



Fall 2024

*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
“America’s Female Founders,” “The Federal Art Project
Collection of Western Illinois University and Gallery Tour,”
“Composting Dos and Don’ts,” “The Curious Wisdom of Picture Books,”
“Food Safety - Keeping it Safe from the Grocery Store to Your Table,”
“Keeping Your Heart Healthy,”
“When Macomb Hosted Abraham Lincoln: Behind the Scenes”
and of course, we will continue to offer many of your ongoing favorites.*

Western Illinois University

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. 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 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, or any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class is 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 more information/questions on the LIFE program, or to be put on the list to receive this free, semiannual course brochure, call (309) 298-1911. The brochure can also be viewed on the LIFE website at wiu.edu/life.

Because of increased costs, brochures will be sent via email. Hard copies will be available at numerous locations e.g., Western Illinois Museum, the Macomb Public Library, YMCA Senior Center, 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

Jack Schoonover, treasurer

Sally Adams and Emily Roberts,

WIU LIFE liaisons

Curriculum Committee

John Hallwas

Ron Walker

Emily Roberts

Paula Wise, chair

Jim Unruh

Steve Hopper

Patti Jones

Bill Maakestad

Carol Sims

Val Smead

Suzan Nash

Social Committee

Garnette Hallwas and Brenda Allison, co-chairs

Janna Haworth

Lisa Morrow

Carol Sims

The LIFE organization is grateful to our sponsor, Western Illinois University and to these community partners, who are also committed to providing lifelong learning opportunities for area residents:

Argyle Lake State Park

First Christian Church

Forgottonia Brewing

Hart's Nursery

Hy-Vee

Macomb Arts Center

Macomb Public Library

McDonough County Health Department

McDonough District Hospital

The Nature Conservancy

Princess Shoppe

Spoon River College Community Outreach Center

Spring Lake Park

Western Illinois Museum

WIU Art Gallery

YMCA of McDonough County

A Letter from the President

Welcome to the LIFE Program for Fall of 2024.

We have a great lineup of courses for you. The range of courses includes cooking classes, outdoor courses, and reading classes – something for everyone! The Curriculum Committee (the members are listed on the previous page) put in many hours in brainstorming topics, finding instructors, and making the final schedule. Please thank them, as well as the instructors, when you see them around town. Please help us make the LIFE program even better by getting involved yourself. Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on 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 & Waitlist 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. Please monitor it daily. Please read the LIFE Refund and Waitlist Policies closely.

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 next semester. If the credit does not get used in either the current or next semester, it will be absorbed by the LIFE organization for future programing costs.
- Those owed a refund will receive a check directly from WIU.
- Those who have paid for a class that is canceled by LIFE, or who are waitlisted and no space becomes available, will be refunded at the end of the semester.

Refund Policy (specific to registrations paid for via credit card or online)

- Any payment made using a credit card accrues a credit card transaction fee.
- If a course is canceled by LIFE or a LIFE instructor, the full course registration cost, including the transaction fee, will be refunded at the end of the semester.
- If you cancel your course registration because you are unable to attend, the course registration cost minus the transaction fee will be refunded.

Waitlist Policy

- If you have been waitlisted for a course, that information will be included in your registration confirmation email/letter.
- If a space becomes available in the course for which you have been waitlisted for, you will be contacted by staff from our office.

Do not plan to attend a course for which you have been waitlisted unless you have been contacted by staff from our office who have notified you of an available space.

Our Courses

Always Wanted to Dance?

Line dancing is good exercise for your body and brain and requires no partner. Come learn some steps, learn some dances, and have some fun with the option to stay for all or part of the YMCA Senior Center line dance class that follows. ABSOLUTE BEGINNERS with TWO left feet are welcome. A sense of rhythm is helpful.

Instructor: Pamella McLean has taught the line dancing class at the YMCA Senior Center for 15 years.

Class Sessions: Thursdays, September 5, 12, and 19

Time: 1 - 1:30 p.m.

Place: YMCA Senior Center, 400 E. Calhoun St.

Parking: At the site

Maximum Enrollment: 10

Cost: \$5

America's Female Founders

Women's contributions to our nation's founding varied widely, from pre-war public demonstrations of support for independence to wartime spying, soldiering, financial support and more, to post-war influences on the nature of our new state and national governments. We'll explore the ways in which a number of different women helped shape various aspects of the origins of the United States.

