



LEARNING IS FOREVER

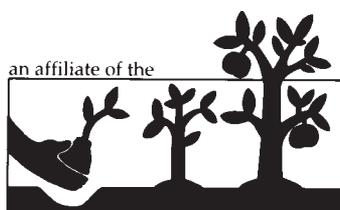
Spring 2016

Course List and Registration Form

*The Book Class; The Armchair Traveler; The Play's the Thing;
An American Cooks Korean; The Art of Afternoon Tea; Concentration
Camp America 1942-1946; French 102; Hitler's Germany; Introduction
to Judaism, Christianity, and Islam; The Moon; More Jazz with Jeff;
Music from Schubert's Final Years; Using iPads and Tablets; Shakespeare:
A Midsummer Night's Dream; and More!*

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

**Study Abroad and Outreach
Western Illinois University**



ELDERHOSTEL INSTITUTE NETWORK®

The Purpose and Operation of LIFE

Promoting Self-Growth/Building Community

LIFE (Learning Is ForEver) is affiliated with the 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 20th year, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for very modest fees. The teachers and activity leaders are not paid, but they are all highly competent, engaging, and friendly members of the community who are committed to sharing the joy of lifelong learning.

Any adult is welcome to register for a LIFE course. There are no age or 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 Helena Lira at WIU's Study Abroad and Outreach office, (309) 298-1911, for information on transportation or handicapped accessibility. She can also put you on the mailing list to receive this free, semi-annual course brochure. You can also visit the LIFE website at wiu.edu/life.

Our costs have increased over the years to include insurance, room rental, and other items. Because our brochure costs (printing and mailing) are our biggest expense, we will distribute future brochures by e-mail. Although we have many e-mail addresses, we ask LIFE participants to include and/or confirm their e-mail addresses on the course registration form. The brochure will continue to be posted on-line at wiu.edu/life, and we will continue to distribute hard-copy brochures at select sites around town, including the YMCA Senior Center, Western Illinois Museum, city hall, and several assisted living centers.

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

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

Administration

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Penelope Yunker, Treasurer

David Self, Historian

Helena Lira, Registrar and University Liaison

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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:

Citizens Bank

Dodsworth Piper Wallen Funeral Home

Everly House

First Christian Church

First Presbyterian Church

Grand Prairie Assisted Living

Macomb Hy-Vee

Macomb Public Library

McDonough District Hospital

McDonough County Genealogical Society

New Copperfield Book Service

The Scrapbook Nook

Spoon River College Community Outreach Center

Trinity Lutheran Church

Wesley United Methodist Church

Wesley Village Retirement Center

West Central Illinois Arts Center

Western Illinois Museum

Western Illinois University

Course Descriptions

Abundance: The Future Is Better Than You Think

Since the dawn of humanity, a privileged few have lived in stark contrast to the hardscrabble majority. Conventional wisdom says this gap cannot be closed. But it is closing—fast. Abundance for all is within our grasp. According to Peter H. Diamandis and Steven Kotler in *Abundance: The Future Is Better Than You Think*. (The book is available at New Copperfield Book Service.) This book reading and discussion class will be divided into two semesters, covering half the book each semester. (Spring and Fall 2016)

Coordinator: DuWayne Furman

Class sessions: Mondays, April 4, 11, 18, and 25; May 2 and 9

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum enrollment: 12

Cost: \$20.00

Aging and Wellness

Join Macomb Hy-Vee dietitian Andrea Thompson as she discusses aging and wellness and how getting older does not automatically mean poor health. Learn about 10 of the top anti-aging foods and enjoy samples of a few of those beneficial anti-aging foods during her presentation. In addition, Andrea will provide healthy eating suggestions, as well as other wellness tips. The cost of the class includes snacks.

Coordinator: Andrea Thompson, M.S., R.D., and L.D.N.

Class session: Tuesday, April 19

Time: 10-11 a.m.

Place: Hy-Vee Conference Room, second floor, 1660 E. Jackson St.

