



## Fall 2023

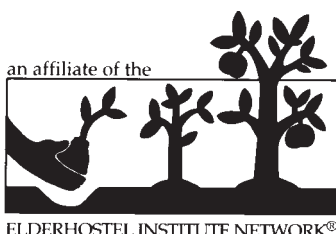
*Your Invitation to the Challenge  
and Joy of Lifelong Learning*

### **Course List and Registration Form**

*This semester LIFE will offer new adult educational opportunities such as “Beginning Crochet,” “The Healing Power of Humor,” “Learning to Use the Instant Pot/Instapot,” “Digital Photo Organization and Storage,” “Help for Knees with High Mileage,” “Western Illinois’ Underground Railroad: Images, Myths, and People,” “Body Composition: What are We Really Made Of?” “Radon and Your Health” and more.  
And of course, we will continue to offer many of your ongoing favorites.*

**Study Abroad and Outreach  
Western Illinois University**

[wiu.edu/life](http://wiu.edu/life)



# 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 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 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 cultural events—and probably make new friends in the process. Every class functions in an informal, non-competitive 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 at (309) 298-1911 for information on transportation or handicapped accessibility. She can also put you on the email list to receive this free, semi-annual course brochure.

Because our costs have increased, and in order to keep your costs affordable, brochures will be sent to your e-mail address. Also, the brochure may be found online at [wiu.edu/life](http://wiu.edu/life). Hard copies will be available at numerous community locations such as the YMCA Senior Center, Western Illinois Museum, Macomb Public Library, several senior living centers, and many 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

Sally Adams and Emily Roberts,  
WIU LIFE liaisons

### *Curriculum Committee*

	Paula Wise, chair	
John Hallwas	Steve Hopper	Carol Sims
Ron Walker	Patti Jones	Val Smead
Emily Roberts	Bill Maakestad	Suzan Nash

### *Social Committee*

Garnette Hallwas and Brenda Allison, co-chairs

Janna Haworth	Carol Sims
Phyllis Self	Mary Elizabeth Vos

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

The Bird's Nest Knit and More	McDonough District Hospital
First Christian Church	Spoon River College Community Outreach Center
Lakeview Nature Area and Center	Spring Lake Park
Macomb Arts Center	St. Francis of Assisi Newman Center
Macomb Park District Ceramics Studio	Western Illinois University - Horrabin Hall and Knoblauch Hall kitchen
Make Fit Happen	YMCA of McDonough County
McDonough County Health Department	

# A Letter from the President

Welcome to the LIFE Program for Fall of 2023.

We have a great lineup of courses for you. The range of courses is from cooking classes to outdoor courses to reading classes – something for everyone! The Curriculum Committee (the members are listed on the previous page) put in many hours in brainstorming topics, finding instructors, and making the final schedule. Please thank them, as well as the instructors, when you see them around town.

Please help us make the LIFE program even better by getting involved yourself. Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on one of our committees? If so, please get in touch with me at danwise19@comcast.com, or contact an officer or committee member you may know.

Registration for LIFE courses can now be done all online. Visit [wiu.edu/life](http://wiu.edu/life) for full details. Payments for online registrations can be made via PayPal, credit/debit card, or check.

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

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, prices may include course-specific costs, such as food, travel, course materials, etc.

**Please read the LIFE Refund and Waitlist Policies closely as they reflect some changes.**

### Refund Policy

- Requests to withdraw from a class must be received 20 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 20 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 waitlisted and no space becomes available, will be refunded.

### Refund Policy (specific to registration paid by credit card or online)

- Any payment made using a credit card accrues a credit card transaction fee.
- If a course is cancelled by LIFE or a LIFE instructor, the full course registration cost, including the transaction fee, will be refunded.
- If you cancel your course registration because you are unable to attend, the course registration cost minus the transaction fee will be refunded.

### Waitlist Policy

- Once a course is full, only 10% of the course's max enrollment will be placed on a waitlist. For example, if the course's max enrollment is 10, only one person will be waitlisted.
- If you have been waitlisted for a course, that information will be included in your registration confirmation.
- If a space becomes available in the course for which you have been waitlisted, you will be contacted.
- Do not plan to attend a course for which you have been waitlisted unless you have been notified of an available space.
- Despite there occasionally being registrants who do not attend class, there is no way for the office to predict that. This does not mean that waitlisted registrants can attend, assuming some will not show up for the course.

# Our Courses

## *Armchair Traveler*

September 21: Ray and Nancy Krey will share highlights from their recent trip to Australia and New Zealand aboard the Viking Mars. They found that combining land tours with a cruise was one way to get the most out of a visit to a faraway destination. The two countries are vastly different, but both have fascinating natural areas to explore beyond their coastal cities.

September 28: Finding the Italian Way of Life on the Heel of Italy. Follow the Joswicks on their 21-day stay in southern Italy as they enjoy Italian life – aperitivo time while relaxing in a cave, the evening ritual of “passeggiata” in a large city, a 3-hour lunch with no menu, train rides with uncertain destinations, a friendly dog that follows only you, and throughout it all, learning to trust the kindness of strangers.

October 5: Join Linda Cremer and Jean Shelly for the Netherlands Sail and Cycle Tulip Tour. This sail-and-cycle trip took place in the land known around the world for its spring flowers. The Netherlands is probably the most bicycle-friendly country on earth too. They explored it all while sailing the calm, protected waters of the Wadden Sea and IJsselmeer Bay during peak flower season.

October 12: Janna Haworth participated in a Road Scholar Civil Rights Trip in March of 2023. She visited relevant sites in Atlanta, Georgia, and Montgomery, Selma, and Birmingham, Alabama. She also gained greater appreciation of the significant work of C. T. Vivian, who grew up and attended schools in Macomb.

October 19: There is no better vacation than a trip to some of our national parks. Jim Unruh will share some of his photos, experiences, and tips from traveling to most of our country’s 63 national parks.

**Coordinator:** Steve Hopper

**Class Sessions:** Thursdays, September 21, 28 and October 5, 12 and 19

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$20

## *The Artistry of Hemingway’s Short Fiction*

Perhaps the most widely recognized figure in modern American literature, Ernest Hemingway is best known for his powerful novels such as *A Farewell to Arms* and *For Whom the Bell Tolls*. Yet, though lesser known, his shorter fiction is equally accomplished. Indeed, it was in his short stories that many of his most ground-breaking innovations first appeared. This class will examine a selection of his best shorter works in order to arrive at an understanding and appreciation of the distinctive “Hemingway style,” which has strongly influenced subsequent generations of writers. The main class text will be *The Snows of Kilimanjaro and Other Stories* (Scribner Classics), which you can get at Copperfield’s Bookstore, the library or is widely available online.

**Instructor:** Ron Walker

**Class Sessions:** Tuesdays, September 5, 19 and October 3, 17 and 31

**Time:** September 5 only 2:30 - 4 p.m.; the other dates will be 2 - 3:30 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$20

## *Basic Concepts of Watercolor Painting*

Learn about the various papers, paints, brushes, and other supplies used for watercolor painting. We will mix colors and learn about washes and ways to manipulate paints to add textures and values. We will paint a simple composition, adding shadows and leaving highlights. I will provide watercolor paper, as well as red, blue, and yellow watercolor paints. Participants need to bring a size 6 round brush and a small container/bowl for water.

**Instructor:** Pat Hobbs

**Class Session:** Monday, October 23

**Time:** 1 - 4 p.m.

**Place:** Macomb Arts Center, 25 East Side Square

**Parking:** On the square

**Maximum Enrollment:** 15

**Cost:** \$10

### ***Beginning Crochet***

Grab a friend and join us for two fun evenings of beginning crochet. This class is not only for those wanting to learn for the first time, but also for those who need a refresher on how to crochet (we may have a few helpful tricks up our sleeve). Crochet can be done by almost any age and offers you a portable, useful, creative and stress-relieving activity to enjoy. For this project we will be making a dishcloth/washcloth out of a cotton yarn in your choice of color. You will purchase your yarn and a size "I" crochet hook (unless you already have that size hook) the day of the class, so bring money for the purchase.

**Instructor:** Jackie Sullivan

**Class Sessions:** Thursdays, September 14 and 21

**Time:** 5:30 - 6:30 p.m.

**Place:** The Bird's Nest Knit and More, 115 South Side Square

**Parking:** On the square

**Maximum Enrollment:** 6

**Cost:** \$5

### ***Being Mortal: Medicine and What Matters in the End***

This course will do a group reading of Atul Gawande's book *Being Mortal: Medicine and What Matters in the End*. Atul Gawande is a surgeon, writer, and public health advocate who has published several books and articles on public health and the medical profession. The book for this class examines contemporary and historical medical practice, end of life care, living a good life, and recommendations for reform. The book is illustrated with numerous stories from his practice as a surgeon.

**Instructor:** Polly Radosh

**Class Sessions:** Mondays, October 9, 23 and November 6 and 27

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street.

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$15

### ***Big Brothers Big Sisters: Igniting Potential in Youth***

Do you remember someone, perhaps a teacher, a coach, or a family member who encouraged you to believe in yourself, to work hard in school and in life? For more than 20 years, Big Brothers Big Sisters of McDonough County has operated under the belief that every child has potential. The mission of Big Brothers Big Sisters is to create and support 1-1 mentor relationships that ignite the power and promise of youth. Being a Big Brother, Big Sister, or Big Couple is one of the most enjoyable and fulfilling things you will ever do. You can help shape a child's future for the better by empowering them to achieve and reach their potential. And the best part is, it's actually a lot of fun! We hope you'll join us for this session to learn more about youth mentorship.

**Instructor:** Sarah Baca

**Class Session:** Tuesday, September 19

**Time:** 11 - 12 p.m.

**Place:** St. Francis of Assisi Newman Center, 1401 West University Drive

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Body Composition: What are We Really Made Of?***

We are beautifully and wonderfully made! But do we really know the biological makeup of our bodies? Using the InBody body composition scan, you will be looking at your very own biometrics. Each person will receive two InBody scans – one in the first class and one in the second class. The InBody scans will provide information with a 98% accuracy on your muscle mass, body fat, visceral fat, distribution of lean muscle mass/body fat mass, calories needed to sustain life, and total body water including extracellular and intracellular water mass. **For complete accuracy, the class participant cannot eat 3 hours before the scan,**

**drink 45 minutes before the scan or exercise before the scan.** After the scan is complete, the whole class will learn how to read the results, as well as discuss action steps that can be taken to make the necessary changes for a healthier body. Hopefully, changes will be made, and we will see results in the second scan taken one month later. If you are interested in actually SEEING what you are made of, this class is for you!

**Instructor:** Kristen Conrad

**Class Sessions:** Wednesdays, September 6 and October 4

**Time:** 8:45 - 10 a.m.

**Place:** Make Fit Happen, 1208 North Lafayette Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$25

**NOTES:** Anyone with a pacemaker and/or defibrillator is welcome to take the class, but they will not be able to use the InBody scanner. The InBody scan will take place at the beginning of the class. However, if someone cannot meet the no eating/no drinking requirements at 9 a.m., I can schedule a more appropriate time before the class date(s).

### ***Cogs and Goggles and Corsets, Oh My!***

Dr. Lena Foltz-Pendarvis (a Steampunk character, portrayed by Kim McDaniel) will be teaching this class. What if technology kept advancing but the ways to power it didn't? Imagine a world where steam power is still king, yet we have the same kinds of technology that are present today. This is the world of Steampunk, where time travelers abound, yet time stands still. Learn about this alternate history genre that has spawned numerous books, movies, festivals, and conventions around the world.

**Instructor:** Kim McDaniel, AKA Dr. Lena Foltz-Pendarvis

**Class Session:** Tuesday, October 31

**Time:** 5 - 6:30 p.m.

**Place:** WIU Horrabin Hall, Room 78, Corner of Western Avenue and University Drive

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

**Maximum Enrollment:** 30

**Cost:** \$5

### ***Compression Stockings: Squeeze a Little Extra Time into Your Day***

The MDH Wound Care team will instruct on the importance of compression for the prevention and management of health conditions of the legs. Different types and intensities of compression will be explained, as well as tips for putting on and taking off compression hose. The anatomy and physiology of the legs will be covered while delving into common disease processes, complications, and treatment options related to edema, swelling, ulcerations, venous stasis, and arterial disease.

**Instructors:** Jennifer Bollinger, RN, BSN, CWON; Jennifer Henson, CCMA; and Elizabeth Smith, LPN

**Class Session:** Friday, September 15

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Cooking with Harold***

This class is a combination of some involvement and mainly observation, with gourmet chef and veteran LIFE cooking instructor, Harold Schmalfeld. This term the focus is casseroles: hot chicken casserole, mixed bean casserole, and portobello mushroom casserole. Class will be held only once this term. Enrollment is limited due to the kitchen size and observation space. Cost of ingredients is included in the tuition.

**Instructor:** Harold Schmalfeld

**Class Session:** Thursday, September 28

**Time:** 5 - 7 p.m.

**Place:** First Christian Church Kitchen, Basement of 124 S. McArthur St. Enter through the southwest elevator door (closer to West Jackson Street)

**Parking:** Church parking lot

**Maximum Enrollment:** 10

**Cost:** \$15

### ***C.T. Vivian: Macomb's Most Significant Son***

This course will survey the life of Cordy Tindell Vivian from his school days in Macomb through his major roles in the civil rights movement. The single class session will feature a lecture by Sterling Kernek, an audio-visual presentation by William Maakestad, and a discussion led by Byron Oden-Shabazz, whose knowledge of C.T. Vivian has been enriched by conversations with the great man's descendants.

**Instructors:** Sterling Kernek, William Maakestad, and Byron Oden-Shabazz

**Class Session:** Wednesday, September 13

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Digital Photo Organization and Storage***

Faster cameras and high capacity memory cards have made it easier than ever to shoot and store hundreds of photos on our computers, cell phones, and thumb drives. This course will help you to store, find, and even edit your favorite photos to get your images in order.

**Instructor:** Brenda Allison

**Class Session:** Monday, October 30

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Dogs & Cats & Us: Contributions of Companion Animals Over Time***

How long have dogs and cats been part of our human families? How and why did our four-legged friends decide to live with us, and how have our relationships with them changed as human societies evolved? We will explore these questions and more, with special attention to the impact of companion animals' multiple roles in modern America.

**Instructor:** Ginny Boynton

**Class Session:** Thursday, November 9

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Fitness for Seniors/Cognitive Aging***

Fitness for Seniors Section: This section of the course will review the American College of Sports Medicine's Position Stand for understanding the importance of exercise and physical activity as it relates to aging. Tamara Bories (Professor, WIU) will review typical structural and functional declines associated with the aging process, and the benefits of both short-term and long-term physical activity and exercise programs on delaying or reversing health disparities and disease.

Cognitive Aging Section: This section of the course will review age-related cognitive decline. Lisa Morrow (Professor Emerita, University of Pittsburgh) will discuss structural and functional correlates of normal and abnormal brain changes. Discussion will focus on findings related to the prevalence of, and types of age-associated cognitive function, as well as data showing that certain lifestyles may delay cognitive decline.

**Instructors:** Lisa A. Morrow and Tamara Bories

**Class Session:** Thursday, October 5

**Time:** 5 - 6:30 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Flavor Profiles and Charcuterie 101***

To bring out the best flavor and texture in dishes, you need to understand what foods pair well together. It can be as complex as calculus, and it can also be as simple as 2+2. In the first class, you will learn the basic skills to make various food flavors work together. There will be small tastes of various foods to illustrate the concepts that are being taught. Most people love cheese, but what goes well with cheese, other than more cheese? Based on the information taught in the first class about pairing food flavors, in the second class Zac will show how to make a charcuterie board and everything that goes with it. He will demonstrate how to cut the ingredients and what foods work together to bring out the best experience. And best of all, there will be eating of the delicious foods on the charcuterie board! Zac Green brings to the class the experience of being a chef in Chicago, a competitor in multiple food competitions alongside some of Chicago's best chefs, and over 10 years' experience as a caterer and event planner.

**Instructor:** Zac Green

**Class Sessions:** Mondays, September 18 and 25

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$15

### ***Get to the Point About Pain Relief with Dry Needling***

Learn how dry needling developed as a technique for relieving pain. Discover also how this non-pharmacological technique can provide pain relief and improve bodily function. According to the American Physical Therapy Association dry needling is a technique used to target connective tissue, neural ailments, and muscular ailments.

**Instructor:** Kaity Kipling, PT, DPT

**Class Session:** Friday, October 6

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***The Healing Power of Humor***

This course will explore research on the healing power of humor. Remember when you were a little kid and grown ups would tell you to wipe that smile off your face? I'm here to tell you to put that smile on your face. Laughter is good for you both physically and mentally. It's impossible to be depressed and to laugh at the same time. It helps us cope with life and makes us more alive. Come and find ways to put more humor in your life.

**Instructor:** Margo Ayala

**Class Session:** Wednesday, October 25

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Help for Knees with High Mileage***

Come learn about the structures of the knee joint and common causes for those with high mileage knees. Learn about tools and strategies for decreasing knee pain and improving your ability to stay active.

**Instructor:** Phyllis McLouth, PT, DPT

**Class Session:** Friday, September 22

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5



### ***The History of Google***

Google was founded by Larry Page and Sergey Brin at Stanford University in 1998. Come and see how it has evolved into the world's largest search engine and how it has partnered with others to make it such a powerful company.

**Instructor:** Larry Zigler

**Class Session:** Tuesday, October 3

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street.

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Introduction to Pickleball***

See what the fun is all about with this introductory class on Pickleball. You will learn the basic rules and strategies of the sport and participate in some skills and drills. Participants will play doubles each session. All equipment to play will be provided by the YMCA. Wear athletic shoes and clothes. Bring water and sunscreen.

**Instructor:** Cindy Cavett

**Class Sessions:** Monday, September 18 and Wednesday, September 20. Rain dates Monday, September 25 and Wednesday, September 27

**Time:** 5 - 6:15 p.m.

**Place:** Outdoor pickleball courts at the YMCA, 400 East Calhoun Street

**Parking:** At the site

**Maximum Enrollment:** 8

**Cost:** \$10

### ***Introduction to the Alexander Technique: A Method to Gain Awareness of Posture, Movement, and Balance***

Sometimes pain and balance issues are a result of long-term postural habits. The Alexander Technique is an educational method that helps improve overall posture, movement, and balance. Recent studies have shown long-term benefits for people with chronic back and neck pain by improving postural awareness. In this session, Claire Happel Ashe will introduce students to the Alexander Technique through an informative presentation and hands-on demonstration.

**Instructor:** Claire Happel Ashe

**Class Session:** Thursday, October 5

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Is Your Home a Smart Home? Smart Video Doorbells and Virtual Assistants***

A smart doorbell camera allows you to see who's on the other side of your door—even when you aren't home. We will discuss types of smart doorbell cameras, virtual assistants like Alexa and Google Home, security, and privacy. We will review the things to consider before purchasing a smart doorbell camera such as storage options, video quality, power source, and specific alerts. We will also discuss video footage, smart plugs, and lights.

**Instructor:** Brenda Allison

**Class Session:** Tuesday, November 7

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5



**LEARNING IS FOREVER**

Call (309) 298-1911 for more information.

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### ***Lakeview Prairie Labyrinth: A Guided Introduction***

Around the world, labyrinths are used as a tool to help clear the mind, calm worries, deepen self-awareness, and encourage mindfulness. Labyrinths are not a maze, but a walking meditation experience that follows a single unicursal path leading to the center and back. Lakeview Nature Area is home to a tallgrass prairie labyrinth that is open to visitors all year round. The Lakeview Prairie Labyrinth was created in 2016 and its mission is to provide wellness opportunities in our community and beyond. In this course, we'll explore some basics about labyrinths. Learn how to use a "finger labyrinth" and to decorate a small labyrinth to take home. Then we will walk the Lakeview Prairie Labyrinth. We encourage you to wear comfortable walking shoes and weather appropriate clothing. The labyrinth is roughly a half mile to the center and there is an optional processional exit that can be utilized. We look forward to seeing you in the prairie in the fall for this relaxing course!

**Instructor:** Natalie Shelly

**Class Session:** Friday, September 29. Rain date Friday, October 20

**Time:** 9 - 10:30 a.m.

**Place:** Lakeview Nature Area and Center, 10050 N 1500th Rd.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Learning to Use the Instant Pot/Instapot***

The class will make some basic foods such as rice, chicken, and butternut squash. We will also make a soup with multiple ingredients, using several functions of the instant pot. Additionally, there will be instruction on how to make dishes that take longer to cook than the length of the class, such as yogurt and a slow cooked stew. Recipes with detailed instant pot instructions will be provided.

**Instructor:** Polly Radosh

**Class Session:** Wednesday, October 4

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

**Place:** YMCA Senior Center, 400 East Calhoun Street

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$15

### ***Living and Playing with Pele: Volcanoes of the World***

An introduction to volcanoes and volcanic hazards with ideas for safe and fun volcano tourism in Hawaii, Iceland, Italy, and elsewhere. If you have a place in mind that you would like to discuss, please let the instructor know ahead of time (la-melim@wiu.edu).

**Instructor:** Leslie Melim

**Class Sessions:** Wednesdays, September 20 and 27

**Time:** 7 - 8:20 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$10

### ***Mixed Media Mandala Workshop on the Potter's Wheel***

Join us in the studio this fall and learn how to use a variety of art materials to create meditative mandalas on the potter's wheel. We'll employ the fast, circular rotations of the wheel to create a radial design full of color and pattern. The creation of these works promises to be meditative, mesmerizing, and joyous. While we will not be using clay in this workshop and no previous art skills are required, participants are encouraged to wear clothes that can get a little bit messy. Course includes all the necessary materials. We can't wait to create with you!

**Instructor:** Natalie Shelly

**Class Session:** Friday, November 10

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

**Place:** Macomb Park District Ceramics Studio, 1406 North Randolph Street The studio door is located on the west side of the building.

**Parking:** At the site

**Maximum Enrollment:** 9

**Cost:** \$5

### ***Motown!***

Sit back, relax, and enjoy three joyful, soulful, and music-filled films about Motown, each offering a different perspective on the most successful record label of all time. Background, opinions, and memories will be offered for each film. As always, class participation, along with popcorn consumption, is wholeheartedly encouraged.

*Hitsville: The Making of Motown* (2019). This fascinating documentary traces the birth of Motown in Detroit in 1958 through its relocation to Los Angeles in 1972, and tracks the unique system that Berry Gordy—with significant help from William “Smokey” Robinson—developed to make it so successful.

