



*I n a ... C a ...  
a ... L ... L a*

*L I F E ... ad ... ed ca ... a ... c a ...  
A e ca Fe a e E ... de ... e Fede a A . P . ec .  
C ... f W ... U ... q d Ga . e . T ...  
C ... g D ... a d D ... e C ... W ... f P c ... e B ...  
E ... d Safe . - Kee ... g . Safe f ... e G . ce . S ... e Y ... Tab . e ...  
Kee ... g Y ... Hea . Hea ...  
W e Mac . b H ... ed Ab a a L ... c ... : Be ... d . e Sc e ...  
a d f ... e ... e ... e ... a ... f ... r g r g f a ... e ...*



**P... ..-G... .. /B  C...**

LIFE (Learning Is ForEver) is affiliated with the Road Scholar Elderhostel Institute Network, a national organization of over 150 similar groups devoted to adult education. In the Macomb area, LIFE is sponsored by Western Illinois University. However, it is a self directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, establish the fees, and promote the curriculum. Now in its third decade, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for very modest fees. The teachers and activity leaders are not paid, but they are all highly competent, engaging, and friendly members of the community who are committed to sharing the joy of lifelong learning.

Any adult is welcome to register for a LIFE course. There are no educational requirements, or any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class is commonly a mixture of people with varied backgrounds who want to remain intellectually stimulated, learn new skills, or participate in a cultural event—and probably make new friends in the process. Every class functions in an informal, noncompetitive way, fostering lively engagement with the topic and promote



*A a a*  *d* *Da* ?

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

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

Thursdays, September 5, 12, and 19

1 - 1:30 p.m.

: YMCA Senior Center, 400 E. Calhoun St.

At the site

10

\$5

*A a' F a F*  *d*

Women's contributions to our nation's founding varied widely, from pre-war public demonstrations of support for independence to wartime spying, eng vitnNVU&uAi2B-%woaM0%CS

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

Monday, October 21 and Wednesday, October 23

1 - 2:30 p.m.

Western Illinois Museum, 201 S. Lafayette St.

At the site

16

\$10

## **B B ~~Ad~~ : Ma aH**

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

1. *Bix: A New Perspective* is a fascinating 1981 documentary directed by Academy Award-winning director Brigitte Bako. [Bix: A New Perspective \(1981\)](#) (on YouTube)









**H...D...a...a...F...a...A...a...**

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

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

Tuesday, September 24

3:30 - 4:30 p.m.

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

At the site

12

\$5

**H...Pa...Ca...M...Pa...**

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

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

Tuesday, October 29

10 - 11:30 a.m.

Spoon River College Community Outreach ci5 (e)8 (s) 8 (s) 8 (s) 8 (s) 8 (a)-14.39x(n)-2

**K** *Heart Healthy*

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

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

Tuesday, October 15

10 - 11:30 a.m.

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

At the site

30

\$5

**L** *Home, Aging, & Health*

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

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

Tuesday, October 1

5:30 - 7 p.m.

Hart's Nursery, 665 Front St., Bushnell

At the site

30

\$5

**Ma** **P**

This is a basic class in understanding the function and operation of your iPhone and learning to use the default (included on your phone) apps. You will learn to navigate the menus, messaging, reset, iOS mail app, contacts, basic camera use, and also to browse the internet.

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

Tuesday, November 19

9:30 - 11 a.m.

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

At the site

20

\$5

**Ma** **a** **A** **d** **d** **a**

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

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

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**P** **R** **La A**

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

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

Friday, October 4, and rain date Friday, October 11

10 - 11 a.m.

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

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

6

\$5

**P** **R** **La**

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

Ryan Hansen is the Spring Lake Park Manager.

Thursday, September 12, and rain date Thursday, September 19

10 - 11 a.m.

Spring Lake Park, 602 Spring Lake Park Rd.

At the bottom of the hill by the bait shop

12

\$5

**a** **H** **a a Ca A a C**

In law, "standing" is a requirement that a party seeking a legal remedy must show they have suW6 (a)-3 ay48hnt 89613 (g 8)-13 (d)-25.4 (d)522c1 201613 2.4 ()-12.2 (n)2.2 (d r)-14.8 (a)-3 (ve r)

### *N* ~~o~~ *a* *B* *C*

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

#### *J* ~~a~~ *e* by Percival Everett - Tuesday, September 3

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

#### *T* *e* *M* *e* *E* *e* *g* by Elizabeth Strout - Tuesday, November 5

From Pulitzer Prize-winning author ~~L~~Lang (en-US)/MCID 999 BDC B8nehen, feaf (s)-11.4 ( (a)--11.5





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