



LEARNING IS FOREVER

Fall 2018

Course List and Registration Form

This upcoming semester, LIFE will offer many new, exciting adult education opportunities, including the premier of “Dental Dos and Don’ts,” “Inside the Nextbox,” and “Macomb: A Great Place to Retire,” as well as your old favorites like “The Play’s the Thing,” “Cooking with Harold,” and more.

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

**Study Abroad and Outreach
Western Illinois University**



ELDERHOSTEL INSTITUTE NETWORK®

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 Study Abroad and Outreach office; however, it is a self-directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, establish the fees, and promote the curriculum. Now in its 3rd 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.

Call Sally Adams at WIU's Study Abroad and Outreach office, (309) 298-1911, for information on transportation or handicapped accessibility. She can also put you on the e-mail list to receive this free, semi-annual course brochure. You can also visit the LIFE website at wiu.edu/life.

Because our costs have increased, and in order to keep your costs affordable, brochures will be sent to your e-mail address. Also, the brochure may be found on-line at wiu.edu/life. Hard copies will be available at numerous locations e.g., YMCA senior center, Western Illinois Museum, several senior living centers, and some local businesses.

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

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

Officers

Dan Wise, President

David Bormet and David Self, Co-Historians

Jack Schoonover, Treasurer

Pedro Bidegaray, Registrar and University Liaison

Curriculum Committee

Kathy Nichols and Paula Wise, Co-Chairs

Chris Brix

Patti Jones

Kelly Shiraki

John Hallwas

Peggy Ma

Carol Sims

Steve Hopper

Bill Maakestad

Val Smead

Social Committee

Garnette Hallwas and Kate Joswick, Co-Chairs

Alice Davenport

Elaine Hopkins

Mary Elizabeth Vos

Janna Haworth

Phyllis Self

The LIFE organization is grateful to its sponsor, Western Illinois University's Office of Study Abroad and Outreach, and to the following community partners who are also committed to providing lifelong learning opportunities for area residents:

American Legion (Post 6)

Kozmic Game Emporium

Argyle Lake State Park

McDonough District Hospital

Episcopal Church

Spoon River College Community Outreach Center

Everly House Retirement Center

Trinity Lutheran Church

Free Range Yoga & Community Wellness Center

Wesley United Methodist Church

First Christian Church

Western Illinois University

Hy-Vee Grocery Store

YMCA of McDonough County

A Letter from the President

Welcome to the LIFE schedule of classes for Fall 2018. We think we have another exciting and diverse lineup of learning opportunities for you.

As I have written before, we have a group of people working hard to provide these classes. I would like to invite even more of you to consider becoming involved.

Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on one of our committees? If so, please get in touch with me at danwise19@comcast.com, or contact an officer or committee member you may know.

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

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

Dan Wise
LIFE President

Course Costs and Refund Policy

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, such as food, travel, course materials, etc.

Refund Policy

- Requests to withdraw from a class must be received 30 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.
- **Requests to withdraw from a class received less than 30 days prior to the first class meeting will be issued an in-house credit to be used for a LIFE course from either the current or following semester. If the credit does not get used in either the current or following semester, it will be absorbed by the LIFE organization for future programing costs.**
- Those owed a refund will receive a check directly from WIU's Business Office.
- Those who have paid for a class that is cancelled, or who are wait listed and no space becomes available, will be refunded.

Course Descriptions

The A-B-Cs of Word Games

So many word games, so little time! Take some time with like-minded people this fall. Go for a few rounds of games you already know and love, and discover new ones, as well. No winners or losers, just fun!

Coordinator: Alice Davenport

Class sessions: Wednesdays, Oct. 3 and 10

Time: 10:30 a.m.-noon

Place: Kozmic Game Emporium, 118 N. Side Square

Parking: On the square

Maximum enrollment: 12

Cost: \$10

Armchair Traveler

Oct. 4: Experience the charm, beauty, and history of the Golden Isles of the South by sailing with USA River Cruises through the Intercoastal Waterway from Jacksonville, Florida to Savannah, Georgia to Charleston, South Carolina. Nancy Leigh will give us the ins and outs of small ship cruising in the United States.

Oct. 11: After hearing about how beautiful New Zealand was from family members and friends, Sam and Ruth Kostreva decided to see it for themselves in honor of their 40th wedding anniversary. They visited Auckland, Rotarua, Christchurch, Greymouth, Fox Glacier, and Queenstown. An added bonus will be Cairns and Fort Douglas, Australia.

Oct. 18: Rooney Dively and Janna Haworth will illustrate their February 2018 trip to Chile and Argentina, including Easter Island, Buenos Aires, and Patagonia. Most of their trip was spent in the southern-most areas of these two countries, viewing mountains, glaciers, volcanoes, and wildlife from penguins to guanacos.

Oct. 25: Nancy Chu and Phyllis Self will share their experiences touring Iceland, the land of fire and ice. They will introduce you to the rugged landscape of lava fields, hot springs, and waterfalls to the Blue Lagoon as well as many sightings of wildlife. They will highlight the equestrian experience of riding the Icelandic horse, one of the country's national treasures, as well as the work of Icelandic fiber artists.

Nov. 1: Steve Hopper will be sharing "South Africa: An Elegant Adventure." Highlights include the beauty of Cape Town, the incredible wildlife within Kruger National Park, and the spectacular Victoria Falls of Zimbabwe.

Coordinator: Steve Hopper

Class sessions: Thursdays, Oct. 4, 11, 18, 25 and Nov. 1

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum enrollment: 28

Cost: \$20



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Call (309) 298-1911 for more information.

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The Book Class

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a significant book of current interest. For Fall 2018, the book selection is a topical work by Jon Meacham, the well-known biographer, journalist, and commentator. Entitled “The Soul of America: The Battle for our Better Angels,” the book seeks to inspire and reassure by illustrating how the United States came through periods marked by divisiveness, pessimism, bigotry, and fear. For example, it traces the rise of the Ku Klux Klan following the Civil War and again following the First World War, the establishment of Jim Crow laws in the South, the Red Scares of the 1920s and the 1950s, the various times when anti-immigration feelings peaked, and so on. In the context of the various tumultuous periods he surveys, the author provides profiles of leaders (Lincoln, Grant, Jane Addams, the Roosevelts, LBJ, Reagan) who, in his view, managed at crucial times to speak effectively to the “best parts of our soul.” That is, to core American values, sentiments, and attitudes, thus promoting reforms or helping to reestablish relative calm, harmony, and confidence. While acknowledging the recurrence of malign forces and angry reactions that intermittently roil American politics and society, Meacham seems determined to establish a historical foundation for an optimistic faith that our “better angels” will prevail. He even offers, in conclusion, advice on what can be done to help ensure that we continue to fulfill the nation’s uneven progress toward a more just and peaceful society and a more perfect union. While blurbs hyping this book may leave an impression that it is rather sentimental or excessively optimistic and biased, it is an informative work by a Pulitzer Prize-winning historian and will serve as a good vehicle for discussion of America’s past and future. Participants should read the introduction, Chapter one and Chapter two before the first meeting. The book is available at New Copperfield Book Service or from Amazon.com.

Coordinators: Sterling Kernek and Chris Brix

Class sessions: Mondays, Sept. 17, 24, and Oct. 1, 8

Time: 10-11:30 a.m.

Place: Trinity Lutheran Church, 123 S. Campbell St.

Parking: At the site

Maximum enrollment: 20

Cost: \$15

Canasta Anyone?

Did you play canasta with your grandparents in your younger days? Well, now is the time to learn, or re-learn, canasta. Canasta is a card game of the rummy family of games and was first played in Uruguay in 1939. The game quickly became a card-craze in the 1950s. Four players in two partnerships play the classic game. Players attempt to make melds of seven cards of the same rank and “go out” by playing all cards in their hand. At the first session, you will learn the basics of canasta and play a few hands. At the second session, you will get some advanced tips and play some more. The cost of the course includes two decks of cards with canasta points on the faces per person.

Coordinators: Garnette Hallwas, Marcia Lucas, David Self, and Penelope Yunker

Class sessions: Tuesdays, Sept. 4 and 11

Time: 1-3:30 p.m.

Place: Everly House Retirement Center, 811 S. Lafayette St.

Parking: At the site

Maximum enrollment: 12

Cost: \$20

Cardiovascular and Respiratory Tests and Treatments

Common cardiovascular and respiratory options used at McDonough District Hospital to prevent, detect, and treat problems with the cardiac, vascular, and pulmonary systems will be discussed. Tour the areas where tests, treatments, and preventative interventions are performed. Watch a demonstration of lungs connected to a ventilator.

Coordinators: Suellen Carmody-Menzer, MBA, RRT, RRT-NPS, AE-C and Peggy Jones, RN, BA, BSN, MS, HCNA, FNP-C, Exercise Specialist Staff from Cardiac Rehabilitation

Class session: Wednesday, Oct. 31

Time: 12:30-2:30 p.m.

Place: McDonough District Hospital, Auditoriums A & B, Main Building, Lower Level, 525 E. Grant St.

Parking: MDH Main Parking Lot

Maximum enrollment: 20

Cost: \$5

Christianity and Native American Philosophies

As Earth's climate continues to change, the Native American belief system can help us learn to appreciate and understand our home, Earth. As an Episcopal priest, with over 20 years of experience in Native teachings, I find the wisdom of Native Americans a cornerstone in my life and work. When living in California I learned from many Native teachers, who enabled me to lead earth ceremonies and develop paths to wholeness. This will be an introductory course on earth ways and Christianity. I have an MA in psychology and have taught art therapy in universities in California and other parts of the country. Suggested Readings: *Black Elk Speaks* by John Neihardt, *All The Light We Cannot See* by Anthony Doerr, and any poetry book by Mary Oliver, especially *Devotions*.

Coordinator: Paula Engelhorn

Class session: Wednesdays, Sept. 5, 12, 19, 26, and Oct. 3

Time: 10 a.m.-noon

Place: Episcopal Church, 321 University Dr.

Parking: At the site

Maximum enrollment: 12

Cost: \$20

Constructing a Life Philosophy

Many of us find that constructing a life philosophy is a lifelong process, as we face experiences that challenge our view of the world. We invite you to join us as we review traditional and contemporary philosophical guidance for our ongoing attempts to live meaningful lives. Our main source will be the very engaging book by British philosopher Julian Baggini, *What's It All About?* (Oxford paperback, 2004). Baggini explores various ways in which people find meaning in human life. Please obtain your own copy of his book and read the introduction and chapters one through three for the first meeting.

Coordinators: Bryant Keeling and Bill Davenport

Class sessions: Tuesdays, Oct. 16, 30, and Nov. 6, 13

Time: 4-5 p.m.

Place: Wesley United Methodist Church, Lodge Parlor, 1212 W. Calhoun St.

Parking: At the site

Maximum enrollment: 20

Cost: \$10

Cooking with Harold

A combination of observation and participation with gourmet cook Harold Schmalfeld. Class I will feature two casserole dishes: Cordon Bleu Casserole and O'Brien Potato Casserole with a side. Class II will feature two pasta dishes. Both meals will feature special desserts. Fee for the class includes cost of ingredients.

Coordinator: Harold Schmalfeld

Class sessions: Thursdays, Sept. 13 and 20

Time: 5-7 p.m.

Place: First Christian Church, 120 N. McArthur St.

Parking: At the site. On the west side of the church.

Maximum enrollment: 10

Cost: \$30

Creative Options for Sharing, Preserving, and Personalizing your Photographs

Today there are more opportunities than ever to use family photographs in a creative way. This class will demonstrate techniques for creating scrapbooks, travel logs, personalized greeting cards, and photographic slide shows. The end of the class will include an opportunity for participants to share their insights into their own creations.

Coordinators: Tom and Kate Joswick and Becky Parker

Class sessions: Mondays, Oct. 29 and Nov. 5 and 12

Time: 1-3 p.m.

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

Parking: At the site

Maximum enrollment: 35

Cost: \$20

Daily Life in Renaissance Europe

Did “ordinary people” have a Renaissance? The concept of liberal education so prized by Renaissance humanists was predicated on the possession of personal freedom and economic means, something the vast majority of the European populations in both rural and urban areas did not truly enjoy. This course will emphasize evidence and methodologies used by social historians to uncover the lived experience of non-elites during the 15th, 16th, and 17th centuries. We will consider sociability and socialization beyond the well-studied courts of Renaissance princes and kings, by examining the structures and processes of Renaissance life as well as the growing oversight of agents and institutions at the local and regional levels who increasingly sought to criminalize and correct behavior considered deviant and disruptive.

Coordinator: Jennifer McNabb

Class sessions: Wednesdays, Oct. 24, 31, and Nov. 7

Time: 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 50

Cost: \$15

Dental Dos and Don'ts

How often should you get your teeth cleaned? Did you know that teeth whitening can make you look ten years younger? Does your hygienist or dentist do an oral cancer screening? What's the best way to clean your teeth? Where does 80 percent of bad breath come from? Judy Lee, a dental hygienist since 1973, will answer these questions and more in a one-hour dental discussion.

Coordinator: Judy Lee, RDH BS

Class session: Tuesday, Oct. 16

Time: 2-3 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$5

The Early Illinois Experience in Literature

This class will read and discuss some interesting Illinois stories, settlers' accounts, and speeches that reflect the early and middle years of the nineteenth century, in an effort to look inside the lives of our predecessors, in the Prairie State, during our Bicentennial year. Among the several themes that participants will explore are the clash between Native Americans and whites on the frontier, the sense of promise and opportunity that brought early settlers, the struggle and suffering that many people endured, some attitudes toward slavery and the Civil War, and the varied opinions on religious belief. Among the notable early Illinois figures whose writings we will explore are Chief Black Hawk, James Hall, Eliza Farnham, Owen Lovejoy, Abraham Lincoln, John Hay, and Robert G. Ingersoll. The various short readings are available in a sizable anthology, *Illinois Literature: The Nineteenth Century* (1986), edited by the class coordinator John Hallwas, who is the most well-published scholar on Illinois literature. A copy of that anthology is included in the class fee.

Coordinator: John Hallwas

Class sessions: Tuesdays, Nov. 6, 13, 20, and 27

Time: 2-3:30 p.m.

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

Parking: At the site

Maximum enrollment: 15

Cost: \$20

Eight Dramatic Chapters in United States History

U.S. History is a panorama of events, including events and human actions that taken together have made us what we are today. There are, however, numerous pivotal, dramatic, and colorful chapters that have had more than ordinary influence on our national history. In this class we will explore and evaluate eight of these chapters in historic context, consider their causes, and assess their overall effects. During this semester among the topics we will consider are the careers of Bonnie and Clyde, making history and Carnegie Hall, and the Presidential Election of 2008. There are no required texts.

Coordinator: Larry T. Balsamo

Class sessions: Mondays, Sept. 17, 24 and Oct. 1, 8, 15, 22, and 29 and Nov. 5

Time: 4-5:30 p.m.

Place: Horrabin Hall Room 78

Parking: Lot behind Currens Hall

Maximum enrollment: 50

Cost: \$20

Enjoying Big Band Jazz: A Live Concert and Pre-Concert Session with the Director

Enjoy an evening of live swing and big band jazz music from the likes of Glenn Miller, Count Basie, Duke Ellington, and others—right here in Macomb! The *Post 6 Big Band* was formed in Fall 2017 by John Cooper, Director of Jazz Studies at WIU, and performs the last Wednesday of each month at the American Legion. Its mix of big band music from the WWII era and beyond has grown to become one of the most popular musical events Macomb has seen in years. John Cooper will offer LIFE participants background on big band music, the formation of the *Post 6 Big Band*, and a preview of that evening's concert.

Coordinator: John Cooper

Class sessions: Wednesday, Sept. 26

Time: 6-7 p.m. (Pre-Concert Session), 7-9 p.m. (Concert)

Place: American Legion (Post 6), 221 E. Washington St.

Parking: At the site

Maximum enrollment: 15

Cost: \$10

Functional Strength

Are you new to exercise training? Having trouble with balance or falling? This is a very low impact class, using strength training machines and body weight exercises, focusing on the full body. Work at your own pace with guidance and support. Exercises will replicate movements found in activities of daily living (ADLs). Gain overall strength and mobility to improve your everyday life. Suitable for all levels and ages.

Coordinator: Kindra Martin

Class session: Monday, Sept. 10

Time: 10-11 a.m.

Place: Free Range Yoga and Community Wellness Center—South wing, 118 N. Lafayette St.

Parking: At the site

Maximum enrollment: 15

Cost: \$5

Inside the Nestbox

In the last decade, I have fledged bluebirds, wood ducks, kestrels, tree swallows, phoebes, chickadees and wrens at my habitat project near Macomb. Bird nesting behaviors, tips for success, unusual finds, and citizen science are among the topics discussed. Whether you are an avid birder or just thinking about putting a birdhouse in your back yard, you'll be entertained by my photographs and share my enthusiasm for this nature activity.

Coordinator: Cindy Owsley

Class session: Friday, Sept. 14

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$5

Intermediate Pickleball

This class is for players who have played the game of pickleball and know the basic rules of play. The participants have the “basic” skills of the sport but are looking to improve those skills. The emphasis of the class will be on court position, tactics, and strategies. This class may show some new ways of playing “smart” pickleball, and add some additional fun to playing and winning. All equipment to play will be provided by the YMCA. Participants should wear comfortable sport clothing and shoes.

Coordinator: Roy Johlfs, Macomb YMCA Pickleball Instructor

Class sessions: Tuesday, Oct. 16 and Thursday, Oct. 18

Time: 9-10 a.m.

Place: YMCA Gym, 400 E. Calhoun St.

Parking: At the site

Maximum enrollment: 12

Cost: \$5

Introduction to Pickleball

Pickleball is becoming increasingly popular, although it has been played at WIU for over 25 years. It is now considered the fastest growing sport in the United States among older adults. It is a cross between tennis and ping pong, played with a paddle and whiffle ball hit over a net on a badminton-sized court indoors or outdoors. Participants should wear athletic shoes and comfortable, light-weight clothing. You will be introduced to the sport and will learn the basic rules, skills, techniques, and strategies. You will play doubles at each session for recreation, with a competitive spirit. Once you learn to play, you will also be ready to play wherever you travel. All equipment to play will be provided by the YMCA.

Coordinator: Roy Johlfs, YMCA Pickleball Instructor

Class sessions: Tuesday, Oct. 9 and Thursday, Oct. 11

Time: 9-10 a.m.

Place: YMCA Gym, 400 E. Calhoun St.

Parking: At the site

Maximum enrollment: 12

Cost: \$5

Introduction to Yoga

Come experience the benefits of movement through yoga. Yoga helps improve your vitality and well-being as you learn the art of finding and maintaining strength, flexibility, balance, and agility. This class is for anyone, at any age, who wants to age well. Practice basic yoga, alignment, and specific exercises to improve movement, as well as breathing exercises, relaxation, and meditation to relieve stress. Classes are mat-based. Participants must have the ability to get up and down from the floor. Any age, body shape, and level welcome.

Coordinators: Leann Stiles and Anne Ingersoll

Class sessions: Thursdays, Sept. 13 and 20

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

Place: Free Range Yoga and Community Wellness Center, North Wing, 122 N. Lafayette St.

Parking: On or near the square

Maximum enrollment: 15

Cost: \$5

Kayaking Tour of Lake Argyle

Enjoy a beautiful afternoon on the scenic waters of Lake Argyle located at Argyle Lake State Park. This program is perfect for kayakers of any ability or experience level as instruction will be covered completely for the entire group. Kayaks, paddles, and life vests will be provided. Please dress for the weather and wear shoes that can get wet. Bring a hat, water, and sunscreen. The program will be canceled in inclement weather at the discretion of the instructor. Fee for the class includes \$10 membership in Friends of Argyle Lake State Park. If already a member, \$10 of registration cost will be waived.

Coordinator: Bridget Hinchee

Class session: Saturday, Sept. 8

Time: 4-6 p.m.

Place: Lake Argyle, Argyle Lake State Park, Colchester

Parking: At the parking lot by the park concession/bat shop (first right at the bottom of the hill as you approach the lake, look for park truck and kayak trailer)

Maximum enrollment: 10

Cost: \$15

Kumihimo Bracelets

Make your own Kumihimo bracelets! Kumihimo is Japanese for “gathering threads” and is a form of braid-making. Cords are made by interlacing strands. We will be making bracelets using a Kumihimo disk and various types of cording. Cost for the class includes all supplies.

Coordinator: Sue Adams

Class session: Thursday, Sept. 27

Time: 2-4 p.m.

Place: First Christian Church, Fellowship Hall, 120 N. McArthur St.

Parking: At the site

Maximum enrollment: 15

Cost: \$15

LIDAR: A Wonderful New Way to See the Landscape

LIDAR is Light Detecting and Ranging, a fairly new way of using light to map the surface of the earth that sees through the trees to highlight subtle features in the landscape not visible with traditional methods. After hearing a lecture on the way geologists and archeologists use LIDAR, participants will have the opportunity to look at the McDonough County LIDAR to understand local features. This course will be taught in a computer classroom.

Coordinator: Leslie A. Melim

Class session: Tuesday, Sept. 11

Time: 10 a.m.-noon

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

Parking: At the site

Maximum enrollment: 15

Cost: \$5

Macomb: A Great Place to Retire!

Steve Hopper will interview two couples who have lived in other locations and selected Macomb as the community where they will spend their lives in retirement. Our panelists are Bill and Jean Lewis and Rev. Al and Andrea Henderson.

Among the topics to be discussed are the following:

- In which communities have you lived prior to your decision to retire in Macomb? What criteria did you use for your decision? Were they different from your spouse's?
- What qualities of life in Macomb are most positive for you?
- How do you compensate for factors that may not be available in Macomb?
- What activities occupy the majority of your time in retirement?
- Do you anticipate your needs in retirement changing over time?
- What advice would you offer to people who are considering retiring in Macomb?

As in our last retirement panel, the audience will be able to ask questions and offer their insights.

Coordinator: Steve Hopper

Class sessions: Tuesday, Sept. 18

Time: 2-3:30 p.m.

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

Parking: At the site

Maximum enrollment: 29

Cost: \$5

Nurses and Their Training in 2018

You may come into contact with a variety of medical personnel. Ever wonder who they are and what all those letters after their names mean? In this class, participants will learn:

1. **Distinctions among different types of nurses (CNA, LPN, RN, BSN, and APN).** You will find out about the training for each type of nurse and understand how to direct your health questions to the appropriate person.
2. **How Nurses are Trained in 2018.** This session will provide hands-on training with such nurses' tools as Chester Chest who will enable you to listen to various heart and lung sounds and Seymour Butts 900 who teaches about various wounds.

Coordinator: Patricia Eathington, Professor, WIU's School of Nursing

Class sessions: Wednesday, Oct. 24, 1-2:30 p.m.; Thursday, Nov. 1, 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$10

The Play's the Thing

WIU's Department of Theatre and Dance will again host this long-time favorite LIFE program. The class will meet an hour before curtain for the Sunday matinee performances of the three mainstage shows. The director and/or other members of the production team will join us for a pre-show discussion, and we will then attend the performance at 2 p.m. Course cost includes admission to all performances. The 2018 fall season includes:

- *One Man Two Guvnors*, by Richard Bean. Fired from his skiffle band, Francis goes to work for gangster Roscoe, but Roscoe is really Rachel posing as her own dead brother, but she's in love with Stanley who is her brother's killer, and then Francis also goes to work for Stanley. All Francis has to do is keep his two guvnors apart and satisfy his voracious appetite. What could go wrong? Richard Bean's hilarious comedy received 5-star reviews from every London newspaper and was the hit of the 2012 Broadway season.
- *A March Tale*, by Tim Slover. This Elizabethan-era comedy begins in March 1603 during the last days of Queen Elizabeth's reign. William Shakespeare, hard-working producer, writer and actor, is trying to get his next play up and running. The dying queen has called for a play, while Shakespeare's wife entreaties him to return to her from London. Written in classic Shakespearean form, the play has a modern flavor as it looks at the impact of commuter marriages and choosing career over family.
- *The Drowsy Chaperone*, music and lyrics by Lisa Lambert and Greg Morrison, book by Bob Martin and Don McKellar. As the show opens, a man in a chair appears on stage and puts on the cast recording of a fictitious 1928 musical: *The Drowsy Chaperone*. As he listens to the record, the characters come to life in his apartment. With two lovers on the eve of their wedding, a bumbling best man, a desperate theatre producer, gangsters posing as pastry chefs, and an intoxicated chaperone, mayhem ensues. Winner of five Tony Awards, *The Drowsy Chaperone* is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

Coordinator: Nancy Crossman

Class sessions: Sunday, Oct. 7 (*One Man Two Guvnors*, directed by DC Wright, Hainline Theatre)

Sunday, Oct. 28 (*A March Tale*, directed by Hadley Kamminga-Peck, Horrabin Theatre)

Sunday, Nov. 11 (*Drowsy Chaperone*, directed by Carolyn Blackinton, Hainline Theatre)

Time: 1 p.m.

Place: Horrabin and Hainline Theatres, WIU campus

Parking: At the site

Maximum enrollment: 25

Cost: \$30

Russia: The Cold War, 1952-1992

After Stalin died, was there to be a new era? Was there to be détente or even peace? George Kennan developed a containment policy as an alternative to passivity or all-out preventive war. The major players on both sides for all their bluster were rather cautious. To what degree did the terror in the Soviet Union abate with the death of Stalin and the assassination of Beria? Nikita Krushchev was more of a populist but to what degree did this change Soviet policy? As the People's Republic of China grew stronger, what effect did this have on Russo-Chinese relations? The long rule of Leonid Brezhnev was a period of relative decline and lack of imagination. President Reagan had the courage to deal with the Soviets when he found someone, Mikhail Gorbachev, who was willing to negotiate. What were some of the factors that caused the Soviet Union to implode?

Coordinator: Chris Brix

Class sessions: Tuesdays, Sept. 11, 18, and 25 and Oct. 2, 9, and 16

Time: 10-11:30 a.m.

Place: Trinity Lutheran Church, 123 S. Campbell St.

Parking: At the site

Maximum enrollment: 24

Cost: \$20

The Sephardim: History and Culture of the Iberian Jews

European Jews have been historically divided into two major groups: the Ashkenazim (from central Europe), and the Sephardim (from Portugal and Spain, or the Iberian Peninsula). This class – with no pretension to be scholarly sophisticated – is an exploration of the history and culture (music, language, literature, food, etc.) of the Sephardic civilization, from their arrival in the Iberian Peninsula, after the fall of the second temple, to their expulsion, at the end of the fifteenth century.

Coordinator: Luciano Picanco

Class sessions: Tuesday, Oct. 23

Time: 1-2:30 p.m.

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

Parking: At the site

Maximum enrollment: 15

Cost: \$5

Spinning, Whirling, and Twirling - Why am I Dizzy? Don't Let Me Fall!

Did you know that dizziness is not a normal part of aging? Learn the different causes of dizziness, vertigo, and decreased balance and some of the newest treatments to improve these symptoms. We will cover the systems that control your balance and show you how physical therapy can alleviate your dizziness and improve your balance. Free vestibular screenings will be available upon the completion of the presentation.

Coordinator: Jen Wagoner, MTP, CVR (McDonough District Hospital)

Class session: Thursday, Oct. 4

Time: 10-11:30 a.m.

Place: McDonough District Hospital, Auditoriums A & B, Main Building, Lower Level, 525 E. Grant St.

Parking: At the site

Maximum enrollment: 30

Cost: \$5

Staying Healthy: A Nursing Perspective

We all want to stay healthy. There are many professionals who work together to help achieve that goal. This class will approach the subject from a nursing perspective. Participants will learn about:

1. Medical Terminology: This session will provide a brief overview of terms, acronyms, and abbreviations you may hear in the health care setting. What is CAB-G (pronounced Cabbage) and what does SOB mean (rather than an uncooperative patient)?
2. Primary Prevention for the Older Adult: What are the most common health problems faced by seniors? What should you know about immunizations, home safety, and other ways to stay healthy?

Coordinator: Patricia Eathington, Professor, WIU's School of Nursing

Class sessions: Thursdays, Nov. 8 and 15

Time: 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$10



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.

The Theory and Practice of Hell: The Nazi Concentration Camps

Eugen Kogon, a German political prisoner who survived six years of incarceration at the Buchenwald camp, coined this phrase about the organization and functioning of Nazi concentration camps. This four-part lecture series will take an in-depth look at the vast system of camps that the Nazis set up across Europe, beginning in March of 1933 with the Dachau camp near Munich. Lectures will focus on the organization of the camp system and its evolution and expansion over time; different types of camps, including the Operation Reinhard camps and Auschwitz-Birkenau; SS control over the camps, and the actions and motivations of the perpetrators, such as camp commandants, Nazi doctors, and SS personnel. As well as the daily struggles of camp inmates.

Coordinator: Ute Chamberlin

Class sessions: Wednesdays, Sept. 26 and Oct. 3, 10, and 17

Time: 2-3:15 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$15

Tour of the Hy-Vee Food Store

Areas to be covered are the kitchen, the Chinese section, the deli, the bakery, the meat department, the frozen foods department, the produce department, the pharmacy, and others. Wear comfortable shoes for the tour.

Coordinator: Larry Zigler

Class session: Tuesday, Oct. 9. Two separate tours.

Select Time: 10-11 a.m. or 1-2 p.m.

Place: Hy-Vee Grocery Store, 1600 E. Jackson St.

Parking: At the site

Maximum enrollment: 15 for each time option

Cost: \$5

Turkish Cooking

Two classes on two different nights will consist of hands-on preparation of Turkish dishes. One class will feature Lahmacun (pronounced /lah mah june/), a Turkish bread with meat, and the other will see participants preparing Red lentil patties and zucchini dip. Cost for class includes purchase of food.

Coordinator: Muurvet Tasdan

Class sessions: Wednesdays, Sept. 12 and 19

Time: 5-7 p.m.

Place: First Christian Church Fellowship Hall and Kitchen, 120 N. McArthur St.

Parking: At the site. On the west side of the church.

Maximum enrollment: 10

Cost: \$20

WIU School of Music Concert Series

Enjoy three performances at COFAC Recital Hall with a short lecture about the selected repertoire and composers prior to the performance. A guest from the School of Music will present the lecture in the lobby of the COFAC Recital Hall starting at 6:30 p.m. Following the lecture, LIFE class members will attend the performance. The doors to the performances typically open at 7 p.m.

Coordinator: Tammie Walker, director, School of Music

Class sessions:

Friday, Sept. 14, Scholarship Concert (four major student ensembles)

Wednesday, Oct. 3, Faculty Chamber Music Series I: Camerata Woodwind Quintet and Hopper Jazztet

Wednesday, Nov. 7, Faculty Chamber Music Series II: Julstrom String Quartet and LaMoine Brass Quintet

Time: 6:30 p.m.

Place: COFAC Recital Hall on the WIU campus

Parking: At the site

Maximum enrollment: 15

Cost: \$20

Yes, You Can Dance

Pam McLean has been teaching line dancing at the Macomb YMCA for ten years. Two left feet? No sense of rhythm? No problem! There is more to line dancing than doing the Electric Slide at weddings. Line dancing exercises your body and your mind, plus you don't need a partner. Come learn some of the basic steps and several line dances. Wear comfortable clothing and shoes that will slide across the floor. See you on the dance floor!

Coordinator: Pam McLean

Class sessions: Wednesdays, Sept. 12 and 26

Time: 2:30-3:30 p.m.

Place: Wesley Village Community Center, 1200 E. Grant St.

Parking: At the site

Maximum enrollment: 10

Cost: \$5

Your Medications: Keeping Safe (and Healthy) in a Changing Healthcare World

Come get the latest update on current issues in medication use including:

- controlled substance use and misuse
- proper medication disposal
- newer vaccines
- important drug interactions
- controversies about high cost medications
- importance of keeping accurate allergy information and medication list

And much more!

Coordinator: Jason Williamson, BS Pharmacy, RPh

Class session: Tuesday, Oct. 23

Time: 4-5 p.m.

Place: McDonough District Hospital, Auditoriums A & B, Main Building, Lower Level, 525 E. Grant St.

Parking: At the site

Maximum enrollment: 30

Cost: \$5

Save the Dates!

Get Over the Winter Blahs and Learn New Knitting Tricks!

Bring a UFO (unfinished project) or a new project to class. If you have been thinking of knitting socks, a shawl, a scarf, or a sweater, this class is for you! Beginners to advanced knitters are welcomed.

Coordinator: Phyllis Self

Class session: Wednesdays, Jan. 16, 23, and 30 and Feb. 6 and 13, 2019

Time: 10 a.m.-noon

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

Parking: At the site

Maximum enrollment: 15

Cost: \$20

2019 London Community Theatre trip: March 9-17, 2019

The curtain goes up on a new tradition—international community trips! As part of the new “Community Expeditions” offerings from the Office of Study Abroad and Outreach, you can be among the first to experience the quality and service you’ve come to expect, but in a totally new location.

Join Dr. Al Goldfarb and Kim McDaniel on the inaugural London Community Theatre trip, March 9-17, 2019. The trip will include tickets to productions, a bus tour of London, and at least one visit outside the city. You’ll also have free time to explore the city on your own, visiting famous landmarks and museums.

Registration is available now through the Community Expeditions website (wiu.edu/sao/study_abroad/community).

Questions? Contact Kim McDaniel at 309/298-2504 or by email at KD-McDaniel@wiu.edu.

Coordinators: Al Goldfarb and Kim McDaniel

Dates: March 9-17, 2019

Place: London, England

Maximum Enrollment: 40

Cost: Full package \$4,050 plus personal expenses (passport, meals, etc.)

Save the Date!

Spring Fling

Friday, May 3, 2019

4-6 p.m.

Wesley Community Center, 1200 E. Grant St.

Other Information

I would like to teach a course on:

I would be interested in taking a course on:

I would like to be added to the email list.

I would like to donate to LIFE. Amount: \$ _____

Additional Comments:

Chronological Course Listing

Beginning in September	
The Book Class	Mondays, Sept. 17, 24 and Oct. 1, 8
Canasta Anyone?	Tuesdays, Sept. 4 and 11
Cardiovascular and Respiratory Tests and Treatments	Wednesday, Oct. 31
Christianity and Native American Philosophies	Sept. 5, 12, 19, 26 and Oct. 3
Cooking with Harold	Thursdays, Sept. 13 and 20
Eight Dramatic Chapters in United States History	Monday, Sept. 17, 24 and Oct. 1, 8, 15, 22, 29 Nov. 5
Enjoying Big Band Jazz: A Live Concert and Pre-Concert Session with the Director	Wednesday, Sept. 26
Functional Strength	Monday, Sept. 10
Inside the Nestbox	Friday, Sept. 14
Introduction to Yoga	Thursdays, Sept. 13 and 20
Kayaking Tour of Lake Argyle	Saturday, Sept. 8
Kumihimo Bracelets	Thursday, Sept. 27
LIDAR: A Wonderful New Way to See the Landscape	Tuesday, Sept. 11
Macomb: A Great Place to Retire!	Tuesday, Sept. 18
Russia: The Cold War, 1952-1992	Tuesdays, Sept. 11, 18, 25 and Oct. 2, 9, 16
The Theory and Practice of Hell: The Nazi Concentration Camps	Wednesdays, Sept. 26 and Oct. 3, 10, 17
Turkish Cooking	Wednesdays, Sept. 12 and 19
WIU School of Music All Concert Series	Fridays, Sept. 14 and Wednesdays, Oct. 3 and Nov. 7
Yes, You Can Dance	Wednesdays, Sept. 12 and 26
Beginning in October	
The A-B-Cs of Word Games	Wednesdays, Oct. 3 and 10
Armchair Traveler	Thursdays, Oct. 4, 11, 18, 25 and Nov. 1
Constructing a Life Philosophy	Tuesdays, Oct. 16, 30 and Nov. 6, 13
Creative Options for Sharing, Preserving, and Personalizing your Photographs	Mondays, Oct. 29 and Nov. 5, 12
Daily Life in Renaissance Europe	Wednesdays, Oct. 24, 31 and Nov. 7
Dental Dos and Don'ts	Tuesday, Oct. 16
Intermediate Pickleball	Tuesday, Oct. 16 and Thursday, Oct. 18
Introduction to Pickleball	Tuesday, Oct. 9 and Thursday, Oct. 11
Nurses and Their Training in 2018	Wednesday, Oct. 24 and Thursday, Nov. 1
The Play's the Thing	Sundays, Oct. 7, 27 and Nov. 11
The Sephardi: History and Culture of Iberian Jews	Tuesday, Oct. 23
Spinning, Whirling, and Twirling—Why Am I Dizzy? Don't Let Me Fall!	Thursday, Oct. 4
Tour of the Hy-Vee Food Store	Tuesday, Oct. 9 (Two separate tours)
Your Medications: Keeping Safe (and Healthy) in a Changing Healthcare World	Tuesday, Oct. 23
Beginning in November	
The Early Illinois Experience in Literature	Tuesdays, Nov. 6, 13, 20, 27
Staying Healthy: A Nursing Perspective	Thursdays, Nov. 8 and 15

LIFE Registration Form

Fall 2018 Semester

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

Please print.

Name _____

Address _____

City/State/Zip Code _____

Phone _____ E-Mail _____

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

- _____ The A-B-Cs of Word Games - \$10
- _____ Armchair Traveler - \$20
- _____ The Book Class - \$15
- _____ Canasta Anyone? - \$20
- _____ Cardiovascular and Respiratory Tests and Treatments - \$5
- _____ Christianity and Native American Philosophies - \$20
- _____ Constructing a Life Philosophy - \$10
- _____ Cooking with Harold - \$30
- _____ Creative Options for Sharing, Preserving, and Personalizing your Photographs - \$20
- _____ Daily Life in Renaissance Europe - \$15
- _____ Dental Dos and Don'ts - \$5
- _____ The Early Illinois Experience in Literature - \$20
- _____ Eight Dramatic Chapters in United States History - \$20
- _____ Enjoying Big Band Jazz: A Live Concert and Pre-Concert Session with the Director - \$10
- _____ Functional Strength - \$5
- _____ Inside the Nestbox - \$5
- _____ Intermediate Pickleball - \$5
- _____ Introduction to Pickleball - \$5
- _____ Introduction to Yoga - \$5
- _____ Kayaking Tour of Lake Argyle
- _____ Yes, I am a Friend of Lake Argyle - \$5
- _____ No, I am not a Friend of Lake Argyle - \$15
- _____ Kumihimo Bracelets - \$15
- _____ LIDAR: A Wonderful New Way to See the Landscape - \$5
- _____ Macomb: A Great Place to Retire! - \$5
- _____ Nurses and Their Training in 2018 - \$10
- _____ The Play's the Thing - \$30
- _____ Russia: The Cold War, 1952-1992 - \$20
- _____ The Sephardim: History and culture of the Iberian Jews - \$5
- _____ Spinning, Whirling, and Twirling—Why am I Dizzy? Don't Let Me Fall! - \$5
- _____ Staying Healthy: A Nursing Perspective - \$10
- _____ The Theory and Practice of Hell: The Nazi Concentration Camps - \$15
- _____ Tour of the Hy-Vee Food Store - \$5
- _____ Morning Tour, 10 a.m.
- _____ Afternoon Tour, 1 p.m.
- _____ Turkish Cooking - \$20
- _____ WIU School of Music Concert Series - \$20
- _____ Yes, You Can Dance - \$5
- _____ Your Medications: Keeping Safe (and Healthy) in a Changing Healthcare World - \$5

Total Amount: \$ _____

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 full refund policy please refer to page two.

Please return your completed form and check made payable to Western Illinois University to the Office of Study Abroad and Outreach, Horrabin Hall 8, Western Illinois University, 1 University Circle, Macomb, IL 61455-1390.

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1 University Circle
Macomb, IL 61455-1390

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