



# Spring 2026

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

## Course List and Registration Form

“Alignment Chair Yoga,” “The Art of Chai,” “Gerrymandering in U.S. Politics,” “Let’s Play Oh Hell,” “Managing Assets Through Retirement,” and “Walk on the Wild Side.”

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

**Scheduling & Event Services, Union 1st Floor  
Western Illinois University  
309.298.1911**

[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, formerly the Elderhostel Program, a national organization in almost every state and in about 150 countries. In the Macomb area, LIFE, which is devoted to adult education, is located in Western Illinois University's Scheduling and Event Services Office. 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 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.

Call Emily Roberts or Sally Adams at WIU's Scheduling and Events Office, (309) 298-1911, to learn more. They can put you on the email list to receive this free, semi-annual course brochure. Also, the brochure may be found online at [wiu.edu/life](http://wiu.edu/life). Hard copies are available at numerous locations such as Western Illinois Museum, the Macomb Public Library, the YMCA, several senior living centers, Old Dairy, Sullivan Taylor, and some other 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*

Paula Wise, Chair

Mick Cumbie	Ruth Kelly	Suzan Nash
John Hallwas	Connie LaRue	Emily Roberts
Steve Hopper	Bill Maakestad	Val Smead

### *Social Committee*

Garnette Hallwas and Brenda Allison, Co-chairs

Cindy Amundsen	Janna Haworth	Lisa Morrow
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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:

Bailey House	Center
Boehm's Garden Center	Spring Lake Park
Colchester Library	Sullivan Taylor Uptown
Macomb City Hall	Western Illinois Museum
Macomb Creative Collab	Western Illinois University
Maple Avenue Christian Church	Wigwam Hollow Bird Sanctuary
McDonough District Hospital	YMCA of McDonough County
Oakland Acres Farm	
Spoon River College Community Outreach	

# A Letter from the President

Welcome to the LIFE Program for Spring of 2026.

We have a great lineup of courses for you. Courses range from music classes to outdoor courses to medical 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 the curriculum committee? If so, please get in touch with me at [danwise19@comcast.com](mailto:danwise19@comcast.com), or contact an officer or committee member you may know.

Registration for LIFE courses can be done online. Visit [wiu.edu/life](http://wiu.edu/life) for full details. Payments for online registrations can be made via PayPal, credit card, or check. You can also register by sending in a registration form. Register early as some classes fill very quickly!

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 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, facility rentals, etc.).

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

### Refund Policy

- Requests to withdraw from a class must be received 14 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.
- Those owed a refund will receive a check directly from WIU.
- If a class is canceled by LIFE, you 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 they really 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

## ***Advanced Directives and POLST Form Education***

This course will help people understand the difference between living wills, power of attorney in health care, and the POLST (Physician Order of Life Sustaining Treatment).

**Instructor:** Brittney Taylor, APRN, FNP-C, practices family medicine at Macomb Family Clinic. She resides in Rushville with her husband and has two adult daughters.

**Date:** Monday, March 16

**Time:** 1 – 2:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 7

**Cost:** \$5

## ***Alignment Chair Yoga for Easy Living***

This introduction of core yoga principles and information about how the muscles, bones, nervous system, and connective tissue work together will help explain the way we move through life. We will discuss how what we do every day with our bodies builds deep inner strength, balance within and without, ease, and connection. The teacher, who has taught chair yoga for years, will guide the class through simple movements, both seated and standing, with chair support. This class is appropriate for all abilities.

**Instructor:** Kathy Ganyard, a graduate of Macomb High School and University of Illinois, is a certified and licensed yoga therapist, massage therapist, and wellness counselor.

**Date:** Monday, April 27

**Time:** 1 – 2 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## ***Allied Civilian Women and Food Insecurity in the Philippines During World War II***

This course examines the experiences of female Allied civilians who were interned in the Philippines during World War II. For this session, I will analyze diaries and memoirs of Allied women and girls, who were interned at the Santo Tomás Internment Camp in Manila, where food shortages were common during Japanese occupation. This course illustrates survival strategies used by female Allied civilians and the crucial roles they played. Food insecurity in times of war and its impact on women have been major issues throughout the global history of women.

**Instructor:** Dr. Febe Pamong is a WIU professor of history. Her book, *A Social History of Leprosy in U.S.-Occupied Philippines*, is forthcoming from the University of Illinois Press.

**Date:** Wednesday, April 1

**Time:** 2 – 3 p.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 15

**Cost:** \$5

## ***Armchair Traveler***

Thursday, April 2 - Steve Hopper takes you through the heart of Switzerland. Enjoy snow covered peaks and panoramic views of some of the most beautiful scenery in the world. Highlights include Junfraujoch-Top of Europe, the Matterhorn, the Olympic Museum and a visit to Lucerne.

Thursday, April 9 - Barrie McVey will present her recent trip to Moab, UT. She and three friends explored and hiked Arches & Canyonlands National Parks, Deadhorse Point State Park and some Bureau of Land Management sites. This was her second trip to this amazing area.

Thursday, April 16 - Rick and Monica Iverson and Gina and Mark Anderson will share

highlights of their nearly three-week adventure in Canada and Alaska. It began at the Calgary Stampede, the world's largest outdoor rodeo. Next was beautiful Banff. The couples then boarded the Rocky Mountaineer for a two-day journey to Vancouver, where they embarked on a Viking cruise through Alaska's inside passage.

Thursday, April 23 - Pastor Don Long takes you on a 500-mile hike on the Camino de Santiago (the Way of Saint James). Pilgrims have been hiking the Camino for more than 1,000 years on a journey that begins in Saint Jean Pied de Port in southern France, over the Pyrenees Mountains, and westward across northern Spain through Pamplona, Leon, Sarria, and more, on the way to Santiago de Compostela and the Arch Cathedral Basilica. Experience the landscapes, food, culture, people, and spiritual vitality of Pastor Don's 32-day expedition.

