



Spring 2025

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

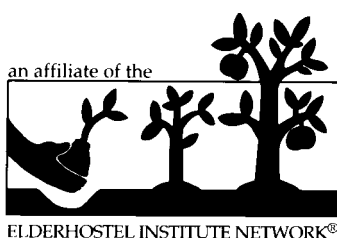
Course List and Registration Form

*This semester LIFE will offer new adult educational opportunities such as
“Embroidering on a Photo,” “Guided Tour of the Kibbe Museum,”
“Keep it Local,” “Israel in Times of War: A Personal Travel Account,”
and “Bird Identification.”*

And of course, we will continue to offer many of your ongoing favorites.

**Scheduling & Event Services
Western Illinois University**

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. 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, or any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class is 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.

For more information/questions on the LIFE program, or to be put on the list to receive this free, semiannual course brochure, call (309) 298-1911. The brochure can also be viewed on the LIFE website at wiu.edu/life.

Because of increased costs, brochures will be sent via email. Hard copies will be available at numerous locations e.g., Western Illinois Museum, the Macomb Public Library, YMCA Senior Center, several senior living centers, and some local businesses.

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:

Officers

Dan Wise, president

Sally Adams and Emily Roberts,
WIU LIFE liaisons

Curriculum Committee

John Hallwas	Paula Wise, chair	
Steve Hopper	Connie LaRue	Emily Roberts
Patti Jones	Bill Maakestad	Val Smead
	Suzan Nash	

Social Committee

	Garnette Hallwas and Brenda Allison, co-chairs	
Janna Haworth	Cindy Amundsen	Mary Elizabeth Vos

The LIFE organization is grateful to our sponsor, Western Illinois University's Scheduling & Event Services office, and to the following community partners who are also committed to providing lifelong learning opportunities for area residents:

First Christian Church	Macomb Park District
Free Range Yoga and Community Wellness Center (South Wing)	McDonough District Hospital
Kibbe Hancock Heritage Museum, Carthage	Spoon River College Community Outreach Center
The Legacy Theater, Carthage	Spring Lake Park
Macomb City Hall	Western Illinois Museum
Macomb Fire Department	Western Illinois University
Macomb Food Co-op	YMCA of McDonough County

A Letter from the President

Welcome to the LIFE Program for Spring of 2025.

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 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 & Waitlist Policies

Course Costs

Course costs are based upon the number of hours in a course as listed below:

- 1-2 hour class.....\$5
- 2.1-4 hour class.....\$10
- 4.1-6 hour class.....\$15
- 6.1 hours or more\$20

In addition, course costs may include course-specific costs (e.g., food, travel, course materials, etc.).

If you have provided us with an email address, that will be our primary form of communication. Please monitor it daily. Please read the LIFE Refund and Waitlist Policies closely.

Refund Policy

- Requests to withdraw from a class must be received 14 days before 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 14 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 programming costs.
- Those owed a refund will receive a check directly from WIU.
- Those who have paid for a class that is canceled by LIFE, or who are waitlisted and no space becomes available, will be refunded at the end of the semester.

Refund Policy (specific to registrations paid for via credit card or online)

- Any payment made using a credit card accrues a credit card transaction fee.
- If a course is canceled by LIFE or a LIFE instructor, the full course registration cost, including the transaction fee, will be refunded at the end of the semester.
- If you cancel your course registration because you are unable to attend, the course registration cost minus the transaction fee will be refunded.
- Please do not plan to attend a course for which you have not been notified of an available space.

Attendance Policy

- If you register for a class, please plan on attending. All of our instructors work hard to prepare for their LIFE class and look forward to your attendance and participation. It reflects negatively on the LIFE program to have numerous no-shows. Thank you for your understanding in this matter.

Our Courses

About Some of Our Art in Town

As you look at a piece of art, isn't it more satisfying when you know the story behind it? Here's a chance to hear different artists talk about how they chose their subject matter, how long it took and why their artwork is impactful for our community. Come hear the story behind their work so you can tell it to others. Several artists will speak and show images of their works.

Presenters: Colby Fayhee, Bill Howard, Michael Mahoney, Kelley Quinn, Emily Roberts, and Mary Ann Severs have all created murals/mosaics in town.

Class Session: Wednesday, March 5

Time: 4-5:30 p.m.

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

Parking: At the site

Maximum Enrollment: 35

Fee: \$5

Armchair Traveler

March 20: Irish Adventure

Timothy Collins and Shannon L. Price will share their experiences on a three-week trip that they took with their son to Ireland and Northern Ireland. After arriving in Dublin, they traveled to Westport, Sligo, Derry, Belfast, and Giant's Causeway. They returned to Dublin for their final three nights. They enjoyed the scenery, historic landmarks, farmers' markets, local pubs, and traditional music.

March 27: Who Doesn't Travel 6400 Mile to Fly Fish?

Three friends pursued beef, Malbec, and world-class rainbow trout. Neil Armstrong and John Nelson will share their adventures in beautiful Patagonia.

April 3: Norway, Denmark, and Sweden Trip

A Fjord is not an SUV and SCANDinavia is not a QR code. With friends from Macomb, Mike and Marsha Davey spent 23 days in Norway, Denmark, and Sweden. While there they traveled by train, bus, ferry, cruise boat, taxi, and bicycle! They will share their travels from "the land of waterfalls" to the "city of islands."

April 10: Grand European Holiday

Steve Hopper will share about the wonderful trip with his spouse and 11-year-old grandson. The itinerary, designed for family, specifically grandparents and grandchildren, included special activities in London, Paris, Umbria, and Rome.

Coordinator: Steve Hopper has coordinated the LIFE Armchair Traveler program for several years, and he has traveled to all seven continents.

Class Sessions: Thursdays, March 20, 27, April 3, and April 10

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Fee: \$15

Astrophotography Through a Telescope - Imaging Space

Our universe is full of beautiful and interesting objects to view and to take images of. Discover how we amateur photographers create magnificent images of our solar system and even distant galaxies millions of light years away. Each year I travel to dark sites across the country, imaging space gems that most people never get to see. The course will cover telescopic and camera equipment I use in the process, along with the computer software I use to stack and process multiple photos into one beautiful image. You do not need a telescope to benefit from this class; you only need a passing interest in astronomy and a desire to explore the wonders space has to offer. Come enjoy my images of our sun, moon, eclipses, star clusters, nebulae, and galaxies.

NOTE: This is similar to my 2023 presentation but with many new photographs.

Instructor: Larry Knicl has been an amateur astronomer and space photographer for 25 years.

Class Session: Thursday, March 20

Time: 9-10:30 a.m.

Place: Sandburg Lounge in the basement of WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$5

Basic First Aid

In this class you will learn some simple and basic first-aid care that you can use to help prevent further life threatening injuries to both yourself and others.

Instructor: Kory Nichols, a paramedic and national lead instructor, is also the EMS coordinator for McDonough County.

Class Session: Monday, March 24

Time: 1-3 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Fee: \$5

Beginning Euchre

Come learn to play an easy-to-learn Midwestern card game, Euchre. Euchre has been around since the 1800s and was very popular in Europe. You will learn the basic version and then you will play multiple rounds. In the second class you will hone your new skills.

Instructor: Jim Unruh is a retired 5th grade teacher with over 40 years of Euchre playing experience.

Class Sessions: Monday, April 14 and Wednesday, April 16

Time: 1-2:30 p.m.

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

Parking: At the site

Maximum Enrollment: 16

Fee: \$10

Bird Identification

In the first class we will identify important field markings that help distinguish birds. In the second class, we will put those skills to the test in a field excursion.

Instructor: Maggie MacPherson is a WIU Assistant Professor of Wildlife Ecology and studies spatial dynamics in birds.

Class Sessions: Tuesdays, April 22 and 29 and rain date Monday, May 5

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

Place: The 1st class will be in the Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety. The outdoor location for the 2nd class is TBD by the instructor.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 50

Fee: \$5

Cooking with Harold

This class is a combination of demonstration and hands-on. The focus will be on slow-baked pork spare ribs. (In fact, they will be cooking for hours before the class begins.) A sweet and spicy BBQ sauce to complement the spare ribs will be made. A Swiss mixed vegetable casserole will also be prepared and served with the meat. Participants will get to eat the prepared food.

Instructor: Harold Schmalfeld is a retired WIU professor who loves cooking and has taught this LIFE class for years.

Class Session: Thursday, March 20

Time: 5-7 p.m.

Place: First Christian Church, 124 N. McArthur St.

Parking: On the west side of the church. Enter through the southwest door (close to W. Jackson St.) where there is an elevator down to the fellowship hall.

Maximum Enrollment: 12

Fee: \$15

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 store, find, and even edit your favorite photos to get your images in order.

Instructor: Brenda Allison is a retired IT Director for AFSCME who worked in many levels of technology. Teaching classes helps keep her skills current.

Class Session: Thursday, March 13

Time: 9:30-11 a.m.

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$5

Diseases and Pests of Trees

Trees are the biggest investment in our landscapes and can live for hundreds of years. Learn about common diseases affecting trees and also about how some insects can be pests to trees. Chris Enroth will also discuss some looming pests on the horizon that we need to keep a close eye on in case they spread to western Illinois.

Instructor: Chris Enroth is a horticulture educator with the University of Illinois Extension.

Class Session: Wednesday, April 9

Time: 9-10 a.m.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 30

Fee: \$5

Eco-Friendly Household and Hygiene Products

Are you trying to purchase environmentally responsible household/personal hygiene products, but you don't know which ones are truly effective and eco-friendly? Then this class is for you. The first session will be an introduction to eco-friendly products. For the second session, willing participants will be invited to bring a list of products they have used and their ratings on environmental benefits and effectiveness. A list of these products and their ratings will then be emailed to all participants.

Instructor: Kathy Fischer is a retired professor from the Health Sciences Department at WIU and was an RN prior to 1980.

Class Sessions: Tuesdays, April 1 and 8

Time: 9:30-11 a.m.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 20

Fee: \$5

Embroidering on a Photo

This class can be for beginners as well as for people with embroidery experience. You will learn to embroider on a photograph of nature provided by the teacher. Simple stitches will add a special touch that will make every photo different. You will leave with a unique art project that you can frame and keep for yourself or maybe give to someone you love. Materials will be provided, but if you have your own embroidery threads or needles they will be welcomed as well.

Instructor: Ximena Barreto has worked as a photographer for more than 30 years. She makes mixed media pieces using embroidery on photographs.

Class Sessions: Wednesdays, April 16 and 23

Time: 10-11:30 a.m.

Place: Fox Room on the 1st floor of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 10

Fee: \$15

Freedom of Speech: What Can I Say?

A basic explanation of the freedoms and limits of our right to free speech and expression. The audience will have the opportunity to provide examples that illustrate the law.

Instructor: Gayle Tronvig Carper practiced law from 1983-2005, taught law classes at WIU's School of LEJA from 1987-2012, and is now happily retired.

Class Session: Tuesday, March 4

Time: 3 - 4:30 p.m.

Place: Lincoln Room on the 1st floor of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$5

The Frontier Experience in Western Illinois

Most of the counties in western Illinois were established 200 years ago. That promoted the coming of settlers, the creation of communities, and the struggle with harsh conditions that lasted until the 1850s. This two-hour class will introduce participants to historical materials that reflect the earliest generations (1820s-1850s) here – including maps, drawings, photographs, records, and personal accounts. Those will depict the creation of counties, the development of homes and farms, the founding of small villages, and the challenges that made frontier life so difficult. The focus will be on everyday experiences rather than noted individuals and events, and it will be a fascinating introduction to the vast array of materials available to the public at WIU's Malpass Library's Archives & Special Collections.

Instructor: John Hallwas is a retired archivist and author of many literary sources about the Illinois frontier, including *Western Illinois Heritage*.

Class Session: Tuesday, May 13

Time: 1-3 p.m.

Place: Archives & Special Collections, WIU Malpass Library, at WIU Campus

A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available in the lot across the street from the library

Maximum Enrollment: 20

Fee: \$5

Gardening for Pollinators

Imagine how much an apple would cost if we had to pay a worker to climb around and pollinate the apple bloom. Pollinators are integral to the health and well-being of a garden and are essential for much of our vegetable production needs. Chris Enroth will discuss the importance of bees, butterflies, and other pollinators, as well as how to attract them to your garden. As pollinator habitats dwindle, learn how to support nature's most vital workers.

Instructor: Chris Enroth is a horticulture educator with the University of Illinois Extension.

Class Session: Wednesday, April 2

Time: 10-11 a.m.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 50

Fee: \$5

Guided Tour of the Kibbe Museum in Carthage

This is one of the most enjoyable local museums in western Illinois. Well-known for its broad variety of exhibits, the museum features displays focused on farming, women's dresses, rural school education, toys, church history, various military experiences, technology (including a car manufactured in Hancock County), regional wildlife, Native American artifacts, and even some vanished local communities. The museum was named after Alice Kibbe, who was a professor and chair of the Biology Department at Carthage College. In recent years, the museum also developed a special Lincoln exhibit, featuring a log cabin, as well as aspects of his legal and political career.

Instructors: Keith Bruns is the head of the Hancock County Historical Society and a board member of the Kibbe Museum. John Hallwas has published many books and articles on the history of Hancock County and is president of the Illinois State Historical Society.

Class Session: Tuesday, May 6

Time: 10:30 a.m.-noon

Place: Kibbe Hancock Heritage Museum, 306 Walnut St., Carthage. Meet inside.

Parking: on Walnut Street

Maximum Enrollment: 20

Fee: \$5

Hearing Loss: How to Treat Your Hearing

In this course we will explore hearing loss, how it happens, how to recognize it, how it relates to healthy aging, and how to treat it appropriately.

Instructor: Dr. Mike Young is the Audiology Clinic Coordinator of the WIU Speech and Hearing Clinic and teaches in the Department of Speech Pathology and Audiology.

Class Sessions: Tuesdays, February 25 and March 4

Time: 6:15-7:45 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$10

A History of and Memorial About Lynchings in the United States

The first week, led by Tim Roberts, will consider particularities and patterns of known lynchings in Illinois, c. 1889-1943. The second week, led by Ron Pettigrew, will consider lynching memorials, particularly the Chicago Race Riot of 1919 Commemoration Project and the National Memorial for Peace and Justice in Montgomery, Alabama.

Instructors: Dr. Tim Roberts is a professor and chair of the History Department at WIU. He teaches and researches American history. Ron Pettigrew is the director of WIU's Veteran Resource Center, was a Navy Chaplain for 30 years, and has been an inner-city pastor for years.

Class Sessions: Tuesday, February 25 and Thursday, February 27

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

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$5

Hospice: When Care, Not Cure, is the Focus

The MDH Hospice team will explain what hospice care is and when it is appropriate for you and your family. Topics will include the type of care provided, how the cost is covered, who is on the care team and who is eligible for it. The instructors will explain the benefits of hospice care and the focus on enhancing quality of life.

Instructors: Lisa Hood, RN, is the Patient Care Coordinator for The MDH Hospice.

Michael Zimmerman, RN, is the Director of The MDH Hospice

Class Session: Tuesday, April 15

Time: 10-11 a.m.

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

Parking: At the site

Maximum Enrollment: 25

Fee: \$5

How to Sell on Facebook Marketplace

Do you have unwanted items that your children don't want to inherit? Items that you want to sell but you don't want to have a yard sale? This class will teach you how to sell items on Facebook Marketplace. NOTE: To participate in this class, it would be helpful to bring your Smartphone and have the Facebook app loaded on it, so you can follow along on your device.

Instructors: Rose Elam is retired from WIRC and has been selling items for herself and others for several years. Trisha Kuster is the owner of the online vintage resale store The Tippy Canoe, and she sells on eBay, FB Marketplace, Mercari, Etsy, and Poshmark.

Class Session: Friday, April 4

Time: 5-6:30 p.m.

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

Parking: At the site

Maximum Enrollment: 25

Fee: \$5

I Hiked and Camped the Appalachian Trail

This is a unique opportunity to hear the story of a woman who is living in Macomb temporarily until the summer of 2025. Jacqy hiked the 2200 miles and did it alone, leaving behind her husband and teen son for almost 6 months. Jacqy will show photos and tell how she ate, slept, showered and stayed safe, as well as share stories about people and critters she met along the way. She will also show the equipment that she carried daily. Jacqy has hiked many other national and international trails and has even led Boy Scouts on some of their hikes.

Instructor: Jacqy Sherer

Class Session: Thursday, February 27

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 50

Fee: \$5

Illinois Women in World War I

You've heard of WW2's Rosie the Riveter, but how much do you know about what women did during the First World War? We'll focus on Illinois women, exploring their contributions to the war effort both on the home front and overseas.

Instructor: Dr. Ginny Boynton taught US & Women's History at WIU for several decades before retiring.

Class Session: Wednesday, March 26

Time: 1-2:30 p.m.

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

Parking: At the site

Maximum Enrollment: 50

Fee: \$5

Intermediate Euchre

This intermediate class is for people who took the beginning class or who already know how to play Euchre. Participants will practice strategies with the instructor there to offer support and advice.

Instructor: Jim Unruh is a retired 5th grade teacher with over 40 years of Euchre playing experience.

Class Sessions: Monday, April 21 and Wednesday, April 23

Time: 1-2:30 p.m.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 16

Fee: \$10

Introduction to Astronomy

How did our solar system form, why is Pluto no longer a planet, and what are those beautiful objects we love to admire in Hubble Space Telescope and James Webb Space Telescope images? Learn about our solar system, deep-space objects, constellations, and telescopes. Explore our universe through photos, animations and video and go on a virtual tour of the Miami Astronomical Society's Winter Star party in the Florida Keys. NOTE: This is essentially the same LIFE presentation from 2023, but you are so welcome to come again and introduce a friend to how wonderful it was!

Instructor: Larry Knicl, an amateur astronomer for 25 years, enjoys helping folks learn about the vast wonders of the universe.

Class Sessions: Tuesdays, March 18 and 25

Time: 9-10:30 a.m.

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

Parking: At the site

Maximum Enrollment: 25

Fee: \$5

Introduction to Fly Fishing

This class is designed to provide students with an introduction to the fundamentals of fly fishing. The course will include a brief history of fly fishing, an overview of the equipment needed to get started, a discussion of flies used to catch freshwater species, a short fly-tying demonstration, and hands-on casting instruction.

Instructors: Greg Montalvo is a retired WIU professor with a lifelong interest in fly fishing. Steve Larimer taught art in Macomb for 25 years with fly fishing as a major distraction/pastime.

Class Sessions: Monday, March 17, Wednesday, March 19, and Friday, March 21

Time: 3-5 p.m.

Place: WIU's Horrabin Hall Gym, corner of Western Ave. and University Dr.

A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: In the parking lot south of Horrabin Hall

Maximum Enrollment: 15

Fee: \$20

Introduction to Meditation

While meditation is not a cure-all, it can certainly provide you with some much-needed space in your life—and sometimes, that's all we need to inject far-reaching and long-lasting benefits into our lives, as well as to make better choices for ourselves, our families, and our communities. Health-wise, the practice of meditation can help to lower stress, improve focus, understand pain, connect better, and reduce brain chatter. This class will provide a brief, practical introduction to meditation by three instructors from different meditative traditions.

Instructors: Dawn Piper is a Certified Yoga Therapist, Tera Mai Reiki practitioner, trained in iRest Yoga Nidra, and the owner of Free Range Yoga. Gloria Barr is a Certified Reiki Master and highly experienced in Reiki therapy. Bill Maakestad is a Tai Chi and Qigong instructor of "moving meditation" and attended Albuquerque's Center for Action and Contemplation.

Class Session: Thursday, March 20

Time: 1-2:15 p.m.

Place: Free Range Yoga and Community Wellness Center (South Wing), 118 N Lafayette St.

Parking: On or near the Macomb downtown square

Maximum Enrollment: 12

Fee: \$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.

Instructor: Cindy Cavett, YMCA Senior Center Director, had free time when her kids left home so introduced the Y to pickleball. It's still an obsession for her.

Class Sessions: Tuesday, March 4 and Thursday, March 6

Time: 9-10 a.m.

Place: YMCA Gym, 400 E. Calhoun St.

Parking: At the site

Maximum Enrollment: 12

Fee: \$5

Israel in Times of War: A Personal Travel Account

Professor Chamberlin will share her images, impressions, and insights from a professional trip to Israel and the World Holocaust Remembrance Center at the Yad Vashem campus in Jerusalem that she took in June 2024. She will use a historical lens to explore the linkages between Israeli past and present.

Instructor: Dr. Ute Chamberlin is a member of the History Department at WIU where she teaches Modern European and World History.

Class Session: Wednesday, April 9

Time: 10:30 a.m.-noon

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$5

Keep it Local

Learn about local food producers and the avenues they use to provide healthy food in the community.

Instructor: Alyson Sturgis is the president of the board for the Macomb Farmers Market and is a board member of the Macomb Food Co-op.

Class Session: Wednesday, April 2

Time: 1-2:30 p.m.

Place: Macomb Food Co-op, 211 S. McArthur St.

Parking: At the site

Maximum Enrollment: 12

Fee: \$5

Making Art

The creation of any work of art is a long and complicated process. This process can best be described as an act of discovery – one that begins with an original conception and culminates in a completed artifact. This is a course about the act of making art (painting and music) and the work that is involved in doing so. Based on the personal experiences of two practicing artists (a painter and a composer) the course will present the various steps involved in each individual artist's creative processes and the ways in which it relates to their own work and artistic discipline.

Instructors: Paul Paccione is Emeritus Professor in Music and Michael Mahoney is Emeritus Professor in Art at WIU.

Class Sessions: Monday, March 17 and Tuesday, March 18

Time: 2-3:30 pm.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$10

Making Maple Syrup in Vermont

Learn the art of making 100 percent pure maple syrup at Oakland Acres Farm. Jack and Barrie have been producing maple syrup for over 30 years. Learn how they tap the trees, collect the sap, and cook it down to become syrup. Participants will be outdoors the entire time with moderate to difficult walking over steep and rough terrain. If the syrup is ready, bottles may be for sale.

Instructors: Barrie McVey and Jack Wohlstadter

Class Session: Tuesday, March 4 and rain date March 11

Time: 10 a.m.-noon

Place: Oakland Acres Farm, 20526 Ferndale Lane, Vermont, IL

Parking: At the site

Maximum Enrollment: 15

Fee: \$5

Mastering Your iPhone

This is a basic class in understanding the function and operation of your iPhone. You will learn navigation of the menus, messaging, resetting, iOS mail app, browsing the internet, using the contacts, and using your phone camera.

Instructor: Brenda Allison is a retired IT Director for AFSCME who worked in many levels of technology. Teaching classes helps keep her skills current.

Class Session: Thursday, April 10

Time: 9:30-11 a.m.

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$5

Mastering Your Samsung Android Smartphone

This is a basic class in understanding the function and operation of your Samsung Android phone. You will learn navigation of the menus, messaging, resetting, browsing the internet, basic Google account info, using the contacts, and basic camera use.

Instructor: Brenda Allison is a retired IT Director for AFSCME who worked in many levels of technology. Teaching classes helps keep her skills current.

Class Session: Thursday, March 27

Time: 9:30-11 a.m.

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$5

Medicare Annual Wellness Exams

We will discuss the importance of preventative care, what screenings Medicare pays for, and what services McDonough District Hospital provides.

Instructor: Brittany Taylor is a family nurse practitioner and a registered nurse. Her passion is family medicine with a focus on prevention.

Class Session: Monday, March 3

Time: 2-3 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Fee: \$5

On the Rails: Train Cargo and Emergency Response

You will learn about what is carried on the railroad that comes through this area and how first responders respond to railway incidents.

Instructor: Dan Meyer has been with the Macomb Fire Department for 23 years and has been the fire chief since 2021.

Class Session: Friday, March 7

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

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

Parking: At the site

Maximum Enrollment: 25

Fee: \$5

Park Golf 101

This course will discuss the history of park golf, how it came to America, and how to play. We will work on your golf stroke for driving and also on how to hit the ball so that every shot is consistent.

Instructor: Blake Severs works at the Macomb Park District and recently helped establish Illinois' first park golf course at Ball Fore.

Class Session: Monday, May 5 and rain date, Thursday, May 8

Time: 9-11 a.m.

Place: Ball Fore Family Entertainment Center, 9575 US Hwy 136

Parking: At the site

Maximum Enrollment: 10

Fee: \$15

Planning a National Park Adventure

How many of us want to take a trip to a national park but the when, what and how of the planning process seems daunting? This class will incorporate a hands-on session for planning with tips as to when to begin planning, when and how to book NP lodging, websites for lodging and trail bookings and other valuable information for planning the best experience you can have.

Instructors: Jim and Nancy Unruh have been to 45 national parks in the past 10 years. They have stayed in lodges in the park, as well as cabins, hotels, Airbnbs, tents, and KOAs.

Class Session: Monday, April 7

Time: 1-3 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$5



LEARNING IS FOREVER
Call (309) 298-1911 for more information.

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

Pontoon Ride on Spring Lake

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 the services that the Spring Lake facility offers.

Instructor: Ryan Hansen is the president of Spring Lake Management, Inc.

Class Session: Wednesday, May 7 and rain date Friday, May 9

Time: 11 a.m.-noon

Place: Spring Lake Park, 620 Spring Lake Park Rd.

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

Maximum Enrollment: 12

Fee: \$5

Presenting Alfred Hitchcock

Alfred Hitchcock remains one of the most recognized, popular, and influential directors in the history of cinema. This course will explore themes and techniques in Hitchcock's work. The class will include screenings of both well-known films and seldom-screened works to demonstrate why Hitchcock continues to fascinate film scholars and general audiences.

Instructor: Internationally recognized film scholar Richard Ness has written for *Cahiers du Cinema*, *Hitchcock Annual*, and anthologies on Hitchcock, Bergman, and Altman.

Class Sessions: Wednesdays, February 26, March 5, 19, 26, April 9, 16, 23, and 30 (Not on March 12 and April 2)

Time: 3-6 p.m.

Place: WIU Malpass Library, Room 180. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Across the street from the library

Maximum Enrollment: 12

Fee: \$20

Riders in the Sky at The Legacy Theater, Including Pre-Concert Tour

Taking a break from their regular performances at the Grand Ole Opry in Nashville, Riders in the Sky will appear for a one-night-only concert at The Legacy Theater in Carthage. This group has won two Grammy Awards; appeared on Austin City Limits, Public Radio and CBS-TV; done projects for Disney and Pixar (including *Toy Story 2*); produced 40 albums; and toured in all 50 states and around the world. What began as a low-key celebration of vocal harmony, classic Western Music and witty humor has become a legendary career. Forty years later, they show no signs of stopping or even slowing down. **BONUS:** Prior to the concert, those taking this LIFE class can choose to enjoy a personal tour by the CEO of the theater.

Coordinator: Bill Maakestad, a musician, considers Riders in the Sky among the finest purveyors of vocal harmony and humor in music today.

Class Session: Saturday, April 12

Time: Concert: 2 p.m. / Pre-concert Tour TBD

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

Parking: At the site

Maximum Enrollment: 20

Fee: \$49 (Includes tour ticket)

The Role of the Mayor in Our Community

Mike Inman, as mayor, is the Chief Executive Officer of the city and the local liquor control commissioner, overseeing a nearly \$35 million annual city budget. He will share about his role in our local community and describe the various responsibilities he has.

Instructor: Mike Inman, a Macomb lifelong resident, has been the mayor since 2011 and has a 30-year history of working in law enforcement prior to that.

Class Session: Thursday, March 6 from 1-2:30 p.m. / backup date Tuesday, March 25, 10-11:30 a.m.

Time: See above

Place: Macomb City Hall Community Room, 232 E. Jackson St.

Parking: At the site

Maximum Enrollment: 35

Fee: \$5

Top Ten Tips to be Safe During an Active Shooting Event

A straightforward presentation about what can be done to recognize, respond, and survive an active shooter situation. This course will prepare regular citizens to identify a dangerous situation, determine a safe course of action, and respond to keep themselves and others safe. No firearms are allowed as this is NOT a tactical course.

Instructor: Sgt. JP McLaughlin is a subject matter expert in patrol, active shooter training, SWAT operations, and firearms instruction.

Class Session: Tuesday, February 25

Time: 4:30-6 p.m.

Place: Sandburg Lounge in the basement of the WIU Union. A no-ticketing request will be made for this class from the WIU Office of Public Safety.

Parking: Available on either the west or east side of the Union

Maximum Enrollment: 25

Fee: \$5

Vanya, Sonia, Masha, and Spike

In class the director, Carolyn Blackinton, will talk about the influences and the play *Vanya, Sonia, Masha and Spike*. The play can best be described as If you were to take a blender to Anton Chekov's classic plays and sprinkle them liberally with Christopher Durang's unique and simmering contemporary humor; the result is this rollicking play. Middle-aged siblings Vanya and Sonia share a home in Bucks County, PA, where they bicker, indulge in sighs, and make snappy retorts about the circumstances of their lives. Suddenly, their movie-star sister, Masha, swoops in with her new boy toy, Spike. Old sibling beefs and competitions flare up, including threats to sell the house. Their lives will never be the same after this visit.

NOTE: You need to pre-purchase your ticket and not wait to buy it at the door as the show may be sold out. For tickets, contact the Hainline Box Office at (309) 298-2900. Hours: Tuesday - Friday 1-5 p.m.

Instructor: Professor Carolyn Blackinton, Professor of Theatre. She is also the Head of Performance, a professional union actress, and a specialist in voice for the actor and camera acting.

Class Session: Thursday, January 30 class at 6 p.m., show at 7:30 p.m.

Time: See above

Place: WIU Horrabin Hall Theater/Auditorium (Room 114), Corner of Western Ave. and University Dr.

Parking: In the lot south of the site

Maximum Enrollment: 20

Fee: \$5 plus ticket

purchased in advance from the box office at WIU. See above.

We Have to Talk Book Club

There will be two books that the club will read and then discuss together. For March 11, our book is *The Lion Women of Tehran* by Marjan Kamali. It's a heartfelt novel of friendship, betrayal, and redemption set against three transformative decades in Tehran, Iran. For May 6, our book is *Olive, Again* by Elizabeth Strout, a follow-up to her 2008 Pulitzer Prize winning novel, *Olive Kitteridge*. This follow-up novel revisits many of the characters that were first encountered in *Olive Kitteridge*.

Instructor: Connie LaRue is a retired English teacher who loves books. She encourages and supports book clubs and book discussions.

Class Sessions: Tuesdays, March 4 and May 6

Time: 1-2:30 p.m.

Place: On Zoom only

Parking: Not applicable

Maximum Enrollment: 35

Fee: \$10

Women Who Rock

Sit back, relax, and enjoy three soulful, candid, and music-filled documentaries about women who broke the mold and succeeded in the male-dominated world of rock & soul. Background, opinions, and memories will be offered for each film by Jean and Bill, each of whom has a long history of performing rock & roll music. As always, class participation, along with popcorn consumption, will be wholeheartedly encouraged!

Janis: Little Girl Blue (2015) – Directed by Amy J. Berg, this film offers an insightful review of the all-too-short life of a quintessential '60s rock & roll legend, Janis Joplin, who left a musical legacy that continues to fascinate today.

Tina (2021) – This riveting film, directed by Dan Lindsay and T.J. Martin, follows the turbulent life and career of Tina Turner, one of the most explosive talents in the history of popular music.

Linda Ronstadt: The Sound of My Voice (2019) – Oscar-winning directors Rob Epstein and Jeffrey Friedman cover this legendary singer's life and career from childhood through her early retirement due to Parkinson's disease.

Instructors: Bill Maakestad and Jean Davenport have sung and played guitar in a variety of rock, soul, and blues groups for decades.

Class Sessions: Mondays, April 7, 14, and 21

Time: 6-8 p.m.

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

Parking: At the site

Maximum Enrollment: 32

Fee: \$15

Chronological Course Listing

Beginning in February	
Vanya, Sonia, Masha, and Spike	Thursday, January 30 at 6-9:30 p.m.
A History of and Memorial About Lynchings in the United States	Tuesday, February 25 and Thursday, February 27 at 10:30-11:30 a.m.
Top Ten Tips to Be Safe During an Active Shooting Event	Tuesday, February 25 at 4:30-6 p.m.
Hearing Loss: How to Treat Your Hearing	Tuesdays, February 25 and March 4 at 6:15-7:45 p.m.
Presenting Alfred Hitchcock	Wednesdays, February 26, March 5, 19, 26, April 9, 16, 23, and 30 (Not March 12 and April 2) at 3-6 p.m.
I Hiked and Camped the Appalachian Trail	Thursday, February 27 at 10-11:30 a.m.
Beginning in March	
Medicare Annual Wellness Exams	Monday, March 3 at 2-3 p.m.
Introduction to Pickleball	Tuesday, March 4 and Thursday, March 6 at 9-10 a.m.
Making Maple Syrup in Vermont	Tuesday, March 4 and rain date March 11 at 10 a.m. - noon
We Have to Talk Book Club	Tuesdays, March 4 and May 6 at 1-2:30 p.m.
Freedom of Speech: What Can I Say?	Tuesday, March 4 at 3-4:30 p.m.
About Some of Our Art in Town	Wednesday, March 5 at 4-5:30 p.m.
The Role of the Mayor in Our Community	March 6 at 1-2:30 p.m. Backup date: Tuesday, March 25 at 10-11:30 a.m.
On the Rails: Train Cargo and Emergency Response	Friday, March 7 at 4:30-5:30 p.m.
Digital Photo Organization and Storage	Thursday, March 13 at 9:30-11 a.m.
Making Art	Monday, March 17 and Tuesday, March 18 at 2-3:30 p.m.
Introduction to Fly Fishing	Monday, March 17, Wednesday, March 19, and Friday, March 21 at 3-5 p.m.
Introduction to Astronomy	Tuesdays, March 18 and 25 at 9-10:30 a.m.
Astrophotography Through a Telescope - Imaging Space	Thursday, March 20 at 9-10:30 a.m.
Introduction to Meditation	Thursday, March 20 at 1-2:15 p.m.
Armchair Traveler	Thursdays, March 20, 27, April 3, and April 10 at 1:30-3 p.m.
Cooking with Harold.	Thursday, March 20 at 5-7 p.m.
Basic First Aid	Monday, March 24 at 1-3 p.m.
Illinois Women in World War I	Wednesday, March 26 at 1-2:30 p.m.
Mastering Your Samsung Android Smartphone	Thursday, March 27 at 9:30-11 a.m.
Beginning in April	
Eco-Friendly Household and Hygiene Products	Tuesdays, April 1 and 8 at 9:30-11 a.m.
Gardening for Pollinators	Wednesday, April 2 at 10-11 a.m.
Keep it Local	Wednesday, April 2 at 1-2:30 p.m.
How to Sell on Facebook Marketplace	Friday, April 4 at 5-6:30 p.m.
Planning a National Park Adventure	Monday, April 7 at 1-3 p.m.
Women Who Rock	Mondays, April 7, 14, and 21 at 6-8 p.m.
Diseases and Pests of Trees	Wednesday, April 9 at 9-10 a.m.
Israel in Times of War: A Personal Travel Account	Wednesday, April 9 at 10:30 a.m.-noon
Mastering Your iPhone	Thursday, April 10 at 9:30-11 a.m.
Riders in the Sky at The Legacy Theater, Including Pre-Concert Tour	Saturday, April 12 Concert at 2:00 p.m. / Pre-concert Tour TBD
Beginning Euchre	Monday, April 14 and Wednesday, April 16 at 1-2:30 p.m.
Hospice: When Care, Not Cure, is the Focus	Tuesday, April 15 at 10-11 a.m.
Embroidering on a Photo	Wednesdays, April 16 and 23 at 10-11:30 a.m.
Intermediate Euchre	Monday, April 21 and Wednesday, April 23 at 1-2:30 p.m.
Bird Identification	Tuesdays, April 22 and 29 and rain date Monday, May 5 at 10:30-11:30 a.m.
Beginning in May	
Park Golf 101	Monday, May 5 and rain date Thursday, May 8 at 9-11 a.m.
Guided Tour of the Kibbe Museum in Carthage	Tuesday, May 6 at 10:30 a.m.-noon
Pontoon Ride on Spring Lake	Wednesday, May 7 and rain date Friday, May 9 at 11 a.m.-noon
The Frontier Experience in Western Illinois	Tuesday, May 13 at 1-3 p.m.

LIFE Registration Form

Spring 2025 Semester

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

Please print your information below:

Name _____

Address _____

City/State/Zip Code _____

Phone _____ e-mail _____

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

- ☐ About Some of Our Art in Town - \$5
- ☐ Armchair Traveler - \$15
- ☐ Astrophotography Through a Telescope - Imaging Space - \$5
- ☐ Basic First Aid - \$5
- ☐ Beginning Euchre - \$10
- ☐ Bird Identification - \$5
- ☐ Cooking with Harold - \$15
- ☐ Digital Photo Organization and Storage - \$5
- ☐ Diseases and Pests of Trees - \$5
- ☐ Eco-Friendly Household and Hygiene Products - \$5
- ☐ Embroidering on a Photo - \$15
- ☐ Freedom of Speech: What Can I Say? - \$5
- ☐ The Frontier Experience in Western Illinois - \$5
- ☐ Gardening for Pollinators - \$5
- ☐ Guided Tour of the Kibbe Museum in Carthage - \$5
- ☐ Hearing Loss: How to Treat Your Hearing - \$10
- ☐ A History of and Memorial About Lynchings in the United States - \$5
- ☐ Hospice: When Care, Not Cure, is the Focus - \$5
- ☐ How to Sell on Facebook Marketplace - \$5
- ☐ I Hiked and Camped the Appalachian Trail - \$5
- ☐ Illinois Women in World War I - \$5
- ☐ Intermediate Euchre - \$10
- ☐ Introduction to Astronomy - \$5
- ☐ Introduction to Fly Fishing - \$20
- ☐ Introduction to Meditation - \$5
- ☐ Introduction to Pickleball - \$5
- ☐ Israel in Times of War: A Personal Travel Account - \$5
- ☐ Keep it Local - \$5
- ☐ Making Art - \$10
- ☐ Making Maple Syrup in Vermont - \$5
- ☐ Mastering Your iPhone - \$5
- ☐ Mastering Your Samsung Android Smartphone - \$5
- ☐ Medicare Annual Wellness Exams - \$5
- ☐ On the Rails: Train Cargo and Emergency Response - \$5
- ☐ Park Golf 101 - \$15
- ☐ Planning a National Park Adventure - \$5
- ☐ Pontoon Ride on Spring Lake - \$5
- ☐ Presenting Alfred Hitchcock - \$20
- ☐ Riders in the Sky at The Legacy Theater, Ticket & Tour - \$49
- ☐ The Role of the Mayor in Our Community - \$5
- ☐ Top Ten Tips to be Safe During an Active Shooting Event - \$5
- ☐ Vanya, Sonia, Masha, and Spike - \$5 (plus ticket purchased in advance)
- ☐ We Have to Talk Book Club - \$10
- ☐ Women Who Rock - \$15

Total amount: \$ _____

I would be interested in taking a course on: _____

I would like to teach a course on: _____

Please add me to your email list: _____

Refund Policy: Requests to withdraw from a class and for a related refund must be received 14 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 three.

Please return your completed form and check made payable to **Western Illinois University** to: Scheduling & Event Services, University Union, 1 University Circle, Macomb, IL 61455-1390.



Scheduling & Event Services

1 University Circle
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED