



Spring 2024

*Your Invitation to the Challenge
and Joy of Lifelong Learning*

Course List and Registration Form

*This semester LIFE will offer new adult educational opportunities such as
“Bees and Butterflies,” “Goat Yoga,”
“How to Pay Without Cash or Check,” “Identifying and Controlling
Common Invasive Shrubs and Trees,” “Researching My Family -
Where do I Start?” “Spring Fashions at the Princess Shoppe,” and
“Why It’s a Mistake to Win an Argument.”
And of course, we will continue to offer many of your ongoing favorites.*

**Study Abroad and Outreach
Western Illinois University**

wiu.edu/life



The Purpose and Operation of LIFE

Promoting Self-Growth/Building Community

LIFE (Learning Is ForEver) is affiliated with the Road Scholar Elderhostel Institute Network, a national organization of over 150 similar groups devoted to adult education. In the Macomb area, LIFE is sponsored by Western Illinois University's Study Abroad and Outreach office; however, it is a self directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, establish the fees, and promote the curriculum. Now in its third decade, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for very modest fees. The teachers and activity leaders are not paid, but they are all highly competent, engaging, and friendly members of the community who are committed to sharing the joy of lifelong learning.

Any adult is welcome to register for a LIFE course. There are no educational requirements, or any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class is commonly a mixture of people with varied backgrounds who want to remain intellectually stimulated, learn new skills, or participate in a cultural event—and probably make new friends in the process. Every class functions in an informal, noncompetitive way, fostering lively engagement with the topic and an enjoyable experience. Designed to be stimulating and fun, the LIFE program provides recreational education and champions the cause of lifelong learning in the Macomb area.

For more information/questions on the LIFE program, or to be put on the list to receive this free, semi-annual course brochure, contact WIU's Office of Study Abroad and Outreach at (309) 298-1911. The brochure can also be viewed on the LIFE website at wiu.edu/life.

Because of increased costs, brochures will be sent via email. Hard copies will be available at numerous locations e.g., Western Illinois Museum, the Macomb Public Library, YMCA Senior Center, several senior living centers, and some local businesses.

Western Illinois University is not responsible for personal injury or property damage arising out of the voluntary participation in this program.

The following LIFE officers and committee members welcome your comments on the LIFE program, your inquiries and participation, and any suggestions you may have for future courses:

Officers

Dan Wise, president

Jack Schoonover, treasurer

Sally Adams and Emily Roberts,

WIU LIFE liaisons

Curriculum Committee

Paula Wise, chair

Steve Hopper

Patti Jones

Bill Maakestad

Carol Sims

Val Smead

Suzan Nash

John Hallwas

Ron Walker

Emily Roberts

Jim Unruh

Social Committee

Garnette Hallwas and Brenda Allison, co-chairs

Janna Haworth

Phyllis Self

Carol Sims

Mary Elizabeth Vos

The LIFE organization is grateful to our sponsor, Western Illinois University's Office of Study Abroad and Outreach, and to these community partners, who are also committed to providing lifelong learning opportunities for area residents:

Allison Farm

American Legion

The Bird's Nest Knit and More

Dodsworth-Piper-Wallen Funeral Home

First Christian Church

First Presbyterian Church

Hickory Grove Farms

Macomb Transit Facility

McDonough District Hospital The Princess Shoppe

Purple Prairie Lavender Farm

Spoon River College Community Outreach Center

Spring Lake Park

Wesley Village Retirement Center

Western Illinois Museum

WIU COFAC Recital Hall

WIU Horn Field Campus

WIU Horrabin Hall Auditorium YMCA of McDonough County

A Letter from the President

Welcome to the LIFE Program for Spring of 2024.

We have a great lineup of courses for you. The range of courses includes cooking classes, outdoor courses, and reading classes – something for everyone! The Curriculum Committee (the members are listed on the previous page) put in many hours in brainstorming topics, finding instructors, and making the final schedule. Please thank them as well as the instructors, when you see them around town.

Please help us make the LIFE program even better by getting involved yourself. Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on one of our committees? If so, please get in touch with me at danwise19@comcast.com, or contact an officer or committee member you may know.

Registration for LIFE courses can now be done all online. Visit wiu.edu/life for full details. Payments for online registrations can be made via PayPal, credit/debit card, or check.

I thank you for your support as we continue to provide a LIFE program that offers wonderful opportunities for educational, cultural and social interaction.

Dan Wise
LIFE president

Course Costs and Refund & Waitlist Policies

Course Costs

Course costs are based upon the number of hours in a course as listed below:

- 1-2 hour class.....\$5
- 2.1-4 hour class.....\$10
- 4.1-6 hour class.....\$15
- 6.1 hours or more\$20

In addition, course costs may include course specific costs (e.g., food, travel, course materials, etc.).

If you have provided us with an email address, that will be our primary form of communication. Please monitor it daily. Please read the LIFE Refund and Waitlist Policies closely.

Refund Policy

- Requests to withdraw from a class must be received 30 days prior to the first class meeting in order to receive a refund. All approved refunds will be issued at the end of the semester.
- Requests to withdraw from a class received less than 30 days prior to the first class meeting will be issued an in-house credit to be used for a LIFE course from either the current or next semester. If the credit does not get used in either the current or next semester, it will be absorbed by the LIFE organization for future programing costs.
- Those owed a refund will receive a check directly from WIU.
- Those who have paid for a class that is canceled by LIFE, or who are waitlisted and no space becomes available, will be refunded at the end of the semester.

Refund Policy (specific to registrations paid for via credit card or online)

- Any payment made using a credit card accrues a credit card transaction fee.
- If a course is canceled by LIFE or a LIFE instructor, the full course registration cost, including the transaction fee, will be refunded at the end of the semester.
- If you cancel your course registration because you are unable to attend, the course registration cost minus the transaction fee will be refunded.

Waitlist Policy

- If you have been waitlisted for a course, that information will be included in your registration confirmation email/letter.
- If a space becomes available in the course for which you have been waitlisted for, you will be contacted by staff from our office.

Please do not plan to attend a course for which you have been waitlisted unless you have been contacted by staff from our office who have notified you of an available space.

Our Courses

The ABCs of LGBT*QA: An Introduction to the Definitions, Terms, and Concepts Related to the LGBT*QA Community

Growing up is hard. However, according to national data, growing up identifying as lesbian, gay, bisexual, transgender, queer, or questioning is even harder. Young people in the LGBT*QA community may face higher rates of rejection, violence, suicide, and homelessness when compared to their general population peers. This LIFE class will define common terms - and promote the use of accurate, authentic, and inclusive language - so that those who attend may be better equipped to understand and support LGBT*QA youth.

Instructor: Janae Patterson from WIU LGBT*QA Resource Center

Class Session: Wednesday, March 6

Time: 2 - 3:15 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Addiction: The Function, the Fundamentals, and the Family

This course will help participants understand why addiction holds such a powerful grip over behavior. The class will address how families reorganize as a result of addiction and the roles and rules that accompany these changes. Participants will gain an understanding of the importance of planning in the prevention of substance use disorders and the process of change.

Instructor: Amy Buwick, LCPC, CADC

Class Session: Wednesday, February 21

Time: 6 - 7:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 40

Cost: \$5

Armchair Traveler

April 4: The Mississippi River Experience - Cruise Locally (and Affordably)

Nancy Leigh took two trips recently. She will share about the cruise she and her husband took on the Riverboat Twilight. You will learn about the daily happenings on the mighty river that defines our state borders as well as learn about the historic cities along the route. Then she will talk about her experiences on a "girl's trip" on the Celebration Belle where they traveled from the Quad Cities to Dubuque, Iowa.

April 11: A Holy Land Trip Averted

Steve Hopper will share his experience on a cruise vacation that changed significantly due to the Hamas attack on Israel. Port calls in Israel and Egypt were canceled. The addition of Mykonos, Rhodes, Santorini, and Bodrum combined to provide a meaningful trip after all.

April 18: Board the Rocky Mountaineer

Join Paula and Dan Wise as they share their experiences on the Rocky Mountaineer. This luxurious and scenic two-day train ride went from Moab, Utah to Denver, Colorado with an overnight stop at a historic hotel in Glenwood Springs, Utah.

April 25: Dubai - A Fascinating Place to Visit

Mike Williams will share his experiences traveling in the Middle East. He will discuss the culture and customs of the people, interesting sights, food, everyday life, and medical care. He was a business consultant there and will also share how COVID was handled during the pandemic.

Coordinator: Steve Hopper

Class Sessions: Thursdays, April 4, 11, 18, and 25

Time: 1:30 - 3 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 40

Cost: \$20

Basic Home Maintenance

This class covers basic home maintenance and begins to delve into home improvement projects. We will talk about what tools you should always have on hand for basic triage in the event of a break or a leak, and we will discuss which tools are best to own and which tools are best to rent or borrow from a friend. We will also talk about which projects you should (or could) do yourself and which projects you should hire someone to complete for you.

Instructor: Ted Renner

Class Session: Wednesday, April 17

Time: 7 - 8 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Bees and Butterflies - 3 Part Series

March 14: Catch the Buzz with Native Pollinators - Carey Boehm-Corrie

Bees, wasps, flies, butterflies, moths, and beetles all pollinate our crops. Learn to recognize these native pollinators and how we can help them to find homes and to feed their young so they can carry on buzzing around pollinating everything from flowers to food crops!

March 28: Beekeeping - Brad and Jen Wagoner

As beekeepers for four years, we will explain bee hierarchy and the roles of each bee in the hive, the types of honeybees you might encounter and the life cycle of different honeybees. We will also explain how bee swarms work and how bee hives survive in the winter.

April 11: How to Raise Monarch Butterflies - Judy Lee

Raising a monarch from an egg takes very little equipment, no energy, and the food is free. Let's help these endangered species survive. I will talk about how easy it is to grow milkweed, the caterpillar's only source of food.

Instructors: Carey Boehm-Corrie, Brad & Jen Wagoner, and Judy Lee

Class Sessions/Times: Thursdays, March 14 from 3:30 - 4:30 p.m., March 28 from 5:30 - 6:30 p.m. (note that the time is different), and April 11 from 3:30 - 4:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Beginning Crochet

Grab a friend and join us for three fun evenings of beginning crochet. This class is not only for those wanting to learn for the first time, but also for those who need a refresher (we may have a few helpful tricks up our sleeve). Crochet offers you a portable, creative, and stress relieving activity to enjoy. For this project we will be making a dishcloth/washcloth out of cotton yarn in your choice of color. Please plan to purchase your yarn from The Bird's Nest Knit & More so we are all on the same learning/teaching curve. We will be using a US size "I" (5.5mm) crochet hook. They are available for purchase or you are welcome to bring your own if you have one.

Instructor: Jackie Sullivan

Class Sessions: Thursdays, February 8, 15, and 22

Time: 5:15 - 6:30 p.m.

Place: The Bird's Nest Knit & More, 115 S. Side Square

Parking: On the square

Maximum Enrollment: 6

Cost: \$5 (plus cost of yarn & hook)

Beginning Euchre

Come play an easy-to-learn Midwestern card game, Euchre. Actually, Euchre has been around since the 1800s and was very popular in Europe. Instructor Jim Unruh will teach beginners how to play the basic version and then you will play multiple rounds. Return for the second day to hone your new skills.

Instructor: Jim Unruh

Class Sessions: Monday, April 8 and Wednesday, April 10

Time: 1 - 2:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 12

Cost: \$10

Beginning Pickleball

See what the fun is all about with this introductory class on pickleball. You will learn the basic rules and strategies of the sport and participate in some drills and skill training. Participants will play doubles each session. All equipment to play will be provided by the YMCA. Wear athletic shoes and clothes. Bring water and sunscreen.

Instructor: Cindy Cavett

Class Sessions: Monday, May 13 and Wednesday, May 15. In case of rain, the class will be inside the gym.

Time: 5:15 - 6:15 p.m.

Place: Outdoor pickleball courts at the YMCA, 400 E. Calhoun St.

Parking: At the site

Maximum Enrollment: 8

Cost: \$10

Bigfoot in Illinois

This course, with an emphasis on Illinois, will examine the issues and controversies around the creature known as Bigfoot. What is Bigfoot? Is it a hoax? Why haven't any physical specimens been found? Where is this creature seen? Accounts of Bigfoot sightings in Illinois will be looked at including several recent ones at Argyle Lake State Park. Join Dr. Michael Lorenzen of the WIU Libraries as he shares local history stories relating to this creature.

Instructor: Dr. Michael Lorenzen

Class Session: Wednesday, April 17

Time: 1 - 2:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Bringing Balance to Your Optimal Wellness

Are you feeling out of balance in life? Spending too much time on the things that matter the least? Are you frustrated with your current condition and wish you could do more? Come learn what optimal wellness really means and how you can find greater balance and satisfaction and less frustration in life when you practice a few key principles for keeping life and body BALANCED! We will discuss wellness, common vestibular problems that may affect your physical balance, and how vertigo/balance problems are treated with physical therapy.

Instructor: Lawrence Michaelson, PT, DPT

Class Session: Thursday, March 7

Time: 1 - 2:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Cooking Korean with Chef Zac

Join Chef Zac in another fun cooking class. This time he will go over a variety of Korean cooking techniques and flavors to share at your next dinner party. He will explain how to make the popular Korean beef dish, bulgogi, as well as demonstrate how to make some quick pickled items. The best thing is that there will be some eating involved in the class. The cost of the class includes the ingredients.

Instructor: Zac Green

Class Session: Tuesday, April 23

Time: 1 - 2:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$15

Cooking with Harold

A combination of observation and participation with gourmet cook Harold Schmalfeld. The topic for this class will be tomato-based Italian dishes. They will include eggplant parmesan or Romano and pasta. Recipes will be provided to participants. The cost of the class includes the ingredients.

Instructor: Harold Schmalfeld

Class Session: Thursday, April 11

Time: 5 - 7 p.m.

Place: First Christian Church, 124 N. McArthur St.

Parking: On the west side of the church. Enter through the southwest door (closer to W. Jackson St.) where there is an elevator.

Maximum Enrollment: 12

Cost: \$15

Digital Photo Organization and Storage

Faster cameras and high capacity memory cards have made it easier than ever to shoot and store hundreds of photos on our computers, cell phones, and thumb drives. This course will help you store, find, and even edit your favorite photos to get your images in order.

Instructor: Brenda Allison

Class Session: Tuesday, April 9

Time: 9:30 - 11 a.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

Elvis!

Whether you loved him, hated him, or were indifferent to him, Elvis Presley remains one of the most significant cultural figures of the 20th century. Enjoy and reflect on films that powerfully depict the joyful, tragic, and soulful life and music of the King of Rock & Roll. As always, class participation, along with popcorn consumption, is wholeheartedly encouraged.

April 1 and 8: *The Searcher* (2018) Without question the finest documentary on Elvis. Director Thom Zinney shapes a narrative out of a vast amount of archival footage, chops away the jungle of gossip surrounding Presley, and focuses on why people talk about his music and what it expressed. While his addictions and other failings are not soft-pedaled, the spiritual and artistic forces which drove Presley from deep poverty to the heights of American success are compellingly explored.

April 15: A selection of clips from a wide variety of films, concerts and TV shows, including *Elvis: The '68 Comeback Special*, *Elvis On Tour* (1972), *Rebirth of the King* (2017), *The King* (2018), *Elvis* (2022), and others.

April 22: We will watch one of the following films, by critical consensus Elvis's best studio films, to be determined by popular vote of those in the class: *Jailhouse Rock* (1957), *King Creole* (1958), or *Viva Las Vegas* (1964).

Also, one lucky person will win a free DVD of one of Presley's most popular films, *Blue Hawaii*.

Instructor: Dr. Bill Maakestad

Class Sessions: Mondays, April 1, 8, 15, and 22

Time: 6 - 8 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 36

Cost: \$20

Exploring the Regulatory Cannabis Industry in Illinois

The course will provide an overview of the regulated cannabis industry in the United States with a particular focus on the state of Illinois. This will include regulated cannabis 101, FAQ, and the rationale and purpose of cannabis policy reform.

Instructor: Timothy O'Hern

Class Session: Tuesday, February 20

Time: 5 - 6 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Goat Yoga

Wear grubby clothes and bring an old mat and your willingness to smile, laugh, and have fun with goats while practicing yoga outdoors. This is simple, easy-to-do yoga so no prior experience is needed. The goats, if you are fortunate and willing, may possibly walk on your back during the class! The class will be held in a field near the entrance of Hickory Grove Farms. Ann Knowles, the owner of the farm, has a store with wonderful eggs, pork, chicken, lamb, and beef that she raises. If interested, you can shop after class.

Instructor: Heather McIlvaine-Newsad

Class Session: Saturday, May 18; Rain date, Saturday, May 25 at the same time

Time: 9 - 10 a.m.

Place: Hickory Grove Farms, 7097 - 7199 N. 1235th Rd., Colchester

Parking: Big field after main gate

Maximum Enrollment: 25

Cost: \$5

The History and Building Tour of the First Presbyterian Church

One of the first churches to be founded in Macomb, First Presbyterian Church has met in four different buildings over the past 192 years and has worshiped and served at its current location since 1893. We will discuss intriguing aspects of the church's history, examine historical photos and artifacts, and take a tour of the three-story, 131-year-old edifice. Come in the door on Dudley Street; there is an elevator there if needed. We will meet in the parlor area up the stairs.

Instructor: Sheila Nollen

Class Session: Friday, April 5

Time: 10 - 11:30 a.m.

Place: First Presbyterian Church, 400 E. Carroll St.

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

How to Pay for Purchases Without Cash or Checks

In this class you will learn to use cash apps to transfer cash or pay for items on your phone. Apps discussed will be Venmo, PayPal, Apple Pay, and QR Code. Also, you will learn the dangers and pitfalls of using the different apps. You need to bring your cell phone to class.

Instructor: Julie Anne Pickett

Class Session: Monday, March 4

Time: 1:30 - 3 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

Human Enhanced Climate Change

Climatic change has occurred throughout geologic time. The earth has been much warmer (no polar ice caps) as well as much colder (glaciers over much of the earth's land masses). The cause of these climatic variations has been the "natural phenomenon" (e.g., changes in our earth's orbits, volcanic activity, and fluctuations in solar energy output). So climatic change, caused by "natural phenomenon," has always occurred and will continue to occur—with some periodicity. So, what is the issue of concern — HUMAN ENHANCED climate change.

Natural climatic change takes place slowly – over 10s, 100s, 1,000s or even millions of years. However, changes caused by human activity occur much more rapidly – at a rate of 100s of years. This rapid increase in temperature will impact worldwide temperature and precipitation patterns which in turn will increase the intensity and distribution of severe weather. Ultimately this negatively impacts many facets of human activity.

We will look at the causes and the consequences of human induced climatic change as well as how to slow down its impact.

Instructor: Dr. Dan Wise

Class Sessions: Tuesdays, April 9 and 16

Time: 1 - 2:15 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$10

Identifying and Controlling Common Invasive Shrubs and Trees

Exotic invasive species of shrubs and trees are overgrowing our natural areas and even popping up in our residential landscapes. In this course, Paul Blome, WIU Forestry Instructor, will teach participants to identify some common invasives and how to control them by cutting them and treating their stump(s) with herbicide. We may also identify wildflowers that will be able to survive and hopefully thrive when we remove/control these invasive species.

Instructor: Paul Blome

Class Session: Wednesday, February 28; Rain date, Friday, March 1 at the same time

Time: 3 - 4:30 p.m.

Place: Lodge at WIU Horn Field Campus, 985 China Rd.

Parking: On the left at the end of the road

Maximum Enrollment: 15

Cost: \$5

The Impact of Tourism Development in Florida

This class will provide an overview of a WIU graduate student's fieldwork in the Human Dimensions of Natural Resources field. The study utilized applied anthropological methods, specifically participatory rural appraisal (PRA), to examine how business owners located in a historic district and beach community navigate tourism development and its impact on the local natural and cultural resources of west central, coastal Florida. The research area encompasses the Corey Avenue Historic Business District in St. Pete Beach, Florida. The purpose of this study is to provide an outside perspective to a tourism issue identified by key informants and the research community in order to provide a space for community members to generate practical, real-life solutions to issues impacting the socioecological landscapes in which they reside.

Instructor: Emma Fleming

Class Session: Wednesday, April 24

Time: 2 - 3 p.m.

Place: Lodge at WIU Horn Field Campus, 985 China Rd.

Parking: On the left at the end of the road

Maximum Enrollment: 15

Cost: \$5

Innovations in Organic Farming and Gardening

This course will explore opportunities to farm and garden more successfully through applying the science of ecology. WIU's Organic Research Farm in southwest Warren County will serve as the primary example of eco-intensification but smaller-scale strategies that fit a home garden will also be discussed. Students will leave with new scientific understanding, practical strategies that fit their context, and with some seeds! There will be some sitting and some walking so wear comfortable shoes.

Instructor: Dr. Joel Gruver

Class Session: Friday, May 10; Rain date, Friday, May 17 at the same time

Time: 10 a.m. - noon

Place: Allison Farm. 12 miles N on 67, then four miles W on 20th Ave. At the intersection of 20th Ave. and 20th St. is the Allison Farm. (Follow the highway sign from 67.)

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

An Introduction to the Alexander Technique: A Method to Gain Awareness of and Improve Posture, Movement, and Balance

Pain and balance issues are sometimes a result of long-term postural habits. The Alexander Technique is an educational method that helps us improve overall posture, movement, and balance. Recent studies have shown that improving postural awareness has long-term benefits for people with chronic back and neck pain. In this session, Claire Happel Ashe will introduce students to the Alexander Technique through an informative presentation and hands-on demonstration.

Instructor: Claire Happel Ashe

Class Session: Tuesday, February 6

Time: 10 - 11:30 a.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

An Introduction to the Giving Gardens

The Giving Gardens is a non-profit organization based in Macomb that focuses on creating public access gardens and empowering people to garden for themselves, their families and their community. The Giving Gardens is also working on creating the video infrastructure to help "franchise" the Giving Gardens and share it with a much broader audience. Our five-year goal is to help create 1,000 Giving Gardens. Come learn more about the gardens and their contribution to you and our community.

Instructor: John Curtis, Founder/Director/Gardener

Class Session: Thursday, March 28

Time: 9 - 10:30 a.m.

Place: First Presbyterian Church, 400 E. Carroll St. at the garden. Rain plan, meet upstairs in the church parlor.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Lavender Farm Tour at Purple Prairie Lavender Farm, LLC

This course will take you through how our farm began and our successes and failures. You will learn how we prepare the soil, where we plant, and how we care for lavender the first year and beyond. You also will learn what types of lavender do well in our area, what products we make from lavender, and its uses. Our store will be open if you are interested in purchasing any items. Please be aware that there are no bathrooms on site.

Instructor: Steve Harlin

Class Session: Wednesday, May 22; Rain date, Wednesday, May 29 at the same time

Time: 10 a.m. - noon

Place: 13405 State Route 9, Good Hope

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Maximizing Mobility While Maintaining Safety

This program will include considerations in selecting assistive mobility devices when weakness, balance, illness, and other conditions impair your safety in getting from point A to point B. We will review and discuss the many options of canes, walkers, scooters, wheelchairs, power chairs, etc. - to best supplement your physical abilities and maximize your quality of life.

Instructor: Phyllis McLouth, PT, DPT

Class Session: Thursday, March 21

Time: 1 - 2:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Mothers of Invention (Out of Necessity)

What do windshield wipers, electric dishwashers, circular saws, coffee filters, and medical syringes all have in common? They are just a few of the many everyday items that have been invented by women! Participants will explore the stories behind these and other useful inventions and learn a bit about the ingenious women who invented them.

Instructor: Dr. Ginny Boynton

Class Sessions: Thursdays, February 22 and 29

Time: 2 - 3:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 35

Cost: \$10

Nutrition to Build a Stronger, Healthier You

We will discuss nutrients of particular interest as we age, including protein, fat, fiber, calcium, vitamin D, and fluid intake. The focus will be on how to easily build healthy, balanced, enjoyable meals and snacks to give you the energy and building blocks to stay healthy and to feel good.

Instructor: Lynn Henderson, RD, LDN

Class Session: Tuesday, April 16

Time: 3 - 4:15 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Planning to be Prepared

The idea behind planning ahead is simply that one day a great deal of vital information about you or a loved one will be needed by your family and anyone whose responsibility it is to assist them in making funeral arrangements or end of life decisions. We will discuss the financial decisions one needs to consider when thinking of the final stages of life and one's estate. We will talk about the impact of preparing your affairs. There will be handouts and a time to ask questions.

Instructors: Eric Jameson and Cory Clem

Class Session: Wednesday, April 10

Time: 5:30 - 7 p.m.

Place: Dodswoth-Piper-Wallen Funeral Home, 201 W. Carroll St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Public Transportation 101

This course will provide an introduction to public transportation in the region and how it benefits community and economic development. This will be achieved through exploring the history of the agency, the services offered, and the partnerships that make transit possible. Attendees will also have the opportunity to tour the transit facility and learn how transit is structured based on the needs of our community.

Instructors: Miranda Lambert and Peter Hannen

Class Session: Wednesday, March 13

Time: 9 a.m. - noon

Place: Macomb Transit Facility, 701 E. Pierce St.

Parking: Directions will be emailed prior to the class on where to park.

Maximum Enrollment: 20

Cost: \$5

Researching My Family – Where do I Start?

This class is an introduction to genealogy which is designed to take participants step by step through the process of research. You will be introduced to the resources and techniques needed to track down the information about your family's history and start your family tree. This class is also for people who have been doing genealogy for a while but need some help putting it all together and keeping it organized. We will discuss how to get started, the leading computer software available, how to read census records, various websites and records available through IRAD, MCGS, and courthouse holdings. To make your tree come alive, we will touch on photographs, newspapers, foreign records, and labeling. You will be introduced to DNA discoveries and cM (centimorgan) numbers and their relationship to you. This two hour class will be packed full of information. Participants will also receive a booklet of information on genealogy.

Instructors: Allen Nemece and Marla Vizdal

Class Sessions: Mondays, April 15 and 22

Time: 2 - 3 p.m.

Place: Western Illinois Museum, 201 S. Lafayette St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Ride the Cyclone - WIU Musical

In this class you will get to hear the director, Lysa Fox, and the cast, talk about the musical *Ride the Cyclone*. In this hilarious and outlandish story, the lives of six teenagers from a Canadian chamber choir are cut short in a freak accident aboard a roller coaster. When they awake in limbo, a mechanical fortune teller invites you to tell a story in hopes of winning a prize, and the chance to return to life.. This popular musical is a funny, moving look at what makes a life well-lived! There will be a break before the show begins and then you will see the performance. You need to pre-purchase your ticket and not wait to buy it at the door. They are expecting the show to sell out on the weekend dates.

Instructor: Dr. Lysa Fox, WIU Associate Professor of Theatre

Class Session: Friday, March 1

Place: Horrabin Hall Theater/Auditorium (Room 114), WIU Campus, Corner of Western Ave. and University Dr.

Parking: Lot behind Currens Hall or lot south of Horrabin Hall

Maximum Enrollment: Unlimited

Cost: \$5 (Plus cost of pre-purchased ticket)

Some Approaches to Meaningful Life Experiences for Senior Citizens

As many Americans realize, older individuals now face a variety of cultural and personal forces that foster a sense of disconnection and unrewarding experiences. But there are ways to combat that through awareness of local history, social interaction with others, the development of lasting friendships, association with community causes, and even the writing of personal memoirs – which can all foster a meaningful sense of identity and belonging. This class, taught by Illinois writer, speaker, and social activist John Hallwas, will provide some short readings on this broad concern and also will urge participants to reflect upon their own experience and to share insights that can be helpful. The opening session will focus on the experience of senior citizens in our time and various short readings will be distributed that will prompt discussion in the following two sessions.

Instructor: Dr. John Hallwas

Class Sessions: Thursdays, April 4, 11, and 18

Time: 10 - 11 a.m.

Place: Wesley Village Retirement Center, Lounge, 1200 E. Grant St.

Parking: At the site

Maximum enrollment: 30

Cost: \$10

Spring Fashions at the Princess Shoppe

Owner Kathy Moon and her assistant will show you the color trends for the spring and what to accessorize with these clothes. She will also show you what kinds of tops to wear with wide leg pants and which to wear with straight leg pants. They will also do a walk through the store and show you different displays.

Instructor: Kathy Moon

Class Session: Wednesday, April 17

Time: 5 - 6 p.m.

Place: Princess Shoppe, 1520 E. Jackson St.

Parking: At the site

Maximum Enrollment: 12

Cost: \$5

Spring Lake Pontoon Ride

Enjoy a relaxing pontoon ride around beautiful Spring Lake. As you look for natural wildlife, you can ask questions about fish, birds, and plants, as well as learn about the services that the Spring Lake Park offers.

Instructor: Ryan Hansen

Class Session: Wednesday, April 10; Rain date, Wednesday, April 24 at the same time

Time: 10 - 11:30 a.m.

Place: Spring Lake Park, 602 Spring Lake Park Rd.

Parking: At the bottom of the hill by the bait shop

Maximum Enrollment: 12

Cost: \$5

Topping Goliath – Activism Works! - The C02 Pipeline Opposition

Learn why the C02 pipeline that was proposed to cut through McDonough County is so strongly opposed by a wide range of citizens. Hear first-hand the strategies, partnerships, and on-the-ground teamwork brought to bear on this groundswell opposition. Get updates about alternatives to pipelines as new technologies emerge to capture and sequester C02. Let your voice be heard.

Instructors: Steve Hess, Marilyn Shelley, and Terri Frisbie

Class Session: Thursday, March 7

Time: 3 - 4:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Trad Jazz: A Historical Perspective of the New Orleans and Chicago Era

This course will exist in two parts over two weeks. The first session will be a lecture and explanation of the history of Traditional Jazz from the New Orleans and Chicago era, roughly 1900 to 1928. In the second session, the group will attend a live performance where they will witness elements and musical styles put to practice by the Lamoine River Ramblers.

Instructor: Dr. John Cooper, WIU Director of Jazz Studies

Class Sessions/Times: Tuesday, March 12 from 2 - 3:30 p.m. and Tuesday, March 19 from 7 - 9 p.m.

Places: March 12 at Spoon River Community College Outreach Center, 2500 E. Jackson St. and March 19 at the American Legion, 221 E. Washington St.

Parking: At the sites

Maximum Enrollment: 30

Cost: \$5

A Trio of School of Music Concerts Including Pre-Concert Talks

Not only will you be hearing wonderful music, but the performers will speak to you prior to each performance, providing insights into what you are about to hear.

February 29: WIU Symphony Orchestra Concert featuring winners of the 2023–2024 WIU Concerto/Aria Competition

April 3: Faculty Chamber Series featuring the La Moine Brass Quintet and the Hopper Jazztet

May 4: Wind Ensemble President's Concert featuring repertoire focused on the theme "Overcoming"

Coordinators: Dr. Jeffrey Brown, WIU Director of School of Music and Paula Wise

Class Sessions/Times: Thursday, February 29 and Wednesday, April 3, pre-concert talk 6:45 p.m. and concerts at 7:30 p.m. Saturday, May 4, pre-concert talk at 2:15 p.m. and concert at 3 p.m.

Place: COFAC Recital Hall WIU Campus, 1020 Simpkins Cir.

Parking: Anywhere on campus

Maximum Enrollment: Unlimited

Cost: \$5

Turkish Lentil Soup and Baklava

This vegetarian soup is made with orange lentils, but a bone broth can be used. Not only is it wonderfully delicious but it is a very good source of fiber and protein. You will learn how to make not only this soup, but also baklava, the pastry layered decadent dessert with walnuts, butter, and a sugary syrup. We will consume the healthy soup and then eat the dessert together. The cost of the class includes the cost of the ingredients. Bring a small container to take home some baklava.

Instructors: Murevett Tasden and Emily Roberts

Class Session: Monday, March 4

Time: 5 - 7 p.m.

Place: First Christian Church, 124 N. McArthur St.

Parking: On the west side of the church. Enter through the southwest door (closer to W. Jackson St.) where there is an elevator.

Maximum Enrollment: 12

Cost: \$15

Vietnam 1963: A Sixty Year Retrospective

In 1963, Vietnam became a major issue for the Kennedy administration and the United States. In this 90-minute course, we will look at the events that turned Vietnam from a back burner issue into a crisis. The class, like the year, will culminate in the pair of November assassinations that led down a road no one foresaw with consequences for all sides.

Instructor: Dr. Rich Filipink, WIU History professor

Class Session: Tuesday, February 27

Time: 10 - 11:30 a.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

We Need to Talk Book Club

The We Need to Talk Book Club will give us a chance to join in conversation and connect with others. The book selections will center on two works of fiction that remind us of current issues. Our discussion will perhaps allow us to see these contemporary issues in a different light, give us a new perspective, or awaken us to another reality. They may also spark an opportunity for us.

March 5: We'll change things up a bit and read a classic book first published in 1899. The book was censored, considered immoral, and banned. *The Awakening* by Kate Chopin is one I'm sure many of you have read, maybe years ago. It will be interesting to review the novel in our 2024 context.

May 7: *Prophet Song* by Paul Lynch, the winner of the Booker Prize 2023, will be our book discussion in May. It's a frightening story. Here is what Amazon says about the book, "Ireland is falling apart, caught in the grip of a government turning towards tyranny. As the life she knows and the ones she loves disappear before her eyes, Eilish must contend with the dystopian logic of her new, unraveling country. How far will she go to save her family? And what—or who—is she willing to leave behind?" *Prophet Song* presents a terrifying and shocking vision of a country sliding into authoritarianism and a deeply human portrait of a mother's fight to hold her family together.

Instructor: Connie LaRue

Class Sessions: Tuesdays, March 5 and May 7

Time: 1 - 2:15 p.m.

Place: On Zoom (Link will be sent to participants.)

Parking: Not applicable

Maximum Enrollment: 25

Cost: \$10

Western Illinois' Underground Railroad: Images, Myths, and People

This course will locate the local and regional history of the famous Underground Railroad (UGRR), the illegal network of people escaping slavery, their allies, and opponents, important in American history before the Civil War and in our national heritage since then. The class will first focus on the national UGRR. As Macomb, McDonough County, and western Illinois were a part of that national network, we will then focus on our region's particular UGRR. The course will also consider popular images and myths of the UGRR and explore why certain myths and images, though perhaps or probably historically inaccurate, persist.

Instructor: Dr. Tim Roberts, WIU History professor

Class Session: Thursday, March 21

Time: 2:30 - 4 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Why It's a Mistake to Win an Argument

An argument is an exchange of reasons. People do this to make joint decisions, test their thinking, or clarify their disagreement. People often try to win their arguments which is a bad idea and often makes things worse. The course will explore better ways to think about arguing. I hope people will share their stories.

Instructor: Dr. Dale Hample

Class Session: Wednesday, March 20

Time: 3 - 4:30 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 25

Cost: \$5



LEARNING IS FOREVER

Call (309) 298-1911 for more information.

Western Illinois University is not responsible for personal injury or property damage arising out of voluntary participation in this program.

Chronological Course Listing

| Beginning in February | |
|--|---|
| An Introduction to the Alexander Technique: A Method to Gain Awareness of and Improve Posture, Movement, and Balance | Tuesday, February 6 at 10 - 11:30 a.m. |
| Beginning Crochet | Thursdays, February 8, 15, and 22 at 5:15 - 6:30 p.m. |
| Exploring the Regulatory Cannabis Industry in Illinois | Tuesday, February 20 at 5 - 6 p.m. |
| Addiction: The Function, the Fundamentals, and the Family | Wednesday, February 21 at 6 - 7:30 p.m. |
| Mothers of Invention (Out of Necessity) | Thursdays, February 22 and 29 at 2 - 3:30 p.m. |
| Vietnam 1963: A Sixty Year Retrospective | Tuesday, February 27 at 10 - 11:30 a.m. |
| Identifying and Controlling Common Invasive Shrubs and Trees | Wednesday, February 28 at 3 - 4:30 p.m.; Rain date, Friday, March 1 at the same time |
| A Trio of School of Music Concerts Including Pre-Concert Talks | Thursday, February 29 and Wednesday, April 3. Pre-concert talk 6:45 p.m. and concerts at 7:30 p.m. Saturday, May 4. Pre-concert talk at 2:15 p.m. and concert at 3 p.m. |
| Beginning in March | |
| Ride the Cyclone - WIU Musical | Friday, March 1 at 6:30 - 9:30 p.m. |
| How to Pay for Purchases Without Cash or Checks | Monday, March 4 at 1:30 - 3 p.m. |
| Turkish Lentil Soup and Baklava | Monday, March 4 at 5 - 7 p.m. |
| We Need to Talk Book Club | Tuesdays, March 5 and May 7 at 1 - 2:15 p.m. |
| The ABCs of LGBT*QA: An Introduction to the Definitions, Terms, and Concepts Related to the LGBT*QA Community | Wednesday, March 6 at 2 - 3:15 p.m. |
| Bringing Balance to Your Optimal Wellness | Thursday, March 7 at 1 - 2:30 p.m. |
| Toppling Goliath – Activism Works! - The C02 Pipeline Opposition | Thursday, March 7 at 3 - 4:30 p.m. |
| Trad Jazz: A Historical Perspective of the New Orleans and Chicago Era | Tuesday, March 12 from 2 - 3:30 p.m. and Tuesday, March 19 from 7 - 9 p.m. |
| Public Transportation 101 | Wednesday, March 13 at 9 a.m. - noon |
| Bees and Butterflies | Thursdays, March 14 at 3:30 - 4:30 p.m., March 28 at 5:30 - 6:30 p.m. and April 11 at 3:30 - 4:30 p.m. |
| Why It's a Mistake to Win an Argument | Wednesday, March 20 at 3 - 4:30 p.m. |
| Maximizing Mobility While Maintaining Safety | Thursday, March 21 at 1 - 2:30 p.m. |
| Western Illinois' Underground Railroad: Images, Myths, and People | Thursday, March 21 at 2:30 - 4 p.m. |
| An Introduction to the Giving Gardens | Thursday, March 28 at 9 - 10:30 a.m. |
| Beginning in April | |
| Elvis! | Mondays, April 1, 8, 15, and 22 at 6 - 8 p.m. |
| Some Approaches to Meaningful Life Experiences for Senior Citizens | Thursdays, April 4, 11, and 18 at 10 -11 a.m. |
| Armchair Traveler | Thursdays, April 4, 11, 18, and 25 at 1:30 - 3 p.m. |
| The History and Building Tour of the First Presbyterian Church | Friday, April 5 at 10 11:30 a.m. |
| Beginning Euchre | Monday, April 8 and Wednesday, April 10 at 1 - 2:30 p.m. |
| Digital Photo Organization and Storage | Tuesday, April 9 at 9:30 - 11 a.m. |
| Human Enhanced Climate Change | Tuesdays, April 9 and 16 at 1 - 2:15 p.m. |
| Spring Lake Pontoon Ride | Wednesday, April 10 at 10 - 11:30 a.m.; Rain date, Wednesday, April 24 at the same time |
| Planning to be Prepared | Wednesday, April 10 at 5:30 - 7 p.m. |
| Cooking with Harold | Thursday, April 11 at 5 - 7 p.m. |
| Researching My Family – Where do I Start? | Mondays, April 15 and 22 at 2 - 3 p.m. |
| Nutrition to Build a Stronger, Healthier You | Tuesday, April 16 at 3 - 4:15 p.m. |
| Bigfoot in Illinois | Wednesday, April 17 at 1 - 2:30 p.m. |
| Spring Fashions at the Princess Shoppe | Wednesday, April 17 at 5 - 6 p.m. |
| Basic Home Maintenance | Wednesday, April 17 at 7 - 8 p.m. |
| Cooking Korean with Chef Zac | Tuesday, April 23 at 1 - 2:30 p.m. |
| The Impact of Tourism Development in Florida | Wednesday, April 24 at 2 - 3 p.m. |
| Beginning in May | |
| Innovations in Organic Farming and Gardening | Friday, May 10 at 10 a.m. - noon; Rain date, Friday, May 17 at the same time |
| Beginning Pickleball | Monday, May 13 and Wednesday, May 15 at 5:15 - 6:15 p.m.. In case of rain, the class will be inside the gym |
| Goat Yoga | Saturday, May 18 at 9 - 10 a.m.; Rain date, Saturday, May 25 at the same time |
| Lavender Farm Tour at Purple Prairie Lavender Farm, LLC | Wednesday, May 22 at 10 a.m. - noon; Rain date, Wednesday, May 29 at the same time |

LIFE Registration Form

Spring 2024 Semester

Please feel free to duplicate this registration form. Couples should submit separate forms.
Register early to ensure your place in class.

Please print your information below:

Name _____

Address _____

City/State/Zip Code _____

Phone _____ e-mail _____

I want to sign up for the following course(s):

- The ABCs of LGBTQ: An Introduction to the Definitions, Terms, and Concepts Related to the LGBT*QA Community - \$5
- Addiction: The Function, the Fundamentals, and the Family - \$5
- Armchair Traveler - \$20
- Basic Home Maintenance - \$5
- Bees and Butterflies - \$10
- Beginning Crochet - \$10
- Beginning Euchre - \$10
- Beginning Pickleball - \$10
- Bigfoot in Illinois - \$5
- Bringing Balance to Your Optimal Wellness - \$5
- Cooking Korean with Chef Zac - \$15
- Cooking with Harold - \$15
- Digital Photo Organization and Storage - \$5
- Elvis! - \$20
- Exploring the Regulatory Cannabis Industry in Illinois - \$5
- Goat Yoga - \$5
- The History and Building Tour of the First Presbyterian Church - \$5
- How to Pay for Purchases Without Cash or Checks - \$5
- Human Enhanced Climate Change - \$10
- Identifying and Controlling Common Invasive Shrubs and Trees - \$5
- The Impact of Tourism Development in Florida - \$5
- Innovations in Organic Gardening and Farming - \$5
- An Introduction to the Alexander Technique: A Method to Gain an Awareness of and Improve Posture, Movement, and Balance - \$5
- An Introduction to the Giving Gardens - \$5
- Lavender Farm Tour at Purple Prairie Lavender Farm, LLC - \$5
- Maximizing Mobility While Maintaining Safety - \$5
- Mothers of Invention (Out of Necessity) - \$10
- Nutrition to Build a Stronger, Healthier You - \$5
- Planning to be Prepared - \$5
- Public Transportation 101 - \$5
- Researching My Family – Where do I Start? - \$10
- Ride the Cyclone - WIU Musical - \$5
- Some Approaches to Meaningful Life Experiences for Senior Citizens - \$10
- Spring Fashions at the Princess Shoppe - \$5
- Spring Lake Pontoon Ride - \$5
- Toppling Goliath – Activism Works! - The C02 Pipeline Opposition - \$5
- Trad Jazz: A Historical Perspective of the New Orleans and Chicago Era - \$5
- A Trio of School of Music Concerts Including Pre-Concert Talk - \$5
- Turkish Lentil Soup and Baklava - \$15
- Vietnam 1963: A Sixty Year Retrospective - \$5
- We Need to Talk Book Club - \$10
- Western Illinois' Underground Railroad: Images, Myths, and People - \$5
- Why It's a Mistake to Win an Argument - \$5

Total amount: \$ _____

I would be interested in taking a course on: _____

I would like to teach a course on: _____

Please add me to your email list: _____

Refund Policy: Requests to withdraw from a class and for a related refund must be received 30 days prior to the first class meeting. All approved refunds will be issued at the end of the semester. For the full refund policy please refer to page three.

Please return your completed form and check made payable to **Western Illinois University** to the Office of Study Abroad and Outreach, Horrabin Hall 8, 1 University Circle, Macomb, IL 61455-1390.



**Western Illinois
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Study Abroad and Outreach

1 University Circle

Macomb, IL 61455-1390

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