

CENTER FOR LEARNING IN RETIREMENT

RockValleyCollege

Fall 2024 Class Schedule



FIND **YOUR** JOY

148 Classes | Special Events | Tours | Special Interest Groups

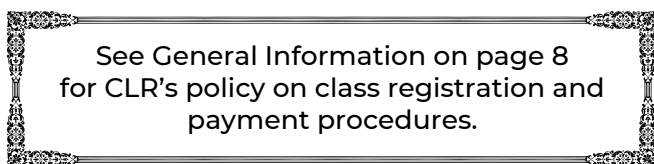
RockValleyCollege.edu/CLR

2024 CLR FALL SCHEDULE

Welcome to a new school year and an outstanding fall semester!

Help us get the word out about the RVC Center for Learning in Retirement (CLR). Several committees have been discussing how to attract new CLR members and that will be a focus in the coming year. The most successful way is for current members to talk about the program to others. Tell your friends and family members all the things that CLR has to offer for those 50+ and how much you enjoy being involved. Emphasize that CLR classes are non-intimidating, short-term, and involve no homework or tests. Let them know about the variety of affordable, non-credit, personal enrichment classes, day trips, travel opportunities, special events, and meeting other people interested in lifelong learning. We now know how important social connections and keeping our brains active are for healthy aging. Wow! CLR is something that is actually good for you and FUN!

IMPORTANT: We offer scholarships for membership dues and class fees to those with financial need. Call the CLR Program Director at (815) 921-3933 for more information. All inquiries are confidential. We want everyone who is interested in lifelong learning to have the opportunity to participate in the RVC Center for Learning in Retirement offerings!



NOTE: Individuals who have physical or learning disabilities and qualify for services under the Americans with Disabilities Act (ADA) or anyone with special needs or requests should contact the office at (815) 921-3931 to arrange for the appropriate services or accommodations. These may include, but are not limited to, interpreters for hearing-impaired participants, enlarged printed materials, computer accommodations, tape-recorded materials, and special seating requests. Advance notice is needed so arrangements can be made for requested accommodations.

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CLR MISSION STATEMENT

The Center for Learning in Retirement provides quality lifelong learning for members 50 years and older through diverse educational, cultural, and social opportunities.

2024-2025 ADVISORY COMMITTEE

Chair..... Rhee Ellen Wright
 Vice Chair..... Steve Renne
 Secretary..... Midge Tesch
 Membership.....Connie Croffoot, Sue Custer
 Newsletter..... Linda Jarrells
 Social..... Sandra Krause, Sandi Chamberlin
 Curriculum..... Jan Johnson, Robbin Nelson
 Speakers' Bureau..... Brad Keyes
 Media/Publicity..... Arnie Ames (interim)

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ARTS & CRAFTS

Pastel Techniques & Perspective Tips

ART-701-CLR1

(Class limit: 15) We will explore the technique of washing-in the early dark pastels with alcohol before adding mid-tones and lastly, the lights. The image will be an exercise in perspective, which Nancie teaches globally. Questions throughout the demonstration will be welcomed.

Leader: Nancie King Mertz

Facilitator: Jim Mundinger

Date: Thursday, 9/26

Time: 9 - 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00

Acrylic Painting – Wildflowers and Butterflies

ART-701-CLR2

(Class limit: 10) This class is for someone who has some experience with painting in acrylics. We will create a fall landscape combining three very different techniques: laying in the background with a sponge, building up color and dimension with palette knives and finishing the fine points with a paint brush. As with all Margi's classes, the art process will seek to balance technical skills with the joy of creating. The goal is to complete a painting you can be proud of, develop your creative confidence and have some fun along the way. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 9/24

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Acrylic Painting - Using Light to Create Dramatic Effect

ART-701-CLR3

(Class limit: 10) This 2-session class is for someone who has some experience with painting in acrylics and wants to develop "dramatic effect" in their work. We will create two fall landscape paintings, a new one in each session. Although everything could be achieved using just paint brushes, participants are encouraged to combine various techniques: sponge, palette knives and paint brushes. Artistic principles and technical skills will be discussed, but the main focus will be on adding a certain "wow factor" to your finished painting. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesdays, 10/15 & 10/22

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Pastel Painting

ART-701-CLR4

(Class limit: 15) This class is for artists who would like to learn how to make pastel paintings that are vibrant. We will work on different ways of mixing and layering colors on various pastel papers. We will discuss and practice doing alcohol washes and underpaintings on sanded surfaces to enhance layering of colors. Individual styles will be encouraged.

Leader: Gail Faber

Facilitator: Jim Mundinger

Date: Thursdays, 11/7, 11/14, 11/21

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25



Chinese Brush Painting I

ART-701-CLR5

(Class limit: 12) This is a beginner class focusing on the basics of Chinese Brush painting, a watercolor medium. You will learn about water control, holding the brush, basic brush strokes, and mixing ink. We will discuss the differences between "western" watercolor and Chinese watercolor. There will be an audio/video presentation during the first session, as well as demonstration of basic strokes for bamboo. The remaining two classes, you will learn to paint bamboo and wild orchids. **NOTE:** Students need to bring small, medium, and large brushes, ink (stick or liquid), ink stone, small dishes to mix paint in, two large jars for water, and paper towels. Rice paper and some supplies will be made available for purchase from the instructor.

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 9/11, 9/18, 9/25

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Chinese Brush Painting II

ART-701-CLR6

(Class limit: 12) Building on what we learned during Chinese Brush Painting I, we will learn more about mixing colors, different brush strokes, and enhancing basic brush strokes. We will learn about balance and the meaning of various Chinese paint subjects. We will work with wet on wet and wet on dry, loading the brush to make different effects. We will paint subjects of the seasons, completing a painting during each class. You must have already completed Chinese Brush Painting I. **NOTE:** Bring same supplies and rice paper.

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 11/6, 11/13, 11/20

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Gustav Klimt Inspired Fall Landscape Using Collage

ART-701-CLR7

(Class limit: 20) Using watercolor, we will paint a Gustav Klimt fall landscape. We will start with the background, painting in traditional watercolor style. Then we will paint blocks of color that will be cut out and applied to our painting as a collage. Supply list will be sent prior to class.

Leader: Cindy Bear

Facilitator: Tyrone Johnsen

Date: Mondays, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Time: 10 am – 12:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$35

Introduction to the Art of Woodburning

ART-713-CLR1

(Class limit: 15) Learn to create decorative designs with a woodburning tool in this beginner-friendly class. This two-session class will cover woodburning techniques, fundamentals and safety, and include practice time and completion of a finished project. Come join us and learn a new skill. All supplies will be provided with the exception of the woodburning tool. If you do not currently have a woodburning tool, it can be purchased inexpensively from Hobby Lobby or Michaels.

Leader: Rand Moore

Facilitator: Jack Croffoot

Date: Tuesdays, 9/24 & 10/1

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$20



Beginning Quilting

ART-720-CLR1

(Class limit: 8) Learn basic quilting skills including rotary cutting, accurate piecing, fabric and pattern selection, and finishing. You will get hands-on experience with individual assistance. You will complete at least one quilt block in each session. If you have a sewing machine, bring it. If not, let us know and we will provide one for you. If you have basic sewing tools (scissors, pins, rotary cutter, seam ripper, rulers, etc) please bring them. If not, we have a collection of assorted tools that we will share with you. We will also provide patterns, fabric, and thread. You do not need to purchase anything prior to this class. NOTE: There is a \$15 materials fee to be paid at the first class. If you complete all four classes, you will receive a \$15 gift certificate to a local quilt shop.

Leader: Becky Harvey

Facilitator: Jan Johnson

Date: Thursdays, 10/10, 10/17, 10/24, 10/31

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$30

Cardmaking: Tips & Techniques

ART-720-CLR2

(Class limit: 12) Have some fun rubber stamping and cardmaking. A number of techniques will be discussed. We will be completing four cards in class. These will be all new cards. **NOTE:** Bring a scissors and small adhesive tape runner. All other materials will be provided with a \$5 fee to be paid in class.

Leader: Arlene Cook

Facilitator: April Rottman

Date: Tuesday, 9/17

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 4

Fee: \$15



CANCELED - Cardmaking: Easy Fun Fold Cards

ART-720-CLR3

(Class limit: 12) Give your cards some extra pizzazz with a creative fold. We will be completing four cards in class. **NOTE:** Bring a scissors and small adhesive tape runner. All other materials will be provided with a \$5 fee to be paid in class.

Leader: Arlene Cook

Facilitator: April Rottman

Date: Tuesday, 10/8

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

The Simple Art of Tangling & Beyond (3D Shading)

ART-720-CLR5

(Class limit: 12) Anyone who is able to write the alphabet can create their own beautiful pieces of art by drawing structured patterns shown in a step-by-step manner. They can reap the benefits of learning tangling, such as reduced stress, increased self-confidence, and improved eye hand coordination. Plus, it's fun and there are no mistakes! Rebecca will also show students how to use shading to introduce a 3D effect to your tangle. **NOTE:** Students should bring these supplies (available at Michael's or Hobby Lobby): B and B3 pencils, a .02 Micron artist marker, a .03 Micron artist marker, and a .05 Micron artist marker.

Leader: Rebecca Bowman

Facilitator: Gail Wallens

Date: Thursday, 9/19

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Decorating Holiday Ornaments

ART-720-CLR6

(Class limit: 10) Do you like personalized ornaments with the name of a friend or loved one on it? Do you like ornaments with a beautiful design on it or ones with snowmen, birds, or reindeer on them?

Learn how to draw and paint on glass ornaments for your tree or for a unique and special holiday gift. From simple snowflakes to master designs, finished with a beautiful bow, go home with one or two ornaments you will be proud of! **NOTE:**

Everything will be provided except you must bring a B3 pencil and a Fine Point Black Sharpie Marker.

Leader: Rebecca Bowman

Facilitator: Gail Wallens

Date: Thursday, 11/14

Time: 9:30 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Ceramic Halloween Gnome

ART-720-CLR7

(Class limit: 15) Step by step hands on class instruction on how to paint a ceramic Halloween gnome. There will be four different gnomes to choose from, a Mummy, Frankenstein, Witch, or Bat. You will select one and paint it that afternoon. All art supplies included. **BRING:** Apron or smock.

TAKE HOME: Gnome after painted and spray sealed.

Leader: Gail Lee

Facilitator: Gail Wallens

Date: Monday, 9/16

Time: 1 – 4 pm

Place: Lee Innovations Ceramic Studio

3600 E. State St. Suite 306, Rockford

Fee: \$30



Ceramic Christmas Tree

ART-720-CLR8

(Class limit: 15) Step by step hands on class instruction on how to paint a Christmas Tree and base. All art supplies included. **BRING:** Apron or smock. **TAKE HOME:** Tree after painting and spray sealed.

Leader: Gail Lee

Facilitator: Gail Wallens

Date: Monday, 11/11

Time: 1 – 4 pm

Place: Lee Innovations Ceramic Studio

3600 E. State St. Suite 306, Rockford

Fee: \$40

Creating a Seasonal Charm Bracelet

ART-720-CLR9

(Class limit: 10) In this class, you will learn about and use jump rings for attaching charms to a chain bracelet. This class is suitable for the beginner. You will have a choice between Christmas charms and winter charms. The chain bracelet includes an extender so it will fit a variety of wrist sizes. **NOTE:** The jump rings and chain links are small and the charms have small holes, so bring a free-standing magnifier if needed.

Leader: Sylvia Emerson

Facilitator: Donna Brookbank

Date: Monday, 12/2

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Create a Greeting Card With Iris Folding

ART-720-CLR10

(Class limit: 12) Learn to create a unique greeting card using folded paper. We'll apply a template to paper then cardstock. It's that simple. **NOTE:** Bring a small, sharp scissors and scotch tape. The other materials will be provided. If you have a variety of orange paper (wrapping paper, magazine pages, old calendars, etc.) they're great for this project.

Leader: Dawn Calkins

Facilitator: Donna Brookbank

Date: Monday, 10/7

Time: 1 – 2:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

MARK YOUR CALENDARS!

Thursday, October 10, 2024
RVC Main Campus • 12-6 PM

Join us for a community gathering to celebrate Rock Valley College's 60th Anniversary!

This family-friendly event will feature activities, live entertainment, games, and FREE food.

Learn more at [RockValleyCollege.edu](https://www.rockvalleycollege.edu)

RVC



COMPUTER & TECH

What's This Thing Called "The Cloud"

CMP-702-CLR1

(Class limit: 18) This class will be a presentation of cloud storage basics. Discussion will include the usefulness and operation of cloud storage with an emphasis on security concerns. Find out about the many controversies surrounding its use. Cloud storage site demonstrations will be made by the instructor to show usefulness and steps that are typically required to upload and download data.

NOTE: This is not a hands-on computer class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Friday, 10/11

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$15

Computer Basics

CMP-702-CLR2

(Class limit: 18) Do you feel uncomfortable around computers? This introductory course will help you feel more comfortable and confident in using a computer. Computer terminology, the basic operating system, and some technical information will be presented in an interesting and understandable manner. We will cover the basics of computer operation, the use of the mouse and keyboard, and the common uses of computers through discussion and hands-on activities. The class will consist of simple learning activities designed for the very beginning computer user. If you have had a fear of using a computer, this class is a safe place for you to give it a try, ask questions, and have helpers available to assist you.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Mon/Wed/Fri, 10/14, 10/16 & 10/18

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$30

Organizing Your Computer Files

CMP-702-CLR3

(Class limit: 18) Are you frustrated because you cannot find files (documents) you are sure you saved? Do you spend too much time searching through lists of files trying to find the file you want? Do you have pictures that you cannot remember where they were taken? Then this class is for you. Learn how to organize your document and picture files for easy identification and retrieval. A flash drive is recommended.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Tuesday, 10/22

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$20

Editing Photos with Modern Technology

CMP-702-CLR4

(Class limit: 18) We will discuss the various methods to improve resolution and overall quality of images without destroying the essence of the photo. We will be using Images 2 Go utilities and others to replace backgrounds and remove objects from photos to give them a clearer meaning or impression. **NOTE:** Bring a flash drive with your photos on it.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Fridays, 11/15 & 11/22

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$25

Making Labels Using Microsoft Word

CMP-702-CLR5

(Class limit: 18) Here's your chance to use your Microsoft Word skills to create miscellaneous labels, return address labels, and mailing labels. Learn how to create an address list to make labels for your holiday mailings. Create return address labels that include graphics and pictures. Bring a flash drive to save your creations for later use. A working knowledge of computers and Microsoft Word is recommended for anyone taking this class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Tuesday, 11/12

Time: 9:00 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$20

Self-Publishing on Amazon

CMP-703-CLR1

(Class limit: 12) You will learn how to publish your work on the Amazon self-publishing website. Please **bring your laptop** so you can learn how to complete each step of the process online. You will learn how to troubleshoot your document before you publish, and you will be provided a step-by-step outline on the information you need before you complete and submit your work for publishing. Being familiar with the online requirements will make it easier for you to submit your writing when you're ready to publish.

Leader: Betsy DeGunther

Facilitator: Nancy Harvey & Bob Bertolasi

Date: Thursday, 10/24

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 4

Fee: \$15



Using Travel & Vacation Rental Websites

CMP-703-CLR2

(Class limit: 50) This class discusses how to use Features of Vacation Rental Websites such as AirBnB and VRBO. I will discuss how to research for a rental and how to create, modify and cancel a reservation. In this class we will also discuss finding things of interest and tours using the websites TripAdvisor, Viator, and, of course, Google. This class will not be a detailed tutorial on how to use all the features and functions of these websites.

Leader: Ed Stein

Facilitator: Bob Bertolasi

Date: Monday, 10/28

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Getting the Most Out of Your Android Phone

CMP-703-CLR3

(Class limit: 25) This class will review the basics of Android phones and explore the many other uses of an Android device beyond phone calls, messages, and Facebook activities. Bob will provide some general guidance on how to get use and value out of your Android phone without taking a lot of chances by "clicking on things".

Leader: Bob Bertolasi

Facilitator: April Rottman

Date: Tuesday, 11/19

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 4

Fee: \$15

Drones: Update & Advantages to Having One

CMP-703-CLR4

(Class limit: 30) This class will review the expanding world of drone services and cover drone uses for typical photographic, household and recreational purposes. We will review the new FAA regulations for drone ownership and discuss the class of drones that do not need registration with FAA. We will also discuss the no-drone zones in National Parks and some city parks and the procedures for use in State Parks, National Forests, and recreational areas.

Leader: Bob Bertolasi

Facilitator: Arnie Ames

Date: Tuesday, 12/10

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Smartphone Basics

CMP-703-CLR5

(Class limit: 25) This class will cover basic settings that need attention to ensure appropriate privacy and security when using a cell phone. We will cover installation and use of "apps". We will cover battery and data usage controls that will help extend the life of the phone between charges and reduce the size of your monthly billing in many circumstances. The class will be based on Android platform, but content is applicable to iPhone and other platforms as well.

Leader: Bob Bertolasi

Facilitator: April Rottman

Date: Tues/Fri, 12/3 & 12/6

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$20

CLR General Information

A copy of the RVC Center for Learning in Retirement Fall 2024 catalog is available for viewing at RockValleyCollege.edu/CLR. No online registration is available.

Register Early: Register early so you won't be disappointed. Often classes and bus trips reach the maximum enrollment early. You will be contacted if you have registered for a trip or social event that is already full.

Full and Cancelled Classes: Waiting lists for CLR members will be created when a class becomes full. RVC reserves the right to limit enrollments or cancel any class. Every effort will be made to notify registrants when a class is cancelled. Full refunds will be provided.

Inclement Weather: If Rock Valley College cancels classes due to bad weather, the Center for Learning in Retirement will also be cancelled (classes and trips). Cancellation notices will appear on RVC social media channels, the RVC website at RockValleyCollege.edu, and local news outlets will be notified.

Withdrawals from a Class: If you wish to withdraw from a class, you must do so ONE day prior to the first session in order to receive a refund. There is a \$5 per class cancellation processing fee. There are no refunds after a class begins.

If you know you will be unable to attend a class, it would be appreciated if you let the office know to provide an opportunity to those on the waiting list to be contacted.

Payment for Classes and Events/Trips: To ensure your registration for classes and social events/trips are processed, payment must be attached. Separate checks are requested for trip/social event and class registrations.

You will receive a Student Schedule by mail. Please review to confirm which classes you are registered for and take note of any classes you did not get into.

Payment: Make checks payable to Rock Valley College - CLR

Keeping Up w/Technology & AI CMP-703-CLR6

(Class limit: 30) This class will explain and show the current technological advances in medical and other high-tech sectors of education and application. We will discuss the everyday infusion of AI technology into our life activities and the "dark side" of AI in the creation of false news, images, opinion modifying advertisements and identity scams. You will gain an awareness of the power of AI for good and bad in this ever-increasing world of technology we are journeying through.

Leader: Bob Bertolasi

Facilitator: Jack Croffoot

Date: Mon/Wed, 12/9 & 12/11

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$20

iPhone/iPad: Beyond Basics

(Class limit: 10) You've probably mastered the basics of your iPhone or iPad. In this class, we'll move beyond the basics and learn some very handy tips and tricks for taking full advantage of your Apple device. Participants must have an Apple iPhone or iPad running iOS (operating system) 14 or higher. There will be time for Q&A during the class.

Leader: Michele Arms

Facilitator: Jan Johnson

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 4

Fee: \$15

CMP-703-CLR7 - Date: Tuesday, 10/8

CMP-703-CLR8 - Date: Thursday, 10/10

FINANCE

Estate Planning for the Rest of Us

FIN-701-CLR1

(Class limit: 25) Recent law changes have made estate planning for most people simpler than it has been in many years. If you have been putting off your estate plan or are looking to better understand the plan you currently have, this course will help you think through the decisions that those of us in the 99% need to keep in mind in forming a modern estate plan.

Leader: Adam Fleming

Facilitator: Bob Bertolasi

Date: Tuesday, 10/8

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 4

Fee: \$15

FITNESS

Nordic Pole Walking & Balance Training

FIT-750-CLR1

(Class limit: 12) Learn how to effectively use Nordic Poles for a complete body workout. Walking with Nordic Poles helps improve balance, posture, and stability while placing less pressure on joints. Positive results have been found with joint replacements, Parkinson's, neuropathy, lymphedema, and many other health issues. Updated guidelines have recently been released by The Michael J. Fox Foundation and Nordic Pole walking is included as a suggested aerobic activity for those with Parkinson's. Experience Nordic Pole Walking and then learn some basic balance and stretching exercises and safety tips.

Leader: Karla Johnson

Facilitator: Midge Tesch

Date: Tuesday, 10/22

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15



Vivo Virtual Fitness Program

(Class limit: 22) Join this online, live, interactive physical fitness program that promotes strength building. Did you know that muscle strength and balance are critical to maintaining health, mobility and independence as you age? Whether you are new to exercise or exercise regularly, the Vivo certified personal fitness trainers will provide modified exercises to meet your fitness needs. Sessions are 45 minutes in length 2x/week and consist of cognitive, balance, flexibility, and strength exercises. CLR is partnering with Vivo to offer this unique, science-backed fitness program. Vivo's mission is to improve the lives of older adults through strength training to slow the effects of muscle loss and to meaningfully impact quality of life. This chair-based fitness program provides a convenient way to exercise and participate in strength training from your home.

Leader: Vivo Fitness Trainers

Facilitator: Ellen Taylor-White

Time: 8:30 – 9:15 am

Place: Online via Zoom

Fee: \$110

FIT-767-CLR1 - Dates: Tues/Thurs, 8/27 – 10/17

FIT-767-CLR2 - Dates: Tues/Thurs, 10/22 – 12/19 (skip 11/28 & 12/12)

Chair Yoga

(Class limit: 12) Enjoy a peaceful 1-hour in studio yoga practice that you can do in a chair and use it for assistance with balance in standing poses. This beginner-friendly and supportive practice includes gentle movement, mindful breathing, meditation, relaxation, yoga poses and sequences for strength, balance, flexibility and peace of mind. Wear comfortable clothes and bring water and a mat, if you already have one (available to those without). There are 3 sections that meet for 4 weeks each.

Leader: Julie Young

Facilitator: Jan Johnson

Time: 11:45 am – 12:45 pm

Place: Surya Chandra Yoga Studio – 929 S. Alpine Rd, Suite 408, Rockford

Fee: \$45

FIT-768-CLR1 - Dates: Thursdays, 9/12, 9/19, 9/26, 10/3

FIT-768-CLR2 - Dates: Thursdays, 10/10, 10/17, 10/24, 10/31

FIT-768-CLR3 - Dates: Thursdays, 11/14, 11/21, 12/5, 12/12

Tai Chi & Chi Kung

FIT-768-CLR5

(Class limit: 10) Revitalize body and mind with fun exercises to tone and strengthen memory and muscles. Assist, comfort, and minimize aging effects with step-by-step training in Chi Kung stretching, breathing, and Tai Chi movements. Free video support will be provided.

Leader: Sue Michaelsen

Facilitator: Midge Tesch

Date: Monday, 9/16

Time: 2 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

HEALTH & WELLNESS

Exploring Medical Aid in Dying Legislation in IL & US

HLT-705-CLR1

(Class limit: 30) Medical Aid in Dying (MAID) has been a legal end-of-life option in Oregon for over 27 years. An additional nine states and Washington DC now allow this practice too. Senate Bill 3499 is currently in front of the Illinois legislature to vote on whether terminally ill persons in our state will be allowed to choose this option in the near future.

This course will start with the basics of MAID, share collected data, and review practices around the US. We will then delve into the local impact of such a law in Illinois. Come with questions. Come with curiosity. Bring your thoughts to the table. You are sure to leave with a greater understanding of this timely topic.

Leader: Megan Oehlke & Colleen Magee

Facilitator: Gail Wallens

Date: Friday, 9/20

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Final Wishes: Organizing and Communicating Your End-of-Life Care Preferences

HLT-705-CLR2

(Class limit: 30) Your final wishes are a personal matter. This interactive class will address the "other" documents you can complete to help you communicate your end-of-life preferences. (We will not cover wills, estate planning or funeral pre-arrangements). Your wishes might include directions regarding health care, comfort care, who can be your advocate if you cannot make decisions, and what matters most to you in your end days. We will use worksheets and a discussion format after an initial overview of end-of-life options and documents. Bring a friend or family member. Be prepared to think and ask questions. There are no right or wrong answers, only what is most important to you.

Leader: Meghan Oehlke & Colleen Magee

Facilitator: Gail Wallens

Date: Wednesday, 11/20

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Understanding Home Care and VA Benefits

HLT-705-CLR3

(Class limit: 25) Navigating home care options can be confusing and overwhelming. This course explains the benefits of "aging in place" with home care assistance, what to expect with home care services, what home caregivers can/cannot do, how home care is paid for, and what VA home care benefits are available to Veterans and how to receive those benefits. We'll help you take the guesswork out of choosing a home care agency you're comfortable with by providing you with all the necessary information you'll need to make an educated decision about home care options.

Leader: Janine Idstein

Facilitator: Carol Salzer

Date: Wednesday, 10/16

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Move More for Better Health

HLT-725-CLR1

(Class limit: 50) No matter your age, everyone can benefit from physical activity. Physical activity is a cornerstone for wellness and significantly improves overall health. During this session, you will learn the difference between physical activity and exercise, the recommended amount and types of physical activity, and the importance of staying active as you age. You will also learn about how aging impacts your ability to engage in physical activity, the risks associated with sedentary lifestyle, the importance of setting goals, and resources you can access at home to help you stay active. So, whether you want to prevent or manage a chronic illness or simply improve your ability to do everyday activities, this workshop is for you.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 10/11

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Basics of Arthritis: Osteoarthritis

HLT-725-CLR2

(Class limit: 50) Arthritis affects the lives of more than 54 million adults in the US with more than 21 million having osteoarthritis. This class will provide an overview of the three most common types of arthritis and provide insight into the most common type of arthritis, osteoarthritis. Join us as we share how a healthy lifestyle can help improve your joint health, as well as help you manage your osteoarthritis. Presented by University of Illinois Extension Nutrition and Wellness Educator, Diane Reinhold.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 11/8

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Healthy Aging Secrets Revealed

HLT-725-CLR3

(Class limit: 25) As we enter our "Third Chapter" of life, we might be questioning what the phrase "aging gracefully" means. Many of us struggle with aches and pains, role loss and loneliness as part of the aging process. This class will provide tools and inspiration for creating a healthful, soulful and joyful way of being in our later years.

Leader: Karen Radtke

Facilitator: Carol Salzer

Date: Tuesday, 10/22

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Exploring Nature's Pharmacy: Unveiling the Benefits & Risks of Herbal Supplements

HLT-725-CLR4

(Class limit: 50) Throughout history, humans have relied on plants for medicinal purposes. According to a recent National Health Interview Survey, 17.7 percent of Americans reported using natural products within the past year. These products encompass herbs and other non-botanical supplements like fish oil and glucosamine sulfate, often utilized to enhance health and address chronic conditions. Understanding the efficacy and potential adverse effects of herbal supplements is crucial. In this interactive session, the aim is to provide a comprehensive overview of commonly used herbal and non-botanical supplements in the United States. We'll delve into their safe usage for disease prevention and treatment, emphasizing effectiveness, potential risks, drug-herbal interactions, and drug-disease interactions.

Leader: Dr. Linda Chang

Facilitator: Jack Croffoot

Date: Tuesday, 11/19

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Navigating Senior Health Self-Care

HLT-725-CLR5

(Class limit: 20) Learn self-care health information that will help make the senior journey easier. An introduction to the lymphatic system will be provided. Topics to be addressed include water, CPAP users, diet, exercises & stretches, hand & thumb, eyes, back pain, scar tissue, SCM-brain fog, drug list, and the benefits of massage.

Leader: Nancy Westbrook

Facilitator: Loyd Wollstadt

Date: Friday, 10/4

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Aging Gracefully with Essential Oils

HLT-725-CLR6

(Class limit: 25) As we live longer lives, it's essential to focus on staying healthy as we age to enjoy life to the fullest. This class is all about embracing natural ways to support our bodies as we get older. Learn about using the power of essential oils and plant-based solutions for memory, soothing muscles and joints, getting better sleep, improving digestion, maintaining gut health, and more. Come join us and discover the basics of using essential oils to provide holistic support for your well-being.

Leader: Petrea Meier

Facilitator: Midge Tesch

Date: Friday, 11/15

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Geriatric Massage

HLT-725-CLR7

(Class limit: 20) More and more older adults are turning to complementary and alternative therapies, such as massage, for pain relief and to improve their quality of life. Attendees will learn about the many benefits of therapeutic massage for the geriatric population as well as what to expect from a massage therapy session. Come and learn how to become an active participant in your own self-care using massage to maintain overall health and well-being.

Leader: Beth Campisi

Facilitator: Loyd Wollstadt

Date: Tuesday, 10/29

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Cooking Mediterranean/Middle Eastern Salads

(Class limit: 25) This second class offering of Mediterranean/Middle Eastern food is an extension of last Spring's appetizer class. Because of its popularity, you can choose from two different dates, 2 hours each. This class continues with an emphasis on salads offered from a 45-year experience of learning and cooking food throughout the Arab countries with a modern twist based on both the original recipes and the Western palate. The first part of the class session will review spices, vegetable, and ingredients/equipment used with actual product examples for sampling and a review of the spring lecture. Because of its interactive nature, you will be able to taste and try the recipes and will be given actual samples of all ingredients. Salads will include tabbouleh, fatoush, and herby freekeh vegetable salad, all more than healthy and delicious! Join us - and sign up right away as these classes fill quickly.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

HLT-725-CLR8 - Date: Friday, 10/4

HLT-725-CLR9 - Date: Friday, 10/11

Yoga Without a Mat – History, Philosophy and Benefits of Yoga

HLT-725-CLR10

(Class limit: 20) Yoga is a rich and ancient practice. The goal of yoga is to quiet the mind and lead a more peaceful, easeful life - something we can all use in these chaotic times. A brief history of yoga, explanation of the philosophy behind its practice, and a few simple breathing techniques will be presented. Participants will stay seated in a chair. Please bring a small blanket or large towel to make the chair more comfortable and help align the spine.

Leader: Jaya Ellison

Facilitator: Midge Tesch

Date: Thursday, 10/24

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Eating Your Best Starts at the Store!

(Class limit: 6) Learn how to make the best food choices (nutritionally and financially) when grocery shopping from a certified nurse case manager with over 40 years of experience in chronic disease management (mostly related to diet/exercise). Good food choices start in the cart! Participants will go in a small group aisle by aisle at Woodman's Grocery Store to identify the best food options to select for their individual needs. They will learn how to make their dollar go further with optimum nutritional values.

Leader: Mary Panther

Facilitator: Jack Croffoot

Time: 10 – 11:15 am

Place: Woodmans Grocery Store – 3155 McFarland Rd, Rockford

Fee: \$15

HLT-725-CLR11 - Date: Tuesday, 9/24

HLT-725-CLR12 - Date: Monday, 9/30

HISTORY

Germany's Liquid Bread: Refreshing Look at the History of Beer

HST-701-CLR1

(Class limit: 50) Once so essential to daily diets that it was referred to as "liquid bread," beer to this day is a source of great cultural and national pride, especially in Germany. Join historian Anette Isaacs for a lively exploration into the history of this iconic drink that will also include a look at the lucky German brewers who became Beer Barons in the USA! This is a COLLEGE COLLABORATION class.

NOTE: Participants will be admitted by McHenry County College 5 minutes before the class is scheduled to begin.

Leader: Anette Isaacs

Facilitator: Lynnette Danzl-Tauer

Date: Monday, 9/16

Time: 6 – 8 pm

Place: Online via Zoom

Fee: \$15

Famous Walls in History

HST-701-CLR2

(Class limit: 50) "Men build too many walls and not enough bridges." - Joseph Fort Newton (American Baptist minister). From the Great Wall of China to the U.S.-Mexico border wall (below), it seems that throughout the age's nations have built walls to keep other people out. Other walls were built to keep people in. Let's take a look at some of the most famous of these structures, past and present. When were they built? Who designed them, and who labored to construct them? Why were they created, and how well did they serve their purpose? What ones can you still see and visit today? Join us for a "wall walk" through time.

Leader: Linda Greene

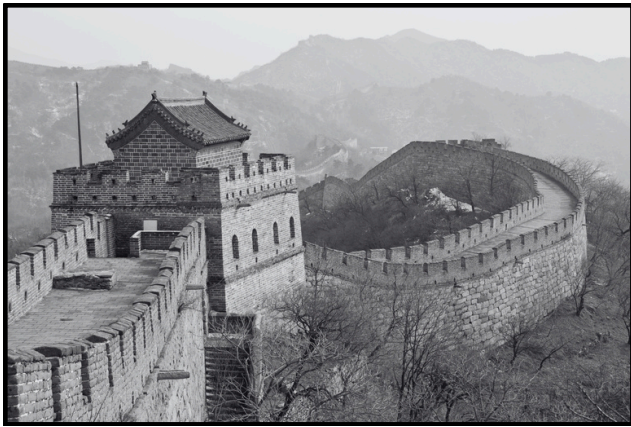
Facilitator: Arnie Ames

Date: Monday, 11/18

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



History of Slavery & Abolition

HST-701-CLR3

(Class limit: 50) This 2-session class takes a closer look at slavery throughout history and starting in the ancient times including Greece, Rome, the Arab world, and the Medieval ages. It also examines how the Portuguese revived slavery in the 15th century and brought it to the New World. It takes a close look at slavery in the English Southern Colonies. Brutal behavior as described by Frederick Douglass and others is covered. The 2nd session covers those individuals and institutions that fought for the abolition of slavery. The significance of the Emancipation Proclamation during the Civil War is examined. It looks at the use of slavery up through World War II and concludes with the locations where slavery still exists today. Current theories and ideas about slavery are also reviewed.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White

Date: Tuesdays, 9/17 & 9/24

Time: 1 – 2:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$20

Was Abraham Lincoln a White Supremacist?

HST-712-CLR1

(Class limit: 50) This class will examine Lincoln's words and actions in regard to race in the context of his times. It will follow his evolution on this subject and let the class decide the answer.

Leader: Bob Presman

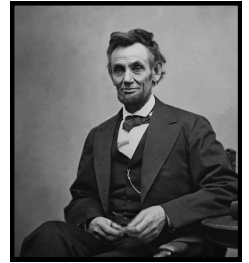
Facilitator: Ellen Taylor-White

Date: Monday, 9/23

Time: 9:30 – 11 am

Place: RVC Bell School Road Center Room 3

Fee: \$15



Jerks in Chicago History

HST-712-CLR2

(Class limit: 50) Join us for a look at some of the badly-behaved characters who shaped the history of Chicago. There were the notorious bad guys and gangsters who ruled havoc over the Windy City, but we will also look at perpetrators of mischief and other colorful anti-heroes, some of who could be considered misunderstood visionary thinkers. From the infamous Al Capone to the often loved/hated Charles Comiskey, we will take a look at those persons who helped make Chicago what it is today.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Thursday, 11/21

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

D-Day: The Sixth of June

HST-712-CLR3

(Class limit: 25) The invasion of Northern Europe by allied forces under General Eisenhower on June 6, 1944, was the largest amphibious operation in history and marked the beginning of the campaign to destroy Germany's Third Reich from the west. The program will cover preparation, the launch of the invasion and exploitation following the breakout from the Normandy bridgehead.

Leader: John Roseberg

Facilitator: Steve Renne

Date: Thursdays, 10/10, 10/17, 10/24

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$25



Lindbergh Baby Kidnapping: New Theories and Debates

HST-712-CLR4

(Class limit: 50) It is known as the crime of the century - the infamous kidnapping and murder of the infant son of Charles A. Lindbergh in 1932. Nearly a century after Bruno Richard Hauptmann died in the electric chair, questions that even then troubled many, have become more persistent. At the time, many individuals were not convinced of Hauptmann's guilt. In the decades since, only more theories and speculations have evolved. Join us for this class as we get to the heart of the mystery. We will review the facts of the case, the manhunt for the perpetrators, and the arrest, trial, conviction, and execution of Hauptmann. Learn how Lindbergh's actions could be considered an obstruction of justice. Discover how recent authors have all come to a similar conclusion: The real killer may have gotten away with it.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Thursday, 11/14

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Journeying with the Lewis & Clark Expedition

HST-712-CLR6

(Class limit: 50) Are you ready to adventure with the Lewis & Clark Expedition? Follow the Corp of Discovery's journey as they travel across the continent and back - all while meeting new peoples, studying flora and fauna, and trying to survive. Attendees will discover some of the amazing highlights (and terrible lows) of the two and a half-year journey. Ben Pollard of the Lewis & Clark State Historic Site will look at diplomatic relations with Native American tribes that aided the Expedition while also looking at some scientific contributions of the captains. Expect memorable anecdotes from the story while following the Western Ocean and back. This session will feature a Q & A session afterwards for those wanting to learn more. **NOTE:** This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional community colleges will be joining the online class. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Benjamin Pollard

Facilitator: Keith Hale (online)

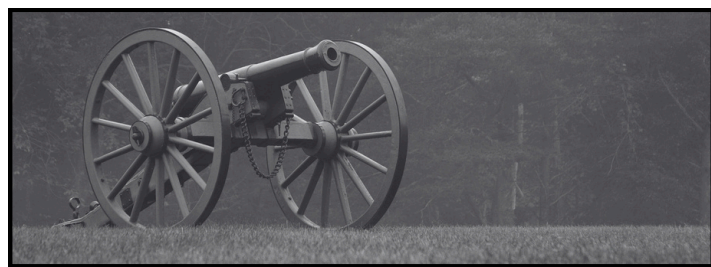
Gail Wallens (in-person)

Date: Tuesday, 11/12

Time: 1:30 – 3 pm

Place: Online via Zoom & Zoom Room

Fee: \$15



Illinois in the Civil War – By the Numbers

HST-712-CLR5

(Class limit: 50) Illinois stepped up and made major contributions to support the US in the Civil War. Learn about how many men volunteered, died in action, were awarded the Medal of Honor, where they traveled, what battles they fought in, their hardships, thoughts, and more. Also learn of brave courageous soldiers (including local forgotten soldiers buried nearby), and unusual, not so good, soldiers. Tens of thousands of books have been written about the many battles fought during the war and the generals who won and lost these battles, but this is not a program focusing on politics, generals, and battle strategies. Rather, it is about the numbers and details of average citizens who volunteered to serve and defend their nations, and about the units in which they served. Note, the Civil War had a much greater percentage of casualties than World War I, World War II, the War in Viet Nam, and other wars. This program includes many sad details of our numerous brave local ancestors who lost their lives by volunteering to their nation in its time of need.

Leader: Alan Burt

Facilitator: Jan Johnson

Date: Mondays, 11/25 & 12/2

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$20

A Walk Through the Military Memorial Museum of Upper Cumberland

HST-712-CLR7

(Class limit: 50) This course will be a narrated online PowerPoint presentation and tour of the Military Memorial Museum of Upper Cumberland in Crossville, TN. The museum covers the military history of the Upper Cumberland region of Tennessee from the American Civil War through our nation's current conflicts. The presentation will highlight men and women from Tennessee who participated in some of our nation's wars, various artifacts in the museum's collection and Camp Crossville, a WWII German POW camp located in Crossville. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Mark Pfaffenroth

Facilitator: Bob Bertolasi (online)

Keith Hale (in-person)

Date: Thursday, 12/5

Time: 1 – 2:30 pm

Place: Online via Zoom & Zoom Room

Fee: \$15

How the States Got Their Shapes – Part 1

HST-712-CLR8

(Class limit: 50) We are so familiar with the map of the United States that our state borders seem as much part of nature as mountains and rivers. Yet you may be surprised how politics, wars, geological features, bad surveys, battles between states, and petty grievances played into how our states got their shapes. For example: Why are many of the northeastern states so small compared to the other states? Why is Vermont not considered one of the original 13 states? Why is there a West Virginia but not an East Virginia? And why did Illinois, Minnesota, and Michigan gang up and take land away from Wisconsin? Join us for Part 1 of "How the States Got Their Shapes" for answers to these questions as we explore the original 13 states, the Northwest Territory, the Mississippi Territory and surrounding areas. Learn how we struggled as a young nation to develop from over-sized territories to more equally sized states. Part 2 will be offered in the Spring 2025 semester where we will examine the remaining states of the Union.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Mondays, 10/21 & 10/28

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$20

Lincoln's Presidency, Part 2

HST-712-CLR10

(Class limit: 75) This 2-session class will examine Lincoln as President and will address why Lincoln is considered the best President in our history.

Leader: Gene Van Galder

Facilitator: Arnie Ames & Malia Hennessy

Date: Tue/Wed, 10/29 & 10/30

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$20

History of Belvidere Assembly Plant

HST-720-CLR1

(Class limit: 50) In early 1963, two railroad representatives met with the Belvidere Daily Republican owner regarding his community. In the early fall, railroad officials returned and began buying farms southwest of Belvidere off I-90. In November 1963, Chrysler, one of the "Big Three" auto-makers, announced plans to build a new auto assembly plant. That was the beginning of the partnership between Belvidere and Chrysler that has lasted more than 60 years and produced more than 11 million cars. This presentation will document the ups and downs and possible future of the region's largest employer.

Leader: Mike Doyle

Facilitator: Donna Brookbank

Date: Thursday, 12/5

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

A Walk Through Time

HST-720-CLR2

(Class limit: 25) Take a walk back in time in Belvidere when South State Street was a dirt road. We will start at the Kishwaukee River and head towards Logan Ave. We will learn about the buildings that are still standing and those that are gone, who built them, and what businesses occupied them. This lecture is based on a book that will be for sale (\$20) afterwards.

Leader: Sonya Dobberfuhr

Facilitator: Donna Brookbank

Date: Friday, 9/27

Time: 10 – 11:30 am

Place: Boone County Museum of History

314 S. State St, Belvidere

Fee: \$15

Understanding Rockford's People through Its Churches

HST-720-CLR3

(Class limit: 50) Gain a greater understanding of the ethnic groups who built Rockford by learning about when and where they established their religious congregations. The initial English-speaking Protestant churches were joined starting in the 1850s by churches for the Irish and the Swedes. By the end of the 19th century, African-Americans and German and Jewish immigrants had established their first congregations. Italians, Poles, and Lithuanians got their own churches soon after the 1908 establishment of the Catholic Diocese of Rockford. The World Wars led to new African-American churches. More recently there are diverse congregations and places of worship such as Spanish-speaking, Muslim, Sikh, and Buddhist.

Leader: Lynell Cannell

Facilitator: Gail Wallens

Date: Thursday, 11/7

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

A Few of My Favorite Things: Stories from the Midway Village Museum Collections

HST-720-CLR4

(Class limit: 40) As Rockford's history museum, Midway Village Museum has collected more than 175,000 artifacts and documents since it opened in 1974. Now, on the occasion of the museum's 50th anniversary Curator Laura Furman shares some of the interesting artifacts and stories that she has found within the collections that don't usually get shared.

Leader: Laura Furman

Facilitator: Jan Johnson

Date: Friday, 10/18

Time: 1 – 2:30 pm

Place: Midway Village Museum

6799 Guilford Rd, Rockford

Fee: \$15

Greenwood Cemetery Stories

HST-720-CLR6

(Class limit: 50) Kathi Kresol has been researching and writing about Greenwood Cemetery history for almost two decades. Kathi will share the stories she has found with the audience. These stories will shine a spotlight on Rockford's past and also the darker history to be found here. These stories will be different than the earlier Cemetery Tour.

Leader: Kathi Kresol

Facilitator: Jan Johnson

Date: Thursday, 11/7

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

So You Think You Are a Rockford Historian

Part II

HST-720-CLR7

(Class limit: 40) If you enjoyed Amanda's Rockford trivia presentation in March, you'll enjoy this presentation as well because this is PART II.

Attendees will be able to test their general knowledge of Rockford history in a completely NEW round of pictures, questions etc. by playing a friendly game of Rockford Trivia hosted by Rockford Historical Society's vice president. Topics will include restaurants, events, famous personas, streets and buildings, schools, and more. If attendees do not know much Rockford history, by the end of class, they will know lots more!

Leader: Amanda Becker

Facilitator: Gail Wallens

Date: Monday, 10/14

Time: 2 – 4 pm

Place: Midway Village Museum

6799 Guilford Rd, Rockford

Fee: \$15

The Life & Times of Theodore Roosevelt

HST-725-CLR1

(Class limit: 50) Theodore Roosevelt would become our 26th president in 1901. During his time as president, he made a lasting impact on the United States. The many experiences he had prior to leading our nation helped to shape him as the person he became. Theodore Roosevelt was the most qualified individual who ever served as president through the many positions he held in public service. The course will trace his journey as a hunter, soldier, politician, reformer, and world leader during his lifetime. He left a legacy of accomplishments which will be shared in this presentation.

Leader: Edward O'Brien

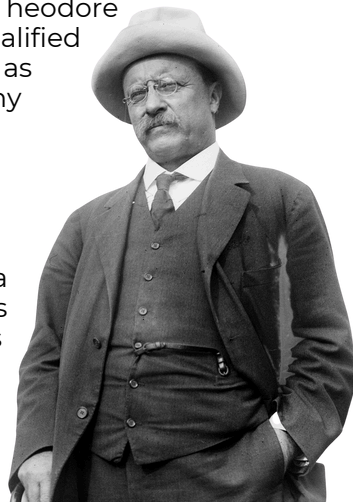
Facilitator: Arnie Ames

Date: Tuesday, 10/15

Time: 1 – 2:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



The Man Nobody Knows: Herbert Hoover

HST-725-CLR2

(Class limit: 50) If people know anything about Herbert Hoover it might be that he was President during the Great Depression. Yet his story is one of remarkable achievement, not failure. Born in a small two-room cottage for a family of five in a Quaker village, Hoover suffered the loss of both father and mother by the age of nine. He overcame adversity, became a millionaire by the age of 40 as a mining engineer and his story could have ended there. But he went on to walk away from his fortune and spent the next 50 years in humanitarian efforts and public service including being elected the 31st President of the United States. Learn more about the Man Nobody Knows from the director of the Herbert Hoover Presidential Library and Museum. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Dr. Thomas Schwartz

Facilitator: Keith Hale (online) April Rottman (in-person)

Date: Friday, 11/8

Time: 10 – 11:15 am

Place: Online via Zoom & Zoom Room

Fee: \$15

HUMANITIES

Opera Appreciation: Carmen

HUM-701-CLR1

(Class limit: 50) The opera *Carmen* by French composer Georges Bizet premiered in Paris in 1875 to a lukewarm audience and critics. The composer died shortly after not knowing that his opera would become one of the best known and beloved in the repertory. Based on a novella by Prosper Merimee, *Carmen* tells the story of a fiery and fiercely independent Spanish Roma (gypsy) girl and her inevitable death at the hands of her lover, don Jose, in defense of her freedom. This presentation will show opera highlights, the composer's background, and the revolutionary transition that would shift the focus from epic stories of nobility and historical figures to the mundane experiences of common people, "verismo". Some cultural aspects of Spain, bullfighting, the tobacco industry and the Roma journey from India will also be discussed. NOTE: The film is in Spanish with English subtitles.

Leader: Elvira Bayod-Ventimiglia

Facilitator: Linda Greene

Date: Friday, 9/27

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Beatles: Their Musical & Cultural Impact HUM-701-CLR2

(Class limit: 50) The Beatles as a group recorded music for only 7 years but their musical and cultural influence is felt and still significant 55 years later. In this class we will examine four key albums in their career (*A Hard Day's Night*, *Rubber Soul*, *Revolver*, and *Abbey Road*) by listening to key tracks, discussing the music and lyrics, and their impact of each on the wider culture. The British versions of each LP will be used. Their American counterparts will be discussed.

Leader: Steve Renne

Facilitator: Arnie Ames

Date: Thursday, 10/3

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Looney Learning: The Music

HUM-701-CLR3

(Class limit: 50) It's right there in their names: Looney Tunes and Merrie Melodies. Music was always a vital element in the classic Warner Bros. cartoons. We'll see a number of these animated gems and learn about the men who created and curated the music in them. **NOTE:** This class is 3 hours long, rather than my usual 2.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Wednesday, 10/9

Time: 9 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Historical Classical Music Appreciation: Baroque to Contemporary

HUM-701-CLR4

(Class limit: 50) It is said that music makes the world go around! ABSOLUTELY! All of us have music in our lives, from commercials to orchestra concerts. Maybe you've taken an appreciation class before but this one will be different. Firstly, a summary of the different classical periods from 1600 to 2000 will be discussed with reviews of composers in each period, and the life and style used within each period. Secondly, of major importance, instruments change per century. These changes will also be discussed as this dictates the type of composition being written. Using PowerPoint, with numerous musical examples presented, the styles will come to life. The presenter of this class has advanced MA and PhD degree credentials in piano performance and theory and has taught for more than 45 years. In addition, special emphasis at the Royal College of Music/UCLA program London gives her extra knowledge in the Romantic period including the composer Schumann.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer

Date: Monday, 11/11

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Foreign Film Appreciation:

Anatomy of a Fall

HUM-702-CLR1

(Class limit: 50) Samuel is discovered dead, lying bleeding in the snow after apparently falling from the attic of his house. Was it suicide or was it murder? His wife becomes the primary suspect and what follows is a courtroom drama that leads to more questions than answers. Can we ever know or fully understand the truth? According to film critic Bilge Ebiri the film "has both suspense and intellectual ambition; plot revelations don't just send the story in new directions, they expand the film's culture scope." The film is in English and French with English subtitles. Discussion to follow the film.

Leader: Elvira Bayod-Ventimiglia

Facilitator: Norma Freeberg

Date: Friday, 10/25

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Wood Family Christmas Music Album

HUM-710-CLR1

(Class limit: 50) There are a number of memorable movie scenes featuring Christmas music. This is a compilation of musical scenes that my family relishes every holiday season. Some of them may be new to you. Come join in the holiday fun!

Leader: Barry Wood

Facilitator: Robbin Nelson

Date: Tuesday, 12/10

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

I Love This Movie But...

HUM-710-CLR2

(Class limit: 50) The film is called *Big Trouble* and stars Peter Falk and Alan Arkin. It was released in 1986, the last movie directed by John Cassavetes. The plot is similar to that of *Double Indemnity*, a 1944 film noir, but this one is a screwball comedy. I love this movie, but a lot of people didn't like it at all, including, apparently, the director. Discussion to follow the film.

Leader: Barry Wood

Facilitator: Robbin Nelson

Date: Thursday, 10/3

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

ATTENTION:

When you register for classes be sure to note the locations. Some of the Fall classes are not held at the Bell School Road Center or are online offerings.

Hollywood & the Fourth Estate: *Call Northside 777*

HUM-710-CLR3

(Class limit: 50) James Stewart stars in this 1948 film as a Chicago newspaper reporter who digs into an 11-year-old murder case. The story is based on an actual wrongful conviction in the murder of a policeman in 1932. Discussion to follow the film.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 11/7

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Laurel & Hardy - Part 3

HUM-710-CLR4

(Class limit: 50) This third group of Laurel & Hardy short subjects will feature films that were not shown in the earlier classes.

Leader: Ron Schulz

Facilitator: Robbin Nelson

Date: Thursday, 9/19

Time: 1 – 3:15 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Songs of the Silver Screen

HUM-710-CLR5

(Class limit: 60) Please join us for a live presentation as we guide you through a century of outstanding films with back stories and fresh perspective that will keep you glued to your seat. It's a one-of-a-kind music-driven movie compilation that is sure to captivate adult audiences. You'll be glad you made time to attend. We hope to see you there!

Leader: John LeGear

Facilitator: Ellen Taylor-White

Date: Tuesday, 11/26

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Greatest Films: *Doctor Zhivago*

HUM-710-CLR6

(Class limit: 60) Another in our continuing series of great films. Plan to see and discuss this classic film and others in the series that are all ranked in the American Film Institute's 100 Greatest Films. This fall, we will screen *Doctor Zhivago*. Director David Lean created yet another epic masterpiece about the life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship of World War I and the October Revolution. The length of *Doctor Zhivago* will require us to see the film up to the intermission the first day and continue the film and discussion the second day. Don't miss this masterpiece!

Leader: Ron Johnson

Facilitator: Francys Johnson & Ellen Taylor-White

Date: Wed/Thur, 9/25 & 9/26

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$20

Greatest Films: *Mr. Smith Goes to Washington*

HUM-710-CLR7

(Class limit: 60) Just in time for the election of 2024, we will follow a naive youth leader, James Stewart, who is appointed to fill a vacancy in the U.S. Senate. Of course, politics has changed dramatically compared to Senator Smith's role as a Senator in 1939 and politics in 2024. But one thing remains the same: corruption. His idealistic plans promptly collide with corruption at home and subterfuge from his hero in Washington, but he tries to forge ahead despite attacks on his character. Discussion to follow the film.

Leader: Ron Johnson

Facilitator: Francys Johnson & Ellen Taylor-White

Date: Thursday, 10/24

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Greatest Films: *E.T. The Extra Terrestrial*

HUM-710-CLR8

(Class limit: 60) Bring your young grand children! *E.T. the Extra-Terrestrial* is a 1982 American science fiction film produced and directed by Steven Spielberg and written by Melissa Mathieson. If you don't remember this exciting film, *E.T.* tells the story of Elliott, a young boy who befriends an extra-terrestrial, dubbed E.T., who is left behind on Earth. Along with his friends and family, Elliott must find a way to help E.T. find his way home. Elliott: "You could be happy here, I could take care of you. I wouldn't let anybody hurt you. We could grow up together, E.T." and E.T. responds:[famous line] "E.T. phone home."

Leader: Ron Johnson

Facilitator: Francys Johnson & Ellen Taylor-White

Date: Monday, 11/11

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Greatest Films: *The Sting & Butch Cassidy and the Sundance Kid*

HUM-710-CLR9

(Class limit: 60) Come enjoy two great movies with two great stars on two days in November directed by one great director: George Roy Hill! Both films star both Paul Newman and Robert Redford. *The Sting* is a 1973 American caper film set in September 1936, involving a complicated plot by two professional grifters to con a mob boss. *Butch Cassidy and the Sundance Kid* is a 1969 American Western buddy film. Based loosely on fact, the film tells the story of Wild West outlaws Robert LeRoy Parker, known as Butch Cassidy, and his partner Harry Longabaugh, the "Sundance Kid." Discussion to follow both films.

Leader: Ron Johnson

Facilitator: Francys Johnson & Ellen Taylor-White

Date: Tue/Thur, 11/19 & 11/21

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$20

Registrant #1

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - FALL 2024

(All classes listed are for Center members. To join the Center, please refer to information below.)

Name: _____ ID# (office use): _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: (Home) _____ (Cell) _____

Email Address: _____ Date of Birth: _____



Must be a current CLR member to register for Fall classes.



- I am a current CLR member and have already paid my 2024 dues.
- I am a past CLR member and I would like to renew my annual membership for 2024. My \$35 dues for 2024 are included.
- I would like to join CLR. My \$35 dues for 2024 are included. *(Complete the application below)*

PAYMENT

Make checks payable to Rock Valley College. CLR cannot accept credit/debit card payments and recommends members pay with check or cash. Separate checks for class and event registrations.

Amount paid for classes \$ _____

2024 Membership Dues - \$35 \$ _____
(new/renewing members only)

TOTAL AMOUNT \$ _____

Check # _____ Cash payment

Mail registration form and check to:

Rock Valley College - CLR
3301 N. Mulford Road
Rockford, IL 61114

Phone: (815) 921-3931
Fax: (815) 921-3939

PLEASE NOTE: Remember to clearly indicate your class choices on the reverse side of this form. Register early and be aware that you may not get all the classes requested as classes become filled. Waiting lists are kept for full classes. Review the Student Schedule that will be sent to you for confirmation of the classes you get into. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Refund for classes that you did not get registered for will be mailed out after the semester begins. There is a \$5 processing fee per class for cancellations.

B. APPLICATION FOR ADMISSION TO ROCK VALLEY COLLEGE

(To be filled out if you have not taken classes at Rock Valley College within the last five years.)

Date of Birth: _____ Gender: Male Female U.S. Citizen: Yes No

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(OR Are you of Spanish origin?)

- Yes Hispanic or Latino
- Not Hispanic or Latino

2. Are you from one or more of the following racial groups?
(Select all that apply)

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White
- Choose Not to Respond

3. Please identify your primary racial/ethnic group (select one).

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White
- Choose Not to Respond

4. Are you in the United States on a Visa Nonresident Alien?

- Yes in the United States on a Visa. Provide Home Country of Origin _____
- Not in the United States on a Visa

CLR FALL 2024 COURSE SELECTIONS

✓ Course Code	Page	Course Title	Cost	✓ Course Code	Page	Course Title	Cost	✓ Course Code	Page	Course Title	Cost
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☐ ART-701-CLR3	4	Acrylic - Light	\$20	☐ HLT-725-CLR11	12	Eat Your Best 9/24	\$15	☐ SOC-706-CLR2	26	Ukraine Update	\$15
☐ ART-701-CLR4	4	Pastel Painting	\$25	☐ HLT-725-CLR12	12	Eat Your Best 9/30	\$15	☐ SOC-706-CLR3	26	Policy Advocacy	\$5
☐ ART-701-CLR5	4	Chinese Painting I	\$25	☐ HST-701-CLR1	12	Liquid Bread [Z]	\$15	☐ SOC-710-CLR1	26	King Tut's Tomb	\$20
☐ ART-701-CLR6	4	Chinese Painting II	\$25	☐ HST-701-CLR2	13	Famous Walls	\$15	☐ SOC-710-CLR2	26	The Amazing Maya	\$25
☐ ART-701-CLR7	5	Watercolor Fall	\$35	☐ HST-701-CLR3	13	History of Slavery	\$20	☐ SOC-710-CLR3	27	Cape Town	\$15
☐ ART-713-CLR1	5	Art of Woodburning	\$20	☐ HST-712-CLR1	13	Abraham Lincoln	\$15	☐ SOC-710-CLR4	27	Dickson Mounds [Z]	\$15
☐ ART-720-CLR1	5	Beginning Quilting	\$30	☐ HST-712-CLR2	13	Jerks in Chicago	\$15	☐ SOC-717-CLR1	27	Culture Wars	\$15
☐ ART-720-CLR2	5	Cardmaking: Tips	\$15	☐ HST-712-CLR3	13	D-Day	\$25	☐ SOC-717-CLR2	27	Minority Rule [H]	\$15
☐ ART-720-CLR3	5	Cardmaking: Folds	\$15	☐ HST-712-CLR4	14	Lindbergh Baby	\$15	☐ SOC-717-CLR3	27	3rd Party Cand.	\$15
☐ ART-720-CLR5	5	Art of Tangling	\$15	☐ HST-712-CLR5	14	IL in the Civil War	\$20	☐ SOC-717-CLR4	28	The 2024 Election	\$15
☐ ART-720-CLR6	6	Holiday Ornaments	\$20	☐ HST-712-CLR6	14	Lewis & Clark [Z]	\$15	☐ SOC-721-CLR1	28	Beg. Genealogy	\$20
☐ ART-720-CLR7	6	Ceramic Gnome	\$30	☐ HST-712-CLR7	14	Mem. Museums [Z]	\$15	☐ SOC-730-CLR1	28	Crime Increase	\$15
☐ ART-720-CLR8	6	Ceramic Tree	\$40	☐ HST-712-CLR8	15	States Shapes	\$20	☐ SOC-760-CLR1	28	Mission, Purpose...	\$20
☐ ART-720-CLR9	6	Charm Bracelet	\$20	☐ HST-712-CLR10	15	Lincoln's Presidency	\$20	☐ SOC-760-CLR2	28	I'm Positive I'm Aging	\$15
☐ ART-720-CLR10	6	Greeting Card	\$15	☐ HST-720-CLR1	15	Belv. Assembly Plant	\$15	☐ SOC-760-CLR3	28	Humor Dev.	\$15
☐ CMP-702-CLR1	7	The Cloud	\$15	☐ HST-720-CLR2	15	Walk Through Time	\$15	☐ SOC-760-CLR4	29	4 Elem. of Self-Love	\$15
☐ CMP-702-CLR2	7	Computer Basics	\$30	☐ HST-720-CLR3	15	Rockford's People	\$15	☐ SPC-715-CLR1	29	AARP Smart Driver	\$0
☐ CMP-702-CLR3	7	Computer Files	\$20	☐ HST-720-CLR4	15	My Favorite Things	\$15	☐ SPC-720-CLR1	29	Fall Flowers AM	\$45
☐ CMP-702-CLR4	7	Editing Photos	\$25	☐ HST-720-CLR6	16	Greenwood Stories	\$15	☐ SPC-720-CLR2	29	Fall Flowers PM	\$45
☐ CMP-702-CLR5	7	Making Labels	\$20	☐ HST-720-CLR7	16	Rockford Historian	\$15	☐ SPC-720-CLR3	29	Holiday Flowers AM	\$45
☐ CMP-703-CLR1	7	Self-Publishing	\$15	☐ HST-725-CLR1	16	Roosevelt	\$15	☐ SPC-720-CLR4	29	Holiday Flowers PM	\$45
☐ CMP-703-CLR2	8	Travel Websites	\$15	☐ HST-725-CLR2	16	Herbert Hoover [Z]	\$15	☐ SPC-720-CLR5	30	Collect/Sell Vinyl LPs	\$15
☐ CMP-703-CLR3	8	Using Your Android	\$15	☐ HUM-701-CLR1	16	Opera Appreciation	\$15	☐ SPC-753-CLR1	30	Cards & Games	\$45
☐ CMP-703-CLR4	8	Drones	\$15	☐ HUM-701-CLR2	17	Beatles	\$15	☐ SPC-760-CLR1	30	Intro to Pickleball	\$30
☐ CMP-703-CLR5	8	Smartphone Basics	\$20	☐ HUM-701-CLR3	17	Looney Learning	\$15	☐ SPC-760-CLR2	30	Pickleball II	\$30
☐ CMP-703-CLR6	9	Technology & AI	\$20	☐ HUM-701-CLR4	17	Classical Music	\$15	☐ SPC-790-CLR1	30	Transform Rockford	\$5
☐ CMP-702-CLR7	9	iPhone/iPad 10/8	\$15	☐ HUM-702-CLR1	17	Foreign Film	\$15	☐ SPC-790-CLR2	30	Weird Wonderful IL [Z]	\$15
☐ CMP-702-CLR8	9	iPhone/iPad 10/10	\$15	☐ HUM-710-CLR1	17	Wood Family	\$15	☐ SPC-790-CLR3	31	Rkfd's Capt. Imp.	\$5
☐ FIN-701-CLR1	9	Estate Planning	\$15	☐ HUM-710-CLR2	17	I Love This Movie but	\$15	☐ SPC-790-CLR4	31	Funeral Planning	\$15
☐ FIT-750-CLR1	9	Nordic Pole Walking	\$15	☐ HUM-710-CLR3	18	Hollywood & Fourth	\$15	☐ SPC-790-CLR5	31	Senior Living Opt.	\$15
☐ FIT-767-CLR1	9	Vivo Fitness 8/27 [Z]	\$110	☐ HUM-710-CLR4	18	Laurel & Hardy	\$15	☐ SPC-790-CLR7	31	RVC Update	\$5
☐ FIT-767-CLR2	9	Vivo Fitness 10/22 [Z]	\$110	☐ HUM-710-CLR5	18	Songs Silver Screen	\$15	☐ SPC-790-CLR8	31	Bldg. Strong Fdtn.	\$5
☐ FIT-768-CLR1	10	Chair Yoga 1	\$45	☐ HUM-710-CLR6	18	Doctor Zhivago	\$20	☐ SPC-790-CLR9	31	Unusual Aircraft	\$15
☐ FIT-768-CLR2	10	Chair Yoga 2	\$45	☐ HUM-710-CLR7	18	Mr. Smith	\$15	☐ SPC-790-CLR10	32	National Cemeteries	\$15
☐ FIT-768-CLR3	10	Chair Yoga 3	\$45	☐ HUM-710-CLR8	18	ET	\$15	☐ SPC-790-CLR11	32	Energy Savings [Z]	\$15
☐ FIT-768-CLR5	10	Tai Chi & Chi Kung	\$15	☐ HUM-710-CLR9	18	Sting & Butch Cass.	\$20	☐ TOU-700-CLR1	32	Knightsville Walking	\$15
☐ HLT-705-CLR1	10	Medical Aid in Dying	\$15	☐ HUM-714-CLR1	23	Instant Irony	\$15	☐ TOU-700-CLR2	32	Rkfd. Airport Tour	\$15
☐ HLT-705-CLR2	10	Final Wishes	\$15	☐ HUM-741-CLR1	23	Line Dancing	\$25	☐ TOU-700-CLR3	32	Funderburg House	\$20
☐ HLT-705-CLR3	10	Home Care & VA	\$15	☐ REL-703-CLR1	23	True Islam 101	\$25	☐ TOU-700-CLR4	32	Greenwood Cem.	\$15
☐ HLT-725-CLR1	11	Move for Health	\$15	☐ REL-703-CLR2	23	Poor Clare Nuns	\$15	☐ TOU-700-CLR5	33	Barloga's 3rd House	\$15
☐ HLT-725-CLR2	11	Arthritis/Osteoarth.	\$15	☐ REL-710-CLR1	23	Compare Gospels	\$30	☐ TOU-700-CLR7	33	Patterns... Garden	\$25
☐ HLT-725-CLR3	11	Healthy Aging	\$15	☐ SCI-700-CLR1	23	Modern Man	\$15	☐ TVL-700-CLR1	33	Ancient Greece	\$15
☐ HLT-725-CLR4	11	Nature's Pharmacy	\$15	☐ SCI-700-CLR2	24	Native Amer. Dwell [Z]	\$15	☐ TVL-700-CLR2	33	France & French Life	\$15
☐ HLT-725-CLR5	11	Senior Self-Care	\$15	☐ SCI-700-CLR3	24	Nature Crafts [Z]	\$15	☐ TVL-700-CLR3	33	Adv. Along Miss.	\$15
☐ HLT-725-CLR6	11	Aging Gracefully	\$15	☐ SCI-700-CLR4	24	Race to the Moon [H]	\$15	☐ TVL-700-CLR4	33	Travelogue: Cuba	\$15
☐ HLT-725-CLR7	12	Geriatric Massage	\$15	☐ SCI-765-CLR1	24	Bird Photography	\$15				
☐ HLT-725-CLR8	12	Cook Medit. 10/4	\$20	☐ SCI-765-CLR2	24	Soaring w/ Eagles	\$15				
				☐ SCI-765-CLR3	25	Birdwatching	\$20				
				☐ SOC-703-CLR1	25	Ethics Mod. Life [Z]	\$15				
				☐ SOC-703-CLR2	25	Alternative Educ. [Z]	\$15				

Total amount: _____

[Z] Indicates an online class via Zoom

[H] Indicates a Hybrid class (in person and online)

Registrant #2

Questions:
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(new/renewing members only)

TOTAL AMOUNT \$ _____

Check # _____ Cash payment

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3301 N. Mulford Road
Rockford, IL 61114

Phone: (815) 921-3931
Fax: (815) 921-3939

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□ ART-701-CLR3	4	Acrylic - Light	\$20	□ HLT-725-CLR11	12	Eat Your Best 9/24	\$15	□ SOC-706-CLR2	26	Ukraine Update	\$15
□ ART-701-CLR4	4	Pastel Painting	\$25	□ HLT-725-CLR12	12	Eat Your Best 9/30	\$15	□ SOC-706-CLR3	26	Policy Advocacy	\$5
□ ART-701-CLR5	4	Chinese Painting I	\$25	□ HST-701-CLR1	12	Liquid Bread [Z]	\$15	□ SOC-710-CLR1	26	King Tut's Tomb	\$20
□ ART-701-CLR6	4	Chinese Painting II	\$25	□ HST-701-CLR2	13	Famous Walls	\$15	□ SOC-710-CLR2	26	The Amazing Maya	\$25
□ ART-701-CLR7	5	Watercolor Fall	\$35	□ HST-701-CLR3	13	History of Slavery	\$20	□ SOC-710-CLR3	27	Cape Town	\$15
□ ART-713-CLR1	5	Art of Woodburning	\$20	□ HST-712-CLR1	13	Abraham Lincoln	\$15	□ SOC-710-CLR4	27	Dickson Mounds [Z]	\$15
□ ART-720-CLR1	5	Beginning Quilting	\$30	□ HST-712-CLR2	13	Jerks in Chicago	\$15	□ SOC-717-CLR1	27	Culture Wars	\$15
□ ART-720-CLR2	5	Cardmaking: Tips	\$15	□ HST-712-CLR3	13	D-Day	\$25	□ SOC-717-CLR2	27	Minority Rule [H]	\$15
□ ART-720-CLR3	5	Cardmaking: Folds	\$15	□ HST-712-CLR4	14	Lindbergh Baby	\$15	□ SOC-717-CLR3	27	3rd Party Cand.	\$15
□ ART-720-CLR5	5	Art of Tangling	\$15	□ HST-712-CLR5	14	IL in the Civil War	\$20	□ SOC-717-CLR4	28	The 2024 Election	\$15
□ ART-720-CLR6	6	Holiday Ornaments	\$20	□ HST-712-CLR6	14	Lewis & Clark [Z]	\$15	□ SOC-721-CLR1	28	Beg. Genealogy	\$20
□ ART-720-CLR7	6	Ceramic Gnome	\$30	□ HST-712-CLR7	14	Mem. Museums [Z]	\$15	□ SOC-730-CLR1	28	Crime Increase	\$15
□ ART-720-CLR8	6	Ceramic Tree	\$40	□ HST-712-CLR8	15	States Shapes	\$20	□ SOC-760-CLR1	28	Mission, Purpose...	\$20
□ ART-720-CLR9	6	Charm Bracelet	\$20	□ HST-712-CLR10	15	Lincoln's Presidency	\$20	□ SOC-760-CLR2	28	I'm Positive I'm Aging	\$15
□ ART-720-CLR10	6	Greeting Card	\$15	□ HST-720-CLR1	15	Belv. Assembly Plant	\$15	□ SOC-760-CLR3	28	Humor Dev.	\$15
□ CMP-702-CLR1	7	The Cloud	\$15	□ HST-720-CLR2	15	Walk Through Time	\$15	□ SOC-760-CLR4	29	4 Elem. of Self-Love	\$15
□ CMP-702-CLR2	7	Computer Basics	\$30	□ HST-720-CLR3	15	Rockford's People	\$15	□ SPC-715-CLR1	29	AARP Smart Driver	\$0
□ CMP-702-CLR3	7	Computer Files	\$20	□ HST-720-CLR4	15	My Favorite Things	\$15	□ SPC-720-CLR1	29	Fall Flowers AM	\$45
□ CMP-702-CLR4	7	Editing Photos	\$25	□ HST-720-CLR6	16	Greenwood Stories	\$15	□ SPC-720-CLR2	29	Fall Flowers PM	\$45
□ CMP-702-CLR5	7	Making Labels	\$20	□ HST-720-CLR7	16	Rockford Historian	\$15	□ SPC-720-CLR3	29	Holiday Flowers AM	\$45
□ CMP-703-CLR1	7	Self-Publishing	\$15	□ HST-725-CLR1	16	Roosevelt	\$15	□ SPC-720-CLR4	29	Holiday Flowers PM	\$45
□ CMP-703-CLR2	8	Travel Websites	\$15	□ HST-725-CLR2	16	Herbert Hoover [Z]	\$15	□ SPC-720-CLR5	30	Collect/Sell Vinyl LPs	\$15
□ CMP-703-CLR3	8	Using Your Android	\$15	□ HUM-701-CLR1	16	Opera Appreciation	\$15	□ SPC-753-CLR1	30	Cards & Games	\$45
□ CMP-703-CLR4	8	Drones	\$15	□ HUM-701-CLR2	17	Beatles	\$15	□ SPC-760-CLR1	30	Intro to Pickleball	\$30
□ CMP-703-CLR5	8	Smartphone Basics	\$20	□ HUM-701-CLR3	17	Looney Learning	\$15	□ SPC-760-CLR2	30	Pickleball II	\$30
□ CMP-703-CLR6	9	Technology & AI	\$20	□ HUM-701-CLR4	17	Classical Music	\$15	□ SPC-790-CLR1	30	Transform Rockford	\$5
□ CMP-702-CLR7	9	iPhone/iPad 10/8	\$15	□ HUM-702-CLR1	17	Foreign Film	\$15	□ SPC-790-CLR2	30	Weird Wonderful IL [Z]	\$15
□ CMP-702-CLR8	9	iPhone/iPad 10/10	\$15	□ HUM-710-CLR1	17	Wood Family	\$15	□ SPC-790-CLR3	31	Rkfd's Capt. Imp.	\$5
□ FIN-701-CLR1	9	Estate Planning	\$15	□ HUM-710-CLR2	17	I Love This Movie but	\$15	□ SPC-790-CLR4	31	Funeral Planning	\$15
□ FIT-750-CLR1	9	Nordic Pole Walking	\$15	□ HUM-710-CLR3	18	Hollywood & Fourth	\$15	□ SPC-790-CLR5	31	Senior Living Opt.	\$15
□ FIT-767-CLR1	9	Vivo Fitness 8/27 [Z]	\$110	□ HUM-710-CLR4	18	Laurel & Hardy	\$15	□ SPC-790-CLR7	31	RVC Update	\$5
□ FIT-767-CLR2	9	Vivo Fitness 10/22 [Z]	\$110	□ HUM-710-CLR5	18	Songs Silver Screen	\$15	□ SPC-790-CLR8	31	Bldg. Strong Fdtn.	\$5
□ FIT-768-CLR1	10	Chair Yoga 1	\$45	□ HUM-710-CLR6	18	Doctor Zhivago	\$20	□ SPC-790-CLR9	31	Unusual Aircraft	\$15
□ FIT-768-CLR2	10	Chair Yoga 2	\$45	□ HUM-710-CLR7	18	Mr. Smith	\$15	□ SPC-790-CLR10	32	National Cemeteries	\$15
□ FIT-768-CLR3	10	Chair Yoga 3	\$45	□ HUM-710-CLR8	18	ET	\$15	□ SPC-790-CLR11	32	Energy Savings [Z]	\$15
□ FIT-768-CLR5	10	Tai Chi & Chi Kung	\$15	□ HUM-710-CLR9	18	Sting & Butch Cass.	\$20	□ TOU-700-CLR1	32	Knightsville Walking	\$15
□ HLT-705-CLR1	10	Medical Aid in Dying	\$15	□ HUM-714-CLR1	23	Instant Irony	\$15	□ TOU-700-CLR2	32	Rkfd. Airport Tour	\$15
□ HLT-705-CLR2	10	Final Wishes	\$15	□ HUM-741-CLR1	23	Line Dancing	\$25	□ TOU-700-CLR3	32	Funderburg House	\$20
□ HLT-705-CLR3	10	Home Care & VA	\$15	□ REL-703-CLR1	23	True Islam 101	\$25	□ TOU-700-CLR4	32	Greenwood Cem.	\$15
□ HLT-725-CLR1	11	Move for Health	\$15	□ REL-703-CLR2	23	Poor Clare Nuns	\$15	□ TOU-700-CLR5	33	Barloga's 3rd House	\$15
□ HLT-725-CLR2	11	Arthritis/Osteoarth.	\$15	□ REL-710-CLR1	23	Compare Gospels	\$30	□ TOU-700-CLR7	33	Patterns... Garden	\$25
□ HLT-725-CLR3	11	Healthy Aging	\$15	□ SCI-700-CLR1	23	Modern Man	\$15	□ TVL-700-CLR1	33	Ancient Greece	\$15
□ HLT-725-CLR4	11	Nature's Pharmacy	\$15	□ SCI-700-CLR2	24	Native Amer. Dwell [Z]	\$15	□ TVL-700-CLR2	33	France & French Life	\$15
□ HLT-725-CLR5	11	Senior Self-Care	\$15	□ SCI-700-CLR3	24	Nature Crafts [Z]	\$15	□ TVL-700-CLR3	33	Adv. Along Miss.	\$15
□ HLT-725-CLR6	11	Aging Gracefully	\$15	□ SCI-700-CLR4	24	Race to the Moon [H]	\$15	□ TVL-700-CLR4	33	Travelogue: Cuba	\$15
□ HLT-725-CLR7	12	Geriatric Massage	\$15	□ SCI-765-CLR1	24	Bird Photography	\$15				
□ HLT-725-CLR8	12	Cook Medit. 10/4	\$20	□ SCI-765-CLR2	24	Soaring w/ Eagles	\$15				
				□ SCI-765-CLR3	25	Birdwatching	\$20				
				□ SOC-703-CLR1	25	Ethics Mod. Life [Z]	\$15				
				□ SOC-703-CLR2	25	Alternative Educ. [Z]	\$15				

Total amount: _____

[Z] Indicates an online class via Zoom

[H] Indicates a Hybrid class (in person and online)

Instant Irony

HUM-714-CLR1

(Class limit: 20) Wars, trials, crimes, climate, celebrities, and the re-match election the day after this class. It's too much! That's exactly why we need to laugh, groan, analyze, and applaud irony wherever we find it. Too much material I threw away before deciding to give twice-a-year classes a try. From unexpected heroes to shameful behavior, you can't make this *%!# up!

Leader: Carey Kelley

Facilitator: Midge Tesch

Date: Monday, 11/4

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Beginning Line Dancing

HUM-741-CLR1

(Class limit: 30) Learn basic line dance steps by instructor demonstration and then trying it yourself. Steps will be put together for line dancing to specific songs. It will not be all country music. Handouts with dance steps will be provided. Come and have fun!

Leader: Sharon Trudel

Facilitator: Jan Johnson

Date: Fridays, 11/1, 11/8, 11/15, 11/22

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$25

RELIGION

True Islam 101

REL-703-CLR1

(Class limit: 20) Come to know what real Islam is all about and create bridges to other religions. Learn what is true Islamic faith, practices, manners, disciplines, law (Shareea), and other issues. This class will clarify common misconceptions about Islam and women in Islam. Learn about the Prophet Muhammad and much more. Gain an understanding about the Muslim way of life from a practicing Muslim. This is a prerequisite for a class to be offered in the spring about the Quran.

Leader: Zaher Qassem

Facilitator: Loyd Wollstadt

Date: Mon/Wed/Thur, 9/16, 9/18, 9/19

Time: 5:30 – 7 pm

Place: Muslim Community Center

5921 Darlene Dr, Rockford

Fee: \$25



History & Life of the Poor Clare Nuns

REL-703-CLR2

(Class limit: 24) Founded by St. Clare of Assisi in 1212. History 1212-2024. Monastic customs we observe are passed on to us unbroken from the 100's AD. Lots of interesting details to share. From our beginnings, we were founded as a cloistered, contemplative order. What does all this mean... come and find out! All and any questions are welcome. Last time to be offered. Fills very quickly.

Leader: Mother Dominica

Facilitator: Mary Ann Akerman

Date: Thursday, 9/12

Time: 2:30 – 4 pm

Place: Poor Clare Monastery

2111 S. Main St, Rockford

Fee: \$15

Comparing the Gospels

REL-710-CLR1

(Class limit: 60) Each of the Gospels is similar, yet different. Knowing the unique approach and distinctive perspective of each evangelist can provide the reader with fascinating insights into Jesus' identity and mission. If possible, read through Mark's Gospel for the first session. Please bring your Bible to class.

Leader: John McGrath

Facilitator: Malia Hennessy & Ellen Taylor-White

Date: Wednesdays, 10/16, 10/23, 10/30, 11/13 (skip 11/6)

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$30

SCIENCE

The Many Paths to Modern Man

SCI-700-CLR1

(Class limit: 20) In the years since the mid-20th century, many significant discoveries of our earliest human ancestors have been made. These ancient fossils have reshaped our picture of how modern man evolved from an ape-like ancestor to our present form. While there are still many mysteries about this journey, we will discuss what we do know and how our ideas about early man have changed in the last 70 years.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 11/18

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Native American Dwellings in Our National Park System

SCI-700-CLR2

(Class limit: 50) From Florida's Canaveral National Seashore to Mesa Verde National Park and north to Katmai National Park, we will explore tribal history through the structures left behind by Native Americans and now protected in our National Park System. This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by College of DuPage 2 minutes before the class is scheduled to begin.

Leader: David Kroese

Facilitator: Bob Bertolasi

Date: Thursday, 10/17

Time: 1 – 3 pm

Place: Online via Zoom

Fee: \$15

How Nature Crafts the Amazing Features on the Earth's Surface!

SCI-700-CLR3

(Class limit: 50) Plate Tectonics is the shifting of the Earth's crust...let's take a look at how that shifting takes place. What kinds of landform features are created? Looking around where you live...can you identify the evidence that details how plate tectonics has been at work? Mountains, volcanoes, and earthquakes are some of the more obvious clues to our shifting crust. What are the subtler features that most of us overlook? This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.

Leader: Suzanne Rausch

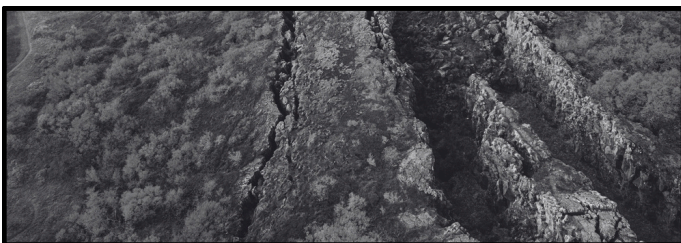
Facilitator: Lynnette Danzl-Tauer

Date: Tuesday, 11/12

Time: 10 – 11:30 am

Place: Online via Zoom

Fee: \$15



Race to the Moon, Part 3: Project Apollo

SCI-700-CLR4

(Class limit: 50) Project Apollo applied and built on the lessons learned from Projects Mercury and Gemini to achieve the ultimate goal of sending astronauts to the moon and returning them safely. Using the massive and reliable Saturn V rocket (7.6 million lbs of thrust) astronauts for the first time were able to leave lower earth's orbit and fly to the moon. Ultimately, twelve men walked on the moon but NASA employed a staggering team of 400,000 employees and contractors who contributed to the achievement. Apollo is a story of tragedy, meticulous engineering, and human perseverance. Please join us as we discuss one of the most significant exploration accomplishments of all time.

NOTE: No need to have attended Parts 1 & 2 to take this class. This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional community colleges will be joining the Zoom class. This is a HYBRID class and can be attended in-person or online.

Leader: Mike Frederiksen

Facilitator: Arnie Ames (online)

Keith Hale (in-person)

Date: Wednesday, 10/9

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 2 or

Online via Zoom

Fee: \$15

Bird Photography

SCI-765-CLR1

(Class limit: 50) This class will feature native and migratory bird photographs taken at my feeders and in local parks. We'll discuss favorite locations, camera equipment, types of feeders and common types of feed. The bulk of the program will feature images of birds common to our area.

Leader: Dave Donahue

Facilitator: Bob Bertolasi

Date: Thursday, 9/19

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Soaring with the Eagles

SCI-765-CLR2

(Class limit: 50) This course is a photographic PowerPoint presentation for anyone fascinated by the majestic American Bald Eagle. This will include a comprehensive exploration of eagles, focusing on their biology, ecology, and conservation. Participants will marvel and laugh at the mischievous behavior of the young eaglets. Please grab a parachute and try soaring with the eagles!

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Leader: Kurt Van Galder

Facilitator: Ellen Taylor-White

Date: Friday, 10/4

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Backyard Birdwatching at Severson Dells Nature Center SCI-765-CLR3

(Class limit: 20) Are you interested in what sort of birds you can find in your backyard? Join Severson Dells Nature Center for a quick bird ID lesson and then head out onto the trails to see what we can spot. Learn about some common birds located in Northern IL, how to use binoculars, and great technology resources to help ID our feathered friends. This class will be partially inside and partially outside. The walk will take place on a paved loop and be approximately 5/8 of a mile long. Please wear comfortable walking shoes.

Leader: Liz Wiener
Facilitator: Jack Croffoot
Date: Thursday, 9/26
Time: 9 – 10:30 am
Place: Severson Dells Nature Center
8786 Montague Rd, Rockford
Fee: \$20

SOCIAL SCIENCES

Ethics in Modern Life: Institutions Named after People Who Owned Slaves SOC-703-CLR1

(Class limit: 50) Should the Audubon Society, streets, schools and other institutions, change their names because they are named after people who owned slaves? Come share your views in this interactive online discussion class! This is a COLLEGE COLLABORATION class. **NOTE:** participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.

Leader: Sarah Rosenson
Facilitator: Jan Johnson
Date: Wednesday, 10/2
Time: 10 – 11:30 am
Place: Online via Zoom
Fee: \$15

The Alternative Education Movement of the 60s & 70s: Problems, Programs and Impact SOC-703-CLR2

(Class limit: 50) In the 1960's, widespread discontent with the methods, structure, and curricula of traditional schooling led to the development of a movement to provide alternative forms of education. The result was a several decades long grand experiment in educational innovation. This movement significantly transformed our understanding of learning and what schools should look like, influencing some of what we see in education even today. Participants will learn about several particular alternative school programs to discover more about how these innovations were applied and what they accomplished. We'll also examine what we learned from this movement and how it has affected educational practice since. Participants will get this "guided tour" through the alternative education movement from someone who was educated in two nationally recognized alternative education programs. This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by Illinois Valley Community College 2 minutes before the class is scheduled to begin.

Leader: Jason Beyer
Facilitator: Jan Johnson
Date: Tuesday, 10/29
Time: 3 – 5:30 pm
Place: Online via Zoom
Fee: \$15



Are You Protected? - Personal Insurance Principals & Protection SOC-703-CLR3

(Class limit: 20) This presentation will provide a basic understanding of personal insurance to help participants make educated decisions when it comes to their insurance needs. Auto, home, umbrella, and life insurance coverages will be discussed. The instructor has 38 years of insurance experience and will present facts and market trends to better prepare participants for their family's needs. Open discussion will be encouraged.

Leader: Chuck Harkness
Facilitator: Bob Bertolasi
Date: Thursday, 10/10
Time: 1 – 2:30 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$15

What in the World Is Going On?

SOC-706-CLR1

(Class limit: 30) This course will provide participants with an opportunity to discuss world, national, and local/regional current events. Articles from newspapers, journals, and electronic media are used to prompt and stimulate discussion and dialogue on two or more topics each week. Active participation among class members is encouraged and all viewpoints are welcome.

Leader: Steve Renne

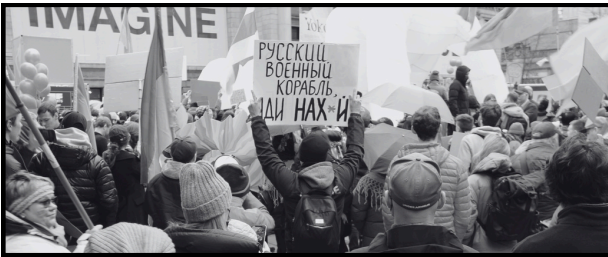
Facilitator: Arnie Ames

Date: Tuesdays, 10/1, 10/8, 10/15, 10/22, 10/29, 11/12 (skip 11/5)

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$35



Ukraine Update

SOC-706-CLR2

(Class limit: 50) This September it has been more than two and a half years since Russia started the war with Ukraine. In this session, we will take a look at the key moments in this conflict, and the current situation there. Who is winning? How are the U.S. and the E.U. continuing to support the Ukrainians with weapons and ammunition to help them defend their homeland? What has each side won and lost so far? And, how might it end? (If the war has ended by the date of this class, we will focus on when and how it ended, any treaties/agreements made, and what it will take to rebuild the Ukraine.)

Leader: Linda Greene

Facilitator: Keith Hale

Date: Monday, 9/16

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Policy Advocacy 101

SOC-706-CLR3

(Class limit: 60) What is policy advocacy and how are you involved? Whether you are an outspoken critic of injustice, or you speak your mind on social media, your voice makes a difference! This class will share best practices in changing public policy and teach examples from U.S. history and current events. Come to learn more and share your ideas! This is a community/diversity awareness class.

Leader: Rev. Violet Johnicker

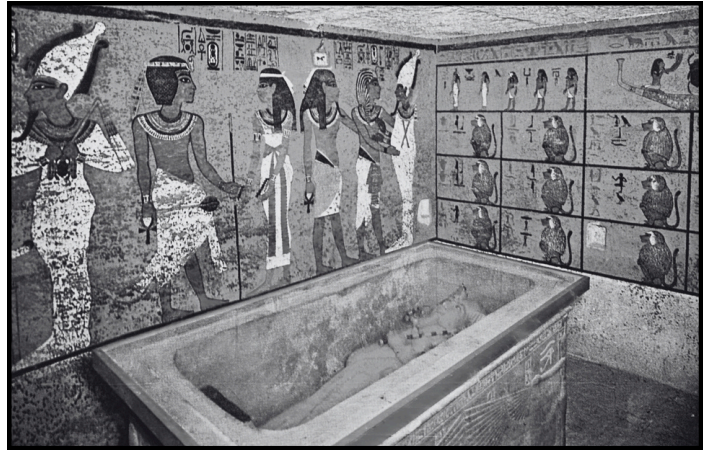
Facilitator: Karen Messley

Date: Tuesday, 10/1

Time: 1 – 2:30 pm

Place: Katie's Cup – 502 7th St, Rockford

Fee: \$5



King Tut's Tomb

SOC-710-CLR1

(Class limit: 20) Just over 100 years ago, an English archaeologist named Howard Carter discovered an (almost) unlooted tomb of an Egyptian pharaoh - a world shaking event. We will discuss who King Tutankhamun was and what we know about his family, his reign and his death at the age of about 19. We will look at the contents of his tomb and what it can tell us about the boy king and the Egyptian culture of his time.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Mondays, 10/21 & 10/28

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20



The Amazing Maya

SOC-710-CLR2

(Class limit: 20) The classic Maya of Meso America have been the subject of a great deal of intensive investigation since their cities were discovered by explorers in the 1800's. Along the way, we have been able to translate their hieroglyphic writing - the only writing system developed by indigenous people of the Americas. As a result, we have acquired a great deal of knowledge about their history and culture which we will discuss in this class.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Mondays, 9/23, 9/30, 10/7

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25



Photo Safari From Cape Town Through Botswana and to Victoria Falls
SOC-710-CLR3

(Class limit: 40) This photo safari will take us from Cape Town, South Africa, to the Okavanga Delta in Botswana, the home to many birds and animals including the "Big 5" (lions, leopards, elephants, rhinoceros, & cape buffalo). We will end up at Victoria Falls. Included will be the varied methods of transportation, types of lodging, and types of tours available.

Leader: John Messley

Facilitator: Karen Messley

Date: Friday, 10/25

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Story of Dickson Mounds
SOC-710-CLR4

(Class limit: 50) The rich archaeological history of Illinois is exemplified by the stunning Indian Mounds found across the state. This program will look at the people who built the Dickson mounds and the reasons for their construction. This is a COLLEGE COLLABORATION class. **NOTE:**

Participants will be admitted by College of DuPage 2 minutes before the class is scheduled to begin.

Leader: Jack MacRae

Facilitator: Gail Wallens

Date: Thursday, 11/21

Time: 12 – 1 pm

Place: Online via Zoom

Fee: \$15

The Culture Wars
SOC-717-CLR1

(Class limit: 50) America today has become increasingly polarized between a liberal left that wants legalized abortion, sex education in schools, open immigration policies and other permissive practices and a far right which definitely does not - and is well organized and funded. We have many states which lean in one direction or the other (red or blue) and people talk of civil war. In this class, we will discuss the issues that are causing this division and their role in the coming election.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Thursday, 9/19

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Minority Rule As a Threat to American Democracy

SOC-717-CLR2

(Class limit: 50) The framers of the U.S. Constitution so feared a "tyranny of the majority" they purposely included several features which favored minority rights (e.g. equal representation for all states in the U.S. Senate, the Electoral College, a "first past the post" or "winner take all" system of elections, life terms for federal judges, extreme supermajorities for the passage of constitutional amendments).

Later, unhealthy political traditions such as gerrymandered congressional districts and the Senate filibuster further favored minority rule. Twice in our history, loss of power by political minorities has led to national political crises: first, in the 1850s resulting in the military conflict of the Civil War; and second, our current polarized political situation.

After summarizing this history and the problems we face, we will explore some possible reforms which can restore a healthy majority rule while still safeguarding minority rights. **NOTE:** This is a hybrid COLLEGE COLLABORATION class hosted by RVC/CLR that can be attended in-person or online. Students from other regional community colleges will be joining this class via Zoom.

Leader: Andy Dvorak

Facilitator: Keith Hale (in-person)

Marsha Stolberg (online)

Date: Friday, 10/11

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 2 or

Online via Zoom

Fee: \$15



Third Party Candidates in U.S. Elections
SOC-717-CLR3

(Class limit: 50) People wonder how RFK Jr. will do in the fast-approaching presidential election. Experts say he can't win, but will he pull more votes from Donald Trump, or Joe Biden, and tip the election one way or the other? In this class, we will look at third party candidates in the current and past U.S. elections, answering these and other questions: Who were they? What party did they represent? Why did they run? Who got the biggest percentage of the votes cast? What does it take for a third-party candidate to get on the ballot? And, could a third-party candidate for president win in the future? Come join us for this timely, thought-provoking session.

Leader: Linda Greene

Facilitator: Robbin Nelson

Date: Monday, 10/7

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The 2024 Election

SOC-717-CLR4

(Class limit: 75) We will delve into the presidential and congressional elections of 2024. Among the issues - party strategies, current polling, what is at stake, the implications of different results of the election.

Leader: Gene Van Galder

Facilitator: Malia Hennessy & Arnie Ames

Date: Monday, 10/21

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15



Beginning Genealogy Using

FamilySearch.org

SOC-721-CLR1

(Class limit: 18) Was one of your New Year's resolutions to buckle down and start working on your family history? Or is family history something you've always wanted to do, but you're just not sure how? Many people have the desire to expand their family tree but find the thought of starting to be overwhelming. Now that you're convinced to start you just need a game plan. Don't worry-we've already developed one and we're happy to share it with you. Get started with family history by starting at the beginning.

Leader: Gary Scooter

Facilitator: Bob Bertolasi

Date: Tuesday, 11/26

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 5

Fee: \$20

Analysis of Crime Increase in America

SOC-730-CLR1

(Class limit: 50) Law enforcement has a responsibility to utilize their staffing resources in a cost effective and efficient manner. The public's perception of crime can be influenced by major events that garner wide publicity. What can law enforcement do to prevent crime? What factors influence how crime is measured? This class will provide attendees with: information to help them understand how law enforcement deploys personnel; how the "crime rate" is determined for a law enforcement agency; how law enforcement can use crime data to reduce crime and how crime affects the public.

Leader: Richard Meyers & Kurt Ditzler

Facilitator: Brad Keyes

Date: Thursday, 10/3

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Mission, Purpose and Passion

SOC-760-CLR1

(Class limit: 50) After a few years in retirement, many people find themselves disappointed with the illusion that retirement is a lifelong vacation. Often this leads to a sense of wondering "Who am I now?" This class will explore the ideas of Mission, Purpose and Passion, and how to live a life of youthful purpose in retirement.

Leader: Brian Reinbold

Facilitator: Brad Keyes

Date: Tuesdays, 9/17 & 10/1

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$20

I'm Positive I'm Aging

SOC-760-CLR2

(Class limit: 50) What is the secret to successful aging? Believe it or not, it has less to do with income, being free from illnesses, or a life free from disappointments. Studies have shown that successful aging has more to do with being optimistic, maintaining friendships, and choosing to live a healthy lifestyle, among other things. This session includes research related to positive aging, as well as a discussion on ageism and how negative age-related stereotypes can contribute to prejudices and even discrimination.

Leader: Kara Schweitzer

Facilitator: Malia Hennessy

Date: Thursday, 10/31

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Six Stages of Humor Development

SOC-760-CLR3

(Class limit: 30) This class is perfect for those who strive to increase humor and laughter for creative learning and well-being as well as decreasing levels of stress and anxiety. The instructor has authored a new book, *Legacy of Laughter: The Playbook*, that has just become available. It provides guidance for building loving relationships with purposeful, brain-based play strategies helping families and communities cope with life challenges. Research is the basis of the identified positive benefits that shared laughter and joyful fun have for optimal well-being. Mary Kay's presentation will be based on the information from her book. Participants will explore the power of play as having a positive impact on the mental and physical well-being of kids of all ages.

Leader: Mary Kay Morrison

Facilitator: Carol Salzer

Date: Wednesday, 9/25

Time: 9 – 11 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

The 4 Elements of Self-Love

SOC-760-CLR4

(Class limit: 30) Learn why loving yourself is so important. Self-love is comprised of self-awareness, self-worth, self-esteem, and self-care. All of these will be discussed, along with participatory exercises and the instructor sharing his life experiences. He will talk about self-love and feeling comfortable to step out of your comfort zone - learning new things, meeting new people, and seeing new places. Learn how self-love can provide maturity and strength for personal transformation. It's the key to confidence and a joyful life which may help to save our world!

Leader: Robert L. Jackson

Facilitator: Donna Brookbank

Date: Friday, 10/18

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

SPECIAL INTERESTS



AARP Smart Driver Course

SPC-715-CLR1

(Class limit: 24) An updated 8-hour course for drivers aged 50 and over. Participants will learn research-based strategies; understand the link among the driver, vehicle and road environment; learn how aging, medications, alcohol, and other health related issues affect driving ability; increase confidence; learn the newest and advanced features in vehicles; and learn when driving may no longer be safe. This class (two 4-hour sessions are required) may qualify you for an auto insurance reduction. Course completion helps older drivers refine existing skills and develop safe-driving strategies in today's challenging driving environment. **NOTE:** A check made payable to AARP will be collected by the instructor on the first day of class. \$20 for AARP members; \$25 for non-AARP members.

Leader: Keith Cross

Facilitator: Keith Cross

Date: Tue/Wed, 10/8 & 10/9

Time: 12:30 – 4:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20 for AARP members; \$25 for non-AARP members

Fall Flower "Therapy" Workshop

(Class limit: 10) Exciting News! The same wonderful flower "therapy" workshops that you know and love will now be held at Melody's NEW SHOP LOCATION! She has moved to The Bricks Retail Shops, 125 E. State St. in Cherry Valley. Remember, no experience is necessary to learn the basic skills needed to design a beautiful Fall arrangement, along with the proper care for fresh cut flowers. This flower workshop continues to inspire creativity and encourage the "believe in yourself" attitude. Melody uses the vibrant colors of varied Fall flowers to help you create a beautiful arrangement to celebrate the season! Join us for this fun, relaxing experience in her NEW SHOP! All supplies will be provided, but you are welcome to bring your own cutters if you would like. Register soon...this class fills up fast!

Leader: Melody Layng

Facilitator: Gail Wallens

Place: Petal & Pickins

125 E. State St, Cherry Valley

Date: Monday, 10/14

Fee: \$45



SPC-720-CLR1 - Time: 10:30 am – 12 pm

SPC-720-CLR2 - Time: 1 – 2:30 pm

Holiday Flower "Therapy" Workshop

(Class limit: 10) Exciting News! The same wonderful flower "therapy" workshops that you know and love will now be held at Melody's NEW SHOP LOCATION! She has moved to The Bricks Retail Shops, 125 E. State St. in Cherry Valley. Remember, no experience is necessary to learn the basic skills needed to design a beautiful Holiday arrangement, along with the proper care for fresh cut flowers. This flower workshop continues to inspire creativity and encourage the "believe in yourself" attitude. Melody uses the vibrant holiday colors of varied flowers to help you create a beautiful floral arrangement to celebrate this joyous season!

Join us for this fun, relaxing experience in her NEW SHOP! All supplies will be provided, but you are welcome to bring your own cutters if you would like. Register soon...this class fills up fast!

Leader: Melody Layng

Facilitator: Gail Wallens

Date: Monday, 12/9

Place: Petal & Pickins

125 E. State St, Cherry Valley

Fee: \$45



SPC-720-CLR3 - Time: 10:30 am – 12 pm

SPC-720-CLR4 - Time: 1 – 2:30 pm

How to Collect & Sell Vinyl LPs

SPC-720-CLR5

(Class limit: 25) Do you have a bunch of old vinyl LP's or an interest in starting a collection? Come to this class to find out what you need to know to get started or to sell your records. You will learn about the equipment needed, vinyl records past and present, how to tell the condition of records, where to find records, where to sell records, local resources and how to find a deal or spot a scam.

Leader: Nick Naruz

Facilitator: Steve Renne

Date: Monday, 10/21

Time: 11 am – 12:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Cards and Games for Fun

SPC-753-CLR1

(Class limit: 50) This class provides an opportunity to learn to play different games and meet new people. Instruction will be provided on a variety of card games, which may include Hearts, Hand & Foot, 500, and others. A new game will be taught and practiced each week. Additional instruction or assistance will be provided to beginners. Some card games you will know and some will be new. Other games may include Rummikub and Dominoes. Come increase your skills and learn new strategies. Suggestions for card games will be welcomed. Please bring a deck of cards to class weekly.

Leader: Katy Paterson

Facilitator: Rhee Ellen Wright

Date: Fridays, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13

Time: 1:30 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$45

Introduction to Pickleball

SPC-760-CLR1

(Class limit: 12) Pickleball is a fast-growing sport that is fun, social and friendly. It combines elements of tennis, ping pong and badminton. It can be played as a singles match, but is most often a doubles game. This course will introduce beginners to the rules, strategy, and basic paddle strokes. Participants need tennis shoes and comfortable clothing. If students have a pickleball paddle, please bring it.

Leader: Chris Mann

Facilitator: Jan Johnson

Date: Thursdays, 10/24 & 10/31

Time: 1:30 – 3:30 pm

Place: Sports Factory
305 Madison St, Rockford

Fee: \$30



Pickleball II

SPC-760-CLR2

(Class limit: 12) We'll begin with a refresher of the Pickleball rules, strategy, and basic paddle strokes. The class will build on the basic skills of serving, dinking, drop shots, and baseline volleys. Player positioning and advanced game strategies will be introduced. In Pickleball II class, participants will work on shot placement, power in shots, and work to keep serves and serve returns deep. Participants need tennis shoes and comfortable clothing. If students have a pickleball paddle, please bring it. Prerequisite: Introduction to Pickleball class.

Leader: Chris Mann

Facilitator: Jan Johnson

Date: Thursdays, 11/14 & 11/21

Time: 1:30 – 3:30 pm

Place: Sports Factory
305 Madison St, Rockford

Fee: \$30

Transform Rockford: A Decade of Progress

SPC-790-CLR1

(Class limit: 50) Transform Rockford was born in 2013 with a goal of helping Rockford become a top 25 city in the country. We're getting there with attractions such as the UW Health Sports Factory, Embassy Suites and the Hard Rock Casino. Today, the organization is the champion of the Rockford Region's vision and values. Our commitment to our region's growth and prosperity is deeply ingrained in our DNA, and this dedication fuels our tireless efforts to make positive changes. Come find out more! This is a community awareness class.

Leader: Wally Haas

Facilitator: Arnie Ames

Date: Monday, 10/7

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$5

Weird and Wonderful Illinois

SPC-790-CLR2

(Class limit: 50) Celebrate the State of Illinois by exploring the many weird and wonderful people, places and things that make Illinois great. Learn about the famous Illinois Tully Monster, the Tsavo Man Eaters and a buried nuclear reactor in Lemont's Red Gate Woods. Discover the many strange stories behind places like the Dixie Square Ghost Mall, Anna's King Neptune Memorial, Peoria's Scale Model of the Solar System and more. This is a COLLEGE COLLABORATION class. **NOTE:**

Participants will be admitted by College of DuPage 2 minutes before the class is scheduled to begin.

This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Jay Sternickle

Facilitator: Lynnette Danzl-Tauer (online)

Gail Wallens (in-person)

Date: Tuesday, 9/10

Time: 10 am – 12 pm

Place: Online via Zoom or Zoom Room

Fee: \$15

City of Rockford's 5-Year Capital Improvement Program

SPC-790-CLR3

(Class limit: 50) Rockford's City Engineer, Tim Hinkins, will introduce the class to the City's 5-Year Program on improving public infrastructure (roads, bridges, sidewalks, etc.). How does a project get selected? What is the City's budget? Where does the money come from? And what projects are coming up in the next 5 years in this community? There will be time for Q & A. This is a community awareness class.

Leader: Tim Hinkens

Facilitator: Loyd Wollstadt

Date: Wednesday, 11/20

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$5

Advanced Funeral Planning and Veterans' Benefits

SPC-790-CLR4

(Class limit: 30) Prearranging your funeral may seem daunting or scary, but the truth is it is one of the best gifts you can give to your loved ones. In this enlightened and open discussion, you will learn how funerals have changed in the last 50 years, how cremation has added many more possibilities, and what the benefits are to prearranging and/or pre-funding your funeral. We will also discuss Veterans' burial benefits.

Leader: Jane Burden & Krissy Ranger

Facilitator: Carol Salzer

Date: Thursday, 10/10

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Navigating Senior Living Options for Your Future

SPC-790-CLR5

(Class limit: 20) The Senior Living Industry has changed drastically over the last 10 years with the Baby Boomer generation wanting options that fit their desired lifestyle. This education session will break down the different options Senior Living Communities offer and resources available for those who want to stay in their home. Melissa Wright from Wesley Willows and Carli Jonet from Lifescape Community Services will also discuss common myths surrounding the Senior Living Industry and FAQ's. We hope you will join us and be better prepared to design the future you want for yourself!

Leader: Melissa Wright & Carli Jonet

Facilitator: Loyd Wollstadt

Date: Wednesday, 10/9

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 4

Fee: \$15

Rock Valley College Update SPC-790-CLR7



(Class limit: 50) Dr. Spearman, RVC President, will present an overview of the College's current priorities and exciting future plans. Learn about the variety of programs offered and increase your understanding of the college. There will be time for questions and discussion. This is a

community awareness class.

Leader: Dr. Howard Spearman

Facilitator: Donna Brookbank

Date: Wednesday, 9/18

Time: 9 – 10:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$5



Building a Strong Foundation for Rockford with Rockford Area Habitat for Humanity

SPC-790-CLR8

(Class limit: 60) This introduction of Rockford Area Habitat for Humanity presentation is designed to provide participants with an overview of the mission, values, and operations of the organization. In this session, participants will gain insights into the organization's history, our community engagement approach, our programs, and local outcomes. You'll leave the class with a deeper understanding of Rockford Area Habitat for Humanity's role in addressing the affordable housing crisis, and how you can be part of building a better future for Rockford. This is a community awareness class.

Leader: Keri Asevedo

Facilitator: Loyd Wollstadt

Date: Thursday, 11/14

Time: 1 – 2:30 pm

Place: Katie's Cup

502 7th St, Rockford

Fee: \$5

Unusual Aircraft

SPC-790-CLR9

(Class limit: 50) In this fun program we will examine the world's most unusual, bizarre, and/or just "plane" (pun and misspelling intended) weird aircraft. We will explore these unusual aircraft's development, projected roles, and the stories behind them.

Leader: Mike Frederiksen

Facilitator: Bob Bertolasi

Date: Monday, 11/4

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Gift of Our National Cemeteries

SPC-790-CLR10

(Class limit: 50) President Abraham Lincoln Cemetery is open to all members of the armed forces and veterans who have met minimum active duty service. We will discuss the history, eligibility and regulations of our National Cemetery programs. Learn about the meaning of National Cemeteries to families and the honor of being buried in one.

Leader: Melinda Haggerman

Facilitator: Malia Hennessy

Date: Tuesday, 11/12

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Home Energy Savings

SPC-790-CLR11

(Class limit: 50) Join the Citizens Utility Board (CUB) to learn about your energy choices and ways to save money on your utility bills. During this presentation we will go over understanding your utility bills, your energy choices, energy efficiency programs that can help consumers save energy and money, and solar options. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Matt Harvey

Facilitator: Midge Tesch

Date: Thursday, 10/10

Time: 1 – 2:30 pm

Place: Online via Zoom and Zoom Room

Fee: \$15

TOURS

Walking Tour of Knightsville District

TOU-700-CLR1

(Class limit: 25) Walking tour and stories of the 1890 village of Knightsville, a Swedish village built for the purpose of providing housing for Skandia Furniture Company employees. Knightsville is the only area besides the Chicago Pullman District, where an entire village was built for the sole purpose of providing housing for a single industry. This section of Rockford is part of the Brown Hills-Knightsville Historic District. There will be a short historical presentation at the Mangas home prior to the start of the tour. **NOTE:** There are some rather steep hills, which may be a challenge for some. Wear comfortable walking shoes.

Leader: Marty Mangas

Facilitator: Jan Johnson

Date: Monday, 10/7

Time: 10 am – 12 pm

Place: Mangas Home

1327 Brownwood Dr, Rockford

Fee: \$15

Tour of Chicago Rockford International

Airport

TOU-700-CLR2

(Class limit: 28) A behind-the-scenes look at the Chicago Rockford International Airport. By touring outside, you will gain a better understanding of how the airport works. A shuttle bus tour of the airport, including the history of the airport and its future development. Includes stops at UPS, the new AAR Maintenance Facility/Hanger, the fire station, and other aircraft and tenants on the airport. The bus is handicap accessible, but some walking and climbing of stairs to view aircraft interiors will be included.

Leader: Mike Peranich & David Lindberg

Facilitator: Arnie Ames

Date: Tuesday, 9/17

Time: 10 am – 12 pm

Place: Rockford Airport

2 Airport Cir, Rockford

Fee: \$15

History of the Funderburg House

TOU-700-CLR3

(Class limit: 25) Follow a Funderburg House docent as they tell you the history of the 1906 mansion and the two families who lived there. The house will also be decorated for Christmas. Enjoy the decorated fireplaces and a dozen festive Christmas trees.

NOTE: The first floor is completely ADA accessible. For those who are unable to reach the second and third floors, we offer a state-of-the-art interactive virtual tour.

Leader: Carol Rowe

Facilitator: Donna Brookbank

Date: Wednesday, 12/11

Time: 10 am – 12 pm

Place: Funderburg House

605 N. State St, Belvidere

Fee: \$20

Tour of Greenwood Cemetery

TOU-700-CLR4

(Class limit: 25) Kathi Kresol has been researching Rockford's history for the past two decades. She will share stories that highlight the historic stories along with the darker side of Rockford's history. The stories will include founding families, murders, and tragic accidents from Rockford's past. Kathi will share the details of the long-forgotten stories of people that once called Rockford home. This is a walking tour so please wear comfortable shoes.

Leader: Kathi Kresol

Facilitator: Mary Ann Akerman

Date: Thursday, 9/26

Time: 1 – 2:30 pm

Place: Greenwood Cemetery

1011 Auburn St, Rockford

Fee: \$15

History & Tour of Barloga's 3rd House

TOU-700-CLR5

(Class limit: 20) Tour the third home built by Jesse Barloga in 1925. You'll see historic murals from the 1950's painted by Mr. Kernwin who was a professional acrobat with Wild Bill Hickok's Show. Visit the home from top (attic) to bottom (basement) to see how the home is currently used as a gallery, shop and learning center by internationally known artist, Nancie King Mertz and her husband Ron Mertz. Light refreshments will be provided.

Leader: Nancie King Mertz

Facilitator: Lynnette Danzl-Tauer

Date: Tuesday, 10/29

Time: 1 – 3 pm

Place: Mertz Home

905 Ridgewood Rd, Rockford

Fee: \$15

Patterns & Rhythms in the Garden

TOU-700-CLR7

(Class limit: 30) Much of what guides Japanese garden design is derived from patterns and rhythms found in nature and the human connection to the landscape. The general pattern formed by trees growing along streams and on slopes, the nature of a stream meandering and cascading down a mountain or winding through a gentle meadow, the gradual transition of the seasons marked by ephemeral Japanese garden. It could be said that in traditional Japanese culture, nature and humanity were considered part of the same thing. The Japanese garden is an expression of this; nature's influence can be seen as the organic component of the garden with its natural shapes and curvilinear lines. A 30-minute lecture will be followed by a 90-minute docent-led tour of the garden.

Leader: Catherine Marsh

Facilitator: Robbin Nelson

Date: Thursday, 10/3

Time: 9:30 am – 12 pm

Place: Anderson Japanese Gardens

318 Spring Creek Rd, Rockford

Fee: \$25

TRAVEL

Travelogue: Ancient Greece, Ephesus, and the Greek Isles

TVL-700-CLR1

(Class limit: 50) Travel with us back in time to Ancient Greece where we'll explore the Parthenon, the Acropolis, the original Olympic Games site, Ancient Ephesus, and the Greek isles of Mykonos, Santorini, and Crete.

Leader: Russ Stoneback

Facilitator: Arnie Ames

Date: Wednesday, 10/23

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Glimpses of France and French Life

TVL-700-CLR2

(Class limit: 35) View some well-known and lesser known sites in Paris, the Loire Valley, Brittany and Normandy through my visit and stay with French friends. Glimpse everyday French life and meals, vacation preferences for the French, a French wedding, historical sites, wine and salt producing areas.

Leader: Karen VanHowe

Facilitator: Linda Greene

Date: Thursday, 9/19

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15



Travelogue: Adventures Along the Mississippi River

TVL-700-CLR3

(Class limit: 50) This presentation includes photos taken during the April 2-8, 2024 CLR Adventures Along the Mississippi River trip. The trip included a flight and two-night stay in New Orleans and a return trip by motorcoach along the Mississippi River. We had a city tour in New Orleans including visits to the French Quarter and the World War II Museum, and a dinner cruise on the Natchez paddle-wheel steamboat. We visited Oak Alley Plantation and Houmas House in Louisiana, Stanton Hall and Longwood Mansions in Mississippi, Vicksburg Military Park, The National Civil Rights Museum and the Rock and Soul Museum in Memphis, and the Mark Twain Boyhood Home and Museum in Missouri. We were able to view the April 8 solar eclipse from Hannibal before returning to Rockford.

Leader: Arnie Ames

Facilitator: Midge Tesch

Date: Friday, ~~10/11~~ NEW DATE 11/1

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Travelogue: Cuba

TVL-700-CLR4

(Class limit: 75) Cuba is an amazing island on many levels including natural beauty, cuisine, culture, and life on the island. Join us as we examine tourist destinations on the island.

Leader: Gene Van Galder

Facilitator: Malia Hennessy & Arnie Ames

Date: Wednesday, 9/18

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

CLR Social Event - October 2024

MAXSON LUNCH & Riverboat Ride

Come join us for lunch &
a scenic river cruise.

Wed., Oct. 2 • 11:30 a.m. - 3:30 p.m.
Maxson Riverboat & Restaurant
1469 N. IL Rt. 2, Oregon, IL
(Transportation is on your own.)



Escape for the day for a truly unforgettable experience starting with a buffet lunch at Maxson's glass-enclosed riverside dining room with a stunning panoramic view. The experience culminates with a 15-mile narrated river cruise along the scenic Rock River in the charming paddle wheel riverboat. **Restaurant and riverboat are handicap accessible.**

11:45 a.m. Lunch Buffet

- three meat options
- mashed potatoes & gravy
- two soups, rolls
- full salad bar
- dessert
- beverage of your choice

1:30 p.m. Riverboat Cruise

What you can expect to see:

- Lowden State Park
- Chief Black Hawk statue
- Stronghold Castle
- Beautiful view of the fall colors

The boat's lower level is enclosed and temperature-controlled. The canopied upper deck is for enhanced sight-seeing.

Cost:

\$45 for CLR members
\$50 for non-members

Registration Deadline: Tuesday, Sept. 24 • Questions? Call (815) 921-3931

SOCIAL EVENT REGISTRATION

Name(s): _____

 Address: _____

 City: _____ State: _____
 Zip Code: _____
 Phone: _____
 Email: _____
 Special Needs: _____
 ID # (office use): _____

MAXSON SOCIAL EVENT

Wednesday, Oct. 2, 2024

- \$45 for CLR Members Cash enclosed
 \$50 for Non-Members Check enclosed

Amount Enclosed \$ _____

Check Number: _____

**Please make checks payable to Rock Valley College.
Note: CLR cannot accept credit card payments.**

BRING TO THE CLR OFFICE OR MAIL TO:
Rock Valley College Center for Learning in Retirement
3301 N. Mulford Road, Rockford, IL 61114

AUGUST

2024

8:30 - 9:15 am · Vivo Virtual Fitness Begins [Z]



SEPTEMBER

2024

SUN	MON	TUES	WED	THUR	FRI	SAT
1 	2 HOLIDAY College Closed	3 Staff Inservice Day College Closed	4	5	6	7
8	9	10 10 am - 12 pm Weird & Wonderful IL [Z]	11 9:30 - 11:30 am Chinese Brush I	12 11:45 am-12:45 pm Chair Yoga Begins 2:30 - 4 pm Poor Clare Nuns	13 1:30 - 4 pm Cards & Games	14
15	16 1 - 4 pm Ceramic Gnome 1:30 - 3 pm Ukraine Update 2 - 4 pm Tai Chi & Chi Kung 5:30 - 7 pm True Islam 101 6 - 8 pm History of Beer [Z]	17 9 - 9:45 am RPL Mobile Library 10 - 11:30 am Mission, Purpose, Passion 10 am - 12 pm Rkfd. Airport Tour 1 - 2:30 pm History of Slavery 1 - 3:30 pm Cardmaking Tips	18 9:30 - 11:30 am Chinese Brush I 9 - 10:30 am RVC Update 1:30 - 3:30 pm Travelogue: Cuba 5:30 - 7 pm True Islam 101	19 9:30 - 11 am Bird Photography 9:30 - 11:30 am Art of Tangling 10 am - 12 pm France 1:30 - 3 pm Culture Wars 1 - 3:15 pm Laurel & Hardy 5:30 - 7 pm True Islam 101	20 1 - 3 pm Medical Aid in Dying 1:30 - 4 pm Cards & Games	21 <i>hello</i> FALL
22	23 9:30 - 11 am Abraham Lincoln 10 am - 12:30 pm Fall Landscaping 1:30 - 3 pm Amazing Maya	24 9:30 - 11:30 am Woodburning 10 - 11:15 am Eating Best @ Woodmans 1 - 2:30 pm History of Slavery 1 - 3:30 pm Acrylic Painting	25 9:30 - 11:30 am Chinese Brush I 9 - 11 am 6 Stages of Laughter 1 - 4 pm Dr. Zhivago Movie	26 9 - 10:30 am Birdwatching 9 - 11:30 am Pastel Tech. 1 - 4 pm Dr. Zhivago 1 - 2:30 pm Greenwood Cemetery Tour	27 10 - 11:30 am Walk Through Time 1 - 3:30 pm Opera Appreciation 1:30 - 4 pm Cards & Games	28
29	30 10 - 12:30 pm Fall Landscape 10 - 11:15 am Eating Best @ Woodmans 1:30 - 3 pm Amazing Maya					

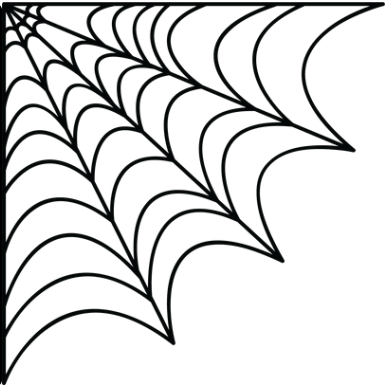
OCTOBER

2024

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 9:30 - 11:30 am What in the World 9:30 - 11:30 am Woodburning 10 - 11:30 am Mission, Purpose, Passion 1 - 2:30 pm Policy Advocacy	2 10 - 11:30 am Ethics in Modern Life (Z) SOCIAL EVENT Maxxon Lunch & Riverboat Ride see p. 34 for info	3 9:30 am - 12 pm Patterns @ Anderson Gardens 10 am - 12 pm The Beatles 11:45 am - 12:45 pm Chair Yoga 1 Ends 1 - 3:30 pm Love this Movie... 1:30 - 3 pm Analysis of a Crime	4 9:30 - 11:30 am Soaring w/Eagles 1 - 3 pm Senior Health 1:30 - 3:30 pm Cooking Mediterranean 1:30 - 4 pm Cards & Games	
	6	7 10 - 11:30 am Transform Rkfd 10 am - 12 pm Tour Knightsville 10 am - 12:30 pm Fall Landscape 1 - 2:30 pm Cardmaking 1:30 - 3 pm Amazing Maya 1:30 - 3:30 pm 3rd Party Candidates	8 9 - 9:45 am RPL Mobile Library 9:30-11:30 am What in the World 10 am - 12 pm iPhone/iPad 12:30 - 4:30 pm AARP Safe Driver 1 - 3:30 pm Cardmaking 2 - 3:30 pm Estate Planning	9 9 am - 12 pm Looney Learning 10 - 11:30 am Senior Living 10 - 11:30 am Race to Moon [H] 12:30 - 4:30 pm AARP Safe Driver	10 10 am - 12 pm Funeral Planning 10 am - 12 pm iPhone/iPad 10 am - 12 pm D-Day 11:45 am-12:45 pm Chair Yoga 2 Begins 1 - 4 pm Quilting 1 - 2:30 pm Energy Savings [Z] 1 - 2:30 pm Are You Protected	11 9:30 - 11:30 am The Cloud 10 - 11:30 am Travelogue: Mississippi 10 am - 12 pm Minority Rule [H] 1 - 3 pm Move for Health 1:30 - 3:30 pm Cooking Mediterranean 1:30 - 4 pm Cards & Games
13	14 9:30 - 11:30 am Computer Basic 10 am - 12:30 pm Fall Landscape 10:30 am - 12 pm Flower Therapy 1 - 2:30 pm Flower Therapy 2 - 4 pm Rkfd. Historian	15 9:30 - 11:30 am What in the World 1 - 2:30 pm Theodore Roosevelt 1 - 3:30 pm Acrylic Painting	16 9:30 - 11:30 am Computer Basics 10 am - 12 pm Comparing the Gospels 1:30 - 3 pm Understanding Home Care	17 8:30 - 9:15 am Vivo Fitness Ends 10 am - 12 pm D-Day 1 - 3 pm Native American Dwellings (Z) 1 - 4 pm Quilting	18 9:30 - 11:30 am Computer Basics 10 am - 12 pm Self-Love 1 - 2:30 pm My Favorite Things 1:30 - 4 pm Cards & Games	
20	21 9:30 - 11 am States' Shapes 10 am - 12:30 pm Fall Landscape 11 am - 12:30 pm Collect/Sell Vinyl LP's 1:30 - 3 pm King Tut's Tomb 1:30 - 3:30 pm 2024 Election	22 8:30 - 9:15 am Vivo Fitness Begins (Z) 9 - 11:30 am Organizing Files 9:30 - 11:30 am What in the World 1:30 - 3 pm Healthy Aging 1:30 - 3 pm Nordic Poles 1 - 3:30 pm Acrylic Painting	23 9:30 - 11 am Travelogue: Ancient Greece 10 am - 12 pm Comparing the Gospels	24 9:30 - 11:30 am Self-Publishing 10 am - 12 pm D-Day 10:30 am - 12 pm Benefits of Yoga 1 - 4 pm Quilting 1 - 4 pm Mr. Smith Movie 1:30 - 3:30 pm Pickleball	25 10 am - 12 pm Photo Safari 1 - 3:30 pm Foreign Film 1:30 - 4 pm Cards & Games	

OCTOBER

2024

SUN	MON	TUES	WED	THUR	FRI	SAT
27	28 9:30 - 11 am States' Shapes 10 am - 12:30 pm Fall Landscape 1:30 - 3 pm King Tut's Tomb 1:30 - 3:30 pm Travel Websites	29 9 - 9:45 am RPL Mobile Library 9:30 - 11:30 am What in the World 10 - 11:30 am Geriatric Massage 1 - 3 pm Barloga Tour 1:30 - 3:30 pm Lincoln's Presidency 3 - 5:30 pm Educ. Movement [Z]	30 10 am - 12 pm Comparing the Gospels 1:30 - 3:30 pm Lincoln's Presidency	31 10 - 11:30 am I'm Positive I'm Aging 11:45 am - 2:45 pm Chair Yoga 2 Ends 1 - 4 pm Quilting 1:30 - 3:30 pm Pickleball		



SPECIAL INTEREST GROUPS

These are groups that meet on a regular basis for continued learning and fun. Joining a Special Interest Group (SIG) is an opportunity to be with other CLR members who share your same interest. For more information, call the contact person listed.

ARTISTS' STUDIO

Open art studio that meets Fridays from 9 - 11:30 a.m. at the Bell School Road Center. Contact Nancy Harvey at njharv@aol.com or (815) 282-1526.

BOOK DISCUSSION

Meets monthly on the third Monday of the month from 10-11 a.m. at the Bell School Road Center (or virtually) to discuss a different book each month.

- Aug. 19 - *Ordinary Grace* by William Kent
- Sept. 16 - *The Long Flight Home* by Alan Hlad
- Oct. 21 - *The Reading List* by Sara Nisha Adams
- Nov. 18 - *Once Upon a Town* by Bob Greene

Contact Malia Hennessy at (847) 347-6454

KEEPING FINGERS NIMBLE

Meets weekly on Tuesday mornings from 9:30-11:30 a.m. at the Bell School Road Center in Room 13 for those who like to create handmade items (crocheting, knitting, etc.) to keep or donate and also enjoy socializing with others. Contact Donna Kopplin at (815) 289-5779

IPAD USERS'

A group for those interested in meeting with other users to discuss uses, problems, and concerns, and ask questions relating to your iPad. Meets on an as-needed basis. Contact Larry Nelson at (815) 877-4438.

New group members are welcome!



ROCKFORD PUBLIC LIBRARY



Visit the Mobile Library

Bell School Road Center
East Parking Lot
Tuesday mornings • 9 - 9:45 a.m.

Sept. 17
Oct. 8 & 29
Nov. 19
Dec. 10

Take advantage of this convenient library service. Rockford Public Library cardholders can check out and reserve books, check out multi-media, use the computer, and more!



NOVEMBER

2024

SUN	MON	TUES	WED	THUR	FRI	SAT
					<p>1</p> <p>10:30 am - 12 pm Line Dancing</p> <p>1:30 - 4 pm Cards & Games</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>10 - 11:30 am Unusual Aircraft</p> <p>2 - 3:30 pm Instant Irony</p>	<p>5</p> <p>Election Day</p>	<p>6</p> <p>9:30 - 11:30 am Chinese Brush II</p>	<p>7</p> <p>9 - 11:30 am Hollywood & 4th Estate</p> <p>10 am - 12 pm Pastel Painting</p> <p>1:30 - 3:30 pm Rkfd.'s People</p> <p>1:30 - 3:30 pm Greenwood Cemetery</p>	<p>8</p> <p>10 - 11:15 am Herbert Hoover [Z]</p> <p>10:30 am - 12 pm Line Dancing</p> <p>1 - 3 pm Osteoarthritis</p> <p>1:30 - 4 pm Cards & Games</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>1 - 4 pm E.T. Movie</p> <p>1 - 4 pm Ceramic Tree</p> <p>1:30 - 3:30 pm Classical Music</p>	<p>12</p> <p>9 - 11:30 am Making Labels</p> <p>9:30 - 11:30 am What in the World</p> <p>10 - 11:30 am Earth's Surface [Z]</p> <p>1 - 3 pm National Cemeteries</p> <p>1:30 - 3 pm Lewis & Clark [Z]</p>	<p>13</p> <p>9:30 - 11:30 am Chinese Brush II</p> <p>10 am - 12 pm Comparing the Gospels</p>	<p>14</p> <p>9:30 - 11 am Lindberg Kidnapping</p> <p>9:30 am - 12 pm Holiday Ornaments</p> <p>10 am - 12 pm Pastel Painting</p> <p>11:45 am-12:45 pm Chair Yoga 3 Begins</p> <p>1 - 2:30 pm Habitat for Humanity</p> <p>1:30 - 3:30 pm Pickleball II</p>	<p>15</p> <p>9:30 - 11:30 am Editing Photos</p> <p>10 - 11:30 am Aging Gracefully</p> <p>10:30 am - 12 pm Line Dancing</p> <p>1:30 - 4 pm Cards & Games</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>1:30 - 3 pm Paths to Modern Man</p> <p>1:30 - 3:30 pm Famous Walls</p>	<p>19</p> <p>9 - 9:45 am RPL Mobile Library</p> <p>9:30 - 11:30 am Android Phone</p> <p>1 - 4 pm Butch Cassidy Movie</p> <p>1:30 - 3 pm Nature's Pharmacy</p>	<p>20</p> <p>9:30 - 11:30 am Chinese Brush II</p> <p>10 - 11:30 am Rkfd. Capital Improvements</p> <p>1 - 3 pm Final Wishes</p>	<p>21</p> <p>9:30 - 11 am Jerks in Chicago History</p> <p>10 am - 12 pm Pastel Painting</p> <p>12 - 1 pm Dickson Mounds [Z]</p> <p>1 - 4 pm The Sting Movie</p> <p>1:30 - 3:30 pm Pickleball II</p>	<p>22</p> <p>9:30 - 11:30 am Editing Photos</p> <p>10:30 am - 12 pm Line Dancing</p> <p>1:30 - 4 pm Cards & Games</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>10 am - 12 pm IL in the Civil War</p>	<p>26</p> <p>1:30 - 3 pm Songs of the Silver Screen</p> <p>1:30 - 3:30 pm Beginning Genealogy</p>	<p>27</p>	<p>28</p> <p>THANKSGIVING HOLIDAY College Closed</p>	<p>29</p> <p>HOLIDAY College Closed</p>	<p>30</p> 

DECEMBER

2024

SUN	MON	TUES	WED	THUR	FRI	SAT
1 	2 10 am - 12 pm IL in the Civil War 1:30 - 3:30 pm Charm Bracelet	3 9:30 - 11:30 am Smartphone Basics	4 FIRESIDE HOLIDAY BUS TRIP	5 10 - 11:30 pm Belvidere Assembly Plant 1 - 2:30 pm Military Memorial Museum [Z]	6 9:30 - 11:30 am Smartphone Basics 1:30 - 4 pm Cards & Games	7
8	9 9:30 - 11:30 am Technology & AI 10:30 am - 12 pm Flower Therapy 1 - 2:30 pm Flower Therapy	10 9 - 9:45 am RPL Mobile Library 9:30 - 11:30 am Drones 1 - 3 pm Wood Family Christmas	11 9:30 - 11:30 am Technology & AI 10 am - 12 pm Funderburg House Tour	12 HOLIDAY GALA @ Rockford Country Club 11:45 am - 12:45 pm Chair Yoga 3 Ends	13 1:30 - 4 pm Cards & Games	14
15	16	17	18	19 8:30 - 9:15 am Vivo Virtual Fitness Ends	20	21 

Virtual Fitness Program Fall 2024



RVC CLR has partnered with Vivo to offer this unique, science-backed fitness program. This chair-based program provides a convenient way to exercise and participate in strength training from your home. Current participants find the class very beneficial!

The 45-minute live, online, interactive physical fitness sessions promote strength building with four levels of exercises adjusted for YOU! The Vivo certified personal trainer modifies exercises to meet each participant's fitness needs. Sessions consist of cognitive, balance, flexibility, and strength exercises. There are different exercises and challenges each week.

CLR offers scholarships for those with financial need. (All inquiries are confidential). Contact Tammy Lewis, Program Director, at (815) 921-3933 regarding a scholarship or if you have any other questions.

The fall Vivo Virtual Fitness programs will run from August 27 through October 17 and October 22 through December 19. The cost is \$110 for each 8-week program (16 sessions.)

See page 9 for fall class info!



CLR in Action



A Member of

ROAD SCHOLAR

LLI RESOURCE NETWORK

RockValleyCollege.edu/CLR

Phone: (815) 921-3931

Office location:

3350 N. Bell School Rd.

Rockford