

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

Spring 2025 Class Schedule



FIND **YOUR** PASSION

145 Classes | Social Events | Tours | Special Interest Groups

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

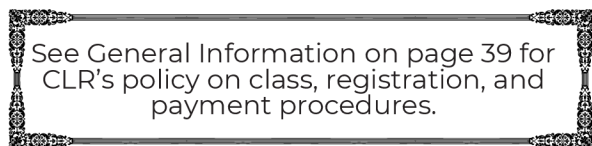
2025 CLR SPRING SCHEDULE

Happy New Year!

There are some great class offerings for spring 2025. Be sure to sign up for those that interest you. If you're new to the Rock Valley College Center for Learning in Retirement (CLR), know that the wide variety of classes is for fun and personal enrichment for those 50 years and older. There are no grades, tests, or previous educational requirements. Come enjoy lifelong learning opportunities, such as short-term classes, social events, tours, bus trips and meeting new friends! The semester begins on Feb. 3 and runs through mid-May, and you can register up until the day of the class when there are still seats available. If you're a current member, think about bringing a friend with you to experience a class for the first time. We will be providing opportunities for you to do this with no charge to your friends if they are brand new to CLR. Remember that the \$35 annual membership dues are payable in January for all CLR members. We hope you are looking forward to participating in active lifelong learning with the Rock Valley College CLR program in the New Year!

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.

NOTICE OF NONDISCRIMINATION

Rock Valley College does not discriminate on the basis of race, color, religion, national origin, ancestry, citizenship status, sex, age, physical or mental disability, marital status, order of protection status, sexual orientation, gender identity (including gender expression and gender questioning), veteran status, or unfavorable military discharge, use of lawful products while not at work, genetic information, or other legally protected categories. To request this publication in an alternative format, please contact Disability Support Services at (815) 921-2371.

This notice is provided as required by Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975 and the Americans With Disabilities Act of 1990. Questions, complaints, or requests for additional information regarding these laws may be forwarded to the designated compliance coordinators.

Title IX Coordinator – Students
Dr. Luevinus Muhammad, Dean of Students
(815) 921-4187 or
L.Muhammad@RockValleyCollege.edu

Section 504 Coordinator – Students
Lynn Shattuck, Director of Disability Services
(815)921-2356 or
L.Shattuck@RockValleyCollege.edu

Title IX Coordinator – Athletics
Darin Monroe, Athletic Director
(815) 921-3822 or
D.Monroe@RockValleyCollege.edu

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)

CLR OFFICE INFORMATION

Phone: (815) 921-3931

Hours: Monday-Friday 8 a.m. - 5 p.m.

Location: 3350 N. Bell School Rd., Rockford

Tammy Lewis, *Program Director*
T.Lewis@RockValleyCollege.edu
(815) 921-3933

Erin Eggebrecht, *Administrative Assistant*
E.Eggebrecht@RockValleyCollege.edu
(815) 921-3931

TABLE OF CONTENTS - SPRING 2025

ARTS & CRAFTS

Acrylic Painting Moonlit Snow	4
Creating a Winter Scene	4
Painting a Starry Night Sky	4
Spring Landscape Acrylic	4
Figure Painting	4
Beginner Alcohol Ink Painting	4
Painting Chinese Lantern	5
Line & Wash Painting.	5
Easy Watercolor Landscapes	5
Pastel Painting	5
Pastel Demo & House Tour	5
The Art of Woodburning	5
Beginning Woodcarving	6
Embroidered Spring Card	6
Creating a Suncatcher	6
Ceramic Lighthouse	6
Ceramic Plate with Flowers	6
Painting with Alcohol Inks	6
Decorate a Canvas Tote Bag	7
Handbuilding Pottery Workshops	7

COMPUTER TRAINING

To Snip or Not to Snip	7
Word 2021 Basics	7
Excel Basics	7
Digitizing Old Photos	7
Buying and Selling Online	8
Computers in Your Life	8
Keeping Up w/Tech & AI [Z]	8
iPhone/iPad: Beyond Basics	8

FINANCE

Serving as an Executor	8
Passing Assets	9
Medicare and Long-Term Care	9
Generational Wealth	9
The Markets Today	9

FITNESS

Wellness Walking w/Nordic Poles.....	9
Vivo Virtual Fitness [Z]	9
Tai Chi & Chi Kung	10
Gentle Hatha Yoga	10
Cardio Drumming	10
Chair Yoga	10

HEALTH & WELLNESS

I Have a Health Question	11
Understanding Diet & Exercise	11
Freezer Meal Basics	11
Singing Bowls & Sound Healing	11
Eating Your Best	12
Pharmacy Interventions	12
Cooking Mediterranean	12

HISTORY

The Cuban Diaspora	13
That was a Year: 1953	13
History of Toilet & Sanitation	13

HISTORY continued

Amelia Earhart: Her Last Flight	13
Vietnam Infantry 1967-68	13
Daily Life of GIs in WWII	13
Women's Resistance-Holocaust	13
History of Modern Israel	14
The Chinese Revolution	14
Baseball: Glory of Their Times [Z]	14
Women in the Doll Business	14
How the States Got Their Shape	14
Assassination of Lincoln	14
Madam President?	15
Black Hawk War of 1832	15
1959 & 1969: Two Pivotal Years	15
Can This Be America? KKK in IN	15
Jane Addams As Reformer [H]	15
Barnstormers and Biplanes	16
Civil Rights in Vegas [Z]	16
How Girl Scouts Began	16
More Jerks in Chicago History	16
The History of Montague Rd	16
Memories of the Wagon Wheel	17
Days on the Family Farm	17
Historical Look at 1825	17
Travels w/Laura Ingalls Wilder	17

HUMANITIES

Opera Appreciation	17
American Still Life Paintings [Z]	18
Rockford Symphony Orchestra	18
Intro to Taiko Drumming	18
Classical Music Appreciation	18
Foreign Film Appreciation	18
Hollywood & Fourth Estate	19
I Love This Movie, But	19
Looney Learning	19
Comparing Two Great Films	19
Great International Films	19
Songs of the Silver Screen	19
Behind Scenes - Artists' Ensemble ..	20
Instant Irony	20
Beginning Line Dancing	20

RELIGION

Spirituality of the Last Supper	20
Paul's Epistles	20
Old Testament Background	25

SCIENCE & NATURE

5,000 Miles Thru National Parks	25
Wild America: National Parks	25
Life At a Dig Site	25
Wildflowers of Winn. County	25
Polar Bears	25
Birdscaping - Gardening	26
Art of Observing Wildlife	26
Rhinos - A Horny Challenge	26
Galapagos - Land of Darwin [Z]	26

SOCIAL SCIENCES

Baby Boomer Journey	26
What in the World	27
Everything You Wanted to Know	27
The Dead Sea Scrolls	27
Great Egyptian Pharaohs	27
Maori & Traditions of Aotearoa	27
RVC International Students	27
Mystery of Atlantis [Z]	28
Presidential Immunity [H]	28
UNDIVIDE US-Documentary	28
Beginning Genealogy	28
How Do You Know That?	29

SPECIAL INTERESTS & HOBBIES

AARP Smart Driver Course	29
Spring Flower Workshop	29
Beg. American Mah Jongg	29
Old Outhouse Treasures	29
Cards & Games for Fun	30
National Park Service Sites [Z]	30
How to Land a Jet Fighter	30
Behind the Flight Deck Door	30
Basic Self-Defense Techniques	30
Your Funeral, Your Way	30
Navigating Maze of Senior Living	31
Four Decades in Rockford Media	31
Cars and Coffee Rockford	31
Rockford w/Mayor McNamara	31

TOURS

Midway Village Museum	31
Funderburg House	32
Tour of Brown Hills	32
ComEd Behind the Scenes	32
Tour of Rockford Airport	32
Rockford Art Museum	32

TRAVEL

Travelogue: Washington DC	32
Spain and Portugal	32
River Cruising	32

OTHER

Vivo Virtual Fitness	9
Course Registration Forms	21
Special Interest Groups	33
Smoky Mountain Trip	34
Calendar of Events	36
CLR General Information	39

[Z] Indicates an online class via Zoom

[H] Indicates a hybrid class
(in person or online)

ARTS & CRAFTS

Acrylic Painting - Moonlit Snow

ART-701-CLR1

(Class limit: 10) This class is for someone who has some experience painting in acrylics, is comfortable with basic techniques and wants to build their confidence as an artist. We will discuss and utilize basic technical skills involved with painting (composition, brush strokes, color application and dramatic effect) but also focus on enjoying the creative process. You will complete a painting portraying the magical beauty of moonlight on a snowy field. You will be encouraged not just to "copy" the sample painting, but to make it your own as you develop your personal style as an artist. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 2/18

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Playing with Palette Knives to Create a Winter Scene

ART-701-CLR2

(Class limit: 10) You may have heard that if you can spread peanut butter on bread, you can successfully use a palette knife to create an acrylic painting. Believe it. This class is for someone who wants to spread their skill and have a little fun creating a winter scene. We will discuss various aspects of some of the basic technical skills involved in painting as we "loosen up" a bit. You'll be taking a step forward in the development of your artistic skill and personal style. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 3/11

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Painting a Starry Night Sky

ART-701-CLR3

(Class limit: 10) This class is for someone with acrylic painting experience who is comfortable with basic techniques and wants to build their confidence as an artist. We will discuss various aspects of some of the basic technical skills involved in painting as we embrace the joy of the creative process. You will complete a painting portraying the timeless beauty of a starry moonlight night. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 3/18

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Spring Landscape Acrylic Painting

ART-701-CLR4

(Class limit: 10) This exciting two-session class is designed for someone with some experience with acrylic painting who wants to step it up a notch by developing greater "dramatic effect" in their work. Although everything could be achieved using just paint brushes, participants may wish to combine techniques using sponge, palette knife, and brush. You will have the option of creating two spring landscape paintings (one in each session) or working on one painting over the course of the two sessions. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesdays, 4/22 & 4/29

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Figure Painting

ART-701-CLR5

(Class limit: 15) Yikes! Figure Painting! Learn tips and short cuts in the rendering of the human body and head. One session will be spent drawing in order to establish a solid foundation and understanding of the figure. In paint, explore different pigments and color mixing for the development of skin tones. Student may bring a photograph of a subject for painting or use one provided by instructor. **NOTE:** This class requires previous experience in acrylic painting.

Leader: Holly Munch

Facilitator: Jim Munding

Date: Mondays, 3/24, 3/31, 4/7

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Beginner Alcohol Inks Painting

ART-701-CLR6

(Class limit: 10) We will explore the striking effects of painting with the vivid colors of alcohol inks. Each two-hour session will focus on different application techniques on a variety of non-porous surfaces using felt pads, brushes, and permanent markers. Supplies will be provided. However, close fitting gloves and covering for clothing advisable. Please bring newspaper or table protection as these inks will stain.

Leader: Pauline Joyce

Facilitator: Jim Munding

Date: Tuesdays, 4/1 & 4/8

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

Place: RVC Bell School Road Center, Room 2

Fee: \$30



Painting Chinese Paper Lanterns

ART-701-CLR7

(Class limit: 10) Using Chinese inks for painting on Chinese paper lanterns, we will paint plum blossoms, a delicate early spring flower. The first session will be practicing the design with Chinese inks on rice paper. All supplies will be provided.

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 4/2 & 4/9

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

Place: RVC Bell School Road Center, Room 2

Fee: \$30

Line & Wash Painting

ART-701-CLR8

(Class Limit: 12) Create a magical multi-hued painting using a speedball black "Elegant Writer" pen with just water and a brush. Watercolor paints can be added to enhance painting. Supplies needed: Speedball black "Elegant Writer" dye-based pen 1.3 mm or 2.0 mm, Watercolor paper, #6 and #10 or #12, brush, paper towels, water container, basic watercolor set. A limited number of kits will be available for purchase - \$10 each.

Leader: Pauline Joyce

Facilitator: Nancy Harvey

Date: Tuesday, 3/4

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Easy Watercolor Landscapes

ART-701-CPR9

(Class limit: 15) This class is a great entry point to learning watercolors. The three-session class will cover fundamental and introductory techniques used to make landscapes and will include step by step instructions, practice time and completion of finished paintings. All supplies will be provided though participants are welcome to bring some of their own watercolor supplies if they wish.

Leader: Jenny Mathews

Facilitator: Jim Mundinger

Date: Tuesdays, 2/11, 2/18, 2/25

Time: 10:30 a.m. - 12 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$45

Pastel Painting

ART-701-CLR10

(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: Wednesdays, 4/16, 4/23, 4/30, 5/7, 5/14

Time: 10 a.m. - 12 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$30

Pastel Demo & Tour of Historic Barloga Home

ART-701-CLR11

(Class limit: 12) Learn a bit about the history of Pastel and watch a short demo by internationally known Master Pastelist, Nancie King Mertz, as she explains the medium and shares its versatility. You'll get to explore her and her husband's historic Jesse Barloga home, the 3rd one built in Rockford, and view her extensive gallery of works she's created in pastel and oil from travels around the world. Their historic home serves as her studio, gallery and frame shop, her husband's print shop and the learning center they established in 2021 to instruct & host painters from across the country. Following the tour, Nancie's paintings, cards & signature pastel products will be available for sale, including pieces of earlier work in the half-price Sale Attic! Light refreshments will be provided.

Leader: Nancie King Mertz

Facilitator: Jim Mundinger

Date: Monday, 4/30

Time: 1 - 3 p.m.

Place: Mertz Home - 905 Ridgewood Rd., Rockford

Fee: \$15

Introduction to the Art of Woodburning

ART-713-CLR1

(Class limit: 15) Learn to create decorative designs with a wood burning 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 wood burning tool. If you do not currently have a wood burning tool, it can be purchased inexpensively from Hobby Lobby or Michaels.

Leader: Rand Moore

Facilitator: Jack Croffoot

Date: Tuesdays, 3/4 & 3/11

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

Place: RVC Bell School Road Center, Room 2

Fee: \$25



Beginning Woodcarving

ART-713-CLR2

(Class limit: 12) Being able to create the figure of an animal, person, boot, wizard, or other object from a block of wood provides a feeling of accomplishment that is hard to beat. This 5-week course will provide participants with the ability to carve many different objects with their own personal touch. Class members will be charged \$20 for supplies. Carving tools will be provided for the first session and tools for purchase will be available (approximately \$20). The instructor has 35+ years of experience teaching students of all ages.

Leader: Gordon Moscinski

Facilitator: Jack Croffoot

Date: Wednesdays, 2/5, 2/12, 2/19, 2/26, 3/5

Time: 9 a.m. – 12 p.m.

Place: Kenrock Community Center – 625 Adams St., Rockford

Fee: \$30

Embroidered Spring Card

ART-720-CLR1

(Class limit: 10) Learn to create a unique greeting card using embroidery floss. We'll apply a template to card stock via holes punched through the template. The actual design will be made using a needle and two strands of embroidery floss. Participants will complete their own card to take with them. **NOTE:** Bring sharp scissors, scotch tape, and double-sided tape. Other supplies will be provided.

Leader: Dawn Calkins

Facilitator: Donna Brookbank

Date: Monday, 2/17

Time: 1 – 3 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Creating a Suncatcher

ART-720-CLR2

(Class limit: 10) Students will make a suncatcher with beading wire, beads, bead caps, focal crystal, and crimps using a selected design. The class covers stringing basics using beading wire, crimp beads, and crimp covers. Suncatcher materials are provided, including 10mm Czech fire-polished beads, seed beads, bead caps, and a Celestial Crystal focal or equivalent. You will have a selection of bead colors from which to choose, including the choice of rainbow. A selection of crystal focals will be available in clear crystal and in crystal AB and in a few different shapes. Necessary tools are provided during the class. **NOTE:** The seed beads and crimps are very small, so bring a free-standing magnifier if needed.

Leader: Sylvia Emerson

Facilitator: Donna Brookbank

Date: Monday, 3/10

Time: 9 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20



Ceramic Lighthouse

ART-720-CLR3

(Class limit: 15) Step-by-step, hands-on class instructions on how to paint a ceramic Lighthouse. There will be 5 different lighthouses to choose from. You will select one and paint it that afternoon. **BRING:** Apron or smock. **Included:** All supplies. **TAKE HOME:** Lighthouse will be painted and fired in Kiln.

Leader: Gail Lee

Facilitator: Gail Wallens

Date: Monday, 2/24

Time: 1 – 4 p.m.

Place: Lee Studio

3600 E. State St.

Suite 306, Rockford

Fee: \$30



Ceramic Plate with Flowers

ART-720-CLR4

(Class limit: 12) Step-by-step, hands-on class instructions on painting a decorated ceramic plate. There will be several different plates to choose from and several different stamps to use to make it your own design. **BRING:** Apron or smock. **Included:** All supplies. **TAKE HOME:** Plate will be taken home after fired in kiln.

Leader: Gail Lee

Facilitator: Gail Wallens

Date: Monday, 5/12

Time: 1 – 4 p.m.

Place: Lee Studio

3600 E. State St.

Suite 306

Rockford

Fee: \$30



Painting with Alcohol Inks

ART-720-CLR5

(Class limit: 12) Introduction class to painting with alcohol inks. Learn some of the tricks and techniques to painting with this popular medium. No painting experience is needed as the inks are perfect for the beginner, as well as the experienced painter. All supplies provided. The subject (tulips) will be pre-drawn on Yupo paper to allow each participant to concentrate solely on using the techniques demonstrated. Each student will leave with a completed 8" x 10" tulip painting on Yupo paper ready to be framed.

Leader: Jill Martin-Golden

Facilitator: Gail Wallens

Date: Thursday, 3/13

Time: 9:30 a.m. – 12 p.m.

Place: JR Finally Art

210 W. Main St.

Rockton

Fee: \$35



Decorate a Canvas Tote Bag

ART-720-CLR6

(Class limit: 12) Join our "tangling" artist, Rebecca, for this fun class. She will provide samples of pictures and designs with her many pattern books. You will use a black Sharpie pen to draw your own/or copy a book design onto a tote bag. There will also be more stencils available to use for your project. Then color your design with colored Sharpies or paints and "Voila!" - a personalized tote. Supplies will be provided, including the tote bag, stencils, colored Sharpies, paints, and brushes. **NOTE:** You will need to bring a black Sharpie marker (thick and thin points) to draw the design on the bag. (Please be sure it is the Sharpie brand marker, as these do not run when washed.)

Leader: Rebecca Bowman

Facilitator: Gail Wallens

Date: Thursday, 4/3

Time: 9:30 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Handbuilding Pottery Workshop

(Class limit: 12) Hop into spring with us as we create adorable gnomes perfect for the season! In this one-session handbuilding workshop, you'll learn to craft your very own miniature gnome using basic techniques like pinching, coiling, and slab work. Whether you want a cute Easter bunny gnome or a whimsical spring character, we'll guide you step-by-step to bring your gnome to life. No experience needed-bring your imagination and love for all things spring! These charming gnomes make the perfect decoration or gift for the season. Come join the fun and create something magical! **NOTE:** Two different class dates are available.

Leader: Jesika Chantal

Facilitator: Gail Wallens

Time: 9:30 a.m. – 12 p.m.

Place: Three Ravens Pottery – 1009 5th Ave., Rockford

Fee: \$45

ART-720-CLR7

Date: Monday, 3/31

ART-720-CLR8

Date: Monday, 4/7

COMPUTER TRAINING

To Snip or Not to Snip

CMP-702-CLR1

(Class limit: 18) Have you ever found data or a photo on the Internet that you would like to print or save but not sure how to do it? This class will explain the use of copy/paste, print screen, and the Snipping Tool (part of Windows on all computers). Through hands-on activities you'll learn how to use these three features, how they differ, and when it is best to use each one. Skill in using a mouse a must for this class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Wednesday, 2/19

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 5

Fee: \$20

Word 2021 Basics

CMP-702-CLR2

(Class limit: 18) This 12-hour word processing course using Word 2021 will help develop your word processing skills. The basics of Word including but not limited to, creating and formatting documents, inserting and deleting text, moving and copying text and graphics, inserting clip art and photos, using headers and footers, creating tables and columns, working with tabs, and printing envelopes. Users of older or newer versions of Word will find the concepts covered in this class applicable to their version. Prerequisite: Introduction to Computers or basic computer skills; or similar experiences and good working knowledge of the keyboard and mouse (this is a must). Please bring a flash drive to class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Mon/Thurs/Fri, 3/3, 3/6, 3/7, 3/10, 3/13, 3/14

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 5

Fee: \$40

Excel Basics

CMP-702-CLR3

(Class limit: 18) This class will provide an understanding of how to navigate the Excel basics and enough practice to lower the hesitation to work with Excel. Excel basics include explanation of the tabs and ribbons; document management including insert, delete, move, add, columns and rows; inserting text, data, and formulas; and setting up printing, adding pages, and copying fields.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Fri/Mon/Wed/Fri, 2/21, 2/24, 2/26, 2/28

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$35

Digitizing and Cleaning Up Old Photos, Slides, and Negatives

CMP-702-CLR4

(Class limit: 18) An understanding will be provided of the methods available for digitizing old images and cleaning and enhancing them when desired. We'll review needed equipment and techniques for digitizing old photos, slides, and negatives. We will work with free basic and advanced utilities for cleaning up the digitized images.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Wed/Fri, 3/26 & 3/28

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 5

Fee: \$25

Buying and Selling Online

CMP-703-CLR1

(Class limit: 35) This class will cover the pros and cons of buying and selling online. References will be made to eBay, PayPal, Craig's List, and Facebook Marketplace. Discussion of fees and guarantees will include typical charges from various vending resources. This is a lecture and demo class, not hands-on.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Thursday, 4/10

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$20

The Increasing Involvement of Computers in Your Life

CMP-703-CLR2

(Class limit: 18) This class will expose the students to programs that substantially increase the usefulness of any desktop or laptop PC. We'll review ways in which the computer can assist with arranging and managing everyday tasks. Whether it is shopping, bill paying, car service scheduling, home repair contractor searching, or a myriad of other tasks, your computer can now be your best assistant to deal with the pressure to go "paperless".

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Wednesday, 2/12

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 5

Fee: \$20

Keeping Up with Technology and AI

CMP-703-CLR3

(Class limit: 30) This class will review the current technological advances in medical and other high-tech sectors of education and research. Learn about the everyday infusion of AI technology into our life activities and how the good part of AI is helping us live and stay active longer. There will also be a discussion about the bad parts of AI, such as the creation of false news/images 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. There will be time for Q & A. **NOTE:** This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional colleges will be joining the Zoom class.

Leader: Bob Bertolasi

Facilitator: Arnie Ames

Date: Thursday, 3/20

Time: 10 a.m. – 12 p.m.

Place: Online via Zoom

Fee: \$15

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 more 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. **NOTE:** Choice of two dates/times available.



Leader: Michele Arms

Facilitator: Lynnette Danzl-Tauer

Place: RVC Bell School Road Center, Room 4

Fee: \$15

CMP-703-CLR4

Date: Tuesday, 2/25

Time: 10 a.m. – 12 p.m.

CMP-703-CLR5

Date: Thursday, 2/27

Time: 1 – 3 p.m.

FINANCE

Serving as an Executor or as an Agent Under POA

FIN-701-CLR1

(Class limit: 25) Those nominated as executors may find themselves wondering whether the nomination is an honor or a one-way trip to the ultimate thankless job. In this course, we will survey the process of administering an estate and the powers and duties of an executor in Illinois, so that you can be well informed as you make the decision whether to accept an appointment as an executor or exercise your right to politely decline. We will also take some time in this course to survey the powers and duties imposed upon those who accept appointment as an agent under powers of attorney for health care and property in Illinois.

Leader: Adam Fleming

Facilitator: Bob Bertolasi

Date: Tuesday, 3/4

Time: 2 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

**RENEW YOUR CLR
MEMBERSHIP TODAY!**

Passing Assets to the Next Generation: Uncle Sam Keeps Changing the Rules

FIN-701-CLR2

(Class limit: 30) Heirs versus Uncle Sam. How much will you really leave yours? In this class, you'll learn that not all assets are created equal when passing them to your heirs. In the past five years, there have been several changes to the tax code that greatly affect how your heirs will inherit your hard-earned assets. Come gain an understanding of how your assets will be taxed and tips for which assets are best to pass down, give to charity, and which ones you should spend. We will discuss the death of the stretch IRA and give alternatives and strategies to lessen the tax burden on your estate. We will also discuss the pros and cons of estate planning techniques such as wills, trusts, direct beneficiaries, and joint ownership. Come join us to learn how to maximize the amount your heirs will enjoy.

Leader: Theresa Harezlak

Facilitator: Sue Hansen

Date: Tuesday, 2/11

Time: 9 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Medicare and Long-Term Care

FIN-701-CLR3

(Class limit: 50) This will be an educational presentation to answer your questions on Medicare and Long-Term Care. The discussion will be suitable for both those nearing retirement and those already on their retirement journey. Medicare - What is original Medicare offered by the federal government and what does and doesn't it cover? How and when do I sign up? How does it work if I'm still employed? Why do I need additional coverage? What are the options and costs? How do I decide what's right for me? Is it just medical or does it include dental, vision and hearing? My current plan is getting unaffordable - do I have options or am I stuck with it? Long-Term Care - Isn't it covered by Medicare? How prevalent is the need? What does it really cost? Is it just nursing homes, or are other settings covered? How do I pay for it and plan for it?

Leader: Don Kent

Facilitator: Robbin Nelson

Date: Friday, 3/7

Time: 1 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Generational Wealth

FIN-701-CLR4

(Class limit: 50) The leader, who is a retired financial advisor, will be defining what generational wealth is and how to build it using the following five steps:



1. Pay off debts 2. Buy a condo or house 3. Start long-term investing 4. Put an estate plan in place 5. Share your financial wisdom. We'll discuss the benefits, who gets what, and how the wealth is shared or spent down. We'll look at the three-generational curse and overview the four pillars of wealth management: build wealth, manage wealth, protect wealth, and transition wealth. The leader will conclude by giving a listing of actions we all can take and adhere to for building generational wealth.

Leader: Robert Jackson

Facilitator: Ellen Taylor-White

Date: Friday, 4/11

Time: 10 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Markets Today

FIN-701-CLR5

(Class limit: 25) This class will discuss recent market performance, including influences and how they may impact portfolio opportunities.

Leader: Stacy Brady

Facilitator: Robbin Nelson

Date: Thursday, 4/10

Time: 10 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

FITNESS

Wellness Walking with Nordic Poles

FIT-750-CLR1

(Class limit: 12) Nordic walking is a complete body workout which can be done anywhere. It is relatively safe for all fitness levels. Regular walking uses 40% of large muscle groups, while Nordic walking uses 90% of the large muscle groups. This also increases the calories that are burned. Nordic walking increases your cardio workout with no perceived increase in exertion. Balance, posture, and stability are all improved. Positive results have been found with joint replacements, Parkinson's, neuropathy, lymphedema, and many other health issues. Come and walk indoors for 30 minutes and then experience balance, stretching, and light exercises afterward.

Leader: Karla Johnson

Facilitator: Midge Tesch

Date: Tuesday, 4/22

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Vivo Virtual Fitness

(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 each participant's fitness needs.

Sessions are 45 minutes long and consist of cognitive, balance, flexibility, and strength exercises. The Center for Learning in Retirement 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 that meets twice a week 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

Winter – 8 weeks/16 sessions

FIT-767-CLR1

Dates: Tues/Thurs, 1/28 – 3/20

Spring – 8 weeks/16 sessions

FIT-767-CLR2

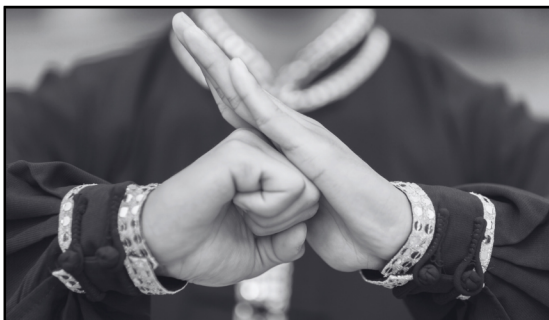
Dates: Tues/Thurs, 3/25 – 5/15

Tai Chi & Chi Kung

FIT-768-CLR1

(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: Wednesday, 2/12
Time: 10 a.m. – 12 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$15



Gentle Hatha Yoga

(Class limit: 12) In this Traditional Hatha Yoga class we take our time, using props and adaptations that work for you. Classes explore mindful breathing, standing, kneeling, and floor poses including meditation. A great NEW class for beginners or those returning to yoga! Challenging with a gentle approach. **NOTE:** Mats are available; you are also welcome to bring your own. Bring water and wear comfortable clothes. The yoga studio is located on the 4th floor in the Liberty Square Building. The main entrance is on the south

side of the building.

Leader: Julie Young
Facilitator: Jan Johnson
Time: 9 – 10:15 a.m.
Place: Surya Chandra Yoga Studio – 929 S. Alpine Rd, Suite 408, Rockford
Fee: \$45

FIT-768-CLR7

Date: Saturdays, 3/8, 3/15, 3/22, 3/29

FIT-768-CLR2

Date: Saturdays, 4/12, 4/19, 4/26, 5/3



Surya Chandra Yoga Studio

Cardio Drumming

FIT-768-CLR3

(Class limit: 10) No drumming experience needed! All levels welcome! Cardio drumming combines cardio exercise and drumming to music for an easy, fun and effective workout while seated in a chair. Large rubber exercise balls will be used for drumming. Improve your coordination and cognitive function while strengthening many muscle groups. So much fun, you'll forget you're exercising! **NOTE:** Participants need to bring a 5-gallon bucket or a round laundry basket (for a base) and drumsticks with them to class. For those without drumsticks, they can be purchased from the instructor for \$5. This class is held on the RVC main campus in the Physical Education Center (PEC) Building.

Leader: Beth Campisi
Facilitator: Gail Wallens
Date: Thursdays, 5/1, 5/8, 5/15
Time: 1:15 – 2:15 p.m.
Place: RVC/PEC Dance Studio, Room 1216
Fee: \$25

Chair Yoga

(Class limit: 12) Enjoy a peaceful yoga practice that you can do seated in a chair and use the chair for assistance with balance and standing poses. This beginner-friendly and supportive practice includes gentle movement, mindful breathing, relaxation, yoga poses and sequences for strength, balance, flexibility and peace of mind. The yoga studio is located on the 4th floor in the Liberty Square

Building. The Main Entrance is on the south side of the building. Wear comfortable clothes and bring water and a mat (if you have one). Extra mats will be available. There are 3 spring classes that each meet for 4 weeks. **NOTE:** New day and time!

Leader: Julie Young

Facilitator: Jan Johnson

Time: 9 – 10 a.m.

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

Fee: \$45

FIT-768-CLR4

Dates: Tuesdays, 2/4, 2/11, 2/18, 2/25

FIT-768-CLR5

Dates: Tuesdays, 3/11, 3/18, 4/1, 4/8 (skip 3/25)

FIT-768-CLR6

Dates: Tuesdays, 4/22, 4/29, 5/6, 5/13

HEALTH & WELLNESS



National Institutes of Health
Turning Discovery Into Health

"I Have a Health Question": Using National Institutes of Health Resources

HLT-705-CLR1

(Class limit: 25) Have you ever wondered how to start researching health questions? Do you feel overwhelmed about the ever-expanding glut of information on the internet? Want some tried and true, trustworthy sites to start your search? Look no further than this course! Holly Hudson, a librarian and assistant professor at UIC - Rockford, is here to help you learn how to navigate National Institutes of Health resources such as PubMed and Medline Plus in order to answer your health-related queries. Basic computer skills required as all of the resources are web based.

Leader: Holly Hudson

Facilitator: Jack Croffoot

Date: Thursday, 2/6

Time: 1 – 4 p.m.

Place: UIC – 1601 Parkview Ave., Rockford - Library Computer Lab

Fee: \$15

Remember to check whether a class is in-person or online before you register!

Understanding How Diet and Lifestyle Impact Inflammation

HLT-725-CLR1

(Class limit: 50) Inflammation is the body's natural response to stressors. Understanding what causes inflammation and how you can better manage it is the first step to improving your overall health. Many lifestyle choices contribute to the inflammation response. However, by making small changes in our everyday lives, we can decrease the risk of inflammation and better manage it. During this workshop, we will discuss inflammation, the inflammation process, and the impact of lifestyle, (diet, physical activity and stress management) on inflammation risk.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 3/21

Time: 1 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Freezer Meal Basics

HLT-725-CLR2

(Class limit: 50) Eating healthy at every stage of life is critical because of the lasting impact it has on our overall health. But it can be challenging for many reasons, such as we are cooking for fewer people, we are tired of cooking, and it can just seem like a lot of work. One way to navigate the obstacles when cooking for one or two is to create freezer meals. Freezer meals allow you to save money, time, and effort while making healthy food choices giving your body the nutrients it needs so you can enjoy retirement. Join us to learn what foods freeze well and which ones do not. Learn the value of quality freezer containers and ways to stay safe while you cook, freeze, thaw, and reheat tasty freezer meals. Leave this session with helpful tips and delicious recipes to try at home.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 4/25

Time: 1 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Singing Bowls & Sound Healing

HLT-725-CLR3

(Class limit: 20) Sound healing is an ancient practice using singing bowls + other instruments - and is currently very popular. Discover the benefits (deep relaxation, stress relief, better sleep, improved blood pressure, reduced pain, plus emotional release) while you relax in your chair to the sounds and vibrations of Tibetan bowls, crystal bowls, gong, rain stick, ocean drum, and others. Even people with "busy brains" are able to enter deep relaxation. Sound Healing can stimulate the body's natural healing processes.

You may feel immediate physical and/or emotional release and relief. The class includes information and experience, with time for Q&A and sharing.

Leader: Kelly Joy Simmons

Facilitator: Midge Tesch

Date: Monday, 3/3

Time: 1:30 – 3 p.m.

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. Led by 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. **NOTE:** Meet inside the store at the customer service desk. Two date options are available.

Leader: Mary Panther

Facilitator: Jack Croffoot

Time: 10 – 11:15 a.m.

Place: Woodman's Grocery Store – 3155 McFarland Rd., Rockford

Fee: \$15

HLT-725-CLR4

Date: Monday, 5/12

HLT-725-CLR5

Date: Tuesday, 5/13

Pharmacy Interventions in Weight Management

HLT-725-CLR6

(Class limit: 35) In the past few years, new pharmaceutical options have become available to patients for management in weight loss. This program will review both pharmacologic and non-pharmacologic options in weight management. These two Doctor of Pharmacy post graduate community-based residents at UW Health SwedishAmerican Hospital will provide an overview of obesity as a disease state including incidence, definition, diagnosis and complications. They will review the impact of obesity as a risk factor for other disease states. There will be discussion about weight management strategies including lifestyle modifications and pharmaceutical options with an emphasis on new medication classes (GLP1s). They will provide an analysis of current medication options for weight loss including indications, administration, risk/benefits, and cost.

Leader: Monesa Vu & Alejandra Cazares

Facilitator: Sue Hansen

Date: Monday, 3/3

Time: 9-11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Cooking Mediterranean: The Ultimate Mezze Platter

(Class limit: 25) Cook well, eat well, be well! Truly extraordinary is the Mezze, a tabletop display of 20 to 40 dishes similar to our American buffet. From appetizers to kebabs, from beans to bread, is a complete menu showing the vast variety of the Middle Eastern appetite. This is the third in this series of classes on Mediterranean/Middle Eastern food. Because of its popularity, you can choose from two different dates. This class continues with an emphasis on various dishes offered from 45 years of experience learning and cooking food throughout the Arab countries; a modern twist based on both the original recipes and the Western palate. The first part of the class we'll review spices, veg, and ingredients/equipment used with actual product examples for sampling. Because of its interactive nature, you will be able to taste and try the recipes and will be given samples of all ingredients. Join us - and sign up right away as these classes fill quickly.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$20

HLT-725-CLR7

Date: Friday, 4/4

HLT-725-CLR8

Date: Friday, 4/11

HISTORY

The Cuban Diaspora

HST-701-CLR1

(Class limit: 50) Cuba and the United States have had a tumultuous political relationship, best of friends and worst of enemies after the Cuban Revolution of 1959. Thousands of Cubans left the island after Fidel Castro took control of the country in waves of exiles over the years. But in 1980, a most unexpected exodus referred to as "The Mariel Boatlift" shook both countries on either side of the Florida Strait with an unprecedented flow of immigrants, 125,000 from April to September, creating a logistical nightmare for U.S. immigration authorities. This presentation will examine the events leading up to the exodus as well as its repercussions and political fallout.

Leader: Elvira Bayod Ventimiglia

Facilitator: April Rottman, Lynnette Danzl-Tauer

Date: Friday, 5/2

Time: 1 – 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

That Was a Year: 1953

HST-701-CLR2

(Class limit: 50) Some of the people making headlines in 1953 were Dwight Eisenhower, Josef Stalin, Queen Elizabeth II, and Edmond Hillary. Our country had just 48 states and the nation was at war. The U.S. inflation rate was 0.8 percent, and a first-class postage stamp cost 3 cents. So why 1953? That was the year I entered the public education system, so it was a big year for me, too.

Leader: Barry Wood

Facilitator: Keith Hale

Date: Wednesday, 4/9

Time: 10 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

History of the Toilet & Sanitation

HST-701-CLR3

(Class limit: 25) A brief history of the relationship between personal hygiene and prevention of infectious disease from the times before the Roman Empire through to the development of modern germ theory and adaption of modern sanitary principles around the world. The class will include a summary of how these hygienic changes have improved global life expectancy.

Leader: Loyd Wollstadt

Facilitator: Keith Hale

Date: Monday, 4/14

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Amelia Earhart: Her Last Flight

HST-701-CLR4

(Class limit: 50) Amelia Earhart was a world-renowned pilot who became the first woman to fly the Atlantic and the first person to fly solo across the Pacific from Hawaii to California. But most people know her today as the famous aviatrix who never completed her around-the-world trip in 1937. What happened to Amelia and her navigator Fred Noonan on that fateful leg of her last flight? Was she simply lost at sea? Was she captured by the Japanese? Was she a spy? Join us for this class as we examine her Last Flight and the circumstances surrounding her disappearance in the South Pacific just before World War II with the Japanese.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Monday, 5/5

Time: 9:30 – 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Vietnam Infantry 1967-68 and the Re-Entry to Civilian Life

HST-701-CLR5

(Class limit: 50) The daily life and the mood of the service men in Vietnam at that time will be discussed. The leader is a Vietnam veteran and will talk about how he and the men felt about the war and how they were treated when they returned to the U.S. He carried a camera with him during war time and has some personal photos of the men searching the jungle and some pictures taken from helicopters and of the base camp. There will be some equipment and other items on display.

Leader: Kerwood Watts

Facilitator: Carol Salzer

Date: Friday, 4/4

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Daily Life of GIs in WWII

HST-701-CLR6

(Class limit: 50) WWII was one of the most consequential events in world history. Everything was at stake in WWII - the survival not only of the United States and its democracy but of democracy throughout the world. It was a Total War fought with a ferocity never seen up until then. But for the GI, not every moment was spent fighting. What was life like for the GIs who fought in WWII? How did they spend what little free time they had? What kept them going from one day to the next? Veterans themselves, in words and pictures, will tell the stories of their daily life during WWII as told to Dr. John Ulferts in his book "Always Remember - World War II Through Veterans' Eyes."

Leader: John Ulferts

Facilitator: Ellen Taylor-White

Date: Thursday, 5/1

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Women's Resistance During the Holocaust

HST-701-CLR7

(Class limit: 50) This class will highlight different forms of resistance to the Holocaust during WWII and examine women's unique experiences in the Holocaust through various examples of resistance. Attendees will gain an understanding of historical events related to resistance during the Holocaust, the roles specific women played in defying occupying forces, and how these examples have been memorialized in education, art, and international legacy projects.

Leader: Ryan Woodward

Facilitator: Midge Tesch

Date: Thursday, 2/13

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

History of Modern Israel

HST-701-CLR8

(Class limit: 50) This class explains the geography and history of the modern state of Israel. It starts with Napoleon's desire for the Mid-East then covers the Protestant movement, the Zionist movement, WWI, the British Mandate, the Holocaust, the Protestant movement, the Palestinians, the War for Israel Independence in 1948, the Suez Crisis in 1956, the 6-day War in 1967, the Yom Kippur War in 1973 and continuing conflicts today.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White

Date: Thursday, 4/3

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Chinese Revolution and the Rise of the People's Republic of China

HST-701-CLR9

(Class limit: 25) An examination of the Chinese Revolution and Civil War of the 19th and 20th centuries and the rise to power of the People's Republic of China since 1949.

Leader: John Roseberg

Facilitator: Steve Renne

Date: Thursdays, 5/1, 5/8, 5/15

Time: 10 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$25

Baseball: Glory of Their Times

HST-712-CLR1

(Class limit: 50) Explore the early days of baseball with featured anecdotes and pictures of the players in the first half of the 20th century. We'll include in our study the great Negro League ballplayers, view the legendary photography of Charles Conlong and George Brace and consider the observations of the great baseball writers. **NOTE:** This is a two-session **COLLEGE COLLABORATION** class. Participants will be admitted by the College of DuPage two minutes before the class is scheduled to begin.

Leader: Gerald Horan

Facilitator: Keith Hale

Date: Tuesdays, 3/18 & 3/25

Time: 10 a.m. – 12 p.m.

Place: Online via Zoom

Fee: \$20

American Women in the Doll Business 1850-1950

HST-712-CLR2

(Class limit: 25) In the 1800s, employment opportunities for women in American business were few and far between but there were a few enterprising women who were able to make a living by creating unique dolls that are highly valued by collectors today. By the early 1900's a few women even owned their own doll factories or were designing dolls that were selling by the millions to American consumers. In this class, we will look at

some of the most notable of these women and their creations.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 5/12

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

How the States Got Their Shapes – Part 2

HST-712-CLR3

(Class limit: 50) Did you know that the area that is now Rockford, Illinois was once part of the territory that eventually became Wisconsin? If you were with us for Part 1 in the Fall of 2024, you would have learned how this happened. This time, don't miss out! Join us as we continue to explore the many different reasons why our states have unique and (in some cases) strange shapes. This is a two-session presentation where session 1 begins with the great Louisiana Purchase of 1803 by President Jefferson, and how it affected 14 different territories that eventually became states. In session 2, we take a close look at the western and Pacific coastal states and how wars, treaties, thievery, and a continued turbulent relationship with Great Britain further defined our borders and shapes.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Thursdays, 4/24 & 5/1

Time: 9:30 – 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$20

Assassination of Lincoln and the Saga of Dr. Mudd

HST-712-CLR4

(Class limit: 50) Who was Dr. Mudd and why was he sentenced to life in prison at Fort Jefferson after the assassination of Lincoln? Follow the assassination, escape, trial, conviction, sentencing and hanging of those involved in July 1865 and the recent efforts to have Dr. Mudd's good name restored.

Leader: Gordon Dammann

Facilitator: Jack Croffoot

Date: Wednesday, 3/19

Time: 1 – 3 p.m.

Place: RVC Bell School

Road Center, Room 3

Fee: \$15



ATTENTION

When you register for classes be sure to make note of the locations where the classes will be held. Not all classes are held at the Bell School Road Center.

Madam President?

HST-712-CLR5

(Class limit: 50) Many countries around the world have women presidents or prime ministers...but the U.S. does not...yet. In this class, we will learn about all of the American women who have run for our nation's highest office, from early suffragettes through Hillary Clinton and Kamala Harris. Then we will discuss what it will take for a female in the U.S. to finally break through that glass ceiling.

Leader: Linda Greene

Facilitator: Brad Keyes

Date: Monday, 2/24

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Black Hawk War of 1832

HST-712-CLR6

(Class limit: 50) Illinois is one of 15 states that does not have a Native American reservation within its borders. Part of the reason for this is the Black Hawk War of 1832, the next-to-last war between the U.S. and Indians east of the Mississippi River. Join Jon McGinty as he re-tells the story of this conflict and invites you to visit battle sites in our neighborhood.

Leader: Jon McGinty

Facilitator: Robbin Nelson

Date: Monday, 3/17

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

1959 & 1969: Two Pivotal Years in Our History

HST-712-CLR7

(Class limit: 50) Besides 1959 and 1969 marking the end of two very significant decades in modern history, many noteworthy events occurred in those years in music, art, literature, politics, society, and science. For 1959 we will discuss the Beat writers, the jazz revolutions of Miles Davis and Ornette Coleman, Khrushchev and Castro visiting the U.S., the development of the birth control pill, and the beginning of Motown Records. For 1969, we will look at Woodstock, the Manson family, the Chicago 8 trial, Curt Flood's role in the establishment of free agency in professional sports, the moon landing, and films such as *Midnight Cowboy* and *Easy Rider*. Plus, much more.

Leader: Steve Renne

Facilitator: Gail Wallens

Date: Tuesday, 3/11

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Can This Be America? KKK in Indiana

HST-712-CLR8

(Class limit: 75) In the 1950s, the state of Indiana became dominated by the KKK under the leadership of a "monster man". The long-range plan was for the KKK to take control of the federal government. Ministers paid to bring their flock into the Klan, police and judges became members and turned a blind eye to justice and horrible acts of violence against Catholics, Jews, and African Americans. One brave woman gave her life to bring the Klan down.

Leader: Gene VanGalder

Facilitator: Malia Hennessy, Arnie Ames

Date: Monday, 3/10

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Jane Addams As Reformer: Striving for the Lincoln Ideal in a Rapidly Changing America

HST-712-CLR9

(Class limit: 50)

Had Abraham Lincoln lived another 15 or 20 years beyond his death in 1865, he would have witnessed enormous challenges to his vision of a partnership of business and labor against the evils of slavery and xenophobia. Instead, by the 1880s, business and labor was increasingly in opposition to each other, and Jim Crow racism and anti-immigrant bigotry was on the rise as the United States rapidly industrialized and urbanized. Jane Addams grew up idolizing President Lincoln but discovered she needed to adapt her ideals and strategies to meet the reform needs of a new and complex society far removed from the stark but simpler issues of a much more rural antebellum (pre-Civil War) America. This is a **COLLEGE COLLABORATION** class hosted by RVC/CLR. Students from other regional colleges will be joining the Zoom class. This is a HYBRID class and can be attended in-person or online.

Leader: Andy Dvorak

Facilitator: Keith Hale

Date: Wednesday, 4/23

Time: 10 a.m. – 12 p.m.

Place: RVC Bell School Road Center, Room 3 &

Online via Zoom

Fee: \$15



Barnstormers and Biplanes: The Early Days of Aviation

HST-712-CLR10

(Class limit: 50) You've heard about the Wright Brothers & Amelia Earhart, but what about Harriet Quimby or the Barnstormers? This program focuses on the fascinating era of early aviation from the turn-of-the century until the 1920's. Discover how the Wright Brothers became interested in flight, see what makes airplanes fly, and learn about some of the major names in the early aviation world.

Leader: Mike Frederiksen

Facilitator: Bob Bertolasi

Date: Tuesday, 2/18

Time: 9:30 – 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Civil Rights Movement in Las Vegas

HST-712-CLR11

(Class limit: 50) In honor of Black History Month, let's step back in time to the Las Vegas civil rights movement. Since the city's founding in 1905, African Americans have played an important part in its history. This live virtual program from The Mob Museum in Las Vegas, NV, explores the experiences of African American residents and Black entertainers who graced the Las Vegas stage in the early days. Performers like Sammy Davis Jr and Nat King Cole were forced to stay in segregated areas of town. They were vocal and brought attention to segregation in a way that regular citizens were unable to achieve. Learn about the challenges and discrimination that African Americans faced, how the Westside developed, and why WWII played a key role in the community's growth. There will be time for Q & A following the presentation. **NOTE:** This is a **COLLEGE COLLABORATION** class hosted by RVC/CLR. Students from other regional colleges will be joining the Zoom class. This class will have a room available at the Bell building for online Zoom viewing.

Leader: Allyson O'Brien

Facilitator: Jan Johnson

Date: Thursday, 2/20

Time: 10:30 – 11:45 a.m.

Place: Online via Zoom & Zoom Room

Fee: \$15

Crazy Daisy - How Girl Scouts Began

HST-712-CLR12

(Class limit: 50) How the premier organization for girls in the world began within the mind and determination of one woman from Georgia wanting to make a difference in the present and futures of girls. Learn the history behind the founder of Girl Scouts USA, Juliette Low; how Girl Scouts all began; and where it's gone since then.

Leader: Louise Glon

Facilitator: Robbin Nelson

Date: Thursday, 4/10

Time: 1 – 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

More Jerks in Chicago History – 20th Century

HST-720-CLR1

(Class limit: 50) Last semester we examined the Jerks in Chicago History that made up the 19th Century, and what a bunch of characters they were. In this session, we will take a look at the men who turned Chicago into the corrupt and crime-riddled western town it became in the 20th century. We begin with William J. Davis the cost-cutting owner of the theatre where over 600 people died in one afternoon. We will look at James Colosimo, the grandfather of the Chicago mob, and how Big Jim Thompson was perhaps the most corrupt mayor Chicago ever had. Other notable jerks, murderers, thieves and mobsters will be examined that rounded out the first half of the 20th century. Join us for the second of two classes on the Jerks in Chicago History.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Monday, 4/14

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The History of Montague Road

HST-720-CLR2

(Class limit: 75) Montague Road has a long fascinating history from the time people first settled in this area. From its beginnings as a Native American trail to the present day, this road reveals a picture of daily life in this area. Kathi Kresol will share the stories of the families who came from all over to make this region their home. Kathi is a local historian and author who has been researching Northern Illinois' history for two decades and loves to share the stories she discovers through her writings and presentations.

Leader: Kathi Kresol

Facilitator: Jan Johnson

Date: Tuesday, 4/15

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Kathi Kresol
Historian & Author



Juliette Gordon Low
Founder
Girl Scouts USA

Memories of the Wagon Wheel Resort

HST-720-CLR3

(Class limit: 25) We are offering this again due to continued popularity. Travel down memory lane as we visit the small hamburger stand, which was the beginning of what would become a premier entertainment venue in Northern Illinois during the mid-1900s in the small village of Rockton. Learn about the history of the Wagon Wheel Resort, the people who made it possible, and some of the interesting stories from that time. Walt Williamson's Wagon Wheel Resort would encompass numerous restaurants, gift shops, a swimming pool, an ice-skating rink, a theater, an airstrip, and much more before its demise due to changing times, fires, and neglect. Time will be available after the presentation to view displays and the many items in the Wagon Wheel collection.

Leader: Marilyn Mohring

Facilitator: Midge Tesch

Date: Tuesday, 4/29

Time: 10 – 11:30 a.m.

Place: Rockton Historical Society – 529 Green St., Rockton

Fee: \$20



Wagon Wheel Resort pool

Days on the Family Farm on Bell School Road

HST-720-CLR4

(Class limit: 50) Bell School was the first public meeting place in the old Guilford Township, now part of Rockford. Thaddeus Davis deeded the land to the township in 1846. Davis was a direct ancestor to the instructor of this class who is also the author of "Days on the Family Farm: From the Golden Age through the Great Depression", published by the U of MN press, 2007. Based on the diaries and farm ledgers kept by May Lyford Davis from 1901-1944, the book tells the history of Midwestern agriculture using the farm just south of Olde Creek Rd as a case study. As it happens, the instructor now lives on that same farm. This class will provide an introduction to this book, a bit of history about Bell School, and some background on the farming families in the vicinity of the school in the first half of the 20th century.

Leader: Carrie Meyer

Facilitator: Keith Hale

Date: Wednesday, 4/16

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Historic Look at IL & WI Stateline in 1825

HST-720-CLR5

(Class limit: 30) This class will take an historical look at what was going on in the state line area and the country 200 years ago. This will include a short history of Macktown and Stephen Mack, area Native American tribes/nations that were present, and various treaties signed between many tribes and the U.S. Government and their effects. Significant national events in 1825 like the election of John Quincy Adams, the opening of the Erie Canal, boundary changes, and more will be discussed.

Leader: Lucy Pilbin Adrignola

Facilitator: Brad Keyes

Date: Tuesday, 5/6

Time: 1-3 p.m.

Place: Macktown Living History

2221 Freeport Rd., Rockton

Fee: \$20

Travels With Laura Ingalls Wilder

HST-725-CLR1

(Class limit: 50) There's much to be learned from Laura's life and the familial influences rather than from social media or TV. Travel with Laura and her family to several states in a covered wagon. Learn about their experiences and challenges, plus what Pa's fiddle meant to Laura. Find out where she was born, met Almanzo, and the home they built together in Mansfield, MO in the Ozarks. Her beloved books show support of the family, community, country, pioneer spirit and strength. These pioneers should not be forgotten!

Leader: Bea Chaplin

Facilitator: Robbin Nelson

Date: Monday, 5/5

Time: 1:30 – 3 p.m.

Place: RVC Bell School

Road Center

Room 3

Fee: \$15



HUMANITIES

Opera Appreciation: Seduction, Persuasion, Love at First Sight

HUM-701-CLR1

(Class limit: 50) The theme of love dominates the world of opera; sometimes, it is reciprocal, and other times, it is forced through seductive or persuasive manipulations. This presentation will include excerpts from operas in the classical repertory that highlight the various ways in which love is expressed. Included are scenes from Saint Saens's *Samson and Delilah*, Massenet's *Manon*, Mozart's *Don Giovanni*, and the most notorious seduction in all of opera, Bizet's

Carmen. We will experience love at first sight with Strauss' "Presentation of the Rose" from *Der Rosenkavalier* and the love duet from Gounod's *Romeo et Juliette*.

Leader: Elvira Bayod Ventimiglia
Facilitators: April Rottman & Lynnette Danzl-Tauer
Date: Friday, 3/28
Time: 1-3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15

American Still Life Paintings

HUM-701-CLR2

(Class limit: 50) Explore the rich tradition of trompe l'oeil (French for "deceive the eye"), which was especially prevalent in American still life painting in the last quarter of the 19th century. Also, learn about contemporary artists who bring a fresh approach to this art tradition. **NOTE:** This is a **COLLEGE COLLABORATION** class. Participants will be admitted by the College of DuPage two minutes before the class is scheduled to begin.

Leader: Ruth Nelson
Facilitator: Jan Johnson
Date: Wednesday, 4/23
Time: 2 – 4 p.m.
Place: Online via Zoom
Fee: \$15

Rockford Symphony Orchestra: Keeping Programs Engaging & Relevant

HUM-701-CLR3

(Class limit: 75) Orchestral programming in the 21st century. In this lecture, Yaniv Attar, Music Director of the Rockford Symphony Orchestra (RSO) will share his programming philosophy for orchestras today and discuss how programs are chosen and curated in order to make them engaging and relevant. Yaniv will explain his concept of Harmony from Discord, and in particular, the upcoming performance of "Ellis Island" with the RSO.

Leader: Yaniv Attar
Facilitator: Sue Hansen
Date: Thursday, 2/20
Time: 1:30 – 3:30 p.m.
Place: RVC Bell School Road Center Room 13
Fee: \$15



yaniv Attar
Music Director
Rockford Symphony Orchestra

Introduction to Taiko Drumming

HUM-701-CLR4

(Class limit: 15) Taiko drumming is a traditional Japanese performance art which is accessible to anyone willing to try. Teien no Taiko is the community level taiko drum group sponsored by Anderson

Japanese Gardens. Anyone in our community interested in joining us is welcome. You'll learn basic skills and an introductory level song. Drumming can be done seated. Class members are welcome to stay at 4 pm for our regular weekly practice session and return as a regular member of the group in following weeks.

Leader: Linda Bergstrom
Facilitator: Jan Johnson
Date: Wednesday, 2/26
Time: 2:30 – 4 p.m.
Place: Anderson Japanese Gardens Visitor Center, Lower Level – 2110 Stonebridge Dr., Rockford
Fee: \$15

Historical Classical Music Appreciation: Art and the Baroque Era

HUM-701-CLR5

(Class limit: 50) Composed from about 1600 to 1750, the Baroque style followed the Renaissance period and was divided into three phases: early, middle, and late, each of which had their own characteristics. Maybe you've taken an appreciation class before but this one will be different. First, a summary of the artistic Baroque style in art and music will be compared with reviews of artists discussed for their similarities. Secondly, of major importance, instruments available during this period will also be discussed as this dictates the type of composition being written. In this session, the Baroque period will come to life. The presenter of this class has advanced degree credentials in piano performance, theory, and ethnomusicology and has taught for more than 45 years; 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: Friday, 5/16
Time: 1:30 – 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Foreign Film Appreciation: *Madres Paralelas* (Parallel Mothers)

HUM-702-CLR1

(Class limit: 50) This film (in Spanish with English subtitles) is about two single women who form a bond after giving birth on the same day. Directed by Almodovar and starring Penelope Cruz, the film calls attention to the Spanish Civil War, and tackles themes of motherhood, sexuality, and identity, among others. It's a must-see! Discussion to follow the film.

Leaders: Elvira Bayod Ventimiglia & Cristina Sztrensus
Facilitators: Lynnette Danzl-Tauer & April Rottman
Date: Friday, 2/21
Time: 1 – 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Hollywood & The Fourth Estate: *His Girl Friday* **HUM-710-CLR1**

(Class limit: 50) This is the first film I showed in this series, and I thought it was time to show it again. This is an old-fashioned comedy called *His Girl Friday*. It stars Cary Grant and Rosalind Russell as a newspaper editor and a reporter, respectively. It's based on the 1928 play *The Front Page* and was released in 1940. Discussion to follow the film.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 2/27

Time: 1:30 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

I Love This Movie, But...

HUM-710-CLR2

(Class limit: 50) *The Tall Guy* is one of those "little movies" that didn't make much of a splash or a lot of money, but I love it. It stars Jeff Goldblum, Emma Thompson, and Rowan Atkinson and was released in 1989 in Britain, a year later in this country. Here's a little spoiler: Its plot includes the production of a musical based on *The Elephant Man*. WARNING: There is a bit of nudity and sex, so if that offends you, please stay away. I can watch it by myself!

Leader: Barry Wood

Facilitator: Robbin Nelson

Date: Tuesday, 3/25

Time: 1:30 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Looney Learning: Origin Stories

HUM-710-CLR3

(Class limit: 50) Overnight success stories are rare in show business, but they do happen. Several of the Looney Tunes' main characters were instant audience favorites, but some also went through a number of changes before becoming the cartoon star we recognize today. Learn about this and more.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 4/3

Time: 1:30 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Comparing Two Great Films

HUM-710-CLR4

(Class limit: 60) This class will compare:
Session 1 - *Outrage*, 1964, directed by Martin Ritt, starring Paul Newman as a bandit. Session 2 - *Rashomon*, 1950, directed by Akira Kurosawa, a highly regarded and influential Japanese filmmaker who directed 30 films in a career spanning over five decades. They have virtually the the same plot. The second film is about the rape of a bride and the murder of her samurai husband as seen through the perceptions of different witnesses. We want you to see for yourself how two great film directors, Martin Ritt and Akira Kurosawa, direct the same idea and story. Most importantly, learn about how the

western influenced Kurosawa and how American film directors such as George Lucas, Steve Spielberg, and Martin Scorsese came to be influenced by Master, Akira Kurosawa. *Rashomon* is a Japanese film with English subtitles. Discussion will follow the films.

Leader: Ron Johnson

Facilitators: Francys Johnson & Ellen Taylor-White

Date: Mondays, 2/11 & 2/18

Time: 1 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$20

Great International Films

HUM-710-CLR5

(Class limit: 60) *M*, 1931, by the great German director, Fritz Lang, stars Peter Lorre in only his third screen role in Germany's first sound film. *M* is a 1931 German mystery thriller film starring Lorre as Hans Beckert, a serial killer who targets children. Both Lang's first sound film and an early example of a procedural drama, *M*, centers on the manhunt for Beckert conducted by the police and organized crime. German with English subtitles. After *M*, Fritz Lang, a great silent film director, fled Nazi Germany, he came to Hollywood and directed some of the great American films into the 1960s: *The Return of Frank James*, *The Blue Gardenia*, *Hangman Also Die!*, *Rancho Notorious*, *The Big Heat*. ***Brassed Off*** is a 1996 British comedy-drama film written and directed by Mark Herman and starring Pete Postlethwaite, Tara Fitzgerald and Ewan McGregor. The Australian film directed by Garth Davis is about the troubles faced by a colliery brass band following the closure of their pit. It's one of those films you will remember forever. ***Lion***, a 2016 film, is truly a great, heart rendering, true story of a five-year-old boy who gets separated from his eight-year-old brother on an empty train in India. Eventually, he is adopted by an Australian family. Years later, as a successful businessman, he begins to search for his roots. *Lion* stars Dev Patel and Nicole Kidman. Discussion to follow each of the films.

Leader: Ron Johnson

Facilitator: Francys Johnson, Ellen Taylor-White

Date: Thursdays, 3/20, 4/10, 5/15

Time: 1 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$25

1950s Songs of the Silver Screen

HUM-710-CLR6

(Class limit: 75) This is a special edition of our "movie music" film history series that was first created for public libraries celebrating the founding of their institution during the decade of the "Golden Age of Movie Musicals." It naturally focuses on award-winning films and outstanding performances from the 1950s. But the concept has been expanded to include later films that paid homage to the 1950s in a variety of ways. If you've seen any of John LeGear's film history presentations since he began making them in 2017, you'll probably agree that his shows are lively, captivating, and almost certain to remind you of some of the happiest days of your life. We think

you'll find this one positively uplifting. If you haven't had the pleasure of viewing a past presentation, "Songs of the Silver Screen" would be a great place to start. Hope to see you there!

Leader: John LeGear

Facilitator: Ellen Taylor-White

Date: Tuesday, 2/25

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Behind the Scenes of Artists' Ensemble:

The Murder of Roger Ackroyd

HUM-712-CLR1

(Class limit: 25) In May 2025, Artists' Ensemble Theater will produce the world premiere of Agatha Christie's *The Murder of Roger Ackroyd*, adapted by Margaret Raether. This class will look at what made Agatha Christie the queen of the "who-dun-it" and the writing process of playwright Margaret Raether, as well as the production challenges of the play.

Leader: Richard Raether

Facilitator: Carol Salzer

Date: Thursdays, 4/24 & 5/1

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center Room 1

Fee: \$20



Behind the Scenes of

Artists' Ensemble: *Alabama Story*

HUM-712-CLR2

(Class limit: 25) In March 2025, Artists' Ensemble Theater will produce *Alabama Story* by Kenneth Jones. This play is a story of segregation and book-banning that brims with humor, heartbreak, and hope. Although the play, based on a real-life event, is set in 1959, many of the issues in it are still all too relevant. AET is partnering with the Rockford Public Library, and the class will not only focus on the challenges of the artistic team in producing the play, but also the challenges facing libraries today.

Leader: Richard Raether

Facilitator: Carol Salzer

Date: Thursdays, 3/6 & 3/13

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$20

Instant Irony

HUM-714-CLR1

(Class limit: 20) The 2024 election is finally past. Dishonesty, chaos - the world is aghast. Yet it's in October I'm writing these lines. That's irony for ya. This time it's in rhymes. Six months of events together we'll read, with twists and some humor we desperately need.

Leader: Carey Kelley

Facilitator: Midge Tesch

Date: Monday, 5/5

Time: 2 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 1

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, 3/7, 3/14, 3/21, 3/28

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$30



RELIGION

The Spirituality of the Last Supper Fresco by Leonardo da Vinci

REL-703-CLR1

(Class limit: 50) Learn the names of the 12 Apostles of Jesus Christ by studying the Last Supper fresco by Leonardo da Vinci. Students will come away with a sure-fire method of remembering the names of the best friends of Jesus (the disciples). Students will also learn how to pray the sacramental of the Infant Jesus of Prague Chaplet. In this way, you will spiritually introduce your 12 best friends to the 12 best friends of Jesus, and so grow in holiness the Body of Christ.

Leader: Fr. Randy Fronck

Facilitator: Malia Hennessy

Date: Wednesday, 2/26

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Paul's Epistles to the Galatians and Romans

REL-710-CLR1

(Class limit: 65) Of all the writings of Paul, none have made such a significant impact on Christian life and identity as his letters to the Galatians and to the Romans. They are Paul's theological masterpieces which offer profound insights into living a Christian life in freedom and hope.

Leader: John McGrath

Facilitator: Malia Hennessy, Ellen Taylor-White

Date: Wednesdays, 2/26, 3/5, 3/12, 3/19

Time: 10 a.m. – 12 p.m. / 9:30 - 11:30 a.m. on 3/12 only

Place: RVC Bell School Road Center, Room 13

Fee: \$30

Don't forget to pay
your membership
dues for 2025!

Registrant #1

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - SPRING 2025

(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: _____



Annual membership renewal for ALL members is due in January



I am a CLR member and would like to renew my annual membership for 2025. My \$35 dues for 2025 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2025 are included.

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 classes and events/trips requested.

Amount paid for classes \$ _____

2025 Annual Membership Dues \$ 35.00

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: The spring semester begins on February 3, so don't delay with your registration.

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. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Student schedules will be mailed at the beginning of the semester. Refund checks 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. Annual membership dues of \$35 is due for ALL members in January.

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

1. Are you Hispanic or Latino? (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 SPRING 2025 COURSE SELECTIONS #1

✓ Section Name	Course Registration	Page	Cost	✓ Section Name	Course Registration	Page	Cost	✓ Section Name	Course Registration	Page	Cost
<input type="checkbox"/> ART-701-CLR1	Acrylic Moonlit Snow	4	\$15	<input type="checkbox"/> HLT-725-CLR4	Eat Your Best 5/12	12	\$15	<input type="checkbox"/> REL-710-CLR1	Paul's Epistles	20	\$30
<input type="checkbox"/> ART-701-CLR2	Creating Winter Scene	4	\$15	<input type="checkbox"/> HLT-725-CLR5	Eat Your Best 5/13	12	\$15	<input type="checkbox"/> REL-710-CLR2	Old Testament	25	\$15
<input type="checkbox"/> ART-701-CLR3	Painting Night Sky	4	\$15	<input type="checkbox"/> HLT-725-CLR6	Pharmacy - Weight	12	\$15	<input type="checkbox"/> SCI-700-CLR1	5,000 Miles	25	\$15
<input type="checkbox"/> ART-701-CLR4	Spring Landscape	4	\$20	<input type="checkbox"/> HLT-725-CLR7	Cook Mediterranean 4/4	12	\$20	<input type="checkbox"/> SCI-700-CLR2	Wild America	25	\$15
<input type="checkbox"/> ART-701-CLR5	Figure Painting	4	\$25	<input type="checkbox"/> HLT-725-CLR8	Cook Mediterranean 4/11	12	\$20	<input type="checkbox"/> SCI-700-CLR3	Life at a Dig Site	25	\$20
<input type="checkbox"/> ART-701-CLR6	Alcohol Ink Painting	4	\$30	<input type="checkbox"/> HST-701-CLR1	Cuban Diaspora	12	\$15	<input type="checkbox"/> SCI-700-CLR4	Wildflowers	25	\$20
<input type="checkbox"/> ART-701-CLR7	Paint Chinese Lanterns	5	\$30	<input type="checkbox"/> HST-701-CLR2	A Year: 1953	13	\$15	<input type="checkbox"/> SCI-765-CLR1	Polar Bears	25	\$15
<input type="checkbox"/> ART-701-CLR8	Line & Wash Painting	5	\$20	<input type="checkbox"/> HST-701-CLR3	Toilet & Sanitation	13	\$15	<input type="checkbox"/> SCI-765-CLR2	Birdscaping	26	\$15
<input type="checkbox"/> ART-701-CLR9	Watercolor	5	\$45	<input type="checkbox"/> HST-701-CLR4	Amelia Earhart	13	\$15	<input type="checkbox"/> SCI-765-CLR3	Observing Wildlife	26	\$15
<input type="checkbox"/> ART-701-CLR10	Pastel Painting	5	\$30	<input type="checkbox"/> HST-701-CLR5	Vietnam Infantry	13	\$15	<input type="checkbox"/> SCI-765-CLR4	Rhinos	26	\$15
<input type="checkbox"/> ART-701-CLR11	Pastel & Demo Tour	5	\$15	<input type="checkbox"/> HST-701-CLR6	Daily Life of GIs	13	\$15	<input type="checkbox"/> SCI-765-CLR5	The Galapagos [Z]	26	\$15
<input type="checkbox"/> ART-713-CLR1	Art of Woodburning	5	\$25	<input type="checkbox"/> HST-701-CLR7	Women's Resistance	13	\$15	<input type="checkbox"/> SOC-703-CLR1	Baby Boomer Journey	26	\$15
<input type="checkbox"/> ART-713-CLR2	Beginning Woodcarving	6	\$30	<input type="checkbox"/> HST-701-CLR8	Modern Israel History	14	\$15	<input type="checkbox"/> SOC-706-CLR1	What in the World?	27	\$35
<input type="checkbox"/> ART-720-CLR1	Embroid. Spring Card	6	\$15	<input type="checkbox"/> HST-701-CLR9	Chinese Revolution	14	\$25	<input type="checkbox"/> SOC-706-CLR2	You Wanted to Know	27	\$15
<input type="checkbox"/> ART-720-CLR2	Creating a Suncatcher	6	\$20	<input type="checkbox"/> HST-712-CLR1	Baseball: The Glory [Z]	14	\$20	<input type="checkbox"/> SOC-710-CLR1	Dead Sea Scrolls	27	\$15
<input type="checkbox"/> ART-720-CLR3	Ceramic Lighthouse	6	\$30	<input type="checkbox"/> HST-712-CLR2	Women in Doll Business	14	\$15	<input type="checkbox"/> SOC-710-CLR2	Egyptian Pharaohs	27	\$20
<input type="checkbox"/> ART-720-CLR4	Ceramic Plate	6	\$30	<input type="checkbox"/> HST-712-CLR3	States Got Shapes	14	\$20	<input type="checkbox"/> SOC-710-CLR3	Maori & Traditions	27	\$5
<input type="checkbox"/> ART-720-CLR5	Paint w/Alcohol Inks	6	\$35	<input type="checkbox"/> HST-712-CLR4	Lincoln Assassination	14	\$15	<input type="checkbox"/> SOC-710-CLR4	International Students	27	\$5
<input type="checkbox"/> ART-720-CLR6	Decorate a Tote Bag	7	\$20	<input type="checkbox"/> HST-712-CLR5	Madam President?	15	\$15	<input type="checkbox"/> SOC-710-CLR5	Mystery of Atlantis [Z]	28	\$15
<input type="checkbox"/> ART-720-CLR7	Pottery 3/31	7	\$45	<input type="checkbox"/> HST-712-CLR6	Black Hawk War	15	\$15	<input type="checkbox"/> SOC-717-CLR1	Presidential Immunity [H]	28	\$15
<input type="checkbox"/> ART-720-CLR8	Pottery 4/7	7	\$45	<input type="checkbox"/> HST-712-CLR7	1959 & 1969	15	\$15	<input type="checkbox"/> SOC-717-CLR2	UNDIVIDE US-Film	28	\$15
<input type="checkbox"/> CMP-702-CLR1	To Snip or Not to Snip	7	\$20	<input type="checkbox"/> HST-712-CLR8	America? KKK in IN	15	\$15	<input type="checkbox"/> SOC-721-CLR1	Beginning Genealogy	28	\$20
<input type="checkbox"/> CMP-702-CLR2	Word 2021 Basics	7	\$40	<input type="checkbox"/> HST-712-CLR9	Jane Addams [H]	15	\$15	<input type="checkbox"/> SOC-763-CLR1	How Do You Know?	29	\$20
<input type="checkbox"/> CMP-702-CLR3	Excel Basics	7	\$35	<input type="checkbox"/> HST-712-CLR10	Barnstormers	16	\$15	<input type="checkbox"/> SPC-715-CLR1	AARP Smart Driver	29	\$0
<input type="checkbox"/> CMP-702-CLR4	Digitizing Photos	7	\$25	<input type="checkbox"/> HST-712-CLR11	Civil Rights Vegas [Z]	16	\$15	<input type="checkbox"/> SPC-720-CLR1	Flower Workshop (AM)	29	\$45
<input type="checkbox"/> CMP-703-CLR1	Buy & Sell Online	8	\$20	<input type="checkbox"/> HST-712-CLR12	Girl Scouts Began	16	\$15	<input type="checkbox"/> SPC-720-CLR2	Mah Jongg	29	\$40
<input type="checkbox"/> CMP-703-CLR2	Computers in Life	8	\$20	<input type="checkbox"/> HST-720-CLR1	Jerks in Chicago	16	\$15	<input type="checkbox"/> SPC-720-CLR3	Outhouse Treasures	29	\$15
<input type="checkbox"/> CMP-703-CLR3	Technology & AI [Z]	8	\$15	<input type="checkbox"/> HST-720-CLR2	Montague Rd. History	16	\$15	<input type="checkbox"/> SPC-720-CLR4	Flower Workshop (PM)	29	\$45
<input type="checkbox"/> CMP-703-CLR4	iPhone/iPad 2/25	8	\$15	<input type="checkbox"/> HST-720-CLR3	Wagon Wheel	17	\$20	<input type="checkbox"/> SPC-753-CLR1	Cards & Games	30	\$45
<input type="checkbox"/> CMP-703-CLR5	iPhone/iPad 2/27	8	\$15	<input type="checkbox"/> HST-720-CLR4	Days on a Family Farm	17	\$15	<input type="checkbox"/> SPC-790-CLR1	National Parks [Z]	30	\$15
<input type="checkbox"/> FIN-701-CLR1	Serving as Executor	8	\$15	<input type="checkbox"/> HST-720-CLR5	Look at 1825	17	\$20	<input type="checkbox"/> SPC-790-CLR2	Land a Jet Fighter	30	\$15
<input type="checkbox"/> FIN-701-CLR2	Passing Assets	9	\$15	<input type="checkbox"/> HST-725-CLR1	Laura Ingalls Wilder	17	\$15	<input type="checkbox"/> SPC-790-CLR3	Flight Deck Door	30	\$15
<input type="checkbox"/> FIN-701-CLR3	Medicare & LTC	9	\$15	<input type="checkbox"/> HUM-701-CLR1	Opera Appreciation	17	\$15	<input type="checkbox"/> SPC-790-CLR4	Self-Defense	30	\$20
<input type="checkbox"/> FIN-701-CLR4	Generational Wealth	9	\$15	<input type="checkbox"/> HUM-701-CLR2	Still Life Paintings	18	\$15	<input type="checkbox"/> SPC-790-CLR5	Your Funeral	30	\$15
<input type="checkbox"/> FIN-701-CLR5	The Markets Today	9	\$15	<input type="checkbox"/> HUM-701-CLR3	Rockford Symphony	18	\$15	<input type="checkbox"/> SPC-790-CLR6	Senior Living	31	\$15
<input type="checkbox"/> FIT-750-CLR1	Walking w/Nordic Poles	9	\$15	<input type="checkbox"/> HUM-701-CLR4	Taiko Drumming	18	\$15	<input type="checkbox"/> SPC-790-CLR7	My Four Decades	31	\$15
<input type="checkbox"/> FIT-767-CLR1	Vivo Virtual Fitness-1/28 [Z]	9	\$110	<input type="checkbox"/> HUM-701-CLR5	Classical Music	18	\$15	<input type="checkbox"/> SPC-790-CLR8	Cars & Coffee	31	\$5
<input type="checkbox"/> FIT-767-CLR2	Vivo Virtual Fitness-3/25 [Z]	9	\$110	<input type="checkbox"/> HUM-702-CLR1	Foreign Film Appr.	18	\$15	<input type="checkbox"/> SPC-790-CLR9	Rockford Update	31	\$5
<input type="checkbox"/> FIT-768-CLR1	Tai Chi & Chi Kung	10	\$15	<input type="checkbox"/> HUM-710-CLR1	Hollywood & Fourth	19	\$15	<input type="checkbox"/> TOU-700-CLR1	Midway Museum	31	\$15
<input type="checkbox"/> FIT-768-CLR2	Gentle Hatha Yoga	10	\$45	<input type="checkbox"/> HUM-710-CLR2	I Love This Movie, But...	19	\$15	<input type="checkbox"/> TOU-700-CLR2	Funderburg House	32	\$20
<input type="checkbox"/> FIT-768-CLR3	Cardio Drumming	10	\$25	<input type="checkbox"/> HUM-710-CLR3	Looney Learning	19	\$15	<input type="checkbox"/> TOU-700-CLR3	Brown Hills Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR4	Chair Yoga 2/4	10	\$45	<input type="checkbox"/> HUM-710-CLR4	Two Great Films	19	\$20	<input type="checkbox"/> TOU-700-CLR4	ComEd Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR5	Chair Yoga 3/11	10	\$45	<input type="checkbox"/> HUM-710-CLR5	International Films	19	\$25	<input type="checkbox"/> TOU-700-CLR5	Rockford Airport Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR6	Chair Yoga 4/22	10	\$45	<input type="checkbox"/> HUM-710-CLR6	Songs of the Silver Screen	19	\$15	<input type="checkbox"/> TOU-700-CLR6	Rockford Art Museum	32	\$20
<input type="checkbox"/> FIT-768-CLR7	Gentle Hatha Yoga	10	\$45	<input type="checkbox"/> HUM-712-CLR1	AE: Roger Ackroyd	20	\$20	<input type="checkbox"/> TVL-700-CLR1	Washington, DC	33	\$15
<input type="checkbox"/> HLT-705-CLR1	Have Health Question	11	\$15	<input type="checkbox"/> HUM-712-CLR2	AE: Alabama Story	20	\$20	<input type="checkbox"/> TVL-700-CLR2	Spain & Portugal	33	\$15
<input type="checkbox"/> HLT-725-CLR1	Diet & Exercise	11	\$15	<input type="checkbox"/> HUM-714-CLR1	Instant Irony	20	\$15	<input type="checkbox"/> TVL-700-CLR3	River Cruising	33	\$15
<input type="checkbox"/> HLT-725-CLR2	Freezer Meal Basics	11	\$15	<input type="checkbox"/> HUM-741-CLR1	Line Dancing	20	\$30				
<input type="checkbox"/> HLT-725-CLR3	Singing Bowls	11	\$15	<input type="checkbox"/> REL-703-CLR1	Last Supper Fresco	20	\$15				

[Z] Indicates an online class via Zoom
[H] Indicates a hybrid class (in person or online)

Total amount: _____

Registrant #2

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - SPRING 2025

(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: _____



Annual membership renewal for ALL members is due in January



I am a CLR member and would like to renew my annual membership for 2025. My \$35 dues for 2025 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2025 are included.

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 classes and events/trips requested.

Amount paid for classes \$ _____

2025 Annual Membership Dues \$ 35.00

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: The spring semester begins on February 3, so don't delay with your registration. 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. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Student schedules will be mailed at the beginning of the semester. Refund checks 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. Annual membership dues of \$35 is due for ALL members in January.

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

1. Are you Hispanic or Latino? (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 SPRING 2025 COURSE SELECTIONS #2

✓ Section Name	Course Registration	Page	Cost	✓ Section Name	Course Registration	Page	Cost	✓ Section Name	Course Registration	Page	Cost
<input type="checkbox"/> ART-701-CLR1	Acrylic Moonlit Snow	4	\$15	<input type="checkbox"/> HLT-725-CLR4	Eat Your Best 5/12	12	\$15	<input type="checkbox"/> REL-710-CLR1	Paul's Epistles	20	\$30
<input type="checkbox"/> ART-701-CLR2	Creating Winter Scene	4	\$15	<input type="checkbox"/> HLT-725-CLR5	Eat Your Best 5/13	12	\$15	<input type="checkbox"/> REL-710-CLR2	Old Testament	25	\$15
<input type="checkbox"/> ART-701-CLR3	Painting Night Sky	4	\$15	<input type="checkbox"/> HLT-725-CLR6	Pharmacy - Weight	12	\$15	<input type="checkbox"/> SCI-700-CLR1	5,000 Miles	25	\$15
<input type="checkbox"/> ART-701-CLR4	Spring Landscape	4	\$20	<input type="checkbox"/> HLT-725-CLR7	Cook Mediterranean 4/4	12	\$20	<input type="checkbox"/> SCI-700-CLR2	Wild America	25	\$15
<input type="checkbox"/> ART-701-CLR5	Figure Painting	4	\$25	<input type="checkbox"/> HLT-725-CLR8	Cook Mediterranean 4/11	12	\$20	<input type="checkbox"/> SCI-700-CLR3	Life at a Dig Site	25	\$20
<input type="checkbox"/> ART-701-CLR6	Alcohol Ink Painting	4	\$30	<input type="checkbox"/> HST-701-CLR1	Cuban Diaspora	12	\$15	<input type="checkbox"/> SCI-700-CLR4	Wildflowers	25	\$20
<input type="checkbox"/> ART-701-CLR7	Paint Chinese Lanterns	5	\$30	<input type="checkbox"/> HST-701-CLR2	A Year: 1953	13	\$15	<input type="checkbox"/> SCI-765-CLR1	Polar Bears	25	\$15
<input type="checkbox"/> ART-701-CLR8	Line & Wash Painting	5	\$20	<input type="checkbox"/> HST-701-CLR3	Toilet & Sanitation	13	\$15	<input type="checkbox"/> SCI-765-CLR2	Birdscaping	26	\$15
<input type="checkbox"/> ART-701-CLR9	Watercolor	5	\$45	<input type="checkbox"/> HST-701-CLR4	Amelia Earhart	13	\$15	<input type="checkbox"/> SCI-765-CLR3	Observing Wildlife	26	\$15
<input type="checkbox"/> ART-701-CLR10	Pastel Painting	5	\$30	<input type="checkbox"/> HST-701-CLR5	Vietnam Infantry	13	\$15	<input type="checkbox"/> SCI-765-CLR4	Rhinos	26	\$15
<input type="checkbox"/> ART-701-CLR11	Pastel & Demo Tour	5	\$15	<input type="checkbox"/> HST-701-CLR6	Daily Life of GIs	13	\$15	<input type="checkbox"/> SCI-765-CLR5	The Galapagos [Z]	26	\$15
<input type="checkbox"/> ART-713-CLR1	Art of Woodburning	5	\$25	<input type="checkbox"/> HST-701-CLR7	Women's Resistance	13	\$15	<input type="checkbox"/> SOC-703-CLR1	Baby Boomer Journey	26	\$15
<input type="checkbox"/> ART-713-CLR2	Beginning Woodcarving	6	\$30	<input type="checkbox"/> HST-701-CLR8	Modern Israel History	14	\$15	<input type="checkbox"/> SOC-706-CLR1	What in the World?	27	\$35
<input type="checkbox"/> ART-720-CLR1	Embroid. Spring Card	6	\$15	<input type="checkbox"/> HST-701-CLR9	Chinese Revolution	14	\$25	<input type="checkbox"/> SOC-706-CLR2	You Wanted to Know	27	\$15
<input type="checkbox"/> ART-720-CLR2	Creating a Suncatcher	6	\$20	<input type="checkbox"/> HST-712-CLR1	Baseball: The Glory [Z]	14	\$20	<input type="checkbox"/> SOC-710-CLR1	Dead Sea Scrolls	27	\$15
<input type="checkbox"/> ART-720-CLR3	Ceramic Lighthouse	6	\$30	<input type="checkbox"/> HST-712-CLR2	Women in Doll Business	14	\$15	<input type="checkbox"/> SOC-710-CLR2	Egyptian Pharaohs	27	\$20
<input type="checkbox"/> ART-720-CLR4	Ceramic Plate	6	\$30	<input type="checkbox"/> HST-712-CLR3	States Got Shapes	14	\$20	<input type="checkbox"/> SOC-710-CLR3	Maori & Traditions	27	\$5
<input type="checkbox"/> ART-720-CLR5	Paint w/Alcohol Inks	6	\$35	<input type="checkbox"/> HST-712-CLR4	Lincoln Assassination	14	\$15	<input type="checkbox"/> SOC-710-CLR4	International Students	27	\$5
<input type="checkbox"/> ART-720-CLR6	Decorate a Tote Bag	7	\$20	<input type="checkbox"/> HST-712-CLR5	Madam President?	15	\$15	<input type="checkbox"/> SOC-710-CLR5	Mystery of Atlantis [Z]	28	\$15
<input type="checkbox"/> ART-720-CLR7	Pottery 3/31	7	\$45	<input type="checkbox"/> HST-712-CLR6	Black Hawk War	15	\$15	<input type="checkbox"/> SOC-717-CLR1	Presidential Immunity [H]	28	\$15
<input type="checkbox"/> ART-720-CLR8	Pottery 4/7	7	\$45	<input type="checkbox"/> HST-712-CLR7	1959 & 1969	15	\$15	<input type="checkbox"/> SOC-717-CLR2	UNDIVIDE US-Film	28	\$15
<input type="checkbox"/> CMP-702-CLR1	To Snip or Not to Snip	7	\$20	<input type="checkbox"/> HST-712-CLR8	America? KKK in IN	15	\$15	<input type="checkbox"/> SOC-721-CLR1	Beginning Genealogy	28	\$20
<input type="checkbox"/> CMP-702-CLR2	Word 2021 Basics	7	\$40	<input type="checkbox"/> HST-712-CLR9	Jane Addams [H]	15	\$15	<input type="checkbox"/> SOC-763-CLR1	How Do You Know?	29	\$20
<input type="checkbox"/> CMP-702-CLR3	Excel Basics	7	\$35	<input type="checkbox"/> HST-712-CLR10	Barnstormers	16	\$15	<input type="checkbox"/> SPC-715-CLR1	AARP Smart Driver	29	\$0
<input type="checkbox"/> CMP-702-CLR4	Digitizing Photos	7	\$25	<input type="checkbox"/> HST-712-CLR11	Civil Rights Vegas [Z]	16	\$15	<input type="checkbox"/> SPC-720-CLR1	Flower Workshop (AM)	29	\$45
<input type="checkbox"/> CMP-703-CLR1	Buy & Sell Online	8	\$20	<input type="checkbox"/> HST-712-CLR12	Girl Scouts Began	16	\$15	<input type="checkbox"/> SPC-720-CLR2	Mah Jongg	29	\$40
<input type="checkbox"/> CMP-703-CLR2	Computers in Life	8	\$20	<input type="checkbox"/> HST-720-CLR1	Jerks in Chicago	16	\$15	<input type="checkbox"/> SPC-720-CLR3	Outhouse Treasures	29	\$15
<input type="checkbox"/> CMP-703-CLR3	Technology & AI [Z]	8	\$15	<input type="checkbox"/> HST-720-CLR2	Montague Rd. History	16	\$15	<input type="checkbox"/> SPC-720-CLR4	Flower Workshop (PM)	29	\$45
<input type="checkbox"/> CMP-703-CLR4	iPhone/iPad 2/25	8	\$15	<input type="checkbox"/> HST-720-CLR3	Wagon Wheel	17	\$20	<input type="checkbox"/> SPC-753-CLR1	Cards & Games	30	\$45
<input type="checkbox"/> CMP-703-CLR5	iPhone/iPad 2/27	8	\$15	<input type="checkbox"/> HST-720-CLR4	Days on a Family Farm	17	\$15	<input type="checkbox"/> SPC-790-CLR1	National Parks [Z]	30	\$15
<input type="checkbox"/> FIN-701-CLR1	Serving as Executor	8	\$15	<input type="checkbox"/> HST-720-CLR5	Look at 1825	17	\$20	<input type="checkbox"/> SPC-790-CLR2	Land a Jet Fighter	30	\$15
<input type="checkbox"/> FIN-701-CLR2	Passing Assets	9	\$15	<input type="checkbox"/> HST-725-CLR1	Laura Ingalls Wilder	17	\$15	<input type="checkbox"/> SPC-790-CLR3	Flight Deck Door	30	\$15
<input type="checkbox"/> FIN-701-CLR3	Medicare & LTC	9	\$15	<input type="checkbox"/> HUM-701-CLR1	Opera Appreciation	17	\$15	<input type="checkbox"/> SPC-790-CLR4	Self-Defense	30	\$20
<input type="checkbox"/> FIN-701-CLR4	Generational Wealth	9	\$15	<input type="checkbox"/> HUM-701-CLR2	Still Life Paintings	18	\$15	<input type="checkbox"/> SPC-790-CLR5	Your Funeral	30	\$15
<input type="checkbox"/> FIN-701-CLR5	The Markets Today	9	\$15	<input type="checkbox"/> HUM-701-CLR3	Rockford Symphony	18	\$15	<input type="checkbox"/> SPC-790-CLR6	Senior Living	31	\$15
<input type="checkbox"/> FIT-750-CLR1	Walking w/Nordic Poles	9	\$15	<input type="checkbox"/> HUM-701-CLR4	Taiko Drumming	18	\$15	<input type="checkbox"/> SPC-790-CLR7	My Four Decades	31	\$15
<input type="checkbox"/> FIT-767-CLR1	Vivo Virtual Fitness-1/28 [Z]	9	\$110	<input type="checkbox"/> HUM-701-CLR5	Classical Music	18	\$15	<input type="checkbox"/> SPC-790-CLR8	Cars & Coffee	31	\$5
<input type="checkbox"/> FIT-767-CLR2	Vivo Virtual Fitness-3/25 [Z]	9	\$110	<input type="checkbox"/> HUM-702-CLR1	Foreign Film Appr.	18	\$15	<input type="checkbox"/> SPC-790-CLR9	Rockford Update	31	\$5
<input type="checkbox"/> FIT-768-CLR1	Tai Chi & Chi Kung	10	\$15	<input type="checkbox"/> HUM-710-CLR1	Hollywood & Fourth	19	\$15	<input type="checkbox"/> TOU-700-CLR1	Midway Museum	31	\$15
<input type="checkbox"/> FIT-768-CLR2	Gentle Hatha Yoga	10	\$45	<input type="checkbox"/> HUM-710-CLR2	I Love This Movie, But...	19	\$15	<input type="checkbox"/> TOU-700-CLR2	Funderburg House	32	\$20
<input type="checkbox"/> FIT-768-CLR3	Cardio Drumming	10	\$25	<input type="checkbox"/> HUM-710-CLR3	Looney Learning	19	\$15	<input type="checkbox"/> TOU-700-CLR3	Brown Hills Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR4	Chair Yoga 2/4	10	\$45	<input type="checkbox"/> HUM-710-CLR4	Two Great Films	19	\$20	<input type="checkbox"/> TOU-700-CLR4	ComEd Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR5	Chair Yoga 3/11	10	\$45	<input type="checkbox"/> HUM-710-CLR5	International Films	19	\$25	<input type="checkbox"/> TOU-700-CLR5	Rockford Airport Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR6	Chair Yoga 4/22	10	\$45	<input type="checkbox"/> HUM-710-CLR6	Songs of the Silver Screen	19	\$15	<input type="checkbox"/> TOU-700-CLR6	Rockford Art Museum	32	\$20
<input type="checkbox"/> FIT-768-CLR7	Gentle Hatha Yoga	10	\$45	<input type="checkbox"/> HUM-712-CLR1	AE: Roger Ackroyd	20	\$20	<input type="checkbox"/> TVL-700-CLR1	Washington, DC	33	\$15
<input type="checkbox"/> HLT-705-CLR1	Have Health Question	11	\$15	<input type="checkbox"/> HUM-712-CLR2	AE: Alabama Story	20	\$20	<input type="checkbox"/> TVL-700-CLR2	Spain & Portugal	33	\$15
<input type="checkbox"/> HLT-725-CLR1	Diet & Exercise	11	\$15	<input type="checkbox"/> HUM-714-CLR1	Instant Irony	20	\$15	<input type="checkbox"/> TVL-700-CLR3	River Cruising	33	\$15
<input type="checkbox"/> HLT-725-CLR2	Freezer Meal Basics	11	\$15	<input type="checkbox"/> HUM-741-CLR1	Line Dancing	20	\$30				
<input type="checkbox"/> HLT-725-CLR3	Singing Bowls	11	\$15	<input type="checkbox"/> REL-703-CLR1	Last Supper Fresco	20	\$15				

[Z] Indicates an online class via Zoom
[H] Indicates a hybrid class (in person or online)

RELIGION cont.

Old Testament (Tanakh) Background

REL-710-CLR2

(Class limit: 50) This class explains the geography and history of Israel, Egypt, and other Mid-East peoples, and how it plays a part in the Tanakh (Old Testament). This session covers the Old Testament (Tanakh) starting with the Patriarchs, the time in Egypt, the Judges, the Kings, then the split kingdoms. It also covers the invading empires, Assyrian, Babylonian, Persian and Greeks. It concludes with the Maccabees and then the Roman control. Pictures will be shown of what sites look like today. The similarities and differences between the Jewish Tanakh and the Christian Old Testament will be discussed. Students will be able to describe in more detail the geography, peoples, and settings of the Books of the Bible.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White

Date: Thursday, 3/6

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

SCIENCE & NATURE

5,000 Miles Through America's National Park System

SCI-700-CLR1

(Class limit: 50) We share remarkable places and their stories selected from over 5,000 miles of day hikes in over 430 National Park Service units. Against the backdrop of striking scenery and rapidly evolving history, we consider the national park system's current value, relevancy, and challenges.

Leader: David Kroese

Facilitator: Bob Bertolasi

Date: Tuesday, 4/8

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Wild America: National Park Ecosystems

SCI-700-CLR2

(Class limit: 50) Through pictures and descriptions, we visit some of the diverse and beautiful ecosystems protected within the 430+ National Park Service units. We travel from coast to coast through mountains, deserts, wetlands, prairie, and lakeshores. We visit Alaska's wild spaces and tropical islands, sharing dramatic vistas and secluded locations where wild America comes alive.

Leader: David Kroese

Facilitator: Bob Bertolasi

Date: Monday, 4/7

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Life at a Dig Site

SCI-700-CLR3

(Class limit: 20) Explore life on a paleontological dig, where hard work and challenging conditions lead to immense rewards. Each fossil reveals a story from millions of years ago, connecting us to the past and enhancing our understanding of life's history on Earth. Following the presentation, you can explore the museum.

Leader: Claire Jorgensen

Facilitator: Bob Bertolasi

Date: Thursday, 2/6

Time: 10 a.m. – 12 p.m.

Place: Burpee Museum – 737 N. Main St., Rockford

Fee: \$20

Wildflowers of Winnebago County

SCI-700-CLR4

(Class limit: 25) Winnebago County is filled with wildflowers every spring and summer that fill our landscapes with color. From color-changing Bluebells to heat-generating Skunk Cabbage, our wildflowers are weird and wonderful. Learn more about the role these plants play in the ecosystem and where to find them this spring!

Leader: Liz Wiener

Facilitator: Jack Croffoot

Date: Wednesday, 4/9

Time: 9:30 – 11 a.m.

Place: Severson Dells – 8786 E. Montague Rd., Rockford

Fee: \$20

Polar Bears

SCI-765-CLR1

(Class limit: 50) This will be a photographic expression of those loveable polar bears and their dynamic cousins. We will note their physical characteristics that enable them to survive in a harsh environment. We will trace their divergent evolution and possible convergent evolution as climate change impacts the Arctic. Finally, we will zoom in on Churchill, Manitoba as the "Polar Bear Capital of the World."

Leader: Kurt VanGalder

Facilitator: Malia Hennessy, Ellen Taylor-White

Date: Thursday, 3/6

Time: 2 – 4 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Birdscaping - Gardening with the Most Bird-Friendly Native Plants

SCI-765-CLR2

(Class limit: 50) Birding (bird watching) has become a very popular activity and creating a landscape that provides the best habitat for birds a common goal. The program will discuss bird-friendly design that covers food, shelter and water. Discover which plants, that research has shown, provide the premier nesting sites and an abundance of bird food (through the insects they attract and the seeds and fruit they produce). The best trees, shrubs, vines and herbaceous plants for birds will be featured. Leave with a better understanding of how native plants are vital and what you can do to promote birds in your own landscape.

Leader: Alan Branhagen

Facilitator: Loyd Wollstadt

Date: Thursday, 2/20

Time: 3 – 4:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Art of Observing Wildlife

SCI-765-CLR3

(Class limit: 35) Whether you are a casual observer or an aspiring nature photographer, this program will provide inspiration by sharing over 150 local wildlife photos and tons of tips designed to enhance your exploration of the natural world. The presenter has been a Master Naturalist and nature photographer since 2012. She will encourage participants to immerse themselves in nature and see the beauty and wonder all around them. Perhaps, even be inspired to visit our local natural areas which are abundant with wildlife and maybe bring a camera.

Leader: Connie McIntosh

Facilitator: Malia Hennessy

Date: Thursday, 4/3

Time: 9:30 – 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Rhinos - A Horny Challenge for Survival

SCI-765-CLR4

(Class limit: 50) Rhinos have existed for millions of years, but may now become extinct in our lifetime. In the wild, rhinos have no predators except for humans. Sadly, humans are killing these magnificent animals for their horn, which is foolishly thought to be an aphrodisiac by some cultures. This class will focus on the two species of rhinos found in Africa - white and black rhinos. The class will include original photography of rhinos taken in East and Southern Africa. Information about rhino behavior and social structure will also be included. Finally, the class will focus on the herculean efforts being undertaken to save rhinos, as well as what participants can do to help save them.

Leader: John Ulferts

Facilitator: Ellen Taylor-White

Date: Tuesday, 5/13

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Galapagos - Land of Darwin and Very Large Tortoises!

SCI-765-CLR5

(Class limit: 50) Ever since Darwin went on a naturalist's voyage on the HMS Beagle, human interest and inquiry continues on these isolated equatorial islands near Ecuador. Ongoing studies of unique species of plant and animal life continues to support the Theory of Evolution that Darwin wrote about in his book "on the Origin of Species" in 1859. This class will take a look at the variety of organisms and their adaptations that made them so interesting to Darwin and all of science. We will also see that the interest has created environmental conflicts for the people of the Galapagos and tourism as well as the natural species found on these islands. **NOTE:** This is a **COLLEGE COLLABORATION** class hosted by Harper College. Students from other regional colleges will be joining the Zoom class. Participants will be admitted by Harper College two minutes before the class is scheduled to begin.

Leader: Suzanne Rausch

Facilitator: Lynnette Danzl-Tauer

Date: Wednesday, 2/5

Time: 1 – 2:30 p.m.

Place: Online via Zoom

Fee: \$15

SOCIAL SCIENCES

Lifetime Reflection on Baby Boomer Journey Through Life

SOC-703-CLR1

(Class limit: 75) This class will examine the dynamic period of changes from 1945 to the present: inventions, technology, entertainment, social mores, religion, governance, and the family.

Leader: Gene VanGalder

Facilitator: Malia Hennessy, Arnie Ames

Date: Monday, 3/17

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15



What in the World Is Going On?

SOC-706-CLR1

(Class limit: 30) Participants will have 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, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13

Time: 9:30 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$35

Everything You Wanted to Know About the Grand Jury But Were Afraid to Ask

SOC-706-CLR2

(Class limit: 50) This class provides an overview of the Grand Jury: definition, history, purpose, and how jurors are selected, their responsibilities, and authority. Learn about the secrecy, oath, powers, and duties of the Grand Jury.

Leader: Dennis Olson

Facilitator: Lynnette Danzl-Tauer

Date: Tuesday, 3/25

Time: 1 – 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Dead Sea Scrolls

SOC-710-CLR1

(Class limit: 25) "The archaeological find of the century" was often applied to the Dead Sea Scrolls when they were found between 1946 and 1956. They are 2000-year-old documents which include the oldest known manuscripts of the Old Testament written in Hebrew as well as other writings like the rules of some sort of Jewish sect. We will discuss the nature and significance of these important relics of ancient Israel.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 4/28

Time: 1:30 – 3:00 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Great Egyptian Pharaohs

SOC-710-CLR2

(Class limit: 25) From Narmer, the first pharaoh (we think), to Cleopatra, the last pharaoh, there were hundreds of pharaohs over about 3000 years of Egyptian history. Did you realize that we are closer in time to Cleopatra than she was to Narmer? We can't cover them all but we will examine some of the most notable and what we know about their lives and the times in which they lived.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Mondays, 3/24, 3/31

Time: 1:30 – 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$20

Maori & Traditions of Aotearoa, New Zealand

SOC-710-CLR3

(Class limit: 50) Gain insight & appreciation into the rich culture of Aotearoa, New Zealand. Class will begin with Whakatau (informal welcome), pepeha (introduction of the presenters), followed by a description in English as to what and why these are so important. A summary of Maori myths & beliefs as to their origin, and how Aotearoa, New Zealand came to be presented. We'll review important concepts and beliefs held by all iwi (tribes). A PowerPoint of various important aspects and photographs of places in Aotearoa will be included in the presentation. Various cultural items and arts will be shared and participants will be encouraged to join in kapa haka (group dance), waiata (song) and haka (chant). Nicky was born and raised in New Zealand. John is a professional photographer who recently traveled to New Zealand. This is a diversity awareness class.

Leaders: Nicky Bennett & John Messley

Facilitator: Karen Messley

Date: Thursday, 3/20

Time: 2 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$5

RVC International Students Sharing Their Cultures

SOC-710-CLR4

(Class limit: 50) RVC has several international students attending classes each year. Some of these students will share about their home countries and cultures. The students are members of the campus Multicultural Club (below) and the countries to be presented will be confirmed after the students begin the spring semester. Come listen to this panel and learn about other countries from a student perspective. This is a community and diversity awareness class.

Leader: Michael Hanson

Facilitator: Gail Wallens

Date: Wednesday, 4/16

Time: 1:30 – 2:45 p.m.

Place: RVC Bell School Road

Center, Room 3

Fee: \$5



Zainab
RVC Student



**Archeology Uncovered – Mystery of Atlantis
SOC-710-CLR5**

(Class limit: 50) One of the most enduring stories of the past revolves around a city known as Atlantis. Scholars debate the possible existence of such a great society and search endlessly through documents and accounts by great historic authors as to the location and the outcome of this fabled city. This class will take a look at the evidence uncovered by archaeologists and historians as to what might be the real story about Atlantis. **NOTE:** This is a **COLLEGE COLLABORATION** class hosted by Harper College. Students from other regional colleges will be joining the Zoom class. Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.

Leader: Suzanne Rausch

Facilitator: Lynnette Danzl-Tauer

Date: Wednesday, 4/16

Time: 1 – 2:30 p.m.

Place: Online via Zoom

Fee: \$15

Presidential Immunity – Where Did it Come From and What is it?

SOC-717-CLR1

(Class limit: 50) The Supreme Court has announced the existence of something widely known as presidential immunity. This session will examine the doctrinal basis for such a ruling, the probable forms of application in the real world and what can be done by those who oppose the concept. The discussion will require that we look into, at least, how and why the concept has been adopted by the Supreme Court and requires the consideration of purpose of that court and whether anything can or should be done to change its authority. This is a HYBRID class and participants can attend in-person or online.

Leader: Thomas Laughlin

Facilitator: Jack Croffoot

Date: Thursday, 3/13

Time: 1 – 4 p.m.

Place: RVC Bell School Road Center, Room 3 & Online via Zoom

Fee: \$15



**UNDIVIDE US - Documentary & Discussion
SOC-717-CLR2**

(Class limit: 50) Join us to view a film directed by Auburn H.S. graduate Kristie Kendall, followed by discussion. America is at a crossroads where politicians, traditional media, and social media fan the flames of toxic partisanship that have led many Americans to question whether they can trust their fellow citizens. *UNDIVIDE US* stands as a beacon of hope and a call to action. Through the intimate lens of six focus groups across three American cities, the film explores the twisted landscape of toxic polarization, revealing how it drives us to fundamentally un-American places. Yet, within these divisions, the film uncovers the potential for healing conversation and rediscovery of the value of local community, mutual respect, and democracy. Aiming to awaken the silenced majority that seeks solutions rather than strife, *UNDIVIDE US* is not just a documentary; it's a timely and urgent plea to reclaim the nation's soul through open discourse, civic engagement, and self-governance, in a world where only 20% of the populace guides the narrative.

Leader: Linda Greene

Facilitator: Brad Keyes

Date: Monday, 4/28

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

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 Sooter

Facilitator: Bob Bertolasi

Date: Tuesday, 3/18

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 5

Fee: \$20

ROCKFORD PUBLIC LIBRARY



Visit the Mobile Library

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

Spring 2025 Schedule

Jan. 21, Feb. 11, Mar. 4 & 25, Apr. 15, May 6 & 27

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!

How Do You Know That? Are You Sure? SOC-763-CLR1

(Class limit: 50) This class will help participants become more discriminating critical thinkers, be willing to question the status quo and authorities, and do better research. We will take a look back at American History for examples. The first session will cover the Ludlow Massacre and John D. Rockefeller, sanitizing Rockefeller's reputation, and Edward Bernays getting into WWI. The second session will cover America, the peaceable nation, the rhetoric, newspaper reports, censored books & the results, political language, George Orwell, H.L. Mencken, Howard Zinn, Thomas Jefferson, and Joseph Paul Goebbels.

Leader: Sue Halbrader

Facilitator: Linda Greene

Date: Tues/Thurs, 4/1 & 4/3

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$20

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

Date: Tues/Wed, 4/8 & 4/9

Time: 12:30 - 4:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$0

Spring Flower "Therapy" Workshop

(Class limit: 10) No experience is necessary to learn the basic skills needed to design a beautiful Spring flower arrangement, along with proper care for fresh cut flowers. Tired of being cooped up all winter with cabin fever? Then you will love the Spring Flower "Therapy" Workshop. Relax in Melody's NEW SHOP in

The Bricks in Cherry Valley. This workshop continues to inspire creativity and encourage the "believe in yourself" attitude. Melody uses the beautiful Spring colors of varied flowers and greens to help you create a floral arrangement. All supplies will be provided. Additional parking is in the rear of The Bricks building. Register soon! This class fills up fast.

Leader: Melody Layng

Facilitator: Gail Wallens

Place: Petals & Pickins

125 E. State St.,

Cherry Valley

Date: Monday, 3/24

Fee: \$45

SPC-720-CLR1

Time: 10:30 a.m. - 12 p.m.

SPC-720-CLR4

Time: 1 - 2:30 p.m.



Beginning American Mah Jongg

SPC-720-CLR2

(Class limit: 16) Students will learn the beginning rules and strategies to play Mah Jongg. Instructors will use the "Official Standard Hands and Rules" card for 2024 printed by National Mah Jongg League, Inc. in New York City, NY. Mah Jongg card is included in class fee.

Leader: Sue Pisano

Facilitator: Jan Johnson

Date: Thursdays, 2/6, 2/13, 2/20, 2/27

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 4

Fee: \$40

Old Outhouse Treasures

SPC-720-CLR3

(Class limit: 50) Prior to indoor plumbing, the outhouse was a mainstay of every household for the family's "necessary" functions. However, the outhouse was also used as the trash and garbage receptacle as trash pick-up was not done as we know it today. Attendees will be introduced to an unusual and fascinating hobby. Come with Jeff to explore the depths of an old privy and see what families would throw in them. Learn why someone would dig into an old outhouse, how to locate them from the 1800s to early 1900s, and the process of the actual dig. Jeff will share and have on display items that he has found over the years. Come see and hear about some of his fascinating treasures.

Leader: Jeff Dahlberg

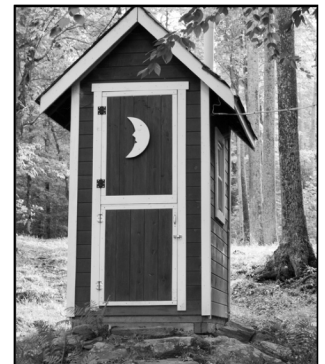
Facilitator: Loyd Wollstadt

Date: Monday, 5/12

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

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, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16 (Skip 4/18)

Time: 1:30 – 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$45

National Park Service Presidential Sites

SPC-790-CLR1

(Class limit: 50) Among more than 400 National Park Service sites, 36 honor United States presidents and the locations and histories central to their personal and professional stories. Join us in an exploration of these historical sites, memorials and monuments.

We'll focus on their unique attributes and contributions to a greater understanding of the subjects they commemorate. **NOTE:** This is a

COLLEGE COLLABORATION class. Participants will be admitted by College of DuPage two minutes before the class is scheduled to begin. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: David Kroese

Facilitator: Arnie Ames

Date: Thursday, 2/13

Time: 1 – 3 p.m.

Place: Online via Zoom & Zoom Room

Fee: \$15

How to Land a Jet Fighter on an Aircraft Carrier

SPC-790-CLR2

(Class limit: 50) In depth presentation on what it takes to be able to land a jet fighter on an aircraft carrier. I will discuss what equipment and training are required for this to happen safely on a regular basis. The presentation will also discuss what is required to launch a jet fighter off an aircraft carrier, along with videos from inside the airplane while launching off and landing on a carrier.

Leader: Dean May

Facilitator: Bob Bertolasi

Date: Monday, 4/7

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Behind the Flight Deck Door

SPC-790-CLR3



(Class limit: 50) Take a brief look at the work life and career path of a commercial airline pilot, including familiarization with the flight deck operations, training, and technology. This presenter is a commercial airline Captain with 38 years of experience, and he will share a general overview of the work with emphasis on training

and technological advancements which enhance safety.

Leader: Kurt Skadeland

Facilitator: Brad Keyes

Date: Wednesday, 5/14

Time: 9:30 – 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Basic Self-Defense Techniques

SPC-790-CLR4

(Class limit: 16) Learn basic self-defense techniques from Okinawan Karate, and practice basic techniques with other participants. More advanced self-defense techniques will be demonstrated. Basic kicks, strikes, evasions, and escapes will be practiced. Situational awareness and physiological reactions to assaults will be discussed to provide a thorough understanding for participants. The history of Okinawan martial arts as well as traditional weapons used in Okinawa will be highlighted. Wear comfortable clothing that allows easy movement.

Leader: Chuck Brackett

Facilitators: April Rottman & Lynnette Danzl-Tauer

Date: Tuesday, 4/29

Time: 1 – 3 p.m.

Place: RVC Bell School
Road Center,
Room 13

Fee: \$20



Photo provided by
TKI Martial Arts.

Your Funeral, Your Way

SPC-790-CLR5

(Class limit: 25) Learn about the variety of funeral, cremation, pre-planning, life celebration, memorialization, and non-traditional service options. Even pet funerals and cremation are available now. The value and advantages of pre-planning will be discussed. Questions are welcome. A tour of this modern funeral home will be available following the presentation.

Leader: Kristan McNames

Facilitator: Carol Salzer

Date: Thursday, 3/13

Time: 10 – 11:30 a.m.

Place: Grace Funeral Home – 4301 N. Main St.,
Rockford

Fee: \$15

Navigating the Maze of Senior Living

SPC-790-CLR6

(Class limit: 30) Gain better insight into the maze of searching for senior living. Mike will discuss the various options available, and descriptions will be provided. Benefits, signs it might be the right time to make the move, touring facilities, questions to ask, and pricing will be discussed. Learn about the various aspects of searching for senior living from someone with over 10 years' experience as sales and marketing director at a Rockford area senior living community. Carli will discuss Lifescape Community Services' mission to promote independent living and enhance the quality of life by providing affordable nutrition and other services for seniors.

Leader: Mike Barr & Carli Jonet

Facilitator: Midge Tesch

Date: Thursday, 2/27

Time: 10 – 11:45 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15

My Four Decades in Rockford Media

SPC-790-CLR7



(Class limit: 50) Andy Gannon reflects on the evolution of local news over the past four decades. He will discuss the evolution of the local news scene, from the advancements in technology to the demise of local news options. Andy has worked 42 years at WIFR starting as a weekend sports anchor/reporter, then sports director before spending the past 30 years as the Morning News Anchor in addition to producing the Morning News for the last six years.

Leader: Andy Gannon

Facilitator: Bob Bertolasi

Date: Monday, 3/24

Time: 11 a.m. – 12:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Cars and Coffee Rockford

SPC-790-CLR8

(Class limit: 60) Cars and Coffee Rockford was started in 2019 by Michael Thomas and Curt Kellerman as a program of Katie's Cup Coffee Bar. We will discuss the history, growth, purpose, features, and focus of this growing Midtown neighborhood community-building event. Participants can bring a photo of a car or email a picture to talk about their car and its history. They are welcome to share insights about their own car experiences. People often have a history of their vehicle and we will talk about some of those cars and their connections to relationships. Cars and Coffee is held on the first Saturday of the month. Plan to attend the first Cars and Coffee of the season on April 5. This is a community awareness class.

Leader: Rev. Michael Thomas

Facilitator: Karen Messley

Date: Tuesday, 4/29

Time: 1 – 2:30 p.m.

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

Fee: \$5

What's New in Rockford? - Update with

Mayor McNamara

SPC-790-CLR9



(Class limit: 50) Mayor McNamara is delighted to visit CLR to discuss what's new in the city of Rockford. He will discuss the city's budget and how his administration is the first in the city's history to never increase property taxes! He will also delve into how the city is improving our neighborhoods through street and sidewalk reconstruction,

the largest Water Infrastructure plan, and more.

Additionally, he will highlight the casino, the new library, and the Rockford Promise program. Learn how his administration is working to address crime by increasing the police budget and working to stop the cycle of violence through the Family Peace Center. This is a community awareness class. Take advantage of this time with the Mayor to ask questions, talk to him about your concerns, and bring along ideas you may have to help the city!

Leader: Mayor Tom McNamara

Facilitator: Jack Croffoot

Date: Friday, 2/7

Time: 1 – 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$5

TOURS

Tour of Midway Village Museum Center

TOU-700-CLR1

(Class limit: 30) Follow a costumed interpreter as they guide you through the history of the Rockford area as presented by the Midway Village Museum Center. Gain a better appreciation for the history of the Rockford region. Begin with a look at how the area started as a stop along the Rock River between Lake Michigan and the Mississippi River. Learn how we grew from a small prairie town to become one of the nation's largest furniture manufacturing centers. Take in the special exhibit on "Many Faces One Community" on how we have grown together with diverse cultures. Discover the story of the daring flight by local aviator Bert Hassell to prove the great circle route. Examine relics of Rockford's industrial history from sock-knitting machines to aerospace engineering. Complete the tour by enjoying the new Camp Grant exhibit, now open to the public. Since this is a walking tour, please wear comfortable shoes. The entire museum is ADA accessible.

Leader: Midway Village Museum Docent

Facilitator: Brad Keyes

Date: Tuesday, 4/8

Time: 10 – 11:30 a.m.

Place: Midway Village Museum – 6799 Guilford Rd., Rockford

Fee: \$15



Funderburg House

History of the Funderburg House

TOU-700-CLR2

(Class limit: 25) Follow a Funderburg House docent as they tell you the history of the beautiful 1906 mansion and two prominent families who lived there. This class will include an in-depth tour of all three floors of the beautiful home, as well as the history of the Fuller, Rhinehart, and Funderburg families and their impact on Boone County. **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: Boone County Historical Society Docent

Facilitator: Donna Brookbank

Date: Wednesday, 2/12

Time: 10 a.m. – 12 p.m.

Place: Funderburg House – 605 N. State St., Belvidere

Fee: \$20

Tour of Brown Hills Historic District

TOU-700-CLR3

(Class limit: 20) A repeat of the popular tour of the Brown Hills District. A brief history of the Brown Hills – Knightsville historic district will be presented inside followed by a narrated neighborhood walking tour. Emphasis is on the well-known, local architect Jesse Barloga who was born and raised on a farm in Pecatonica. Marty will also include many interesting stories of the neighborhood. **NOTE:** The neighborhood is hilly, so wear comfortable walking shoes and dress for the weather.

Leader: Marty Mangas

Facilitator: Jan Johnson

Date: Monday, 5/5

Time: 10 a.m. – 12 p.m.

Place: Mangas Home – 1327 Brownwood Dr., Rockford

Fee: \$15

ComEd Behind the Scenes

TOU-700-CLR4

(Class limit: 40) This will be an education and information session on how electricity is produced, transmitted, distributed, and delivered in the ComEd territory. There will also be a tour of the training facility and possible field personnel skills demonstration.

Leader: Scott Abbott

Facilitator: Jack Croffoot

Date: Wednesday, 4/30

Time: 10 a.m. – 12 p.m.

Place: ComEd – 403 Energy Ave., Rockford

Fee: \$15

Tour of Chicago Rockford International Airport TOU-700-CLR5

(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 & Dave Lindberg

Facilitator: Arnie Ames

Date: Tuesday, 4/15

Time: 10 a.m. – 12 p.m.

Place: Rockford Airport – 2 Airport Circle, Rockford

Fee: \$15



Rockford Art Museum Exhibit Tour – Homecoming: In Color

TOU-700-CLR6

(Class limit: 20) Homecoming: In Color celebrates the reopening of Rockford Art Museum after a year-long renovation closure. This exhibition features a selection of popular pieces and hidden gems, showcasing the rich diversity of our revered collection. Come witness the power of art and community as we welcome you back to a vibrant space of creativity! This docent-led tour is designed to deepen your appreciation and understanding of the RAM collection. Whether you're a longtime patron or visiting for the first time, this is an opportunity to reconnect with the art that inspires and moves us. Join us in celebrating creativity, community, and the enduring power of art. The exhibition is sponsored by Dean Alan Olson Foundation and partially supported by a grant from the Illinois Arts Council Agency.

Leader: April Marque

Facilitator: Jim Munding

Date: Thursday, 5/8

Time: 10 a.m. – 12 p.m.

Place: Rockford Art Museum – 711 N. Main St., Rockford

Fee: \$20



TRAVELS

Travelogue: Washington, DC Cherry Blossom Tour TVL-700-CLR1

(Class limit: 50) Arnie will present photos he and his wife Trina took during their April 1-7, 2017 Cherry Blossom Tour to Washington, DC, and other area sites with GVG Tours. The trip included three days in Washington DC visiting the memorials, including the 911 memorial at the Pentagon, Arlington National Cemetery, Ford's Theatre, and the Peterson House, where President Lincoln was assassinated and died, plus George Washington's Mount Vernon, Colonial Williamsburg, Jamestown Settlement, the American Revolution Museum at Yorktown, and Thomas Jefferson's home Monticello.

Leader: Arnie Ames

Facilitator: Midge Tesch

Date: Monday, 4/28

Time: 10 – 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Travelogue: Spain and Portugal TVL-700-CLR2

(Class limit: 25) We will start our photo travelogue in Barcelona, Spain. We'll visit Antoni Gaudi's La Sagrada Family (the Holy Family) Basilica. We will also visit one of Gaudi's masterpieces, a home named "Casa Battlo," truly a sight to behold! We will visit Pensacola, Valencia, Granada, Seville, Cordoba, Madrid, and Lisbon, Portugal. On our trip, we visited several cathedrals, and you'll see photos from all the sites. We will be discussing cultural differences and foods that we tasted during our journey.

Leaders: Russ Stoneback & Sarah Walder

Facilitator: Arnie Ames

Date: Wednesday, 3/19

Time: 9:30 – 11 a.m.

Place: RVC Bell
School Rd.
Center, Rm 1

Fee: \$15



River Cruising TVL-700-CLR3

(Class limit: 75) We will look at many aspects of river cruising, including river destinations, pricing, cabin selection, cruise providers, meals, weather/river issues, optional excursions, and pre/post options.

Leader: Gene VanGalder

Facilitator: Arnie Ames, Malia Hennessy

Date: Tuesday, 3/11

Time: 1:30 – 3:30 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15



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.

BACKGAMMON



Join the backgammon enthusiasts to play the game with others once a month. Those with experience and beginners are all welcome. Meetings are held on the third Thursday of the month from 10 a.m. - 12 p.m. at the Bell School Road Center.

Contact Joe Etminan at (815) 558-0007

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.

- Jan. 27: *It's Not What You Think: An American Woman in Saudi Arabia* by Sabeeha Rehman
- Feb. 17: *The Fifth Gospel* by Ian Caldwell
- Mar. 17: *The Ride of Her Life* by Elizabeth Letts
- Apr. 21: *The Elephant Whisperer* by Lawrence Anthony

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 and making new friends.

Contact Karen Gehrig at (630) 779-1238

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!

The Scenic Smoky Mountain Experience

May 6 - 10, 2025 • 5 days



Embark on a journey through the stunning Smoky Mountains on our five day motorcoach tour! We will experience the breathtaking beauty of the Great Smoky Mountains National Park while staying in Pigeon Forge, TN a charming mountain retreat with many interesting attractions. Join us on this memorable adventure through the heart of the Smoky Mountains, and create memories that will last a lifetime.



P.O. Box 429, Clinton, WI
Gene: (608) 295-2141
Christina: (608) 751-1767
GVGTours@gmail.com
www.GVGTours.com

Center for Learning in Retirement
Tammy (815) 921-3933

TRIP INFO
MEETING
with GVG Tours
Monday, Jan. 27, 2025
1:30 pm
Bell School Center
Room 3

Day 1

Newfields - A Place for Nature & the Arts. We board the motorcoach at Rock Valley College; we begin our trip with a visit to Newfields, an amazing site that includes the Indianapolis Museum of Art, the Lily House, designated a National Historic Landmark, the Virginia B. Fairbanks Art & Nature Park, and the Elder Greenhouse. We end the day with a group dinner. **Hotel: Seymour, IN Meals: D**

Day 2

Artisan Center and Hatfield & McCoy Dinner - Today, we visit Berea Kentucky Artisan Center, where you'll discover the rich heritage of Appalachian arts and crafts. From pottery and textiles to jewelry and woodworking, this is a unique opportunity to see the talented artisans of Berea at work and purchase their beautiful handcrafted creations. This evening, we will attend the Hatfield & McCoy Dinner Feud. This entertaining dinner show features side-splitting comedy, musical acts with sensational singing, dancing, and mountain clogging, and some "explosive" stunts that give the show a true bang! From start to finish, the feud is action-packed with "battles" of musical talents and dozens of crazy diving stunts in the 24-foot deep swimming pool that is part of the show set.

Hotel: Pigeon Forge, TN Meals: B, D

Day 3

Dollywood and the Dolly Parton Stampede - Spend a thrilling day at Dollywood, nestled in the scenic Smoky Mountains, where fun, adventure and classic Southern charm await. Start your day exploring the world-class theme park featuring exciting roller coasters if you dare. Enchanting musical shows and traditional crafts in a vibrant setting that captures the spirit of East Tennessee, and with over 50 rides and attractions, including Wildwood Grove's whimsical attractions, there's something for everyone to enjoy. As the sun sets, make your way to Dolly Parton's Stampede Dinner & Show for an unforgettable evening. Delight in a hearty four-course Southern feast while being dazzled by incredible horse-riding stunts, spectacular music, and dazzling special effects. Perfect for friends and fans of Southern hospitality, this dynamic duo of Dollywood and Dolly Parton's Stampede offers a full day of fun, laughter, and lasting memories

Hotel: Pigeon Forge, TN Meals: B, D

Day 4

Smoky Mountains & Gatlinburg - Embark on a scenic journey through the stunning Smoky Mountains with a knowledgeable local guide, who will share fascinating insights into the area's unique wildlife, breathtaking vistas, and vibrant history. This guided tour offers an insider's perspective on the most picturesque spots and hidden gems of the Smokies, perfect for capturing incredible photos and experiencing the natural beauty of this beloved national park. After the tour, enjoy free time in charming Gatlinburg, where you can explore boutique shops, sample local flavors, and discover attractions like the iconic SkyBridge, Ripley's Aquarium, and the historic Great Smoky Arts & Crafts Community.

Hotel: Berea, KY Meals: B, D

Day 5

Fair Oaks Farm & Home - On our final day, we visit Fair Oaks Farm, where fun, food, and farming adventures come to life! Located in the heart of Indiana, this interactive agricultural park offers exciting experiences for all ages. Begin your visit with a behind-the-scenes look at the farm's state-of-the-art dairy and pig barns, where you can watch the fascinating milking process and see adorable baby animals up close. Enjoy a farm-fresh meal at the café and grab some locally made treats at the farm's market to take a taste of Fair Oaks home with you. After a day filled with fresh air, heartwarming encounters, and unique farm experiences, it's time to head home, taking with you the unforgettable memories of life on the farm. **Meals: B**

Tour Price: per person

Double: \$1,995 + Ins. \$145
Single: \$2,395 + Ins. \$175

Deposit: \$500 per person + insurance

Price includes:

- Deluxe Motor Coach
- Lodging
- All Admissions
- 8 Meals (4 breakfasts, 4 dinners)

Price does not include:

- Personal Items
- Lunches
- Optional
- Travel Insurance

JANUARY

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
26	27 1:30 pm Trip Info Meeting 	28 8:30-9:15 Vivo Virtual Fitness Begins [Z]	29	30	31	



FEBRUARY

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
2 BLACK HISTORY MONTH	3	4 9 - 10 am Chair Yoga @ Studio	5 9 am - 12 pm Woodcarving @NCC 1 - 2:30 pm The Galapagos [Z]	6 10 am - 12 pm Life at Dig Site 1 - 3 pm Mah Jongg 1 - 4 pm (@UIC) Health Questions	7 1 - 2:30 pm What's New in Rockford 1:30 - 4 pm Cards & Games	8
9	10	11 9 - 10 am Chair Yoga @ Studio 9 - 11:30 am Passing Assets 10:30 am - 12 pm Watercolor 1-4 pm Film: <i>Outrage</i>	12 9 am - 12 pm Woodcarving 9:30 - 11:30 am Computers in Life 10 am - 12 pm Funderberg House 10 am - 12 pm Tai Chi	13 10 - 11:30 am Women's Resistance 1 - 3 pm Pres. Sites [H] 1 - 3 pm Mah Jongg	14 1:30 - 4 pm Cards & Games 	15
16	17 1 - 3 pm Embroid Spring Card 	18 9 - 10 am Chair Yoga @ Studio 9:30 - 11 am Barnstormers 10:30 am - 12 pm Watercolor 1-4 pm Film: <i>Rashomon</i> 1 - 4 pm Acrylics-Moonlit Snow	19 9 am - 12 pm Health Question 9 am - 12 pm Woodcarving 9:30 - 11:30 am To Snip or Not to Snip	20 10:30 - 11:45 am Civil Rights in Vegas [Z] 1 - 3 pm Mah Jongg 1:30 - 3:30 pm RSO 3 - 4:30 pm Birdscaping	21 9:30 - 11:30 am Excel Basics 1 - 3:30 pm Foreign Film 1:30 - 4 pm Cards & Games	22
23	24 9:30 - 11:30 am Excel Basics 1 - 4 pm Ceramic Lighthouse 1:30 - 3:30 pm Madam President	25 9 - 10 am Chair Yoga @ Studio 10 am - 12 pm iPhone/iPad 10:30 am - 12 pm Watercolor 1:30 - 3 pm Songs of Silver Screen	26 9 am - 12 pm Woodcarving 9:30 - 11:30 am Excel Basics 10 am - 12 pm Paul's Epistles 1:30 - 3:30 pm The Last Supper 2:30 - 4 pm Taiko Drumming	27 10 - 11:45 am Senior Living 1:30 - 4 pm Hollywood 1-3 pm iPhone/iPad 1 - 3 pm Mah Jongg	28 9:30 - 11:30 am Excel Basics 1:30 - 4 pm Cards & Games	


MARCH


2025

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 9 - 11 am Pharmacy Interventions 9:30 - 11:30 am Word 2021 1:30 - 3 pm Singing Bowls	4 9:30- 11:30 am Woodburning 1:30 - 3 pm Line & Wash 2 - 3:30 pm Serving as Executor	5 9 am - 12 pm Woodcarving 10 am - 12 pm Paul's Epistles	6 9:30- 11:30 am Word 2021 10 - 11:30 am Old Testament 1:30 - 3 pm AE: Alabama Story 2 - 4 pm Polar Bears	7 9:30- 11:30 am Word 2021 10 - 11:30 am Line Dancing 1 - 3 pm Medicare & LTC 1:30 - 4 pm Cards & Games	8 9 - 10:15 am Hatha Yoga Begins @ Studio
9 Daylight Saving Time 	10 9- 11:30 am Suncatchers 9:30 - 11:30 am Word 2021 1:30 - 3:30 pm KKK in Indiana	11 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am Woodburning 9:30 - 11:30 am 1959 & 1969 1 - 4 pm Acrylics 1:30 - 3:30 pm River Cruising	12 9:30 - 11:30 am Paul's Epistles MOVIE MATINEE EVENT (details coming in the winter newsletter) 	13 9:30- 11:30 am Word 2021 9:30 am - 12 pm Alcohol Inks 10 - 11:30 am Your Funeral 1 - 4 pm Pres. Immunity [H] 1:30 - 3 pm AE: Alabama Story	14 9:30- 11:30 am Word 2021 10 - 11:30 am Line Dancing 1:30 - 4 pm Cards & Games	15
16	17 1:30 - 3:30 pm Baby Boomers 1:30 - 3 pm Blackhawk War <i>Happy St. Patrick's Day</i>	18 9 - 10 am Chair Yoga @Studio 10 am - 12 pm Baseball: Glory [Z] 1 - 4 pm Acrylics Night Sky 1:30 - 3:30 pm Genealogy	19 9:30- 11 am Spain & Portugal 10 am - 12 pm Paul's Epistles 1 - 3 pm Lincoln Assassination	20 8:30 - 9:15 am Vivo Fitness Ends [Z] 10 am - 12 pm Technology & AI [Z] 1 - 4 pm International Films 2 - 4 pm Māori & Traditions	21 10 - 11:30 am Line Dancing 1 - 3 pm Inflammation 1:30 - 4 pm Cards & Games	22
23	24 10:30 am - 12 pm Flower Therapy 11 am - 12:30 pm My 4 Decades 1 - 2:30 pm Flower Therapy 1 - 4 pm Figure Painting 1:30 - 3 pm Egyptian Pharaohs	25 8:30 - 9:15 am Vivo Fitness Begins [Z] 10 am - 12 pm Baseball: Glory [Z] 1 - 2:30 pm The Grand Jury 1:30 - 4 pm Love This Movie	26 9:30 - 11:30 am Digitizing Photos	27 11 am - 1 pm NICC LUNCH & BINGO EVENT (details coming in the winter newsletter)	28 9:30 - 11:30 am Digitizing Old Photos 10 - 11:30 am Line Dancing 1 - 3:30 pm Opera 1:30 - 4 pm Cards & Games	29

APRIL

2025

SUN	MON	TUES	WED	THUR	FRI	SAT
30	MARCH 31 9:30 - 12 pm Clay Handbuilding 1:30 - 3 pm Egyptian Pharoahs 1 - 4 pm Figure Painting	1 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am What in the World 1:30 - 3 pm How Do You Know? 1:30 - 3:30 pm Beg. Alcohol Ink	2 9:30 - 11:30 am Chinese Lanterns	3 9:30 - 11 am Observing Wildlife 9:30 am - 12 pm Decorate Tote 10 - 11:30 am History of Israel 1:30 - 3 pm How Do You Know? 1:30 - 4 pm Looney Learning	4 10 - 11:30 am Vietnam Infantry 1:30 - 3:30 pm Cooking Mediterranean 1:30 - 4 pm Cards & Games	5
6	7 9:30 am - 12 pm Clay Handbuilding @ 3 Ravens Pottery 10 - 11:30 am Land a Jet Fighter 1 - 4 pm Figure Painting 1:30 - 3:30 pm Wild America	8 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am What in the World 10 - 11:30 am Midway Museum Tour 12:30 - 4:30 pm AARP 1:30 - 3:30 pm Beg. Alcohol Inks 1:30 - 3:30 pm 5,000 Miles/ National Parks	9 9:30 - 11 am Wild Flowers 9:30 - 11:30 am Chinese Lanterns 10 am - 12 pm The Year 1953 12:30 - 4:30 pm AARP	10 9:30 - 11:30 am Buying/Selling Online 10 am - 12 pm The Market Today 1 - 2:30 pm Girl Scouts 1 - 4 pm International Film	11 10 am - 12 pm Generational Wealth 1:30 - 3:30 pm Cooking Mediterranean 1:30 - 4 pm Cards & Games	12 9 - 10:15 am Hatha Yoga Begins @Studio
13	14 9:30 - 11:30 am Jerks in Chicago 10 - 11:30 am History of Toilet	15 9:30 - 11:30 am What in the World 10 am - 12 pm Airport Tour 1:30 - 3:30 pm Montague Rd	16 9:30 - 11:30 am Family Farm 10 am - 12 pm Pastel Painting 1 - 2:30 pm Mystery of Atlantis [Z] 1:30 - 2:45 pm Students Sharing	17 Staff Development Day CLR CLOSED	18 HOLIDAY COLLEGE CLOSED	19
20 	21	22 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am What in the World 1 - 4 pm Acrylics-Spring 1:30 - 3 pm Nordic Poles	23 10 am - 12 pm Pastel Painting 10 am - 12 pm Jane Addams [H] 2 - 4 pm American Paintings [Z]	24 9:30 - 11 am States Got Shapes 1:30 - 3 pm AE: Roger Ackroyd	25 1 - 3 pm Freezer Meals 1:30 - 4 pm Cards & Games	26
27	28 10 - 11:30 am Washington, DC 1:30 - 3 pm Dead Sea Scrolls 1:30 - 3:30 pm UNDIVIDE US	29 9 - 10 am Chair Yoga 9:30 - 11:30 am What in the World 10 - 11:30 am Wagon Wheel Memories 1 - 2:30 pm Cars & Coffee 1 - 3 pm Self Defense 1 - 4 pm Acrylics-Spring	30 10 am - 12 pm Pastel Painting 10 am - 12 pm ComEd Tour 1 - 3 pm Pastel & Demo Tour			

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 9:30 - 11 am States Got Shapes 10 am - 12 pm Chinese Rev. 1:15 - 2:15 pm Cardio Drum. 1:30 - 3 pm AE: Roger Ackroyd 1:30 - 3 pm Daily Life of GI's	2 1 - 3 pm Cuban Diaspora 1:30 - 4 pm Cards & Games	3
4	5 9:30 - 11 am Amelia Earhart 10 am - 12 pm Brown Hills Tour 1:30 - 3 pm Laura Ingalls Wilder 2 - 3:30 pm Instant Irony	6 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am What in the World 1 - 3 pm Events of 1825 @ Macktown	7 10 am - 12 pm Pastel Painting	8 10 am - 12 pm RAM Tour 10 am - 12 pm Chinese Revolution 1:15 - 2:15 pm Cardio Drum.	9 1:30 - 4 pm Cards & Games	10
11 	12 10 - 11:15 am Eating Your Best 10 - 11:30 am Outhouse Treasures 1 - 4 pm Ceramic Plate 1:30 - 3 pm Doll Business	13 9 - 10 am Chair Yoga @ Studio 9:30 - 11:30 am What in the World 10 - 11:15 am Eating Your Best 1:30 - 3 pm Rhinos	14 9:30 - 11 am Flight Deck Door 10 am - 12 pm Pastel Painting	15 8:30 - 9:15 am Vivo Fitness Ends [Z] 10 am - 12 pm Chinese Revolution 1 - 4 pm Film: <i>Lion</i> 1:15 - 2:15 pm Cardio Drum.	16 1:30 - 3:30 pm Classical Music 1:30 - 4 pm Cards & Games	17

CLR General Information

A copy of the Center for Learning in Retirement Spring 2025 catalog is available for viewing. 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: Limited 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. It provides an opportunity to those on the waiting list to be contacted.

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

You will receive a Student Schedule from the CLR office at the beginning of the semester. 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

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

3301 N. Mulford Road,
Rockford, IL 61114-5699

Phone (815) 921-3931
Fax (815) 921-3939
RockValleyCollege.edu/CLR

A Member of

ROAD SCHOLAR

LLI RESOURCE NETWORK

Non-Profit Organization

U.S. POSTAGE

PAID

Rockford, Illinois

Permit No. 4119



All smiles at the
CLR Annual
Meeting

