

## COURSE DESCRIPTION FOR LIFE SPRING 2021

### **The Armchair Traveler**

March 4: Tom's presentation, from his 15-year old self's program "Macomb On the Move," will give you a glimpse of what the downtown square looked like in that era.

March 11: Dr. Cooper, Chair of WIU's Department of Biological Sciences, taught Tropical Ecology during the Spring 2020 semester. As part of this course, she led the university's first group of eight students to the Galapagos and returned safely right before the coronavirus pandemic escalated. An extraordinary academic experience happened, and she will share the highlights in her presentation.

Steve Hopper will describe a beautiful ten-day cruise up the Danube River from Budapest, Hungary to Nuremberg, Germany. Side excursions include Vienna, Gottweig Abbey, Salzburg and Munich. Following the cruise, he traveled to Hamburg, Germany to a Rotary Convention. He'll share a few Hamburg pictures too.

**Coordinator:** Steve Hopper

**Class Sessions:** Thursdays, March 4-Tom Stites, 11-Ranessa Cooper, 18-Steve Hopper

**Each course session will contain different content. Register for whichever session(s) interests you.**

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

**Place:** On Zoom (meeting link shared once registered for course)

**Maximum enrollment:** 20

**Cost:** \$0

### **Attracting Birds in Spring and Summer**

This class will discuss methods to attract colorful birds to your yard in the spring and summer, including foods favored by finches, hummingbirds and orioles, and appropriate birdhouses that may bring in wrens, martins, and bluebirds. Unfortunately, bird foods and housing can also attract unwanted pests like ants, bees, wasps, and raccoons, so tips to discourage these visitors will be included.

**Coordinator:** Ed Franks

**Class Session:** Wednesday, April 7

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

**Place:** On Zoom (meeting link shared once registered for course)

**Maximum enrollment:** 20

**Cost:** \$0

### **Befriend your Body**

Get ready to nourish yourself with a mat-based yoga class that is beginner-friendly and for all levels. No yoga experience needed, but able to come to the ground and back up without assistance. Bring a blanket or yoga mat. Learn how to move so that your body can be its best-without pain, strain or tension. Breathe better, practice balance and have fun. Dawn will take you through a warmup, gentle movements, glutes/abs strength work, balance work and stretches. She is a highly experienced and Registered Yoga Teacher, Internationally Certified Yoga Therapist, and owner of Free Range Yoga and Community Wellness Center.

**Coordinator:** Dawn Piper

**Class Sessions:** Tuesday, May 4

**Time:** 11:30 a.m.-12:15 p.m.

**Place:** Chandler Park

**Maximum enrollment:** 15

**Cost:** \$5

### **Book Club**

The We Need to Talk Book Club will give us a chance to join in conversation and connect with others. The book selections will center on three works of fiction that remind us of our current issues. Our discussions will perhaps allow us to see these contemporary issues in a different light, give us a new perspective, or awaken us to another reality. They may also spark an opportunity for us.

For full book descriptions please visit the LIFE website at [www.wiu.edu/life](http://www.wiu.edu/life).

Feb. 16 - The Vanishing Half by Brit Bennett

Mar. 16 - The BeeKeeper of Aleppo by Christy Lefteri

Apr. 20 - The Love Story of Missy Carmichael by Beth Morrey

**Coordinator:** Connie LaRue

**Class Sessions:** Tuesdays, Feb. 16, Mar. 16, Apr. 20

**Each course session will contain different content. Register for whichever session(s) interests you.**

**Time:** 1:00-2:15 p.m.

**Location:** On Zoom (meeting link shared once registered for course)

**Maximum Enrollment:** 20

**Cost:** \$0

### **Clay Pinching Basics: Make Two Bowls!**

Are you searching for a little creative therapy and looking for a fun introduction to clay? This relaxing course will focus on the basic skills needed to pinch two small and simple clay bowls. No previous skills in clay are necessary, but a willingness to get a little messy at home is highly encouraged! Join us and create a few sweet treasures for your home! Course includes clay, bisque, and glaze kiln firings, and two participant made bowls that will be ready for pick-up around four weeks after drop-off at the studio. We can't wait to create with you! Once registered, the kit will be available for pick-up on February 18, 25, and March 4. The studio is located at the rear of the Macomb Park District Office Building at: 1406 N. Randolph Street. The garage door will be open and ready for you to pick up your kit. If weather is poor or daylight is limited, I will close the garage door and I ask that you pull into the driveway and honk to let me know you're ready for pick-up. Please remember to practice social distancing, safe mask wearing, and follow the guidelines recommended by the CDC when picking up and dropping off your kit or finished product from the studio.

**Coordinator:** Natalie Shelly

**Class session:** Thursday, March 4

**Time:** 6:30-7:30 p.m.

**Location:** On Zoom (meeting link shared once registered for course)

**Maximum Enrollment:** 20

**Cost:** \$10

### **Healthy Lifestyle Topics for Seniors**

This course will review preventative care and safety topics that are recommended for the elderly population. Topics will include immunizations, screenings, community and online resources to give participants the knowledge to manage their own health. Please note that this session is not intended to be medical advice, and it does not replace talking to your doctor or other medical professionals. However, it will give you more knowledge about how to stay healthy.

**Coordinator:** Patricia Eathington

**Class sessions:** Wednesdays, March 10 OR 17

**Both sessions will contain the same content. Register for one session.**

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

**Location:** On Zoom (meeting link shared once registered for course)

**Maximum Enrollment:** 20

**Cost:** \$0

### **Marvelous Monikers and Beyond**

Word lovers will want to learn more about the origins of ‘things named for people’ – such as the Ferris Wheel... or a Tom Collins. We got a start last spring (before Covid) on this topic, and will continue doing so in Class 1. For the next two classes we will move on to some Fabulous Fallacies and also some Curious Customs. (courtesy the eponymous books by Tad Tuleja, and additional help from Wiki.)

**Coordinator:** Alice Davenport

**Class Sessions:** Thursdays, February 4, 11, 18

**Each course session will contain different content. Register for whichever session(s) you are able to attend.**

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

**Place:** On Zoom (meeting link shared once registered for course)

**Maximum enrollment:** 20

**Cost:** \$0

### **Online Fitness: A Guide for the “Aged To Perfection”**

Have you ever tried to find the perfect online fitness format but close the browser window more confused than you were when you started? In this class, Kristen Conrad, owner of Make Fit Happen, will guide you through how to choose an appropriate online class for your fitness level. There will be a movement portion, so be prepared to learn some moves! This class will also include ONE FREE CHAIR POUND CLASS at Make Fit Happen (in the gym if we're open and on Zoom.)

**Coordinators:** Kristin Conrad

**Class sessions:** Tuesdays, February 9 OR 16

**Both sessions will contain the same content. Register for one session.**

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

**Place:** On Zoom (meeting link shared once registered for course)

**Maximum enrollment:** 20

**Cost:** \$5

### **Prairie Conservation at the Lakeview Nature Area**

Join us for a relaxing and educational 45 minute tour through the Lakeview Nature Area. This tour will educate individuals about the prairie and conservation best practices. We're excited to share the beautiful ecosystems and seasonal changes that make this landscape so magical! On your visit, please remember to practice social distancing and safe mask wearing, and please dress for the weather. We can't wait to see you in the prairie! Location: Lakeview Nature Area, 10050 N 1500th Rd, Macomb, IL.

**Coordinators:** Kasey Trahanas

**Class sessions:** Saturdays, March 13 OR April 10

**Both sessions will contain the same content. Register for one session.**

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

**Place:** Lakeview Nature Center

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### **Spring Lake Pontoon Ride**

Come join Spring Lake Park's manager Ryan Hansen for a one-hour tour of the lake. Look for local

wildlife, and bring any questions you might have about the facility. Six people outdoors can socially distance on a 24-foot pontoon. 6 people maximum per 1 hour tour.

**Coordinator:** Ryan Hansen

**Class Session:** Wednesday, June 2

**Time:** 1 p.m. OR 3 p.m.

**Both sessions will contain the same content. Register for one session.**

**Place:** Spring Lake

**Parking:** At the site

**Maximum enrollment:** 6

**Cost:** \$5

### **Tai Chi for Absolute Beginners**

Tai Chi is a gentle type of “meditation in motion” that combines slow, graceful movements with deep breathing to promote overall health and well-being. Have fun while learning how Tai Chi can reduce stress, increase energy, improve balance, and heighten concentration. All in the great outdoors! Suitable for all ages and abilities, and all movements are done in a standing position. Bill Maakestad is Tai Chi and Qigong Instructor at Free Range Yoga & Community Health Center.

**Coordinator:** Bill Maakestad

**Class Sessions:** Monday, May 3

**Time:** 1:30-2:45 p.m.

**Place:** Chandler Park

**Parking:** At the site

**Maximum enrollment:** 12

**Cost:** \$5

### **ZOOM on Zoom**

Learn how to get the most out of the popular web conferencing application. Course includes how to join, host and participate in a Zoom meeting. You will learn the basics and some advanced features too.

**Coordinator:** Brenda Allison

**Class Sessions:** Tuesdays, March 9 OR 16

**Both sessions will contain the same content. Register for one session.**

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

**Place:** On Zoom (meeting link shared once registered for course)

**Maximum enrollment:** 20

**Cost:** \$0