



# LEARNING IS FOREVER

## Fall 2016

### Course List and Registration Form

*The Book Class, The Armchair Traveler, The Play's the Thing, Eight Dramatic Chapters in United States History, Adult Coloring, Essential Oils, Geocaching- a World Wide "Treasure" Hunt, How Walmart has Affected Small-Town America, Knitting 102, Tour of Pella Manufacturing in Macomb, Using iPads and Tablets, and More!*

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

**Study Abroad and Outreach  
Western Illinois University**



# 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 3rd decade, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for 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, nor are there any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class members are 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.

Call Sally Adams at WIU's Study Abroad and Outreach office, (309) 298-1911, for information on transportation or handicapped accessibility. She can also add you to the e-mail list to receive this free, semi-annual course brochure. You can also visit the LIFE website at [wiu.edu/life](http://wiu.edu/life).

Because our costs have increased, and in order to keep your costs affordable, brochures will be sent to your e-mail address. Also, the brochure may be found on-line at [wiu.edu/life](http://wiu.edu/life). Hard copies will be available at numerous locations e.g., YMCA senior center, Western Illinois Museum, several senior living centers and at some local businesses.

**Western Illinois University is not responsible for personal injury or property damage arising from 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:

### *Administration*

Dan Wise, president

David Bormet and David Self, co-historians

Penelope Yunker, treasurer

Pedro Bidegaray, registrar and University liaison

### *Curriculum Committee*

Kathy Nichols and Paula Wise, co-chairs

Chris Brix

Patti Jones

Carol Sims

Nancy Crossman

Peggy Ma

Greg Van Vleet

John Hallwas

Bill Maakestad

Steve Hopper

Kelly Shiraki

### *Social Committee*

Garnette Hallwas and Kate Joswick, co-chairs

Doris Burton

Phyllis Self

Jean Whitehead

Janna Haworth

Mary Elizabeth Vos

Nancy Wilson

Elaine Hopkins

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

First Presbyterian Church

Trinity Lutheran Church

Free Range Yoga and Community Wellness Center

Tri-States Public Radio Performance Studio

Hainline Theatre - WIU

Wesley Community Center

Kozmic Game Emporium

Wesley United Methodist Church

Macomb Hy-Vee

Wesley Village

Pella Manufacturing

West Central Illinois Arts Center

Spoon River College Community Outreach Center

Western Illinois University

Taylor Hall

# A Letter from the President

Welcome to the LIFE schedule of classes for Fall 2016. We think we have another exciting and diverse lineup of learning opportunities for you.

As a member of the Curriculum Committee, I was aware of and appreciated the work of the officers and committee members of LIFE. It was only upon becoming the president that I truly realized the hard work of all the people involved in putting together our outstanding programs, most often behind the scenes.

I would like to invite even more of you to become involved.

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](http://wiu.edu/life) for full details. Payments for online registrations can be made via PayPal, credit/debit card or check.

As our costs have increased, we have had to undertake some cost-cutting measures. The most noticeable is that our brochures are available electronically on our website, while hard copies are distributed at numerous sites around town. Registration confirmations will also be sent out electronically to those for which we have e-mail addresses. If you are reading this message, you have received this brochure by one of those venues. Please tell your friends of these distribution methods so that they too can join our classes—and keep your e-mail address current on the registration form.

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

## Course Costs and Refund Policy

### 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.)

### 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.
- Those with refunds equal to or over \$25 will receive a check for the amount owed.
- Those with refunds less than \$25 will receive a credit toward enrollment in future courses.
- Upon written request, a refund will be issued instead of a course credit.
- Those who have paid for a class that is cancelled, or who are wait listed and no space becomes available, will received a full refund check.

Dan Wise

# Course Descriptions

## ***ACL Injuries***

ESPN is great for sports information but not for medical information. It has said nothing, for example, about ACL injuries, even though it is not uncommon for athletes and exercisers to have them. The ACL is tissue that connects the thighbone to the shinbone, at the knee. Most ACL injuries occur during sports such as basketball, soccer, football, skiing, and tennis. Symptoms include knee swelling, instability and pain. Come and learn about the science behind this injury and its healing.

**Coordinator:** Scott Urch, M.D.

**Class session:** Thursday, Oct. 20

**Time:** 1-2 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 40

**Cost:** \$5

## ***Adult Coloring***

“Coloring isn’t just for kids” was the headline from an Oct. 13, 2014, *Huffington Post* article. Quite often while creating posters and other projects, teens and adults have described coloring as “freeing.” Adult coloring books were first published in France in 2012, and have now become extremely popular in the United States. Adult coloring provides a positive social avenue adults may not have access to otherwise, according to Sarah Cascone’s Aug. 7, 2015, article in *Artnet News*. Participants will experience a relaxing atmosphere while interacting with complex designs. Some images are very intricate, while others are conducive to various coloring media. Come and learn about this new interest, and once coloring commences, be prepared to bid stress goodbye.

**Coordinator:** Sharon Sample

**Class session:** Wednesday, Oct. 19

**Time:** 6:30-8 p.m.

**Place:** Macomb Public Library, 235 S. Lafayette St.

**Parking:** At the site

**Maximum enrollment:** 15

**Cost:** \$5

## ***Aging Eye: Cataracts, Glaucoma, and Macular Degeneration***

Participants will learn about cataracts, glaucoma and macular degeneration, as well as other conditions that affect the eyes as you age. They will also learn about diagnostic and treatment options for eye health.

**Coordinator:** Timothy Williams, O.D.

**Class session:** Thursday, Sept. 15

**Time:** 1-2 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 40

**Cost:** \$5

## ***Armchair Traveler***

*Oct. 6:* Steve and Janet Hopper will talk about a trip to China and Tibet they have taken. Come learn about these complex and often conflicting far eastern cultures.

*Oct. 13:* Patti Jones—A Viking Tour—Budapest to Bucharest. This program will focus on some little-known, but fascinating places.

*Oct. 19:* Febe Pamonog—Culion: A Paradise and Island of Death\*. This session will explore the beautiful island of Culion (Philippines) in present day in juxtaposition with its early 20th-century history as an “island of death,” when it was made as a leper colony under the American colonial administration. Videos, photographs, songs and stories of the Hansenites/leprosy patients who were forcibly brought to Culion will be used to demonstrate the rich history of this island.

*Oct. 27:* Tom and Kate Joswick—A trip to Italy with a twist. This program will be personalized because it reflects taking their granddaughter and introducing her to the Italy they love.

*Nov. 3:* Jacob Hamilton—A Year's Service in the Peace Corps in Morocco. This will be a fine introduction to modern Peace Corps work as well as an introduction to a historic north African locale.

The first, second, fourth and fifth Armchair classes will meet on Thursdays, 1:30-3 p.m. at SRC Outreach Center.

\*The third session will meet on Wednesday Oct. 19, 1:30- 3 p.m. at SRC because of the presenter's teaching responsibilities.

**Coordinator:** Dean Reeverts

**Class sessions:** Thursdays, Oct. 6, 13, Wednesday, Oct. 19\*, Thursday, Oct. 27; Nov. 3

**Time:** 1:30-3 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 30

**Cost:** \$20

### ***The Art Around Us***

The campus of Western Illinois University (as well as our Macomb community) has a growing number of sculpture installations, both indoors and outdoors. Local and guest artists have been commissioned to create or have donated pieces that inspire and beautify our surroundings. After the newness wears off, the name of the artist, the title of the piece, and the vision of the creator fades and familiarity obscures the depth of our understanding of these artistic treasures. In this LIFE course, we will meet twice, for two hours each time, and walk around campus, visiting five or six sculptures in each session. We will talk about the artist, what he or she thought about the piece, when it was created, and how it was acquired.

**Coordinator:** Gil Belles

**Class sessions:** Saturdays, Oct. 15, 22

**Time:** 10 a.m.-noon

**Place:** First meeting WIU track, north gate; Second meeting TBA

**Parking:** Any WIU lot convenient to the start of the tour

**Maximum enrollment:** 15

**Cost:** \$10

### ***The Art of Afternoon Tea***

Join us for the most unique tea experience in town. Tea expert and scone maker extraordinaire Penny Yunker will demonstrate how to make and bake scones, and how to make the traditional English lemon curd. We will also be making tea sandwiches to enjoy with your warm scones. You will learn about and be served premium loose leaf teas to accompany your afternoon tea fare. Each person is asked to bring a cup and saucer, a dessert plate, and spoon and fork. Also, bring some containers to take home some of the items we will be making.

**Coordinator:** Penny Yunker

**Class sessions:** Thursday, Sept. 22

**Time:** 4:30-6:30 p.m.

**Place:** Knoblauch Hall Kitchen (second floor)

**Parking:** Any WTU lot convenient to the site

**Maximum enrollment:** 12

**Cost:** \$20

### ***Behind the Scenes at Shooting Star***

Enjoy a director's talk before the matinee performance of *Shooting Star*, by Steven Dietz, and a performance of the play. Described as a "bittersweet romantic comedy about the middle days of our lives and how we got there," *Shooting Star* is about two former lovers who meet in an airport and revisit their personal journeys and the people they have become.

**Coordinator:** Jeannie Woods

**Class session:** Saturday, Sept. 24

**Time:** Pre-show talk with director Brett Olson at 1 p.m.; Performance at 2 p.m.

**Place:** Taylor's Hall, 121 S. Randolph St., Macomb, IL

**Parking:** At the site

**Maximum enrollment:** 30

**Cost:** \$15

## ***The Book Class***

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a book of significance and current interest. For Fall 2016, the book selection is Mark Smith's *Secular Faith: How Culture Has Trumped Religion in American Politics*. The subtitle illustrates the book's thesis. Smith uses five bitter political controversies to argue that popular culture rather than religious doctrine now dominates the political scene. Participants should read the preface and chapters one and two before the first meeting. The book may be obtained from New Copperfield's Book Service, or from Amazon.com.

**Coordinator:** Sterling Kernek

**Class sessions:** Mondays, Oct. 3, 10, 17 and 24.

**Time:** 10-11:30 a.m.

**Place:** Trinity Lutheran Church, 123 S. Campbell St.

**Parking:** At the site

**Maximum enrollment:** 20

**Cost:** \$15

## ***Bridge: The World's Greatest Card Game***

Success and enjoyment in playing bridge are closely linked to playing often and growing into a better player over time. This course is aimed at the player who understands the basics, but wants to improve. The course will review the basics stressing why the rules for bidding and playing make sense. Nuances, such as how scoring alters bidding, will be described. Many of the most useful conventions will be demonstrated. Plenty of time will be set aside for playing and discussing hands. *Bridge for Everyone: A Step-by-Step Guide to Rules, Bidding, and Play of the Hand* (Knack: Make it Easy), by D.W. Crisfield, is available new and used through Amazon.com for those who are interested in purchasing a book.

**Coordinators:** Becky Parker and Chris Brix

**Class sessions:** Mondays, Sept. 12, 19, 26; Oct. 3, 10

**Time:** 1:30-3:30 p.m.

**Place:** Wesley Village, 1200 E. Grant St.

**Parking:** At the site

**Maximum enrollment:** 16

**Cost:** \$20

## ***A Carry On Film Festival***

Produced between 1958 and 1977, the 30 "Carry On" movies were a series of lowbrow British comedy films that kept a generation laughing and continue to enthrall new fans. This series includes *Carry on Spying* (1964), *Carry On Camping* (1969), *Carry On Up the Jungle* (1970) and *Carry On Abroad* (1972). For further information, visit [jimyunker.com/LIFE-CarryOnMovies.pdf](http://jimyunker.com/LIFE-CarryOnMovies.pdf). Movies will be shown at the Spoon River College Community Outreach Center on East Jackson Street.

**Coordinator:** James Yunker

**Class sessions:** Tuesdays, Sept. 6, 13, 20, 27

**Time:** 2-4 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$20

## ***Eight Dramatic Chapters in United States History***

U.S. history is a kaleidoscope of events, trends and human actions that have made us what we are today. There are, however, some dramatic chapters which have had more than ordinary impacts on our national history. In this class we will explore eight of these chapters in their historic context, consider their causes, and attempt to assess their effects. At this time, the class is a work in progress, but likely some of the topics will include Jackson vs. Calhoun, the Emancipation Proclamation and the decision to use atomic weapons in 1945. There are no required texts.

**Coordinator:** Larry Balsamo

**Class sessions:** Mondays, Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7

**Time:** 4-5:30 p.m.

**Place:** Horrabin Hall, room 78

**Parking:** Lot C/A, commuter parking south of Horrabin Hall

**Maximum enrollment:** 50

**Cost:** \$20

## ***Enjoying Retirement***

Many people retire and then think, “Now what do I do?” After working for decades, there is suddenly time to fill. This course will be a discussion of activities available for recent retirees. We will present information on organizations in search of volunteers, as well as ways to pursue hobbies and interests. The class will be informal, so class members can share information.

**Coordinator:** Paula Wise

**Class sessions:** Thursdays, Sept. 1, 8

**Time:** 9-10 a.m.

**Place:** Taylor’s Hall, 121 S. Randolph St., Macomb, IL

**Parking:** On the square

**Maximum enrollment:** 24

**Cost:** \$10

## ***Essential Oils***

An informational class about essential oils—what they are and how they can be used to support healthy immunity, to improve physical and emotional well-being and to facilitate household cleaning. Come learn the benefits and uses for essential oils, and even taste them in a drink and a treat. Participants should have paper and writing utensils to take notes. Participants should bring a glass, cup or tumbler if they wish to sample essential oils in water, along with peppermint brownies.

**Coordinator:** Kate Cole

**Class sessions:** Tuesday, Oct. 11

**Time:** 6-7 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 30

**Cost:** \$5

## ***The Establishment of the U.S. Constitution: The Critical Period in American History***

We take for granted that the Constitution was written and established in a prosaic and easy way. But in fact it was a “miracle,” as C.D. Bowen has written. The Articles were already a failure. They were unable to weld 13 independent countries into a nation. Slavery was a serious divider even then. There was conflict among rich planters, early bankers, traders and others, as well as regional cultural differences. How did these men bring the country together and how did it survive its early years? Many of the compromises were difficult and not perfect, but still were accomplished. Suggested book: *Miracle at Philadelphia* by C.D. Bowen. Used copies are available.

**Coordinator:** Chris Brix

**Class sessions:** Tuesdays, Sept. 13, 20, 27; Oct. 4, 11

**Time:** 10-11 a.m.

**Place:** Trinity Lutheran Church, 123 S. Campbell St.

**Parking:** At the site

**Maximum enrollment:** 24

**Cost:** \$15

## ***Geocaching – a World Wide “Treasure” Hunt***

Geocaching, or “How to Use Multi-Million Dollar Satellites to Find Tupperware in the Forest,” has been around since 2000. Using GPS capabilities, either in a free phone application, or a hand held GPS device, participants follow coordinates and clues to find “caches” that can be anywhere (there are 140 in a 10-mile radius of Macomb). Ranging in size from one inch, to “bigger than a breadbox,” caches are containers that hold, most importantly, a log to sign and date. Depending on the size of the container, there might also be a variety of other things as well ranging from old McDonalds’ toys to key chains, coins, pins, etc. If you are looking for an activity to do with grandchildren that is basically free and that appeals to a wide age range, this could be it. But it certainly isn’t just for children. There are almost three million geocaches worldwide, and close to 10 million people looking for them. This activity is fun for anyone who likes to solve mysteries, be outside, and learn new things. Class participants will learn how to download an appropriate application (for either iPhone or android) and will be given enough information to get started with this fascinating hobby – or to at least find out if it’s something you want to pursue. The class will end with a geocaching field trip to find area caches.

**Coordinators:** Chris and Vicki Strong and Joe and Candace McLaughlin

**Class session:** Tuesdays, Sept. 27 and Oct. 4

**Time:** 3:30-5 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 15

**Cost:** \$10

## ***Hearing Beach the Romantic and Ives the Modernist Maverick***

A century ago in 1916, the Piano Quintet in f# m. by the New Englander, Amy Beach (1867-1944), was performed to acclaim by the Kneisel Quartet in Boston, Brooklyn, Chicago and Philadelphia. Other works from 1913 had been heralded in performances by music critics in Germany, citing the composer as possessing, “a musical nature touched with genius.” Mrs. Beach, the virtuoso pianist/composer had broken through long-embedded societal barriers of her time to become America’s first successful woman composer of large scale art music. Also by 1916, another New Englander, Charles Ives (1874-1954), an insurance executive by day and composer in off hours, had by then created music containing bitonal, polytonal, polyrhythmic and aleatoric passages, working quite apart from the influence of European colleagues. Breaking through centuries of tonal and rhythmic strictures that had evolved within European musical tradition, the experimental and iconoclastic Ives, rebuffed and mostly ignored by his own generation, has come to be known world-wide as America’s first truly original and independent composer. In three sessions, we will pair these astonishingly strong-willed composers: Beach and Ives. We will discuss what they had in common and in which ways they differed by reading selected handouts and listening to CD’s and DVD’s. We will contrast their sound worlds and the historical and biographical contexts, and why in their later years the music of both fell into oblivion for almost a half century until the on-going resurgence of interest that began in the 1970s. In Session III, a live instrumental and vocal concert without charge will be performed by mezzo-soprano Marietta Dean, pianist Minjung Seo, violinist Julieta Mihai, and organists Linda Andrews and Anita Werling.

**Coordinator:** Marietta Dean

**Class sessions:** Wednesdays, Sept. 14, 21, 28

**Time:** 1:30-3 p.m.

**Place:** Sessions one and two: Spoon River College Community Outreach Center, 2500 E. Jackson St.; Session three: First Presbyterian Church, 400 E. Carroll St.

**Parking:** At the sites

**Maximum enrollment:** 25/ Presbyterian Church no maximum

**Cost:** \$15



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### ***Hosting Friends with Food Allergies and Other Dietary Needs***

Join Macomb Hy-Vee Dietitian Andrea Thompson as she discusses common food allergies and intolerances, as well as other common dietary needs. Sample some allergen-friendly products we carry, and learn to better prepare for cooking for friends and family with various dietary concerns. (Fee for course covers cost of samples.)

**Coordinator:** Andrea Thompson, MS, RD, LDN, registered dietician

**Class session:** Tuesday, Nov. 1

**Time:** Noon - 1 p.m.

**Place:** Hy-Vee conference room

**Parking:** Hy-Vee parking lot

**Maximum enrollment:** 20

**Cost:** \$15

### ***How Walmart has Affected Small-Town America***

This class will look at cultural, economic, social and environmental impacts of Walmart on the U.S. and worldwide. It will evoke feelings about large corporations in the past and in the 21st century, which may be negative, positive, or neutral. The main function will be to give people a better knowledge of how the free market capitalism system has been affected. This will allow consumers to see how the retail process works, based on the impact Walmart has had on the free enterprise system.

**Coordinator:** Larry Zigler

**Class session:** Tuesday, Oct. 25

**Time:** 10 a.m.-noon

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

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$5

### ***An Introduction to English Poetry from the Romantic Era (1798-1830), Part II***

This class is intended for all those who love to read, write, and just think about poetry. Together, we will take four weeks in October to read selections from the great poets of one of the most important eras in the history of poetry—the British Romantic Era. In October, our reading and discussion will include the second generation of the great Romantic poets, including John Keats, Percy Bysshe Shelley, and Lord Byron. These poets are indeed perfect reading for an October in Macomb: autumnal odes, philosophic sonnets and the rakish Byronic quest—all of this will make sense for us to read as we settle into the great signatures of an Illinois Fall, that includes cool crisp nights, sunny days, chrysanthemums, pumpkins and orchard apples. Photocopies of selected poems will be distributed to the participants at the beginning of the first class session.

**Coordinator:** Mark Mossman

**Class sessions:** Mondays, Oct. 3, 10, 17 and 24

**Time:** 2-4 p.m.

**Place:** West Central Illinois Arts Center, 25 East Side Square

**Parking:** On the square

**Maximum enrollment:** 25

**Cost:** \$20

### ***Knitting 102***

Knitting 102 is intended for those knitters who have never knitted a lace shawl, but would like to learn lace knitting, and for those individuals who want to pick up additional knitting skills. Working with circular needles, participants will be introduced to basic lace stitches, directional increases, and selection of appropriate yarns to complete the shawl. The class project will be a shawl made with DK or worsted yarns. Those who enroll will be contacted prior to the first class to assist them in the purchase of yarn and needles for the class project. Participants should become members of Ravelry.com

**Coordinator:** Phyllis Self

**Class sessions:** Wednesdays, Sept. 7, Oct. 5, Nov. 2 and Dec. 7

**Time:** 10 a.m.-noon

**Place:** West Central Illinois Arts Center, 25 East Side Square

**Parking:** On the square

**Maximum enrollment:** 15

**Cost:** \$20

## ***Learn the Basics of Chess***

Adam Kozlowski, who markets games, will be introducing the basics of chess. He will teach board setup and how each piece moves on the board. By the end of class, participants should understand how the pieces can be used in the game, and be ready to play with friends. This is a good opportunity to be introduced to this ancient game in an environment that is friendly and open to the complete novice.

**Coordinator:** Adam Kozlowski

**Class sessions:** Thursdays Nov. 3, 10, 17

**Time:** 1-2 p.m.

**Place:** Kozmic Game Emporium, 135 S. Randolph St., (south of Sullivan Taylor)

**Parking:** On the square

**Maximum enrollment:** 10

**Cost:** \$10

## ***Shakespeare's "Merchant of Venice"***

One of Shakespeare's most famous—and controversial—comedies, *The Merchant of Venice* is a story of learning what really matters in life. In the course of telling the story of Bassanio's courting the rich Portia, Shakespeare introduces two "outsiders" who take over the play: Portia and Shylock, the Jewish moneylender. As the play progresses, Shakespeare treats themes that are as relevant today as they were in Shakespeare's day—prejudice, friendship, love, and marriage. The class will read the play and will view video clips from several productions as they discuss this riveting work.

**Coordinator:** Daniel Colvin

**Class sessions:** Thursdays, Sept. 22, 29; Oct. 6, 13, 20, 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:** \$20

## ***The Most (Un)fortunate Fleet: The Myths and Legacies of Spain's Invincible Armada***

The fate of the Spanish Armada has been a source of fascination for amateur and professional historians for centuries. The well-disciplined naval force dubbed la felicissima armada ("the most fortunate armada") by Spanish contemporaries, was considered by many observers in Europe to be invincible, destined for a legacy of glory that would make legends out of its captains and its king. Yet, against the odds, its journey ended in ignoble defeat and tragedy, and its leaders have been branded as incompetent ever since. That King Philip II of Spain's attempted invasion of Queen Elizabeth I's England ended in catastrophe in the summer of 1588 is well known, but many of the other most familiar elements of the Armada story are in fact the product of myth rather than history. These course sessions examine the diplomatic and personal tensions that prompted the launch of Spain's great fleet, the events of the summer of 1588 that resulted in the Armada's defeat, and the afterlife of the Armada in history and legend, as we reconsider the place of the Armada in world history.

**Coordinator:** Jennifer McNabb

**Class sessions:** Wednesdays, Oct. 19 and 26; Nov. 2

**Time:** 3-4:30 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 50

**Cost:** \$15

## ***Music of World War II***

A two-session look at the popular swing music of the 1940s that boosted the spirits of America during the dark days of WWII. The class is being offered in conjunction with the 15th annual Al Sears Jazz Festival, which will feature a tribute to USOs, and other musical traditions during wartime.

**Coordinator:** Jeff Holtz

**Class sessions:** Tuesdays, Sept. 13 and 20

**Time:** 6:30-8 p.m.

**Place:** Tri-States Public Radio Performance Studio, University Drive

**Parking:** At the site

**Maximum enrollment:** 20

**Cost:** \$10

### ***Normal Aging/Not Normal Aging***

Why do we worry more as we age – are our lapses normal or a sign of a bigger problem? Spend time at this session and learn the difference between normal and not normal aging. We will discuss the science behind changes in language, our five senses, understanding and self-care. You will also learn skills for successfully helping others who have memory issues. Forgetfulness is common at all ages so when does it become a bigger issue?

**Coordinator:** Kelly Shiraki, CHES

**Class session:** Thursday, Dec. 8

**Time:** 2-4 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$5

### ***Observations and Reflections on My Legal Experience***

Former Vice President for Student Services at Western Illinois University and practicing attorney Earl Bracey, will share his experiences as a practicing attorney in McDonough County for 37 years. This two-part discussion will cover memorable interactions and observations in his role as student attorney for WIU, as well as in his private practice

**Coordinator:** Earl Bracey

**Class sessions:** Wednesdays, Nov. 9, 16

**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:** \$10

### ***Philosophers on Happiness and Goodness***

Contemporary philosophers Steven Cahn and Christine Vitrano address our topic, what makes a good human life, in their short, very readable and thought-provoking book, *Happiness and Goodness: Philosophical Reflections on Living Well* (Columbia University Press, 2015, list price \$20). Please buy or borrow your own copy and join us as we share our own reflections on their thesis that happiness and morality are both needed for living well. We think that you will enjoy Cahn and Vitrano's use of colorful vignettes and everyday life stories to engage us in evaluating the worth of various life choices. At the same time they draw links with a wide array of sources, such as the Hellenistic philosopher Epicurus, the Hebraic Book of Ecclesiastes, and the "experience machine" thought-experiment of Robert Nozick. There will be ample material for our ongoing discussions of life's most important questions. Please read chapters one through four, pp. 1-15, and bring your comments and questions to our first meeting.

**Coordinators:** Bryant Keeling and Bill Davenport

**Class sessions:** Tuesdays, Oct. 4, 11, 18, 25 and Nov. 1 and 8

**Time:** 4-5 p.m.

**Place:** Wesley United Methodist Church, 1212 W. Calhoun St., lodge parlor, upper level

**Parking:** At the site

**Maximum enrollment:** 20

**Cost:** \$20

## ***The Play's the Thing***

WIU's Department of Theatre and Dance will again host this long-time favorite LIFE program. The class will meet an hour before curtain for the Sunday matinee performance of the three mainstage shows. The director and/or other members of the production team will join us for a pre-show discussion, and we will then attend the performance at 2 p.m. The Fall 2016 season includes:

- *Ruined*, by Lynn Nottage: This 2009 Pulitzer Prize winning look at the plight of women in the Civil War-torn Democratic Republic of Congo has been described as "a richly stirring and complex drama that even includes generous doses of humor."
- *Mr. Burns, a Post-Electric Play*, by Anne Washburn: This imaginative dark comedy takes us to a group of survivors shortly after a global catastrophe. With a focus on an episode of the TV show *The Simpsons*, it explores how the pop culture of one era might evolve into the mythology of another.
- *Bloody, Bloody Andrew Jackson*, book by Alex Timbers, lyrics by Michael Friedman: This comedic historical rock musical redefines Andrew Jackson, America's seventh president, as a rock star. With a raucous blend of outrageous comedy, anarchic theatricality, and an infectious rock score, the play focuses on populism, the Indian Removal Act and Jackson's relationship with his wife, Rachel.

**Coordinator:** Nancy Crossman

**Class sessions:** Sunday, Oct. 9 (*Ruined*, directed by Carolyn Blackinton, Horrabin Theatre); Sunday, Oct. 30 (*Mr. Burns, a Post-Electric Play*, directed by Laura Hoske, Horrabin Theatre); Sunday, Nov. 13 (*Bloody, Bloody Andrew Jackson*, directed by Matt Saltzberg, Hainline Theatre)

**Time:** 1 p.m.

**Place:** Horrabin and Hainline Theatres, WIU campus

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$30 (Covers admission to the performances)

## ***Psychosocial Aspects of Aging***

It can be hard to understand the special psychosocial needs of an older adult. Learn about social factors and how individual thoughts and behaviors change as we age. We will look at many issues including answering the following questions. What's it like to be in a nursing home? What are some myths about aging? What are some characteristics of aging? What are some common problems of aging?

**Coordinator:** Lynn Allen

**Class session:** Wednesday, Sept. 7

**Time:** 10-11 a.m.

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

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$5

## ***The Pursuit of Home: The Household Model***

Join us and learn about the new and innovative movement that is sweeping the United States, transforming the typical nursing home setting into a homelike environment. This culture change across the U.S. is creating a new foundation for our seniors in long term health care. Home versus institution, person over systems, increased spontaneity, choice on how the individual will spend their days all within a homelike setting. The days of scheduled routines in the nursing home will soon be in the past. Wesley Village will be the first long term health care facility in our community to implement, The Household Model.

**Coordinator:** Shelly Martin, Wesley Village administrator/CEO

**Class session:** Tuesday, Sept. 13

**Time:** 2-4 p.m.

**Place:** Wesley Community Center, 1200 E. Grant St.

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$5

### ***Self-Portraiture in Painting and Poetry***

The main focus of the course will be on self-portraits in painting from the European Renaissance to the modern period, but we will also read some poetry that may help clarify questions about social status, religious or moral beliefs, gender roles, psychological affirmations or distress that self-portraits raise. Special attention in the course will be on how some women artists found self-portraiture particularly liberating and affirming. “I turn on my light/And become myself,” writes one artist and poet about her self-portrait. A version of this course topic was offered a few years ago, and there will be some repetition in the present version. Brief reading materials will be distributed in class.

**Coordinator:** Thomas Joswick

**Class sessions:** Thursdays, Nov. 3, 10 and 17

**Time:** 3:30-4:45 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$10

### ***Taking Care of the Body You're In***

Maybe you're not as flexible, strong, or balanced as you used to be. Or maybe you've gained a little weight, or have trouble relaxing and shutting down your thoughts. And maybe you've forgotten just how good it can feel to really move again. Here's where Free Range can help. Take this sampler of courses offered by friendly and knowledgeable Free Range teachers and see just how good you can feel again. This LIFE class will have a variety of options for people of all ages and abilities. So you can try the things you want and expand your horizons without any fear of stress or injury. (For more about Free Range, check us out at [freerangeyoga.us](http://freerangeyoga.us).) You will need to complete a waiver at the first class, which will be kept on file.

**Coordinators:** Dawn Piper, along with Free Range Yoga and Community Wellness Center teachers

**Class sessions:**

Tuesday, Sept. 6	Chair Yoga	(Dawn Piper)
Wednesday, Sept. 7	Tai Chi & Qigong	(Bill Maakestad)
Thursday, Sept. 8	Beginner Strength	(Kindra Martin)
Tuesday, Sept. 13	Mighty Yoga	(Dawn Piper)
Wednesday, Sept. 14	Latin Dance (beginning)	(Alice Dixon)
Thursday, Sept. 15	Gentle Yoga	(Debbie Hunt)

**Time:** Noon (participants should arrive at 11:45 a.m.) for all classes.

**Place:** Free Range Yoga and Community Wellness Center – All classes are taught at Free Range South Wing (118 N. Lafayette St. - formerly Ford Hopkins pharmacy), except for Beginner Strength, which is taught at Free Range North (122 N. Lafayette St.).

**Parking:** On the square

**Maximum enrollment:** 30

**Cost:** \$20

### ***Tour of Pella Manufacturing in Macomb***

The Pella tour shows all the different types of windows the Macomb factory makes and the processes necessary to complete these products. Most of the windows are made to customer specifications, and sizes vary in length and width. There are about 10 different staging areas that participants will see.

**Coordinator:** Larry Zigler

**Class session:** Tuesday, Oct. 18

**Time:** 1-2:30 p.m.

**Place:** Pella Manufacturing, 111 Pella Pl.

**Parking:** At the site

**Maximum enrollment:** 25

**Cost:** \$5

### ***Trash Talk: The How and Where to Recycle in McDonough County***

Ever since the Bridgeway recycling center closed, there has been confusion about items that can and cannot be recycled. This course presentation will clarify curbside pick-up guidelines plus give participants new resources available to recycle items that are not eligible for curbside pick-up. Additionally, we will discuss how to cut down on waste at the front end, such as how to make smart choices in everyday purchases.

**Coordinator:** Margaret Ovitt

**Class session:** Tuesday, Sept. 20

**Time:** 4-6 p.m.

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

**Parking:** At the site

**Maximum enrollment:** 30

**Cost:** \$5

### ***Using iPads and Tablets***

For those who would like to get more use out of this, now popular, computing platform, these sessions will explore programs or apps, as they are now called. You'll learn of the greater capabilities of that little machine you have in your hands or on your desk.

**Coordinator:** Phil Earnest

**Class sessions:** Tuesdays, Oct. 11 and 18

**Time:** 10-11 a.m.

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

**Parking:** At the site

**Maximum enrollment:** 15

**Cost:** \$5

# LIFE Registration Form

## Fall 2016 Semester

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

**Please print.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

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

- \_\_\_\_\_ ACL Injuries - \$5
- \_\_\_\_\_ Adult Coloring - \$5
- \_\_\_\_\_ Aging Eyes; Cataracts, Glaucoma, and Macular Degeneration - \$5
- \_\_\_\_\_ The Armchair Traveler - \$20
- \_\_\_\_\_ The Art around Us - \$10
- \_\_\_\_\_ The Art of Afternoon Tea - \$20
- \_\_\_\_\_ Behind the Scenes at *Shooting Star* - \$15
- \_\_\_\_\_ The Book Class - \$15
- \_\_\_\_\_ Bridge: The World's Greatest Card Game - \$20
- \_\_\_\_\_ A Carry On Film Festival - \$20
- \_\_\_\_\_ Eight Dramatic Chapters in United States History - \$20
- \_\_\_\_\_ Enjoying Retirement - \$10
- \_\_\_\_\_ Essential Oils - \$5
- \_\_\_\_\_ The Establishment of the U.S. Constitution - \$15
- \_\_\_\_\_ Geocaching - a World Wide "Treasure" Hunt - \$10
- \_\_\_\_\_ Hearing Beach the Romantic and Ives the Modernist Maverick - \$15
- \_\_\_\_\_ Hosting Friends with Food Allergies and Other Dietary Needs - \$15
- \_\_\_\_\_ How Walmart has Affected Small-Town America - \$5
- \_\_\_\_\_ An Introduction to English Poetry from the Romantic Era (1798-1830), Part II - \$20
- \_\_\_\_\_ Knitting 102 - \$20
- \_\_\_\_\_ Learn the Basics of Chess - \$10
- \_\_\_\_\_ Shakespeare's "Merchant of Venice" - \$20
- \_\_\_\_\_ "The Most (Un)fortunate Fleet" - \$15
- \_\_\_\_\_ Music of World War II - \$10
- \_\_\_\_\_ Normal Aging/Not Normal Aging - \$5
- \_\_\_\_\_ Observations and Reflections on My Legal Experience - \$10
- \_\_\_\_\_ Philosophers on Happiness and Goodness - \$20
- \_\_\_\_\_ Psychosocial Aspects of Aging - \$5
- \_\_\_\_\_ The Pursuit of Home: The Household Model - \$5
- \_\_\_\_\_ Self-Portraiture in Painting and Poetry - \$10
- \_\_\_\_\_ Taking Care of the Body You're In - \$20
- \_\_\_\_\_ Tour of Pella Manufacturing in Macomb - \$5
- \_\_\_\_\_ Trash Talk: The How and Where to Recycle in McDonough County - \$5
- \_\_\_\_\_ Using iPads and Tablets - \$5

**Total Amount:** \$ \_\_\_\_\_

### Refund Policy

Requests to withdraw from a class and for a related refund must be received 30 days prior to the first class meeting. Those with refunds less than \$25 will receive a credit toward enrollment in future courses. All approved refunds will be issued at the end of the semester. For full refund policy please refer to page two.

### Other Information

- ☐ I would like to teach a course on \_\_\_\_\_.
- ☐ I would be interested in taking a course on \_\_\_\_\_.
- ☐ I would like to be added to the email list.

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



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**RETURN SERVICE REQUESTED**