



## Fall 2025

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

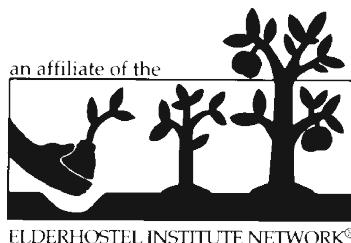
### **Course List and Registration Form**

*This semester LIFE will offer new adult educational opportunities such as  
Football 101, Beginning Hearts, Grounds for Discussion,  
Exciting Things Happening in Macomb, and  
The Lightning Thief - The Percy Jackson Musical.*

*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 Elderhostel Institute Network, a national organization of over 150 similar groups devoted to adult education. In the Macomb area, LIFE is sponsored by Western Illinois University's Scheduling & Events office; however, it is a self-directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, 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. Designed to be stimulating and fun, the LIFE program provides recreational education and champions the cause of lifelong learning in the Macomb area.

For questions regarding the LIFE program, call (309) 298-1911. If you are on our email list, full program details will be emailed shortly before the start of each semester. To register online or to see updates all semester, visit [wiu.edu/life](http://wiu.edu/life).

Hard copies of our brochure are available at places such as Western Illinois Museum, the Macomb public library, the YMCA, several senior living centers, Old Dairy, Sullivan Taylor and other local businesses.

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

The following LIFE officers and committee members welcome your comments on the LIFE program, your inquiries and participation, and any suggestions you may have for future courses:

### *Officers*

Dan Wise, President

Sally Adams and Emily Roberts,  
WIU LIFE liaisons

### *Curriculum Committee*

Paula Wise, Chair

John Hallwas

Bill Maakestad

Val Smead

Steve Hopper

Suzan Nash

Ron Walker

Connie LaRue

Emily Roberts

### *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:

Bloom Macomb

McDonough District Hospital

Colchester Library

Princess Theater

Free Range Yoga and Community Wellness  
Center (South Wing)

Spoon River College Community Outreach  
Center

Lakeview Nature Area and Center

Spring Lake Park

Macomb City Hall

Sullivan Taylor Coffee House

Macomb Fire Department

Western Illinois University

Macomb Park District

Wigwam Hollow Bird Sanctuary

Macomb Park District Ceramics Studio

The Wine Sellers

McDonough County Health Department

# A Letter from the President

Welcome to the LIFE Program for the Fall of 2025.

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

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

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

I thank you for your support as we continue to provide a LIFE program that offers wonderful opportunities for educational, cultural and social interaction.

Dan Wise  
LIFE president

## Course Costs and Refund Policies

### Course Costs

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

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

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

**If you have provided us with an email address, that will be our primary form of communication. 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.
- Those who have paid for a class that is canceled by LIFE will be refunded at the end of the semester, along with any other refunds.

### 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

## ***Al Sears: His Life, Music, and Legacy***

Timed to prepare jazz fans for the 2025 Al Sears Music Fest (September 19-21), this course will survey the life of Albert Omega Sears. From his birth in Macomb through his career as a world-class jazz saxophonist and successful businessman. This single-session class will feature brief remarks interspersed with lively music and enjoyable film clips.

**Instructors:** Sterling Kernek is a retired WIU historian and long-time jazz fan. Bill Maakestad was a founder and served as president of the Al Sears Jazz Festival.

**Date:** Tuesday, September 16

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

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

**Parking:** At the site

**Maximum Enrollment:** 36

**Cost:** \$5

## ***All Hazard Approach to Readiness***

This introduces students to a comprehensive framework for preparing for, responding to, and recovering from all types of emergencies and disasters. A couple of examples are loss of power for an extended period of time (summer or winter) and storm readiness and preparedness. The course emphasizes risk assessment, emergency planning, and coordination across agencies, utilizing national standards such as the Incident Command System (ICS) and the National Response Framework (NRF). Students will gain practical skills to enhance resilience and readiness in communities and organizations.

**Instructor:** Edgar Rodriguez is a Venezuelan-born veteran, WIU scholar, and ESDA Director blending military, GIS, and emergency management to serve and lead effectively.

**Dates:** Mondays, October 20 and 27

**Time:** 10 – 11 a.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**Cost:** \$5

## ***Armchair Traveler***

Thursday, September 25: Laurie Black and Suzan Nash traveled to Iceland, along with other Macomb area residents, on this YMCA sponsored trip. They will share their adventures as they searched for the Northern Lights on this beautiful island of fire and ice in the North Atlantic.

Thursday, October 2: Timothy Collins and Shannon L. Price traveled with their son Daniel on a three-week trip to Germany, Czech Republic, and Austria. They traveled to Lauterbach and Dresden in Germany, Prague in the Czech Republic, Vienna and Salzburg in Austria, and Ismaning in Germany. Their adventure included historical venues, spectacular train rides, magnificent scenery, artistic activities, incredible dining, and unique accommodations, along with a few unplanned events that required patience and flexibility during their travels.

Thursday, October 9: Join Steve Hopper as he describes cruising the Rhone and the Seine rivers in France last summer. Some of the highlights include Provence, Lyon, Paris, and Normandy.

Thursday, October 23: In 2012, God definitely took a chance on the Gilliland family who founded (unexpectedly for them) a school in the heart of Kampala, Uganda. Todd and Wendy invite you to join their journey as they share the experiences of living in Uganda. From 23 students and 6 staff, 12 years later the school has 300-plus students and 57 staff strong. It continues to be a labor of love of which they are very thankful to still be an integral part.



Thursday, November 13: Travel with Sandy Shearer and David Leath as they describe their 12-day Pharaohs and Pyramids Tour in Egypt on the Viking Osiris. You will begin with three days of exploring Cairo and then sail down the Nile. On the way you will see archeological treasures around Aswan and Luxor, hot air balloons over the Valley of the Kings, Queen Nefertari's Tomb in the Valley of Queens, the Sphinx staring at a blue sky, and much more.

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

**Dates:** Thursdays, September 25, October 2, 9, 23, and November 13

**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

### ***Basics of Homebrewing***

Homebrewing is a fun activity and very rewarding, whether it is done alone or with friends. Class will start with a brief intro into the background of homebrewing, types of beers, things to consider when getting started, equipment needed, and process options. Then we'll walk through how a typical beer is brewed, starting with purchasing supplies through storing the final product. Taste samples will be offered too.

**Instructor:** John Carlson began homebrewing in 2008 for his granddaughter's baptism party. He has since brewed over 900 gallons and over 30 different types of beer.

**Date:** Monday, September 15

**Time:** 2 – 3:30 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Beginning Hearts***

Have fun learning and playing the popular trick-taking card game of Hearts. Following a brief discussion of concepts, rules, and basic strategy, participants will play the game for the balance of the two class sessions. Note: In order to maximize the amount of time available for gameplay, participants will receive an email with a link to information about concepts and rules prior to the first class. Share your questions in advance or bring them with you to the first session.

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

**Dates:** Monday, September 8 and Wednesday, September 10

**Time:** 1 – 2:30 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 16

**Cost:** \$10



## LEARNING IS FOREVER

Call (309) 298-1911 for more information.

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### ***Blooming Blooms – Entrepreneurship 101***

Come and enjoy a conversation with the 2024 second-place winner of Macomb's Small Business Competition. Anne Ingersoll is the owner of Bloom Macomb, located just a few doors down from Larry A's Pizza and behind the Princess Shoppe. Anne isn't new to business ownership but is new to owning a retail shop. She is excited to share her mission behind starting Bloom Macomb and how she is a little different than other flower shops in the area. And you can get a sneak peak into what's coming up this fall in her shop!

**Instructor:** Anne Ingersoll owns Bloom Macomb and College Bound Associates. She has been a business owner for 20 years.

**Date:** Thursday, September 4

**Time:** 5 – 6 p.m.

**Place:** Bloom Macomb, 1510 E Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Create a Ceramic Autumn Bread Tray***

Celebrate the arrival of autumn at the Macomb Park District Ceramics Studio as we create a memorable and beautiful tray that you can enjoy using year after year! In this course, we'll combine slab rolling and impressed textures to create a useful tray perfect for your autumn table and favorite seasonal bread. Be sure to wear clothes that can get a little messy. We can't wait to welcome you to the studio for a morning in clay.

**Instructor:** Natalie Shelly is an artist and educator. She is the ceramics coordinator and naturalist educator at the Macomb Park District.

**Date:** Thursday, September 25

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

**Place:** Macomb Park District Ceramics Studio, 1406 N. Randolph St.

**Parking:** At the site

**Maximum Enrollment:** 16

**Cost:** \$19

### ***Creative Curiosity: Uniting Seek by iNaturalist with Phenology***

Learn to identify the natural world through Seek by iNaturalist, a free and easy to use mobile app. Seek allows naturalists of all ages to observe their world, get real-time identifications without Internet, and collect badges through biodiversity exploration. Together, we'll explore the basics of this app and then enjoy an outdoor walk throughout the Lakeview Nature Area as we practice our identification skills. We'll then return indoors to begin our own phenology wheel where we will record our nature sightings with a variety of art materials. Let's get curious and Seek! NOTE: Participants will need to download and install the Seek by iNaturalist app onto their phone prior to the start of the session.

**Instructor:** Natalie Shelly is an artist and educator. She is the ceramics coordinator and naturalist educator at the Macomb Park District.

**Date:** Thursday, November 6 or rain date, Friday, November 7

**Time:** 10 – 11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 16

**Cost:** \$5

### ***Cupcakes!***

Want to elevate your cupcake game beyond box mixes and canned frosting? Join me as I share my (limited) knowledge of cupcakes and icing. We'll taste a variety of cupcakes and frostings. Then we'll ice some ourselves using different decorating tips, colors, and sprinkles! Supplies and recipes will be provided. NOTE: If you attended the first cupcake class, Kathleen has tweaked the class a bit.

**Instructor:** Kathleen O'Donnell-Brown is a retired WIU writing instructor who now spends her time making cupcakes, playing pickleball, and taking LIFE classes.

**Date:** Wednesday, November 5

**Time:** 1:30 – 3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$10

### ***De-escalation and Effective Communication***

This is a class on basic conflict resolution skills to use to help de-escalate a situation where someone is angry, being difficult, or is going through a mental health crisis. This course will be a basic overview and if time allows there will be a practice scenario.

**Instructor:** Derek Watts serves as the Police Chief/Director of WIU Office of Public Safety.

**Date:** Tuesday, November 4

**Time:** 10 – 11 a.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**Cost:** \$5

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

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

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

**Date:** Wednesday, November 12

**Time:** 9:30 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Exciting Things Happening in Macomb***

The mayor and city administrator will describe the many initiatives that the city has planned and are working on to continue the high quality of life we have in Macomb.

**Instructors:** Mike Inman is a lifelong resident of Macomb and is in his fourth term as mayor of Macomb. Scott Coker has been the city administrator since 2019, and he and his wife Barb have three daughters - Sydney, Hayley, and Macy.

**Date:** Tuesday, October 28

**Time:** 9 – 10:30 a.m.

**Place:** Macomb City Hall Community Room, 120 E. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

### ***Football 101***

Millions of people in the United States watch football. Football 101 serves to give you knowledge to help you interact with family and friends. This class will give a basic working knowledge of the game so that you can watch games and enjoy football to the max.

**Instructor:** Jim Unruh is in the Illinois High School Football Coaches Association Hall of Fame, has won several state championships and was a head coach for over 25 years.

**Date:** Wednesday, August 27

**Time:** 1 – 2:30 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 22

**Cost:** \$10

### ***Four Dramatic Chapters in American History***

Our history is replete with dramatic and significant events which majorly impacted the U.S. This class will consider and evaluate four events in chronological order. There are no required textbooks and there will be handouts for each session.

**Instructor:** Larry T. Balsamo is a retired WIU Professor of History and is a veteran presenter in the LIFE program since 2011.

**Dates:** Tuesdays, September 9, 16, 23, and 30

**Time:** 3 - 4:30 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 40

**Cost:** \$15

### ***Freedom of Speech: What Can I Say?***

This class will provide a basic explanation of the freedoms and limits of our right of free speech and expression. The attendees will have the opportunity to interact with examples that illustrate the law.

**Instructor:** Gayle T. Carper practiced law from 1983-2005, taught law at WIU's LEJA Department from 1987-2012, and is now happily retired twice.

**Date:** Wednesday, October 22

**Time:** 1:30 – 3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Good Bugs That Get a Bad Name***

Get ready for an enlightening session with Illinois Extension horticulture educator Chris Enroth on the misunderstood beneficial insects in our landscapes. While bees, butterflies, and lady beetles are celebrated, other insects like wasps and flies are frequently vilified. In this class, you'll learn about the important roles these insects play in maintaining a healthy and balanced ecosystem.

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

**Date:** Thursday, October 9

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

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Grounds for Discussion***

Wonder what all the different drinks are that a coffee shop offers? Like, what's the difference between a cappuccino, latte, Americano, and a coffee macchiato? And should I get a flavored syrup or not? What about all the different tea drinks including a chai or matcha tea latte? Enjoy the relaxed vibe as Brandon Thompson explains different drinks and allows you to sample them. He will also give samples of the shop's baked goods.

**Instructor:** Brandon Thompson is the owner of Sullivan Taylor Coffee House.

**Date:** Wednesday, September 10

**Time:** 2:30 – 3:30 p.m.

**Place:** Sullivan Taylor Coffee House, 119 S Randolph St.

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$12

### ***A Hard Day's Night: The Beatles at the Princess Theater***

Enjoy an old-fashioned matinee screening of the first and best Beatles film at the historic and beautiful Princess Theater in Rushville. *A Hard Day's Night*, released in 1964, is a joyous musical comedy that *Time* magazine once named one of the 100 greatest films. Those attending will also learn some history about the iconic Princess Theater, which was built in the silent movie era and recently underwent a complete renovation, complete with state-of-the-art audio and visual equipment. What better way to spend a weekday afternoon, and you can purchase popcorn, candy, and beverages. Just for fun, there will also be Beatles' door prizes, giveaways, and trivia.

**Instructor:** Bill Maakestad has been a Beatles fan for 60 years.

**Date:** Thursday, September 11

**Time:** 1:30 – 3:30 p.m.

**Place:** Princess Theater, 116 E. Lafayette, Rushville

**Parking:** At the site

**Maximum Enrollment:** unlimited

**Cost:** \$10

### ***Impact of Fabrics on Global History***

What do Egyptian mummies, the Silk Road, Viking explorers, England's industrialization, and American slavery all have in common? They're all examples of the impact that fabrics have had on global history. Come join us as we explore how humanity's history has been woven together by fabrics.

**Instructor:** Dr. Ginny Boynton is a retired WIU History Professor.

**Date:** Wednesday, October 29

**Time:** 1 – 2:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$5

### ***Introduction to Drones***

This course will introduce students to drone technology. It will include applications in photography, emergency management, law enforcement, and mapping. Students will be able to fly a drone if they choose. No prior experience is necessary.

**Instructor:** Chad Sperry is the director of the WIU GIS Center. His bachelor's degree is from WIU and his master's degree from Purdue University.

**Dates:** Friday, October 10 and Tuesday, October 14 or rain date Thursday, October 16

**Time:** 10:30 – 11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Introduction to Meditation***

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

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

**Date:** Wednesday, September 3

**Time:** 1 – 2:15 p.m.

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

**Parking:** On or near the Macomb downtown square

**Maximum Enrollment:** 12

**Fee:** \$5

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

Around the world, labyrinths serve as a tool to help clear the mind, calm worries, deepen self-awareness, and encourage mindfulness. Unlike mazes, which have multiple paths and dead ends, a labyrinth provides a walking meditation experience that follows a single unicursal path leading to the center and back. The Lakeview Prairie Labyrinth, created in 2016 by Quinn and volunteers, has the mission to provide wellness opportunities in our community and beyond.

You will learn about different styles of labyrinths and how to design a 7-circuit Cretan Labyrinth, and then we will walk the labyrinth. Wear comfortable shoes. This tallgrass prairie labyrinth is roughly a half mile to the center, and there is a processional exit that can be utilized. We look forward to seeing you for this relaxing course.

**Instructor:** Kelley K. Quinn is an artist of walkable labyrinths, collages, and mosaics that focus on mental health and awareness.

**Date:** Wednesday, October 15 and rain date Thursday, October 16

**Time:** 4 – 5 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***The Lightning Thief- The Percy Jackson Musical***

This musical is based on the popular book series. The first in the series, it follows Percy Jackson, a 12-year-old boy, who discovers he's a demigod and goes on a quest to find Zeus's missing lightning bolt before a war occurs between the Greek gods. Meet with the show's director beforehand as she discusses the production and the show's themes.

**Instructor:** Lysa Fox is the Head of Musical Theatre at WIU. She holds an MFA from Cal State Long Beach.

**Date:** Saturday, October 18

**Time:** 1 p.m. talk with director and show from 2 – 4:30 p.m.

**Place:** WIU Hainline Theatre Lobby, 1101 W. University Drive

**Parking:** Around the theater. No tickets issued on the weekend.

**Maximum Enrollment:** 30

**Cost:** \$25

### ***Louis Armstrong's Hot Fives and Hot Sevens***

This course will explore the most significant set of recordings made by Louis Armstrong between 1925 and 1928 known as the *Hot Five and Hot Sevens*. These recordings present the development and growth of one of the first great virtuoso improvisers in the history of jazz. Participants will explore this body of literature through lecture and listening so as to better understand their historical significance.

**Instructor:** John Cooper, PhD, is the WIU Director of Jazz Studies.

**Date:** Thursday, October 16

**Time:** 6 – 8 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

### ***Mastering Your iPhone***

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

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

**Date:** Wednesday, October 22

**Time:** 9:30 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Mastering Your Samsung Android Smartphone***

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

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

**Date:** Wednesday, October 15

**Time:** 9:30 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***McDonough District Hospital (MDH) President and CEO Session***

Bill Murdock will discuss the services offered at MDH, including the new MDH Community Pharmacy. He will provide updates on insurance, provider recruitment efforts, MDH statistics, and other things. He will also take questions.

**Instructor:** Bill Murdock joined MDH as CFO in 2019 and was appointed President/CEO in 2024. He has 30 years' experience in healthcare systems.

**Date:** Tuesday, September 23

**Time:** 10 – 11 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$5

### ***Nature 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 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, September 18 or rain date, Friday, September 19

**Time:** 1 – 3 p.m.

**Place:** Wigwam Hollow Bird Sanctuary, 1900 Wigwam Hollow Road

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

### ***Nutrition to Support Healthy Aging***

We will explore some key nutrients involved in healthy aging, including protein, vitamins D and B12, calcium, and fiber in the context of one's overall dietary pattern. We will also discuss the Mediterranean and MIND dietary patterns and look at simple strategies to integrate recommendations from these diets into our own daily routines.

**Instructor:** Lynn Henderson is a registered dietitian and a licensed dietitian nutritionist with over 30 years' experience in clinical and educational roles.

**Date:** Tuesday, September 16

**Time:** 10 – 11 a.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**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, 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 LEJA Department from 1987-2012, and is now happily retired twice. Darcie Shinberger is well-versed in FOIA and a writer for the Community News Brief after retiring from WIU.

**Date:** Thursday, November 6

**Time:** 1 – 2:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Outsmarting Garden Pests: Deer, Racoons, Squirrels, and More***

We are not the only ones that find our garden tasty. Several animal species can be a garden nuisance and destructive to our landscapes. Join Chris Enroth as he gives tips on dealing with wildlife in the home garden and landscape.

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

**Date:** Monday, September 22

**Time:** 10 – 11 a.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 40

**Cost:** \$5

### ***Paying Without Cash – Mobile Payments***

In this class you will learn to use cash apps to transfer cash or pay for items on your phone. Apps discussed will be Venmo, PayPal, Apple Pay, and QR Code. Also, you will learn the dangers and pitfalls of using the different apps. You need to bring your cell phone to class.

**Instructor:** Julie-Anne Pickett is a wealth advisor at IPI Wealth Management, Inc.

**Date:** Tuesday, October 7

**Time:** 10 – 11:30 a.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 20

**Cost:** \$5

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

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

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

**Date:** Wednesday, October 1 or rain date Thursday, October 2

**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

### ***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.

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

**Date:** Monday, October 13

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

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

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$20

### ***Radon: What's the Big Deal?***

We will discuss what radon is and how it might affect you and your family. We will discuss how it enters your home, how it is detected, ways to mitigate it, and solutions if an invasion occurs. You will also receive a home radon kit if you attend the class.

**Instructor:** Jonathan Chu, a sanitarian at the McDonough County Health Department, works in the food, water, sewage, solid waste, vector control, and radon programs.

**Date:** Tuesday, October 7

**Time:** 1 – 2 p.m.

**Place:** McDonough County Health Department, 505 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$12

### ***Tour of Macomb Fire Department Station***

Come take a tour of Macomb Fire Station 1 and learn about the day-to-day activities of the department's staff.

**Instructor:** Dan Meyer has been with the Macomb Fire Department for 24 years and has been the fire chief since 2021.

**Date:** Wednesday, September 3

**Time:** 4 – 5 p.m.

**Place:** Macomb Fire Department, 219 W. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Tour of Malpass Library at WIU***

One public facility of major usefulness, especially for the residents of western Illinois, is Malpass Library at Western Illinois University. It has a million volumes, extensive periodicals on shelves, a wide selection of electronic resources, and hundreds of thousands of public records and historical photographs - as well as staff members who can assist with research efforts. But the building itself is also engaging, with its Asian-inspired, pinwheel-shaped structure, designed by noted architect Gyo Obata, which features a six-story atrium topped with a skylight, as well as an extensive garden lounge with exotic plants.

The building has many exhibits, on several floors, that have artistic, cultural, and regional historical interest, and those will be featured in the tour as well. For example, the sixth floor has exhibits related to the sixteen western Illinois counties, the career of famous actor and singer Burl Ives (an Illinois native who owned property near Macomb), noted women associated with the university, antique WIU furniture, and regional art works.

**Instructor:** The tour will be led by Illinois author and regional historian John Hallwas, who was the Director of Regional Collections for 25 years in the WIU Library.

**Date:** Friday, October 10

**Time:** 3 - 4:30 p.m.

**Place:** WIU Malpass Library, 851 N. Western Ave. Meet at the Welcome Area on the library's main floor

**Parking:** Available in the lot west of the library, across Western Avenue. A no-ticket request will be made for this class so you can park in this lot without being ticketed. If you decide to use a metered space, you are not eligible for the no-ticket request.

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Under Pressure - Pressure Prevention***

This class will discuss the importance of staying mobile and how to prevent pressure injuries from occurring. Attendees will learn about different pressure points, the potential for injury, and how to avoid one.

**Instructors:** Jennifer Henson RN, BS is a Wound Ostomy Nurse and Diabetes Education Nurse; Jennifer Bollinger, RN, BSN, CWON (Certified Wound Ostomy Nurse); and Elizabeth Smith, LPN, WSOC.

**Date:** Thursday, October 30

**Time:** 1 – 2 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 20

**Cost:** \$5

### ***University Art Gallery Exhibition Tour***

We will tour and discuss the 3 current gallery exhibitions: Michael Mahoney, the Biennial Faculty Exhibition, and Danny Houk.

**Instructor:** Tyler Hennings, MFA, is a WIU alumnus and the Director of the Western Illinois University Art Gallery.

**Date:** Thursday, September 18

**Time:** 10 – 11:30 a.m.

**Place:** WIU Art Gallery, behind Sherman Hall, WIU Campus

**Parking:** Around the gallery. A no-ticket request will be made for this class so you can park in spaces around the gallery. If you decide to park in a metered space, you are not eligible for the no-ticket request.

**Maximum Enrollment:** 15

**Cost:** \$5

### ***U.S. Presidents and the U.S. Constitution***

This course will offer a brief history of U.S. presidents' interpretation of the U.S. Constitution, based on historical examples. The course will seek to historically contextualize actions by the Donald Trump administration in 2025.

**Instructor:** Tim Roberts, a WIU professor, is an historian of American political, international, and legal history.

**Dates:** Tuesday, September 9 and Thursday, September 11

**Time:** 11 a.m. – noon

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 40

**Cost:** \$5

### ***Vaccines for Adults***

There is a lot of conflicting information concerning vaccines. We will discuss how vaccines work, age recommendations for certain vaccines, where to get them and coverage for them.

**Instructor:** Jennifer Plate is the Community Health Director for McDonough County Health Department with 23 years of public health experience and 28 years in nursing.

**Date:** Wednesday, October 1

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

**Place:** McDonough County Health Department, 505 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

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

Tuesday, September 2: “*Show Don’t Tell*” by Curtis Sittenfeld. Paula Wise, the facilitator said, “I have read many of Sittenfeld’s novels, and I really enjoyed this volume of short stories. Each story deals with a realistic modern situation or dilemma. For example, a woman embarks on a creative project challenging the ‘Mike Pence Rule’ that women and men can’t be alone together without sexual feelings. The book made me think and made me laugh - two of my favorite activities!”

Tuesday, November 4: Connie LaRue will lead the November discussion, and the title of the book will be sent to you by August/September.

**Instructors:** Connie LaRue is a retired English teacher who loves books. She encourages and supports book clubs and book discussions. Paula Wise is an avid reader, facilitator and has been a part of Connie’s book club for years.

**Dates:** Tuesdays, September 2 and November 4

**Time:** 1 – 2:15 p.m.

**Place:** On Zoom

**Parking:** Not applicable

**Maximum Enrollment:** 30

**Cost:** \$10

### ***Wine and Cheese Tasting Event***

Come enjoy a wine and cheese pairing event. You will sample different types of wines and see how the combination of each wine with a certain cheese enhances the flavors of both.

**Instructors:** Craig and Julia Burns are owners of The Wine Sellers.

**Date:** Monday, October 13

**Time:** 6 – 7:30 p.m.

**Place:** The Wine Sellers, 121 S. Randolph

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$25

### ***WIU Buildings - Cradle to Grave and Everything in Between***

This class will discuss the status of buildings on the WIU campus. You will see behind-the-scenes photos, learn about the construction of some buildings, the upkeep and maintenance, renovation and finally the decision-making process to demolish them.

**Instructor:** Ted Renner is the Deputy Director of Facilities Management over Facilities Planning and Construction at Western Illinois University.

**Date:** Thursday, October 2

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

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Writing Your Obituary***

We will discuss the basic parts of an obituary along with ideas of what each of us might want to include in our own. Often, obituary writing is left to family members who may not know all the details of the life being described or the accomplishments the deceased individual valued most dearly. The first session will cover ideas of what to include and where to begin. The second session will elaborate on these ideas after participants have had a chance to try a draft. Feel free to bring any samples of obituaries you have read.

**Instructor:** Paula Wise is a longtime reader of obituaries, has written several for family members, and considers them as a summary of one’s life story.

**Date:** Thursdays, September 4 and 11

**Time:** 9:30 – 10:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Your Amazing Mind: How to Use Stress to be Happier***

The science of brain function is advancing rapidly, reshaping our understanding of stress. While traditionally seen as harmful, new research shows that with the right mindset, stress can boost resilience, improve well-being, and even enhance health and happiness. Stress can kill you or make you better. It's all in your mind.

**Instructor:** Mike Williams, PhD, studies the brain and happiness. He leads leadership training for international companies such as PricewaterhouseCoopers and OXY.

**Date:** Tuesday, November 4

**Time:** 6 – 7:30 p.m.

**Place:** Sandburg Lounge in the basement of the WIU Union. A no-ticket request will be made for this class so you can park in the parking lots on either side of the Union. If you use a metered space, you are not eligible for the no-ticket request.

**Parking:** See above

**Maximum Enrollment:** 40

**Cost:** \$5

## **Chronological Course Listing**

<b>Beginning in August</b>	
Football 101	Wednesday, August 27 at 1 – 2:30 p.m.
<b>Beginning in September</b>	
We Need to Talk Book Club	Tuesdays, September 2 and November 4 at 1 – 2:15 p.m.
Introduction to Meditation	Wednesday, September 3 at 1 – 2:15 p.m.
Tour of Macomb Fire Department Station	Wednesday, September 3 from 4 – 5 p.m.
Writing Your Obituary	Thursdays, September 4 and 11 at 9:30 – 10:30 a.m.
Blooming Blooms – Entrepreneurship 101	Thursday, September 4 at 5 – 6 p.m.
Beginning Hearts	Monday, September 8 and Wednesday, September 10 at 1 – 2:30 p.m.
U.S. Presidents and the U.S. Constitution	Tuesday, September 9 and Thursday, September 11 at 11 a.m. – noon
Four Dramatic Chapters in American History	Tuesdays, September 9, 16, 23, and 30 at 3 – 4:30 p.m.
Grounds for Discussion	Wednesday, September 10 at 2:30 – 3:30 p.m.
<i>A Hard Day's Night</i> : The Beatles at the Princess Theater	Thursday, September 11 at 1:30 – 3:30 p.m.
Basics of Homebrewing	Monday, September 15 at 2 – 3:30 p.m.
Nutrition to Support Healthy Aging	Tuesday, September 16 at 10 – 11 a.m.
Al Sears: His Life, Music, and Legacy	Tuesday, September 16 at 1 - 2:30 p.m.
University Art Gallery Exhibition Tour	Thursday, September 18 at 10 – 11:30 a.m.
Nature Walk at Wigwam Hollow Bird Sanctuary	Thursday, September 18 or rain date, Friday, September 19 at 1 – 3 p.m.
Outsmarting Garden Pests: Deer, Racoons, Squirrels, and More	Monday, September 22 at 10 – 11 a.m.
MDH President and CEO Session	Tuesday, September 23 at 10 – 11 a.m.
Create a Ceramic Autumn Bread Tray	Thursday, September 25 at 10:30 - 11:30 a.m.
Armchair Traveler	Thursdays, September 25, October 2, 9, 23, and November 13 at 1:30 – 3 p.m.

<b>Beginning in October</b>	
Pontoon Ride on Spring Lake	Wednesday, October 1 or rain date Thursday, October 2 at 11 a.m. – noon
Vaccines for Adults	Wednesday, October 1 at 2 - 3 p.m.
WIU Buildings - Cradle to Grave and Everything in Between	Thursday, October 2 at 6 - 7 p.m.
Paying Without Cash – Mobile Payments	Tuesday, October 7 at 10 – 11:30 a.m.
Radon: What's the Big Deal?	Tuesday, October 7 at 1 – 2 p.m.
Good Bugs that Get a Bad Name	Thursday, October 9 at 10 - 11 a.m.
Introduction to Drones	Friday, October 10 and Tuesday, October 14 or rain date Friday, October 16 at 10:30 – 11:30 a.m.
Tour of Malpass Library at WIU	Friday, October 10 at 3 – 4:30 p.m.
Quilt Block Painting	Monday, October 13 at 9 a.m. – noon
Wine and Cheese Tasting Event	Monday, October 13 at 6 – 7:30 p.m.
Mastering Your Samsung Android Smartphone	Wednesday, October 15 at 9:30 – 11 a.m.
Lakeview Prairie Labyrinth: A Guided Introduction Course	Wednesday, October 15 or rain date Thursday, October 16 at 4 – 5 p.m.
Louis Armstrong's <i>Hot Fives and Hot Sevens</i>	Thursday, October 16 at 6 – 8 p.m.
<i>The Lightning Thief</i> - The Percy Jackson Musical	Saturday, October 18 talk at 1 p.m. and show at 2 – 4:30 p.m.
All Hazard Approach to Readiness	Mondays, October 20 and 27 at 10 - 11 a.m.
Mastering Your iPhone	Wednesday, October 22 at 9:30 – 11 a.m.
Freedom of Speech: What Can I Say?	Wednesday, October 22 at 1:30 – 3 p.m.
Exciting Things Happening in Macomb	Tuesday, October 28 at 9 – 10:30 a.m.
Impact of Fabrics on Global History	Wednesday, October 29 at 1 – 2:30 p.m.
Under Pressure - Pressure Prevention	Thursday, October 30 at 1 – 2 p.m.
<b>Beginning in November</b>	
De-escalation and Effective Communication	Tuesday, November 4 at 10 – 11 a.m.
Your Amazing Mind: How to Use Stress to be Happier	Tuesday, November 4 at 6 – 7:30 p.m.
Cupcakes!	Wednesday, November 5 at 1:30 – 3 p.m.
Creative Curiosity: Uniting Seek by iNaturalist with Phenology	Thursday, November 6 or rain date, Friday, November 7 at 10 – 11:30 a.m.
The Open Meetings Act: Government Action, Citizen Duty, and Media Role	Thursday, November 6 at 1 – 2:30 p.m.
Digital Photo Organization and Storage	Wednesday, November 12 at 9:30 – 11 a.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.



**Save the Date!**

# **LIFE Fall Fling**

**Tuesday, Oct. 14**

**4 - 6 p.m.**

**Brattain Lounge, 1st Floor,  
WIU Union**

**Appetizers will be served.  
Cash bar.**

**We hope you can join us.**

**RSVP to Emily at  
[es-roberts@wiu.edu](mailto:es-roberts@wiu.edu)  
or call 309.298.1911.**

# LIFE Registration Form

## Fall 2025 Semester

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

**Please print your information below:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

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

- \_\_\_ Al Sears: His Life, Music, and Legacy - \$5
- \_\_\_ All Hazard Approach to Readiness - \$5
- \_\_\_ Armchair Traveler - \$15
- \_\_\_ Basics of Homebrewing - \$5
- \_\_\_ Beginning Hearts - \$10
- \_\_\_ Blooming Blooms – Entrepreneurship 101 - \$5
- \_\_\_ Create a Ceramic Autumn Bread Tray - \$19
- \_\_\_ Creative Curiosity: Uniting Seek by iNaturalist with Phenology - \$5
- \_\_\_ Cupcakes! - \$10
- \_\_\_ De-escalation and Effective Communication - \$5
- \_\_\_ Digital Photo Organization and Storage - \$5
- \_\_\_ Exciting Things Happening in Macomb - \$5
- \_\_\_ Football 101 - \$10
- \_\_\_ Four Dramatic Chapters in American History - \$15
- \_\_\_ Freedom of Speech: What Can I Say? - \$5
- \_\_\_ Good Bugs that Get a Bad Name - \$5
- \_\_\_ Grounds for Discussion - \$12
- \_\_\_ *A Hard Day's Night*: The Beatles at the Princess Theater! - \$10
- \_\_\_ Impact of Fabrics on Global History - \$5
- \_\_\_ Introduction to Drones - \$5
- \_\_\_ Introduction to Meditation - \$5
- \_\_\_ Lakeview Prairie Labyrinth: A Guided Introduction Course - \$5
- \_\_\_ *The Lightning Thief*: The Percy Jackson Musical - \$25
- \_\_\_ Louis Armstrong's *Hot Fives and Hot Sevens* - \$5
- \_\_\_ Mastering Your iPhone - \$5
- \_\_\_ Mastering Your Samsung Android Smartphone - \$5
- \_\_\_ MDH President and CEO Session - \$5
- \_\_\_ Nature Walk at Wigwam Hollow Bird Sanctuary - \$5
- \_\_\_ Nutrition to Support Healthy Aging - \$5
- \_\_\_ The Open Meetings Act: Government Action, Citizen Duty, and Media Role - \$5
- \_\_\_ Outsmarting Garden Pests: Deer, Raccoons, Squirrels, and More - \$5
- \_\_\_ Paying Without Cash – Mobile Payments - \$5
- \_\_\_ Pontoon Ride on Spring Lake - \$5
- \_\_\_ Quilt Block Painting - \$20
- \_\_\_ Radon: What's the Big Deal? - \$12
- \_\_\_ Tour of Macomb Fire Department Station - \$5
- \_\_\_ Tour of Malpass Library at WIU - \$5
- \_\_\_ Under Pressure - Pressure Prevention - \$5
- \_\_\_ University Art Gallery Exhibition Tour - \$5
- \_\_\_ U.S. Presidents and the U.S. Constitution - \$5
- \_\_\_ Vaccines for Adults - \$5
- \_\_\_ We Need to Talk Book Club - \$10
- \_\_\_ Wine and Cheese Tasting Event - \$25
- \_\_\_ WIU Buildings - Cradle to Grave and Everything in Between - \$5
- \_\_\_ Writing Your Obituary - \$5
- \_\_\_ Your Amazing Mind: How to Use Stress to be Happier - \$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 30 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 Events Services, 1 University Circle, Macomb, IL 61455-1390.  
Phone number is 309.298.1911.

**W** | **Western Illinois  
University**  
University Union  
Scheduling and Events Services  
1 University Circle  
Macomb, IL 61455-1390

RETURN SERVICE REQUESTED