*Standing in the Shadows of Motown* (2002). In 1958, Berry Gordy gathered the best musicians from Detroit’s thriving jazz scene to back Motown’s young singers. By 1972, they had played on more #1 hits than the Beach Boys, Beatles, Rolling Stones, and Elvis combined. This is their story.

*Motown: Definitive Performances* (2009). Exciting live performances by Stevie Wonder, The Supremes, The Four Tops, Marvin Gaye, Martha & the Vandellas, Smokey Robinson, Gladys Knight & the Pips, The Temptations, and many others... Need I say more?!

**Instructor:** Bill Maakestad

**Class Sessions:** Mondays, October 2, 9 and 16

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$15

### ***Philanthropy: The Art of Giving***

This course will help explore the art of giving in the form of volunteerism and charity. We will also be discussing the different strategies on giving and being a philanthropist.

**Instructors:** Cory Clem and Ryan Krisher

**Class Session:** Monday, October 16

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Radon and Your Health***

This class will discuss the health effects of Radon and what homeowners can do to protect themselves and their families. Those in attendance will also receive a do-it-yourself test kit.

**Instructor:** Chris Adams

**Class Session:** Wednesday, October 11

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

**Place:** McDonough County Health Department, 505 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$5

### ***Scones – Sweet and Savory***

Join Penny Yunker and her assistants Marcia Lucas and Garnette Hallwas for a demonstration of how to make sweet scones and cheese scones. Whether you plan a tea party or are serving appetizers, you will want some of these scones for unexpected guests. Everyone will take home a small bag of both types of scones.

**Coordinators:** Penny Yunker, Marcia Lucas, and Garnette Hallwas

**Class Session:** Thursday, November 2

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

**Place:** Knoblauch Hall kitchen, Room 230, WIU Campus, West Murray Street

**Parking:** In the lot behind Knoblauch Hall

**Maximum enrollment:** 12

**Cost:** \$15

### ***Six Critical Events in United States History***

This class will focus on six important events in our long history with an evaluation of the impact of these events on our collective history. These historical events will be investigated in chronological order. Two of these events are likely to be The Trail of Tears and the Truman-MacArthur Controversy.

**Instructor:** Larry Balsamo

**Class Sessions:** Tuesdays, September 12, 19, 26 and October 3, 10 and 17

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

**Place:** Horrabin Hall, Room 78, WIU Campus, Corner of Western Avenue and University Drive

**Parking:** In the lot behind Currens Hall or lot south of Horrabin Hall

**Maximum Enrollment:** 40

**Cost:** \$20

### ***Spring Lake Pontoon Ride***

Enjoy a relaxing pontoon ride around beautiful Spring Lake. As you look for local wildlife, you can ask questions about fish, plants, and birds, as well as about services that the Spring Lake facility offers.

**Coordinator:** Ryan Hansen

**Class Session:** Wednesday, September 13. Rain Date September 20

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

**Place:** Spring Lake Park, 620 Spring Lake Park Road

**Parking:** At the bottom of the hill by the bait shop

**Maximum Enrollment:** 12

**Cost:** \$5

### ***Treatment Options for Chronic Nasal Congestion and Chronic Runny Nose***

This will include a review of treatment options for those with nasal congestion and a chronic runny nose. These options will include medical and procedural options. The procedures include office based and surgical treatment options.

**Instructor:** Dr. Jeff Sparks, MDH Ear, Nose & Throat

**Class Session:** Tuesday, September 19

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street.

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***We Need to Talk Book Club***

The We Need to Talk Book Club will give us a chance to join in conversation and to connect with others. The book selections will center on two works of fiction that remind us of our current issues. Our discussion will allow us to see these contemporary issues in a different light, to gain a new perspective, and to see another reality. Descriptions of each novel are below.

#### September 5th - *Take My Hand* by Dolen Perkins-Valdez

This novel is loosely based on the real-life case of Relf v. Weinberger. It involves two young girls, aged 12 and 14, who were sterilized without their consent. "A jewel of a book...Perkins-Valdez's grasp of large historical themes is matched by her attention to her characters' lives, their existence so meticulously rendered that you can smell the fetid air of the Williams's country hovel and the scent of the girls freshly bathed and slathered with cocoa butter....*Take My Hand* reminds us that truly extraordinary fiction is rarely written merely to entertain...Perkins-Valdez has done a fine job of building a structure and scaffolding that will not only endure but also bear the weight of future writers yearning to bring the past to readers afresh."—*Washington Post*

#### November 7 - *Pope Joan* by Donna Woolfolk Cross

*Pope Joan* is an older book (1996), that some of you have probably read. The setting is the 9th century where young Joan assumes her dead brother's identity. She disguises herself, enters a monastery, and eventually becomes a pope. "No one knows for sure if Pope Joan, or Pope John Anglicus as she called herself, really existed.—After finishing Donna Cross' novelization of Joan's life, one may want her to be a real person, only because it is so

gratifying to read about those rare heroes whose strength of vision enables them to ignore the almost overpowering messages of their own historical periods."—*Los Angeles Times Book Review*

**Instructor:** Connie LaRue

**Class Session:** Tuesdays, September 5 and November 7

**Time:** 1 - 2:15 p.m.

**Place:** Zoom

**Parking:** Not applicable

**Maximum Enrollment:** 25

**Cost:** \$10

### ***Western Illinois' Underground Railroad: Images, Myths, and People***

This course will locate the local and regional history of the famous Underground Railroad (UGRR), the illegal network of people escaping slavery, their allies, and opponents, important in American history before the Civil War and in our national heritage since then. The first class will focus on the national UGRR. As Macomb, McDonough County, and Western Illinois were a part of that national network, the second class will focus on our region's particular UGRR. The course will also consider popular images and myths of the UGRR exploring why certain myths and images, though perhaps or probably historically inaccurate, persist.

**Instructor:** Tim Roberts

**Class Sessions:** Thursdays, September 7 and 14

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

**Place:** Spoon River College Community Outreach Center, 2500 East Jackson Street

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***The World's Columbian Exposition of 1893: Chicago's Society Debut***

Beating out Washington, St. Louis and its fiercest rival, New York City, Chicago won the right to host the Columbian Exposition of 1893. This event not only showcased the best and brightest America had to offer, it served as Chicago's entry to the world stage. Professor Foltz-Pendarvis explains the background on the battle to host the Fair, as well as the pressure to make the White City a shining beacon to the world.

**Instructor:** Professor Lena Foltz-Pendarvis portrayed by Kim McDaniel

**Class Session:** Thursday, October 12

**Time:** 5 - 6:30 p.m.

**Place:** Horrabin Hall, Room 78, WIU Campus, Corner of Western Avenue and University Drive.

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

**Maximum Enrollment:** 30

**Cost:** \$5

# Chronological Course Listing

<b>Beginning in September</b>	
The Artistry of Hemingway's Short Fiction	Tuesdays, September 5, 19 and October 3, 17 and 31; on September 5 only at 2:30 - 4 p.m.; the other dates will be at 2 - 3:30 p.m.
We Need to Talk Book Club	Tuesdays, September 5 and November 7 at 1 - 2:15 p.m.
Body Composition: What are We <i>Really</i> Made Of?	September 6 and October 4 at 8:45 - 10 a.m.
Western Illinois' Underground Railroad: Images, Myths, and People	Thursdays, September 7 and 14 at 3 - 4 p.m.
Six Critical Events in United States History	Tuesdays, September 12, 19, 26 and October 3, 10 and 17 at 4 - 5:30 p.m.
Spring Lake Pontoon Ride	Wednesday, September 13. Rain Date September 20 at 10 - 11 a.m.
C.T. Vivian: Macomb's Most Significant Son	Wednesday, September 13 at 6:30 - 8 p.m.
Beginning Crochet	Thursdays, September 14 and 21 at 5:30 - 6:30 p.m.
Compression Stockings: Squeeze a Little Extra Time Into Your Day	Friday, September 15 at 1 - 2 p.m.
Flavor Profiles and Charcuterie 101	Mondays, September 18 and 25 at 2 - 4 p.m.
Introduction to Pickleball	Monday, September 18 and Wednesday, September 20. Rain dates Monday, September 25 and Wednesday, September 2 at 5 - 6:15 p.m.
Big Brothers Big Sisters: Igniting Potential in Youth	Tuesday, September 19 at 11 - 12 p.m.
Treatment Options for Chronic Nasal Congestion and Chronic Runny Nose	Tuesday, September 19 at 1 - 2 p.m.
Living and Playing with Pele: Volcanoes of the World	Wednesdays, September 20 and 27 at 7 - 8:20 p.m.
Armchair Traveler	Thursdays, September 21, 28 and October 5, 12 and 19 at 1:30 - 3 p.m.
Help for Knees with High Mileage	Friday, September 22 at 1 - 2:30 p.m.
Cooking with Harold	Thursday, September 28 at 5 - 7 p.m.
Lakeview Prairie Labyrinth: A Guided Introduction	Friday, September 29 at 9 - 10:30 a.m. Rain date October 20 at 9 - 10:30 a.m.
<b>Beginning in October</b>	
Motown!	Mondays, October 2, 9 and 16 at 6 - 8 p.m.
The History of Google	Tuesday, October 3 at 10 - 11:30 a.m.
Learning to Use the Instant Pot/Instapot	Wednesday, October 4 at 2 - 4 p.m.
Introduction to the Alexander Technique: A Method to Gain Awareness of Posture, Movement, and Balance	Thursday, October 5 at 10 - 11:30 a.m.
Fitness for Seniors/Cognitive Aging	Thursday, October 5 at 5 - 6:30 p.m.
Get to the Point About Pain Relief with Dry Needling	Friday, October 6 at 1:30 - 2:30 p.m.
Being Mortal: Medicine and What Matters in the End	Mondays, October 9, 23 and November 6 and 27 at 9:30 - 11 a.m.
Radon and Your Health	Wednesday, October 11 at 2 - 3 p.m.
The World's Columbian Exposition of 1893: Chicago's Society Debut	Thursday, October 12 at 5 - 6:30 p.m.
Philanthropy: The Art of Giving	Monday, October 16 at 1 - 2 p.m.
Basic Concepts of Watercolor Painting	Monday, October 23 at 1 - 4 p.m.
The Healing Power of Humor	Wednesday, October 25 at 10 - 11:30 a.m.
Digital Photo Organization and Storage	Monday, October 30 at 9:30 - 11 a.m.
Cogs and Goggles and Corsets, Oh My!	Tuesday, October 31 at 5 - 6:30 p.m.
<b>Beginning in November</b>	
Scones – Sweet and Savory	Thursday, November 2 at 4:30 - 6 p.m.
Is Your Home a Smart Home? Smart Video Doorbells and Virtual Assistants	Tuesday, November 7 at 9:30 - 11 a.m.
Dogs & Cats & Us: Contributions of Companion Animals Over Time	Thursday, November 9 at 2 - 3:30 p.m.
Mixed Media Mandala Workshop on the Potter's Wheel	Friday, November 10 at 9 - 10 a.m.

# LIFE Registration Form

## Fall 2023 Semester

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

It is strongly preferred that all LIFE course participants be fully vaccinated against the Coronavirus. If you are experiencing any known symptoms of the virus, please do not attend 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):

- Armchair Traveler - \$20
- The Artistry of Hemingway's Short Fiction - \$20
- Basic Concepts of Watercolor Painting - \$10
- Beginning Crochet - \$5
- Being Mortal: Medicine and What Matters in the End - \$15
- Big Brothers Big Sisters: Igniting Potential in Youth - \$5
- Body Composition: What are We *Really* Made Of? - \$25
- Cogs and Goggles and Corsets, Oh My! - \$5
- Compression Stockings: Squeeze a Little Extra Time Into Your Day - \$5
- Cooking with Harold - \$15
- C.T. Vivian: Macomb's Most Significant Son - \$5
- Digital Photo Organization and Storage - \$5
- Dogs & Cats & Us: Contributions of Companion Animals Over Time - \$5
- Fitness for Seniors/Cognitive Aging - \$5
- Flavor Profiles and Charcuterie 101 - \$15
- Get to the Point About Pain Relief with Dry Needling - \$5
- The Healing Power of Humor - \$5
- Help for Knees with High Mileage - \$5
- The History of Google - \$5
- Introduction to Pickleball - \$10
- Introduction to the Alexander Technique: A Method to Gain Awareness of Posture, Movement, and Balance - \$5
- Is Your Home a Smart Home? Smart Video Doorbells and Virtual Assistants - \$5
- Lakeview Prairie Labyrinth: A Guided Introduction - \$5
- Learning to Use the Instant Pot/Instapot - \$15
- Living and Playing with Pele: Volcanoes of the World - \$10
- Mixed Media Mandala Workshop on the Potter's Wheel - \$5
- Motown! - \$15
- Philanthropy: The Art of Giving - \$5
- Radon and Your Health - \$5
- Scones – Sweet and Savory - \$15
- Six Critical Events in United States History - \$20
- Spring Lake Pontoon Ride - \$5
- Treatment Options for Chronic Nasal Congestion and Chronic Runny Nose - \$5
- We Need to Talk Book Club - \$10
- Western Illinois' Underground Railroad: Images, Myths, and People - \$5
- The World's Columbian Exposition of 1893: Chicago's Society Debut - \$5

**Total amount:** \$ \_\_\_\_\_

**I would be interested in taking a course on:** \_\_\_\_\_

**I would like to teach a course on:** \_\_\_\_\_

**Please add me to your e-mail list:** \_\_\_\_\_

**Refund Policy:** Requests to withdraw from a class and for a related refund must be received 20 days prior to the first class meeting. All approved refunds will be issued at the end of the semester. For the full refund policy, please refer to page 3.

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



**Western Illinois  
University**

**Study Abroad and Outreach**  
1 University Circle  
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED