This upcoming semester, LIFE will offer many new, exciting adult education opportunities, including the premier of “Bigfoot in Illinois” and “Grilling 101,” as well as old favorites like “Armchair Traveler,” “Eight Dramatic Chapters in United States History,” “The Book Class” and more!

This Is Your Invitation to the Challenge and the Joy of Lifelong Learning

Study Abroad and Outreach
Western Illinois University
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 modest fees. The teachers and activity leaders are not paid, but they are 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 handicap accessibility. She can also add you to the e-mail list to receive a free, semi-annual course brochure. You can also visit the LIFE website at wiu.edu/life.

Because costs have increased, and in order to keep costs affordable, brochures will be sent to your e-mail address. Hard copies will be available at numerous locations e.g., YMCA Senior Center, the Western Illinois Museum, several area senior living centers and various local businesses.

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

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

**Officers**

Dan Wise, President  
Jack Schoonover, Treasurer  
David Borrem and David Self, Co-Historians  
Pedro Bidegaray, Registrar and University Liaison

**Curriculum Committee**

Kathy Nichols and Paula Wise, Co-Chairs  
Chris Brix  
John Hallwas  
Steve Hopper  
Patti Jones  
Peggy Ma  
Bill Maakestad  
Kelly Shiraki  
Carol Sims  
Val Smead

**Social Committee**

Garnette Hallwas and Kate Joswick, Co-Chairs  
Doris Burton  
Janna Hawworth  
Elaine Hopkins  
Phyllis Self  
Mary Elizabeth Vos  
Jean Whitehead  
Nancy Wilson

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

Argyle Lake State Park  
Everly House  
First Christian Church  
Free Range Yoga and Community Wellness Center  
Lake Hill Winery  
Macomb City Hall  
McDonough District Hospital  
Pella Corporation  
Spoon River College Community Outreach Center  
Trinity Lutheran Church  
Tri-States Public Radio  
Wesley United Methodist Church  
Wesley Village  
Western Illinois University's Malpass Library  
YMCA of McDonough County
A Letter from the President

Welcome to the LIFE schedule of classes for Fall 2017. We think we have another exciting and diverse lineup of learning opportunities.

As I have written before, we have a group of people working hard to provide these classes. I would like to invite even more of you to consider becoming 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 online. Visit wiu.edu/life for 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 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 food, travel, educational materials and other expenses needed to carry out the course.

Refund Policy
- Requests to withdraw from a course 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.
- Cancellations received after the 30-day deadline has passed will receive a credit that can be used for a future course.
- Registration payments for a cancelled class will be refunded.
- Individuals placed on a waitlist for courses that have reached maximum enrollment will be refunded if we are unable to remove them from the waitlist.
Course Descriptions

**Armchair Traveler**

- **Sept. 21:** Steve Hopper will share the highlights of a tour through England, Scotland and Wales. The class will explore from Edinburgh in Scotland to the English Lake District; explore medieval Wales, Bath, Stonehenge, Oxford and Stratford-upon-Avon; and finish in London.
- **Sept. 28:** Dean and Patti Reeverts will present highlights of their recent trip to the Holy Land. It will be great to welcome our past Armchair Traveler coordinator back for this presentation.
- **Oct. 5:** A trip of a lifetime to Australia and New Zealand will be shared by Janna Haworth and Rooney Dively.
- **Oct. 12:** We will be taken on a spectacular trip to Antarctica's White Wilderness, presented by Melanie and Larry Rawlins. It’s hard to imagine a world as pristine and beautiful as the land at the end of the Earth. Crystalline cold, yet full of life and loveliness.
- **Oct. 19:** Nancy and Ray Krey will present highlights of their cruise on the Duoro, Portugal’s River of Gold, and also Spain.

**Coordinator:** Steve Hopper  
**Class sessions:** Thursdays, Sept. 21, 28 and Oct. 5, 12, 19  
**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

**Bigfoot in Illinois**

This course will examine the issues and controversies surrounding the creature known as Bigfoot, with an emphasis on Illinois. What is Bigfoot? Where is this creature seen? Are the sightings a hoax? Why haven't any physical specimens been found? The course will allow students to handle a 1975 government publication listing Bigfoot as a real animal. Accounts of Bigfoot sightings in Illinois will be examined, including several recent ones at Argyle Lake State Park.

**Coordinator:** Michael Lorenzen  
**Class session:** Sunday, Sept. 10  
**Time:** 2-3:30 p.m.  
**Place:** Malpass Library, third floor classroom  
**Parking:** In the lot between Malpass Library and Knoblauch Hall, or across the street from the library. Parking is free in both parking lots by Malpass Library on Sundays.  
**Maximum enrollment:** 20  
**Cost:** $5

**The Book Class**

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a significant book of current interest. For Fall 2017, the book selection will be “The Undoing Project: A Friendship that Changed Our Minds.” Written by Michael Lewis, author of “Moneyball” and other best-sellers, the book focuses on the collaboration and friendship between two brilliant Israeli psychologists who studied the way humans make irrational and erroneous judgments and decisions. The book skillfully weaves accounts of their influential scientific discoveries, with colorful stories of their personal lives. Participants should read the introduction and chapters one, two and three before the first meeting. The book may be obtained from New Copperfield Book Service, or from Amazon.com.

**Coordinators:** Sterling Kernek and Chris Brix  
**Class sessions:** Mondays, Oct. 9, 16, 23 and 30  
**Time:** 10-11:30 a.m.  
**Place:** Trinity Lutheran Church, 123 S. Campbell St.  
**Parking:** At the site  
**Maximum enrollment:** 20  
**Cost:** $15
Calligraphy
Students will learn the basic chancery style of calligraphy, both upper case and lower case. Students will need a basic calligraphy pen (cartridge type preferred). If necessary, pens can be borrowed from the instructor. Photocopied handouts will be distributed to all participants.
Coordinator: David Behymer
Class session: Thursday, Sept. 28
Time: 6-8 p.m.
Place: First Christian Church Fellowship Hall
Parking: At the site
Maximum enrollment: 20
Cost: $5

Canasta Anyone?
Did you play canasta with your grandparents in your younger days? Well, now is the time to learn or re-learn the game. Canasta is a card game of the rummy family, and was first played in Uruguay in 1939. It quickly became a card-craze in the 1950s and continues to be very popular today. The classic version is played by four players, in two partnerships. Players attempt to make melds of seven cards of the same ranks and “go out” by playing all cards in their hand. At the first session, you will learn the basics of canasta and play a few hands, and at the second session you will get some advanced tips and play some more. The cost of the course includes two decks of cards (with canasta points on the faces) per person.
Coordinators: Garnette Hallwas, Marcia Lucas, Nancy Smith and Penelope Yunker
Class sessions: Fridays, Nov. 10 and 17
Time: 1-3 p.m.
Place: Everly House
Parking: At the site
Maximum enrollment: 16
Cost: $16.50

Cloud Computing—What Is It and Why Should I Use It?
This will be a discussion and demonstration class. In the simplest terms, cloud computing means storing and accessing data and programs over the Internet, instead of on your computer’s hard drive. The Cloud is just a metaphor for the Internet. You’re probably using Cloud computing right now, even if you don’t realize it. If you use an online service to send email, edit documents, watch movies or TV, listen to music, play games or store pictures and other files, it’s likely Cloud computing is making it possible behind the scenes. Participants will learn about this multi-faceted technology.
Coordinator: Brenda Allison
Class session: Tuesday, Oct. 17
Time: 9-11 a.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 20
Cost: $5

Cooking with Harold
Two nights of cooking to make two unique meals. The first class will prepare rack of lamb in a new and creative way, paired with garlic smashed potatoes, and include three-bean salad prepared two ways. Finishing off the meal with brownies will be a sweet treat. The second class will focus on a peasant meal with focaccia Romano, sautéed spinach, piperade (a medley of vegetables with sausage cooked in an Italian style) and purple plum cobbler. Participants will eat what is prepared at each session. Fee includes cost of food.
Coordinator: Harold Schmalfeld
Class sessions: Thursdays, Oct. 26 and Nov. 2
Time: 5-7 p.m.
Place: First Christian Church kitchen, 120 N. McArthur St.
Parking: In the church parking lot west of the building; elevator entrance
Maximum enrollment: 10
Cost: $20
Coping with the Ramifications of Suicide for Those Left Behind

Death by suicide not only affects the person who died, but also the “Suicide Survivors” who cared deeply about the person. While there is no easy way to grieve, it is often helpful to understand what you or others might experience after losing someone to suicide. Participants will learn more about suicide survivor mode through the shared experience of others, including class coordinator Kristin Terry.

Coordinator: Kristin Terry
Class session: Thursday, Nov. 16
Time: 4-5:30 p.m.
Place: Macomb City Hall Community Room
Parking: At the site
Maximum enrollment: 30

Dementia: Living GEMS®

There are several progression models used to classify and define changes in a person due to the effects of dementia. Teepa Snow wanted to improve on existing models and developed GEMS® to be utilized not just to classify a state or stage of dementia, but as a means to improve interaction with and appreciation of individuals. The GEMS® characteristics focus on ability instead of loss, and are an invaluable tool to assist with changing abilities that impact relationships and expectations. Learn more about what it means to be living in the world with Sapphire, Diamond, Emerald, Amber, Ruby or Pearl cognitive and physical ability. Teepa believes all individuals, whatever their state of being, in the right setting and with proper care, can shine.

Coordinator: Kelly Shiraki, CHES
Class session: Tuesday, Nov. 7
Time: 2-3 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 25

Downsizing for Life

Sue DeRoos, a board certified professional organizer, has been helping clients declutter and organize their lives for more than 20 years. Participants will learn how to declutter and downsize to create a life with room for what matters most. Also, time will be provided for questions.

Coordinator: Sue DeRoos
Class session: Monday, Oct. 9
Time: 1:30-3 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 50

Dumplings, Potstickers, Long Life Noodles: A Taste of Northern China

What did Marco Polo bring back from China in addition to silks? The cuisine of the north—based on flour, not rice. This hands-on class will take you from flour to dinner plate with a variety of tasty dishes. Be prepared to get flour on your hands. The class fee includes the price of ingredients.

Coordinator: Peggy Ma
Class session: Tuesday, Sept. 12
Time: 6-8 p.m.
Place: Wesley United Methodist Church, downstairs kitchen, 1212 W. Calhoun St.
Parking: At the site
Maximum enrollment: 15

Cost: $5

Cost: $5

Cost: $5

Cost: $5

Cost: $10
Eight Dramatic Chapters in United States History

U.S. history is a kaleidoscope of events, including 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 explore eight of these chapters in historic context, consider the causes and attempt to assess their effects. Among the topics, for example, will be Custer’s Last Stand and the Normandy invasion. There are no required texts.

Coordinator: Larry Balsamo
Class sessions: Mondays, Sept. 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6
Time: 4:5-5:30 p.m.
Place: Horrabin Hall, Room 78
Parking: Lot C/A, commuter parking south of Horrabin Hall
Maximum enrollment: 50
Cost: $20

Ethics: An Introduction


Coordinators: Bryant Keeling and Bill Davenport
Class sessions: Tuesdays, Oct. 10, 17, 24, 31; Nov. 7, 14
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: $15

ET-Y-MO-LOGY

Etymology is not the study of bugs, but the study of words, particularly of word origins. If you like crossword puzzles, word games and similar activities – and if you have ever asked yourself “Why is that (thing, idea, place) called that?” – then you will want to sign up for this class. This will be participatory, non-academic and fun. Everyone will contribute words and ideas, and the leader will contribute some expertise and resources.

Coordinator: Alice Davenport
Class sessions: Tuesdays, Sept. 5, 12 and 19
Time: 2-3 p.m.
Place: Wesley Village Community Center, 1200 E. Grant St.
Parking: At the site
Maximum enrollment: 10
Cost: $10

Facing the Financial Aspects of Retirement

Following a brief introduction, this one-hour program will include the following topics: discussion of global and domestic events and how politics and economics factor into investments; discussion of the U.S. Department of Labor ruling, called the “Fiduciary Standard,” and discussion of various keys to preparing for the environment and the lifestyle of retirement: Pension, Social Security, estate planning (matters such as wills, trusts, beneficiaries and charitable giving), income, diversification and the issue of going back to work.

Coordinator: John White
Class sessions: Tuesday, Oct. 3
Time: 1-2 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 25
Cost: $5
**Fall Colors Walk**

As the breeze becomes a little brisk and the days begin to shorten, nature begins the process of preparing for the cold winter months ahead. Don’t miss this opportunity to enjoy nature and the magnificent colors of autumn on this one-mile walk. We will meet at the Argyle Lake State Park’s visitors center and walk on moderate terrain.

**Coordinator:** Bridget Hinchee  
**Class session:** Saturday, Oct. 14  
**Time:** 1:30-3 p.m.  
**Place:** Argyle Lake State Park Visitors Center  
**Parking:** At the site  
**Maximum enrollment:** 12  
**Cost:** $5

**The Female Struggle: American Literature and Local Experience**

This class will focus on the often-overlooked difficulties faced by women in the American past, by reading and discussing both some notable literary works and some real life stories from our area. While Americans all know women could not vote until the early twentieth century, nor could they hold jobs outside the home, few people realize just how difficult the female struggle was generations ago, in a male-dominated society deeply biased against women—and which had rigid cultural restrictions. Participants will read and discuss a variety of literary works, such as Kate Chopin’s “The Story of an Hour,” Zora Neale Hurston’s “Sweat,” and Susan Glaspell’s play “Trifles.” Then the focus will turn to some actual stories from the local past. As usual, the knowledge and experience of class members are also a welcome addition to the discussions. Those who enroll will receive photocopied materials and a detailed schedule in advance of the first class session. The class coordinator is John Hallwas, who taught American literature for many years at WIU, and who has written dozens of scholarly and popular articles on women of the past.

**Coordinator:** John Hallwas  
**Class session:** Wednesdays, Nov. 1, 8, 15 and 22  
**Time:** 2-3:30 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.  
**Parking:** At the site  
**Maximum enrollment:** 30  
**Cost:** $15

**First Aid for Seniors**

Older people need to know what to do when health emergencies arise. The three class sessions will be devoted to the following:

1. Basic first aid – cuts, bruises, breaks and fainting  
2. Cardiac events – strokes and heart attacks  
3. Low and high blood sugar

**Coordinator:** Patricia Eathington, WIU professor of nursing  
**Class sessions:** Wednesdays, Oct. 18, 25; Nov. 1  
**Time:** 2-3 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.  
**Parking:** At the site  
**Maximum enrollment:** 25  
**Cost:** $10

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**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.
From Corrections to Community: Looking Back, Looking Ahead

Born in Brooklyn, NY but a Macomb resident since 1988, Allen Henderson is uniquely positioned to reflect on two worlds that remain hidden from most people: Correctional centers—that is, prisons—and summer programs for small-town youth. Henderson had a very successful career (1989-2015) at the medium-security Illinois River Correctional Center in Canton. He also co-founded in 1995 the Macomb summer youth program P.R.I.M.E.—Pride and Responsibility In My Environment—and remained heavily involved during its 20 years of existence. P.R.I.M.E. served up to 60 ethnically diverse young people from a variety of backgrounds.

Participants will get an insider's perspective, not only on what life is like in a correctional center (and how that has changed), but about the unique challenges and opportunities faced by those who see their work with inmates as a commitment rather than just a job. Henderson will discuss several programs he developed, including Black history studies, “Second Chance” ministries and inmate art exhibits. He will also reflect upon his time working with Macomb-area youth through P.R.I.M.E. Perhaps most importantly, Henderson will talk about the consequences of not providing recreational, educational and developmental opportunities for all youth, regardless of income, race and background—consequences that he has seen too often inside the Illinois River Correctional Center.

Coordinator: Allen Henderson
Class session: Tuesday, Oct. 24
Time: 11 a.m.-noon
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 30
Cost: $5

Grilling 101

This class is an introduction to charcoal grilling from fire to plate. A multi-course meal will be prepared on the grill and then served. The topics will include: fire/cooking techniques; food selection and preparation and a discussion of grills and equipment.

Coordinators: Bill Poncin and Dennis Morrow
Class session: Thursday, Sept. 21
Time: 6-8:30 p.m.
Place: 1133 Hawthorn Ridge, Macomb
Parking: At the site
Maximum enrollment: 8
Cost: $13

I Don't Want to be in Pain Anymore!!!

The body has many ways to process and manage physical pain. This talk will focus on three types of pain management, including medication, therapy and biofeedback. The MDH Pain Management Center provides balanced treatment for all kinds of acute and non-terminal chronic pain. With the goal of increasing patient functionality, Dr. Arek Grochowski creates a care plan specific to each diagnosis. The care plan may include minimally invasive interventional procedures, medication management and referral to other treatments like physical therapy. BHS therapist Miriam Mindeman will provide information on emotional, mental and social factors that influence pain management. She will discuss skills for reducing suffering and improving functioning, including mindfulness and acceptance, relaxation and breathing and activity pacing. Also, MDH Rehabilitation Services staff member Angelica Hoenig will provide information on physical therapy pain management techniques and modalities.

Coordinators: Arek Grochowski, Miriam Mindeman and Angelica Hoenig
Class session: Tuesday, Sept. 19
Time: 6-8 p.m.
Place: McDonough District Hospital Rehabilitation Services, 525 E. Grant St.
Parking: At the site
Maximum enrollment: 25
Cost: $5
Introduction to Pickleball

Pickleball is becoming increasingly popular, although it has been played at WIU for more than 25 years. It is now considered the fastest growing sport in the United States among older adults. The game is a cross between tennis and ping pong, played with a paddle and whiffle ball hit over a net on a badminton-sized court indoors or outdoors. All equipment will be provided by the YMCA. Participants should wear athletic shoes and comfortable, lightweight clothing. They will be introduced to the sport and learn the basic rules, skills and techniques and basic strategies. Classes will play doubles at each session. Once participants learn to play, they will be ready to play wherever they travel.

Coordinator: Roy Johlfs, YMCA pickleball coach

Class sessions: Tuesday, Oct. 10 and Thursday, Oct. 12
Time: 9-10 a.m.
Place: YMCA, 400 E. Calhoun St.
Parking: At the site
Maximum enrollment: 12
Cost: $5

Jazz with Jeff!

Jeff Holtz, former music director at Tri-States Public Radio and host of WIUM's popular “Jazz After Hours” program, will share his extensive knowledge—and his vast music collection—with participants in this entertaining and informative course. Holtz is promising something for everyone in this highly personal and interactive offering.

Coordinator: Jeff Holtz

Class sessions: Tuesdays, Sept. 12, 19, 26 and Oct. 3
Time: 6:30-8 p.m.
Place: Tri-States Public Radio studio
Parking: At the site
Maximum enrollment: 25
Cost: $15

Martin Luther’s Musical Legacy: Reformation 500

October 2017 marks the 500-year anniversary of the 1517 posting of Luther's “Ninety-five Theses.” With these statements attached to a church door in Wittenberg, Germany, Martin Luther (1483-1546) sought to end the practice of indulgences and reform the Rome-dominated church of his day. He followed this bold act by the even more audacious act of translating the Bible himself and utilizing the newest technology: the printing press. The printer of Luther’s Bible sold nearly 100,000 copies and reached the largest lay audience in history. It proved the power of Europe's newly popular fledgling press. Luther held that every man or woman had the right to read a vernacular translation of the New Testament. Martin Luther also saw music and theology as inextricably linked. He believed each individual must be permitted to join in with congregational singing while also experiencing in the same service the Latin plainsong, as well as the masses and motets sung by the ecclesiastical choirs. Luther, who as a Renaissance man also composed and played music, chose to set hymn tunes that he called chorales. These were sturdy, straight forward tunes that were often already familiar to the congregations. Succeeding generations of German Protestant composers found in these hymns/chorales the musical “seed bed” that brought forth the composition of countless variations and a legacy of still agreed upon masterpieces.

In the first class session, participants will hear Luther's chorale hymn “A Mighty Fortress,” (Ein feste Burg) and discuss Luther's musical contemporaries and a few of his successors in historical context. Then we will spring ahead to listen to two masters of the earlier German Baroque: Heinrich Schuetz (1585-1672), who was the leading composer of the early German Baroque at the Dresden Court Chapel and the later Dietrich Buxtehude (c 1637-1707), of Luebeck in northern Germany, who held celebrated “Evening Concerts,” the chorale preludes of which inspired the young J.S. Bach. In our second session, we will hear in selected works, how J.S. Bach incorporated Luther's chorales into both his instrumental and vocal masterpieces.
Session three will be a live music presentation with commentary featuring the composers: Schuetz, Buxtehude, J.S. Bach and contemporaries. Joined with Mezzo-soprano, Marietta Dean and guest instrumentalists, will be WIU School of Music voice faculty artist, Professor Lynn Thompson, who will perform also as organist and harpsichordist. **This concert will be open free to the public.**

**Coordinator:** Marietta Dean  
**Class sessions:** Wednesdays, Sept. 6, 13 and 20  
**Time:** 1:30-3 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St. (Sessions 1 & 2)  
**Place of Public Concert:** Wesley United Methodist Church (Session 3)  
**Parking:** At the site

**Maximum enrollment:** 25 (Sessions 1 and 2), Capacity of Church (Session 3)  
**Cost:** $15

**Meditation: An Introduction**

If you have time to be mindful, you have time to meditate! In this introductory-level class, Anne Dixon and Bill Maakestad—instructors at Free Range Yoga & Community Wellness Center in Macomb—will provide guidance through simple forms of meditation that anyone can master. In recent decades, modern science has confirmed that meditation, correctly practiced, offers deep and lasting benefits for mental functioning and emotional health, as well as physical health and well-being.  

**Coordinators:** Bill Maakestad and Anne Dixon  
**Class session:** Wednesday, Sept. 13  
**Time:** 6:30-7:45 p.m.  
**Place:** Free Range Yoga and Wellness Center, 188 N. Lafayette St. (formerly the Ford Hopkins Pharmacy)  
**Parking:** On or near the Macomb square

**Maximum enrollment:** 12  
**Cost:** $5

**A Path to Balance**

Loss of balance and the risk of falling is a serious issue for many people, especially older adults. The first session of this course will focus on causes and disease processes related to balance loss, in addition to a review of different balance treatment options and fall prevention tips. The information provided is not meant to be a substitute for individual professional advice, which should be initiated with your physician. The second session will focus on principles of stability-developing exercises and programs. Key concepts will be explored, and a variety of safe, simple and beneficial exercise options will be presented for future training at home or as part of a more structured program.  

**Coordinators:** Phyllis McLouth, director, McDonough District Hospital (MDH) Physical Therapy Department; Katie Webb and Jen Wagoner, MDH therapists; Dawn Piper, owner/yoga instructor, Free Range Yoga & Community Wellness Center; Tim Piper, WIU Kinesiology Department; Bill Maakestad, Tai Chi instructor, Free Range Yoga & Community Wellness Center  
**Class sessions:**  
Session I: Wednesday, Sept. 20, 5-6:30 p.m., McDonough District Hospital, Physical Therapy Department (3rd Floor), 525 E. Grant St.  
Session II: Wednesday, Sept. 27, 1:30-3 p.m., Free Range (South Wing), 118 S. Lafayette St.  
**Parking:** At the sites

**Maximum enrollment:** 20  
**Cost:** $10
The Play’s the Thing
WIU’s Department of Theatre and Dance will 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. When possible, we will also meet immediately after the shows for a brief response session. The 2017 fall season includes:

• “Crumbs from the Table of Joy,” by Lynn Nottage. Set in 1950, an African-American man, grieving over his wife’s death, moves his two teenage daughters from Florida to Brooklyn, where their Aunt Lily espouses Communist sentiments and their new stepmother is a German white woman. Told through the eyes of a 17-year-old girl, who indulges in Hollywood-fueled fantasies, the play is witty and humorous, complex and thought-provoking.

• “The 39 Steps,” by Patrick Barlow. Adapted from the 1915 novel by John Buchan and the 1935 film by Alfred Hitchcock, the entirety of the play (over 150 characters) is performed by four actors. Filled with non-stop laughs, lightning fast changes, and multiple allusions to Hitchcock films, the play was described by the New York Times as “theatre at its finest!...Absurdly enjoyable!”

• “Spring Awakening,” book and lyrics by Steven Sater, music by Duncan Sheik. This rock musical, based on the 1891 German play of the same title, explores the journey from adolescence to adulthood with poignancy and passion. Winner of eight Tony Awards, including Best Musical, it is an electrifying fusion of morality, sexuality and rock and roll. Course cost covers admission to the performances.

Coordinator: Nancy Crossman
Class sessions:
Sunday, Oct. 8 (“Crumbs from the Table of Joy,” directed by Carolyn Blackinton, Hainline Theatre)
Sunday, Oct. 29 (“The 39 Steps,” directed by Lysa Fox, Horrabin Theatre)
Sunday, Nov. 12 (“Spring Awakening,” directed by Emily Wirkus, Hainline Theatre)
Time: 1 p.m.
Place: Horrabin and Hainline Theatres, WIU campus
Parking: At the site
Maximum enrollment: 25
Cost: $30

PowerPoint for Intermediate/Advanced Users
Users entering the Intermediate PowerPoint class should have a general familiarity with Microsoft PowerPoint, including adding slides, editing content and working with graphics. You will take your PowerPoint skills to the next level, enabling you to make more complex, interactive and engaging presentations. Advanced slide formatting techniques, correcting and improving text, better use of the master slide, advanced animation techniques, how to work with pictures, SmartArt, adding sound and video and more advanced presentation tools will be covered.

Coordinator: Brenda Allison
Class sessions: Tuesdays, Sept. 12, 19, 26 and Oct. 3
Time: 9-10:30 a.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 15
Cost: $15
Recent and Ancient Geology of Lake Argyle State Park
Starting at the parking area to the south of the park's playground, we will look at the modern landscape to understand how it formed, and then we will walk about a quarter mile south on the Argyle Park Road to look at a fascinating road cut that reveals what this area looked like about 300 million years ago. Learn about how geologists read the rocks and the land to reveal stories of massive glaciers and quiet rivers.

Coordinator: Professor Leslie Melim, WIU Department of Geology
Class session: Thursday, Sept. 14; rain date Thursday, Sept. 21
Time: 1-2:30 p.m.
Place: Lake Argyle State Park
Parking: Where Argyle Park Road splits, turn right to go toward the dam, then park in first lot on left (across from the playground)
Maximum enrollment: 15  Cost: $5

Relationships Through the Years
Our bodies and relationships change as we age. At this program, women will learn how to manage the symptoms of menopause and keep the spark burning in their relationships. Afirye Amerson, MD is a physician in the Obstetrics and Gynecology clinic at MDH. She enjoys providing education on women's health issues. She has participated as a women's health expert on numerous radio shows, television shows and conferences. Her various topics include women's heart health, vaginal health, pregnancy and postpartum depression.

Coordinator: Afirye Amerson, M.D.
Class session: Wednesday, Sept. 13
Time: 2-3 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 25  Cost: $5

Russia: From the Fall of Napoleon to the Fall of the Czars: 1812-1917
Russia is always fascinating. Some say it should be regarded as a continent, or perhaps a world of its own. It has been in many ways primitive and yet a land of great musicians, writers and mathematicians. Two great military powers under Napoleon and Hitler grossly underestimated the Russians and were swallowed up. Some say the history of the nineteenth century is the story of how other powers sought to contain Russian expansion. It is extremely nationalistic, and yet composed of many ethnic and linguistic groups spread over 11 time zones. Still, through all the changes, we will see that the more things change, the more they stay the same. This is true of the exile system, the police state, expansionism and foreign policy.

Coordinator: Chris Brix
Class sessions: Tuesdays, Sept. 12, 19, 26 and Oct. 3, 10, 17
Time: 10-11:30 a.m.
Place: Trinity Lutheran Church, 123 S. Campbell St.
Parking: At the site
Maximum enrollment: 24  Cost: $20
The Sino-Japanese War, 1931-1945
Since antiquity, Japan has related to China as a kind of marginal satellite to the mighty Middle Kingdom. By the nineteenth century, these roles began to be reversed as Western imperialism reordered the world. As China fell into disfunction, Japan energetically copied the West and emerged as a formidable military power with enormous imperial ambitions. Such ambitions would involve confronting China. The conflict from 1931-1945 is considered the real commencement of World War II and still deeply colors a wide range of relationships within East Asia, with its memory of grim horrors that few could escape and its outcome that has helped to shape our world today.

Coordinator: David Egler
Class sessions: Thursdays, Oct. 5, 12, 19 and 26
Time: 3-4:30 p.m.
Place: Trinity Lutheran Church, 123 S. Campbell St.
Parking: At the site
Maximum enrollment: 25
Cost: $15

Songs, Rumors, and Resistance
How do marginalized groups challenge authorities? One problem that confronts historians who deal with this question is the lack of sources generated by these individuals. The problem is compounded when dealing with the resistance of colonized and diseased people. Consequently, historians are compelled to use materials that, in the words of Kerri Inglis, “require considerable imagination and creativity.” In this course, we will explore creative ways to study the history of marginalized groups, like the leprosy patients in colonial Philippines. We will consider songs and rumors as platforms for challenging American colonial authority in the early twentieth-century Philippines. Suggested reading: Excerpts from Petrus Angula Mbenzi’s “Revolutionary Songs as a Response to Colonialism in Namibia,” in “Re-Viewing Resistance in Namibian History,” ed. Jeremy Silvester (Pionierspark, Windhoek: University of Namibia Press, 2015), 71-88. Those who enroll will receive a scanned copy of the reading prior to the class.

Coordinator: Febe Pamonag, WIU history professor
Class sessions: Monday, Sept. 18
Time: 1:30-3 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum enrollment: 25
Cost: $5

“Taste of India” Cooking Demonstration
This course will be a cooking demonstration. The class coordinator will prepare two Indian favorites, curry chicken and vegetable rice. The dishes will be prepared with the perfect blend of Indian spices and recipes will be provided. After the dishes have been prepared, the class will enjoy eating this authentic Indian cuisine.

Coordinator: Steven Vijay Nishanth Kompalli
Class session: Thursday, Sept. 21
Time: 5-7 p.m.
Place: First Christian Church kitchen, 120 N. McArthur St.
Parking: In the church parking lot; west side of the building; elevator entrance
Maximum enrollment: 12
Cost: $12
Tour of Lake Hill Winery
Founded in 2010 by Craig and Anita Wear, Lake Hill Winery has quickly become one of west central Illinois’ premier wineries and banquet facilities. The dream of creating a winery first came to Craig in 2003, while on rotation for pharmacy school in southeast Australia, where he became intrigued by the winemaking process and beautiful vineyards. After seven years of planning and hard work in Hancock County, that dream became a reality. Participants will join Craig for a personally guided tour of Lake Hill Winery, then enjoy a tasting of different varieties and blends from the vineyard. Participants will be responsible for providing their own transportation to Lake Hill Winery. While lunch will not be available at the winery, those interested may choose to dine at a local restaurant after the tour/tasting. Directions to Lake Hill are available at lakehillwinery.com.

Coordinator: Craig Wear, founder and owner of Lake Hill Winery and Banquet Hall
Class sessions: Saturday, Sept. 16
Time: 11 a.m.-12:30 p.m.
Place: Lake Hill Winery and Banquet Hall, 1822 E. County Road 1540, Carthage
Parking: At the site
Maximum enrollment: 15
Cost: $5

Tour of Pella Manufacturing in Macomb
During this tour of the Macomb Pella manufacturing plant, participants will learn about the various processes involved in the manufacturing of Pella windows, including the steps required to make them conform to customer and industry standards and specifications. Pella is a “green company” in that it employs a substantial number of practices to protect the environment. Pella has been in business since 1925, and in Macomb since 2005. Participants should be prepared to follow safety regulations they will be provided prior to the tour and to proceed through the plant at a reasonably quick pace. They should plan to arrive at least 15 minutes before the tour begins. In addition, they should wear closed-toe shoes, not sandals, for safety reasons.

Coordinator: Larry Zigler
Class session: Tuesday, Oct. 10
Time: 1-2:15 p.m.
Place: 111 Pella Place
Parking: At the site
Maximum enrollment: 25
Cost: $5

Understanding the Bill of Rights
After the framers completed the U.S. Constitution in 1787, it was sent to the 13 existing states for ratification. The document immediately drew criticism, especially from those who feared a strong national government would run roughshod over the rights of states. The most glaring criticism was the lack of enumerated rights to protect the people from possible abuses by the national government. Following long and bitter debates, a compromise was reached between those favoring the new Constitution (the so-called Federalists) and those who opposed the document (the so-called Anti-Federalists). It was agreed the states would ratify the Constitution with the proviso that the document would be promptly amended to include a Bill of Rights. During the very first Congress in 1789, many amendments were proposed and sent to the states for approval. In 1791, 10 of those amendments received approval from the requisite nine of 13 states. Collectively, these first 10 amendments to the U.S. Constitution are known as the Bill of Rights.

The wording of the first ten amendments seems relatively straightforward. However, there are many, ambiguous phrases that have been subject to considerable litigation and judicial interpretation over the past 200 years. Thus, to understand the meaning of the Bill of the Rights requires an examination of the body of case law established by the United States Supreme Court. The purpose of this course is to provide a critical analysis of the Bill of Rights and salient Supreme Court decisions relating to the development of our basic individual freedoms and rights. This course will focus on three general topics. First, we will examine in considerable detail “Civil Liberties and the First Amendment” and the body of case law involving the freedoms of religion, speech, press, association and assembly. Second, the course will analyze “Due Process and the Rights of the Accused” and the body of case law relating to the Fourth, Fifth, Sixth and Eighth amendments as incorporated by the Due
Process clause of the 14th Amendment. Finally, the course will examine the concept of “Civil Rights and Limits of Powers,” with a sampling of cases pertaining to gun rights under the Second Amendment, property rights under the Fifth Amendment, privacy rights under the Ninth Amendment, and distribution of governmental powers under the 10th Amendment.

Coordinator: Richard J. (Rick) Hardy, professor of Political Science and director of the Centennial Honors College

Class sessions: Wednesdays, Sept. 7, 13, 20, 27 and Oct. 4, 11, 18, 25

Time: 7-8:30 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: $20

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2018 Community Trips

**New Orleans: Jazz, Cuisine, and Alligators...Ohh My!**

Dates: Jan. 7-13, 2018

Coordinator: John Cooper

Maximum enrollment: 20

Jazz is a uniquely American art form, born in the early decades of the 20th century. This music formed as the result of a collision of cultures that include African American, Spanish, French Acadian, Creole, and Western musical cultures. In the 115 years since, jazz has developed many different styles that all stem from its ancestral beginnings in New Orleans, LA. Come experience the sights, sounds and tastes of New Orleans in the Beautiful French Quarter, the cradle of jazz. This wonderful tour is designed to acquaint participants with the history, cuisine, jazz and ecology of this beautiful region, where jazz was born and is still thriving today.

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**New York City Community Theatre Trip**

Dates: June 2018 (Exact Dates TBD)

Coordinators: Kim McDaniel and Tammy Honesty

Maximum enrollment: 30

Back for the 16th year, the New York City Community Theatre trip combines favorite locations and new insights with another round of subways, great food and unforgettable theatre. Begin the trip with an arrival night dinner to meet and mingle with fellow travelers. Daily walking tours start on Sunday, and take you to various parts of the city including the Wall Street district, Battery Park, Chelsea, the Highline, the Flatiron District, the Brooklyn Bridge and Coney Island. You’ll see six theatrical performances as a group. Free time is included for visiting other landmarks and museums, seeing additional shows or shopping in NYC’s famous stores.

For full program information, please visit wiu.edu/outreach or call the WIU Office of Study Abroad and Outreach at (309) 298-2504.
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LIFE Registration Form
Fall 2017 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):

______ Armchair Traveler – $20
______ Bigfoot in Illinois – $5
______ The Book Class – $15
______ Calligraphy – $5
______ Canasta Anyone? – $16.50
______ Cooking with Harold – $20
______ Coping with the Ramifications of Suicide for Those Left Behind – $5
______ Dementia: Living GEMS® – $5
______ Downsizing for Life – $5
______ Dumplings, Pot stickers, Long Life Noodles: A Taste of Northern China – $10
______ Eight Dramatic Chapteres in United States History – $20
______ Ethics: A Introduction – $15
______ ET-Y-MO-LOGY – $10
______ Facing the Financial Aspects of Retirement – $5
______ Fall Colors Walk – $5
______ The Female Struggle: American Literature and Local Experience – $15
______ First Aid for Seniors – $10
______ From Corrections to Community: Looking Back, Looking Ahead – $5
______ Grilling 101 – $13
______ I Don’t Want to be in Pain Anymore – $5
______ Introduction to Pickleball – $5
______ Jazz with Jeff – $15
______ Martin Luther’s Musical Legacy: Reformation 500 – $15
______ Meditation: An Introduction – $5
______ A Path to Balance – $10
______ The Play’s the Thing – $30
______ PowerPoint for Intermediate/Advance Users – $15
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______ Tour of Pella Manufacturing in Macomb – $5
______ Understanding the Bill of Rights – $20

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. 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.
☐ I would like to donate to LIFE. Donation amount: $________________________

Please return your completed form and check, made payable to Western Illinois University, 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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