 CRN: 31335
MON, SEPT 14, 21, 28 & OCT 5, 12, 19, 6:00–7:30 pm	■ Latin Dancing with Ignacio–D160 CRN: 31346
TUES, SEPT 15, 5:30–7:00 pm	■ Get Connected: Computer Basics Made Easy–D029 CRN: 31370
TUES, SEPT 15, 22, 29 & OCT 6, 13, 20, 5:30–6:45 pm	■ Tai Chi for Health–D024 CRN: 31336
TUES, SEPT 15, 6:30–8:30 pm	■ Cyber Smart–D029 CRN: 31365
WED, SEPT 16, 6:00–8:00 pm	■ The Art of Glass Fusion–D152 CRN: 31353
SAT, SEPT 19, 9:00 am–1:00 pm	■ Home Canning & Preserving–D159 CRN: 31327
SAT, SEPT 19, 26 & OCT 3, 10, 9:30–11:30 am	■ Warm and Cozy Crochet–D158 CRN: 31349
MON, SEPT 21, 4:30–6:30 pm	■ The ABCs of AI–D029 CRN: 31368
FRI, SEPT 25, 5:00–8:00 pm & SAT, SEPT 26, 9:00 am–3:00 pm	■ Intro. to Reiki–First Degree Certification–D022 CRN: 31339
SAT, SEPT 26, 10:00 am–2:00 pm	■ A Taste of Autumn–D159 CRN: 31331
MON, SEPT 28, 4:00–5:30 pm	■ Smartphone Training: iPhone–D029 CRN: 31363
TUES, SEPT 29, 2:00–4:00 pm	■ Healthy Gut, Healthy You–D115 CRN: 31338
WED, SEPT 30, 2:00–4:00 pm	■ Feed the Mind, Fuel the Brain: Aging Well Lessons–D115 CRN: 31337
WED, SEPT 30, 4:00–8:00 pm	■ Introduction to Woodworking–D152 CRN: 31374
WED, SEPT 30, OCT 7, 14, 21, & 28, 6:00–8:00 pm	■ Drawing for Beginners–D158 CRN: 31351
THURS, OCT 1, 8, 22, 29 & NOV 5, 6:00–8:00 pm	■ Watercolor Landscapes–D152 CRN: 31352
SAT, OCT 3, 8:00 am–12:00 pm	■ Stick Welding–W138 CRN: 31344
SAT, OCT 3, 1:00–3:00 pm	■ Breadmaking 101–D159 CRN: 31332

TUES, OCT 6, 6:00–7:30 pm	■ Financial Fitness: The Power of Budgeting–D129 CRN: 31359
WED, OCT 7, 3:00–6:00 pm	■ Layer Up! Bake Like Christina Tosi–D159 CRN: 31330
WED, OCT 7, 14, 21, & 28, 4:00–5:30 pm	■ Become an Adult Literacy Tutor!–D128 CRN: 31345
WED, OCT 7, 14, 21, 6:00–7:30 pm	■ Clay Beginnings: Introduction to Pottery–D152 CRN: 31350
THURS, OCT 8, 6:00–9:00 pm	■ Elder Law and Estate Planning Bootcamp–D022/23 CRN: 31358
SAT, OCT 10, 10:00 am–12:00 pm	■ Home Maintenance 101–D160 CRN: 31373
MON, OCT 12, 5:30–8:30 pm	■ Heartsaver First Aid, CPR, and AED–A024 CRN: 31341
TUES, OCT 13, 6:00–8:30 pm	■ Homeowner's Guide to Electricity–W146 CRN: 31343
MON, OCT 19, 4:00–5:30 pm	■ Smartphone Training: iPhone–D029 CRN: 31364
MON, OCT 12, 6:00–8:00 pm	■ Understanding Life Insurance–D115 CRN: 31361
TUES, OCT 20, 5:30–7:00 pm	■ Get Connected: Computer Basics Made Easy–D029 CRN: 31371
TUES, OCT 20, 6:00–7:30 pm	■ Retirement by Design–D129 CRN: 31360
WED, OCT 21, 28 & NOV 4, 11, 18 & DEC 2, 5:30–7:00 pm	■ Conversational Spanish: Speak with Confidence–D160 CRN: 31355
SAT, OCT 24, 1:00–3:00 pm	■ Perfect Pies: Sweet & Savory Pie Baking–D159 CRN: 31333
MON & WED, OCT 26 & 28, 1:00–3:30 pm	■ Mediterranean Magic–D159 CRN: 31328
MON, OCT 26, & NOV 2, 9, 16, 23, 30, 6:00–7:30 pm	■ Latin Dancing with Ignacio–D160 CRN: 31347
MON, OCT 26, 6:00–8:00 pm	■ Auto & Home Insurance: Knowing the Basics–D115 CRN: 31362
WED, NOV 4, 5:30–8:30 pm	■ Knife Skills–D159 CRN: 31329
SAT, NOV 7, 10:00 am–2:00 pm	■ Merry and Bright: Holiday Favorites–D159 CRN: 31334
MON, NOV 9, 4:30–6:30 pm	■ Canva Creations–D029 CRN: 31367
MON, NOV 9, 5:30–8:30 pm	■ Heartsaver First Aid, CPR, and AED–A024 CRN: 31342
TUES, NOV 17, 5:30–7:00 pm	■ Get Connected: Computer Basics Made Easy–D029 CRN: 31372
MON, DEC 7, 4:30–6:30 pm	■ The ABCs of AI–D029 CRN: 31369
THURS, OCT 22, 5:00–7:00 pm	■ Stress Reset: Reclaim Your Health & Energy–D129 CRN: 31376

Computers & Technology

Increase your Smartphone IQ with Smartphone Training: iPhone – D029

Are you frustrated when using your smartphone? Do you want to become more independent when using all the features? 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 others using email, texting, 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: \$25 | Instructor: Dr. Margie Williams

MON • SEPT 28 (4:00–5:30 pm) CRN: 31363

MON • OCT 19 (4:00–5:30 pm) CRN: 31364

Cyber Smart: Protecting Yourself in the Digital World – D029

Ready to take control of your digital world? You don't need to be a tech genius to keep your phone and online accounts safe. Join us for

a supportive session where we'll break down the basics of online safety, learn how to spot red flags, and help you protect your personal information with ease.

Cost: \$20 | Instructor: Emily Pool

TUES • SEPT 15 (6:30–8:30 pm) CRN: 31365



Canva Creations: Design Made Simple – D029

Learn the basics of Canva to create eye-catching social media posts, presentations, and more. This beginner-friendly workshop covers templates, tools, and tips to help you design with confidence—no experience needed!

Cost: \$40 | Instructor: Lisa Schwartz

MON • SEPT 14 (4:30–6:30 pm) CRN: 31366

MON • NOV 9 (4:30–6:30 pm) CRN: 31367

The ABCs of AI: Understanding Artificial Intelligence in Everyday Life – D029

Curious about Artificial Intelligence (AI) and its impact on our world? This introductory course is designed for participants with no prior experience who want to understand the fundamentals of AI. We'll explore what AI is, how it works, and its real-world application. Through interactive discussions, engaging examples, and thought-provoking exercises, you'll gain a foundational understanding of this transformative technology.

Cost: \$40 | Instructor: Lisa Schwartz

MON • SEPT 21 (4:30–6:30 pm) CRN: 31368

MON • DEC 7 (4:30–6:30 pm) CRN: 31369

Get Connected: Computer Basics Made Easy – D029

Ready to feel more confident using your computer? This beginner-friendly class is designed for anyone who wants to build essential digital skills in a relaxed, supportive environment. Learn how to send and receive email, navigate apps, understand common computer functions, stay safe online, and get answers to your everyday technology questions. No experience is needed—just bring your curiosity and discover how simple technology can be!

Cost: \$40 | Instructor: Michael Wells

TUES • SEPT 15 (5:30–7:00 pm) CRN: 31370

TUES • OCT 20 (5:30–7:00 pm) CRN: 31371

TUES • NOV 17 (5:30–7:00 pm) CRN: 31372

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 Pay online, or by cash, check, or credit/debit card (in-person or by phone). 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 or you have not paid online, 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 217.641.4152.

Refund Policy Unless otherwise noted in advance, a student who notifies Community Education (CE) 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, CE 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.

Language and Communication

Conversational Spanish: Speak with Confidence – D160

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: \$65 | Instructor: Ignacio Anguiano-Reyes

THURS • SEPT 10, 17, 24, & OCT 1, 8, 22 (5:30–7:00 pm) CRN: 31354

WED • OCT 21, 28 & NOV 4, 11, 18 & DEC 2 (5:30–7:00 pm) CRN: 31355

Wir Sprechen Deutsch: Everyday Conversations in German – D158

Wir Sprechen Deutsch is a beginner course for adult learners without prior German knowledge. In this 8-week course, participants will practice their acquired German

language in pairs or groups guided by authentic scenarios, like dining out, shopping, or traveling.

Cost: \$80 | Instructor: Frau Judy Percy

THURS • SEPT 10, 17, 24 & OCT 1, 8, 22, 29 & NOV 5 (6:00–6:45 pm) CRN: 31356

Wir Sprechen Deutsch: Intermediate German – D158

Continue building your German language skills through an 8-week intermediate-level, textbook-based course designed to strengthen vocabulary, grammar, reading comprehension, and conversational confidence.

Cost: \$80 | Instructor: Frau Judy Percy

THURS • SEPT 10, 17, 24 & OCT 1, 8, 22, 29 & NOV 5 (7:00–7:45 pm) CRN: 31357



Personal Finance

Elder Law and Estate Planning Bootcamp – D022/23

What is a trust and why should I care? Will I go broke in a nursing home? What is the new truth about Medicaid eligibility? What should I know about life and death planning? Discover answers to these and other important questions about your future and the future of your loved ones.

Cost: \$10 | Instructor: Bill Siebers

THURS • OCT 8 (6:00–9:00 pm) CRN: 31358

Financial Fitness: The Power of Budgeting – D129

Build confidence in managing your money. This workshop highlights practical budgeting concepts and spending strategies that can help you make informed financial decisions and work toward your financial goals.

Cost: FREE | Instructor: Brandon VanCamp

TUES • OCT 6 (6:00–7:30 pm) CRN: 31359

Retirement by Design – D129

Take a thoughtful approach to retirement planning. This workshop explores strategies and key considerations to help you create a retirement vision aligned with your goals and priorities.

Cost: FREE | Instructor: Brandon VanCamp

TUES • OCT 20 (6:00–7:30 pm) CRN: 31360

Understanding Life Insurance – D115

Confused about life insurance and unsure how much coverage you need? This course will help you understand the fundamentals of life insurance, including the key differences between Term and Whole Life

policies. You'll also learn about the factors that can affect your rates, empowering you to make informed decisions about your coverage.

Cost: \$10 | Instructor: Tracy Kiefer

MON • OCT 12 (6:00–8:00 pm) CRN: 31361



Auto & Home Insurance: Knowing the Basics – D115

This course will guide you through the basics of auto and home insurance, helping you understand the various types of coverage and liability limits. You'll also learn how to read your declaration page and gain a clear understanding of the insurance you currently carry.

Cost: \$10 | Instructor: Tracy Kiefer

MON • OCT 26 (6:00–8:00 pm) CRN: 31362

Creative Arts

Latin Dancing with Ignacio – D160

Come and learn Latin Dancing the traditional way. Students will learn the bolero, salsa, merengue and the Bachata. Follow the fundamental principles of partnering, dance floor etiquette, timing, and basic foot work. No prior dance experience is needed—just come ready to learn, move, and have fun with guidance from a seasoned Latin dance instructor.

Cost: \$50 | Instructor: Ignacio Anguiano-Reyes

MON • SEPT 14, 21, 28 & OCT 5, 12, 19 (6:00–7:30 pm) CRN: 31346

MON • OCT 26, & NOV 2, 9, 16, 23, 30 (6:00–7:30 pm) CRN: 31347

Sewing 201 – D129

Do you already have some basic sewing skills you want to put to good use? If so, this class is for you! We will create 3 projects: A zippered toiletry bag, an apron, and pajama pants. If you have a sewing machine, please bring it to class. JWCC has four machines you can reserve. Registration is on a first-come, first-serve basis. Feel free to bring any of your own basic sewing supplies to class.

JWCC will provide a supplies list upon registration. STUDENTS ARE RESPONSIBLE FOR BRINGING SUPPLIES FOR PROJECT #1 TO THE FIRST CLASS.

Cost: \$80 | Instructor: Cheryl Gerhardt

THURS • SEPT 10, 17, 24, & OCT 1 (5:15–8:15 pm) CRN: 31348



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Warm and Cozy Crochet – D158

Learn the relaxing art of crochet in this beginner-friendly class! Students will practice basic stitches, including single and double crochet, while building confidence through hands-on learning. With guided instructions, you'll complete two projects—a stylish hat and a cozy scarf. Patterns are provided; just bring your own worsted weight yarn and a 5mm crochet hook. Whether you're new to the craft or need a refresher, you'll leave class with handmade pieces to keep you warm all season long.

Cost: \$50 | Instructor: Jaden Holloway

SAT • SEPT 19, 26 & OCT 3, 10 (9:30–11:30 am) CRN: 31349

Clay Beginnings: Introduction to Pottery – D152

Get your hands dirty and your creativity flowing in this fun and friendly pottery class! You'll explore a variety of techniques including pinch pots, slab building, and even get a chance to try your hand at the pottery wheel. Plus, we'll add a colorful twist by incorporating mosaic elements into your creations. Whether you're shaping bowls, mugs, or decorative tiles, this is your time to play with clay and make something truly one-of-a-kind. No experience needed—just bring your imagination and a willingness to get a little messy!

Cost: \$50 | Instructor: Becky Butler

WED • OCT 7, 14, 21 (6:00–7:30 pm) CRN: 31350

COLLEGE FOR LIFE

The **College for Life (CFL)** program at John Wood Community College is open to students with IDD or similar learning challenges. CFL might be right for you if you had an IEP in school.

Students may earn a CFL Certificate by taking required courses. Certificate students learn to speak up for themselves and manage their money. They learn to communicate with others, have healthy relationships, and get ready for a job.

Learn more by visiting jwcc.edu/cfl

Drawing for Beginners – D158

Learn the basics of drawing in this beginner-friendly class! Start with essential tools, pencil techniques, and simple shapes before progressing to line drawing, values, crosshatching, and basic perspective. Through demonstrations and hands-on practice, you'll build the skills and confidence to create realistic drawings. No experience is necessary. Supply list available upon registration.

Cost: \$65 | Instructor: Michael Escott

WED • SEPT 30, OCT 7, 14, 21, & 28 (6:00–8:00 pm) CRN: 31351

Watercolor Landscapes – D152

Take your watercolor skills to the next level in this class designed for students with basic watercolor experience. Learn how to create beautiful landscape paintings by exploring composition, mixing vibrant and natural colors, especially greens—and simplifying reference photos to create stronger, more compelling artwork. Supply list available upon registration.

Cost: \$65 | Instructor:

Michael Escott

THURS • OCT 1, 8, 22, 29 & NOV 5

(6:00–8:00 pm) CRN: 31352



The Art of Glass Fusion – D152

Celebrate the beauty of fall in this colorful, hands-on fused glass class! You'll learn the basics of glass fusing while creating your own vibrant dish, whimsical wind chime, or sparkling suncatcher. Experiment with color, texture, and design as you craft pieces that capture the light and joy of the season. No experience necessary—just bring your creativity and get ready to let your imagination shine!

Cost: \$40 | Instructor: Becky Butler

WED • SEPT 16 (6:00–8:00 pm) CRN: 31353

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.

Culinary Arts

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

Home Canning & Preserving – D159

Capture the flavors of the season and enjoy them all year long! In this hands-on workshop, you'll learn the time-tested techniques of home canning and preserving. We will guide you through the process of pressure canning vegetables or fruits and show you how to make delicious jam using the boiling water bath method. Come ready to roll up your sleeves, get a little messy, and take home the skills (and some tasty samples) to start your own canning tradition!

Cost: \$70 | Instructor: Cheryl Gerhardt

SAT • SEPT 19 (9:00 am–1:00 pm)
CRN: 31327



Mediterranean Magic: Plant-Powered Recipes – D159

In this hands-on workshop, you'll create fresh, delicious dishes inspired by the Mediterranean. Learn how to use olive oil, herbs, grains, and seasonal produce to make simple yet vibrant meals bursting with flavor. Come hungry and ready to cook, taste, and enjoy the Mediterranean way of eating. Please bring a paring knife and container to take food home.

Cost: \$65 | Instructor: Dr. Margie Williams PhD, RN

MON & WED • OCT 26 & 28 (1:00–3:30 pm) CRN: 31328

Knife Skills – D159

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: \$75 | Instructor: Logan Sheridan

WED • NOV 4 (5:30–8:30 pm) CRN: 31329

Layer Up! Bake Like Christina Tosi – D159

Discover the fun and creativity of baking with inspiration from celebrated pastry chef Christina Tosi! In this hands-on class, you'll learn to create one of her iconic signature cakes, complete with the techniques that have made her famous.

Cost: \$70 | Instructor: Logan Sheridan

WED • OCT 7 (3:00–6:00 pm) CRN: 31330

A Taste of Autumn – D159

Enjoy the flavors of fall with a cozy autumn cooking experience featuring the best of autumn's harvest. In this hands-on class, participants will learn how to create comforting seasonal dishes perfect for cooler days and holiday gatherings. Discover the rich flavors of butternut squash soup,



prepare savory pumpkin ravioli with a brown butter sage sauce, toss together a fresh and colorful harvest salad, and finish with a classic apple crisp that captures the warmth of fall baking.

Cost: \$75 | Instructor: Cheryl Gerhardt

SAT • SEPT 26 (10:00 am–2:00 pm) CRN: 31331

Breadmaking 101 – D159

Discover how rewarding it is to make your own bread! In this hands-on class, you'll learn to create a versatile enriched dough that can be transformed into soft sandwich bread, fluffy dinner rolls, and delicious, sweet rolls. You'll also make a naturally sweet sourdough loaf while learning the fundamentals of kneading, fermentation, and flavor development. Leave with the confidence to bake fresh bread at home, a collection of tried-and-true recipes, and your own freshly baked loaf to enjoy.

Cost: \$75 | Instructor: Erin Kealen

SAT • OCT 3 (1:00–3:00 pm) CRN: 31332

Perfect Pies: Sweet & Savory Pie Baking – D159

Master the art of pie making in this hands-on class! Learn to create a versatile, flaky pie dough that can be used for both savory and sweet pies—and is freezer-friendly for easy make-ahead baking. Students will prepare a hearty savory chicken pie, a creamy dessert pie, and a classic fruit pie while learning techniques for mixing, rolling, shaping, and baking a beautiful crust every time. All recipes are included, and you'll leave with the confidence to make delicious homemade pies for any occasion.



Cost: \$75 | Instructor: Erin Kealen

SAT • OCT 24 (1:00–3:00 pm) CRN: 31333

Merry and Bright: Holiday Favorites – D159

Celebrate the season with the sweet traditions of Christmas baking! Participants will make homemade peppermint bark, rich and delicious Christmas fudge, and warm, comforting cinnamon rolls to enjoy on Christmas morning.

Cost: \$60 | Instructor: Cheryl Gerhardt

SAT • NOV 7 (10:00 am–2:00 pm) CRN: 31334

Health & Wellness

Tai Chi for Health – D024

Tai Chi is comprised of gentle, slow motion, connected movements that reduce stress and pain and improve mood, memory, 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: Jessica Myers

MON • SEPT 14, 21, 28 & OCT 5, 12, 19 (5:30–6:45 pm) CRN: 31335

TUES • SEPT 15, 22, 29 & OCT 6, 13, 20 (5:30–6:45 pm) CRN: 31336

Feed the Mind, Fuel the Brain: Aging Well Lessons from Dr. Amen & Dr. Sears – D115

The saying – “you are what you eat” is so true with how your brain works – memory, multi-tasking, mental health and more.... In this workshop, we will explore strategies to “have a better brain” as you get older – no matter what your age!

Cost: \$20 | Instructor: Dr. Margie Williams PhD, RN

WED • SEPT 30 (2:00–4:00 pm) CRN: 31337

Healthy Gut, Healthy You: Understanding your Microbiome – D115

Learn how your gut affects your mood, energy, and overall wellness! Explore simple ways to support a healthy microbiome through food and lifestyle choices and discover how small changes can make a big difference in how you feel every day.



Cost: \$20 | Instructor: Dr. Margie Williams PhD, RN
TUES • SEPT 29 (2:00–4:00 pm) CRN: 31338

Introduction to Reiki – First Degree Certification – D022

Reiki, meaning “Universal Life Force Energy” in Japanese, is a gentle relaxation technique that supports the body’s natural ability to heal. In this First-Degree Reiki course, students will be introduced to the principles and techniques of Reiki and receive their First-Degree Attunement. By the end of the course, you’ll be able to practice Reiki on yourself, as well as on family, friends, pets, and even plants. This class includes hands-on practice and foundational instruction in energy work.

Students will purchase the book from instructor prior to the start of class. Please bring a personal blanket for comfort during the course as well as a sack lunch and drink for Friday & Saturday.

Cost: \$100 | Instructor: Cari Frink, RMT
FRI • SEPT 25 (5:00–8:00 pm) & SAT • SEPT 26 (9:00 am–3:00 pm) CRN: 31339

Heartsaver First Aid, CPR, and AED – A024

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
MON • SEPT 14 (5:30–8:30 pm) CRN: 31340
MON • OCT 12 (5:30–8:30 pm) CRN: 31341
MON • NOV 9 (5:30–8:30 pm) CRN: 31342

Stress Reset: Reclaim Your Health and Energy – D129

Life can be overwhelming, but small changes can make a big difference in how you handle stress. In this workshop, you will explore ways to calm your mind, relax your body and build resilience. Learn how breathing, movement and mindfulness can help you manage daily challenges and improve overall well-being. **Available by zoom or in person.**

Cost: \$15 | Instructor: Dr. Margie Williams, PhD, RN
THURS • OCT 22 (5:00–7:00 pm) CRN: 31376

Personal Enrichment

Homeowner’s Guide to Electricity – Workforce Development Center – W146

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. **This class will be held at the Workforce Development Center, 2710 North 42nd Street, Quincy.**

Cost: \$20 | Instructor: Steve Edgar
TUES • OCT 13 (6:00–8:30 pm) CRN: 31343

Stick Welding – Workforce Development Center – W138

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, short arc welding and SMAW (Stick 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 • OCT 3 (8:00 am–12:00 pm)
CRN: 31344

Home Maintenance 101 – D160

Take the mystery out of basic home maintenance!

This hands-on class will teach you simple, practical skills that can help you keep your home safe, efficient, and well-maintained. Learn how to change a furnace filter, replace smoke detector batteries, unclog a sink, locate your home's main water shut-off valve, and identify your electrical panel and circuit breakers. You'll also receive a seasonal home maintenance checklist highlighting areas that need routine TLC throughout the year. Gain confidence through demonstrations, discussions, and guided practice while getting answers to your home maintenance questions.

Cost: \$40 | Instructor: Paul Hathaway
SAT • OCT 10 (10:00 am–12:00 pm) CRN: 31373

Introduction to Woodworking – D152

Curious about woodworking but not sure where to start? This beginner-friendly class introduces the fundamentals of working safely and confidently with wood. By the end of the course, each participant will complete and take home a simple woodworking project.

Cost: \$50 | Instructor: Terry Austin
WED • SEPT 30 (4:00–8:00 pm)
CRN: 31374



Become an Adult Literacy Tutor! – D128

Interested in making a difference or changing a life as a volunteer tutor? Discover how you can help adults in our community improve their reading, math, or English language skills. Join this free class to prepare to work with adult learners one to one or in a small group. The JWCC Adult Volunteer Literacy team will provide you with the training and support you need to help adults in our community succeed. You will be certified as a volunteer literacy tutor and explore opportunities with us to start having an impact right away. No teaching experience is required. Must live in Illinois, be 18 years or older, and have a high school diploma or equivalent. Can't attend the class? Want more information? Please go to jwcc.edu/read, contact Tina Jett - cjett@jwcc.edu, or call us at 217-641-4153.

Cost: FREE | Instructor: Martin McCarthy
WED • OCT 7, 14, 21, & 28 (4:00–5:30 pm) CRN: 31345



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or visit our website jwcc.edu for more info on all JWCC has to offer.

Fall 2026 Business & Industry Classes

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Mental Health in the Workplace
Getting More Out of Your Squarespace Website
Accountability 101: Foundation of Leadership & Self-Management
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Become the Leader Others Want to Follow
Power of Story
Essential Artificial Intelligence (AI)
Fundamentals of Management
HVAC EPA 608
Communication & Influence for Leaders
Digital Marketing with AI
Coaching & Mentoring High-Performing Teams
Leading From the Front
DIY Video Marketing
Leading Through Change
Introduction to PLCs for Troubleshooting
Strategic Decision Making & Problem Solving for Leaders
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Intermediate Excel
Advanced Excel

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THURSDAY
SEPTEMBER 17, 2026

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5:30-8PM  JOHN WOOD
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TO PURCHASE TICKETS
217.641.4105 | foundation@jwcc.edu

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