



Western Illinois University's L.I.F.E. Fall 2020 Course Offerings



Greetings LIFE participants! This fall semester, our LIFE offerings will look a little bit different than our typical semester. In an effort to keep all of you healthy and safe, fall classes will be offered via Zoom. I know many of you have become pretty savvy with Zoom but if you have not, no worries at all! WIU's University Technology Staff will be supporting us through this process. Below is our fall offering. As you will notice, the number of classes is less than normal. However, we hope you will still find something that interests you. If not, our goal is to return to a more normal semester for the spring of 2021. Classes, for this semester only, will be offered free of charge.

As mentioned, courses this semester will all be offered via Zoom. Realizing this format does not work for all, we are asking for your help. If you know of a regular LIFE participant that is not online, please feel free to share our fall offerings with them. They may choose to find a way to register and participate.

Registration will only be available via our website and mail. To register, visit www.wiu.edu/life or mail your completed registration form (available on the website) to: WIU-Office of Study Abroad & Outreach, 1 University Circle, Horrabin Hall Room 8, Macomb, IL 61455. As always, thank you for your support of the LIFE program. Do not hesitate to contact me with any questions you may have via email at sa-adams2@wiu.edu.

<u>Course Name</u>	<u>Course Instructor</u>	<u>Course Dates</u>	<u>Course Description:</u>
Public Radio 101 - Past, Present, and Future Public Radio	Heather Norman	Wednesdays, Sept. 2, 9 & 16 @ 10—11 a.m.	Will discuss how public radio has changed through the years, the challenges it faces today, & what it might look like in the future.
Need a Lyft (or Uber ride)?!	Janine Cavicchia	Thursdays September 10, 17, and 24 @ 10—11 am	Get an overview of the Lyft service, how to use the free app, set up an account, and compare the benefits of using Lyft & other ride services. In Macomb or when traveling.
We Need to Talk-Book Club	Connie LaRue	Tuesday, Sept. 15, Oct. 20, Nov. 17 @ 1—2:15 p.m.	Sept. 15—The Japanese Lover Oct. 20—Small Great Things Nov. 17—Afterlife
Basic Home Maintenance & Home Improvement	Ted Renner	Thursdays, Sept. 17, 24 & Oct. 1 @ 5:30 - 6:30 p.m.	This class will cover basic home maintenance & improvement projects.
Organizing During Covid & Beyond	Sue DeRoos	Tuesday, Sept. 29 @ 1:30 p.m.	Owner of Organize U, DeRoos, will share some tips & tricks to make your lives easier as we manage living through Covid & beyond!
Connecting with Social Media	Brenda Allison	Tuesdays, Oct. 6, 13 & 20 @ 9:30 - 11 a.m.	This introductory course will cover the basics of privacy & security including control of what you share using Social Media.
Chair Yoga for Functional Strength	Dawn Piper	Tuesday, Oct. 6 @ 1 - 2 p.m.	With exercises, be able to move through life easier, improve balance, get stronger - noticing it is easier to pick up a gallon of milk, put dishes away on the top shelf, and get out of a chair.