

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

Spring 2024 Class Schedule



FIND **YOUR** PASSION

147 Classes | Special Events | Tours | Special Interest Groups

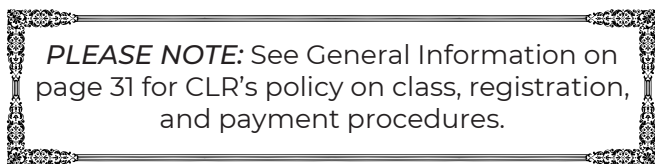


2024 CLR SPRING SCHEDULE

Best Wishes for the New Year!

Join us this spring as we continue to celebrate the Center for Learning in Retirement's 30th anniversary year. Back in the spring of 1994, the new Rock Valley College CLR program offered 14 classes, and this spring semester we are offering 147 classes that include in-person, online, collaborative, and hybrid options. We are proud of the enormous growth over the past 30 years and will continue to offer a wide variety of classes, trips, social events, and volunteer opportunities to appeal to and satisfy the curiosity of adult learners age 50+. The \$35 annual membership provides discounts on trips and events, direct mailings of class catalogs and newsletters, and members are welcome to register for classes or join any Special Interest Group. Become a CLR member or renew your membership for 2024 and get involved this year!

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



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

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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
Terrica Huntley, Dean of Students
(815) 921-4187 or
T.Huntley@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.

2023-2024

ADVISORY COMMITTEE

Chair: Arnie Ames

Vice Chair: Rhee Ellen Wright

Secretary: Carol Nelson

Membership: Connie Croffoot, Sue Custer

Newsletter: Ellen Taylor-White

Social: Cheri Drake, Cathy Eberle

Curriculum: Jan Johnson, Norma Freeberg

Speakers' Bureau: Cheryl Bush

Media/Publicity: Larry Nelson

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

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****Indicates an online class via Zoom**

*****Indicates a hybrid class
(in person or online)**

ARTS & CRAFTS

Chinese Brush Painting II

Course Code: ART-701-CLR1

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

Leader: Li Slough Facilitator: Chris Howard

Date: Wednesdays, 4/10, 4/17, 4/24

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

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Abstract Asemic Art

Course Code: ART-701-CLR2

(Class limit: 12) This class combines abstract art with asemic writing to create a painting that suggests a meaning but is open to interpretation. The two elements (abstract art plus asemic writing) combine perfectly in a way that is guided by the "rules" of art, but is liberating in a "break the rules" kind of way. Asemic writing has been around for centuries. You'll learn some of the history of this technique that is as varied as cave painting and modern doodling. If you're looking for a class to help you loosen up your style and boost your creativity, this is it. Week 1 will be a "learn the principles" time in which a piece of art is created. Week 2 is a "build your confidence." A supply list will be sent before class.

Leader: Margi Forss Facilitator: Nancy Harvey

Date: Tuesdays, 2/20 & 2/27

Time: 1 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20

Exploring Alcohol Ink Painting

Course Code: ART-701-CLR3

(Class limit: 10) The class begins with a brief overview, a short demonstration with instructions, and explanations of the techniques. We'll explore the striking effects of Alcohol Ink painting. Each 2-hour session will focus on different application techniques on various surfaces using felt pads, brushes, and permanent markers. Materials will be provided. **NOTE: Participants are advised to bring covering for clothing as these inks will stain.**

Leader: Pauline Joyce Facilitator: Jim Mundinger

Date: Tuesdays, 4/23 and 4/30

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

Place: RVC Bell School Road Center, Room 2

Fee: \$30

Chinese Brush Painting I

Course Code: ART-701-CLR4

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

Leader: Li Slough Facilitator: Chris Howard

Date: Wednesdays, 2/14, 2/21, 2/28

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

Place: RVC Bell School Road Center, Room 2

Fee: \$25.00

Landscapes in Watercolor 2

Course Code: ART-701-CLR5

(Class Limit: 15) Builds on what was discussed in Landscape 1. The exercises will be the same (composition, value, color). This will be a great paint at your own pace with subject matter you bring in. Instructor will provide guidance and direction. **NOTE: Prior watercolor experience required.**

Leader: Cynthia Bear Facilitator: Tyrone Johnsen

Date: Mondays, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

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

Place: RVC Bell School Road Center, Room 2

Fee: \$35.00

Pastel Painting

Course Code: ART-701-CLR6

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

Leader: Gail Faber Facilitator: Jim Mundinger

Date: Thursdays, 4/4, 4/11, 4/18, 4/25, 5/2

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

Place: RVC Bell School Road Center, Room 2

Fee: \$30.00

Acrylic Painting-Playing with Palette Knives

Course Code: ART-701-CLR7

(Class Limit: 10) This class is for someone who has experience painting in acrylics, knows basic techniques and wants to move beyond the paintbrush into the exciting realm of the palette knife. We will build layers of paint to produce a "dimensional" painting. Over the course of two sessions, you will gain experience and confidence as you produce a simple still life floral arrangement combining painting techniques with palette knife techniques. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss Facilitator: Nancy Harvey

Date: Tuesdays, 3/19 and 3/26

Time: 1 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20.00



Don't forget to pay
your membership
dues for 2024!

Beginning Woodcarving

Course Code: ART-713-CLR1

(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, 2/14, 2/21, 2/28, 3/6, 3/13
Time: 9 a.m. - 12 p.m.
Place: KEN ROCK COMMUNITY CENTER-625 ADAMS ST.,
ROOM 204, ROCKFORD
Fee: \$30.00

The Art of Woodburning

Course Code: ART-713-CLR3

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

Leader: Rand Moore Facilitator: Jack Croffoot
Date: Tuesdays, 3/12 and 3/19 Time: 9:30 a.m. - 11:30 a.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$20.00

Decorate a Canvas Tote Bag

Course Code: ART-720-CLR1

(Class Limit: 12) Join our "tangling" artist, Rebecca, for a fun class decorating a canvas tote bag. Rebecca 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. Then color your design with colored Sharpies or paints and "Voila!" a personalized tote bag! Supplies will be provided, including the tote bag, colored Sharpies, paints and brushes. **NOTE:** You will need to bring a black Sharpie marker (thick and thin points) with you to draw the design on the bag. (Please be sure it is Sharpie brand marker as these do not run when washed.)

Leader: Rebecca Bowman Facilitator: Gail Wallens
Date: Wednesday, 5/1 Time: 9:30 - 12 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$20.00

Painting with Alcohol Inks

Course Code: ART-720-CLR2

(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. The subject 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"x10" cardinal in winter painting on Yupo paper ready to be framed.

Leader: Jill Martin-Golden Facilitator: Gail Wallens
Date: Thursday, 3/21 Time: 9:30 a.m. - 12 p.m.
Place: JR FINALLY ART, 201 W. MAIN ST., ROCKTON
Fee: \$35.00



Use Czech Beads to Create Stretch Bracelets

Course Code: ART-720-CLR3

(Class Limit: 10) In this class, you will learn about and use Czech beads to make three different stretch bracelets. This class is suitable for the beginner beader and covers the basics of using elastic cord and sizing the bracelet to account for different bead sizes. The first bracelet is a simple one using fire-polished beads and you will have a selection of colors from which to choose. For the other two bracelets, a variety of Czech bead types and shapes are used in the designs developed by your instructor. If you will be making one or more of the bracelets for other individuals, bring their wrist measurement(s) and whether they prefer a snug or loose bracelet. **NOTE: All supplies are included. The beads are small (3mm to 17mm) and have small holes, so bring a free-standing magnifier, if needed. This is a modification of the bracelet-making courses taught in Fall 2018 & 2022 with different style bracelets.**

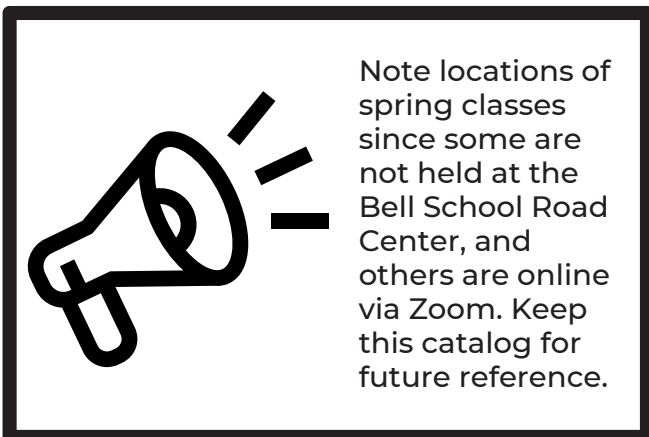
Leader: Sylvia Emerson Facilitator: Donna Brookbank
Date: Wednesday, 3/20 Time: 9 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$25.00

Making a Card with Iris Folding

Course Code: ART-720-CLR6

(Class Limit: 15) Learn to create a unique greeting card using folded paper. We'll apply a template to paper and then cardstock. It's that simple! **NOTE:** Bring a small, sharp scissors and Scotch tape. The other materials will be provided.

Leader: Dawn Calkins Facilitator: Donna Brookbank
Date: Monday, 2/12
Time: 1 - 2:30 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00



COMPUTER TRAINING

Excel Basics

Course Code: CMP-702-CLR1

(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: Thursdays, Fridays, 2/29, 3/1, 3/7, 3/8

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

Place: RVC Bell School Road Center, Room 5

Fee: \$35.00

Word 2016 Basics

Course Code: CMP-702-CLR2

(Class Limit: 18) This 12-hour word processing course using Word 2016 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). NOTE: Please bring a flash drive to class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Mon., Thurs., Fri., 3/11, 3/14, 3/15, 3/18, 3/21, 3/22

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

Place: RVC Bell School Road Center, Room 5

Fee: \$40.00

To Snip or Not to Snip

Course Code: CMP-702-CLR3

(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. Through hands-on activities, you will learn how to use these three features, how they differ, and when it is best to use each one. NOTE: Some computer experience and skill in using a mouse is a must for this class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Monday, 3/25

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

Place: RVC Bell School Road Center, Room 5

Fee: \$20.00

Keeping Your Computers Safe & Efficient

Course Code: CMP-702-CLR4

(Class Limit: 18) Presentation of software that is available for home computers to keep them safe and efficient. I will be showing free ones. Demonstration of use of above software as well as other utilities provided on most computers to scan for viruses, protect against malware, and clean out junk files, cookie bins, cache folders, and other items that take up space but are not needed.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Wednesday, 3/27

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

Place: RVC Bell School Road Center, Room 5

Fee: \$20.00

The Internet Can Be Entertaining & Enlightening!

Course Code: CMP-703-CLR1

(Class Limit: 35) We will view a collection of artistic, historical, comical, educational and current posts from various internet resources and talk about how to access them and keep yourself safe.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Monday, 2/26

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

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



FINANCE

The Markets Today

Course Code: FIN-701-CLR1

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

Leader: Stacy Brady

Facilitator: Robbin Nelson

Date: Thursday, 4/11

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

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Estate Planning for the Rest of Us

Course Code: FIN-701-CLR2

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

Leader: Adam Fleming

Facilitator: Bob Bertolasi

Date: Wednesday, 3/6

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00



Annuities and Life Insurance in Retirement

Course Code: FIN-701-CLR3

(Class Limit: 25) What have you heard or know about annuities? Good? Bad? True? False? Do they work like a pension? We will review annuities as a retirement investment option. We'll go through the available options, costs, benefits, and best uses for each, as well as dispel common misconceptions and negative media content. Second, when the kids are grown and you retire, life insurance needs often change. Has yours kept pace? What are the options? We'll also touch on longterm care and various ways to fund it should the need arise.

Leader: Donald Kent

Facilitator: Robbin Nelson

Date: Friday, 3/15

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

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

Course Code: FIN-701-CLR4

(Class Limit: 30) Heirs versus Uncle Sam. How much will you really leave your heirs? In this class, you will learn that not all assets are created equal when passing them to your heirs. In the past 5 years, there have been several changes to the tax code that greatly affect how your heirs will inherit your hard-earned assets. In this class, you will 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: Thursday, 2/22

Time: 9 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

FITNESS

Wellness Walking with Nordic Poles

Course Code: 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 afterwards. Bring Nordic poles if you already have them or poles will be available for use during class.

Leader: Karla Johnson

Facilitator: Midge Tesch

Date: Tuesday, 3/26

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Bicycling for Exercise and Transportation

Course Code: FIT-750-CLR2

(Class Limit: 20) Bicycling presents a low impact opportunity for exercise. It also can be a nearly carbon free means of transportation. The instructor will make the case for multiple benefits including enjoying the outdoors, spending less for gasoline, increased fitness, reduced carbon footprint, and all the benefits that come from having fun. We will explore the new technologies that mean today's bikes only slightly resemble that 10-speed from back in the day. We will discuss the new electric bikes, 3 and 4 wheeled versions and how they make biking much more accessible. We will address safety concerns and best practices.

Leader: Paul Schweitzer

Facilitator: Gail Wallens

Date: Friday, 3/8

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Vivo Virtual Fitness Program

(Class Limit: 22) Join this NEW 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 in length twice a week 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 provides a convenient way to exercise and participate in strength training from your home. Class is 8 weeks long (16 sessions). Contact the CLR office if you are interested in attending a free session to experience and learn more about the program.

Leader: Vivo Fitness Trainers Facilitator: Ellen Taylor-White

Time: 8:30 - 9:15 a.m.

Place: Online via ZOOM

Fee: \$110.00

Course Code: FIT-767-CLR 1

Date: Tuesdays and Thursdays, 1/30, 2/1, 2/6, 2/13, 2/15, 2/20, 2/22, 2/27, 2/29,3/5, 3/7, 3/12, 3/14

Course Code: FIT-767-CLR2

Date: Tuesdays and Thursdays, 3/26, 3/28, 4/2, 4/4, 4/9, 4/11, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14

Chair Yoga

(Class Limit: 10) A Mindful Yoga practice that can be done seated in a chair and use the chair for assistance with balance when standing. This beginner friendly practice will include gentle movement, poses for strength / balance / flexibility, mindful breathing and relaxation. Wear comfortable clothes and bring water and a mat, if you already have one (available to those without). There are 2 different classes that meet for 4 weeks each.

Leader: Julie Young

Facilitator: Jan Johnson

Time: 11:45 a.m. - 12:45 p.m.

Place: SURYA CHANDRA YOGA STUDIO-929 S. ALPINE ROAD, SUITE 408, ROCKFORD

Fee: \$45.00

Course Code: FIT-768-CLR3

Date: Thursdays, 2/29, 3/7, 3/14, 3/21

Course Code: FIT-768-CLR4

Date: Thursdays, 4/18, 4/25, 5/2, 5/9

Tai Chi & Chi Kung

Course Code: FIT-768-CLR5

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

Leader: Sue Michaelson

Facilitator: Midge Tesch

Date: Monday, 2/19

Time: 2 - 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

HEALTH & WELLNESS

Health Insurance in Retirement

Course Code: HLT-705-CLR1

(Class Limit: 25) This class will provide you with the information you need to help make an informed decision about your Health Insurance options in Retirement. We will cover different options available after losing Employer Coverage but before becoming eligible for Medicare, with a brief overview of Medicare Eligibility and Enrollment. These topics will include-COBRA, Affordable Care Act or marketplace Coverage, Tax Credits for On vs. Off Exchange plans, Short Term Medical, and Medi-Share Programs. This class will also cover the role Taxable Income and Pre-Existing Health Conditions may play in your decision and answer any general questions you may have.

Leader: Michael Beever

Facilitator: Bob Bertolasi

Date: Monday, 3/25

Time: 2 - 4 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Navigating AI in Your Daily Healthcare Needs: Benefits & Pitfalls

Course Code: HLT-705-CLR2

(Class Limit: 50) Technological advancement, particularly in Artificial Intelligence/Machine Learning (AI) is disrupting many societal infrastructures including the health care system. The Food and Drug Administration (FDA) has cleared and market-approved over 500 AI medical algorithms in the U.S. as of early 2023. It's important for the public to understand how to navigate AI for their daily healthcare needs.

This workshop is designed to empower participants with knowledge about the advantages and potential pitfalls of AI in healthcare. The goal is to use real-world examples to help participants understand how to best utilize AIO to enhance their healthcare experiences.

Leader: Dr. Linda Chang

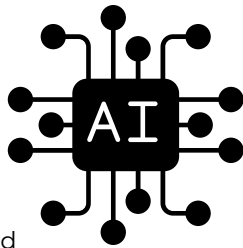
Facilitator: Jack Croffoot

Date: Monday, 3/4

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



KnockOut Parkinson's

Course Code: HLT-715-CLR1

(Class Listing: 25) Parkinson's Disease does not have a cure, yet. However, there are ways to improve your or your loved one's quality of life through diet, exercise and more. This class will discuss the KnockOut Parkinson's program's three main focuses: social interaction with others who battle Parkinson's, physical training that combats the progression, and mental and emotional support to stay healthy in thoughts and feelings. Join us to learn how to help maintain yours or your loved one's highest quality of life as they battle their way through Parkinson's. We will be using boxing training (stance, punches, movements), as well as other practice exercises to "fight" the progression of Parkinson's. **NOTE:** Wear comfortable clothing if you want to participate.

Leader: Timothy Ramsden

Facilitator: Ellen Taylor-White

Date: Monday, 4/22

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Good Grief! From "Oh-No!" to Peace

Course Code: HLT-715-CLR2

(Class Limit: 50) When difficult medical news comes to you or a family member, it may be simply addressed with treatment or it could be the beginning of a trajectory that includes struggles, bereavement, and the healing process. This course is a how to navigate the way emotionally, cognitively, along with a sharing of available resources including hospice.

Leader: Dr. Chuck Olson

Facilitator: Loyd Wollstadt

Date: Thursday, 3/14

Time: 10 a.m. - 11:30 a.m.

Place: KATIE'S CUP-502 7TH ST., ROCKFORD

Fee: \$15.00

So, What Is This Yoga Craze All About, Anyway?

Course Code: HLT-725-CLR1

(Class Limit: 20) Delve into the world of Yoga! Yoga doesn't have to mean lying on a mat and twisting yourself into a pretzel---There is so much more to this rich, ancient practice! The goal of Yoga is to quiet the mind and lead a more peaceful, easeful life---Just what we need in these chaotic times! A brief history of Yoga, explanation of the philosophy behind its practice and a few simple techniques that you can incorporate into your daily life will be presented.

Leader: Jaya Elleson

Facilitator: Midge Tesch

Date: Thursday, 2/15

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

A Plant-Based Diet: What You Need to Know

Course Code: HLT-725-CLR2

(Class Limit: 25) Are you considering eating a plant-based diet but feeling overwhelmed by all the options? Have you heard the terms semi-vegetarian, flexitarian, pescatarian, vegetarian, and vegan, and not sure which one is for you? During this session, you will learn the difference between the various plant-based diets. As well as which nutrient deficiencies you may be at risk of, learn helpful tips on making healthy plant-based food choices and receive fun recipes to try at home.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 2/23

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Why Your Gut Microbiome Matters to Your Health

Course Code: HLT-725-CLR3

(Class Limit: 50) Have you heard of the gut microbiome and wondered what it is about? This class will discuss how our diet and lifestyle impact the gut microbiome and how it changes over time. Learn its important role in weight management, brain health, and the immune system.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Thursday, 3/21

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



Herbs for Winter Wellness

Course Code: HLT-725-CLR4

Learn which herbs and foods can bring more sunshine into your world and keep you buoyant and enlivened when the temperatures dip and the skies are gray. We'll discuss an array of herbs, including lemon balm, St. John's wort, holy basil, and motherwort. We will also discuss creative ways to use them in food and for well-being. The instructor is a clinical Herbalist and Flower Essence Practitioner in NYC. This is a COLLEGE COLLABORATION night class. **NOTE: Participants will be admitted by IL Valley Community College 5 minutes before the class is scheduled to begin.**

Leader: Dawn Petter, IVCC Instructor

Facilitator: Ellen Taylor White

Date: Tuesday, 2/6

Time: 6 - 7:15 p.m.

Place: Online via Zoom

Fee: \$15.00

Balance and Safety in the Community

Course Code: HLT-725-CLR5

(Class Limit: 25) This class will improve your understanding of Physical Therapy, fall risks and fall prevention. Balance systems, the benefits of physical therapy and more will be discussed. There will be time for Q and A.

Leader: Jake Graham

Facilitator: Janet Cameron

Date: Monday, 3/11

Time: 3 - 4:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Cooking Mediterranean/Middle East Appetizers

Course Code: HLT-725-CLR6

(Class Limit: 25) Mediterranean/Middle Eastern healthy food has recently taken on a life of its own. Your local grocery offers processed hummus and various appetizers for a fast meal. But are they healthy? This class is the first of 4 being offered from a 45-year experience of learning and cooking food throughout the Arab countries with a modern twist based on both the original recipes and the Western palate. The first part of the class will explore spices, vegetables and ingredients used with actual produce examples for sampling and a review in each continuing class session. By way of a PowerPoint presentation, we will actually make the food and recipes will be given. Additionally, the finished appetizers, hummus/chickpea, and baba ghanouj / eggplant, will be able to be tasted. Classes to follow will include salads and soup, pastries, and desserts.

Leader: Andrea Azar

Facilitator: Lynnette Danzi-Tauer

Date: Friday, 4/19

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

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

ATTENTION:

When you register for classes be sure to note the locations.

Many of the spring classes are not held at the Bell School Road Center or are online offerings.

HISTORY

Voices of the Forgotten Five Million of the Holocaust

Course Code: HST-701-CLR1

(Class Limit: 50) There were five million non-Jewish Holocaust victims who were killed. The horrors that the disabled, homosexuals, Gypsies (Romas), and others endured will be discussed in this session. Also, how many of the same marginalized groups are being persecuted and discriminated today will be covered.

Leader: Diane Roman

Facilitator: Ellen Taylor-White

Date: Friday, 5/3

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

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Joseph Goebbels-The Man Who Seduced a Nation

Course Code: HST-701-CLR2

(Class Limit: 50) This year's 85th anniversary at the beginning of World War II presents a fitting occasion to take a closer look at Hitler's mouthpiece, Joseph Goebbels. Through his perfidious use of propaganda, this quintessential Nazi was not only able to turn the Dictator into a worshipped god-like figure, but he also seduced a whole nation and made many stubbornly believe in an essentially unwinnable war. German Historian Annette Isaacs presents fascinating insights into the life and mind of this powerful manipulator. This is a COLLEGE COLLABORATION class. **NOTE: Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.**

Leader: Annette Isaacs, Harper College Instructor

Facilitator: Jan Johnson

Date: Tuesday, 2/20

Time: 1 - 3 p.m.

Place: Online via Zoom

Fee: \$15.00

Pacific War Overview

Course Code: HST-701-CLR3

(Class Limit: 50) This class takes a closer look at World War 2 in the Pacific. See what ordeals were overcome by a grandfather or other relative who served in the Pacific during the war. It examines the cultural background of Japan before the war; and looks at the events that led to war with China and to Pearl Harbor, Bataan, Coral Sea, Midway, Guadalcanal, Tarawa, New Guinea, Leyte, Iwo Jima and Okinawa. Use of the A-bomb is also discussed.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White

Date: Tuesday, 3/12

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

World War II in Europe Overview

Course Code: HST-701-CLR4

(Class Limit: 50) This class closely examines World War 2 in Europe. See what ordeals were overcome by a grandfather or other relative who served in Europe/North Africa during the war. This class examines the cultural background of Germany before the war. It looks at the events that led to the Nazi attack on Poland. Time is spent reviewing certain battles, including Dunkirk, the Battle of Britain, the Battle of the Atlantic, Stalingrad, North Africa, Sicily, D-Day, the Battle of the Bulge, and the Battle for Berlin.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White

Date: Tuesday, 4/23

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

My Vietnam: The Journey, My Legacy

Course Code: HST-701-CLR5

(Class Limit: 50) The class leader is a Vietnam War veteran who will discuss his experiences as an Artillery Forward Observer and life for 14 months in the war zone. Chuck will share the problems he and his fellow vets faced coming home and into the world we know. Attendees will learn about and come to understand the myriad of problems the war imparted on its veterans.

Leader: Chuck Larson

Facilitator: Bob Bertolasi

Date: Friday, 4/26

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

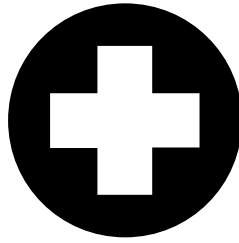
Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Evolution of Civil War Hospitals & Nursing Care

Course Code: HST-712-CLR1

(Class Limit: 50) Hospitals and nursing care was practically non-existent in 1861 when the Civil War began. The number of sick and wounded because of the war created a new era of medicine and care. Hospitals were no longer considered "pest houses," and women were recognized as nurses.



Leader: Dr. Gordon Dammann

Facilitator: Jack Croffoot

Date: Monday, 5/13

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

America's Nuclear-Powered Bombing Program

Course Code: HST-712-CLR10

(Class Limit: 50) During the Cold War days of the last century, just after WWII, the USA embarked on a program to power a bomber with nuclear power. This will be an in-depth study of why we would want to do such a thing and what was actually accomplished during the program.

Leader: Dean May

Facilitator: Bob Bertolasi

Date: Thursday, 2/22

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Coming Home: Injured Union Soldiers

Course Code: HST-712-CLR13

(Class Limit: 50) We often think that soldiers returning from the Civil War were greeted with great fanfare and welcomed with gratitude and honor. But this was not always the case. Soldiers who were maimed or injured found life difficult, and society ignored their problems. This session will cover some of the soldiers, their obstacles, and their treatment on their return home.

Leader: Becky Laible

Facilitator: Robbin Nelson

Date: Monday, 4/15

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

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

The Duelists: Aaron Burr & Alexander Hamilton

Course Code: HST-712-CLR11

In 1804, Vice President Aaron Burr met former Secretary of the Treasury Alexander Hamilton on a riverbank at dawn with loaded pistols, to settle an affair of honor with a duel. The result was tragic. The story of how Hamilton and Burr ended up in that duel--now an award-winning musical--is full of intrigue. This presentation will explore the characters of Hamilton and Burr, the roles played in their revolutionary times, and how the struggles and passions of their era led them to the final duel. This is a COLLEGE COLLABORATION class. **NOTE:**



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

Leader: Joyce Haworth, McHenry College Instructor

Facilitator: Keith Hale

Date: Monday, 3/18

Time: 1 - 3 p.m.

Place: Online via Zoom

Fee: \$15.00

Everything You Did Not Know about Our Presidents

Course Code: HST-712-CLR12

The great and not so great have many secrets, nuances and happenstances that make the leaders of our nation interesting and anything but normal. Consider these many points of interest: bachelorhood, 14 children, skinny dipper, wealthiest to poorest, pre and post presidency activities, pets, foibles, and firsts. You will never look at a penny the same again. **NOTE: This is a COLLEGE COLLABORATION class hosted by McHenry County College and you will be let in 5 minutes before the class begins. This class will have a room available at the Bell Center for online Zoom viewing.**

Leader: Steve Aavang, MCC Instructor

Facilitator: Keith Hale

Date: Monday, 2/19

Time: 1 - 3 p.m.

Place: Online Via Zoom

Fee: \$15.00

Prohibition: The Best Thing That Happened to Organized Crime

Course Code: HST-712-CLR2

(Class Limit: 50) How did mobsters become millionaires? Find out what the Prohibition amendment set out to do, the challenges faced by law enforcement and violent, illegal rackets that sprang up to quench America's thirst. This program will be presented by an educator at The Mob Museum in Las Vegas, NV. This non-profit museum has a mission to advance the public understanding of organized crime's history and impact on American society. There will be Q&A following the presentation. This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional community colleges will be joining this class. **NOTE: This class will have a room available at the Bell Center for online Zoom viewing.**



Leader: Museum Educator

Facilitator: Jan Johnson

Date: Thursday, 3/7

Time: 10:30 - 11:45 a.m.

Place: Online via Zoom & CLR Zoom Room

Fee: \$15.00

Tuskegee Airmen Revisited

Course Code: HST-712-CLR3

(Class Limit: 50) Delve into the profound historical legacy of the Tuskegee Airmen, examining their origins, significance, and the exceptional qualities that set this group of African American veterans apart. This exploration will encompass a rich tapestry of historical narratives, offering insights into the genesis of the Tuskegee Airmen, their enduring impact, and the remarkable attributes that defined their service. In this class, we will utilize an array of multimedia resources, including exclusive video footage from numerous visits by Tuskegee Airmen to Veterans Memorial Hall. Through these rare archival materials, we will gain an intimate perspective on the experiences, struggles, and triumphs of these trailblazing individuals, shedding light on the indelible mark they left on American history and the broader landscape of military service.

Leader: Scott Lewandowski

Facilitator: Keith Hale

Date: Monday, 2/12

Time: 1 - 2:30 p.m.

Place: VETERANS MEMORIAL HALL-211 N. MAIN ST., ROCKFORD

Fee: \$15.00

The Manhattan Project and Development of the Atomic Bomb

Course Code: HST-712-CLR4

(Class Limit: 30) The program will examine the discovery of nuclear fission and the conversion of that discovery from laboratory experimentation to the top-secret industrial production of the atomic bomb under the control of the Manhattan Project of the U.S. Army Corps of Engineers.

Leader: John Roseberg

Facilitator: Steve Renne

Date: Thursdays, 4/18, 4/25, & 5/2

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

Place: RVC Bell School Road Center, Room 1

Fee: \$25.00

The Gilded Age

Course Code: HST-712-CLR5

(Class Limit: 75) This class will examine the period of great development in post-Civil War America. The difference between the haves and have-nots is startling. From the mansions in Newport to the tenements in Brooklyn, the cross-currents of politics, race, gender, societal norms, and finance provide a dynamic backdrop.

Leader: Gene Van Galder

Facilitator: Malia Hennessy

Date: Mon./Tues., 3/18 & 3/19

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

Place: RVC Bell School Road Center, Room 13

Fee: \$20.00

The American Civil War Soldier

Course Code: HST-712-CLR8

(Class Limit: 50) The American Civil War was responsible for over 620,000 soldiers who were killed during the years of 1861-1865. This loss of lives is far greater than all of the wars our nation has been involved in. The goal of this course is to share some of the background of the war and its causes. The role of the Civil War soldier will also be discussed. The presenter will be dressed in a Civil War uniform and play music from the time period. The soldier's experience, equipment, food, training, and where he fought will be shared. The experiences of 1861-1865 had a lasting effect on our nation that is still felt today.

Leader: Edward O'Brien

Facilitator: Arnie Ames

Date: Monday, 3/11

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

The Warren Commission at Sixty: Was it Right about the Assassination of President Kennedy?

Course Code: HST-712-CLR6

(Class Limit: 35) Six days after the assassination of President John F. Kennedy on November 22, 1963, President Lyndon B. Johnson persuaded Chief Justice Earl Warren to head a "blue ribbon" commission tasked with investigating JFK's murder. Ten months later, the Warren Commission submitted its findings and conclusions; they determined that President Kennedy was killed by Lee Harvey Oswald, acting alone. They also concluded that Jack Ruby, who murdered Oswald two days later, also acted alone. Almost immediately, the Warren Commission was faced with multiple critics who charged that the president was murdered as a result of conspiracy, although the critics disagreed over whether the culprits were agents of the CIA, organized crime, Fidel Castro, Lyndon Johnson, the Soviet Union, or right-wing oil barons or segregationists. For sixty years, a veritable cottage industry of conspiracy theorists has sowed doubts about the assassination and profited handsomely from it. This class will assess the evidence to evaluate how likely the Commission's conclusions were correct. *This is a HYBRID class and can be attended in-person or online.*

Leader: Andrew Dvorak

Facilitator: Keith Hale

Date: Wednesday, 4/24

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

Place: RVC Bell School Road Center, Room 3 or Zoom

Fee: \$15.00



Eleanor Roosevelt: First Lady of World War II

Course Code: HST-712-CLR7

(Class Limit: 50) In August of 1943, while the world was waging war, Eleanor Roosevelt embarked on a secret three-week mission at the request of her husband, President Roosevelt. She boarded a military transport plane and headed to the Pacific theater while the war with Japan was far from being decided. Her quest was to discover and report back firsthand accounts of the war, in such a way that only she could do. Her journey was a closely guarded secret until news broke ten days into the mission that she had left the country on a risky expedition. Join us for this presentation that follows her rigorous and daring trek to Hawaii, New Zealand, Australia, and military bases along the way. Learn what she not only discovered and reported back to her husband, but also the unexpected responses she received from military service persons from the top leaders of the war to the foot soldiers in the trenches.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Monday, 3/4

Time: 9:30 - 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Rockford Furniture: Once a Major Rockford Industry

Course Code: HST-720-CLR1

(Class Limit: 75) We're offering this class again because it was so popular last spring. Too often, Rockford's historical manufacturing industry is more focused on metal machine tools and aerospace technology. However, thanks to 19th-century Swedish immigration, Rockford's furniture industry was a major beginning that influenced many tangible emerging industries. Rockford furniture factories placed Rockford on the map as the second national producer of furniture in the late 19th century. Thus, honoring and learning about those entrepreneurs regarding their visions and successes is fitting.

Leader: Roger Benedict

Facilitator: Keith Hale

Date: Thursday, 4/11

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

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Zion - 140 Years in the Neighborhood

Course Code: HST-720-CLR2

(Class Limit: 60) Zion Lutheran Church celebrated 140 years of ministry in the neighborhoods of midtown. When other churches began leaving downtown in the 1960s and following, Zion stayed and created several non-profits as a part of their effort to walk with those in the neighborhood. Zion has created the Patriots Gateway Center, Zion Development, Zion Outreach, Ruthie's Kitchen, Blackhawk Buddy House and helped with Katie's Cup-502 7th St., Rockford Coffee Bar. Zion continues to develop a multicultural community. You are encouraged to stay for lunch at Katie's Cup following the presentation. This is a community/diversity awareness class.

Leader: Rev. Dr. Michael Thomas

Facilitator: Jan Johnson

Date: Thursday, 4/18

Time: 10 - 11:30 a.m.

Place: KATIE'S CUP-502 7th ST., ROCKFORD

Fee: \$5.00

Rockford's Camp Grant

Course Code: HST-720-CLR3

(Class Limit: 40) In 1917, when the US entered WWI, the federal government built 16 army training camps. One of those was Camp Grant, just south of Rockford. After thousands trained at Camp Grant during WW I, the IL National Guard and the Civilian Conservation Corps used the camp in the 1930s, and the camp was reactivated during WW II. Camp Grant had long-reaching impacts on Rockford's infrastructure, economics, demographics, and citizens. In 2020, Midway Village Museum acquired hundreds of artifacts from the Camp Grant Museum and is now working on a permanent exhibit that will share these stories with the community.

Leader: Laura Furman

Facilitator: Mary Ann Akerman

Date: Monday, 4/8

Time: 1 - 2:30 p.m.

Place: MIDWAY VILLAGE MUSEUM-6799 GUILFORD ROAD, ROCKFORD

Fee: \$15.00

History of Rockford's Early Churches

Course Code: HST-720-CLR6

(Class Limit: 50) We will explore the history of Rockford's early churches and their origins, impact, and evolution. The instructor is a local historian with lots of researched knowledge to share.

Leader: Gary Patton

Facilitator: Diane McCue

Date: Wednesday, 5/8

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

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

Course Code: HST-720-CLR4

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

Leader: Laura Furman

Facilitator: Mary Ann Akerman

Date: Monday, 5/13

Time: 1 - 2:30 p.m.

Place: MIDWAY VILLAGE MUSEUM-6799 GUILFORD ROAD, ROCKFORD

Fee: \$15.00

So, You Think You Are a Rockford Historian... Trivia Edition

Course Code: HST-720-CLR5

(Class Limit: 40) Attendees will be able to test their general knowledge of Rockford history by playing a friendly game of Rockford Trivia hosted by Rockford Historical Society's vice president. Topics will include restaurants, events, famous personas, streets and buildings, schools, and more. If attendees do not know much Rockford history, by the end of class, they will know lots more!

Leader: Amanda Becker

Facilitator: Gail Wallens

Date: Monday, 3/25

Time: 1:30 - 3 p.m.

Place: MIDWAY VILLAGE MUSEUM-6799 GUILFORD ROAD, ROCKFORD

Fee: \$15.00

Memories of the Wagon Wheel

Course Code: HST-720-CLR7

(Class Limit: 25) Back due to popular demand! 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-1900's 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, ice-skating rink, theater, airstrip and more before its demise due to changing times, fires and neglect. Time will be available following the presentation for attendees to view the many items in the Wagon Wheel collection and the other displays.

Leader: Marilyn Mohring

Facilitator: Midge Tesch

Date: Tuesday, 4/30

Time: 10 a.m. - 11:30 a.m.

Place: ROCKTON HISTORICAL SOCIETY-529 GREEN STREET, ROCKTON

Fee: \$20.00

History of Churchill Grove

Course Code: HST-720-CLR8

(Class Limit: 75) Churchill Grove's tree-lined streets offer some of the most interesting architecture in a compact of the city. But who were the people who lived behind these doors? Local author and historian Kathi Kresol will share her research on the houses and the families who called this area home. This presentation will include the streets of Harlem Boulevard and others on the river side. Learn some interesting facts on the local history of this particular area of the city.

Leader: Kathi Kresol

Facilitator: MaryAnn Akerman

Date: Tuesday, 4/16

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

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

HUMANITIES

Song as Literature-The Music & Words of Bob Dylan

Course Code: HUM-701-CLR1

(Class Limit: 30) In 2016, Bob Dylan was awarded the Nobel Prize for Literature. It was the first time that a songwriter had received such an honor. This course will examine five of Dylan's songs from the 1965-1975 portion of his career: *It's Alright, Ma, Mr. Tambourine Man, Desolation Row, Visions of Johanna, and Idiot Wind*. We will listen to the songs and analyze/discuss the lyrics in the context of the music. We will also briefly discuss Dylan's two most recent books.

Leader: Steve Renne

Facilitator: Arnie Ames

Date: Tuesday, 3/12

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

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

The Great Highland Bagpipe: Yesterday & Today

Course Code: HUM-701-CLR2

(Class Limit: 60) This program will cover the history of the Great Highland Bagpipe from its origins in Scotland as a solo clan instrument, to its adoption by the military in Great Britain and finally to a look at the current competitive pipe band scene. The role of pipes in the clan system, its use in warfare by the British through WW I, and the emergence of civilian pipe bands around the world. The program will include an analysis of the instrument's mechanics and a demonstration of how the bagpipe is set up, tuned, and played.

Leader: Bob Gough

Facilitator: Bob Bertolasi

Date: Thursday, 4/25

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Songs That Changed the World

Course Code: HUM-701-CLR3

(Class Limit: 60) Musical history is filled with fascinating songs that "changed the world". Some introduced relatively unknown singers to a national audience, parting the way for their stardom. Others helped galvanize political movements. Still others brought us hope during times of despair and darkness. In some instances, only improbable coincidences brought the songs to our consciousness. Ron will first share the remarkable story and then perform each of the songs he has selected for his presentation. Many of the songs have engaging choruses, and the audience will be encouraged to sing along.

Leader: Ron Holm

Facilitator: Midge Tesch

Date: Thursday, 5/2

Time: 1-2:30 p.m.

Place: KATIE'S CUP-502 7TH ST., ROCKFORD

Fee: \$15.00

Foreign Film Appreciation: *Butterfly*

Course Code: HUM-702-CLR1

(Class Limit: 50) *Butterfly* is a heartwarming tale about a young boy growing up in a small Spanish village. Moncho is shy and fearful at the beginning of the school year, but with the nurturing guidance of his kind teacher, a world of possibilities opens up for his curious and intelligent mind. However, when the Civil War starts, the boy's family and community are forced to choose between the freedoms given to them by the Republic and the threat of persecution by nationalist forces. This film is an amazing story of family and friendship during a time of conflict.

NOTE: The film is in Spanish with English subtitles.

Leader: Elvira Ventimiglia & Cristina Sztencus

Facilitator: Norma Freeberg

Date: Friday, 4/12

Time: 1 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Middle Eastern Culture, Arts, and Historical Importance

Course Code: HUM-704-CLR1

(Class Limit: 25) Historically, the Middle East has provided the world with the highest objectives in culture and the arts. This two-session class will explore aspects of the culture and the changes that have occurred in the last 25 years, influences of the arts on future generations of painters, woodworkers, metal workers, fabric/leather arts and will offer general discussions of importance that have moved the world in many different directions. Living in Saudi Arabia for 17 years including during the first Gulf War, and receiving a PhD in Arab music/ethnomusicology, has given a unique perspective by the presenter on the many changes occurring within the Arab World. This is a new visual and view from the earlier sessions presented, so even if you have heard this class before you will be updated with information not covered previously.

Leader: Andrea Azar

Facilitator: Robbin Nelson

Date: Fridays, 3/1 and 3/8

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

Place: RVC Bell School Road Center, Room 1

Fee: \$20.00

History of the Mystery

Course Code: HUM-706-CLR1

(Class Limit: 30) The goal of this class is to introduce the mystery and the crime genre to readers who don't know the field or who would like to know more. The class leader is a member of the Mystery Writers of America and will share fascinating information about Early Mysteries, The Golden Age-40s and Beyond, Traditional & Private Eye Novels, Romantic Suspense, Historical Mysteries, and more.

Leader: Sharon Boehlefeld

Facilitator: Mary Ann Akerman

Date: Thursday, 5/9

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Listen to the Wolves

Course Code: HUM-706-CLR2

Based upon my book of the same name, the story of a man who survives in the stark Canadian wilderness in the winter by listening to the lessons the wolves show him and the practices of the Native Americans (First Nation's People) whom he studies as part of his Ph.D. work. A sudden storm brings his bush plane down and after surviving the crash, the man must walk out of the wilderness with the few items he can salvage from his plane. Would you be able to do the same? Techniques of survival and personal qualities will be revealed and discussed. This is a COLLEGE COLLABORATION class. **NOTE: Participants will be admitted by McHenry County College five minutes before the class is scheduled to begin.**

Leader: Steve Aavang, McHenry County College Instructor

Facilitator: Gail Walllens

Date: Thursday, 3/14

Time: 1 - 3 p.m.

Place: Online via Zoom

Fee: \$15.00



Flash Gordon: 1936 Film Serial

Course Code: HUM-710-CLR1

(Class Limit: 50) In the later 1950s or early 1960s, the presenter watched *Flash Gordon* serials on Sunday mornings on WGN-TV out of Chicago. They likely his first exposure to science fiction and he's been a sci-fi fan since. Three *Flash Gordon* series were produced from 1936 through 1940 and originally shown in weekly cliff-hanger ending episodes in movie theaters. They were later run and re-run on TV and there have been several remakes. The original series starred Buster Crabbe as Flash Gordon, Jean Rogers as Dale Arden, Charles Middleton as Emperor Ming the Merciless, Priscilla Lawson as Princess Aura, and Frank Shannon as Doctor Zarkov. We will watch the first five of 13 roughly 20-minute episodes from the original 1936 *Flash Gordon* series with a discussion to follow. **NOTE: This class will have a room available at the Bell Center for online Zoom viewing.**

Leader: Arnie Ames

Facilitators: Bob Bertolasi, Brad Keyes

Date: Thursday, 2/15

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

Place: Zoom Room & Online via Zoom Fee: \$15.00

Looney Learning: Their Time Has Come

Course Code: HUM-710-CLR2

(Class Limit: 50) I love the classic Warner Bros. cartoons, those Looney Tunes and Merrie Melodies from Hollywood's "golden age of animation". And I have shown many of them over the years, some more than once. But there are still lots of these gems that I've never shown--until now. Okay, there might be one or two repeats--who can remember?

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Monday, 2/26

Time: 2 - 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Hollywood & the Fourth Estate: *Foreign Correspondent*

Course Code: HUM-710-CLR3

(Class Limit: 60) Alfred Hitchcock was persuaded to move from England to Hollywood in 1939. One year later, he released his first two American films, *Rebecca*, which won the Oscar, and *Foreign Correspondent*, which was also nominated. The latter was released on August 16, 1940, before the United States entered WW II. It's about the building tension in Europe leading up to that war, and the efforts to keep Americans informed about them. Discussion to follow the film.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Tuesday, 3/5

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

I Love This Movie, But... *The Hudsucker Proxy*

Course Code: HUM-710-CLR4

(Class Limit: 60) Joel and Ethan Coen have created 18 films, starting with *Blood Simple* (1984). Along the way, they have garnered 15 Academy Award nominations, winning four. Their biggest hits include *Fargo*, *The Big Lebowski*, and *No Country for Old Men*. For some reason, *The Hudsucker Proxy*, released in March 1994, bombed at the box office to a mixed reception from critics. It has since gained a cult following; the only cult I'm happy to be a member of.

Leader: Barry Wood

Facilitator: Robbin Nelson

Date: Tuesday, 3/12

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Movie Music Romance I

Course Code: HUM-710-CLR5

(Class Limit: 60) Ever wonder what it would be like to experience some of the most memorable movie scenes, love songs, and dance tandems ever captured on film all in one sitting? *Movie Music Romance* is just such an experience: a compilation of 23 classic love songs and dances selected from among the greatest in film history. Join us for this uplifting tour through the years of pure lyrical genius, all filled with familiar faces, among them Fred Astaire, Ginger Rogers, Judy Garland, Audrey Hepburn, Julie Andrews, John Travolta and The Beatles. It's a fresh approach to film history with each segment put into perspective by narrator and film history buff John LeGear who shares little known historical facts along the way. We think you'll be pleasantly surprised. We know you'll be humming a happy tune afterward!

Leader: John LeGear

Facilitator: Ellen Taylor-White

Date: Wednesday, 2/21

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

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

Lawrence of Arabia: Academy Awards 1963 Best Picture

Course Code: HUM-710-CLR6

(Class Limit: 60) This film was nominated for ten Oscars at the 35th Academy Awards in 1963, winning seven including Best Picture and Best Director. The film was directed by David Lean and is known for its breathtaking desert scenes. Numerous well known American and British stars were cast, including Peter O'Toole as Lawrence. During the First World War, Lawrence was a misfit British Army lieutenant, notable for his insolence and education. Over the objections of General Murray, Mr. Dryden of the Arab Bureau sent him to assess the prospects of Prince Faisal in his revolt against the Turks. *Lawrence of Arabia* is the #5 film on the American 100 Greatest Films of All Times. **NOTE: The film is 227 minutes long and will be viewed and discussed over two days.**

Leader: Ron Johnson

Facilitator: Robbin Nelson

Date: Tuesday/Thursday, 2/27 & 2/29

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

Place: RVC Bell School Road Center, Room 13

Fee: \$20.00



Behind the Scenes of Artists' Ensemble: *Julie & Jane*

Course Code: HUM-712-CLR1

(Class Limit: 25) A look behind the scenes and at the history of a new play chronicling nearly 60 years of friendship between two remarkable women. *Julie & Jane* tells the story of Julia Lathrop and Jane Addams, who met at Rockford Female Seminary (now Rockford University) and marched forth and shook the world. It is adapted from Jane Addams' book, *My Friend, Julia Lathrop*.

Leader: Richard Raether

Facilitator: Carol Salzer

Date: Thursday, 2/22 & 2/29

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$20.00

American 100 Greatest Films of All Times Series

Course Code: HUM-710-CLR7
(Class Limit: 60) Plan to see and discuss three more classic films that are all ranked in the American Film Institute's 100 Greatest American Films.

The African Queen, directed by John Huston, is currently #17 on the list. This movie is one of the best romantic movies in American film history. Samuel Sayer and his sister Rose (Katharine Hepburn) are British missionaries in German East Africa in August 1914. Their post and supplies are delivered by a small steamboat named the African Queen, helmed by the rough-and-ready Charlie Allnut (Humphrey Bogart). Rose and Charlie fall in love as they try to escape WWI Germans on the steamboat down the river. *The Bridge on the River Kwai* is about Allied POWs in a WWII Japanese internment camp who are ordered to build a bridge to accommodate the Burma-Siam railway. Their instinct is to sabotage the bridge, but under the leadership of Colonel Nicholson they're persuaded the bridge should be built to help morale and spirit. This film was a massive commercial success and the highest-grossing movie of 1957 in the U.S. and Canada. It's #13 on the AFI list of greatest films. *The Wizard of Oz* is a delightful movie that can be viewed time and time again. Dorothy, played by Judy Garland, lives on a farm in Kansas with her Uncle Henry, Aunt Em, and little dog Toto. She is carried off to the Land of Oz where she meets the Scarecrow, Tin Man, Cowardly Lion and a host of other fascinating characters. Following the film, everyone will talk about their perceptions of this great movie which is #6 on the Greatest Films list.

Leader: Ron Johnson

Facilitator: Ellen Taylor-White & Francys Johnson
Date: Thursdays, 3/21, 4/18, 5/2 Time: 1 - 4 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$25.00

Wood on Words: A Miscellany

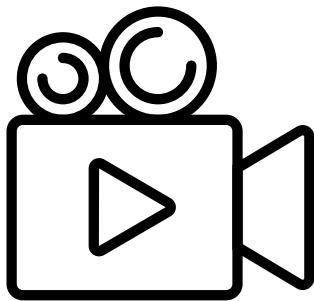
Course Code: HUM-714-CLR1
(Class Limit: 50) My career as a newspaper copy editor ended in 2012, also marking the demise of my column, *Wood on Words*. I continue to be fascinated by the English language and its constant evolution. I'd like to share more of my observations on word origins, usage and other aspects.

Leader: Barry Wood Facilitator: Keith Hale
Date: Tuesday, 4/30 Time: 1 - 3 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$15.00

Instant Irony

Course Code: HUM-714-CLR2
(Class Limit: 20) Shut the Gaetz! The house is ablaze! While we're Biden our time, will this year Trump the last? Chaos seems insurmountable until we tackle the year's best short articles and cartoons. Of course, we'll discuss the delicious irony and take home my five-page packet to share. See you there, and remember, you can't make this *%!# up!

Leader: Carey Kelley Facilitator: Norma Freeberg
Date: Monday, 5/6 Time: 2 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$15.00



The Soul of Flamenco

Course Code: HUM-741-CLR1
(Class Limit: 50) Flamenco, the quintessential symbol of Spanish identity was once the artistic expression of marginalized communities, gypsies and poor Andalusian peasants. This presentation will trace the roots of flamenco, explore the various musical traditions it embodies, its role in the constructions of Spanish national identity, and contemporary revisions in the avant-garde movement. Outside of Spain, the melodies and rhythms of flamenco served as inspiration for French composers in the 19th century resulting in masterpieces such as the opera *Carmen* by George Bizet, 1875. **NOTE: *The Metropolitan Opera HD Broadcasts* will present *Carmen* on Saturday, January 27 at the AMC Theater in Rockford. Everyone is encouraged to attend, so we can have a discussion of the different interpretations of this iconic Spanish anti-heroine by French and Spanish artists.**

Leader: Elvira Ventimiglia Facilitator: Norma Freeberg
Date: Friday, 2/23 Time: 1 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Beginning Line Dancing

Course Code: HUM-741-CLR2
(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, 2/9, 2/16, 2/23 Time: 10 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$25.00

RELIGION

History and Life of the Poor Clare Nuns

Course Code: REL-703-CLR1
(Class Limit: 25) Founded by St. Clare of Assisi in 1212. History from 1212-2023. Monastic customs we use are passed on to us unbroken from the 100s AD. Lots of interesting details to share. From our beginnings, we were founded as a cloistered, contemplative order. What does this all mean...come and find out! All and any questions are welcome.

Leader: Mother M. Dominica, PCC
Facilitator: Mary Ann Akerman
Date: Thursday, 5/9 Time: 2:30 - 4:00 p.m.
Place: POOR CLARE MONASTERY-2111 S. MAIN ST., ROCKFORD
Fee: \$15.00

How to Identify a Cult

Course Code: REL-703-CLR2
(Class Limit: 50) Religious cults are growing in number as quickly as people are leaving them. This workshop will explore different kinds of cults, their common characteristics, and their recruiting tactics. We will explore ways to detect a cult and avoid being fooled by them.

Leader: Brian Wagner Facilitator: Karen Messley
Date: Friday, 2/16 Time: 1:30 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

SCIENCE & NATURE

Buddhism in a Nutshell

Course Code: REL-703-CLR3

(Class Limit: 50) What is Buddhism? Buddhism can be viewed both as a religion and as a philosophy. This workshop will explore the philosophy of Buddhism along with its moral teachings and worldview. We will look at several practical applications for its teaching in everyday life. We will also compare the teachings of Buddhism and Christianity.

Leader: Brian Wagner Facilitator: Ellen Taylor-White

Date: Friday, 3/1 Time: 1:30 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

The Debate That Split the Christian World

Course Code: REL-703-CLR4

(Class Limit: 50) Almost 500 years ago, an Augustinian monk posted ninety-five objections to certain practices of the late medieval Western Church. The uproar that followed the printing of Luther's "95 Theses" would eventually split the Western Church into Protestant and Catholic. Yet it is not well known that the defining moment of the controversy was the Leipzig Disputation of 1519, a contest between Martin Luther and his arch-opponent Johannes Eck. This debate laid out the issues of implacable division between the two sides of the Reformation. In this public clash of arguments, each of the debaters crossed a line of fundamental disagreement from which there could be no retreat. This presentation will present the drama of the debate in its historical context. As it narrates the circumstances of the debate, it will probe into the personalities and motives of the debaters. **NOTE: This class will have a room available at the Bell Center for online Zoom viewing.**

Leader: Dr. Ross Aden Facilitator: Bob Bertolasi

Date: Friday, 4/26 Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, CLR Zoom Room, and via Zoom

Fee: \$15.00

My Lead Like Jesus Journey from Jail to Uganda

Course Code: REL-703-CLR5

(Class Limit: 60) Sharing my journey of facilitating Lead Like Jesus classes in jail as part of Lutheran Jail Ministry to planting the Lead Like Jesus curriculum in Uganda, ending with the building of a formation center outside of Kampala. A 20-year journey! This is a community/diversity awareness class. Those who attend are encouraged to stay for lunch at Katie's Cup.

Leader: Richard Kunnert

Facilitator: Gail Wallens & Jan Johnson

Date: Tuesday, 2/20 Time: 10 - 11:30 a.m.

Place: KATIE'S CUP-502 7TH ST., ROCKFORD

Fee: \$5.00

The Five Books of Moses

Course Code: REL-710-CLR1

(Class Limit: 60) Whether you call it the Torah or the Pentateuch or the 5 Books of Moses, the books of Genesis through Deuteronomy provide the foundation for all that follows in the Bible. These sessions will explore the major themes, people and events in Israel's journey with God that continue to entertain, challenge, inspire and mystify us. It would be helpful to have read quickly through the Book of Genesis for the first class. Bring your Bible to class.

Leader: John McGrath

Facilitator: Malia Hennessey & Ellen Taylor-White

Date: Wednesdays, 3/6, 3/13, 3/20, 3/27

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

Place: RVC Bell School Road Center, Room 13

Fee: \$30.00

Ancient Aliens and Archeological Mysteries

Course Code: SCI-700-CLR1

(Class Limit: 25) The world is full of amazing ancient structures and artifacts like the Egyptian pyramids and the Antikythera mechanism that cause modern people to wonder how the ancients could possibly have created them. In the 1950s, Erik Von Daniken published *Chariots of the Gods*, which suggested they had a lot of help from alien visitors who instructed them. This idea has become very widespread and popular today. How well does this explanation fit in with the discoveries of archaeologists? We will explore the theory in class.

Leader: Jean Saghu Facilitator: Donna Brookbank

Date: Monday, 5/6 Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Artificial Intelligence (AI): How This Technology Became a Household Topic

Course Code: SCI-700-CLR2

The beginning of AI can be traced to the early 1950's when programmers made checkers and chess playing computers. Then came Shakey, the first AI robot...which was basically a box on wheels. What are some other AI breakthroughs? What is the current status of AI development? What do scientists envision for the future of AI? This course will present a timeline on the scientific development of artificial intelligence and uses in our world. This is a COLLEGE COLLABORATION class. **NOTE:**

Participants will be admitted by Harper College two minutes before the class is scheduled to begin.

Leader: Suzanne Rauch, Harper College Instructor

Facilitator: Robbin Nelson

Date: Tuesday, 2/13

Time: 1 - 2:30 p.m.

Place: Zoom

Fee: \$15.00

Race to the Moon, Part 2: Project Gemini

Course Code: SCI-700-CLR3

(Class Limit: 50) While project Mercury proved that NASA could successfully launch astronauts into orbit and recover them, many lessons still needed to be learned before landing on the moon. Taking place between 1965 and 1966, Project Gemini featured a 2-man spacecraft and a more powerful rocket. In a classic case of learning to walk before you can run, project Gemini set out to practice many of the maneuvers and techniques required to travel to and land on the moon such as learning to intercept and dock with other spacecraft, learning how to perform outside the spacecraft in a spacesuit and testing astronauts' endurance to survive in space for weeks at a time. **NOTE: No need to have attended Part 1 to take this class. This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional community colleges will be joining the Zoom class. This is a HYBRID class and can be attended in-person or online.**

Leader: Mike Fredericksen

Facilitator: Bob Bertolasi, Keith Hale, Arnie Ames

Date: Wednesday, 4/10

Time: 10 - 11:30 a.m.

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

Fee: \$15.00

Registrant #1

Questions:
Call (815) 921-3931

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

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

Name: _____ ID# (office use): _____

Address: _____ City: _____

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

Email Address: _____ Date of Birth: _____

➔ Must be a current CLR member to register for Spring classes. ➔

I am a CLR member and would like to renew my annual membership for 2024. My \$35 dues for 2024 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2024 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 \$ _____

2024 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 5, 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.** 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 2024 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 Chinese Brush Painting I	4	\$25	<input type="checkbox"/>	HST-712-CLR3 Tuskegee Airmen	11	\$15	<input type="checkbox"/>	SCI-765-CLR1 Colorado Plateau	21	\$15
<input type="checkbox"/>	ART-701-CLR2 Abstract Asemic Art	4	\$20	<input type="checkbox"/>	HST-712-CLR4 The Manhattan Project	11	\$25	<input type="checkbox"/>	SCI-765-CLR3 **Gorillas in Our Midst	22	\$15
<input type="checkbox"/>	ART-701-CLR3 Alcohol Ink Painting	4	\$30	<input type="checkbox"/>	HST-712-CLR5 The Gilded Age	11	\$20	<input type="checkbox"/>	SCI-765-CLR4 Eagle Watch & Brunch	22	\$25
<input type="checkbox"/>	ART-701-CLR4 Chinese Brush Painting I	4	\$25	<input type="checkbox"/>	HST-712-CLR6 The Warren Commission	11	\$15	<input type="checkbox"/>	SOC-705-CLR1 Great Decisions 2024	22	\$25
<input type="checkbox"/>	ART-701-CLR5 Landscapes 2	4	\$35	<input type="checkbox"/>	HST-712-CLR7 Eleanor Roosevelt	11	\$15	<input type="checkbox"/>	SOC-706-CLR1 What in the World?	22	\$35
<input type="checkbox"/>	ART-701-CLR6 Pastel Painting	4	\$30	<input type="checkbox"/>	HST-712-CLR8 Civil War Soldier	11	\$15	<input type="checkbox"/>	SOC-710-CLR1 Where is Eswatini?	22	\$5
<input type="checkbox"/>	ART-701-CLR7 Acrylic Painting	4	\$20	<input type="checkbox"/>	HST-720-CLR1 Rockford Furniture	12	\$15	<input type="checkbox"/>	SOC-717-CLR1 Christian Traditionalists	23	\$15
<input type="checkbox"/>	ART-713-CLR1 Beginning Woodcarving	5	\$30	<input type="checkbox"/>	HST-720-CLR2 Zion...	12	\$5	<input type="checkbox"/>	SOC-717-CLR2 American Democracy	22	\$15
<input type="checkbox"/>	ART-713-CLR3 Art of Woodburning	5	\$20	<input type="checkbox"/>	HST-720-CLR3 Rockford's Camp Grant	12	\$15	<input type="checkbox"/>	SOC-717-CLR3 Attack on Article 3	23	\$15
<input type="checkbox"/>	ART-720-CLR1 Canvas Tote Bag	5	\$20	<input type="checkbox"/>	HST-720-CLR4 Midway Village	12	\$15	<input type="checkbox"/>	SOC-730-CLR1 Unsolved Crimes	23	\$15
<input type="checkbox"/>	ART-720-CLR2 Painting w/Alcohol Inks	5	\$35	<input type="checkbox"/>	HST-720-CLR5 Rockford Historian	12	\$15	<input type="checkbox"/>	SPC-715-CLR1 AARP Smart Driver	23	\$0
<input type="checkbox"/>	ART-720-CLR3 Czech Beads Bracelets	5	\$25	<input type="checkbox"/>	HST-720-CLR6 Rockford's Early Churches	12	\$15	<input type="checkbox"/>	SPC-720-CLR1 **Gardening w/Goal	23	\$15
<input type="checkbox"/>	ART-720-CLR6 Making a Card	5	\$15	<input type="checkbox"/>	HST-720-CLR7 Wagon Wheel	12	\$20	<input type="checkbox"/>	SPC-720-CLR2 Flower Workshop (AM)	23	\$40
<input type="checkbox"/>	CMP-702-CLR1 Excel Basics	6	\$35	<input type="checkbox"/>	HST-720-CLR8 History of Churchill Grove	12	\$15	<input type="checkbox"/>	SPC-720-CLR3 Flower Workshop (PM)	23	\$40
<input type="checkbox"/>	CMP-702-CLR2 Word 2016 Basics	6	\$40	<input type="checkbox"/>	HUM-701-CLR1 Music of Bob Dylan	13	\$15	<input type="checkbox"/>	SPC-720-CLR4 Doll Collecting	24	\$15
<input type="checkbox"/>	CMP-702-CLR3 To Snip or Not to Snip	6	\$20	<input type="checkbox"/>	HUM-701-CLR2 Great Highland Bagpipe	13	\$15	<input type="checkbox"/>	SPC-753-CLR1 Cards & Games	24	\$45
<input type="checkbox"/>	CMP-702-CLR4 Keeping Computers Safe	6	\$20	<input type="checkbox"/>	HUM-701-CLR3 Songs That Changed...	13	\$15	<input type="checkbox"/>	SPC-760-CLR2 Intro. to Pickleball	24	\$30
<input type="checkbox"/>	CMP-703-CLR1 The Internet	6	\$15	<input type="checkbox"/>	HUM-702-CLR1 Foreign Film Appr. Appr	13	\$15	<input type="checkbox"/>	SPC-760-CLR3 Pickleball II	24	\$30
<input type="checkbox"/>	FIN-701-CLR1 The Markets Today	6	\$15	<input type="checkbox"/>	HUM-704-CLR1 Middle Eastern Culture	13	\$20	<input type="checkbox"/>	SPC-785-CLR1 Iphone/Ipad (2/20)	24	\$15
<input type="checkbox"/>	FIN-701-CLR2 Estate Planning	6	\$15	<input type="checkbox"/>	HUM-706-CLR1 History of the Mystery	13	\$15	<input type="checkbox"/>	SPC-785-CLR2 Iphone/Ipad (2/22)	24	\$15
<input type="checkbox"/>	FIN-701-CLR3 Annuities & Life Insurance	6	\$15	<input type="checkbox"/>	HUM-706-CLR2 **Listen to the Wolves	13	\$15	<input type="checkbox"/>	SPC-785-CLR3 Keeping Up w/Tech	24	\$15
<input type="checkbox"/>	FIN-701-CLR4 Passing Assets	7	\$15	<input type="checkbox"/>	HUM-710-CLR1 **Flash Gordon	14	\$15	<input type="checkbox"/>	SPC-785-CLR4 Android Phone	24	\$15
<input type="checkbox"/>	FIT-750-CLR1 Walking w/Nordic Poles	7	\$15	<input type="checkbox"/>	HUM-710-CLR2 Looney Learning	14	\$15	<input type="checkbox"/>	SPC-790-CLR1 Shade Gardening	24	\$15
<input type="checkbox"/>	FIT-750-CLR2 Bicycling for Exercise	7	\$15	<input type="checkbox"/>	HUM-710-CLR3 Hollywood ...	14	\$15	<input type="checkbox"/>	SPC-790-CLR2 All Creatures	25	\$20
<input type="checkbox"/>	FIT-767-CLR1 **Vivo Virtual Fitness-Jan.	7	\$110	<input type="checkbox"/>	HUM-710-CLR4 I Love This Movie, But...	14	\$15	<input type="checkbox"/>	SPC-790-CLR3 Clearing the Clutter	25	\$15
<input type="checkbox"/>	FIT-767-CLR2 **Vivo Virtual Fitness-Mar.	7	\$110	<input type="checkbox"/>	HUM-710-CLR5 Movie Music Romance 1	14	\$15	<input type="checkbox"/>	SPC-790-CLR4 After a Tornado	25	\$15
<input type="checkbox"/>	FIT-768-CLR3 Chair Yoga (Feb)	7	\$45	<input type="checkbox"/>	HUM-710-CLR6 Lawrence of Arabia	14	\$20	<input type="checkbox"/>	SPC-790-CLR5 For the People	25	\$15
<input type="checkbox"/>	FIT-768-CLR4 Chair Yoga (April)	7	\$45	<input type="checkbox"/>	HUM-710-CLR7 American Greatest Films	15	\$25	<input type="checkbox"/>	SPC-790-CLR7 YWCA Literacy Council	25	\$5
<input type="checkbox"/>	FIT-768-CLR5 Tai Chi & Chi Kung	7	\$15	<input type="checkbox"/>	HUM-712-CLR1 AE: Julie and Jane	14	\$20	<input type="checkbox"/>	SPC-790-CLR8 Making Right Choice	25	\$15
<input type="checkbox"/>	HLT-705-CLR1 Health Insurance	8	\$15	<input type="checkbox"/>	HUM-714-CLR1 Wood on Words	15	\$15	<input type="checkbox"/>	SPC-790-CLR9 Labyrinth	25	\$15
<input type="checkbox"/>	HLT-705-CLR2 Navigating AI	8	\$15	<input type="checkbox"/>	HUM-714-CLR2 Instant Irony	15	\$15	<input type="checkbox"/>	TOU-700-CLR1 Brown Hills Tour	26	\$15
<input type="checkbox"/>	HLT-715-CLR1 KnockOut Parkinson's	8	\$15	<input type="checkbox"/>	HUM-741-CLR1 Soul of Flamenco	15	\$15	<input type="checkbox"/>	TOU-700-CLR3 KNIB Tour (5/7)	26	\$15
<input type="checkbox"/>	HLT-715-CLR2 Good Grief!	8	\$15	<input type="checkbox"/>	HUM-741-CLR2 Begin. Line Dancing	15	\$25	<input type="checkbox"/>	TOU-700-CLR4 KNIB Tour (5/14)	26	\$15
<input type="checkbox"/>	HLT-725-CLR1 Yoga Craze	8	\$15	<input type="checkbox"/>	REL-703-CLR1 Poor Clare Nuns	15	\$15	<input type="checkbox"/>	TOU-700-CLR5 Tour of Rockford Airport	26	\$15
<input type="checkbox"/>	HLT-725-CLR2 A Plant-Based Diet	8	\$15	<input type="checkbox"/>	REL-703-CLR2 Identify a Cult	15	\$15	<input type="checkbox"/>	TOU-700-CLR6 Indian Hill Manor Tour	26	\$25
<input type="checkbox"/>	HLT-725-CLR3 Gut Microbiome Matters	8	\$15	<input type="checkbox"/>	REL-703-CLR3 Buddhism	16	\$15	<input type="checkbox"/>	TOU-700-CLR7 Funderburg House	26	\$20
<input type="checkbox"/>	HLT-725-CLR4 Herbs for Winter Wellness	9	\$15	<input type="checkbox"/>	REL-703-CLR4 **The Debate That Split	16	\$15	<input type="checkbox"/>	TOU-700-CLR8 CRE8IV Murals	26	\$15
<input type="checkbox"/>	HLT-725-CLR5 Balance and Safety	9	\$15	<input type="checkbox"/>	REL-703-CLR5 Lead Like Jesus Journey	16	\$5	<input type="checkbox"/>	TOU-700-CLR9 Robert Tinker's World	26	\$20
<input type="checkbox"/>	HLT-725-CLR6 Cooking Mediterranean	9	\$15	<input type="checkbox"/>	REL-710-CLR1 Five Books of Moses	16	\$30	<input type="checkbox"/>	TVL-700-CLR1 Costa Rica	27	\$15
<input type="checkbox"/>	HST-701-CLR1 Voices of the Forgotten	9	\$15	<input type="checkbox"/>	SCI-700-CLR1 Ancient Aliens	16	\$15	<input type="checkbox"/>	TVL-700-CLR2 Navigating Natl. Parks	27	\$15
<input type="checkbox"/>	HST-701-CLR2 **Joseph Goebbels	9	\$15	<input type="checkbox"/>	SCI-700-CLR2 **Artificial Intelligence-AI	16	\$15	<input type="checkbox"/>	TVL-700-CLR3 Exploring National Parks	27	\$15
<input type="checkbox"/>	HST-701-CLR3 Pacific War Overview	9	\$15	<input type="checkbox"/>	SCI-700-CLR3 Race to the Moon	16	\$15	<input type="checkbox"/>	TVL-700-CLR4 Jewels of Northern Italy	27	\$15
<input type="checkbox"/>	HST-701-CLR4 World War II in Europe	9	\$15	<input type="checkbox"/>	SCI-700-CLR4 **Lowell Historical Park	21	\$15	<input type="checkbox"/>	TVL-700-CLR5 Travel: A World Awaits	27	\$15
<input type="checkbox"/>	HST-701-CLR5 My Vietnam	10	\$15	<input type="checkbox"/>	SCI-700-CLR5 Time Changes Nature	21	\$20	<input type="checkbox"/>	TVL-700-CLR6 Island of Sicily	27	\$15
<input type="checkbox"/>	HST-712-CLR1 Civil War Hospitals	10	\$15	<input type="checkbox"/>	SCI-700-CLR6 **Atomic Age & Chicago	21	\$15	<input type="checkbox"/>	TVL-700-CLR7 Kenya & Tanzania	27	\$15
<input type="checkbox"/>	HST-712-CLR10 Nuclear-Powered...	10	\$15	<input type="checkbox"/>	SCI-710-CLR1 Solar in Winn. County	21	\$5	<input type="checkbox"/>	TVL-700-CLR8 St. Lawrence Seaway	27	\$15
<input type="checkbox"/>	HST-712-CLR11 **The Duelists	10	\$15	<input type="checkbox"/>	SCI-710-CLR2 The Driftless Area	21	\$15	<input type="checkbox"/>	TVL-700-CLR9 Denmark, Sweden & ...	27	\$15
<input type="checkbox"/>	HST-712-CLR12 Everything You Did Not...	10	\$15	<input type="checkbox"/>	SCI-710-CLR3 Residential Solar Energy	21	\$15				
<input type="checkbox"/>	HST-712-CLR13 Coming Home	10	\$15	<input type="checkbox"/>	SCI-725-CLR1 Woodland Flowers	21	\$15				
<input type="checkbox"/>	HST-712-CLR2 **Prohibition	10	\$15	<input type="checkbox"/>	SCI-725-CLR2 Breaking Up w/Lawn	22	\$15				

****Indicates an online class via Zoom**

Total amount: _____

Registrant #2

Questions:
Call (815) 921-3931

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

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

Name: _____ ID# (office use): _____

Address: _____ City: _____

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

Email Address: _____ Date of Birth: _____

➔ Must be a current CLR member to register for Spring classes. ➔

I am a CLR member and would like to renew my annual membership for 2024. My \$35 dues for 2024 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2024 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 \$ _____

2024 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 5, 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.** 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 2024 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	Chinese Brush Painting II	4	\$25	<input type="checkbox"/>	HST-712-CLR3	Tuskegee Airmen	11	\$15	<input type="checkbox"/>	SCI-765-CLR1	Colorado Plateau	21	\$15
<input type="checkbox"/>	ART-701-CLR2	Abstract Asemic Art	4	\$20	<input type="checkbox"/>	HST-712-CLR4	The Manhattan Project	11	\$25	<input type="checkbox"/>	SCI-765-CLR3	**Gorillas in Our Midst	22	\$15
<input type="checkbox"/>	ART-701-CLR3	Alcohol Ink Painting	4	\$30	<input type="checkbox"/>	HST-712-CLR5	The Gilded Age	11	\$20	<input type="checkbox"/>	SCI-765-CLR4	Eagle Watch & Brunch	22	\$25
<input type="checkbox"/>	ART-701-CLR4	Chinese Brush Painting I	4	\$25	<input type="checkbox"/>	HST-712-CLR6	The Warren Commission	11	\$15	<input type="checkbox"/>	SOC-705-CLR1	Great Decisions 2024	22	\$25
<input type="checkbox"/>	ART-701-CLR5	Landscapes 2	4	\$35	<input type="checkbox"/>	HST-712-CLR7	Eleanor Roosevelt	11	\$15	<input type="checkbox"/>	SOC-706-CLR1	What in the World?	22	\$35
<input type="checkbox"/>	ART-701-CLR6	Pastel Painting	4	\$30	<input type="checkbox"/>	HST-712-CLR8	Civil War Soldier	11	\$15	<input type="checkbox"/>	SOC-710-CLR1	Where is Eswatini?	22	\$5
<input type="checkbox"/>	ART-701-CLR7	Acrylic Painting	4	\$20	<input type="checkbox"/>	HST-720-CLR1	Rockford Furniture	12	\$15	<input type="checkbox"/>	SOC-717-CLR1	Christian Traditionalists	23	\$15
<input type="checkbox"/>	ART-713-CLR1	Beginning Woodcarving	5	\$30	<input type="checkbox"/>	HST-720-CLR2	Zion...	12	\$5	<input type="checkbox"/>	SOC-717-CLR2	American Democracy	22	\$15
<input type="checkbox"/>	ART-713-CLR3	Art of Woodburning	5	\$20	<input type="checkbox"/>	HST-720-CLR3	Rockford's Camp Grant	12	\$15	<input type="checkbox"/>	SOC-717-CLR3	Attack on Article 3	23	\$15
<input type="checkbox"/>	ART-720-CLR1	Canvas Tote Bag	5	\$20	<input type="checkbox"/>	HST-720-CLR4	Midway Village	12	\$15	<input type="checkbox"/>	SOC-730-CLR1	Unsolved Crimes	23	\$15
<input type="checkbox"/>	ART-720-CLR2	Painting w/Alcohol Inks	5	\$35	<input type="checkbox"/>	HST-720-CLR5	Rockford Historian	12	\$15	<input type="checkbox"/>	SPC-715-CLR1	AARP Smart Driver	23	\$0
<input type="checkbox"/>	ART-720-CLR3	Czech Beads Bracelets	5	\$25	<input type="checkbox"/>	HST-720-CLR6	Rockford's Early Churches	12	\$15	<input type="checkbox"/>	SPC-720-CLR1	**Gardening w/Goal	23	\$15
<input type="checkbox"/>	ART-720-CLR6	Making a Card	5	\$15	<input type="checkbox"/>	HST-720-CLR7	Wagon Wheel	12	\$20	<input type="checkbox"/>	SPC-720-CLR2	Flower Workshop (AM)	23	\$40
<input type="checkbox"/>	CMP-702-CLR1	Excel Basics	6	\$35	<input type="checkbox"/>	HST-720-CLR8	History of Churchill Grove	12	\$15	<input type="checkbox"/>	SPC-720-CLR3	Flower Workshop (PM)	23	\$40
<input type="checkbox"/>	CMP-702-CLR2	Word 2016 Basics	6	\$40	<input type="checkbox"/>	HUM-701-CLR1	Music of Bob Dylan	13	\$15	<input type="checkbox"/>	SPC-720-CLR4	Doll Collecting	24	\$15
<input type="checkbox"/>	CMP-702-CLR3	To Snip or Not to Snip	6	\$20	<input type="checkbox"/>	HUM-701-CLR2	Great Highland Bagpipe	13	\$15	<input type="checkbox"/>	SPC-753-CLR1	Cards & Games	24	\$45
<input type="checkbox"/>	CMP-702-CLR4	Keeping Computers Safe	6	\$20	<input type="checkbox"/>	HUM-701-CLR3	Songs That Changed...	13	\$15	<input type="checkbox"/>	SPC-760-CLR2	Intro. to Pickleball	24	\$30
<input type="checkbox"/>	CMP-703-CLR1	The Internet	6	\$15	<input type="checkbox"/>	HUM-702-CLR1	Foreign Film Appr. Appr	13	\$15	<input type="checkbox"/>	SPC-760-CLR3	Pickleball II	24	\$30
<input type="checkbox"/>	FIN-701-CLR1	The Markets Today	6	\$15	<input type="checkbox"/>	HUM-704-CLR1	Middle Eastern Culture	13	\$20	<input type="checkbox"/>	SPC-785-CLR1	Iphone/Ipad (2/20)	24	\$15
<input type="checkbox"/>	FIN-701-CLR2	Estate Planning	6	\$15	<input type="checkbox"/>	HUM-706-CLR1	History of the Mystery	13	\$15	<input type="checkbox"/>	SPC-785-CLR2	Iphone/Ipad (2/22)	24	\$15
<input type="checkbox"/>	FIN-701-CLR3	Annuities & Life Insurance	6	\$15	<input type="checkbox"/>	HUM-706-CLR2	**Listen to the Wolves	13	\$15	<input type="checkbox"/>	SPC-785-CLR3	Keeping Up w/Tech	24	\$15
<input type="checkbox"/>	FIN-701-CLR4	Passing Assets	7	\$15	<input type="checkbox"/>	HUM-710-CLR1	**Flash Gordon	14	\$15	<input type="checkbox"/>	SPC-785-CLR4	Android Phone	24	\$15
<input type="checkbox"/>	FIT-750-CLR1	Walking w/Nordic Poles	7	\$15	<input type="checkbox"/>	HUM-710-CLR2	Looney Learning	14	\$15	<input type="checkbox"/>	SPC-790-CLR1	Shade Gardening	24	\$15
<input type="checkbox"/>	FIT-750-CLR2	Bicycling for Exercise	7	\$15	<input type="checkbox"/>	HUM-710-CLR3	Hollywood ...	14	\$15	<input type="checkbox"/>	SPC-790-CLR2	All Creatures	25	\$20
<input type="checkbox"/>	FIT-767-CLR1	**Vivo Virtual Fitness-Jan.	7	\$110	<input type="checkbox"/>	HUM-710-CLR4	I Love This Movie, But...	14	\$15	<input type="checkbox"/>	SPC-790-CLR3	Clearing the Clutter	25	\$15
<input type="checkbox"/>	FIT-767-CLR2	**Vivo Virtual Fitness-Mar.	7	\$110	<input type="checkbox"/>	HUM-710-CLR5	Movie Music Romance 1	14	\$15	<input type="checkbox"/>	SPC-790-CLR4	After a Tornado	25	\$15
<input type="checkbox"/>	FIT-768-CLR3	Chair Yoga (Feb)	7	\$45	<input type="checkbox"/>	HUM-710-CLR6	Lawrence of Arabia	14	\$20	<input type="checkbox"/>	SPC-790-CLR5	For the People	25	\$15
<input type="checkbox"/>	FIT-768-CLR4	Chair Yoga (April)	7	\$45	<input type="checkbox"/>	HUM-710-CLR7	American Greatest Films	15	\$25	<input type="checkbox"/>	SPC-790-CLR7	YWCA Literacy Council	25	\$5
<input type="checkbox"/>	FIT-768-CLR5	Tai Chi & Chi Kung	7	\$15	<input type="checkbox"/>	HUM-712-CLR1	AE: Julie and Jane	14	\$20	<input type="checkbox"/>	SPC-790-CLR8	Making Right Choice	25	\$15
<input type="checkbox"/>	HLT-705-CLR1	Health Insurance	8	\$15	<input type="checkbox"/>	HUM-714-CLR1	Wood on Words	15	\$15	<input type="checkbox"/>	SPC-790-CLR9	Labyrinth	25	\$15
<input type="checkbox"/>	HLT-705-CLR2	Navigating AI	8	\$15	<input type="checkbox"/>	HUM-714-CLR2	Instant Irony	15	\$15	<input type="checkbox"/>	TOU-700-CLR1	Brown Hills Tour	26	\$15
<input type="checkbox"/>	HLT-715-CLR1	KnockOut Parkinson's	8	\$15	<input type="checkbox"/>	HUM-741-CLR1	Soul of Flamenco	15	\$15	<input type="checkbox"/>	TOU-700-CLR3	KNIB Tour (5/7)	26	\$15
<input type="checkbox"/>	HLT-715-CLR2	Good Grief!	8	\$15	<input type="checkbox"/>	HUM-741-CLR2	Begin. Line Dancing	15	\$25	<input type="checkbox"/>	TOU-700-CLR4	KNIB Tour (5/14)	26	\$15
<input type="checkbox"/>	HLT-725-CLR1	Yoga Craze	8	\$15	<input type="checkbox"/>	REL-703-CLR1	Poor Clare Nuns	15	\$15	<input type="checkbox"/>	TOU-700-CLR5	Tour of Rockford Airport	26	\$15
<input type="checkbox"/>	HLT-725-CLR2	A Plant-Based Diet	8	\$15	<input type="checkbox"/>	REL-703-CLR2	Identify a Cult	15	\$15	<input type="checkbox"/>	TOU-700-CLR6	Indian Hill Manor Tour	26	\$25
<input type="checkbox"/>	HLT-725-CLR3	Gut Microbiome Matters	8	\$15	<input type="checkbox"/>	REL-703-CLR3	Buddhism	16	\$15	<input type="checkbox"/>	TOU-700-CLR7	Funderburg House	26	\$20
<input type="checkbox"/>	HLT-725-CLR4	Herbs for Winter Wellness	9	\$15	<input type="checkbox"/>	REL-703-CLR4	**The Debate That Split	16	\$15	<input type="checkbox"/>	TOU-700-CLR8	CRE8IV Murals	26	\$15
<input type="checkbox"/>	HLT-725-CLR5	Balance and Safety	9	\$15	<input type="checkbox"/>	REL-703-CLR5	Lead Like Jesus Journey	16	\$5	<input type="checkbox"/>	TOU-700-CLR9	Robert Tinker's World	26	\$20
<input type="checkbox"/>	HLT-725-CLR6	Cooking Mediterranean	9	\$15	<input type="checkbox"/>	REL-710-CLR1	Five Books of Moses	16	\$30	<input type="checkbox"/>	TVL-700-CLR1	Costa Rica	27	\$15
<input type="checkbox"/>	HST-701-CLR1	Voices of the Forgotten	9	\$15	<input type="checkbox"/>	SCI-700-CLR1	Ancient Aliens	16	\$15	<input type="checkbox"/>	TVL-700-CLR2	Navigating Natl. Parks	27	\$15
<input type="checkbox"/>	HST-701-CLR2	**Joseph Goebbels	9	\$15	<input type="checkbox"/>	SCI-700-CLR2	**Artificial Intelligence-AI	16	\$15	<input type="checkbox"/>	TVL-700-CLR3	Exploring National Parks	27	\$15
<input type="checkbox"/>	HST-701-CLR3	Pacific War Overview	9	\$15	<input type="checkbox"/>	SCI-700-CLR3	Race to the Moon	16	\$15	<input type="checkbox"/>	TVL-700-CLR4	Jewels of Northern Italy	27	\$15
<input type="checkbox"/>	HST-701-CLR4	World War II in Europe	9	\$15	<input type="checkbox"/>	SCI-700-CLR4	**Lowell Historical Park	21	\$15	<input type="checkbox"/>	TVL-700-CLR5	Travel: A World Awaits	27	\$15
<input type="checkbox"/>	HST-701-CLR5	My Vietnam	10	\$15	<input type="checkbox"/>	SCI-700-CLR5	Time Changes Nature	21	\$20	<input type="checkbox"/>	TVL-700-CLR6	Island of Sicily	27	\$15
<input type="checkbox"/>	HST-712-CLR1	Civil War Hospitals	10	\$15	<input type="checkbox"/>	SCI-700-CLR6	**Atomic Age & Chicago	21	\$15	<input type="checkbox"/>	TVL-700-CLR7	Kenya & Tanzania	27	\$15
<input type="checkbox"/>	HST-712-CLR10	Nuclear-Powered...	10	\$15	<input type="checkbox"/>	SCI-710-CLR1	Solar in Winn. County	21	\$5	<input type="checkbox"/>	TVL-700-CLR8	St. Lawrence Seaway	27	\$15
<input type="checkbox"/>	HST-712-CLR11	**The Duelists	10	\$15	<input type="checkbox"/>	SCI-710-CLR2	The Driftless Area	21	\$15	<input type="checkbox"/>	TVL-700-CLR9	Denmark, Sweden & ...	27	\$15
<input type="checkbox"/>	HST-712-CLR12	Everything You Did Not...	10	\$15	<input type="checkbox"/>	SCI-710-CLR3	Residential Solar Energy	21	\$15					
<input type="checkbox"/>	HST-712-CLR13	Coming Home	10	\$15	<input type="checkbox"/>	SCI-725-CLR1	Woodland Flowers	21	\$15					
<input type="checkbox"/>	HST-712-CLR2	**Prohibition	10	\$15	<input type="checkbox"/>	SCI-725-CLR2	Breaking Up w/Lawn	22	\$15					

****Indicates an online class via Zoom**

Total amount: _____

History & Mission of Lowell National Historical Park

Course Code: SCI-700-CLR4

Lowell's water-powered textile mills catapulted the nation, including immigrant families and early female factory workers, into an uncertain new industrial era. Nearly 200 years later, the changes that began here still reverberate in our shifting global economy. Explore Lowell, a living testament to the dynamic human story of the Industrial Revolution.

Leader: NPS Park Ranger

Facilitator: Keith Hale

Date: Friday, 4/12

Time: 9:30 - 11 a.m.

Place: Online via Zoom

Fee: \$15.00

Ecological Mysteries-How Time Changes Nature

Course Code: SCI-700-CLR5

(Class Limit: 40) Why do honey locust trees have giant spikes? Why is the osage-orange so big, but nothing seems to eat it? Many plants have adaptations that appear to be over-engineered, but nature isn't often wasteful. So, how do we explain these mysteries? Come out to Severson Dells Nature Center and learn the answers to these and more of nature's mysteries. After the talk, participants will have an opportunity to explore Severson Dells' 2/3-mile paved loop or check out the gift shop and exhibit hall!

Leader: Liz Weiner

Facilitator: Gail Wallens

Date: Tuesday, 3/19

Time: 10 - 11:30 a.m.

Place: SEVERSON DELLS NATURE CENTER-8786

MONTAGUE ST., ROCKFORD

Fee: \$20.00

The Atomic Age and Its Chicago Beginnings

Course Code: SCI-700-CLR6

Learn about the extraordinary scientists of Chicago who were instrumental in developing the atomic bomb. Discover how the Atomic Age began in Chicago with Enrico Fermi in 1942, as he oversaw the first human-caused, self-controlled nuclear chain reaction. Learn how this discovery would ultimately lead to the Arms Race and the Cold War. This is a COLLEGE COLLABORATION class. *NOTE: Participants will be admitted by McHenry County College five minutes before the class is scheduled to begin.*

Leader: Jay Sternickle, McHenry County College Instructor

Facilitator: Gail Wallens

Date: Tuesday, 2/27

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

Place: Online via Zoom

Fee: \$15.00

Meeting Our Goal for Solar in Winnebago County

Course Code: SCI-710-CLR1

(Class Limit: 60) The US EPA has established US goals for reducing our greenhouse gases to net zero by 2050. We will present those goals as extrapolated for Winnebago County and present strategies for achieving them for 2025 and beyond. You are encouraged to stay and have lunch at Katie's Cup, following the program. This is a community awareness class.

Leader: Bradley Roos

Facilitator: Jan Johnson

Date: Thursday, 4/11

Time: 10 - 11:30 a.m.

Place: KATIE'S CUP-502 7TH ST., ROCKFORD

Fee: \$5.00

The Driftless Area

Course Code: SCI-710-CLR2

(Class Limit: 50) What is the Driftless Area? It is a region in the Midwest (Northeast Iowa, Southeast Minnesota, Southwest Wisconsin and a wee bit of Northwest Illinois) that was skipped by the glaciers in the last ice age, leaving the area "lacking glacial drift" i.e. Driftless. Even if you haven't heard of the Driftless Area, it is likely you have visited it already if you've been to Galena, IL or the Wisconsin Dells. The Driftless area is a natural beautifully sculpted landscape region that is full of monadnocks (huge masses of rock rising up out of the middle of a plateau), rolling hillsides that extend into deeply carved river valleys that cut into limestone bedrock, sinkholes, palisades, bluffs, and caves. Join us for this class as we identify the oldest river in the world and discover the natural beauty of the region where only certain flowers and plants are found in the world.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Monday, 4/29

Time: 9:30 - 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Residential Solar Energy

Course Code: SCI-710-CLR3

(Class Limit: 50) Solar energy represents one of the most accessible, affordable, and impactful actions that individuals can take to help mitigate the risk of global climate change. This course will demonstrate how anyone with an electric bill can help reduce their carbon footprint AND save money on monthly utility bills. We will examine the especially lucrative incentives available to Illinois residents and preview the upcoming Solar Conference and Expo hosted by Sustain Rockford.

Leader: Paul Schweitzer

Facilitator: Norma Freeberg

Date: Thursday, 2/15

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

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Early Woodland Wildflowers

Course Code: SCI-725-CLR1

(Class Limit: 25) Take a photographic walk in our local woods to see the native spring ephemerals. No challenging hikes or weather woes during this journey. Just sit back and enjoy the visuals while learning about these early blooming and hardy perennials.

Leader: Connie McIntosh

Facilitator: Malia Hennessy

Date: Monday, 3/25

Time: 9:30 - 11 a.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Colorado Plateau

Course Code: SCI-765-CLR1

(Class Limit: 50) This program will feature photographic images made by the presenter during numerous trips to National Parks and less visited areas in Arizona, New Mexico, Utah and Colorado. Lake Powell, Canyonlands, Grand Canyon, Mesa Verde, Bryce, Zion and several remote sites will be featured. We'll also discuss early visitors to these areas, geologic features and current conditions.

Leader: Dave Donahue

Facilitator: Bob Bertolasi

Date: Tuesday, 3/5

Time: 9:30 - 11 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

Breaking Up with Your Lawn: Part 2

Course Code: SCI-725-CLR2

(Class Limit: 25) So you've decided to take the leap and start breaking up with your lawn. During this workshop, we can start to give your break up some structure. Please come with which type of break up you'd like to do (fast or slow) and a general timeline (ex. this season or over the course of several growing seasons). If you're doing the slow break up, please bring photos or sketches of the space you'd like to work on and observations you've made about lighting, water flow and other factors. We can work in small groups of two or three people to brainstorm ideas and potentially start to codify those ideas into a plan. Resources will be provided like suggested landscape designs, themes for planting, and companies selling plant packages. Get your questions answered and get lots of encouragement.

Leader: Megan Pease Facilitator: April Rottman
Date: Wednesday, 4/10 Time: 3:30 - 5 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00

Gorillas in Our Midst

Course Code: SCI-765-CLR3

(Course Limit: 50) Gorillas come to life in stories and pictures from the presenter's three gorilla tracking expeditions in the Congo's Kahuzi-Biega National Park, Rwanda's Volcanoes National Park and Uganda's Bwindi Impenetrable Forest. Participants will learn about gorilla behavior, their similarities to us, and threats to their continued survival. Primatologist Dian Fossey's life and work, as well as her still unsolved murder, will be discussed. This is a COLLEGE COLLABORATION HYBRID class hosted by RVC/CLR that can be attended in-person or online. Students from other regional community colleges will be joining the online class.

Leader: Dr. John Ulferts Facilitator: Ellen Taylor-White
Date: Monday, 4/22 Time: 1:30 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 3 or Online via Zoom
Fee: \$15.00

Eagle Watch and Brunch

Course Code: SCI-765-CLR4

(Class Limit: 80) Due to popularity, this is a repeat of the class offered in February 2023. You will drive on your own to the NIU Lorado Taft Campus, which is adjacent to Lowden State Park in Oregon, IL. Class will be held in the beautiful dining hall with an all-you-can-eat brunch buffet including scrambled eggs, biscuits & gravy, world famous cinnamon rolls, homemade granola, and other delicious treats from the Taft kitchen. There are many large glass windows for views of the Rock River and eagle watching. Following brunch, enjoy an educational presentation about a favorite Ogle County resident, the bald eagle. Learn about eagle characteristics, adaptations, and behaviors. Watch as our nation's symbol soars above the beautiful Rock River Valley!

Leader: Lorado Taft Outdoor Education Staff
Facilitator: Ellen Taylor-White & Malia Hennessy
Date: Monday, 2/5 Time: 9:30 a.m. - 12 p.m.
Place: NIU TAFT FIELD CAMPUS-1414 N. RIVER ROAD, OREGON
Fee: \$25.00

SOCIAL SCIENCES

Great Decisions 2024

Course Code: SOC-705-CLR1

(Class Limit: 20) Great Decisions takes you beyond the headlines by looking at eight of the world's most significant and far-reaching challenges. The eight topics are Energy Geopolitics, War Crimes, China and the U.S., Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads, and Climate Migration. Using materials from the Foreign Policy Association, we'll gain a better understanding of global topics affecting America's role in the world and policymakers' responses. **NOTE: Contact the CLR office to order your textbook. Cost is \$25. You are urged to read the book before each class to better participate in the discussion.**

Leader: Curt Freeberg Facilitator: Norma Freeberg
Date: Thursdays, 4/4, 4/11, 4/18, 4/25
Time: 1:30 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$25.00

What in the World Is Going On?

Course Code: SOC-706-CLR1

(Class Limit: 30) This course will provide an opportunity for participants to discuss world, domestic, and local/regional current events. Articles from newspapers and news journals 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, 3/19, 3/26, 4/16, 4/23, 4/30, 5/7
Time: 9:30 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$35.00

Where in the World Is Eswatini?

Course Code: SOC-710-CLR1

(Class Limit: 60) Discover where the Kingdom of Eswatini is located. We will discuss life in Eswatini (language, culture, food, dancing, etc.). The session will be taught by a Swazi and his wife. Nathi was born and raised in the Kingdom of Eswatini, and Rachel lived there for one year. This is a diversity awareness class. You are encouraged to stay for lunch at Katie's Cup after the presentation.

Leader: Rachel Perkins-Gama and Nathi Gama
Facilitator: Jan Johnson
Date: Tuesday, 5/7 Time: 10 - 11:30 a.m.
Place: KATIE'S CUP-502 7TH ST., ROCKFORD
Fee: \$5.00

Is American Democracy Failing & Will It Be Fatal?

Course Code: SOC-717-CLR2

(Class Limit: 75) In the midst of a nation polarized, we will examine the core problems, possible solutions, and what the future holds.

Leader: Gene Van Galder Facilitator: Arnie Ames
Date: Monday, 4/15 Time: 1:30 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$15.00

Christian Traditionalists and the Culture Wars

Course Code: SOC-717-CLR1

(Class Limit: 25) When our founding fathers framed the Constitution of their fledging nation, they rejected the idea of a state approved religion - that is the essence of the beginning of the 1st Amendment. In the same 1st Amendment, Americans were also guaranteed the freedom to worship as we desire and as a consequence, we Americans practice a wide variety of religions. Today we face an interesting Constitutional issue: to what extent should any religious group's ideas and beliefs influence our laws and culture? And whose religious beliefs? Many Christian Traditionalists think it should be theirs. Many states are currently passing (or trying to pass) laws that reflect these traditionalist beliefs. Is this Constitutional? Is this Democracy?

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 3/4

Time: 1:30 - 3 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Attack on Article 3 of the Constitution

Course Code: SOC-717-CLR3

(Class Limit: 25) Before the Revolutionary War, there was no federal court system. Each colony had some type of court system and the English colonies had courts based on English Common Law and laws created by the King, Queen, or Parliament. Since the United States did not exist, there was no court system which applied uniformly over all the colonies. The Constitution of the United States, when adopted, provided for the existence for a federal Supreme Court and such other lower courts as may be established in the future. In 1802, the Supreme Court ruled that it alone had the authority to determine the meaning of the language of the Constitution. The Legislative and Executive branches did not uniformly agree. This class will attempt to explain the tension between the state court and federal court systems and lead to a discussion concerning the continual growth of litigation concerning President Trump and his various supporters and the interplay between the multiple court systems involved.

Leader: Tom Laughlin

Facilitator: Jack Croffoot

Date: Thursday, 3/14

Time: 1 - 4 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

Unsolved Crimes in Northern IL

Course Code: SOC-730-CLR1

(Class Limit: 50) This course focuses on unsolved major crime and homicide, particularly those cases that remain unsolved, both in our own local area and on a greater scale. Using a variety of methods and lecture to learn about and analyze forensic and scientific investigative techniques, observe state and national trends, and hear about other contributing factors to the journey of closing the case, attendees will gain a clearer perspective on the process of investigating and solving major crime and homicide, especially in our area. Those enrolled will have ample time for answering of questions by Retired Winnebago County Sheriff Richard A. Meyers related to major crime and homicide and the involved process.

Leader: Richard A. Meyers

Facilitator: Brad Keyes

Date: Thursday, 2/29

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

SPECIAL INTERESTS

AARP Smart Driver Course

Course Code: 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. Completing 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.**

Leader: Keith Cross

Facilitator: Keith Cross

Date: Tuesday/Wednesday, 4/30, 5/1

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

Place: RVC Bell School Road Center, Room 1

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

Gardening with a Goal in Mind

Course Code: SPC-720-CLR1

Find out how to use a SMART goals system to make your gardening plans. This is a COLLEGE COLLABORATION Zoom class with IL Valley Community College. **NOTE: Participants will be admitted by IVCC two minutes before the class is scheduled to begin.**

Leader: Natalie Martin, IVCC Instructor

Facilitator: Robbin Nelson

Date: Tuesday, 3/5

Time: 6 - 7:15 p.m.

Place: Zoom

Fee: \$15.00

Flower Therapy Workshop

(Class Limit: 10) No experience necessary! You will learn the basic skills to design a beautiful spring arrangement and properly care for fresh-cut flowers. This flower "therapy" workshop will inspire creativity and encourage the "believe in yourself" attitude. Tired of being cooped up all winter long with cabin fever? Then you will love the Spring workshop! All the beautiful spring colors and flowers will surely brighten any room in your home and your mood. Join us for an insightful, relaxing experience while creating your own floral masterpiece. All supplies will be provided, but you're welcome to bring your own cutters if you would like.

Leader: Melody Layng

Facilitator: Gail Wallens

Date: Monday, 3/11

Place: PETALS & PICKIN'S FLORIST-4616 E. STATE ST., ROCKFORD

Fee: \$40.00

SPC-720-CLR2

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

SPC-720-CLR3

Time: 1 - 2:30 p.m.



Doll Collecting for Fun and Profit

Course Code: SPC-720-CLR4

(Class Limit: 20) Doll collecting has been one of the most popular hobbies in America for many years. We will discuss the reasons why, what kind of dolls to collect, what to know before buying a doll and how and where to buy them. We will also cover doll values, doll care, restoration and how to sell them. Knowledge about dolls helps make collecting them more enjoyable in many ways.

Leader: Jean Saghu Facilitator: Donna Brookbank
Date: Monday, 4/22 Time: 1:30 - 3 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00

Cards & Games for Fun

Course Code: 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, Canasta, Golf, 500, Pinochle, 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, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15, 3/22, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10
Time: 1:30 - 4 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$45.00

Introduction to Pickleball

Course Code: SPC-760-CLR2

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

Leader: Chris Mann Facilitator: Jan Johnson
Date: Thursdays, 3/14 and 3/21
Time: 1:30 - 3:30 p.m.
Place: UW HEALTH SPORTS FACTORY-305 MADISON ST., ROCKFORD
Fee: \$30.00

Pickleball II

Course Code: SPC-760-CLR3

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

Leader: Chris Mann Facilitator: Jan Johnson
Date: Thursdays, 4/11, 4/18
Time: 1:30 - 3:30 p.m.
Place: UW HEALTH SPORTS FACTORY-305 MADISON ST., ROCKFORD
Fee: \$30.00

Iphone/Ipad: Beyond Basics

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

Leader: Michelle Arms
Facilitator: Lynette Danzi-Tauer & Janet Cameron
Time: 10 a.m. - 12 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00

Course Code: SPC-785-CLR1

Date: Tuesday, 2/20

Course Code: SPC-785-CLR2

Date: Thursday, 2/22

Keeping Up with Technology

Course Code: SPC-785-CLR3

(Class Limit: 50) This class will explain and show the current technology for watching TV, watching movies on your cell phone, and sending movies from your computer to your TV so you can see them on a big screen. You will learn some of the tech buzzwords and terms. We will discuss methods for copying or transferring photos and videos from your phone to your computer and specifics on what you may have to do to prepare a slide show or movie to play on Facebook or YouTube.

Leader: Bob Bertolasi Facilitator: Diane McCue
Date: Friday, 4/19 Time: 9:30 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Getting the Most Out of Your Android Phone

Course Code: SPC-785-CLR4

(Class Limit: 25) This class will review the basics of Android phones and explore the many other uses of an Android device beyond phone calls, messages, and Facebook activities.

Leader: Bob Bertolasi Facilitator: April Rottman
Date: Monday, 4/22 Time: 9:30 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00

Shade Gardening

Course Code: SPC-790-CLR1

(Class Limit: 40) Do you have shade and struggle to be successful? This class will cover the different types of shade, how to prepare your shade garden, how to design a great area, and go over some absolutely fantastic plants you can add or use to create your best shade garden ever.

Leader: Michelle Cox Facilitator: Malia Hennessey
Date: Tuesday, 4/16 Time: 9:00 a.m. - 11:30 a.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$15.00

**RENEW YOUR CLR
MEMBERSHIP TODAY!**

All Creatures Great and Small Revisited

Course Code: SPC-790-CLR2

(Class Limit: 30) The goal of this course is to create a more contemporary, local version of the iconic works of the Yorkshire Dales (England) veterinarian James Herriot, author of *All Creatures Great and Small* books. There will be interesting accounts of unusual and amazing local cases and an opportunity for participants to share memories and stories of their pets that will warm the heart and create interesting class sessions! For added interest, the class leader was part of a veterinary tour group that visited James Herriot's veterinary hospital in Thirsk, England in 1985. It was obviously a going business, complete with animals in cages in the back room. Parallels to contemporary veterinary care will be incorporated into the course content. Adequate time will be allotted for participants to share anecdotal stories about pets they have owned as well as general sharing of memories of animal experiences.

Leader: Dr. David Helland Facilitator: Arnie Ames
Date: Tuesdays, 3/5 and 3/12 Time: 1 - 3 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$20.00

Simplify Your Life by Clearing the Clutter

Course Code: SPC-790-CLR3

(Class Limit: 30) Does your house's clutter cause stress? Do you have at least one room that is off-limits to company? Is the clutter a cause of conflict with other family members? Do you want less clutter, but you are too overwhelmed to begin? Many of us struggle to keep up with the clutter in our lives. In this session, you will learn ways to organize your life to clear the clutter and reduce your stress.

Leader: Kara Schweitzer Facilitator: Malia Hennessy
Date: Thursday, 3/14 Time: 1:30 - 3 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

What to Do After a Tornado or Disaster

Course Code: SPC-790-CLR4

(Class Limit: 50) Since everyone is at risk, this program will provide detailed information on how to prepare for, keep safe during, and what to do after disasters such as tornado, flood, and winter storms. From getting alert warning to documenting your property to access items to meet your individual needs. When a disaster strikes, it's too late to think about what you should have done.

Leader: Chuck Harkness Facilitator: Bob Bertolasi
Date: Thursday, 3/7 Time: 2 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Making the Right Choice

Course Code: SPC-790-CLR8

(Class Limit: 25) Attend this class to better understand the resources available to you for planning the next stage in your life and securing quality, personalized care. Learn how to create a balanced solution of independence, quality of life, and safety. Information about options, challenges, and preparation will be shared.

Leader: Vicki Collier-Veréb Facilitator: Midge Tesch
Date: Wednesday, 4/17 Time: 11 - 12:30 p.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$15.00

YWCA Literacy Council Services

Course Code: SPC-790-CLR7

(Class Limit: 30) You will learn about the many services available to the community through YWCA Northwestern Illinois. We will discuss in depth the literacy services available through YWCA Literacy Council for adults in Winnebago, Boone, and northeast Ogle counties, and about a special volunteer opportunity. If you would like to help an adult learn to read, write, and foster a love for lifelong learning, then this class will inform you on how to become a volunteer tutor with YWCA Literacy Council. Just two hours a week can change someone's life! This course covers our program requirements, training procedures, and includes a question-and-answer forum for anyone interested in learning more. This class is an information seminar and a community awareness class.

Leader: Sarah Catalfu Facilitator: Malia Hennessy
Date: Wednesday, 2/21 Time: 10 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 1
Fee: \$5.00

For the People: Looking Back on a Lifetime in Rockford

Course Code: SPC-790-CLR5

(Class Limit: 50) Paul Logli served as Winnebago County State's Attorney for 21 years (1986-2007), making him the longest-serving State's Attorney in Winnebago County history since the office was established in 1870. Before and after his duties as prosecutor, he held judicial offices in Winnebago and Boone Counties. As an encore of sorts, Logli then served as President and CEO of the United Way of Rock River Valley from 2008-2021. During all that time, Logli was active as a volunteer for numerous civic and philanthropic organizations, including Boy Scouts, Rosecrance, New American Theater, Transform Rockford, Midway Village Museum, and Rockford Area Convention and Visitors Bureau, to name just a few. Logli will discuss what it was like to live, work, and serve in a community like Rockford that has endured challenges related to manufacturing job losses, crime, and poverty and yet has survived and grown in many ways.

Leader: Paul Logli Facilitator: Brad Keyes
Date: Thursday, 3/21 Time: 10 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Experience a Labyrinth

Course Code: SPC-790-CLR9

(Class Limit: 15) What is a labyrinth and how is it used? Learn about the 3-4-thousand-year-old history of the labyrinth and its uses. Following the discussion, participants can walk the unique backyard labyrinth on their own, focusing on their breathing and being comfortable. The class will take place outdoors, so dress accordingly. Chairs will be available for participants or you may bring your own lawn chair. If you wish, bring a good luck piece (coin, stone, shell, etc.) to hold when you are walking the labyrinth.

Leader: Fred Pelley Facilitator: Gail Wallens
Date: Wednesday, 4/24 Time: 1 - 3 p.m.
Place: PELLEY HOME-921 N. PROSPECT, ROCKFORD
Fee: \$15.00

TOURS

Tour of Brown Hills Historic District

Course Code: TOU-700-CLR1

(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 neighborhood walking tour. Emphasis is on the homes designed by architect Jesse Barloga and stories of the neighborhood. **NOTE: Wear comfortable walking shoes and dress for the weather.**

Leader: Marty Mangas

Facilitator: Jan Johnson

Date: Monday, 5/6

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

Place: MANGAS HOME-1327 BROWNWOOD DR., ROCKFORD

Fee: \$15.00

KNIB Rockford Recycle Center Tour

(Class Limit: 20) Keep Northern Illinois Beautiful (KNIB) is engaged in educating the public and providing service to the residents of Northern Illinois with regard to the abatement of litter, the preservation of our natural resources, and the management of solid waste. Come learn more about KNIB's mission and impact as you tour the Recycle Center on a drop-off day. Unearth the cost savings gained by recycling, and test your knowledge of what can and cannot be recycled during this entertaining program.

Leader: Corinne Sosso & Pamela Osborne

Facilitator: Lynnette Danzl-Tauer

Time: 1 - 2:45 p.m.

Place: KNIB ROCKFORD RECYCLE CENTER, 4665 HYDRAULIC RD., ROCKFORD

Fee: \$15.00

Course Code: TOU-700-CLR3

Date: Tuesday, 5/7

Course Code: TOU-700-CLR4

Date: Tuesday, 5/14

Tour of Chicago Rockford International Airport

Course Code: 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 the terminal, UPS, and the new AAR Maintenance



Facility/Hangar, 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. **NOTE: If you have already taken this tour, please do not register. This allows others who have never had the opportunity to take the class.**

Leader: Michael Peranich & Dave Lindberg

Facilitator: Arnie Ames

Date: Wednesday, 4/24

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

Place: ROCKFORD AIRPORT-2 AIRPORT CIRCLE, ROCKFORD

Fee: \$15.00

Vintage Innovations Tour of Indian Hill Manor and Farm

Course Code: TOU-700-CLR6

(Class Limit: 15) Standing majestically above the Rock and Kishwaukee Rivers, Esta Barrett's home and farm is a stunning example of local architecture with a story to tell. The tour will cover the first floor of the manor, the basement, and a short walking tour to the adjacent dairy barn. Wear comfortable walking shoes to discover the innovations of this quintessential gentleman farm and manor. **NOTE: Enter off of South Bend Road and follow the signs for parking. Limited accessibility.**

Leader: Brian Reis

Facilitator: Midge Tesch

Date: Monday, 5/13

Time: 10 - 11:45 a.m.

Place: INDIAN HILL MANOR-1609 KISHWAUKEE RD., ROCKFORD

Fee: \$25.00

History of the Funderburg House

Course Code: TOU-700-CLR7

(Class Limit: 20) Lifelong Boone County resident Carol Rowe will lead a group tour of the beautiful Funderburg House mansion. This session will include an in-depth tour of all 3 floors of the home, as well as the history of the Fuller, Rhinehart and Funderburg families and their impact on Boone County. A question and answer session in the ballroom will follow the tour. **NOTE: Limited accessibility.**

Leader: Carol Rowe

Facilitator: Donna Brookbank

Date: Thursday, 5/2

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

Place: FUNDERBURG HOUSE-605 N. STATE ST., BELVIDERE

Fee: \$20.00

CRE8IV Murals Program and Walking Tour

Course Code: TOU-700-CLR8

(Class Limit: 20) The first 45 minutes will be a presentation on the CRE8IV Mural Program. You will learn what it takes to transform a wall from drab to a beautiful piece of art. How are the walls and artists picked, who decides the concept, what is new for 2024? These are just some of the questions to be answered. Weather permitting, there will be a short walking tour of the newest murals and sculptures in downtown Rockford. **NOTE: Wear comfortable walking shoes.**

Leader: Kristen Paul

Facilitator: Jack Croffoot

Date: Thursday, 5/9

Time: 10 - 11:30 a.m.

Place: ROCKFORD AREA CONVENTION & VISITORS BUREAU-102 N. MAIN ST., ROCKFORD

Fee: \$15.00

Robert Tinker's World: Neighborhood and Museum Tour

Course Code: TOU-700-CLR9

(Class Limit: 30) Welcome to Robert Tinker's World, as we follow in the footsteps of former Rockford Mayor and Park District Commissioner, Robert Hall Tinker, and his family. We will see four of the buildings that they enjoyed visiting while they inhabited the Swiss Cottage. Along the way, you will learn to recognize a number of different architectural styles and deepen your knowledge of history regarding the Forest City. After the brief walking tour, we will enjoy a full tour of the historic Tinker Swiss Cottage.

Leader: Stephanie Hartman

Facilitator: Lynette Danzl-Tauer

Date: Friday, 5/10

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

Place: TINKER SWISS COTTAGE-411 KENT ST., ROCKFORD

Fee: \$20.00

TRAVEL

Pura Vida "Simple Life" of Costa Rica

Course Code: TVL-700-CLR1

(Class Limit: 50) Costa Rica is a small country with a rich bio-diversity of 5% of the species on Earth. It is also one of the five original "Blue Zones" in the world or places with the healthiest, longest-living 100+ years old, active, independent living populations. See a photo presentation of its rain forests, beaches, and volcanoes and learn about Pura Vida or Simple Life.

Leader: John Messley Facilitator: Karen Messley
Date: Thursday, 2/8 Time: 10 a.m. - 12 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Navigating the National Parks-Preparations & Expectations

Course Code: TVL-700-CLR2

(Class Limit: 50) David will share key learnings based on his experiences visiting all 417 units of America's National Park System. He will discuss different types of parks in the system, efficient and cost-effective planning strategies for visiting different parks, the range of activities available in the parks for various age groups, and helpful resources for exploring our National Park System.

Leader: David Kroese Facilitator: Bob Bertolasi
Date: Tuesday, 4/23 Time: 9:30 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Exploring Our National Parks

Course Code: TVL-700-CLR3

(Class limit: 25) Presentation will focus on specific parks or topics of interest to attendees. Each participant will be asked to choose one park or park-related topic to begin the session. Attendees can ask a specific question about the park or a particular aspect of that park or simply name a park of interest. In the latter case, the presenter will focus on the most notable experience or impression of the park or location in question. *NOTE: Participants are encouraged to submit parks of choice in advance.*

Leader: David Kroese Facilitator: Bob Bertolasi
Date: Wednesday, 5/1 Time: 9:30 - 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

The Jewels of Northern Italy

Course Code: TVL-700-CLR4

(Class Limit: 50) Rose Mary was born and raised in Sambuca di Sicilia, Sicily. She has lived in Rockford most of her life, returning back to Sicily and Italy for the summers and spending time with her siblings and extended family. Her love for her home country, history and amazing sites began her love for travel. She has personally been on 97 cruises all over the world and 58 countries since 1991. She specializes in Italy tours, her first language is Italian, so it's a perfect fit. Rose Mary has escorted 2 tours per year to Sicily and Italy for many years. This 2-hour class will show you the beautiful sights everyone should have on their bucket list and help you plan the perfect itinerary of The Jewels of Northern Italy. You will see pictures and receive details about each stop. Don't miss out on this amazing class and "travel as a local and not a tourist!"

Leader: Rose Mary Leggio Facilitator: Donna Brookbank
Date: Monday, 2/12 Time: 10 a.m. - 12 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Travel: A World Awaits

Course Code: TVL-700-CLR5

(Class Limit: 75) A look at travel today - host destinations, travel awareness, packing, flying, itinerary development, and much more.

Leader: Gene Van Galder Facilitator: Arnie Ames
Date: Thursday, 2/22 Time: 1:30 - 3:30 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$15.00

The Beautiful Island of Sicily

Course Code: TVL-700-CLR6

(Class Limit: 50) Rose Mary specializes in tours of Italy. Her first language is Italian, so it's a perfect fit to plan and escort tours. Rose Mary has escorted two tours a year to Sicily and Italy for over 32 years. This presentation will show you the beautiful sights, travel the whole island, and visit a few smaller islands nearby. You will see pictures of actual groups and receive details about each stop. Visit some UNESCO sites and let Rose Mary "show you her Bella Sicilia as a local and not a tourist!"

Leader: Rose Mary Leggio Facilitator: Donna Brookbank
Date: Monday, 3/11 Time: 10 a.m. - 12 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Along the St. Lawrence Seaway to Milwaukee

Course Code: TVL-700-CLR8

(Class Limit: 50) Follow along the St. Lawrence Seaway, viewing pictures and stories along the route to Milwaukee. Did you know the Seaway goes from the Atlantic Ocean through the Great Lakes all the way to Duluth? The welcome received at Canadian ports was wonderful. Fantastic handouts will be shared. Special features include the Canadian Maritimes and the Ann of Green Gables house.

Leader: Mary Rose Fillip Facilitator: Keith Hale
Date: Monday, 4/29 Time: 1:30 - 3 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Kenya & Tanzania: Up Close and Personal

Course Code: TVL-700-CLR7

(Class Limit: 50) Learn more about the amazing experience of our presenters. In this class, you will learn about the people of Kenya and Tanzania that they met, the places they stayed, and what they saw during the guided safari.

Leader: Russell Stoneback Facilitator: Arnie Ames
Date: Friday, 4/12 Time: 9:30 - 11 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

Travelogue: Denmark, Sweden, & Norway

Course Code: TVL-700-CLR9

(Class limit: 40) Come learn about this spectacular Scandinavian trip to Denmark, Sweden, and Norway with trip providers GVG Tours and Collette. The trip included guided city tours in Copenhagen, Stockholm, Oslo, and Bergen, visiting attractions like the Vasa Museum, which holds the Swedish warship completed in 1628 but sank on her maiden voyage, the Fram Museum, which holds the ship that Norwegian explorers used to travel to the Arctic in 1893 and Antarctica in 1912, a stave church built around 1200, the National Museum of Denmark, the ABBA museum, and classical composer Edvard Grieg's home Trolldaugen near Bergen.

Leader: Arnie Ames
Facilitators: Midge Tesch & Jan Johnson
Date: Tuesday, 5/14 Time: 1:30-3:00 p.m.
Place: RVC Bell School Road Center, Room 3 or Online via Zoom
Cost: \$15.00

BINGO! & Bundts

Come celebrate Valentine's Day with CLR!

Wednesday, February 14, 2024

1:30 - 3:30 p.m.

Bell School Road Center, Room 13

♥♥ BINGO | PRIZES | TREATS ♥♥

Join friends for a fun afternoon of BINGO and prizes followed by some sweet Valentine treats.

Enjoy a scrumptious cream cheese frosted Bundtlet from Nothing Bundt Cakes with your choice of several delicious flavors and other special surprises!

Cost: \$10 for CLR members - \$15 for non-members

Registration Deadline: Friday, February 9

Questions? Call (815) 921-3931

SOCIAL EVENT REGISTRATION

Name(s): _____

Address: _____

City: _____ State: _____

Zip Code: _____

Phone: _____

Email: _____

Special Needs: _____

ID # (office use): _____

VALENTINE'S DAY 2024 EVENT

BINGO & Bundts – Wednesday, Feb. 14, 2024

\$10 for CLR Members Cash enclosed

\$15 for Non-Members Check enclosed

Amount Enclosed \$ _____

Check Number: _____

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

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



Virtual Fitness Program Spring 2024



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 trainers will provide modified exercises to meet each participant's fitness needs. This chair-based fitness program provides a convenient way to exercise and participate in strength training from your home.

The Center for Learning in Retirement partnered with Vivo to offer this unique, science-backed fitness program.

See page 7 for more info!



SPRING

SPECIAL INTEREST GROUPS

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

ARTISTS' STUDIO

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

BOOK DISCUSSION

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

- February 19: "The Assignment" by Lisa Wiener (Virtual only)
- March 18: "Midnight at the Blackbird Cafe" by Heather Webber. (In-person and Virtual)

Contact Malia Hennessy at (847) 347-6454

KEEPING FINGERS NIMBLE

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

Contact Donna Kopplin at (815) 289-5779

IPAD USERS'

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

WORD WEAVERS

For those who love to write, an opportunity to share your writing with others and learn from each other. Meets monthly at the Bell School Road Center on the second Tuesday of each month from 9:30-11 a.m. Contact Nancy Harvey at njharv@aol.com or (815) 282-1526.

New group members are welcome!



Paramount Theatre, Aurora • Ballydoyle Irish Pub & Restaurant
Wednesday, February 28, 2024

About the musical...

Billy Elliot: The Musical was nominated for 15 Tony Awards with 10 wins, including best musical! The music of Elton John brings to life the story of Billy Elliot, an 11 year old English boy who stumbles upon a ballet class during his weekly boxing lesson.

NOTE: The restaurant and theatre are handicap accessible.

About lunch...

Before arriving at the theatre for this matinee, we'll enjoy a buffet-style Irish lunch at the Ballydoyle Irish Pub & Restaurant. Lunch will begin with a house salad and corned beef bites appetizer.

Additional information...

DEPART: Rock Valley College (Lot 3A) at 9:30 a.m.
RETURN: Rock Valley College (Lot 3A) around 6 p.m.
COST: Includes lunch, theatre, and transportation
\$130 for CLR members
\$150 for non-members

CANCELLATION POLICY: If it is necessary to cancel, refunds are available if we are able to fill your seat from a waiting list; notification must be received at least 48 hours in advance. A processing fee of \$10 will be charged for each bus trip cancellation.

Registration Deadline: Wednesday, February 14
Questions? Call (815) 921-3931

BUS TRIP REGISTRATION - FEB. 2024

Name(s):
Address:
City: State:
Zip Code:
Phone:
Email:
ID # (office use):
Must Provide Emergency Contact & Phone Number:

Please indicate any special accommodations (dietary, seating, etc.)
\$130 for CLR Members
Cash enclosed
\$150 for Non-Members
Check enclosed
Amount enclosed \$
Check Number:
Please make checks payable to Rock Valley College. Note: CLR cannot accept credit card payments.
BRING TO THE CLR OFFICE OR MAIL TO:
Rock Valley College Center for Learning in Retirement
3301 N. Mulford Road, Rockford, IL 61114

CLR General Information

A copy of the Center for Learning in Retirement Spring 2024 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 College after your registration is processed. 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



SOMETHING FUN FOR EVERYONE!

Art • Auto & Boat Safety • Awareness & Self-Care
Communication, Language & Culture • Dance • Finance
Fitness • Foodies • Math, Forensics & Technology • Music
Pets • Photography • Sewing • STEM Saturdays • Theatre
Travel • Virtual STEAM Camps • Writing • Yoga

Check out the wide variety of
Community Education and Whiz Kids classes at
RockValleyCollege.edu/CommunityEducation.

Rock Valley College
COMMUNITY EDUCATION & WHIZ KIDS



ROCKFORD PUBLIC LIBRARY

Visit the Mobile Library

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

Spring 2024 Schedule

Jan. 30, Feb. 20, Mar. 12, Apr. 2 & 23, May 4

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!





IN RETIREMENT

Rock Valley College

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

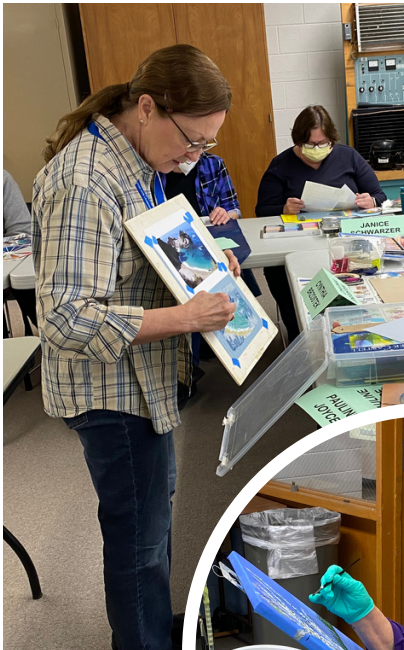
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CLR in Action