**Coordinator:** Steve Hopper has enjoyed coordinating the LIFE Armchair Traveler series for several years. He has traveled to all seven continents.

**Dates:** Thursdays, April 2, 9, 16, and 23

**Time:** 1:30 – 3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$15

### ***The Art of Chai***

In this course you will learn how to make the perfect chai from scratch. From roasting and grinding the spices, to figuring out the best chai to milk ratio, you will leave with the knowledge necessary to create or adapt your very own chai recipe. This ancient, medicinal tea is a great tradition to share with friends and family, and now Sullivan Taylor Uptown would like to share it with you!

**Instructor:** Eli Carter has been a barista and tea aficionado for nearly five years. Through the years, they have been developing and perfecting their chai recipe.

**Date:** Wednesday, February 25

**Time:** 3 – 4 p.m.

**Place:** Sullivan Taylor Uptown, 119 S. Randolph St.

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$10

### ***Beginning Pickleball***

See what the fun is all about with this introductory class on pickleball taught by Cindy Cavett, YMCA Senior Center Director. No pickleball experience is needed for this class. Come learn the basic rules and strategies and participate in some drills and skill training. Participants will play doubles each session. All equipment to play will be provided by the YMCA. Wear athletic shoes and comfortable lightweight clothes.

**Instructor:** Cindy Cavett had free time when her kids left for college so she started playing pickleball and then brought the game to the Y. She is still obsessed with playing.

**Dates:** Tuesday, May 12 and Thursday, May 14

**Time:** 9 – 10 a.m.

**Place:** YMCA gym, 400 E. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 16

**Cost:** \$5



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

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## ***Bird Walk at Wigwam Hollow Bird Sanctuary***

Join Prairie Land Conservancy (PLC) Program Coordinator Jaime Webb for a nature walk at Wigwam Hollow Bird Sanctuary. We will explore prairie plants and oak-hickory woodland, along with birds and other wildlife. Please wear close-toed shoes, long pants, and bring a water bottle with you. Trails are all grass with some slight inclines. Feel free to bring binoculars, cameras, or field guides with you; PLC will also have some materials for folks to borrow during the event.

**Instructor:** Jaime Webb, MA in Environmental Education, is a place-based, experiential environmental educator with five years of experience.

**Date:** Thursday, May 14 or rain date Friday, May 15

**Time:** 1 – 3 p.m.

**Place:** Wigwam Hollow Bird Sanctuary, 1900 Wigwam Hollow Rd.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***Black, White, and Irish Soul: Three Paths to Musical Freedom***

Sit back, relax, and enjoy three joyful, soulful, and music-filled films about very different journeys toward finding both happiness and heartbreak in soul music. Background, opinions, and memories will be shared for each film—as always, class participation, along with popcorn consumption, is wholeheartedly encouraged!

Monday, April 13 - *The Commitments* (1991 / Director Alan Parker). Set in Dublin, Ireland, this musical comedy-drama tells the story of Jimmy Rabbitte, a young music fanatic who assembles a group of working-class youths to form a soul band named The Commitments.

Monday, April 20 - *Hairspray* (1988 / Director John Waters). Set in 1962 Baltimore, Maryland, this musical comedy revolves around self-proclaimed “pleasantly plump” teenager Tracy Turnblad as she pursues stardom as a dancer on a local TV show and rallies against racial segregation.

Monday, April 27 - *The Five Heartbeats* (1991 / Director Robert Townsend). This musical drama traces the rise and fall of a Motown-inspired soul group through the eyes of one of its members, Donald “Duck” Mathews. The film is loosely based on one of Motown’s greatest groups, The Temptations.

**Instructor:** Bill Maakestad is a retired teacher, amateur musician, and lifelong fan of rhythm & blues and soul music.

**Dates:** Mondays, April 13, 20, and 27

**Time:** 6 – 8:15 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 40

**Cost:** \$20

## ***Colorectal Cancer Screening Options***

This lecture will provide information on the options for colorectal cancer screening, from fecal occult blood tests to colonoscopies. We will discuss why it is so important, current guidelines, details about the procedure, and possible findings. Attendees will leave with a better understanding of how colorectal cancer screening is a vital part of preventative health.

**Instructor:** Amber Rector is a physician assistant in the Gastroenterology Department at McDonough District Hospital.

**Date:** Thursday, March 26

**Time:** 1 – 2 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***Culture and Experience in Early McDonough County***

McDonough County was established 200 years ago. This class will deal with the earliest years, before the Civil War — the coming of settlers, the presence of Indians, the creation of log homes and early farms, the establishment of communities, the struggle with harsh living conditions, conflict between residents with different backgrounds, the Underground Railroad, early educational institutions, the role and restrictions for women, and aspects that promoted meaningful community. Relevant historical materials include maps, drawings, photographs, personal accounts, and historical writings. (Xeroxed copies of selected materials will be given to the attendees.)

Although Abraham Lincoln's visits will be mentioned, the general focus will be on everyday experience rather than noted individuals. And this will be a fascinating introduction to the array of historical materials available to the public at the premier research center in western Illinois: Archives and Special Collections, at WIU's Malpass Library.

**Instructor:** John Hallwas is a retired distinguished WIU professor. He is WIU's most well-published author on McDonough County and Illinois.

