



LEARNING IS FOREVER

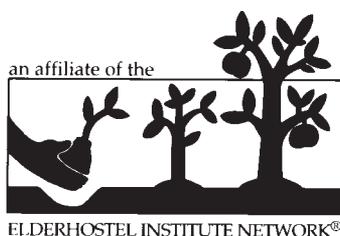
Fall 2019

Course List and Registration Form

This semester, LIFE will offer many new, exciting adult education opportunities, including the premiere of “Beer Brewing & Tasting 101,” “The Chicago Race Riot of 1919” and “Paint Your Own Pottery,” as well as favorites like “Turkish Cooking Class,” “Cooking with Harold” and more!

*Your Invitation to the Challenge
and 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 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 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. 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 put you on the e-mail list to receive this free, semi-annual course brochure. You can also visit the LIFE website at 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. Hard copies will be available at numerous locations e.g., YMCA Senior Center, the Western Illinois Museum, several senior living centers and some 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 your comments on the LIFE program, your inquiries and participation and any suggestions you may have for future courses:

Officers

Dan Wise, President
Jack Schoonover, Treasurer
David Self, Historian

Sally Adams and Emily Roberts,
WIU LIFE Liaisons

Curriculum Committee

Kathy Nichols and Paula Wise, Co-Chairs

Chris Brix
John Hallwas
Steve Hopper

Patti Jones
Bill Maakestad

Carol Sims
Val Smead

Social Committee

Garnette Hallwas and Brenda Allison, Co-Chairs

Janna Haworth
Phyllis Self

Carol Sims
Mary Elizabeth Vos

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

American Legion
Campus Students for Christ
Colchester District Library
The Crafty Coop, LLC
Everly House Retirement Center
First Christian Church
Forgottonia Brewing
Free Range Yoga and Community Wellness Center
The Legacy Theatre

Macomb Country Club Pro Shop
McDonough District Hospital
Spoon River College Community Outreach Center
Trinity Lutheran Church
Wesley United Methodist Church
Wesley Village Community Center
Western Illinois Museum
Western Illinois University
Western Illinois University - COFAC Recital Hall

A Letter from the President

Welcome to the LIFE schedule of classes for Fall 2019. We think we have another exciting and diverse lineup of learning opportunities for you.

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

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

Dan Wise
LIFE President

Course Costs and Refund 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, such as food, travel, course materials, etc.

Refund Policy

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

Course Descriptions

Aging: The Individual and Society

Aging has become a crucial issue in our time, both because people are spending more years as senior citizens than in earlier eras and because cultural changes are impacting the nature of our later lives. Indeed, the experience of aging has changed faster than our understanding of it. This class will employ a variety of short readings—from memoirs, poems and commentaries—that provide insights into the aging process and provoke discussion of such matters as our age-related psychological changes, the modern cultural view of aging, the importance of maintaining social relationships, the role of memory in our self-realization and the need for meaningful purpose and self-growth in retirement. Among the readings will be short sections or passages from such renowned works as Simone de Beauvoir's *The Coming of Age* (1970), Ronald Blythe's *The View in Winter: Reflections on Old Age* (1979), Betty Friedan's *The Fountain of Age* (1993) and Florida Scott-Maxwell's *The Measure of My Days* (1968). There is, indeed, much to learn from such experts. Regarding the impact of modern culture on older Americans, for example, Friedan comments, "Seeing age only as decline from youth, we make age itself the problem—and never face the real problems that keep us [as aging people] from evolving. . . ." Insights from some great poems on aging, by Longfellow, Yeats and others, will also foster introspection and discussion. The teacher for the class, John Hallwas, has spoken on and written articles about aging for years, and has interacted with many older western Illinois residents for educational programs, publications and TV shows. A packet of readings, including a few articles by Hallwas, will be mailed in advance to everyone who enrolls.

Coordinator: John Hallwas

Class Sessions: Tuesdays, Oct. 8, 15, 22 and 29

Time: 2-3:30 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$20

All About Birds

There is a vast amount of information about birds on google.com, allaboutbirds.org and on similar web sites. However, if you would rather discuss your bird questions with a person rather than with a computer, here is your chance. The questions you have may be about birds in general, or about particular kinds of birds. If there are questions that Ed Franks (a retired WIU ornithologist) cannot answer on the spot, he will get back to you later by email or phone.

Coordinator: Ed Franks

Class Session: Wednesday, Nov. 6

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum Enrollment: 24

Cost: \$5

Animal Emotions and What They Tell Us About Ourselves

Leading animal scientist Frans de Waal argues that we have much to learn from the scientific study of animal emotions. De Waal writes "in layman's prose with a wealth of anecdotes, wry humor and incisive intelligence." His latest book, *Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves* (Norton, 2019), helps us understand recent studies and their implications for our treatment of other animals and for our perspectives on ourselves as human animals. If the survival of human civilization depends on our ability to cooperate peacefully to solve difficult problems, such as massive immigration due to climate change, surely we need to understand better the emotions that drive our choices and actions, for good or ill. We will consider the difference between emotions and feelings, which emotions if any distinguish humans from other animals, whether we have free will and the nature of consciousness. Please obtain *Mama's Last Hug*, and read the first two chapters before the first meeting.

Coordinator: Bill Davenport

Class Sessions: Tuesdays, Oct. 8, 15, 22 and 29

Time: 4-5 p.m.

Place: Wesley United Methodist Church, Lodge Parlor, 1212 W. Calhoun St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Anybody, Everybody, Any Body, Every Body Yoga

Bring your awareness, breath and compassion to class. Leave any negativity behind, and learn how to incorporate yoga practices into your daily life. This class will include awareness exercises, breathing exercises and simple exercises for body parts often neglected or ignored. All exercises are suitable for all ages and ability levels and require no equipment except your mind, body and spirit. Build flexibility, strength and balance in your life through the practice of yoga.

Coordinator: Pamella McLean

Class Sessions: Wednesdays, Oct. 9 and 23

Time: 2:30-3:30 p.m.

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

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Armchair Traveler

October 17: Kim Cunningham and Dr. David Greathouse would like you to join them as they revisit their tour of the South China Sea with emphasis on two very different cultures: Sultan-ruled Brunei and struggling democratic Myanmar (Burma).

October 24: Phyllis Self will describe her travels through the Baltic States of Latvia, Poland and Estonia with visits to Auschwitz, the Krakow Salt Mines, and the Seto Region of Estonia and northwestern Russia.

October 31: Steve Hopper will share his experience of taking his grandson on a Tauck Bridges trip, "The Sweet Life: Rome and Sorrento." This trip, specially designed for families, was a fascinating journey from ancient Rome south to the stunning Amalfi Coast.

November 7: Lowell Armstrong and his son, Neil, will share their extraordinary Honor Flight experience with us. Honor Flights are conducted by non-profit organizations dedicated to transporting as many United States military veterans to Washington, DC as possible to see the memorials of the respective war they fought in.

November 14: In the winter of 2019, Rooney Dively and Janna Haworth took an eight-day trip to the United Arab Emirates, which is composed of seven emirates. They visited four of these, but were predominately in Dubai and Abu Dhabi, the two largest cities. They viewed Dubai from the top of the tallest building in the world, visited a camel market and a falcon hospital, toured the Sheikh Zayed Grand Mosque, one of the most beautiful buildings in the world and enjoyed the local culture.

Coordinator: Steve Hopper

Class Sessions: Thursdays, Oct. 17, 24, 31 and Nov. 7, 14

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum Enrollment: 50

Cost: \$20

Beer Brewing and Tasting 101

Though Oktoberfest began in Bavaria, Germany, the month of October now brings a host of Oktoberfest celebrations around the world. To honor this tradition, proprietors of one of Macomb's newest and most eagerly awaited businesses, Forgottonia Brewing, will provide an introduction to the beer brewing process—from the grains to your glass. The class will also include a brief tour of the microbrewery facility and a free tasting of freshly made brews!

Coordinators: Sean West and Scott Parke

Class Session: Wednesday, Oct. 2

Time: 2:30-4 p.m.

Place: Forgottonia Brewing, 324 N. Lafayette St.

Parking: At the site

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 2019, the book selection is entitled *Heartland, A Memoir of Working Hard and Being Broke in the Richest Country on Earth*, by Sarah Smarsh.

As an essential read for our times, it is an eye-opening memoir of working-class poverty in America that illuminates our understanding of the ways in which class shapes our country. The book may be obtained from New Copperfield Book Service or from Amazon.com.

Coordinators: Rod Sharpe and Chris Brix

Class Sessions: Mondays, Oct. 7, 14, 21 and 28

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$20

Canasta Anyone?

Did you play canasta with your parents or grandparents in your younger days? Whether or not you did, now is the time to learn, or re-learn, canasta. It is a card game of the rummy family and was first played in Uruguay in 1939. The game quickly became a card-craze during the 1950s. Four players in two partnerships play this classic game. Players attempt to make melds of seven cards of the same rank and “go out” by playing all the cards in their hand. At the first session, you will learn the basics of canasta and will play a few hands. At the second session, you will get some advanced tips and play more hands. The cost of the class includes two decks of cards with canasta points on them, so the card values are easy to learn. The teachers for this class have played canasta for many years and have also taught many people to play this very enjoyable game.

Coordinators: Garnette Hallwas, Marcia Lucas, David Self and Penelope Yunker

Class Sessions: Tuesdays, Oct. 29 and Nov. 5

Time: 1-3:30 p.m.

Place: Everly House Retirement Center, 811 S. Lafayette St.

Parking: At the site

Maximum Enrollment: 12

Cost: \$20

The Chicago Race Riot of 1919—What Happened, Why It Mattered, and How to Commemorate It

The Chicago Race Riot of 1919, in which 38 people were killed and 537 wounded, is largely forgotten but its legacy continues for it contributed mightily to the city’s increasingly segregated neighborhoods. The Chicago Race Riot of 1919 Commemoration Project (CRR19), a public art project inspired by Stolpersteine, an ongoing one marking the last known residences of Holocaust victims, will mark the locations of all those who were killed. There will be a public launch on the centennial, July 27, 2019, and installations will begin later in 2019. The purpose is to educate people about this dramatic episode of the past and to ignite conversations about racial justice and harmony for our future.

Coordinator: Peter Cole, professor of History, WIU

Class Session: Tuesday, Sept. 10

Time: 2-3:30 p.m.

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

Parking: At the site

Maximum Enrollment: 35

Cost: \$5



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Churchill: His Finest Hours

Winston Churchill warned of the rise of Adolf Hitler and stood fearlessly against the apathetic, the appeasers and the crypto-fascists who were blind to the danger. When appointed prime minister, he rallied the country with a viral optimism during rapid Nazi successes and the unexpected collapse of France. As Wellington said in another context, “It was a near thing.” He provided not just rosy optimism but also purposeful leadership for a crucial time. His assessment of the future seemed uncanny. Hitler’s gratuitous attack on the Soviet Union, and his declaration of war on the United States, made victory for England certain by 1942, but it was not long before some leaders advocated coming to terms with Hitler. We will cover Churchill’s career through this extremely important historical era.

Coordinator: Chris Brix

Class Sessions: Tuesdays, Sept. 3, 10, 17, 24 and Oct. 1, 8

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 24

Cost: \$20

Common Foot Conditions in the Active Adult

Foot pain should not be a normal part of aging. Dr. Idol Mitchell will discuss the symptoms and treatments of the most common foot conditions of adults on the go. You will learn about plantar fasciitis, bunions, nail fungus, bone spurs, diabetic wounds and other foot conditions. Remember—Healthy feet are happy feet!

Coordinator: Dr. Idol Mitchell

Class Sessions: Wednesday, Sept. 25

Time: 1-2 p.m.

Place: McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

Parking: Lot in front of hospital

Maximum Enrollment: 30

Cost: \$5

Compression Hose, Not Just a Fashion Statement, But a Lifestyle

Have you ever wondered how to prevent and/or care for open wounds? This course will explain the anatomy and physiology of most causes of swelling in the legs. We will discuss common factors associated with peripheral edema that lead to open wounds, what to watch for and how to treat. Compression hose are a common treatment of lower leg swelling so we will discuss proper fitting of compression hose, different types of compression and barriers to wearing compression.

Coordinator: Carolyn Grove, RN, BSN, CWOCN

Class Sessions: Thursday, Oct. 17

Time: 2-3:30 p.m.

Place: McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

Parking: Lot in front of hospital

Maximum Enrollment: 30

Cost: \$5

Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest

Social media is a way to connect family, friends and the world. This introductory course will cover the basics of Facebook, Twitter, Instagram and Pinterest. You will learn about privacy and security, control of what you share, how to message and how to add photos, content and events.

Coordinator: Brenda Allison

Class Session: Tuesday, Oct. 22

Time: 9:30-11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

Cooking with Harold

You will spend two evenings observing and participating in the preparation of different meals. The first session will consist of cooking two kinds of oven barbecued ribs, a salad and an heirloom cake. Session two will be devoted to preparing tangy sloppy joes, a garden salad with an assortment of homemade dressings and dessert. Eating will be encouraged. Registration cost includes all materials.

Coordinator: Harold Schmalfeld

Class Sessions: Thursdays, Sept. 19 and 26

Time: 5-7 p.m.

Place: First Christian Church, basement kitchen, 120 N. McArthur St.

Parking: On the west side of the church in the parking lot

Maximum Enrollment: 12

Cost: \$30

Eight Dramatic Chapters in United States History

U.S. history is a panorama of events and human actions, including some that, taken together, have made us what we are today. There are, however, numerous pivotal, dramatic and colorful chapters that have had more than ordinary influence on our national history. In this class we will explore and evaluate eight of these chapters in historic context, consider their causes and assess their overall effects. We will consider an almost forgotten war, Watergate, and Bonnie and Clyde (for real this time). There are no required texts.

Coordinator: Larry T. Balsamo

Class Sessions: Mondays, Sept. 16, 23, 30, Oct. 7, 14, 21, 28 and Nov. 4

Time: 4-5:30 p.m.

Place: WIU, Horrabin Hall Room 82 (Corner of Western Avenue and University Drive)

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

Maximum Enrollment: 50

Cost: \$20

Evolving Ourselves: What Massive Recent Changes are Doing to Us

The authors examine why there is a startling increase in the incidence of conditions like obesity, autism and certain allergies, while medical science and treatments are improving. Could this be caused by better diagnoses or by changing conditions? They raise the question once more of whether acquired traits can be passed on through inheritance. In other words, can the genome change even without “gene therapy?” So many new and revolutionary events have occurred, including modified foods, more carcinogens in the atmosphere and chemical run-offs into rivers and oceans, that much else can probably happen within our lifetimes. A well-researched book by Enriquez and Gullans, *Evolving Ourselves*, presents the facts and issues and then suggests what might happen next.

Coordinators: DuWayne Furman and Chris Brix

Class Sessions: Mondays, Sept. 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

The Highwaymen Live at the Legacy Theater

Perhaps the greatest country music super group in history, The Highwaymen, (Willie Nelson, Waylon Jennings, Kris Kristofferson and Johnny Cash), traveled the world performing country music to millions of fans. Watch in amazement as each song, one hit after another, is sung just as if you were seeing the original band perform. This 90-minute country music tribute show is full of hits including, “Ring of Fire,” the theme from “The Dukes of Hazzard,” and “On the Road Again.” Don’t miss this outstanding show, back by popular demand. Transportation is not provided.

Coordinator: Doug Groth, Legacy Theater Foundation President

Class Session: Saturday, Nov. 9

Time: 6 p.m. – Pre-show talk on the history of the Legacy Theater
7 p.m. – Showtime

Place: The Legacy Theater, 1160 Buchanan St., Carthage

Parking: Available at the theater

Maximum Enrollment: 20

Cost: \$40 per person (Tickets at Box Office Will Call)

Impressionism in Art and Music

The two sessions for this course will introduce the internationally recognized and deeply influential Impressionist style, in both art and music, by considering the following questions: What is Impressionism? Who are its practitioners? What are its characteristic features? What does one look and listen for?

Coordinators: Michael Mahoney and Paul Paccione

Class Sessions: Monday, Sept. 16 and Wednesday, Sept. 18

Time: 6:30-8 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Inside the Ropes—Serving as a Marshal at a PGA Event

Interested in seeing the game of golf played at the highest level with an up close and personal look at the best golfers in the world? This session will focus on:

- 1) How to become a volunteer marshal at a PGA tournament/U.S. Open/Ryder Cup
- 2) The duties of a marshal, and
- 3) The costs and benefits of the marshal experience

No materials are required.

Coordinator: Jim Miner

Class Session: Thursday, Oct. 10

Time: 7-8 p.m.

Place: The Macomb Country Club Pro Shop, 20 Hickory Grove

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Introduction to Lace Knitting

Improve your knitting skills by adding lace stitches to your knitting projects. Knitting lace uses a series of decreases and yarn-overs which can be arranged in easy to very complex geometric patterns on hats, scarves, gloves, shawls, etc. Students will choose their own patterns based on the level of complexity they desire to obtain in this four-week class. Find free lace patterns at Ravelry.com.

Coordinator: Phyllis Self

Class Sessions: Wednesdays, Sept. 4, 11, 18 and 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: \$20

Island Flavor Part 2

Jamaica is a melting pot for several different ethnic groups. Stemming from migration, conquest, colonization, slavery and indentureship, the present Jamaican culture bears testament to all these different ethnic groups. As in most developing countries, beans and rice is a signature dish in Jamaican culture and society. Every Sunday, right across the island, the aroma of a kidney bean and rice mixture cooked in coconut milk and other herbs and spices permeates the air, and no Jamaican dinner is complete without this dish. An entrée of chicken curry will also be prepared. Come and join this interactive and engaging class and learn about the rich cultural heritage of Jamaica that has helped to shape and inform its tantalizing cuisine. Registration cost includes all materials.

Coordinator: Shyan Edwards

Class Session: Wednesday, Sept. 4

Time: 5-7 p.m.

Place: Campus Students for Christ (CSC) Kitchen, 1545 Riverview Dr.

Parking: At the site

Maximum Enrollment: 10

Cost: \$15

The Joy of Big Band Jazz Redux: A Live Concert and Pre-Concert Session with the Director

Enjoy live big band jazz, talk with the director, and even have the chance to select one of the songs to be performed! The *Post 6 Big Band*, which was formed in Fall 2017 by John Cooper, director of Jazz Studies at WIU, performs the last Wednesday night of each month at the Macomb American Legion. Its mix of big band music from the likes of Glenn Miller, Count Basie, Duke Ellington and other jazz legends has become one of the most popular musical events in Macomb. Before the concert, from 6-7 p.m., Cooper will not only provide background on big band music and the Post 6 Big Band, but will also allow a LIFE participant to select one of the songs to be performed during the concert.

Coordinator: John Cooper

Class Session: Wednesday, Oct. 30

Time: 6-7 p.m. – Pre-show talk
7 p.m. – Showtime

Place: American Legion, 221 E. Washington St.

Parking: At the site

Maximum Enrollment: As many as want to come!

Cost: \$10

Legends of the Iberian Jews

After at least 13 centuries of presence in the Iberian Peninsula, the Sephardim generated a large cultural imprint in what became Spain and Portugal. This LIFE class explores the legends of the Iberian Jews. Some stories are mostly myth while others are so linked to reality that they have become history. If you like stories, and want to know more about the Sephardim, this will be both a relaxed and enlightening experience.

Coordinator: Luciano Picanço

Class Session: Wednesday, Oct. 16

Time: 2-3 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Making Difficult Decisions Near the End of Life

The award-winning McDonough District Hospital hospice team delivers care to those facing terminal illnesses. This goes beyond cancer care. Nurses, aides, social services personnel, physicians, nurse practitioners and volunteers tailor care to manage symptoms that often accompany diseases such as heart failure, emphysema, chronic kidney disease or ALS. Hear about what hospice can offer and when they can offer help and where. We take our expertise to homes, long-term care and assisted living facilities. We provide vital care to both the patients and their families.

Coordinator: LaDawna Royer

Class Session: Tuesday, Oct. 29

Time: 10-11 a.m.

Place: McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

Parking: Lot in front of hospital

Maximum Enrollment: 30

Cost: \$5



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Medicine and Art: From Rembrandt to Thomas Eakins

We will begin by studying three paintings, by American artist Thomas Eakins, of famous physicians from late 19th-century America. From these you will learn about changing medical practices, as well as how anatomical study informed Eakins's art. The paintings will lead into an abbreviated history of how medical practices were depicted in previous ages. We will consider surgeries, dissections, anatomical studies and pregnancies depicted in art and fashioned in ivory and wax sculptures. We will discuss the moral, social and cultural biases and values surrounding those medical practices. For instance, a ticket to observe the public dissection of a female cadaver during Rembrandt's day cost more than a ticket to observe the dissection of a male cadaver. Finally, we will explore how physicians have been depicted in art—from the heroic figure in Eakins' art to the bumbling fool in Hogarth's work. **PLEASE BE ADVISED:** Several images used in the course are graphic; there will be paintings and photographs of diseases and dissections, as well as full male and female nudity. If you would find these images offensive or disturbing, you might not want to enroll in this course.

Coordinator: Tom Joswick

Class Sessions: Thursdays, Sept. 12, 19 and 26

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

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$10

Mental Illness and Its Treatment: A Critical Exploration

Tracy Knight, a retired WIU Psychology professor with 40 years of clinical experience, will provide an exploration, discussion and critical examination of what we call mental illnesses. He will trace the evolution of the concept of mental illness up to current thinking. Are mental illnesses physical diseases, understandable human reactions to life, or something else? How do we best treat these—with medication, various therapies, or human compassion? Our current knowledge, along with the prevailing mysteries of human functioning, will be discussed. This course will overlap, but not duplicate, the Spring 2019 course.

Coordinator: Tracy Knight

Class Sessions: Tuesdays, Sept. 17 and 24

Time: 2-3:15 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Paint Your Own Pottery

Come in The Crafty Coop studio and pick a piece of pottery. There are more than 200 options. Coordinator Laci Todd will guide you through the painting, prices and give a demonstration on glazing and the loading of the kiln. The cost of the pottery is not included and will vary from \$2-\$40. Please come prepared to pay for your piece on the day of the class.

Coordinator: Laci Todd

Class Session: Tuesday, Nov. 12

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

Place: The Crafty Coop, LLC

Parking: Street parking

Maximum Enrollment: 25

Cost: \$10

Quilt Block Painting

Painted quilt blocks are appearing on buildings, fences and porches everywhere. You will be surprised at how fun and easy they are to paint. You will choose one of three 24-inch square patterns: a traditional two-color block, a red/white/blue patriotic block or a modern fall design. The traditional and modern patterns can be done in colors of your choice. All boards, paints, brushes, tape and other materials are provided, and you may choose whether or not to “distress” the project for a more rustic look. The process requires approximately three hours, but we will allow plenty of time for you to finish and time for sufficient drying. No experience is necessary—even beginners or those with no artistic ability will have great success. Registration cost includes all materials.

Coordinator: Debbie Sullivan

Class Session: Wednesday, Sept. 11

Time: 1:30 to approximately 4:30 p.m.

Place: Colchester District Library, 203 Macomb St., Colchester

Parking: At the site

Maximum Enrollment: 12

Cost: \$20

Repurposing Your Treasures

This class will teach you how to find hidden treasures in your house that can be repurposed to keep or to give as gifts to family members. We will look at jewelry, tools, linens, ties, shirts and other items that you might not be ready to part with but might be willing to repurpose. Each participant will be asked to bring an item or items from home that they would like to repurpose. Golden Bridges will provide supplies for some hands-on crafts to be done during this session. Golden Bridges is a Senior Move Management company who assists older adults and their families with the emotional and physical aspects of relocation and/or “aging in place.” They understand that a life transition like moving can be complex and difficult. They take an organized, compassionate approach and offer a customized solution to suit every individual situation.

Coordinators: Suzanne Ellerbrock and Nancy Waters

Class Session: Tuesday, Oct. 15

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: \$5

Right Sizing for Life

Marie Kondo’s television series, “Tidying Up,” has enjoyed incredible popularity. In Macomb, we have a nationally known, board-certified professional organizer. For over 20 years, Sue DeRoos, owner of Organize U, has been assisting clients in decluttering and organizing their lives. Sue will share strategies to organize, declutter and right-size your home to create a life experience with room left for what matters most.

Coordinator: Sue DeRoos

Class Session: Tuesday, Oct. 1

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum Enrollment: 50

Cost: \$5

“Still” for Solo Piano

There will be a pre-concert discussion of “Still,” a work for solo piano, with composer James Romig (Western Illinois University) and pianist Ashlee Mack (Knox College). Romig’s composition was one of three finalists for the 2019 Pulitzer Prize in Music. Released by New World Records, “Still” is a hypnotic solo-piano work comprised of 43 individual sections whose striking harmonic implications and subtly dramatic effects distill music to its barest essences. A concert of Mack’s performance of the work will follow at 7:30 p.m.

Coordinators: James Romig and Ashlee Mack

Class Session: Wednesday, Sept. 4

Time: 6-7 p.m. – Pre-show talk

7:30 p.m. – Showtime

Place: COFAC Recital Hall, 1 University Circle

Parking: In the Browne Hall parking lot

Maximum Enrollment: 30

Cost: \$5

Stroke Prevention

This course is a presentation of guidelines for preventing a stroke, how to recognize the signs and symptoms of a stroke, the screening tests and a demonstration of imaging used to detect the risk of stroke from carotid artery disease. By attending this class, you will learn at least one way to reduce your risk of having a stroke.

Coordinators: Jill Foster and Peggy Jones

Class Session: Wednesday, Oct. 2

Time: 2-3:30 p.m.

Place: McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

Parking: Lot in front of hospital

Maximum Enrollment: 20

Cost: \$5

Turkish Cooking Class

In this cooking class participants will learn to prepare Turkish bulgar pilaf, roasted mixed vegetables in tomato sauce and homemade garlic yoghurt sauce. The instructor has an extensive background in foods associated with the country of Turkey. Registration cost includes all materials.

Coordinator: Muruvvet Tasdan

Class Session: Tuesday, Oct. 8

Time: 5-7 p.m.

Place: First Christian Church, basement kitchen, 120 N. McArthur St.

Parking: On the west side of the church in the parking lot

Maximum Enrollment: 13

Cost: \$15

A Victorian Secret: Daily Dress of American Women During the Civil War

Ever been curious about women's fashion during the mid 1800s? Ever wonder why they dressed in such an interesting manner? You are cordially invited to explore the real Victorian secrets of women's dress during the Civil War. Learn the truths and fiction involving the hoop-skirt era in American daily life. Discover how technological advances from the Industrial Revolution influenced fashion and helped create the "modern woman." Also enjoy perusing some of the Western Illinois Museum's period artifacts.

Coordinator: Estelle Plewa Bath

Class Session: Saturday, Oct. 12

Time: 9:30-11 a.m.

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

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

Word and Phrase Origins and Their Changes Over Time

How have p.c.—"politically correct"—words, such as "nitty-gritty," changed over the years? Where do some of our well known idioms, such as "the real McCoy" come from? Find out the history and development of many fun phrases and also share some of your favorites.

Coordinator: Alice Davenport

Class Sessions: Mondays, Sept. 16, 23 and 30

Time: 2-3 p.m.

Place: Wesley United Methodist Church, Lodge Parlor, 1212 W. Calhoun St.

Parking: At the site

Maximum Enrollment: 12

Cost: \$10

Yoga for Balance and Strength

Worried about your balance? Do you want to get stronger? Let Dawn Piper, certified yoga therapist with the International Association of Yoga Therapists, lead you through a variety of exercises to help you improve the strength of your legs and glutes so you'll feel more stable. Chairs are available—you do not have to get on the floor for this yoga class.

Coordinator: Dawn Piper

Class Session: Thursday, Sept. 12

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

Place: Free Range Yoga – South Wing, 118 N. Lafayette St.

Parking: Street parking

Maximum Enrollment: 20

Cost: \$5

Chronological Course Listing

| Beginning in September | |
|--|--|
| Churchill: His Finest Hours | Tuesdays, Sept. 3, 10, 17, 24 and Oct. 1, 8 |
| “Still” for Solo Piano | Wednesday, Sept. 4 |
| Island Flavor Part 2 | Wednesday, Sept. 4 |
| Introduction to Lace Knitting | Wednesdays, Sept. 4, 11, 18 and 25 |
| Evolving Ourselves: What Massive Recent Changes are Doing to Us | Mondays, Sept. 9, 16, 23 and 30 |
| The Chicago Race Riot of 1919—What Happened, Why It Mattered, and How to Commemorate It | Tuesday, Sept. 10 |
| Quilt Block Painting | Wednesday, Sept. 11 |
| Yoga for Balance and Strength | Thursday, Sept. 12 |
| Medicine and Art: From Rembrandt to Thomas Eakins | Thursdays, Sept. 12, 19 and 26 |
| Impressionism in Art and Music | Monday, Sept. 16 and Wednesday, Sept. 18 |
| Word and Phrase Origins and Their Changes Over Time | Mondays, Sept. 16, 23 and 30 |
| Eight Dramatic Chapters in United States History | Mondays, Sept. 16, 23, 30, Oct. 7, 14, 21, 28 and Nov. 4 |
| Mental Illness and Its Treatment: A Critical Exploration | Tuesdays, Sept. 17 and 24 |
| Cooking with Harold | Thursdays, Sept. 19 and 26 |
| Common Foot Conditions in the Active Adult | Wednesday, Sept. 25 |
| Beginning in October | |
| Right Sizing for Life | Tuesday, Oct. 1 |
| Beer Brewing and Tasting 101 | Wednesday, Oct. 2 |
| Stroke Prevention | Wednesday, Oct. 2 |
| The Book Class | Mondays, Oct. 7, 14, 21 and 28 |
| Agging: The Individual and Society | Tuesdays, Oct. 8, 15, 22 and 29 |
| Animal Emotions and What They Tell Us About Ourselves | Tuesdays, Oct. 8, 15, 22 and 29 |
| Turkish Cooking Class | Tuesday, Oct. 8 |
| Anybody, Everybody, Any Body, Every Body Yoga | Wednesdays, Oct. 9 and 23 |
| Inside the Ropes—Serving as a Marshal at a PGA Event | Thursday, Oct. 10 |
| A Victorian Secret: Daily Dress of American Women During the Civil War | Saturday, Oct. 12 |
| Repurposing Your Treasures | Tuesday, Oct. 15 |
| Legends of the Iberian Jews | Wednesday, Oct. 16 |
| Compression Hose, Not Just a Fashion Statement, But a Lifestyle | Thursday, Oct. 17 |
| Armchair Traveler | Thursdays, Oct. 17, 24, 31 and Nov. 7, 14 |
| Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest | Tuesday, Oct. 22 |
| Making Difficult Decisions Near the End of Life | Tuesday, Oct. 29 |
| Canasta Anyone? | Tuesdays, Oct. 29 and Nov. 5 |
| The Joy of Big Band Jazz Redux: A Live Concert and Pre-Concert Session with the Director | Wednesday, Oct. 30 |
| Beginning in November | |
| All About Birds | Wednesday, Nov. 6 |
| The Highwaymen Live at the Legacy Theater | Saturday, Nov. 9 |
| Paint Your Own Pottery | Tuesday, Nov. 12 |

LIFE Registration Form

Fall 2019 Semester

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

Please print your information below:

Name _____

Address _____

City/State/Zip Code _____

Phone _____ E-Mail _____

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

- Aging: The Individual and Society – \$20
- All About Birds – \$5
- Animal Emotions and What They Tell Us About Ourselves – \$10
- Anybody, Everybody, Any Body, Every Body Yoga – \$5
- Armchair Traveler – \$20
- Beer Brewing and Tasting 101 – \$5
- The Book Class – \$20
- Canasta Anyone? – \$20
- The Chicago Race Riot of 1919—What Happened, Why It Mattered, and How to Commemorate It – \$5
- Churchill: His Finest Hours – \$20
- Common Foot Conditions in the Active Adult – \$5
- Compression Hose, Not Just a Fashion Statement, But a Lifestyle – \$5
- Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest – \$5
- Cooking with Harold – \$30
- Eight Dramatic Chapters in United States History – \$20
- Evolving Ourselves: What Massive Recent Changes are Doing to Us – \$15
- The Highwaymen Live at the Legacy Theater – \$40
- Impressionism in Art and Music – \$10
- Inside the Ropes – Serving as a Marshal at a PGA Event – \$5
- Introduction to Lace Knitting – \$20
- Island Flavor Part 2 – \$15
- The Joy of Big Band Jazz Redux: A Live Concert and Pre-Concert Session with the Director – \$10
- Legends of the Iberian Jews – \$5
- Making Difficult Decisions Near the End of Life – \$5
- Medicine and Art: From Rembrandt to Thomas Eakins – \$10
- Mental Illness and Its Treatment: A Critical Exploration – \$10
- Paint Your Own Pottery – \$10
- Quilt Block Painting – \$20
- Repurposing Your Treasures – \$5
- Right Sizing for Life – \$5
- “Still” for Solo Piano – \$5
- Stroke Prevention – \$5
- Turkish Cooking Class – \$15
- A Victorian Secret: Daily Dress of American Women During the Civil War – \$5
- Word and Phrase Origins and Their Changes Over Time – \$10
- Yoga for Balance and Strength – \$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. All approved refunds will be issued at the end of the semester. For full refund policy please refer to page two.

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.



**WESTERN
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Study Abroad & Outreach

1 University Circle
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED