



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



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. 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
John Hallwas
Steve Hopper

Ruth Kelly
Connie LaRue
Bill Maakestad

Suzan Nash
Emily Roberts
Val Smead

Social Committee

Garnette Hallwas and Brenda Allison, Co-chairs

Cindy Amundsen

Janna Haworth

Lisa Morrow

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, or contact an officer or committee member you may know.

Registration for LIFE courses can be done online. Visit 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 Pamonag 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 Junfrauoch-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” Matthews. 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 prior to the first class. You can email questions in advance to Sean at 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.

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.
Beginning in April	
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.
Beginning in May/June	
"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

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.



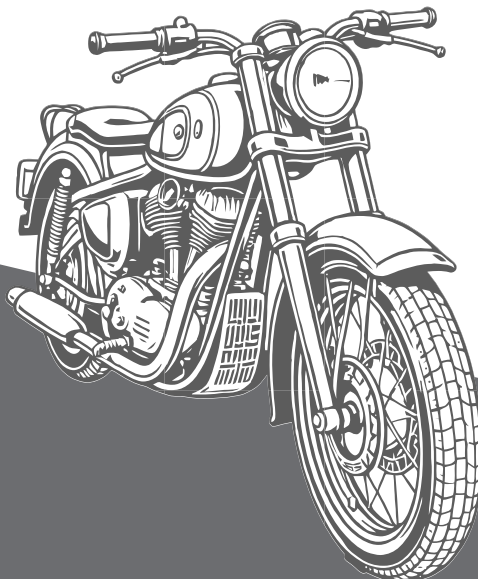
Once registration is open, the list of available registration dates will be posted on each course's website.

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

To register for the Basic Rider Course 2, please visit:
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	





**Western Illinois
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University Union

Scheduling and Event Services

1 University Circle

Macomb, IL 61455-1390

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