Parking: At the site

Maximum enrollment: 20

Cost: \$15.00

An American Cooks Korean

Korean cooking requires preparation, but the results are wonderful. This class will meet twice. The first class will cover two kinds of soup, Kimchee Cheegay and Mandu Gok. Kimchee Cheegay is a great spicy soup made from Korea's traditional side dish, Kimchee. The other soup made at this class will be Mandu Guk, a dish made from meat or vegetable filled dumplings served in a delicious meat broth. The second class will cover two of Korea's most traditional dishes: Bulgogi, a marinated beef dish, and Chop Chae, a sweet potato noodle, and vegetable dish. Bring an apron, your favorite knife, and an open mind for new tastes (or ones you've enjoyed before, but didn't know how to create).

Coordinator: Patti Jones

Class sessions: Thursdays, April 14 and 21

Time: 5-7 p.m.

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

Parking: In the church parking lot or across the street

Maximum enrollment: 15

Cost: \$15.00

The Armchair Traveler

Travel around the world is so easy when we can do it from the convenience of a cozy room right here in Macomb. This spring Ray and Nancy Krey will whisk us away to Norway; Rodney Fink will take us down south to Mexico; Peggy Ma and Phyllis Self will give us the advantage of a tour of Germany via the river; and finally, George Russell, on two successive class dates, will cruise us through Australia and South East Asia.

Coordinator: Dean Reeverts

Class sessions: Thursdays, April 7, 14, 21, and 28; May 5

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: \$20.00

The Art of Afternoon Tea

Join us for the most unique tea experience in town. Tea expert and scone maker extraordinaire Penny Yunker, assisted by Nancy Smith and Marcia Lucas, will demonstrate how to make and bake scones. While the scones are baking, Penny will show us how to prepare those lovely little tea sandwiches that are traditionally served with afternoon tea. Once everything is ready, we will get to enjoy the fruits of our hard work by eating the sandwiches and warm scones. We will also learn about and be served premium loose leaf teas to accompany our afternoon tea fare. Each person is asked to bring a cup and saucer, a dessert plate, and spoon and fork. Feel free to bring some containers to take home some of the items we will be making.

Coordinator: Penny Yunker

Class session: Wednesday, April 6

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

Place: Knoblauch Hall kitchen, room 230

Parking: In the lot behind Knoblauch Hall

Maximum enrollment: 16

Cost: \$20.00

Birding and Attracting Birds

Have you ever wished you could name the birds you see or hear, or wished you could attract some of them closer to your home so you could enjoy their company? In this outdoor course, we will try to identify all of the birds we can find by matching their distinguishing features with illustrations and voice descriptions in the field guide. We will witness techniques for attracting desirable birds with food and housing while dissuading pesky sparrows, squirrels and raccoons. Participants should dress for the weather (although the class will go under shelter in case of rain). Each person should bring a pair of binoculars and a good field guide, such as Robbins et al. *Birds of North America—A Guide to Field Identification* (highly recommended and available at New Copperfield Book Service in Macomb).

Coordinator: Ed Franks

Class sessions: Tuesdays, May 3, 10, and 17

Time: 9-10:20 a.m.

Place: *First class:* Patton Park north entrance (at the south end of Clay Street in the southwest part of Macomb)

Second class: Veterans Park baseball fields on E. University Dr., 1.4 miles east of N. Lafayette St. (Rt. 67) in the northeast part of Macomb

Third class: the instructor's home at 8495 N. 1250th Rd. (about 2.5 miles west of Macomb out W. Adams Rd.)

Parking: At the sites

Maximum enrollment: 15

Cost: \$10.00

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 spring 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 comes to dominate 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 Book Service or from Amazon.com.

Coordinator: Bill Burton

Class sessions: Mondays, March 14, 21, and 28; April 4 and 11

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum enrollment: 20

Cost: \$20.00



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Caring Is the Gift of Making the Ordinary Special: Volunteer

Volunteering is a gift you give to others and yourself. There are many opportunities to volunteer at McDonough District Hospital (MDH) and the MDH Hospice. Come and learn how giving your time will help so many in our community. MDH has opportunities for clerical work, transporting patients, working with MDH Hospice patients and their families, and much more.

Coordinators: Angela Gibbs and Ruth Ann Willis

Class session: Wednesday, May 18

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum enrollment: 50

Cost: \$5.00

Chicago Ethnic Neighborhood Trip

Visit two of Chicago's many ethnic neighborhoods. Spend part of the day exploring the many colorful shops in the Devon-Western Avenue area nicknamed "Little India" and the other part of the day in Andersonville, known for its Swedish heritage. Lunch is on your own at a neighborhood restaurant. The tour price covers a round trip Amtrak ticket, a chartered bus in Chicago, admission to the Swedish-American Museum, and a breakfast snack bag. A pre-trip meeting at Citizens Bank is scheduled for 4 p.m. Friday, April 8.

Coordinator: Peggy Ma

Class session: Tuesday, April 12

Time: 6:30 a.m. (for 7 a.m. train)-9:20 p.m.

Place: Macomb Amtrak Depot

Parking: Lots adjoining the station

Maximum enrollment: 44

Cost: \$75.00

Chinese Hot Pot

What could be more warm and inviting than a circle of guests chatting while preparing this delicious fondue-style meal? Choose from a variety of thinly sliced meats and vegetables, and then cook and season your choices. At the end, all will enjoy a cozy bowl of soup with gluten free noodles. Leave with recipes and a desire to have this intimate get-together in your home! This class is one session that will be repeated twice. Please indicate whether you prefer March 22 or 29 on the registration.

Coordinator: Peggy Ma

Class sessions: Tuesdays, March 22 or 29

Time: 6-8:30 p.m.

Place: The instructor's home, address provided after registration

Parking: At the site

Maximum enrollment: 12 per session

Cost: \$15.00

Concentration Camp America: Japanese-Americans 1942-1946

It would be unusual today for anyone not to condemn the 1942 decision to incarcerate 120,000 Japanese resident aliens, along with their American-born children. The atmosphere in 1942, however, made this decision remarkably uncontroversial. This four-session course will attempt to bridge the "understanding gap" between 1942 and today, as well as sketch a history of the relocation experience and its significance for American legal, cultural, and moral foundations.

Coordinator: David G. Egler

Class sessions: Wednesdays, April 6, 13, 20, and 27

Time: 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$20.00

Daily Life in the Leper Colony on the Island of Culion (Philippines)

This is a one-class session on the life of leprosy patients in Culion during the early 20th century. This class will cover regulations within the leper colony, as well as letters from the patients and their families.

Coordinator: Febe Pamonag

Class session: Wednesday, March 30

Time: 1:30-3 p.m.

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

Maximum enrollment: 25

Cost: \$5.00

Depression—Backstage Pass: The Great and Powerful Oz

Participants will learn about the basics of *depression* and what's going on "behind the curtain." Welcome to the brain: neuro chemistry and lifestyle habits that impact mood and functioning...for better or worse. Come prepared for interactive learning and brain-healthy snacks.

Coordinator: Becky Derry, M.S.Ed. LCPC

Class session: Tuesday, March 29

Time: 3-5 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$5.00

The Experience of Home: Literature and Discussion

This class will be devoted to short readings—including stories, essays, memoirs, and poems—that focus on the experience and meaning of home, including personal life in dwellings and in compact social locations (such as small towns and rural neighborhoods). The shaping of the self, through deeply connected experience, and the value of belonging, for a satisfying inner life, will be central concerns. Some of the selections will be by famous American authors like Anne Bradstreet, Philip Freneau, Nathaniel Hawthorne, Henry Wadsworth Longfellow, Henry David Thoreau, Sarah Orne Jewett, Willa Cather, Robert Frost, and Edgar Lee Masters. Others will be by less-well-known Midwestern writers, such as Francis Grierson, August Derleth, and Jerry Klein. Participants will also discuss perspectives by modern commentators on the meaning of home in our changing culture—and they will have the opportunity to share their own experiences and reflections on this issue. Some photocopied readings will be provided in advance to those who enroll, but participants will also need to acquire a copy of the John Hallwas book, *On Community* (available at New Copperfield Book Service on the square).

Coordinator: John Hallwas

Class sessions: Wednesdays, May 4, 11, 18, and 25

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: \$20.00

Felted Flowers

Make a simple, beautiful flower sewn onto a brooch pin or barrette. It can add a pop of color and fun to a purse or jacket, or it can be used as a hair ornament. You might come up with your own creative use. Participants will need to bring the following supplies: a bowl that will hold a quart of water, a pair of sewing scissors with a sharp point to cut the felt, a sewing needle to attach the flower to the brooch pin or barrette, a sponge to soak up extra water, and a bath towel. Beads are optional. Additional materials will be supplied.

Coordinator: Maria Montalvo

Class session: Monday, June 6

Time: 10 a.m.-12:30 p.m.

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

Parking: On the square

Maximum enrollment: 15

Cost: \$10.00

The First Amendment: What Does It Really Mean?

“The First Amendment is often inconvenient. But that is beside the point” –Justice Anthony Kennedy. Shouting fire in a crowded theater. Flag burning. Flag saluting. Klan marches. Conscientious objectors. “I know [pornography] when I see it.” School prayer. All these familiar but fuzzy issues are part of the rich history of Americans grappling with the meanings of the First Amendment. Join this class to explore some of the famous and not-so-famous First Amendment cases. Recommended reading: *Freedom for the Thought We Hate* by Anthony Lewis.

Coordinator: Tim Roberts

Class sessions: Fridays, April 1, 8, 15, and 22

Time: 3-4:15 p.m.

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

Parking: At the site

Maximum enrollment: 24

Cost: \$15.00

French 102

Did you learn French in high school and wish you could speak it better? Did you travel to France and wish you could order a meal in French on your next trip? Do you want to live with more “joie de vivre?” Join us for a class about French language and culture. Learn more about the France beyond Paris and its diverse landscapes, wines, cheeses, and cuisines. Practice pronunciation and learn how to book a hotel room, shop at a market, or find a museum. This course is part two of the beginning French 101 class that was offered in November 2015, but is open to all participants. No prior language classes are necessary. The instructor is a former newspaper reporter, journalism professor, and French exchange student who is pursuing a second bachelor’s in French at Western Illinois University. The (optional) book used in the class is *15-Minute French: Learn in Just 12 Weeks*, published by DK and available at New Copperfield Book Service. (Handouts will be provided to students who don’t wish to buy the book.)

Coordinator: Lisa Kernek

Class sessions: Tuesdays, Feb. 2, 9, 16, and 23

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

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

Parking: At the site

Maximum enrollment: 25

Cost: \$10.00

Genealogy 101

This introduction to genealogy class is designed to take you step-by-step through the process of genealogical research. You will be introduced to the resources and techniques needed to track down the information about your family’s history and to build a family tree. This class is intended for beginners and for people who have been doing genealogy for a while but need some help putting it all together and keeping it organized. In this class we will discuss how to get started; the leading computer software available in today’s market; how to read census records; websites like Ancestry.com, My Heritage, and Family Search; records available through IRAD; and courthouse holdings. We will also discuss incorporating old photographs of family members to make your family tree come alive, and we will touch on how to date your photos, overseas research, and what the McDonough County Genealogical Library has to offer. This 90-minute session will be packed full of information. This class is intended to be small in order to give individual help after the class if needed.

Coordinator: Allen Nemeč

Class session: Wednesday, April 27

Time: 2-3:30 p.m.

Place: McDonough County Genealogical Society, 201 S. Lafayette St.

Parking: At the site

Maximum enrollment: 10

Cost: \$5.00

Greeting Cards and Scrapbooking

Come learn how to make your own greeting cards. We will work with paper of several different weights and colors. Each class participant will receive several card kits with the cost of registration for the class. A second session will introduce page layout for scrapbooking. Each participant will construct a two-page layout using a kit included with the registration.

Coordinator: Peggy Williams

Class sessions: Wednesdays, April 6 and 13

Time: 1-2:30 p.m.

Place: The Scrapbook Nook, 707 Macomb St. (Highway 136), Colchester

Parking: At the site

Maximum enrollment: 8

Cost: \$25.00

Hitler's Germany: The Next Phase—1933 On

This tells the story of Nazi victories at home and in foreign affairs. How could this have happened and who was responsible? This provides insight into the lives of Hitler, Goring, Goebels, Schacht, and others. Given that the Nazis moved in small steps, was it difficult for Daladier, Laval, Chamberlain, and others to draw the line somewhere? This is a seminal period in world history. Because of the Nazis, the world has never been the same. This will also provide insights into the many conferences and agreements during this period. Course materials will be in the form of handouts.

Coordinator: Chris Brix

Class sessions: Tuesdays, March 15, 22, and 29; April 5, 12, and 19

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum enrollment: 24

Cost: \$20.00

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

This class is intended for all those who love to read, write, and just think about poetry. Together, we will take four weeks in March to read selections from the great poets of one of the most important eras in the history of poetry—the British Romantic Era. Our reading and discussion will include the great first generation of Romantics, the Lake Poets. These poets, namely William Wordsworth and Samuel Taylor Coleridge, are indeed perfect for reading in the early spring here in Macomb. Daffodils, rainbows, the small country village, and the promise of ecstatic vision and revolutionary quest—all of this will make sense for us to read as we anticipate spring in our own small community. Photocopies of selected Romantic poems will be distributed to the participants at the beginning of the first session. Part II of this course will be offered in the fall, and will focus on the second generation of Romantics, such as Lord Byron, Percy Bysshe Shelley, and John Keats.

Coordinator: Mark Mossman

Class sessions: Mondays, March 7, 14, 21, and 28

Time: 2-4 p.m.

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

Parking: On the square

Maximum enrollment: 25

Cost: \$20.00

An Introduction to German Language and Culture

Participants will learn basic elements of the German language, including pronunciation and basic expressions, by exploring aspects of contemporary German culture, which may include geography, politics, music, theater, literature, holidays, festivals, cuisine, and other topics.

Coordinator: Gary Schmidt, chair of the Department of Foreign Languages and Literatures, WIU

Class sessions: Tuesdays, May 17, 24, and 31; June 7, 14, and 21

Time: 11 a.m.-noon

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

Parking: At the site

Maximum enrollment: 20

Cost: \$20.00

Introduction to Judaism, Christianity, and Islam

Three religions arose in the Middle East but have shaped “western” and global values: Judaism, Christianity, and Islam. These intertwined monotheistic traditions share a belief in one God who creates, sustains, judges, and redeems the universe. The course will offer an overview of the history, beliefs, and practices of these religions and integrate discussions of contemporary issues. The course will focus somewhat more attention on Judaism and Islam—two religions which may be less familiar to many in western Illinois. The following helpful but not required books can be obtained through Amazon.com, New Copperfield Book Service, or interlibrary loan: Norman Solomon, *Judaism: A Very Short Introduction, second edition*; Linda Woodhead, *Christianity: A Very Short Introduction*; and Malise Ruthven, *Islam: A Very Short Introduction*.

Coordinator: Amy Carr

Class sessions: Thursdays, January 28; February 4, 11, 18, and 25; March 3, 10, and 17

Time: 2-3:30 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$20.00

Knitting for Beginner-Plus and Intermediate Knitters

This class is designed for those with some previous knowledge of and experience with knitting. Casting on; knitting and purling stitches; and methods of increasing, decreasing, and binding-off will be reviewed briefly in the first of the four sessions of the class. The class will be encouraged to join Ravelry.com and to knit a cowl scarf. Class participants will be introduced to and will use circular needles to complete their knitting project.

Coordinator: Phyllis Self

Class sessions: Wednesdays, Feb. 3, 10, 17, and 24

Time: 10 a.m.-noon

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

Parking: On the square

Maximum enrollment: 10

Cost: \$20.00

Landscape Photography Basics Plus

Natural beauty is all around us—in our parks, on farms, at the Mississippi River, and in our own backyards. It’s a joy to behold, but a challenge to capture with the camera. Come to this class and discover tips for taking photographs that reflect the splendor of grand landscapes and the details of the world close at hand. Nature photographer Lindy Baker will make use of a combination of illustrations and hands-on instruction to teach you to develop your feel for great composition, as well as to make maximum use of quality of light, depth of field, timed exposure, and more. The first session will be devoted to in-house instruction on equipment and technique. At the end of that first session, participants will be asked to take one or more landscape photograph as they have time. At the second session, photographs, submitted on flashdrives or SD cards, will be projected and discussed. In addition, there will be an exhibit of a wide variety of photographs taken by the instructor.

Coordinator: Lindy Baker

Class sessions: Mondays, June 6 and 13

Time: 2-3:30 p.m.

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

Parking: On the square

Maximum enrollment: 25

Cost: \$10.00

Love and War – Two Unforgettable Theatre Matinees and Talk Backs

The Starry Night Repertory Theatre will present two theatre events that are not to be missed. Each matinee performance is followed by a special “talk back” in which the stage director and cast discuss the play, the playwright, and the performance. The February production is the solo performance piece *An Iliad* by Lisa Peterson and Denis O’Hare, starring Kenneth Z. Kendall. This play is a modern-day retelling of Homer’s classic. Poetry and humor, the ancient tale of the Trojan War, and the modern world collide in this captivating theatrical experience. The *New York Times* describes it as “Spellbinding...Smartly Conceived and impressively executed, *An Iliad* relates an age-old story that resonates with tragic meaning today.”

The April production will be *I Love You, You’re Perfect, Now Change*. This delightful musical is a celebration of the mating game from dating to marriage, to in-laws, to newborns, to seniors finding new love. It is a joyous tribute to those who have loved, lost, and found new love at various ages.

For more information on the performances, visit StarryNightRep.org.

Coordinator: Jeannie Woods, Artistic Director of Starry Night Repertory Theatre

Class sessions: Saturdays, Feb. 20 and April 23

Time: 2 p.m.

Place: *An Iliad*, Unitarian Universalist Fellowship, 300 Wigwam Hollow Rd.

I Love You, You’re Perfect, Now Change, 221 E. Washington St.

Parking: At the sites

Maximum enrollment: 40

Cost: \$35.00

Modern Funeral Planning and Options

Funeral arrangements were once a fairly uniform, traditional practice, but today when someone passes away, there are a variety of possible approaches. This program will provide information on several options, including formal funeral services and burial, cremation, and the handling of ashes, and even the donation of a body to medical science. Planning issues and approximate costs will be part of the presentation, and the speaker, who has a long professional background, will be glad to answer questions.

Class coordinator: Pat Burke and Eric Jameson

Class session: Thursday, April 14

Time: 3-4 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$5.00

The Moon

We all look at the night sky and see the moon and often take it for granted. But there are many moon-related questions. Why do we have a moon in the first place since some planets have none, while others have over a dozen? Why does it appear at night but also during the day? Why does it appear as a full disc, quarter disc, or sometimes not at all? Why does it appear larger sometimes? How and why does the moon impact our tides? What is an eclipse of the moon? Why does an eclipse happen? How does the moon impact an eclipse of the sun? What are a harvest moon, a blue moon, and a host of other kinds of moons? This class will provide a variety of facts and insights.

Coordinator: Dan Wise

Class sessions: Mondays, March 21 and 28

Time: 1-2:15 p.m.

Place: Grand Prairie Assisted Living, 1307 Meadowlark Lane

Parking: At the site

Maximum enrollment: 25

Cost: \$10.00

More Jazz with Jeff!

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

Coordinator: Jeff Holtz

Class sessions: Thursdays, April 7, 14, 21, and 28

Time: 6:30-8 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$20.00

Music from Schubert's Final Years

The last years of Austrian composer Franz Schubert (1797-1828) were creatively bountiful, although he was battling illness. The pulse of his genius under duress, when he knew his days were limited, brought on a rapidity of new compositions that seemed incredible even to those who were closest to him. Yet the works Schubert brought to fruition at that time were among the most life-enhancing for him as composer and for us as listeners.

Through two class meetings, CDs, and YouTube, we will draw from the following of Schubert's late works of 1825-1828: The Great C Major symphony, The B Flat Piano Trio, songs from his year of the Winter's Journey, and from his Swansong year of 1828, the B Flat Piano Sonata, his Impromptus and Moments Musicaux, the Fantasie Duet in F Minor, the Mass in E Flat, and the String Quintet in C. The following topics will also be highlighted: (1) Schubert's circle of friends, (2) his surviving letters that provide insight, (3) his struggles to publish, and (4) significant events in his last three years. Optional readings will be made available. **The third meeting will be a free live public concert of mixed instrumental and vocal works that in Schubert's day was called a Schubertiade.** Guest Austrian faculty pianist from The University of Vienna, Anna Wagner, will play Impromptus, and WIU Mezzo-Soprano Emeritus Marietta Dean will sing from the Swansong (Schwanengesang) and other Schubert Lieder.

Coordinator: Marietta Dean (Weston)

Class sessions: Wednesdays, Feb. 3, 10, and 17

Time: 1:30-3 p.m.

Place: Sessions one and two: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Session three: Live concert at the First Presbyterian Church, 400 E. Carroll St.

Parking: At the site

Maximum enrollment: 25

Cost: \$10.00

On Looking 3

This course involves walking on a familiar path with various local experts (Ed Franks, Leslie Melim, Ted Renner, Tara Beal, and Morris Vos) who will highlight sights and sounds on our way. This year, we will walk from Western Hall to Knoblauch Hall, pausing frequently to observe birds, plants/trees, buildings, and the land itself. The course is based loosely upon the book *On Looking: Eleven Walks with Expert Eyes* by Alexandra Horowitz, in which the author describes how walking with different people opened her eyes and allowed her to see things in a new way.

Coordinator: Paula Wise

Class session: Thursday, April 21 (Rain date: Thursday, April 28)

Time: 8:30-10 a.m.

Place: Meet at the front (North) door of Western Hall

Parking: Q Lot or Waggoner Lot

Maximum enrollment: 15

Cost: \$5.00

Philosophers on Life after Death

Plato argued for the immortality of the human soul, but his most brilliant pupil, Aristotle, was not persuaded. The two other major Athenian philosophical schools held that the idea of life after death was a needless obstacle to human happiness. But “perchance to dream...” still haunts many minds to this day. We will use selected writings of philosophers past and present as a starting place for discussions of the idea of life after death. Why is it that so many thinkers have found only puzzles and problems in the very notion of a disembodied soul, a person without a body? Furthermore, given the power of present-day scientific explanations of human origins, and the overwhelming evidence that human consciousness is entirely dependent on a functioning brain, how can the idea of an individual somehow surviving death be considered anything other than an intriguing but outdated literary fiction? Why take it seriously? Why, indeed. We will read and discuss some responses to the challenge of finding meaning for our lives in language and practices that seem to be based on the notions of an immortal soul and life after death, ideas that no longer seem tenable for anyone with a scientific worldview. Selected readings will be provided in class.

Coordinators: Bryant Keeling and Bill Davenport

Class sessions: Tuesdays, March 15, 22, and 29; April 5, 12, and 19

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: \$20.00

The Play's the Thing

Western Illinois University'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 two mainstage shows and the spring dance concert. 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 2016 spring season includes: *Tribes*, a sharp, witty story about finding the place where you can be heard and a family that feels like home; *Wild Party*, a musical adaptation of Joseph Moncure March's 1928 poem in which Queenie, a vaudeville dancer, decides to throw the party to end all parties; and the *Spring Gala Dance Concert*, an afternoon of modern and ballet dance, choreographed by students, faculty, and guest artists. The registration fee covers admission to the three performances.

Coordinator: Nancy Crossman

Class sessions: Sunday, March 6 (*Tribes*, directed by Bill Kincaid, Horrabin Theatre)

Sunday, April 17 (*Wild Party*, directed by Lysa Fox, Hainline Theatre)

Sunday, May 1 (*Spring Gala Dance Concert*, Hainline Theatre)

Time: 1 p.m.

Place: Horrabin and Hainline Theatres, WIU campus

Parking: At the site

Maximum enrollment: 25

Cost: \$30.00

Shakespeare—A Midsummer Night's Dream

One of Shakespeare's most enduring and most loved romantic comedies, *A Midsummer Night's Dream*, tells the story of love as seen in a variety of characters. Filled with magic, humor, and the stuff of faeries and sprites, this is a play to delight, and maybe to make you think. We will use a variety of productions to augment our reading and discussion of the play.

Coordinator: Daniel Colvin

Class sessions: Thursdays, Feb. 25; March 3, 10, 17, 24, and 31

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: \$20.00

The Social and Cultural History of Spices, Stimulants, and Intoxicants

This class will survey the history of pleasure-inducing substances. Lectures will include the following topics: the medieval spice trade; the growing popularity of coffee, chocolate, and tea drinking in early-modern Europe; the opium trade and its consequences; the popularity of absinthe among European writers and artists during the fin-de-siècle; beer and working-class sociability during industrialization, and the political uses of vodka in the Russian Empire.

Coordinator: Ute Chamberlin

Class sessions: Mondays, March 28; April 4, 11, and 18

Time: 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 24

Cost: \$20.00

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 now have in your hands or on your desk.

Coordinator: Phil Earnest

Class sessions: Tuesdays, May 3 and 10

Time: 10-11 a.m.

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

Parking: At the site

Maximum enrollment: 15

Cost: \$10.00

What Your Sleep Says About Your Health

Learn the basics of healthy sleep patterns and what problems to look for. Learn the physical and overall consequences of not sleeping well. Get a tour of MDH Sleep Lab and learn about the different treatment options available to help you get the rest you need.

Coordinator: Donna Myers B.S., RRT, RPSGT, Leader of MDH Cardiopulmonary and Sleep Center

Class session: Tuesday, March 8

Time: 4-5:30 p.m.

Place: McDonough District Hospital, Auditoriums A and B

Parking: At the site

Maximum enrollment: 50

Cost: \$5.00

LIFE Registration Form

Spring 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):

- _____ Abundance: The Future Is Better Than You Think - \$20.00
- _____ Aging and Wellness - \$15.00
- _____ An American Cooks Korean - \$15.00
- _____ The Armchair Traveler - \$20.00
- _____ The Art of Afternoon Tea - \$20.00
- _____ Birding and Attracting Birds - \$10.00
- _____ The Book Class - \$20.00
- _____ Caring Is the Gift of Making the Ordinary Special: Volunteer - \$5.00
- _____ Chicago Ethnic Neighborhood Trip - \$75.00
- _____ Chinese Hot Pot (*Circle: March 22 or 29*) - \$15.00
- _____ Concentration Camp America: Japanese-Americans 1942-1946 - \$20.00
- _____ Daily Life in the Leper Colony on the Island of Culion (Philippines) - \$5.00
- _____ Depression—Backstage Pass: The Great and Powerful Oz - \$5.00
- _____ The Experience of Home: Literature and Discussion - \$20.00
- _____ Felted Flowers - \$10.00
- _____ The First Amendment: What Does It Really Mean? - \$15.00
- _____ French 102 - \$10.00
- _____ Genealogy 101 - \$5.00
- _____ Greeting Cards and Scrapbooking - \$25.00
- _____ Hitler's Germany: The Next Phase—1933 On - \$20.00
- _____ An Introduction to English Poetry from the Romantic Era (1798-1830), Part I - \$20.00
- _____ An Introduction to German Language and Culture - \$20.00
- _____ Introduction to Judaism, Christianity, and Islam - \$20.00
- _____ Knitting for Beginner-Plus and Intermediate Knitters - \$20.00
- _____ Landscape Photography Basics Plus - \$10.00
- _____ Love and War - Two Unforgettable Theatre Matinees and Talk Backs - \$35.00
- _____ Modern Funeral Planning and Options - \$5.00
- _____ The Moon - \$10.00
- _____ More Jazz with Jeff! - \$20.00
- _____ Music from Schubert's Final Years - \$10.00
- _____ On Looking 3 - \$5.00
- _____ Philosophers on Life after Death - \$20.00
- _____ The Play's the Thing - \$30.00
- _____ Shakespeare—*A Midsummer Night's Dream* - \$20.00
- _____ The Social and Cultural History of Spices, Stimulants, and Intoxicants - \$20.00
- _____ Using iPads and Tablets - \$10.00
- _____ What Your Sleep Says About Your Health - \$5.00

Total Amount: \$ _____

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 & Outreach, Horrabin Hall 8, Western Illinois University, 1 University Circle, Macomb, IL 61455-1390.

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