Instructor: Ginny Boynton is a retired professor from WIU's History Department. She taught U.S. and Women's History for more than 20 years.

Class Sessions: Wednesdays, October 30 and November 6

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: \$10

Armchair Traveler

September 12: Cathie and Ray Bunch will share a fascinating safari in South Africa and tour of Victoria Falls in Zimbabwe. Experience penguins, lions, elephants, leopards, rhinos, hippos, giraffes, zebras, and more.

September 19: Beth and John Clerkin will share their experiences with their children and grandchildren on the MSC World Europa cruise ship. Sites they visited on the Mediterranean Sea include Barcelona, Marseille, Genoa, Rome, Palermo, and Valletta.

September 26: Beth and Fred Seaton will share photos and anecdotes from their Camino Frances in 2022 and Camino Portuguese in 2023. The Camino de Santiago is a network of pilgrim routes in Europe that all lead to the Shrine of St. James at Santiago de Compostela in Galicia, Spain. Participants will learn about the history of the Camino, the various routes, what to expect along the way, and how to prepare for such a trip.

October 3: Steve Hopper was inspired to travel to Antarctica as a result of an Armchair Traveler presentation. Steve and his son, Nate, enjoyed a two-week journey to the White Continent. He'll share the unspoiled beauty of Antarctica as well as the wildlife they encountered along the way.

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

Class Sessions: Thursdays, September 12, 19, 26, and October 3

Time: 1:30 - 3 p.m.

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

Parking: At the site

Maximum Enrollment: 40

Cost: \$15

Beginning Hearts

Have fun learning and playing the popular trick-taking card game 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.

Class Sessions: Monday, October 21 and Wednesday, October 23

Time: 1 - 2:30 p.m.

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

Parking: At the site

Maximum Enrollment: 16

Cost: \$10

Bix Beiderbecke: Young Man with a Horn

2024 marks the 100th anniversary of Davenport, Iowa, jazz legend Bix Beiderbecke's first recordings, which occurred at the dawn of what became known as America's "Jazz Age." His influence continues to this day, and his legacy is honored every year at one of the longest running jazz festivals in the U.S. — "The Bix" in Davenport. Through two films the class will explore the rise and fall, as well as the musical legacy, of one of the greatest soloists in jazz history:

1. *Bix: Ain't None Play Like Him Yet* is a fascinating 1981 documentary directed by Academy Award winning director Brigitte Berman, and it beautifully captures the man and his era. The title comes from an admiring quote about Beiderbecke by none other than Louis Armstrong. (September 9)

2. *Young Man with a Horn* is a powerful 1950 film directed by Michael Curtiz and is based on Dorothy Baker's 1938 bestselling novel, which was inspired by the life of Beiderbecke. The film features an all-star cast: Kirk Douglas, Lauren Bacall, Doris Day, and Hoagy Carmichael. (September 16)

Instructor: Bill Maakestad is a retired WIU professor with a lifelong interest in listening to and performing a wide range of music - with the exception of rap and opera.

Class Sessions: Mondays, September 9 and 16

Time: 6 - 8 p.m.

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

Parking: At the site

Maximum Enrollment: 24

Cost: \$10

Book Writing, Researching, and Self-Publishing

Muses for writing vary, and although it may not be suitable for children, *The Red Barn* emerged from the author's experiences as a Missouri farm boy and public school student, the years he spent as a Licensed Clinical Professional Counselor, and from his need for a COVID 19 distraction. Memory and oral tradition need bolstering from research for authentication and plausibility. Self-publishing is the easiest way to get manuscripts into print with minimal, though still significant, costs. *The Red Barn* is available from Amazon, Kindle, or the author, and pre-class reading, though not required, will prevent inevitable spoilers.

Instructor: Larry Rawlins' career spans music, school administration, and counseling. A Vietnam War veteran, he also published *Every Friday*.

Class Session: Wednesday, September 4

Time: 2 - 3:30 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Bringing Balance to Your Optimal Wellness! Part 2

Part one of this class covered different dimensions of optimal wellness. In part two we will explore in more detail the main elements of balance for your body. You will learn about common disorders associated with those elements, how they are treated with physical therapy, and how to improve your physical balance for safer mobility in daily activities. You don't have to have attended part one to attend this second class.

Instructor: McDonough District Hospital's Lawrence Michaelson, PT, DPT, is the father of seven children and has been practicing physical therapy for 15 years.

Class Session: Wednesday, October 16

Time: 1 - 2:30 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Cogs and Goggles and Corsets! Oh My!

What if technology kept advancing but the ways to power it didn't? Imagine a world where steam power is still king yet we have the same kinds of technology present today. Steampunk lecturer Professor Lena Foltz-Pendarvis, who travels the world in search of new discoveries and knowledge, will teach you about Steampunk, where time travelers abound yet time stands still. Learn about this alternate history genre that has spawned numerous books, movies, festivals, and conventions around the world.

Instructor: Kim McDaniel has a master's degree in history and is pursuing a MFA in theater.

Class Session: Tuesday, October 8

Time: 5 - 6 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Common Scams and Prevention Strategies

You will learn simple prevention strategies to make yourself a harder target for common scams.

Instructor: Jeff Hamer has 23 years with the Macomb Police Department and is the Chief of Police for MPD. He also holds a MA in Organizational Leadership from Lewis University.

Class Session: Thursday, October 24

Time: 4 - 5:30 p.m.

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

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Composting Dos and Don'ts

Turn your kitchen scraps and yard waste into black gold! Learn the best practices for backyard and indoor composting. You will also learn about the benefits of composting, how to choose the right compost bin, and how to maintain it.

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

Class Session: Thursday, October 3

Time: 10 - 11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Cooking with Harold

Harold's cooking classes involve both demonstration and hands-on preparation of the food. This class will feature preparation of two gourmet pasta dishes. The first is shrimp in gorgonzola cream sauce and the second is ham and meatballs in cream sauce. The attendees will eat the delicious food and receive copies of each recipe.

Instructor: Harold Schmalfeld loves cooking and has been teaching this class for multiple years.

Class Session: Thursday, September 19

Time: 5 - 7 p.m.

Place: First Christian Church, 124 N. McArthur St.

Parking: In the west side parking lot. Enter through the southwest door (close to West Jackson St.) and take the elevator to the basement.

Maximum Enrollment: 12

Cost: \$15

The Curious Wisdom of Picture Books

Picture books may look like pure fun, but many contain hidden wisdom that benefits children of all ages. From folktale retellings of Stone Soup to modern fables like The Fate of Fausto, picture books have a bigger story to tell. Prepare to be amazed by the depth of just thirty two pages and soak up the wisdom of picture books.

Instructor: Tiffany Erickson has a Master's of Library and Information Science and is the children's librarian at Macomb Public Library. Her book *The Snack Thief* will be published in 2025.

Class Session: Tuesday, September 24

Time: 2 - 3 p.m.

Place: Macomb Public Library, 235 S. Lafayette St.

Parking: At the site

Maximum Enrollment: 20

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 after decorating them ourselves! Supplies and recipes will be provided.

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

Class Session: Thursday, October 24

Time: 10 - 11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 12

Cost: \$10

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. She worked in many levels of technology and finds that teaching LIFE classes keeps her technological skills current.

Class Session: Tuesday, 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

Eco-Friendly Household and Hygiene Products

Are you trying to purchase environmentally responsible household/personal hygiene products, but you don't know which ones are truly effective and eco-friendly? Then this class is for you. The first session will be an introduction to eco-friendly products. For the second session, willing participants will be invited to bring a list of products they have used and their personal ratings on environmental benefits and effectiveness. A list of these products and their ratings will then be emailed to all participants.

Instructor: Kathy Fischer is a retired professor from the Health Sciences Department at WIU, and she worked as an RN prior to 1980.

Class Sessions: Tuesdays, October 1 and 8

Time: 9:30 - 10:45 a.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Euchre – Beginning

Come learn to play an easy-to-learn Midwestern card game, Euchre. Actually, Euchre has been around since the 1800s and was very popular in Europe. You will learn the basic version and then you will play multiple rounds. On the second day you will hone your new skills.

Instructor: Jim Unruh is a retired fifth grade teacher with over 40 years of Euchre playing experience.

Class Sessions: Monday, October 28 and Wednesday, October 30

Time: 1 - 2:30 p.m.

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

Parking: At the site

Maximum Enrollment: 16

Cost: \$10

Euchre – Intermediate

This intermediate class is for people that took the beginners class or who already know how to play Euchre and who want to practice their strategies with the instructor there to offer support and advice.

Instructor: Jim Unruh is a retired fifth grade teacher with over 40 years of Euchre playing experience.

Class Sessions: Monday, November 4 and Wednesday, 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: 16

Cost: \$10

Eye to Eye: Looking at Eyes Looking at Us

Research has shown that infants as young as two weeks old prefer looking at pictures of faces whose eyes are looking directly back at them. The eyes of others looking directly at us can fascinate, draw us in – but not always pleasantly. Far from it in some cases. In this course we will consider what paintings and literature have to say about this attraction or repulsion of eyes looking at us. We will look at the direct gaze in portraits and self-portraits in selected Renaissance Italian art, in miniature paintings in 18th century British art, in selected fiction of Edgar Allan Poe and Nathaniel Hawthorne, and in the ornithological art and essays about birds by John James Audubon.

Instructor: Thomas Joswick is a retired professor of English from WIU.

Class Sessions: Mondays, November 4, 11, and 18

Time: 3 - 4:15 p.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$10

The Federal Art Project Collection of Western Illinois University and Gallery Tour

You will see artworks from WIU's Federal Art Project Collection. These pieces were made by Illinois artists and commissioned by the federal government during the New Deal era of the 1930s. The class will also tour and discuss the current exhibitions on display in the gallery.

Instructor: Tyler Hennings, MFA, is the director of the WIU Art Gallery.

Class Session: Thursday, October 10

Time: 9:30 - 11 a.m.

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

Parking: Around the gallery (Parking authority will not ticket on the date and time of the course)

Maximum Enrollment: 15

Cost: \$5

Food Safety - Keeping it Safe from the Grocery Store to Your Table

Learn how to store, prepare, and cook food safely and to prevent foodborne illness.

The course will also discuss food safety concerns with popular meal delivery services.

Participants will also learn how to take the guesswork out of ensuring that food has been completely cooked to the proper internal temperature.

Instructors: Stefanie Johnson, Licensed Environmental Health Practitioner, has worked in the field of environmental health and food safety for over 20 years. Jonathan Chu is a Sanitarian & Certified Food Protection Manager.

Class Session: Thursday, November 7

Time: 2 -3 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

How to Design a Small Floral Arrangement

In this class you will learn how to make a small box arrangement in a wood box as well as how to use different size vases to make bouquets. Jane Billingsley will show you how to make a rose arrangement and how to fill in the gaps and holes in an arrangement to make it fuller.

Instructor: Jane Billingsley is a certified floral designer and has been Hyvee's floral manager for 12 years.

Class Session: Tuesday, September 24

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

Place: Hy-Vee, 1600 E. Jackson. Meet at Customer Service.

Parking: At the site

Maximum Enrollment: 12

Cost: \$5

How to Pay Without Cash – Mobile Payments

The course will explain how to use cash apps on your mobile device. We will discuss Venmo and PayPal. You will learn how to download and use the apps, as well as how to avoid any pitfalls that can occur when using mobile apps.

Instructor: Julie Anne Pickett has been a financial advisor/wealth manager at IPI Wealth Management since 2006.

Class Session: Tuesday, October 29

Time: 10 - 11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

An Introduction to Conservation Legacy Giving

This is an introduction to the Prairie Land Conservancy and how the land trust works with landowners to protect the natural areas, open spaces, and farmlands. The instructor will share the work that has been done with conservation easements and the stewardship of the preserves. There will be a brief overview of the impacts of legacy giving and estate planning on the conservancy's programing.

Instructor: Victoria Livingston is the Prairie Land Conservancy's executive director.

Class Session: Tuesday, October 22

Time: 1 - 3 p.m.

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

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

An Introduction to Emergency Preparedness

This presentation will be a basic introduction to Emergency Preparedness, risk assessment, and best practices before, during, and after disasters. The focus will be on a plan for you, your family, or even your business.

Instructor: Edgar Rodriguez is the Emergency Manager for McDonough County, an adviser for WIU, and MDH's Emergency Preparedness Coordinator.

Class Session: Tuesday, September 10

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: \$5



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.

Keeping Your Heart Healthy

This class will teach you how to keep your heart healthy by looking at helpful exercises, good foods to eat, risk factor prevention, and common heart medications.

Instructor: Kelsi Cunningham, FNP-BC, a nurse practitioner at McDonough District Hospital who specializes in cardiology.

Class Session: Tuesday, October 15

Time: 10 - 11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Living Happily Ever After, at Home

Are you planning to stay in your own home as long as possible as you enter or are experiencing the golden years? This class will help you establish a plan to maximize your independence, safety, and quality of life in your home as you encounter various challenges of aging. Common deterrents to 'aging in place' as well as practical solutions and options will be presented with time for Q & A.

Instructors: McDonough District Hospital's Alicia Beck and Phyllis McLouth. Alicia Beck COTA/L specializes in home modifications, adaptive equipment, and outpatient rehabilitation and therapy. Phyllis McLouth, PT, DPT has experience in acute, outpatient, home health and industrial settings, and focuses on strength training and wellness.

Class Session: Wednesday, October 9

Time: 9:30 - 11 a.m.

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

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Looking Back on the Dual Cicada Emergence of 2024

Where were all the cicadas? Most Midwesterners got to experience a noisy end to spring, but McDonough County was an island of quiet in an ocean of cicada-mania. Chris Enroth will recount the spring's cicada emergence and discuss why we didn't see any in 2024. Will we ever experience periodical cicadas? Learn all about the insect that fascinated people across the country in 2024.

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

Class Session: Wednesday, October 16

Time: 10 - 11:30 a.m.

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

Parking: At the site

Maximum Enrollment: 40

Cost: \$5

Mah Jongg for Beginners

American Mah Jongg is a popular game for four players using a set of tiles to build a fourteen tile "hand" to match one on the current year's card for Mah Jongg. Sound confusing? Don't worry – you will learn the basic rules, how to read the cards which define hands, and how to do a Charleston to develop your hand. We will play rounds until someone gets a Mah Jongg.

Instructor: Martha Klems loves playing games and has been playing Mah Jongg with Macomb friends for 20 years.

Class Sessions: Tuesday, October 29 and Thursday, October 31

Time: 1 - 3 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$10

Making Fruit Trees Within Reach of Everyone

We will demonstrate a specific pruning method that will train a fruit tree to stay in a miniature form. Fruit trees now can be planted in many more places throughout the landscape, where manageable production makes care and harvesting much easier and more rewarding. That allows you to fit more varieties into a smaller space!

Instructors: Jeff and Pam Vancil are Illinois Certified Arborists and have been owners of Hart's Nursery for 35 years.

Class Session: Tuesday, October 1

Time: 5:30 - 7 p.m.

Place: Hart's Nursery, 665 Front St., Bushnell

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 and learning to use the default (included on your phone) apps. You will learn to navigate the menus, messaging, reset, iOS mail app, contacts, basic camera use, and also to browse the internet.

Instructor: Brenda Allison is a retired IT Director for AFSCME. She worked in many levels of technology and finds that teaching LIFE classes keeps her technological skills current.

Class Session: Tuesday, November 19

Time: 9:30 - 11 a.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Mastering Your Samsung Android Smartphone

This is a basic class in understanding the function and operation of your Samsung Android phone. Topics you will learn are how to use the default (included on your phone) apps, how to navigate the menus, messaging, resetting, browsing the internet, using the contacts, managing basic Google account info, and using your phone camera.

Instructor: Brenda Allison is a retired IT Director for AFSCME. She worked in many levels of technology and finds that teaching LIFE classes keeps her technological skills current.

Class Session: Monday, November 4

Time: 9:30 - 11 a.m.

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

Parking: At the site

Maximum Enrollment: 30

Cost: \$5

Menopause: Educate, Embrace, Empower

What is menopause and what symptoms should I expect: mood swings, hot flashes, decreased libido? Are my menopause symptoms treatable and will I be on treatment forever? When should I expect menopause? Are there other health risks associated with menopause? All these questions about pre- and post-menopause and more will be answered.

Instructor: Emily Mynatt, APRN, FNP-C, is a nurse practitioner at McDonough District Hospital OB/GYN with a passion for women's health and wellbeing.

Class Session: Wednesday, September 18

Time: 5 - 6:30 p.m.

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

Parking: At the site

Maximum Enrollment: 15

Cost: \$5

An Overview of the History of the Illinois River and the Ecology of Two Wetland Restoration Sites

You will learn an overview of the Illinois River floodplain's history and about the floodplain restoration of The Nature Conservancy's Emiquon and Merwin Preserves. After hearing about the work, the instructor will take the group on a site visit to the Emiquon National Wildlife Refuge.

Instructor: Denim Perry has worked as a restoration ecologist since 2003 for The Nature Conservancy with the Illinois Rivers Program.

Class Session: Tuesday, September 17, and rain date Tuesday, September 24

Time: 10 a.m. - noon

Place: The Nature Conservancy, 11304 N. Prairie Rd., Lewistown

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Pontoon Ride on Lake Argyle

Enjoy beautiful Lake Argyle while taking a relaxing morning pontoon ride. We will watch for wildlife and enjoy the fall colors. Life jackets, binoculars, and field guides will be available, or you are welcome to bring your own.

Instructor: Bridget Hinchee has a M.S. in Natural Resources Recreation Management and has been the Site Interpretive Program Coordinator at the park since 2000.

Class Session: Friday, October 4, and rain date Friday, October 11

Time: 10 - 11 a.m.

Place: Argyle Lake State Park, 640 Argyle Park Rd., Colchester

Parking: Go straight after entering the park entrance and turn right into the concession parking lot at the bottom of the hill as you approach the lake. If you get to the boat ramp you have gone too far.

Maximum Enrollment: 6

Cost: \$5

Pontoon Ride on Spring Lake

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

Instructor: Ryan Hansen is the Spring Lake Park Manager.

Class Session: Thursday, September 12, and rain date Thursday, September 19

Time: 10 - 11 a.m.

Place: Spring Lake Park, 602 Spring Lake Park Rd.

Parking: At the bottom of the hill by the bait shop

Maximum Enrollment: 12

Cost: \$5

Standing: How to Take a Case All the Way to the Supreme Court

In law, “standing” is a requirement that a party seeking a legal remedy must show they have sufficient connection to and harm from the law or action challenged to support that party's participation in the case. This presentation will discuss traditional rules of standing and recent changes made by the US Supreme Court.

Instructor: Gayle Carper, JD, practiced law from 1983-2007 and was a professor in the WIU LEJA Department from 1987-2012.

Class Session: Wednesday, October 9

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

Tradition, Technology, and the Titanic

The Titanic was not only a bridge between Europe and America but also between the old and the new. It was the most luxurious, opulent ship of its time while also boasting a number of engineering and mechanical advancements. Join Kim McDaniel as Professor Lena Foltz-Pendarvis and Douglas Menke as Magister Aloysious Von Diesel as they delve into the dichotomy of tradition and technology related to the Titanic.

Instructors: Kim McDaniel has a master's degree in history and is pursuing a MFA in theater while Douglas Menke has an MFA in theater.

Class Session: Thursday, October 3

Time: 5 - 6:30 p.m.

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

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

Water, Barley, Malt, Hops, and Yeast - Deconstructing Beer Ingredients

Ever wonder what goes into making your favorite brews? In this course we'll delve into the fascinating world of beer ingredients. From water composition to the terroir of hops, each element plays a crucial role in crafting that perfect pint. Tasting will also be involved!

Instructor: Sean West is a brewer and co-owner of Forgottonia Brewing.

Class Session: Wednesday, October 23

Time: 4 - 5:30 p.m.

Place: Forgottonia Brewing, 324 N. Lafayette St.

Parking: At the site

Maximum Enrollment: 20

Cost: \$5

We Need to Talk Book Club

These novels remind us of our current issues. Our discussions allow us to see these contemporary issues in a different light, give us a new perspective, and awaken us to another reality.

James by Percival Everett - Tuesday, September 3

Huck is still here. The island, raft, and dodgy characters are still here. The use of the raft trip as a vehicle for a series of comic vignettes, tragedies, and morality plays is still here, and the evolving relationship between Huck and Jim/James is still here. What is different is that the story is told from the perspective of the self-educated, self-aware James who lives behind the minstrel character facade of Jim in the original story. Through his eyes the story is still epic but the laughs, fears, hopes, and revulsion fall in different places (to great effect) and as we come to know and love James as James, the precariousness of his life in a white society, and the urgency of his journey becomes more pressing with each page. It is eye-opening and heartbreaking while still being eminently readable.

Tell Me Everything by Elizabeth Strout – Tuesday, November 5

From Pulitzer Prize-winning author Elizabeth Strout comes a hopeful, healing novel about new friendships, old loves, and the very human desire to leave a mark on the world. With her “extraordinary capacity for radical empathy” (*The Boston Globe*), remarkable insight into the human condition, and silences that contain multitudes, Strout returns to the town of Crosby, Maine, and to her beloved cast of characters as they deal with a shocking crime in their midst, fall in love and yet choose to be apart, and grapple with the question, as one character puts it, “What does anyone’s life mean?”

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

Class Sessions: Tuesdays, September 3 and November 5

Time: 1 - 2:30 p.m.

Place: On Zoom

Parking: N/A

Maximum Enrollment: 30

Cost: \$10

What’s New for Fall Fashions at Princess Shoppe

Owner Kathy Moon and her assistant will show you the color trends for the fall and what to accessorize with those clothes. She will also show you what kinds of tops to wear with different styles of pants. There will be a walk through the store to show you a multitude of different displays.

Instructor: Kathy Moon

Class Session: Thursday, September 26

Time: 5 - 6 p.m.

Place: Princess Shoppe, 1520 E. Jackson St.

Parking: At the site

Maximum Enrollment: 12

Cost: \$5

When Macomb Hosted Abraham Lincoln: Behind the Scenes

This involves a class and then a live performance. In the class you will learn about the historical background to the play, written by Tim Roberts, *When Macomb Hosted Abraham Lincoln*. Roberts will tell you about the context for the events which the play dramatizes, and he will connect Macomb’s local history with the national events occurring during the Lincoln-Douglas debates of 1858. On the second date, you will attend the live performance of the play.

Instructor: Tim Roberts is a WIU history professor who presents public history topics on the Civil War era.

Class Sessions: Thursday, October 3 at 3:30 - 4:30 p.m. and Saturday, October 5 at 7 - 8 pm

Time: See above

Place: Macomb Art Center, 25 E. Side Square

Parking: At the site

Maximum Enrollment: 25

Cost: \$5

Chronological Course Listing

| Beginning in September | |
|--|---|
| We Need to Talk Book Club | Tuesdays, September 3 & November 5 at 1 - 2:30 p.m. |
| Book Writing, Researching, and Self-Publishing | Wednesday, September 4 at 2 - 3:30 p.m. |
| Always Wanted to Dance? | Thursdays, September 5, 12 & 19 at 1 - 1:30 p.m. |
| Bix Beiderbecke: Young Man with a Horn | Mondays, September 9 & 16 at 6 - 8 p.m. |
| An Introduction to Emergency Preparedness | Tuesday, September 10 at 3 - 4:30 p.m. |
| Armchair Traveler | Thursdays, September 12, 19, 26, & October 3 at 1:30 - 3 p.m. |
| Pontoon Ride on Spring Lake | Thursday, September 12 (Rain date: Thursday, September 19 at 10 - 11 a.m.) |
| An Overview of Illinois River History and Ecology of Two Wetland Restoration Sites | Tuesday, September 17 at 10 a.m. - 12 (Rain date: Tuesday, September 24 at same time.) |
| Menopause: Education, Embrace, Empower | Wednesday, September 18 at 5 - 6:30 p.m. |
| Cooking with Harold | Thursday, September 19 at 5 - 7 p.m. |
| The Curious Wisdom of Picture Books | Tuesday, September 24 at 2 - 3 p.m. |
| How to Design a Small Floral Arrangement | Tuesday, September 24 at 3:30 - 4:30 p.m. |
| What's New for Fall Fashions at Princess Shoppe | Thursday, September 26 at 5 - 6 p.m. |
| Beginning in October | |
| Eco-Friendly Household and Hygiene Products | Tuesdays, October 1 and 8 at 9:30 - 10:45 a.m. |
| Making Fruit Trees Within Reach of Everyone | Tuesday, October 1 at 5:30 - 7 p.m. |
| Composting Dos and Don'ts | Thursday, October 3 at 10 - 11:30 p.m. |
| When Macomb Hosted Abraham Lincoln | Thursday, October 3 at 3:30 - 4:30 p.m. & Saturday, October 5 at 7 - 8 pm |
| Tradition, Technology, and the Titanic | Thursday, October 3 at 5 - 6:30 p.m. |
| Pontoon Ride on Lake Argyle | Friday, October 4 at 10 - 11 a.m. (Rain date: Friday, October 11 at same time) |
| Cogs and Goggles and Corsets! Oh My! | Tuesday, October 8 at 5 - 6 p.m. |
| Living Happily Ever After, at Home | Wednesday, October 9 at 9:30 - 11 a.m. |
| Standing: How to Take a Case All the Way to the Supreme Court | Wednesday, October 9 at 1:30 - 3 p.m. |
| The Federal Art Project Collection of Western Illinois University and Gallery Tour | Thursday, October 10 at 9:30 - 11 a.m. |
| Looking Back on the Dual Cicada Emergence of 2024 | Wednesday, October 16 at 10 - 11:30 a.m. |
| Keeping Your Heart Healthy | Tuesday, October 15 at 10 - 11:30 a.m. |
| Bringing Balance to Your Optimal Wellness! Part 2 | Wednesday, October 16 at 1 - 2:30 p.m. |
| Beginning Hearts | Monday, October 21 & Wednesday, October 23 at 1 - 2:30 p.m. |
| Digital Photo Organization and Storage | Tuesday, October 22 at 9:30 - 11 a.m. |
| An Introduction to Conservation Legacy Giving | Tuesday, October 22 at 1 - 3 p.m. |
| Water, Barley, Malt, Hops, & Yeast | Wednesday, October 23 at 4 - 5:30 p.m. |
| Cupcakes! | Thursday, October 24 at 10 - 11:30 a.m. |
| Common Scams and Prevention Strategies | Thursday, October 24 at 4 - 5:30 p.m. |
| Euchre - Beginning | Monday, October 28 & Wednesday, October 30 at 1 - 2:30 p.m. |
| How to Pay Without Cash - Mobile Payments | Tuesday, October 29 at 10 - 11:30 a.m. |
| Mah Jongg for Beginners | Tuesday, October 29 & Thursday, October 31 at 1 - 3 p.m. |
| America's Female Founders | Wednesdays, October 30 & November 6 at 3 - 4:30 p.m. |
| Beginning in November | |
| Mastering Your Samsung Android Smartphone | Monday, November 4 at 9:30 - 11 a.m. |
| Euchre - Intermediate | Monday, November 4 & Wednesday, November 6 at 1 - 2:30 p.m. |
| Eye to Eye: Looking at Eyes Looking at Us | Mondays, November 4, 11, & 18 at 3 - 4:15 p.m. |
| Food Safety - Keeping it Safe from the Grocery Store to Your Table | Thursday, November 7 at 2 - 3 p.m. |
| Mastering Your iPhone | Tuesday, November 19 at 9:30 - 11 a.m. |

LIFE Registration Form

Fall 2024 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):

- Always Wanted to Dance? - \$5
- America's Female Founders - \$10
- Armchair Traveler - \$15
- Beginning Hearts - \$10
- Bix Beiderbecke: Young Man with a Horn - \$10
- Book Writing, Researching, and Self-Publishing - \$5
- Bringing Balance to Your Optimal Wellness! Part 2 - \$5
- Cogs and Goggles and Corsets! Oh My! - \$5
- Common Scams and Prevention Strategies - \$5
- Composting Dos and Don'ts - \$5
- Cooking with Harold - \$15
- Cupcakes! - \$10
- The Curious Wisdom of Picture Books - \$5
- Digital Photo Organization and Storage - \$5
- Eco-Friendly Household and Hygiene Products - \$10
- Euchre – Beginning - \$10
- Euchre – Intermediate - \$10
- Eye to Eye: Looking at Eyes Looking at Us - \$10
- The Federal Art Project Collection of Western Illinois University - \$5
- Food Safety - Keeping it Safe from the Grocery Store to Your Table - \$5
- How to Design a Small Floral Arrangement - \$5
- How to Pay Without Cash – Mobile Payments - \$5
- An Introduction to Conservation Legacy Giving - \$5
- An Introduction to Emergency Preparedness - \$5
- Keeping Your Heart Healthy - \$5
- Living Happily Ever After, at Home - \$5
- Looking Back on the Dual Cicada Emergence of 2024 - \$5
- Mah Jongg for Beginners - \$10
- Making Fruit Trees Within Reach of Everyone - \$5
- Mastering Your iPhone - \$5
- Mastering Your Samsung Android Smartphone - \$5
- Menopause: Education, Embrace, Empower - \$5
- An Overview of Illinois River History & Ecology - \$5
- Pontoon Ride on Lake Argyle - \$5
- Pontoon Ride on Spring Lake - \$5
- Standing: How to Take a Case All the Way to the Supreme Court - \$5
- Tradition, Technology, and the Titanic - \$5
- Water, Barley, Malt, Hops, & Yeast - \$5
- We Need to Talk Book Club - \$10
- What's New for Fall Fashions at Princess Shoppe - \$5
- When Macomb Hosted Abraham Lincoln - \$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.



**Western Illinois
University**

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

RETURN SERVICE REQUESTED



The
LIFE Fall Fling
will take place
at the Macomb Country Club
Tuesday, October 8th
4 - 6 p.m.

Appetizers with a cash bar will be
provided.
Hope you can join us!