

ILLINOIS VALLEY COMMUNITY COLLEGE

FALL RETREAT AT NELL'S WOODLAND

ART

WELLNESS

DRUM CIRCLE

YOUTH & ADULT
PROGRAMS

YOGA



ILLINOIS VALLEY
COMMUNITY COLLEGE

NEW! Yoga's Foundation: The 8 Limbs for Self-Discovery

[Ages: 18+] Class ID: 18166
 We will delve deep into the exploration of yoga's foundation: the Eight Limbs of Yoga. Each limb offers personal transformation and spiritual growth, guiding us toward a harmonious integration of body, mind and spirit. Throughout this enlightening journey you'll gain practical tools for integrating these timeless teachings into your daily life, fostering greater harmony, balance and spiritual fulfillment. Whether you're a seasoned practitioner or new to yoga, this class offers self-discovery and inner peace. Awaken to the full potential of your being with the Eight Limbs of Yoga!

Sat 10:30 AM-12 PM Sep 14
 1 Session Emily Manternach
 Ecology Bldg. Class ID: 18166 \$35
 Nell's Woodland, Ottawa

Registration Confirmation

You will receive a confirmation of your registration by email. Confirmation will include a schedule, receipt and information specific to your class.

Refund Policy

To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted.

Beginning T'ai Chi

[Ages: 18+] Class ID: 18164
 T'ai chi comprises gentle and slow movement exercises which increase the accumulation, circulation and balancing of energy. The movements are easy to learn and appropriate for people of all ages and physical abilities. Those who regularly practice T'ai chi experience greater energy, better balance and improved quality of life. You will be introduced to T'ai chi while experiencing the benefits of practice. This class does not require floor work or flexibility. Participate from a standing position or chair. *Wear comfortable, loose-fitting clothing, athletic shoes and bring water.*

Tue 5-6 PM Sep 24-Nov 26
 8 Sessions Dan Retoff
 Wellness Bldg. Class ID: 18164 \$79
 Nell's Woodland, Ottawa

Intro to Moon Phases

[Ages: 18+] Class ID: 18167
 Every moon phase has a function and timely activities to make the best use of the available cosmic influences, including light. By taking this into account in our planning personal or work projects, it can help us strategize our efforts more easily, and better our chances of attaining goals. In this class, discover how to synchronize your life rhythm with moon phases to regain your work-life balance, manage your energy and enjoy life more.

Thu 6-7:30 PM Sep 26
 1 Session Abby Zukowski
 Ecology Bldg. Class ID: 18167 \$35
 Nell's Woodland, Ottawa



NEW! Pearlescent Pumpkin Painting

[Ages: 13+] Class ID: 18182
 Join us for a painting on canvas using pearlescent paint. Customize your artwork by choosing from six color variations that will be available. Finish the 16" x 20" canvas by wrapping with twine to create a rustic look. Supplies included. *Ages: 13+. Children can register and attend class with an adult over the age of 18 who is also attending class.*

Thu 6-8 PM Sep 19
 1 Session Lucy Schmidt
 Ecology Bldg. Class ID: 18182 \$39
 Nell's Woodland, Ottawa



Impressionist Landscape Drawing using Soft Pastels

Join local art teacher and artist Julie Jenkins in exploring the medium of pastels in the serene landscape of Nell's Woodland. Learn about the medium of soft pastels and create a landscape or botanical drawing en plein air (outdoors). Soft pastel is a wonderful medium, it's ultra-soft, blendable, vibrant and it almost feels like creating with pure pigment. You can bring a landscape photograph, or use our surroundings at Nell's Woodland as the subject for your finished piece. We will practice layering and blending techniques. We will discuss pieces created by the Impressionists and adapt them to create our own masterpieces. Students will take home a set of landscape pastels and blending stumps at the end of class. No experience necessary. Supplies included. Ages: 13+. Children can register and attend class with an adult over the age of 18 who is also attending class.

Sat 9 AM-1 PM Oct 5
 1 Session Julie Jenkins
 Ecology Bldg. Class ID: 18183 \$89
 Nell's Woodland, Ottawa



NEW! Chair Yoga for You

[Ages: 18+] Class ID: 18157
 Join in for a rejuvenating Chair Yoga class accessible to all, regardless of age or mobility level. In this gentle yet active class, we'll explore a series of movements performed while seated or using the support of a chair. Chair Yoga allows a person to increase flexibility, improve circulation, and reduce stress - all from the comfort of your seat. Whether you're a beginner looking to dip your toes into yoga or someone seeking a more gentle approach to movement, this class is for you! *Bring water. A yoga mat is optional.*

Tue 7-8 AM *Oct 8-Nov 19
 6 Sessions Emily Manternach
 Wellness Bldg. Class ID: 18157 \$59
 Nell's Woodland, Ottawa
 *No class: Nov 5

NEW! Restorative Yoga

[Ages: 18+] Class ID: 18161
 Join IVCC instructor, Emily Manternach for a class focused on restorative yoga. Restorative yoga is a gentle and relaxing practice that uses props to support the body in passive stretching. Learn how restorative yoga can improve your sleep, mood, well-being, and pain management. Come away more relaxed, limber and feeling better! We will use equipment such as bolsters, yoga stretching bands and blocks during class. Class is appropriate for all levels of participants and can be adapted to meet your needs. *Bring a yoga mat and water. Wear comfortable, loose fitting clothing and athletic shoes.*

Thu 5-6 PM *Oct 10-Dec 5
 8 Sessions Emily Manternach
 Wellness Bldg. Class ID: 18161 \$79
 Nell's Woodland, Ottawa
 *No class: Oct 31, Nov 28

Intro to Sound Healing

[Ages: 18+] Class ID: 18168
 With sound healing, breathwork, mantra and meditation you can embark on a deep inner journey through space, conscious awareness, breath, tone and vibration to access the well of knowledge and self-healing available to all of us. Experience a variety of instruments including singing bowls, Shruti box, and more. We will also discuss the Solfeggio scale and sound frequencies. If you have participated in class before, please feel free to join us to continue your exploration of sound healing. *Wear comfortable clothing to class. You can bring a yoga mat, although it is not required.*

Thu 6-7:30 PM Oct 10
 1 Session Abby Zukowski
 Wellness Bldg. Class ID: 18168 \$35
 Nell's Woodland, Ottawa

Breathing for Life

[Ages: 18+] Class ID: 18169
 Body, breath and mind are interrelated and breathing properly is conducive to health and well-being. You will learn how to calm the mind and alleviate anxiety; and also improve sleep, circulation and immune functioning. Gain an understanding of the respiratory system and learn breathing practices to enhance and develop abdominal breathing. This class does not require floor work or flexibility. You can participate in this class from a seated position. *Wear comfortable, loose-fitting clothing, athletic shoes and bring water.*

Mon 5-6 PM *Nov 4-Dec 2
 4 Sessions Dan Retoff
 Wellness Bldg. Class ID: 18165 \$39
 Nell's Woodland, Ottawa
 *No class: Nov 11



Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

Friday Night Drum Circle Experience

[All Ages]

Class ID: 18112

Participating in a drum circle is an immersive collaboration that moves beyond individuality and fosters a sense of collective creativity among participants. As the pulsating beats of various drums and percussion instruments merge together, a resounding peaceful energy fills the air. Each participant becomes a vital part of the overall sound, adding their unique expression while also listening attentively to others. There is a sense of connection as we find harmony amidst the diverse patterns and cadences. Time can seem to dissolve, and participants might enter a state of flow, completely absorbed in the music and the shared experience. Whether it's the primal instinct of drumming or the joy of creating music together, a drum circle offers an uplifting experience for all involved, leaving memories of rhythm, connection, and creative expression. *An adult over the age of 18 should plan to register and participate with youth under the age of 18. Percussion instruments will be available to borrow for the session. If you have a percussion instrument that you would like to bring with you, please feel free to do so.*

Fri	6-7:30 PM	Nov 8
1 Session	Kevin Kramer	
Ecology Bldg.	Class ID: 18112	\$19
Nell's Woodland, Ottawa		



NEW! Explore Your Connection to Nature Through Your Senses

[Ages: 18+]

Class ID: 18169

Immerse yourself in the beauty of the outdoors. From the smell of the fresh air to the feeling of the soft grass under your feet, this presentation will awaken your senses and deepen your connection to the earth. Come and experience the beauty of nature in a whole new way! This class is a great opportunity to slow down, relax, and appreciate the world around us as the seasons begin to change. Come prepared to engage all your senses and leave feeling refreshed and connected to nature.

Sat	9-10:30 AM	Nov 9
1 Session	Abby Zukowski	
Wellness Bldg.	Class ID: 18169	\$35
Nell's Woodland, Ottawa		

NEW! Watercolor Landscape Workshop

[Ages: 13+]

Class ID: 18185

Learn about the watercolor medium and techniques. Use these skills to craft a watercolor painting of an outdoor space or scene. You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. Students are welcome to bring their favorite vacation photo or outdoor landscape photo. The instructor will also have landscape examples available that you can use during class. *Students will be asked to submit a sample of their photo by email approximately two weeks prior to class. The picture should be taken straight ahead and not at an angle. Students will receive a list of art supplies to purchase prior to class.*

Sat	9 AM-1 PM	Nov 9
1 Session	Julie Jenkins	
Ecology Bldg.	Class ID: 18185	\$49
Nell's Woodland, Ottawa		



NEW! Discover the Poet Within: A One-Night Poetry Workshop

[Ages: 18+]

Class ID: 18175

Unleash your creativity and explore the magic of words in our one-night poetry workshop. This evening offers a welcoming space to dive into the art of poetry. Through engaging activities and guided exercises, you'll transform your thoughts and emotions into verses. Whether you're looking to express yourself, find inspiration, or simply enjoy the beauty of language, this class promises an enriching and inspiring experience. We will save some time at the end of class for reading work, but participation is not required. Join us and let your inner poet shine!

Thu	6-7:30 PM	Nov 14
1 Session	Abby Zukowski	
Ecology Bldg.	Class ID: 18175	\$45
Nells Woodland, Ottawa		

NEW! Winter Church Landscape Painting

[Ages: 13+]

Class ID: 18186

This brand-new project will look beautiful in your home this season. Prepare for the season ahead as we paint a winter scene featuring a church landscape on a 16" x 20" canvas. Supplies included. We will be offering this class at IVCC, Oglesby on Tuesday, December 17 and Nell's Woodland, Ottawa on Saturday, November 6.

Sat	9 AM-12 PM	Nov 16
1 Session	Lucy Schmidt	
Ecology Bldg.	Class ID: 18186	\$39
Nell's Woodland, Ottawa		

Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

Additional IVCC Programs

NEW! Three Blocks in Time

Presented by Reddick Mansion, Ottawa

Put on your walking shoes for this virtual stroll through the past in historic Ottawa, Illinois! Your "walk" will encompass three blocks of the Washington Square National Historic District. Relive the Lincoln-Douglas Debate held on August 21, 1858. Experience life in the Victorian Era at the architecturally significant and restored home of William Reddick. Finally, experience the legacy of the Radium Girls at the site of the Radium Dial Factory from a personal perspective.

Wed	6-8 PM	Sep 11
Online Live	Class ID: 16714	\$19

NEW! The History of Scouting & Will Wallace and other LaSalle County Soldiers

Presented by Ottawa Historical and Scouting Museum. Program includes the following two presentations.

The History of Scouting

The turn of the twentieth century saw many changes in the ways boys and girls were invited to spend their "free" time. The story of scouting is really about the right people, in the right place and at the right time. You will learn about the men and women who developed Boy Scouting, Camp Fire, Girl Scouting, and Lone Scouting in this comprehensive presentation about exciting and changing times for youth.

Ottawa Historical and Scouting Museum presentation continued...

Will Wallace and Other LaSalle County Soldiers

Explore the history of Ottawa's home town General Will Wallace, who fought in the Mexican War and the Civil War. His family came to LaSalle County from Ohio when he was 13. He became an attorney with T. Lyle Dickey. After Fort Sumter was attacked, he enlisted, formed a regiment, and arrived in Springfield within 12 days. He rose in rank quickly after the Fort Donelson victory. He was mortally wounded at the battle of Shiloh, and succumbed four days later with his wife at his side, a touching love story. We will also mention the Civil War camps in Ottawa, and the many units of local men who passed through, and some who didn't come home.

Wed	6-8 PM	Oct 2
Online Live	Class ID: 16717	\$19

NEW! The Story of Seneca, Illinois

Presented by Seneca History Museum

Seneca, Illinois has many layers of history that molded and shaped the community into what it is today. Spawned because of the Illinois and Michigan Canal, the town once known as Crotty has been known as a canal town, a mining town, a farm town, a Prairie Shipyard, and a river town. Join us as we highlight the 160 years of The Story of Seneca, Illinois.

Wed	6-8 PM	Oct 16
Online Live	Class ID: 18097	\$19

Online Live Classes

Participants enrolling in an online live class will receive a zoom link within 24 hours of the scheduled session. The LaSalle County history classes will be recorded in the event you cannot view them at the time they are scheduled. These courses are part of a larger 9-week LaSalle County history series. Call for details.

NEW! Tracks through Time

Presented by Seattle Sutton Marseilles Museum

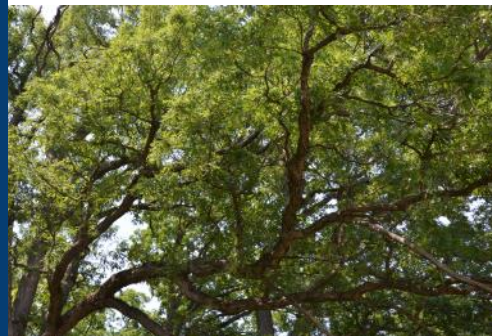
The Seattle Sutton Marseilles Museum helps us remember our rich history. That story begins in the 1830's when settlers built a cabin by the Illinois River. The arrival of the Illinois-Michigan Canal (1848), the railroad (1853), and the National Biscuit Carton Factory "Nabisco" (1902) are all milestones in our city's past.

Wed	6-8 PM	Oct 30
Online Live	Class ID: 18099	\$19

NEW! Primitive Ranged Tools: Throwing Stick, Atlatl & Traditional Archery

Join us for a day of throwing and shooting three of humankind's oldest and most reliable survival tools. Whether you've tried any of these before or have no experience, we will provide training so you are on target in no time. From the throwing stick of the ancient humans to the caveman's atlatl - a large fletched dart thrown from a handle - to the beloved traditional bow, you'll learn proper technique and develop your primitive ranged skills. We will also cover where you can find quality and affordable DIY kits and equipment.

Sat	10 AM-2 PM	Sep 7
1 Session	Jason Thompson	
G-103, IVCC	Class ID: 18180	\$45



Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

IVCC Trips & Tours

NEW! IVCC Bus Trip Exploring the Horicon Marsh

Includes motorcoach transportation, guided pontoon boat tour, lunch, visit to The Explorium, gratuities and snacks.

The 33,000 acre Horicon Marsh National Wildlife Refuge in Wisconsin is the largest freshwater cattail marsh in the United States. Over 300 species of birds can be found at Horicon Marsh throughout the year. Fall brings the most impressive numbers of migrating ducks, sandhill cranes and Canada geese for viewing. An occasional

sighting of a rare Whooping Crane is possible. We will board a pontoon boat as we explore the Horicon Marsh. Knowledgeable guides will point out points of interest and wildlife that may be viewable. A box lunch is included.

This afternoon, enjoy a self-guided tour of The Explorium where you can tour the Horicon Marsh through time, from the Ice Age to present day, through narrated interactive exhibits. Long before Horicon Marsh achieved international status as an important bird and wildlife area and a destination for outdoor recreation, glaciers carved a basin where a wetland would one day form. Today, guests of The Explorium can get a glimpse of life at the Horicon Marsh thousands of years before European settlement and witness how the current wetland became to be. The experience is narrated by a Clovis spearpoint, who keeps you company

throughout the journey as you view, listen to, touch and even smell exhibits that document the changes to the marsh over time. Be sure to bring your binoculars! A day in Wisconsin would not be complete without a stop for cheese! You will have some free time at a local purveyor of Wisconsin delights.

Date: Wednesday, October 2
Time: 6:30 AM-6:30 PM
Departing: IVCC Parking Lot #5
Class ID: 18142
Fee: \$169



IVCC Registration Form | Nell's Woodland Fall Retreat 2024

Student Name: _____ Daytime Phone: _____

Student Birthdate: _____ Male Female Choose Not to Respond

Address: _____ City: _____ Zip: _____

Email Address: _____

Emergency Contact Name: _____ Daytime Phone: _____

Ethnic/Ethnicity (Reporting question required by State of Illinois Higher Learning Commission)

Please identify your primary racial/ethnic group.

Select one:

- American Indian/Alaskan Native Asian Black or African American
 Hispanic Native Hawaiian or other Pacific Islander
 White Choose not to respond

IVCC Fall Class Information

Class ID	Course Name	Fee

Enclosed is a check totaling: _____

Make checks payable to IVCC/Cashier

Mail Registration to:
 IVCC Continuing Education Center
 815 N. Orlando Smith Road
 Oglesby, IL 61348

Payment by credit card:
 Call: 815-224-0427



About Nell's Woodland

The Nell's Foundation has been made possible through the inspiration and generous support of former Ottawan Mr. James Downey. Located at 2000 Alexis Avenue on 58 acres of beautiful oak woodland preserve, his contributions have allowed the creation of an engaging and evolutionary place. The mission of the Nell's Woodland Foundation is to provide people with a connection to nature, programs, and educational opportunities that support stewardship in the areas of Ecology, Wellness, and the Arts.

This fall's offerings feature a partnership with Illinois Valley Community College, providing a variety of continuing education opportunities aligned with the Nell's Woodland spheres of influence. Plans are underway for a variety of additional opportunities and programs that will be announced via the Nell's Woodland website, Nell's Woodland calendar of events and future press releases.

The Nell's Woodland community aspires to enhance and nurture the natural landscape of the 58-acre property. To date they have developed a walking pathway system that traverses 6,000 feet traveling across three distinct ridges allowing individuals to immerse themselves in the serenity of the preserve. For visitors and friends, they have developed facilities to support and enhance activities. With the belief that nature has the capacity to inspire, promote curiosity and generate creative ways of thinking and expression through the arts Nell's Woodland is open to all ages, backgrounds and demographics.

When can I visit the grounds? If you are interested in visiting Nell's Woodland during a time there is not a class or program offered, you can register to visit during public hours. Public hours are Thursday through Monday from 8 AM - 5 PM. Registration for a Park Visit is required and can be completed at www.nellswoodland.com prior to your visit. Please note public visiting hours may vary at different times of the year and during special events.

www.nellswoodland.com or connect@nellswoodland.com



Registration Confirmation

You will receive a confirmation of your registration by email. Confirmation will include a schedule, receipt and information specific to your class.

Refund Policy

To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted. Programs with different refund policies are indicated at the point of registration



CONTINUING EDUCATION

Illinois Valley Community College

Questions or ready to register?

Call: (815) 224-0427

Online: ivcc.edu/nellswoodland

Contact Us: continuingeducation@ivcc.edu