

» RETIRED ADULT PROGRAM

The following classes are offered through in-person or remote (Zoom) instruction. Registered participants will receive location or access information by email within 24-hours before a class begins. For updated class offerings or to register, visit www.mchenry.edu/rap or call (815) 455-8588.

Retired Adult Program (RAP) Membership

A twelve month RAP membership is \$25 and is renewable on your membership anniversary. You can register for the membership and RAP classes online at www.mchenry.edu/rap. You need a valid membership to enroll in RAP classes. For more information, please call (815) 455-8559.

Fee: \$25 (one year)

How to Self-Publish for Free

This course will start your personal journey to becoming a royalty-earning self-published author. Write the next Great American Novel, share your professional expertise, or tell your family's story. Whatever you dream of writing, you can write and publish it yourself. Discover how to produce e-books and print books through Amazon's Kindle Direct Publishing—plus other online platforms—that will give you worldwide reach for your work from a successful self-published author. We'll cover the basics including proper manuscript and book formatting, book cover design, editing tools, and publishing platforms. Learn how to create accounts and understand dashboards and reports, plus copyrights, ISBN, LCCN, and AISN. Develop a self-publishing plan and take steps to put that plan into action. Students who already have a book in progress can develop it for publication, while students who are new to writing and self-publishing will develop a solid understanding of this exciting and constantly-evolving new industry. This is a self-paced course with direct communication with the instructor. After registering, you will receive an email from the instructor directly within two weeks.

Fee: \$69

Roxanne Boersma

[6154](#)

7/1–9/30

4 Hours

Remote



Open Chess with McHenry Area Chess Club

Join the McHenry Area Chess Club for weekly Thursday night open chess from 6 to 8 p.m. at McHenry County College. Everyone aged 10 and up are welcomed. Open chess is for beginners to experts. Players are welcome to bring their own chess boards but not required to do so. Limited boards will be available for use. Open chess is a great way to connect with other chess enthusiasts, practice your playing skills, and learn from veteran chess players. Vending machines are available onsite for snacks.

Fee: \$5

McHenry Area Chess Club

[6130](#)

Th

7/6–9/28

6–8 p.m.

B, MCC

Chess for Beginners to Intermediates

Do you have an interest in learning how to play chess? Do you enjoy playing chess and would like to improve? This 8-week class will cover the essentials of chess, how to get started, basic strategy, and the resources to improve your next move. Instructor Jeff Varda, an experienced chess coach and player, will guide you on how to move your first pawn, how to protect your king, and finally, how to capture your opponent's king. Checkmate! Chess sets will be provided for use during each class. This class is open to students ages 10 and up.

Fee: \$20

William Varda

[6140](#)

W

8/9–9/27

6–7:30 p.m.

A, MCC

Writer Wannabees

Are you interested in writing, but don't know where to start? Do you like to write and share your thoughts? Are you looking for an honest, gentle critique? Join other RAP members to discuss the rewards and challenges of writing. Facilitated by Dan Giallombardo, this is a self-directed writing support group. Registration is limited to 15 people. Monday classes meet the second and fourth Monday of each month. Monday class dates are: July 10 and 24, Aug. 14 and 28, Sept. 11 and 25, Oct. 9 and 23, Nov. 13 and 27, Dec. 11; Wednesday classes meet the second and fourth Wednesday of each month. Wednesday class dates are: July 12 and 26, Aug. 9 and 23, Sept. 13 and 27, Oct. 11 and 25, Nov. 8, Dec. 13.

Fee: \$15

Dan Giallombardo

[5905](#)

M

7/10, 12/11

1–3 p.m.

A, MCC

[5906](#)

W

7/12–12/13

1–3 p.m.

A, MCC

The History of Baseball

This program will review the history of baseball from its origins through its various stages of development to what the game is today. We'll highlight certain players and personalities, plus include baseball trivia questions from Mr. Baseball throughout the presentation. You'll gain a better understanding of what baseball has meant to our culture and how it affects society today.

Fee: \$12 Bob Pressman
[5720](#) T 7/11 9:30–11:30 a.m. Remote

RAP Hike: Rush Creek

Rush Creek Conservation Area is 726 acres of upland forest, oak, and hickory woodlands, wetlands, and sedge meadows. Within the woodlands, you can find a variety of trees, including shagbark hickory, aspen, black walnut, basswood, black cherry trees, and red, white, and bur oaks. The strong branches on these trees provide favorable nesting places for larger birds such as red-tailed hawks and great horned owls, while the hollows and holes in the trees provide habitats for smaller wildlife like woodpeckers, screech owls, and flying squirrels. Coyote, deer, raccoons, groundhogs, grey squirrels and opossums also live here. The seasonal wetlands provide crucial habitats for salamanders, Blanding's turtles, American toads, and chorus frogs during the spring and early summer months. Several species of wildflowers scatter the forest floor, including May apples, shooting stars, violets, and trillium. Other wildflowers in the prairie and wet meadow include sunflowers, yellow coneflowers, aster, wild geranium, cardinal flowers, and marsh marigolds. Join the experts from the McHenry County Conservation District for a fun, informative hike through the beauty of Rush Creek. The address is: 20501 McGuire Road, Harvard, IL.

Fee: \$5 Nate Szkil
[6157](#) F 7/14 10–11:30 a.m.



The Lone Ranger Rides Again!

2023 marks the 90th anniversary of the Lone Ranger, the fictional character who has had a lasting influence on American culture. This class shares the fascinating story of how the Lone Ranger and Tonto were created, including pictures courtesy of the family of actor Clayton Moore who portrayed the Lone Ranger on television and movies.

Fee: \$12 Maria Jose Tenuto
[5722](#) F 7/14 1–3 p.m. Remote

Religious Terrorism: A Recipe for Disaster

Many religions have engaged in acts of terrorism, and when they do, they exhibit five common ingredients that are prone to generate violence. In this class, we will begin by defining what religious terrorism is and then examine these five common ingredients to show how they contribute to escalating violence. The instructor will show how removing any one of those ingredients prevents the inevitable violence that terrorism brings. We will end with several examples in modern-day religions where these five ingredients led to disaster.

Fee: \$12 Brian Wagner
[5721](#) M 7/17 1:30–3:30 p.m. Remote

Reverse Flower Dip Acrylic Painting

Create your next masterpiece by using the reverse flower dip method. Patty Berry, owner of Pouring It Forward, will teach you how to mix the right acrylic paint, prep your 8x8 canvas, and apply the paint for a beautiful flower effect. The fun begins the moment the paint hits the canvas. You'll leave your painting to dry until the 2nd class where you will varnish your masterpiece. Please bring a shirt box larger than 8x8 to transport your painting home safely. All class supplies are included except for the box. Let's have some fun and be creative! This is a two-day class.

Fee: \$39 Patricia Berry
[6205](#) M 7/17 6–8 p.m. A, MCC
Th 7/20 6–7:30 p.m. A, MCC

Summer Treats: Fun with Cookies

Kick off summer with some treat-themed cookies! Join Lauren Daly of Tada Cookies in learning how to make and decorate perfect cookies. Learn how to make delicious cookie dough and practice techniques for decorating beautiful cookies. You will receive six pre-baked themed cookies, icing, and sprinkles to decorate your own cookies during the class. Please bring an apron and get ready to decorate!

Fee: \$35 Lauren Daly
[6200](#) T 7/18 6–8 p.m. A, MCC

Everything You Wanted to Know About the Drinking Water in Your Home

This course will present information about your home's potable water system—from how the water gets to your home to how it is distributed inside your home; what causes low water pressure, stains on fixtures, and rotten egg smells; how you can maintain your water heater; and what a water softener is for and how to make sure it isn't wasting water. Other topics that will be covered include: lead and/or copper in your water as well as other contaminants; and which is better, tap water or bottled water. Attendees are encouraged to bring your latest Consumer Confidence Report (CCR) provided by your public water supply. There will be plenty of time for your questions.

Fee: \$10 Harry Harman
[6149](#) W 7/19 6–7:30 p.m. A, MCC

Personal Self Defense

Defense Tactics Instructor Tom Kretschmer will teach realistic strategies on how to keep yourself safe in all types of situations. You'll learn hands-on self-defense techniques and how to make effective strikes, plus how to prepare yourself mentally and what you can do to avoid dangerous situations. Tom will discuss what an OODA loop is and how this can protect you, everyday items you can use for protection, and how to use the safety measures your campus/community offers. Moderate physical activity will be a part of this class; please dress appropriately.

Fee: \$10 Thomas Kretschmer
[6128](#) Sa 8/5 9–11:30 a.m. A, MCC
[6129](#) T 9/12 6–8:30 p.m. A, MCC

Sumi-e Japanese Black Ink Art

Discover the beauty of Sumi-e, the Japanese art style of monochrome, black ink painting. You'll learn the techniques to paint with ink and how to create levels of shading by dissolving ink in water. Your end result will be creating your own elegant masterpieces. All supplies are provided.

Fee: \$69 Ann Leslie
[6219](#) T 8/8–8/29 6–8 p.m. A, MCC

RAP Hike: Hickory Grove Highlands

Hickory Grove Highlands serves as a refuge for northern Illinois wildlife, and provides visitors with opportunities for hiking through the beautiful woodlands. For hundreds of years, the first Americans and the Potawatomi, Winnebago, and Fox tribes lived in and passed through this woodland area. Hickory Grove Conservation Area opened to the public in 1981. Join the experts from the McHenry County Conservation District for a fun, informative hike through the beauty of Hickory Grove Highlands. The address is: 500 Hickory Nut Grove Road (South side of the street), Cary.

Fee: \$5 Christine Kustra
[6158](#) F 8/11 10–11:30 a.m.

Home Electrical Systems: Troubleshooting and Fixing Common Problems

When problems arise with electrical devices in your home, most people call an electrician—which could cost hundreds of dollars. This class will discuss common electrical problems that can be easily fixed without the help of an electrician. We'll discuss the basics of how your home's electrical system works, the advantages of switching from incandescent bulbs to LEDs, how to install a ceiling fan to help cool your home and save energy, and more.

Fee: \$10 Harry Harman
[6150](#) W 8/16 6–7:30 p.m. A, MCC

Brain Health: Concussion Management

Concussions happen—and they can be scary—but it's how we manage them that makes a difference! Learn from Certified Concussion Specialist, Dana Tress, the signs and symptoms of a concussion along with the latest, most up-to-date protocols for concussion management and treatment. Discover how to help yourself, your kids, and your athletes return to activity as safely as possible following this specific type of head injury.

Fee: \$12 Dana Tress
[6191](#) Th 8/17 6–7:30 p.m. A, MCC
[6197](#) Th 8/17 6–7:30 p.m. Remote

Brain Health: Understanding Dementia

Learn the basics of dementias—everything you never wanted to know. Discover signs to look for in yourself and others, identify different types of dementia (including Alzheimer's), and learn what to expect once a diagnosis is made. Dr. Jennifer Wilson-Binotti owns and is the sole practitioner of Compassionate Neuropsychology LLC. She specializes in diagnosis of dementias and will discuss neuropsychological evaluation for dementia and how to manage loved ones with the illness. She will also discuss tactics to help avoid the disease.

Fee: \$10 Jennie Wilson-Binotti
[6136](#) W 9/20 5:30–7 p.m. A, MCC
[6137](#) W 9/20 5:30–7 p.m. Remote

Brain Health: Headache Management

Take control of your headaches! If you're one of the 90% of adults who suffer from headaches, this class is designed for you. Understand the important facts about the most common types of headaches. Learn ways to take control of your head pain through medical intervention, alternative therapies, exercises, and work/posture habits. You'll participate in a gentle posture strength and stretching program that can be used immediately to begin to address your headaches.

Fee: \$12 Dana Tress
[6192](#) W 10/18 6–7:30 p.m. A, MCC
[6198](#) W 10/18 6–7:30 p.m. Remote

Flip Cup Acrylic Painting

Create your next masterpiece by using the flip cup method. Patty Berry, owner of Pouring It Forward, will teach you how to mix the right acrylic paint, prep your 11x14 canvas, and apply the paint for a beautiful effect. The fun begins the moment the paint hits the canvas. You'll leave your painting to dry until the second class where you will varnish your masterpiece. Please bring a box larger than 11x14 to transport your painting home safely. All class supplies are included except for the box. Let's have some fun and be creative! This is a two-day class.

Fee: \$49

Patricia Berry

# 6206	M	8/21	6–8 p.m.	A, MCC
	Th	8/24	6–7:30 p.m.	A, MCC



Paint Night: Charcuterie Board

Paint your own personalized charcuterie board for your kitchen décor. You will pick either a sunflower, wine glass, or monogram design and our instructor will take you through the steps to creating your new masterpiece. All supplies are provided. Bring a snack and make it a fun night!

Fee: \$40

Julie Kukreja

# 6227	W	8/30	6–8:30 p.m.	A, MCC
# 6228	W	9/27	6–8:30 p.m.	A, MCC



Bird Watching: Local Bird Identification

This class is designed for beginner and intermediate birders interested in improving their birding skills to better identify some of the hundreds of species of birds that can be found in the area. Jeff Aufmann of McHenry County Audubon is an experienced bird guide and an expert in identifying local birds by both sight and sound. The first part of the class is an indoor lecture covering traits and behaviors that aide in identification with a review of the various groups of birds in the area. The class will also cover the latest internet and smartphone technologies available to help find, identify and track species. There will also be a bird walk at nearby McHenry Dam where we will practice the techniques to effectively use binoculars and spotting scopes. New skills learned will be used to find and identify as many species as possible.

Fee: \$29

Jeff Aufmann

# 6153	Th	9/7	6:30–8:30 p.m.	C, MCC
	Sa	9/9	8–10:30 a.m.	Off Campus

RAP Hike: Marengo Ridge

Marengo Ridge Conservation Area is one of McHenry County's most popular and treasured areas. It contains over 818 acres of oak and hickory woodlands interspersed with spruce, aspen, ash, and sumac groves. The Marengo Ridge, from which the site derives its name, was left by the retreating Wisconsin glacier. The Marengo Ridge moraine is 40 miles long, 3 miles wide, and creates one of the steepest, vertical moraines in Illinois at 1,050 feet above sea level. The Marengo Moraine was created about 24,000 years ago. Join the experts from the McHenry County Conservation District for a fun, informative hike through the beauty of Rush Creek. The address is: 2411 N. Route 23, Marengo, IL.

Fee: \$5

Nate Szkil

# 6159	F	9/8	10–11:30 a.m.
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Artistic Journaling

Do you like to journal? Have you ever wanted to take your journaling to the next step? Learn how to create beautiful, one-of-a-kind pages in your journals using a variety of art materials and mediums. You will learn how to blend different art mediums to create unique layering effects and explore different styles of doodling and journaling. This would make a unique journal to keep or share with your special someone. A supply list will be sent to you prior to the start of the class.

Fee: \$69

Julie Kukreja

# 6221	M	9/11–10/23	6–8 p.m.	A, MCC
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Open Cup Pour Acrylic Painting

Create your next masterpiece by using the open cup pour method. Patty Berry, owner of Pouring It Forward, will teach you how to mix the right acrylic paint, prep your 11x14 canvas, and apply the paint for a beautiful effect. The fun begins the moment the paint hits the canvas. You'll leave your painting to dry until the second class where you will varnish your masterpiece. Please bring a shirt box larger than 11x14 to transport your painting home safely. All class supplies are included except for the box. Let's have some fun and be creative! This is a two-day class.

Fee: \$49

Patricia Berry

# 6207	M	9/18	6–8 p.m.	A, MCC
	Th	9/21	6–7:30 p.m.	A, MCC