**Date:** Friday, June 5

**Time:** 1 – 3 p.m.

**Place:** Archives 6th Floor, WIU Malpass Library, 851 N. Western Ave.

**Parking:** Across from the library

**Maximum Enrollment:** 20

**Cost:** \$5

## ***Director's Chat: Jazz Studio Orchestra Concert***

Before you hear wonderful music, you will attend a pre-concert discussion with Dr. Hardeman and/or the concert director. Student performers will also speak about the upcoming performance.

**Instructor:** Dr. Anita Hardeman is the director of the WIU School of Music.

**Date:** Wednesday, April 22

**Time:** Meet the director in the lobby at 6:45 p.m., followed by the concert at 7:30 p.m.

**Place:** COFAC Recital Hall, 1020 Simpkins Circle

**Parking:** Around the site

**Maximum Enrollment:** Unlimited

**Cost:** \$5

## ***Director's Chat: Orchestra Concerto/Aria/Compositions Competition Concert***

Before you hear wonderful music, you will attend a pre-concert discussion with Dr. Hardeman and/or the concert director. Student performers will also speak about the upcoming performance.

**Instructor:** Dr. Hardeman is the director of the WIU School of Music.

**Date:** Thursday, March 5

**Time:** Meet the director in the lobby at 6:45 p.m., followed by the concert at 7:30 p.m.

**Place:** COFAC Recital Hall, 1020 Simpkins Circle

**Parking:** Around the site

**Maximum Enrollment:** Unlimited

**Cost:** \$5

## ***Director's Chat: She Loves Me***

Director Edward Lindem will host a chat and small tour of the backstage of the play, *She Loves Me*, prior to the performance. In a 1930s European perfumery, feuding coworkers Amalia and Georg who can't stand each other, are unaware that they are secretly romantic pen pals. As their anonymous letters deepen into love, misunderstandings and comedic twists unfold, leading into a heartfelt revelation that the person they've been searching for has been right in front of them all along.

**Instructor:** Edward Lindem is a 3rd year MFA graduate student at WIU.

**Date:** Saturday, February 28

**Time:** Meet the director in the lobby at 1:15 p.m., followed by the concert at 2 p.m.

**Place:** Hainline Theater Lobby, 1101 W University Dr.

**Parking:** Around the site

**Maximum Enrollment:** No limit

**Cost:** \$22

## ***Eco-Friendly Household and Hygiene Products***

Do you want to purchase environmentally responsible and effective household/personal hygiene products, but you don't know which ones actually meet these two criteria? Then this class is for you. The first session will be an introduction to these products. For the second session, participants will be invited to bring a list of products they have used, with their personal ratings, using the above criteria.

**Instructors:** Kathy Fischer, RN, PhD, is a professor emeritus from the Health Sciences Department at WIU, where she taught for 30 years. Mary Gillingham, RN, BSN, is a graduate of the University of Dubuque and practiced nursing in Wisconsin.

**Dates:** Thursdays, March 5 and 12

**Time:** 9:30 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$10

## ***Embroidering on a Portrait Photo***

In this class you will learn to embroider on a photo of a loved one. You will get the photo to the teacher beforehand (by email or by bringing to her studio) and she will print the photo and bring to class with individual instructions. Each student's design will be different, depending on their photo. You can bring embroidery threads you like or she will have some available, along with needles, for you to use. Bring small scissors and a small roll of scotch tape.

**Instructor:** Ximena Barreto, a photographer for 30 years, is a recipient of the 2025 Catalyst Grant and the 2025 Creative Accelerator Grant from the Illinois Arts Council.

**Dates:** Thursdays, April 30 and May 7

**Time:** 10 – 11:30 a.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 10

**Cost:** \$15

## ***Everyone Eats Quiche***

A quiche is an easy and classy way to eat your eggs. We will learn the basics of pie crust (this is not a pie crust class, just the basics) and how to fill your crust with delicious flavors that will satisfy your taste buds and impress your friends and family. Everyone will taste flavor combinations and take home a quiche to bake.

**Instructor:** Alyson Sturgis - good at life! Loves good food, people, and creating change.

**Date:** Wednesday, March 4

**Time:** 1 – 2:30 p.m.

**Place:** Sullivan Taylor Uptown, 119 S. Randolph St.

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$10

## ***Gerrymandering in U.S. Politics***

This class will examine gerrymandering in contemporary U.S. politics. It will survey the historical evolution of political redistricting and consider its contemporary manifestations. We will discuss how gerrymandering affects democracy, as well as possible reforms.

**Instructor:** Dr. Keith Boeckelman is a WIU professor of political science and the associate dean of the College of Arts and Sciences.

**Date:** Tuesday, March 31

**Time:** 4:30 – 6 p.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 30

**Cost:** \$5

## ***History of Ukraine: From Lenin to Putin***

This presentation surveys the history of Ukraine from the Lenin era to the present time. We will explore the history of Ukraine's national identity and nationhood and focus on Stalin's devastating policies, the impact of World War II, Ukraine's place within the Soviet Union, Ukrainian independence and the 2014 Maidan Revolution, and the current conflict with Putin's Russia.

**Instructor:** Dr. Ute Chamberlin is a WIU History associate professor and teaches classes on German, Modern European, and World History.

**Date:** Wednesday, February 25

**Time:** 1 – 2:30 p.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5

## ***Homelessness in Our Community***

This course will discuss homelessness in our community, resources available, and what you can do to help. If you want to donate a canned good, feel free to bring one to class.

**Instructors:** Sally Vigezzi is the social services coordinator at the Macomb Police Department, and finds resources for those in need. Amber Clark is the executive director of the Samaritan Well, Inc., a shelter for those without homes in Western Illinois.

**Date:** Tuesday, April 7

**Time:** 9 – 11 a.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5 plus an optional canned good

## ***A Homemade Mediterranean Meal***

Savor an evening of Mediterranean cuisine prepared by the Roberts, who will bring tastes from Athens to Anatolia, from Marseilles to Marrakesh, to your dining table right here in Macomb. The dinner will include an appetizer, entree, side dishes, a dessert, and non-alcoholic drinks. If you want alcohol, bring your own drink.

**Instructors:** Tim and Emily Roberts lived in Turkey for six years and Mediterranean food is some of their favorite food, to not only indulge in, but to prepare.

**Date:** Saturday, February 28

**Time:** 6 – 8 p.m.

**Place:** Bailey House, 100 S. Campbell St.

**Parking:** At the site

**Maximum Enrollment:** 14

**Cost:** \$35

## ***How Macomb and WIU Shaped C. T. Vivian***

Before he became a civil rights leader with the Student Nonviolent Coordinating Committee and the Southern Christian Leadership Conference, C. T. Vivian lived in Macomb and attended Western Illinois State Teachers College. How did those experiences shape him? This class, based on WIU students' research in the WIU archives and assisted by the C. T. Vivian Foundation, will suggest how Vivian's commitment to creating social justice was shaped by where he grew up and attended college.

**Instructor:** Dr. Tim Roberts is a WIU history professor and the chair of the History Department.

**Date:** Wednesday, February 25

**Time:** 11:30 a.m. – 12:30 p.m.

**Place:** The Lincoln Room is on the 1st floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5

## ***Legacy Planning for Your Animals***

Discuss and learn how to provide and ensure your animals will be cared for after your passing. Topics include leaving money for their care, stipulations for their care, designating care providers, designated care oversight, and disposition of remaining animal care funds. We will discuss important insights when making these arrangements and discuss various legal mechanisms to ensure your animal is not forgotten.

**Instructors:** Ryan M. Krisher focuses his practice on estate planning, agriculture law, corporate law, estate administration, real estate, and civil litigation. Stephanie Hilton focuses her practice on estate planning, probate, mediation, and real estate.

**Date:** Tuesday, April 14

**Time:** 9 – 10 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***Let's Play Oh Hell***

Have fun learning and playing the trick-taking card game Oh Hell. In Oh Hell, players attempt to take exact numbers of tricks with hands of various sizes and randomly determined trump suits. This is a fun card game for players of all experience levels. In order to maximize the amount of time available for gameplay, please review the rules and related information at [oh-db.com/oh-hell](http://oh-db.com/oh-hell) prior to the first class. You can email questions in advance to Sean at [endoQen@gmail.com](mailto:endoQen@gmail.com) or bring them to class.

**Instructor:** Sean O'Donnell-Brown has played trick-taking card games for as long as he has had the ability to hold cards.

**Dates:** Monday, March 9 and Wednesday, March 11

**Time:** 1 – 2:30 p.m.

**Place:** The Sandburg Lounge is in the basement of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 16

**Cost:** \$10

## ***Macomb Water Treatment: Past, Present, and Future***

This class will cover the history of the water treatment system in Macomb. We will discuss the different water sources and types of treatment.

**Instructor:** Alice Ohrtmann, the Director of Public Works for the City of Macomb, has almost forty years of experience in water and wastewater treatment design and construction.

**Date:** Thursday, April 30

**Time:** 6 – 7:30 p.m.

**Place:** City Hall Community Hall, 232 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

## ***Making Maple Syrup in Vermont – Vermont, Illinois, That Is!***

Jack and Barrie have been producing 100% maple syrup for over 30 years at their farm, Oakland Acres. Learn how they tap the trees, collect the sap, and cook it down to become syrup. Not only will you get to taste their delicious syrup, but if the syrup is ready, bottles may be for sale. You can also place an order for some if you want. Participants will be outdoors the entire time with moderate to difficult walking over steep and rough terrain.

**Instructors:** Jack Wohlstadter and Barrie McVey

**Date:** Friday, February 27 with a rain date Friday, March 6

**Time:** 10 a.m. – noon

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

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

## ***Managing Assets Through Retirement***

This course will describe how best to manage accumulated assets throughout retirement, including how IRAs, Roth IRAs, and other investments can best be utilized using strategic withdrawals to make sure your money lasts as long as you do.

**Instructor:** Julie-Anne Pickett has been a licensed financial advisor since 2006 at IPI Wealth Management in Macomb.

**Date:** Monday, May 18

**Time:** 10 – 11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## ***My Heirs Don't Want My Stuff, Part 2: Donations***

In the first session of My Heirs Don't Want My Stuff, we discussed ways that people could dispose of goods they no longer want or need. In this session we will cover ways to donate belongings. There will be an emphasis on local places that will accept various donations for a good cause.

**Instructors:** Paula Wise is a retired psychology professor and an active member of the LIFE curriculum committee. Sally Vigezzi, the Social Services Coordinator for the Macomb Police Department, helps provide resources to those in need. Elisa Rasmussen is a professional organizer and decluttering coach. She supports people in creating comfortable, functional spaces that fit their lives.

**Date:** Saturday, April 18

**Time:** 10 – 11:30 a.m.

**Place:** City Hall Community Hall, 232 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

## ***Nature Journaling 101***

How can nature journaling be a tool used by naturalists to explore and learn about the natural world? Find out when you register for a Nature Journaling 101 class with Prairie Land Conservancy's (PLC) Program Coordinator Jaime Webb. The class will take place at Wigwam Hollow Bird Sanctuary. Please wear closed-toed shoes, long pants, and bring a water bottle with you. Trails are all grass with some slight inclines. Bring your own notebooks & writing/drawing supplies; PLC will also have some materials on hand. As you stroll, you will have opportunities to stop along the way and journal.

**Instructor:** Jaime Webb, MA in Environmental Education, is a place-based, experiential environmental educator with five years of experience.

**Date:** Thursday, March 12 with a rain date Friday, March 13

**Time:** 1 – 3 p.m.

**Place:** 1900 Wigwam Hollow Rd.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***The Open Meetings Act: Government Action, Citizen Duty, and Media Role***

This class will be a basic discussion of the Illinois Open Meetings Act and Freedom of Information Act (POIA), as well as how laws benefit the media and citizens and encourage government transparency. Real life examples and experiences will illustrate the intricacies of the laws.

**Instructors:** Gayle T. Carper practiced law from 1983 – 2005, taught law at WIU's School of LEJA from 1987 – 2012, and is now retired. Darcie Shinberger is well-versed in FOIA and a writer for the Community News Brief after retiring from WIU.

**Date:** Thursday, February 19

**Time:** 2 – 3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

## ***An Overview of Estate Planning and Administration***

This class will meet two times. In the first class there will be an overview of wills, powers of attorney, and trusts for estate planning. The second class will provide an overview of the executor's role in estate administration and probate as well as the trustee's role in trust administration.

**Instructors:** John McMillan obtained his law degree from Stetson University in 1975 while Jeff DeJoode obtained his law degree from University of Iowa in 1989. Both are attorneys with McMillan, Hennenfent and DeJoode in Macomb.

**Dates:** Wednesday, March 25 and Friday, 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:** 25

**Cost:** \$10

## ***Pasta LIFE Class***

This class is a wonderful opportunity to learn all about pasta. The focus is specifically on paparadelle, and other egg based pasta doughs. The chef, who has worked with pasta for about 20 years, will talk about the history of pasta, how to make it and how to cook it to insure the best flavor. You will get to make your own which you can take home. You will also eat delicious pasta that the chef has pre-made.

**Instructor:** Raised in the Midwest, Patrick Heles lived in Denver and worked in award winning Michelin and James Beard Italian and French restaurants for years.

**Dates:** Tuesday, March 17 or 24 (pick a date)

**Time:** 1 – 4 p.m.

**Place:** Maple Avenue Christian Church, 1300 Maple Ave.

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$20

## ***Pontoon Ride at 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.

**Date:** Thursday, April 23 or rain date Friday, April 24

**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

**Cost:** \$5

## ***Pruning of Deciduous Shade Trees: Why, How, When and What With***

The instructor will discuss the why, how and when for pruning of your deciduous shade trees, including the proper use of pruning tools and safety. At the end of the session, he will also provide tips on how to hire a private tree service for tree trimming and removals. Note: this is the same presentation given last summer at the gardeners' day event.

**Instructor:** Tim Howe has been an ISA Certified Arborist for twenty five years and served for sixteen years as Macomb's first city forester.

**Date:** Tuesday, March 10

**Time:** 10 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## ***Public Art and Community Development***

Learn about the artist's different mural projects from the idea to the completion of the project. Bill Howard will also talk about the history, development and different dogs in the Rocky on Parade project.

**Instructor:** Bill Howard is a professor emeritus WIU. He was a professor of art and taught printmaking, drawing and public art/community development.

**Date:** Thursday, February 19

**Time:** 10 – 11 a.m.

**Place:** The Sandburg Lounge is in the basement of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Quilt Block Painting***

On fences, sheds, and walls at home, quilt blocks add a splash of color to our surroundings. Painting this art form is fun and relaxing, and the result is personally satisfying to display. We will paint a basic design in your color choices on a 12 or 15 inch square board for interior or exterior use. The teacher will provide all of the materials. You are welcome to bring your own permanent paints or brushes.

**Instructor:** As a former home economics teacher, Debbie Sullivan loves timeless pieces of home décor and has taught over 300 people how to create quilt blocks.

**Date:** Wednesday, March 11

**Time:** 9 a.m. – noon

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

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$20

### ***Spring Lawn Care***

As your lawn responds to nature's spring wake-up call, step in to prepare it for a year of healthy growth. Chris Enroth will talk about a few simple chores to make the lawn grow and look better. Topics in this presentation will include spring lawn improvements, weed management and a few tips on natural lawn care.

**Instructor:** Chris Enroth is currently a horticulture educator with University of Illinois Extension serving Henderson, Knox, McDonough, and Warren Counties.

**Date:** Thursday, April 9

**Time:** 11 a.m. – noon

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Teach at the Arthouse Folk School***

The Arthouse Folk School is a skill-sharing hub for arts & crafts, writing & language, culture, food, nature, and more. In this class, you will learn everything you need to know to teach a future class at the folk school, including a brief introduction to the folk school model, tips for a successful class, and information about teacher perks and payment. Light refreshments will be provided.

**Instructor:** Amanda Dean is a multidisciplinary artist, founder of the Macomb Creative Collab, and creative director of the Macomb Arthouse Project.

**Date:** Monday, February 9

**Time:** 6 – 8 p.m.

**Place:** Macomb Creative Collab, 133 S. Randolph St., Suite 210

**Parking:** At the site

**Maximum Enrollment:** 18

**Cost:** \$5

### ***Tour the Goldfarb Center for Performing Arts***

Anne Lefter will lead a tour and discussion of the center's performance venues, rehearsal spaces, and classrooms. She will discuss the history of the center and talk about the plans for its future. "Substantial completion" of the Goldfarb Center is scheduled for March 9, 2026, so your experience allows you to see the beautiful, new facility early on. There will be a lot of walking so be prepared.

**Instructor:** Anne Lefter is the inaugural director of the Goldfarb Center for Performing Arts at Western Illinois University.

**Date:** Tuesday, April 21

**Time:** 10 – 11:30 a.m.

**Place:** Lobby of the Goldfarb Center for Performing Arts (between Corbin Hall and Browne Hall)

**Parking:** Park in the upper lot across the street from the Goldfarb Center.

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Understanding Philanthropy: How to Be an Informed and Joyful Donor***

This class will explore the history of philanthropy in the US, discuss how charitable organizations identify and cultivate donors, and also how donors can make informed decisions with their personal philanthropy. This class is well suited for those new to philanthropy as well as seasoned donors.

**Instructor:** Mick Cumbie is retired from WIU and brings 17 years of fundraising experience to the class.

**Date:** Thursday, April 16

**Time:** 10 – 11 a.m.

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Walk on the Wild Side***

Visit my home and then my business, Boehm's Garden Center, and explore our non-traditional, ecologically focused landscapes. Our goal has been to establish a landscape that focuses on habitat while being aesthetically pleasing and inviting.

**Instructor:** Carey Boehm-Corrie, born and raised in Rushville, graduated with a BS in Ornamental Horticulture from the University of Illinois.

**Date:** Friday, May 22 at 4 – 6 p.m. and rain date Saturday, May 23 at 10 a.m. – noon

**Time:** See above

**Place:** 21356 Turtle Lake Rd., Rushville and then 708 Macomb Road, Rushville

**Parking:** This will be a walking tour at two locations, starting at my home and traveling to my business in town. The sites are approximately ten minutes apart.

**Maximum Enrollment:** 30

**Cost:** \$5

### ***"We for Us," a Photo Essay About Macomb's People***

The photographer will explain how the photographic essay project was born, how she obtained a grant to develop it, how she selected the twelve subjects, what she anticipated happening, and how the overall project went. Come learn about it and the twelve local people chosen for the project. Visit [we-for-us.com](http://we-for-us.com).

**Instructor:** Ximena Barreto is a Peruvian graphic designer and photographer living in Macomb. She thinks documentary portrait photography speaks for itself.

**Date:** Tuesday, May 5

**Time:** 10 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

### ***Wellness-Centered De-Escalation Skills Training***

Have you ever been curious about how police officers are trained to interact with community members? Wellness-Centered De-Escalation training enables community members to “take a peek” at the curriculum, scenarios, and skills officers need to understand people and optimize interactions that can sometimes be challenging. Wellness-Centered De-Escalation focuses on five topic areas. Each topic area overlaps with, but is

separate from the others. It is not necessary to attend all, but you are certainly welcome to. Choose the one/s you want to attend:

1. What is De-escalation? Introduction to De-Escalation Skills Training (includes a simulation experience)
2. Human Reactions to Police Encounters
3. Managing My Responses to an Encounter
4. Identifying and Managing Challenges for Others
5. Peer Interactions, Self-Care, and Caring for Others (includes a simulation experience)

**Instructors:** Dr. Kim McClure is a distinguished WIU professor in psychology and project director of the COPS De-Escalation Training through Active Learning (DeTal) Assessment and Research Center. Derek Watts is the Police Chief/Director of the WIU Office of Public Safety. Other co-facilitators will also share their expertise in de-escalation.

**Dates:** Sessions are held on Mondays.

1. February 9 (What is De-Escalation?)
2. February 23 (Human Reactions)
3. March 23 (Managing My Responses)
4. April 20 (Identifying/Managing for Others)
5. May 11 (Peer Interactions)

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

**Place:** The Lincoln Room is on the first floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 15

**Cost:** \$5 per class or \$20 for all

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

Tuesday, March 3 -*The Dictionary of Lost Words* by Pip Williams

Set during the height of the women's suffrage movement and with the Great War looming, *The Dictionary of Lost Words* reveals a lost narrative, hidden between the lines of a history written by men. Inspired by actual events, author Pip Williams has delved into the archives of the Oxford English Dictionary to tell this highly original story. The *Dictionary of Lost Words* is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world.

Tuesday, May 5 -*Fahrenheit 451* by Ray Bradbury

Nearly seventy years after its original publication, Ray Bradbury's internationally acclaimed novel *Fahrenheit 451* stands as a classic of world literature set in a bleak, dystopian future. Today its message has grown more relevant than ever before. Guy Montag is a fireman. His job is to destroy the most illegal of commodities, the printed book, along with the houses in which they are hidden. Montag never questions the destruction and ruin his actions produce, returning each day to his bland life and wife, Mildred, who spends all day with her television "family." But when he meets an eccentric young neighbor, Clarisse, who introduces him to a past where people didn't live in fear and to a present where one sees the world through the ideas in books instead of the mindless chatter of television, Montag begins to question everything he has ever known.

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

**Dates:** Tuesdays, March 3 and May 5

**Time:** 1 – 2 p.m.

**Place:** On Zoom

**Parking:** Not applicable

**Maximum Enrollment:** 25

**Cost:** \$5

### **What Does it Mean to Be an Organic Gardener?**

Growing your own vegetables offers more than just fresh produce—it's a chance to cultivate a healthier, more sustainable lifestyle. Chris Enroth will guide participants through the essentials of planning a productive garden, including irrigation strategies, composting systems, vegetable selection, and integrated pest management. As we dig into garden design, we'll also explore the growing interest in organic gardening practices,

especially the use of organic pesticides. Are they truly safer than synthetic options? With home landscapes often receiving more pesticides per acre than commercial farms, this session will help you make informed decisions about pest control while keeping your garden green.

**Instructor:** Chris Enroth is a horticulture educator with University of Illinois Extension serving Henderson, Knox, McDonough, and Warren Counties.

**Date:** Thursday, April 2

**Time:** 10 – 11 a.m.

**Place:** The Lincoln Room is on the 1st floor of the WIU Union.

**Parking:** A no-ticket request will be made for this class so you can park in the lots on either side of the union. If you park in a metered spot, you need to pay.

**Maximum Enrollment:** 30

**Cost:** \$5

## Chronological Course Listing

Beginning in February	
Wellness-Centered De-Escalation Skills Training	1. Monday, February 9; 2. Monday, February 23; 3. Monday, March 23; 4. Monday, April 20; and 5. Monday, May 11 All are at 10 – 11:30 a.m.
Teach at the Arthouse Folk School!	Monday, February 9 at 6 – 8 p.m.
Public Art and Community Development	Thursday, February 19 at 10 – 11 a.m.
The Open Meetings Act: Government Action, Citizen Duty, and Media Role	Thursday, February 19 at 2 – 3 p.m.
How Macomb and WIU Shaped C. T. Vivian	Wednesday, February 25 at 11:30 a.m. – 12:30 p.m.
History of Ukraine: From Lenin to Putin	Wednesday, February 25 at 1 – 2:30 p.m.
The Art of Chai	Wednesday, February 25 at 3 – 4 p.m.
Making Maple Syrup in Vermont – Vermont, Illinois, That Is!	Friday, February 27 with a rain date Friday, March 6 at 10 a.m. – noon
Director's Chat: <i>She Loves Me</i>	Saturday, February 28. Meet the director in the lobby at 1:15 p.m., followed by the concert at 2 p.m.
A Homemade Mediterranean Meal	Saturday, February 28 at 6 – 8 p.m.
Beginning in March	
We Need to Talk Book Club	Tuesdays, March 3 and, May 5 at 1 – 2 p.m.
Everyone Eats Quiche	Wednesday, March 4 at 1 – 2:30 p.m.
Eco-Friendly Household and Hygiene Products	Thursdays, March 5 and 12 at 9:30 – 11 a.m.
Director's Chat: Orchestra Concerto/Aria/Compositions Competition Concert	Thursday, March 5. Meet the director in the lobby at 6:45 p.m., followed by the concert at 7:30 p.m.
Let's Play Oh Hell	Monday, March 9 and Wednesday, March 11 at 1 – 2:30 p.m.
Pruning of Deciduous Shade Trees: Why, How, When and What With	Tuesday, March 10 at 10 – 11 a.m.
Quilt Block Painting	Wednesday, March 11 at 9 a.m. – noon
Nature Journaling 101	Thursday, March 12 with a rain date Friday, March 13 at 1 – 3 p.m.

Advanced Directives and POLST Form Education	Monday, March 16 at 1 – 2:30 p.m.
Pasta LIFE Class	Tuesday, March 17 or 24 (pick a date) at 1 – 4 p.m.
An Overview of Estate Planning and Administration	Wednesday, March 25 and Friday, March 27 at 9:30 – 11 a.m.
Colorectal Cancer Screening Options	Thursday, March 26 at 1 – 2 p.m.
Gerrymandering in U.S. Politics	Tuesday, March 31 at 4:30 – 6 p.m.
<b>Beginning in April</b>	
Allied Civilian Women and Food Insecurity in the Philippines During World War II	Wednesday, April 1 at 2 – 3 p.m.
What Does it Mean to Be an Organic Gardener?	Thursday, April 2 at 10 – 11 a.m.
Armchair Traveler	Thursdays, April 2, 9, 16, and 23 at 1:30 – 3 p.m.
Homelessness in Our Community	Tuesday, April 7 at 9 – 11 a.m.
Spring Lawn Care	Thursday, April 9 at 11 a.m. – noon
Black, White, and Irish Soul: Three Paths to Musical Freedom	Mondays, April 13, 20, and 27 at 6 – 8:15 p.m.
Legacy Planning for Your Animals	Tuesday, April 14 at 9 – 10 a.m.
Understanding Philanthropy: How to Be an Informed and Joyful Donor	Thursday, April 16 at 10 – 11 a.m.
My Heirs Don't Want My Stuff, Part 2: Donations	Saturday, April 18 at 10 – 11:30 a.m.
Tour the Goldfarb Center for Performing Arts	Tuesday, April 21 at 10 – 11:30 a.m.
Director's Chat: Jazz Studio Orchestra Concert	Wednesday, April 22. Meet the director in the lobby at 6:45 p.m., followed by the concert at 7:30 p.m.
Pontoon Ride at Spring Lake	Thursday, April 23 with a rain date Friday, April 24 at 11 a.m. – noon
Alignment Chair Yoga for Easy Living	Monday, April 27 at 1 – 2 p.m.
Embroidering on a Portrait Photo	Thursdays, April 30 and May 7 at 10 – 11:30 a.m.
Macomb Water Treatment: Past, Present, and Future	Thursday, April 30 at 6 – 7:30 p.m.
<b>Beginning in May/June</b>	
"We for Us," a Photo Essay About Macomb's People	Tuesday, May 5 at 10 – 11 a.m.
Beginning Pickleball	Tuesday, May 12 and Thursday, May 14 at 9 – 10 a.m.
Bird Walk at Wigwam Hollow Bird Sanctuary	Thursday, May 14 with a rain date Friday, May 15 at 1 – 3 p.m.
Managing Assets Through Retirement	Monday, May 18 at 10 – 11:30 a.m.
Walk on the Wild Side	Friday, May 22 at 4 – 6 p.m. with a rain date Saturday, May 23 at 10 a.m. – noon
Culture and Experience in Early McDonough County	Friday, June 5 at 1 – 3 p.m.



**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.

# LIFE Registration Form

## Spring 2026 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):

- Advanced Directives and POLST Form Education - \$5
- Alignment Chair Yoga for Easy Living - \$5
- Allied Civilian Women and Food Insecurity in the Philippines During World War II - \$5
- Armchair Traveler - \$15
- The Art of Chai - \$10
- Beginning Pickleball - \$5
- Bird Walk at Wigwam Hollow Bird Sanctuary - \$5
- Black, White and Irish Soul: Three Paths to Musical Freedom - \$20
- Colorectal Cancer Screening Options - \$5
- Culture and Experience in Early McDonough County - \$5
- Director's Chat: Jazz Studio Orchestra Concert - \$5
- Director's Chat: Orchestra Concerto/Aria/Compositions Competition Concert - \$5
- Director's Chat: She Loves Me - \$22
- Eco-Friendly Household and Hygiene Products - \$10
- Embroidering on a Portrait Photo - \$15
- Everyone Eats Quiche - \$10
- Gerrymandering in U.S. Politics - \$5
- History of Ukraine: From Lenin to Putin - \$5
- Homelessness in Our Community - \$5 plus a canned good
- A Homemade Mediterranean Meal - \$35
- How Macomb and WIU Shaped C. T. Vivian - \$5
- Legacy Planning for Your Animals - \$5
- Let's Play Oh Hell - \$10
- Macomb Water Treatment: Past, Present, and Future - \$5
- Making Maple Syrup in Vermont – Vermont, Illinois, That Is! - \$5
- Managing Assets through Retirement - \$5
- My Heirs Don't Want My Stuff, Part 2: Donations - \$5
- Nature Journaling 101 - \$5
- The Open Meetings Act: Government Action, Citizen Duty, and Media Role - \$5
- An Overview of Estate Planning and Administration - \$10
- Pasta LIFE Class - \$20 Choose the class you want. March 17 \_\_\_\_\_ or March 24 \_\_\_\_\_
- Pontoon Ride at Spring Lake - \$5
- Pruning of Deciduous Shade Trees: Why, How, When and What With - \$5
- Public Art and Community Development - \$5
- Quilt Block Painting - \$20
- Spring Lawn Care - \$5
- Teach at the Arthouse Folk School - \$5
- Tour the Goldfarb Center for Performing Arts - \$5
- Understanding Philanthropy: How to Be an Informed and Joyful Donor - \$5
- Walk on the Wild Side - \$5
- "We for Us," a Photo Essay About Macomb's People - \$5
- Wellness-Centered De-Escalation Skills Training - \$5 each module (\$20 for all)  
Module 1 \_\_\_\_\_, Module 2 \_\_\_\_\_, Module 3 \_\_\_\_\_, Module 4 \_\_\_\_\_, Module 5 \_\_\_\_\_
- We Need to Talk Book Club - \$5
- What Does it Mean to Be an Organic Gardener? - \$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 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 University Union, Scheduling and Event Services, 1 University Circle, Macomb, IL 61455-1390.  
Phone number is 309.298.1911.

# Motorcycle Rider Program

## Central Region

**Contact Email:** [central.ridered@siu.edu](mailto:central.ridered@siu.edu)

**Contact Phone:** (800) 642-9589

Western Illinois University is host to FREE motorcycle rider courses through Southern Illinois University's Motorcycle Rider Program.

Available courses include *Basic Rider Course* and *Basic Rider Course 2*.

These courses are designed to provide a foundation of knowledge and skills for people who have never ridden as well as those who have ridden tens of thousands of miles. The purpose of the Motorcycle Rider Program is to provide quality instruction in safe riding techniques for beginning and experienced motorcyclists. Our goal is to increase your skill level and knowledge, in an attempt to produce a safe and conscientious motorcyclist.

Courses take place on WIU's campus over scheduled weekends from March through October. For full program details, scan the QR Code.



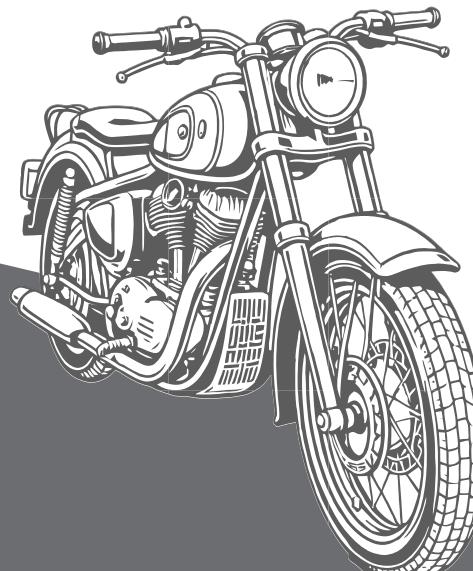
Once registration is open, the list of available registration dates will be posted on each course's website.

To register for the Basic Rider Course, please visit:  
[centralmrp.siu.edu/basic-rider-course/registration-locations-schedules.php](http://centralmrp.siu.edu/basic-rider-course/registration-locations-schedules.php)

To register for the Basic Rider Course 2, please visit:  
[centralmrp.siu.edu/basic-rider-course-2/registration-locations-schedules.php](http://centralmrp.siu.edu/basic-rider-course-2/registration-locations-schedules.php)

### Available Course Dates at WIU

3/13,14,15	4/24,25,26	6/12,13,14	7/31,8/1,2	9/25,26,27
3/20,21,22	5/1,2,3	6/26,27,28	8/7,8,9	10/9,10,11
3/27,28,29	5/8,9,10	7/10,11,12	8/14,15,16	10/16,17,18
4/10,11,12	5/29,30,31	7/17,18,19	8/21,22,23	
4/17,18,19	6/5,6,7	7/24,25,26	8/28,29,30	





University Union  
**Scheduling and Event Services**  
1 University Circle  
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED