

# Rock Valley College

## CENTER FOR LEARNING IN RETIREMENT

### Spring 2026 Class Schedule



## FIND YOUR PASSION

**150 Classes | Social Events | Tours | Special Interest Groups**

[RockValleyCollege.edu/CLR](http://RockValleyCollege.edu/CLR)

## 2026 CLR SPRING SCHEDULE

### Best Wishes for the New Year!

The New Year brings changes at the Rock Valley College Center for Learning in Retirement (CLR) as we continue to grow and improve this amazing program for those age 50+. This spring, CLR members can choose from 150 different classes. Participating in these classes for personal enrichment is a great opportunity to learn new things and meet other people. There are no tests, no grades, and no homework—just join and have some fun! There is an annual membership fee of \$35 which brings benefits including class catalogs and newsletters mailed to you, discounts on social events and bus trips, and health benefits that come with staying active physically, mentally, and socially. Don't miss out in 2026 on all that CLR has to offer! Current members can use a Class Pass to invite a friend to attend a class with them at the Bell School Road Center for no charge. What an easy way to introduce someone new to CLR. It's sure to be a great year at the Center for Learning in Retirement!

### IMPORTANT

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

See General Information on page 39 for CLR's policy on class, registration, and payment procedures.

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

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### CLR MISSION STATEMENT

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

### 2025-2026

### ADVISORY COMMITTEE

Chair.....	Steve Renne
Vice Chair.....	Lou Bowe
Secretary.....	Midge Tesch
Membership.....	Connie Crofoot, Sue Custer
Newsletter.....	Linda Jarrells
Social.....	Sandra Krause, Sandi Chamberlin
Curriculum.....	Robbin Nelson, Gail Wallens
Speakers' Bureau.....	Brad Keyes
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  
(815) 921-3933

**Front Cover:** Features CLR member Jim Waddell, who learned to paint in CLR art classes. His painting skills are very remarkable, considering he is colorblind. Jim now uses his hobby to help raise funds for the Ann Miller Waddell Nursing Scholarship with the RVC Foundation.

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

**Section 504 Coordinator – Students**  
Lynn Shattuck, Director of Disability Services  
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Don't forget to pay  
your membership  
dues for 2026!

[Z] Indicates an online class via Zoom

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

# ARTS & CRAFTS

## Line & Wash Painting with Elegant Writer Pen

### ART-701-CLR1

(Class Limit: 12) Create a magical multi-hued painting with an "Elegant Writer" dye-based pen, using just water and a brush. Water colors or pencils can be added to enhance painting. **NOTE:** Supplies needed are black speedball Elegant Writer pen, dye-based 1.3 mm or 2.0 mm (silver colored barrel), watercolor paper, #6 and #10 brushes, basic watercolor or color pencils, pencil. Bring a photo or drawing to copy.

Leader: Pauline Joyce

Facilitator: Nancy Harvey

Date: Tuesdays, 4/28 & 5/5

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

## Beginner Alcohol Inks Painting

### ART-701-CLR2

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

Leader: Pauline Joyce

Facilitator: Jim Mundinger

Date: Tuesdays, 3/10 & 3/17

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25

## Acrylic Painting - Sandy Beach

### ART-701-CLR3

(Class Limit: 12) It's winter in northern Illinois. Who isn't dreaming of sandy beaches and warm days? Let's take that journey and create our winter getaway with paintbrushes (palette knives optional). We will paint a sand dune with grass blowing in the wind. You can add a starfish if you like. This class is designed for individuals with some experience using acrylic paints. **NOTE:** A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Marilyn Nazzarini

Date: Tuesday, 2/17

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

## Acrylic Painting - Clouds & Sunsets

### ART-701-CLR4

(Class Limit: 12) Designed for someone with some experience painting with acrylics, this class will provide step-by-step instruction on different techniques to paint clouds and sunsets. Once you know the techniques and continue to practice on your own, you will be able to capture the beauty and magnificence of clouds and sunsets in future paintings. You'll be able to create paintings you're

proud to hang in your home. I believe in you!

**NOTE:** A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Marilyn Nazzarini

Date: Tuesdays, 4/14 & 4/21

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

## Pastel Painting

### ART-701-CLR5

(Class Limit: 15) This class is designed for artists who wish to learn how to create vibrant pastel paintings. 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 the layering of colors. Individual styles will be encouraged.

Leader: Gail Faber

Facilitator: Jim Mundinger

Date: Wednesdays, 4/22, 4/29, 5/6, 5/13

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$30



## Charcoal & Acrylic Painting

### ART-701-CLR6

(Class Limit: 12) Charcoal drawing on watercolor paper finished with acrylic paints. Simple drawings (a bird, landscapes) will be available. Your charcoal drawings will be set with a fixative. The artwork will be finished with colors of your choosing. Your completed project will be perfect for framing. This simple technique culminates in a real work of art! Supplies needed are watercolor paper, paints, brushes, a charcoal pencil, and a plastic table covering.

Leader: Sue Thompson

Facilitator: Jim Mundinger

Date: Thursdays, 3/12 & 3/19

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20

## Chinese Brush Painting I

### ART-701-CLR7

(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 a demonstration of basic strokes for bamboo. In 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, 3/11, 3/18, 3/25

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

## Easy Watercolors

### ART-701-CLR8

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

Leader: Jenny Mathews

Facilitator: Jim Mundinger

Date: Tuesdays, 2/10, 2/17, 2/24

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$45



## Pastel Techniques & Perspective Tips

### ART-701-CLR9

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

Leader: Nancie King Mertz

Facilitator: Jim Mundinger

Date: Thursday, 3/5

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15



## Beginning Woodcarving

### 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 five-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 39+ years of experience teaching students of all ages.

Leader: Gordon Moscinski

Facilitator: Jack Croffoot

Date: Wednesdays, 4/1, 4/8, 4/15, 4/22, 4/29

Time: 9 am – 12 pm

Place: Kenrock Community Center

625 Adams St., Rockford

Fee: \$35

## Wood & Leather Burning

### ART-713-CLR2

(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 and leather burning techniques, fundamentals and safety, and include practice time and completion of two finished projects. Come join us and learn a new skill. Prepare to burn a sign on wood. If you have an idea for a sign that you want to put somewhere in your house and it can fit on a 6x6 inch wood surface, bring it with. Our second session will focus on making a leather belt. Come up with a snazzy pattern that is about an inch and a quarter wide. All supplies will be provided with the exception of the wood burning tool. If you do not currently have a wood burning tool, it can be purchased inexpensively from Hobby Lobby or Michaels.

Leader: Rand Moore

Facilitator: Jack Croffoot

Date: Thursdays, 3/12 & 3/19

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

## Bleeding Heart Flowers in Alcohol Inks

### ART-720-CLR1

(Class Limit: 12) This is an introduction class to painting with alcohol inks. Learn some of the tricks and techniques to painting with this popular medium. No painting experience is needed as the inks are perfect for the beginner as well as the experienced painter. All supplies provided. The subject (Bleeding Heart Flowers) will be pre-drawn on YOPO paper to allow each participant to concentrate solely on using the techniques demonstrated. Each student will leave with a completed 8 x 10 Bleeding Heart Flowers painting on YUPO paper ready to be framed.

Leader: Jill Rae Martin-Golden

Facilitator: Gail Wallens

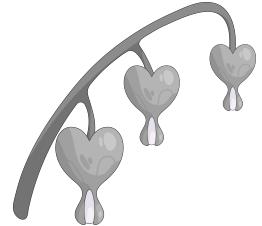
Date: Thursday, 2/19

Time: 9:30 am – 12 pm

Place: JR Art Studio

210 W. Main St., Rockton

Fee: \$35



## Intro to Wheel Throwing Pottery

### ART-720-CLR2

(Class Limit: 8) Get your hands muddy and experience the magic of the pottery wheel in this beginner-friendly one-session class. You'll learn the basics of wheel throwing while creating a simple ceramic form like a cup or bowl. No experience necessary - just bring your curiosity and sense of fun! All materials included.

Leader: Tom Harrison

Facilitator: Gail Wallens

Date: Tuesday, 2/24

Time: 9:30 am – 12 pm

Place: Three Ravens Pottery

1009 5th Ave., Rockford

Fee: \$45



## **Creating Jump Ring Jewelry**

### **ART-720-CLR3**

(Class Limit: 10) In this class, you will learn to create jump ring jewelry. At the first session, you will learn how to make an easy three-by-one gold colored jump ring bracelet. At the second session, you will create a beginner level bracelet by interweaving jump rings. This bracelet is silver-colored with a choice of an accent color. All the jump rings are anodized tempered aluminum which is very lightweight and range in size from 8mm to 12mm. Each bracelet uses a swivel lobster clasp. Two pliers are used to open, join, and close the jump rings. There will be a small mystery jump ring project you can take with you to do at home using an online video or work on in class if you have time. Where to get materials and kits to continue creating jump ring jewelry (chainmaille) will be covered. **NOTE:** Manual dexterity is needed. You may wish to bring a free-standing magnifying glass. Light in the classroom can be slightly dim.

Leader: Sylvia Emerson

Facilitator: Donna Brookbank

Date: Wednesdays, 3/18 & 3/25

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25



## **Chinese Brush Calligraphy & Painting**

### **ART-720-CLR4**

(Class Limit: 10) Using the Chinese brush, we will paint a seasonal work and learn basic brush techniques and basic order to create several simple Chinese characters suitable to add to the painting. Please bring Chinese brush painting equipment to class. Special calligraphy brush, paper and paints will be available for purchase in class if needed.

Prerequisite: Students must have completed the Chinese Brush Painting I or II class.

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 4/1, 4/8, 4/15

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

## **Create a Quilted Table Runner**

### **ART-720-CLR5**

(Class Limit: 8) Create a table runner with the Jelly Roll of your choice! This is a simple, fun project that you will quilt yourself using the "stitch in the ditch" method and learn binding corner technique for a flatter corner. The instructor is an award-winning quilter and taught quilting for several years in Houston, Texas. Supplies needed: your own sewing machine you know how to operate, 40 strip 2.5" jelly

roll of your choice, 5/8 yard of coordinating fabric and matching thread, rotary cutter/scissors, cutting mat, ruler, pins, and seam ripper. **NOTE:** There is a \$10 fee for the pattern payable at the first session. Instructor will supply the required batting to complete the project.

Leader: Shannon McGaw

Facilitator: Carol Salzer

Date: Mondays, 4/13, 4/20, 4/27, 5/4

Time: 9 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$30

## **Crochet for Beginners**

### **ART-720-CLR6**

(Class Limit: 12) This is a beginner class for those who want to learn to crochet. Participants will learn the "anatomy" of a crochet stitch, terminology, the five basic stitches, and how interesting textures can be created using basic crochet stitches. The instructor will bring some completed projects to show participants what simple crochet can turn into with time and patience. **NOTE:** Bring a 5 or 5.5 mm crochet hook and a light-colored #4 yarn. (Instructor has limited extras that can be borrowed.)

Leader: Karen Wessels

Facilitator: Lynnette Danzl-Tauer

Date: Mondays, 2/16, 2/23, 3/2

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

## **Advanced Beginner Crochet**

### **ART-720-CLR7**

(Class Limit: 10) This course involves using basic crochet stitches, combining them to create clusters and corners using intermediate crochet techniques. Participants will learn how to combine crochet stitches and techniques to create a granny square using 2mm polyester cord. Twelve identical squares will be crocheted and will be constructed using invisible joins and seams to create a beautiful and useful tote bag. Participants will be instructed how to create a strap and blocking will also be demonstrated. Participants will also be instructed on how to create a tassel and add beads as an embellishment for their project.

Leader: Karen Wessels

Facilitator: Lynnette Danzl-Tauer

Date: Fridays, 4/10, 4/17, 4/24, 5/1, 5/8

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$35

## **COMPUTER TRAINING**

### **What's This Thing Called "The Cloud"?**

#### **CMP-702-CLR1**

(Class Limit: 50) This class will be a presentation of cloud storage basics. Students will gain an understanding of what cloud storage is, how it works, what types are available, and its advantages and disadvantages. The discussion will include the usefulness and operation of cloud storage, with an understanding of what cloud storage is, how it works, what types are available, and its advantages and disadvantages. The discussion will include the

usefulness and operation of cloud storage, with an emphasis on security concerns. Also, find out about the many controversies surrounding its use. **NOTE:** This is not a hands-on computer class, but the instructor will provide a demonstration of the material presented.

Leader: John Majernik  
Facilitator: Bob Bertolasi

Date: Monday, 2/23

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## To Snip or Not to Snip

### CMP-702-CLR2

(Class Limit: 18) Have you ever found data or a photo on the Internet that you would like to print or save, but were not sure how to do it? This class will explain the use of copy/paste, the Print Screen feature, and the Snipping Tool (a built-in Windows tool available on all computers). Through hands-on activities, you will learn how to utilize these three features, understand their differences, and determine when each is most effective. Skill in using a mouse is a must for this class.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Wednesday, 3/4

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$20



## Excel Basics

### CMP-702-CLR3

(Class Limit: 18) Excel basics, including explanation of tabs and ribbons, document management, and printing procedures. We will create a budget typical for household use, as well as build a tracking sheet example typical for church and club activities.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Mon/Wed/Fri, 3/9, 3/11, 3/13

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$30



Excel

## Editing and Restoring Photos with AI

### CMP-702-CLR4

(Class Limit: 18) This class will familiarize attendees with various AI platforms that are currently advertised as photo/image editors. We will investigate the differences between restorative repair and creative reconstruction of old and damaged images. We will investigate the power of AI to correct focus, shadow, and haze issues with images from cell phones and modern cameras.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Fridays, 4/10 & 4/17

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$25

## iPhone/iPad: Beyond Basics

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

Leader: Michele Arms

Facilitator: Lynnette Danzl-Tauer

Place: RVC Bell School Road Center, Room 4

Fee: \$15

### CMP-703-CLR1

Date: Thursday, 2/12

Time: 1 – 3 pm

### CMP-703-CLR2

Date: Friday, 2/13

Time: 10 am – 12 pm

## Introduction to AI

(Class Limit: 18) This class will introduce the most common AI platforms and investigate the most common uses for Traditional and Generative AI. It will familiarize participants with uses of AI commonly available to them without subscription fees.

Leader: Bob Bertolasi

Facilitator: Jack Croffoot

Date: Wed/Fri, 4/22 & 4/24

Place: RVC Bell School Road Center, Room 5

Fee: \$25

### CMP-703-CLR3

Date: 9:30 – 11:30 am

### CMP-703-CLR4

Date: 1:30 – 3:30 pm

## Using Google Earth & Maps

### CMP-703-CLR5

(Class Limit: 18) Learn how to use Good Earth and Google Maps to pre-plan travel to a new location in Rockford, another state, or another country. The use of Google Earth images will be used to show how vacation planning can be enhanced by investigating sites along the way and attractions intended for visiting ensuring the route, surroundings, and "Don't want to miss" views. The use of Google Maps' satellite and street view will be demonstrated, showing how to alleviate confusion and panic during a visit to a new business or event by allowing you to see the turn-off point or parking areas before leaving your home. Transfer of maps to Android Auto (Apple Auto) will be demonstrated, and details of specific route construction will be explained.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Tues/Thurs, 3/10 & 3/12

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$25



Google Earth

# FINANCE

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

### FIN-701-CLR1

(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, 2/19

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## Social Security Decoded: What You Need to Know for Retirement

### FIN-701-CLR2

(Class Limit: 25) Social Security is more than just a monthly check; it's a critical piece of your retirement income strategy. This class, led by Savant advisors Dallas Traser and Noah Gay, will explain how the system works, key claiming ages, spousal and survivor considerations, and how benefits fit into your broader retirement plan. We'll also cover recent legislative changes and their implications for your claiming strategy. Learn how to avoid common pitfalls and create a plan that supports your long-term financial security.

Leader: Dallas Traser & Noah Gay

Facilitator: Sue Hansen

Date: Thursday, 3/19

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## Managing Risk in Retirement

### FIN-701-CLR3

(Class Limit: 25) We will review the various types of risks that retirees face, including investment risk and longevity risk, and discuss how to prepare for and manage them.

Leader: Stephen Lorence

Facilitator: Sue Hansen

Date: Tuesday, 4/21

Time: 9 – 11 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

# The Markets Today

## FIN-701-CLR4

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

Leader: Stacy Brady

Facilitator: Robbin Nelson

Date: Thursday, 4/30

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## Understanding Funeral, Estate, Irrevocable & Revocable Trusts

### FIN-701-CLR5

(Class Limit: 20) Planning for the future goes beyond saving for retirement - it also includes preparing for how your assets, wishes, and legacy will be managed. This class will break down the often-confusing world of trusts, including funeral trusts, estate trusts, irrevocable trusts, and revocable trusts. You'll learn the purpose and benefits of each type of trust, how they can protect your assets, reduce stress for loved ones, and support a smooth retirement plan. We'll discuss: Funeral Trusts - covering final expenses and easing financial burdens for family members; Estate Trusts - Preserving wealth, avoiding probate, and ensuring your wishes are carried out; Irrevocable vs. Revocable Trusts - Understanding the differences, flexibility, and protections each provides.

Leader: Carrie Grubanowitch

Facilitator: Carol Salzer

Date: Wednesday, 4/22

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

# FITNESS

## Wellness Walking with Nordic Poles

### FIT-750-CLR1

(Class Limit: 12) Nordic walking is a complete body workout which can be done anywhere. It is relatively safe for all fitness levels. Regular walking uses up to 40% of large muscle groups while Nordic walking uses up to 90% of the large muscle groups. Nordic walking also increases your cardio workout with no perceived increase in exertion. Balance, posture and stability are all lymphedema and many other health issues. Come and enjoy a thirty-minute walk indoors, learn about different types of poles and how to adjust them correctly. Afterwards, experience balance, stretching and light exercises using poles.

Leader: Karla Johnson

Facilitator: Midge Tesch

Date: Tuesday, 5/5

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## **Vivo Virtual Fitness Program**

(Class Limit: 22) Join this online, live, interactive physical fitness program that promotes strength building. Did you know that muscle strength and balance are critical to maintaining health, mobility, and independence as you age? Whether you are new to exercise or exercise regularly, the Vivo certified personal fitness trainers will provide modified exercises to meet each participant's fitness needs. Sessions are 45 minutes in length and consist of cognitive, balance, flexibility, and strength exercises. The Center for Learning in Retirement has partnered 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 interactive strength training from your home.

Leader: Vivo Fitness Trainers  
Facilitator: Ellen Taylor-White  
Time: 9 – 9:45 am  
Place: Online Via Zoom

## **FIT-767-CLR1**

Date: Tue/Thurs, 1/27 – 3/19  
Fee: \$110 (8 weeks / 16 sessions)

## **FIT-767-CLR2**

Date: Tue/Thurs, 3/26 – 5/19  
Fee: \$110 (8 weeks / 16 sessions)

## **Tai Chi & Chi Kung**

### **FIT-768-CLR1**

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

Leader: Sue Michaelsen  
Facilitator: Midge Tesch  
Date: Wednesday, 2/11  
Time: 10 am – 12 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$15

## **Cardio Drumming**

### **FIT-768-CLR2**



(Class Limit: 10) No drumming experience needed! All levels welcome! Cardio drumming combines cardio exercise and drumming to music for an easy, fun, and effective workout while seated in a chair. Large rubber exercise balls will be used for drumming. Improve your

coordination and cognitive function while strengthening many muscle groups. So much fun, you'll forget you're exercising! **NOTE:** Participants need to bring a 5-gallon bucket or a round laundry

basket (for a base) and drumsticks with them to class. For those without drumsticks, they can be purchased from the instructor for \$5.

Leader: Beth Campisi  
Facilitator: Gail Wallens  
Date: Wednesdays, 5/6 & 5/13  
Time: 1 – 2 pm  
Place: RVC/PEC Dance Studio – Room 1216  
Fee: \$20

## **Chair Yoga**

(Class Limit: 12) Enjoy a peaceful yoga practice that you can do seated in a chair and use the chair for assistance with balance and standing poses. This beginner-friendly and supportive practice includes gentle movement, mindful breathing, relaxation, yoga poses, and sequences for strength, balance, flexibility, and peace of mind. The yoga studio is located on the 4th floor in the Liberty Square Building. The main entrance is on the south side of the building. Wear comfortable clothes and bring water and a mat (if you have one). Extra mats will be available. There are three spring classes that each meet for four weeks.

Leader: Julie Young  
Facilitator: Jan Johnson  
Time: 11:45 am – 12:45 pm  
Place: Surya Chandra Yoga Studio – 929 S. Alpine Rd., Suite 408, Rockford  
Fee: \$45

## **FIT-768-CLR3**

Dates: Thursdays, 2/12, 2/19, 2/26, 3/5

## **FIT-768-CLR4**

Date: Thursdays, 3/12, 3/19, 3/26, 4/9

## **FIT-768-CLR5**

Date: Thursdays, 4/16, 4/23, 4/30, 5/7

## **HEALTH & WELLNESS**

### **Make it Easier to Get Up Off the Floor**

#### **HLT-705-CLR1**

(Class Limit: 20) Use it! Don't lose it! Get down on the floor and play with your little people or pets. First session is lecture style with optional short practice. Session 2 entirely practice. Learn the physical/mechanical strategies that make getting up from the floor easier or doable with or without a chair for assistance. Learn breathing techniques for physical and mental success. Learn and practice these skills for confidence to do this on your own. Learn practice methods for home to increase skill and strength.

Leader: Kim White  
Facilitator: Jack Croffoot  
Date: Thursdays, 5/7 & 5/14  
Time: 1 – 2:30 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$20

## **Marijuana Safety: A Pharmacist's Perspective**

### **HLT-715-CLR1**

(Class Limit: 50) This presentation will explore marijuana use in the community, focusing on how it works, what it is commonly used for, and important safety considerations, including misuse and vulnerable populations. We'll also discuss hot topics like CBD vs. THC, legalization, and what to look out for in cannabis products. Whether you're a patient, caregiver, or just interested in learning more, this session will help you make informed choices about marijuana use in your community.

Leader: Alyssa Hinden & Adriana Salazar-McKinney

Facilitator: Sue Hansen

Date: Monday, 3/30

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## **I Have a Health Question: Using National Library of Medicine Resources**

### **HLT-715-CLR2**

(Class Limit: 20) Have you ever wondered how to start researching health questions? Do you feel overwhelmed about the ever-expanding glut of information on the Internet? Want some tried and true, trustworthy sites to start your search? Look no further than this course! Holly Hudson, a librarian and instructor at UIC - Rockford, is here to help you learn how to navigate National Library of Medicine resources such as PubMed and Medline Plus in order to answer your health questions.

Leader: Holly Hudson

Facilitator: Jack Croffoot

Date: Tuesday, 4/14

Time: 10 am – 12 pm

Place: U of I College of Medicine at Rockford, Crawford Library – 1601 Parkview Ave., Rockford

Fee: \$15

## **Hearing Loss & the Link Between Untreated Loss & Dementia**

### **HLT-715-CLR3**

(Class Limit: 25) Topics to be discussed include: hearing loss, anatomy of the ear, E-Patient, treatment solutions, advancements in hearing aid technology, Tinnitus, and recent studies linking onset of dementia and untreated hearing loss. There will be Q & A and a game at the end.

Leader: Dr. Leigh Ann Tackaberry

Facilitator: Sue Hansen

Date: Wednesday, 5/6

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## **Your Complex Immune System**

### **HLT-715-CLR4**

(Class Limit: 50) A basic review of how the body's immune system works 24/7/365 to protect you from illness, injuries, cancer, etc. Discussion to include the very complex components of the immune system and how it becomes less effective as we age. Gordon

is a retired CEO and clinician at Crusader Community Health.

Leader: Gordon Eggers

Facilitator: Loyd Wollstadt

Date: Monday, 4/20

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## **Sound Healing Immersion**

### **HLT-725-CLR1**

(Class Limit: 40) Sound Healing is an ancient practice (now quite popular) with incredible benefits: deep relaxation, stress/pain relief, improved blood pressure, better sleep, emotional release. Kelly and husband Jim use Tibetan singing bowls, Quartz crystal bowls, gong, Native American flute + much more. "Busy brains" are able to enter a relaxed state. Sound healing stimulates the body's natural healing processes. Feel immediate release and enjoy lasting effects. Class includes the transformative experience of the Sound Bath plus time for sharing and Q & A. Sit on chairs OR bring a yoga mat or blanket to lay on the floor. Contact Kelly at AccessSOUL.com with any questions.

Leader: Kelly Joy Simmons

Facilitator: Midge Tesch

Date: Tuesday, 3/3

Time: 1 – 2:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15



## **Sourdough Bread Making 101**

### **HLT-725-CLR2**

(Class Limit: 50) Discover the art and science of sourdough bread making! In this class, you'll learn how the long fermentation process enhances flavor, boosts nutrition, and helps make sourdough easier to digest by breaking down gluten and phytic acid. Whether you're brand-new to baking or simply sourdough-curious, join us to explore the benefits, essential supplies, and step-by-step process of creating your own loaf. You'll leave with a delicious recipe and the confidence to start baking sourdough at home.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 4/24

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



## What is Reiki?

### HLT-725-CLR3

(Class Limit: 20) You've heard about "Reiki" and "Energy Work", but what do those words mean? And how can they help you? Reiki Master Jim Simmons will break it down simply and practically, explaining Reiki and energy work, the history of the practice, and the benefits for your health and well-being: physically, emotionally, mentally, spiritually. Class includes time for questions and demonstrations. Participants have the option of attending a second session on March 17 at Jim & Kelly Joy Simmons' new Access Soul Center, 11824 Main St., Roscoe.

Leader: Jim Simmons  
Facilitator: Midge Tesch  
Date: Tuesday, 3/10

Time: 1:30 – 3 pm  
Place: RVC Bell School Road Center, Room 3  
Fee: \$15

## Cooking Mediterranean – Sweet Endings

(Class Limit: 25) This is the fifth and last of this series on Mediterranean cooking. Get a detailed discussion of Middle Eastern grains and a review of previous lectures on spices and oils. The Middle Eastern diet includes some unique and well-known sweets, such as crème caramel and baklava. Among other recipes, we will lay out filo sheets and make semolina date-filled cookies. Additional info will be given on nuts, honey, dates, and rose and orange waters. Due to its popularity, you can choose from two different dates, each lasting two hours. This series concludes with an emphasis on various dishes crafted from 45 years of experience learning and cooking food throughout the Arab countries, featuring a modern twist that combines both original recipes and Western palates. In this interactive class, you will taste the recipes and get samples of all ingredients. Class fills quickly - sign up fast!

Leader: Andrea Azar  
Facilitator: Lynnette Danzl-Tauer & April Rottman  
Time: 1:30 – 3:30 pm  
Place: RVC Bell School Road Center, Room 1  
Fee: \$23

### HLT-725-CLR4

Date: Friday, 4/10

### HLT-725-CLR5

Date: Friday, 4/17

## Eating Your Best Starts at the Store!

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

Leader: Mary Panther  
Facilitator: Jack Croffoot

Time: 10 – 11:15 am  
Place: Woodman's Grocery Store  
3155 McFarland Rd., Rockford  
Fee: \$15



### HLT-725-CLR6

Date: Monday, 4/27

### HLT-725-CLR7

Date: Tuesday, 4/28

## Age Well: Strength, Balance & Nutrition Workshop

### HLT-725-CLR8

(Class Limit: 25) Discover how to build strength, improve balance, and eat for long term health. This 90-minute class combines movement, education, and real-world tips to help adults stay active and independent. Walk away with tools you can use right away to feel stronger, steadier, and more confident.

Leader: Rachel Dixon

Facilitator: Midge Tesch

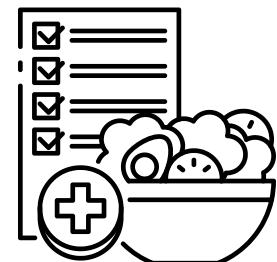
Date: Wednesday, 5/13

Time: 9 – 10:30 am

Place: RVC Bell School Road

Center, Room 13

Fee: \$15



## Walking vs Running: The First Step is Choosing the Right Sole

### HLT-725-CLR9

(Class Limit: 50) The ongoing debate between walking and running is not new. Our prehistoric ancestors, walking and running were not forms of exercise but necessities for survival. Today, millions of years later, we still have those same tools, but the reasons we use them now are for health, fitness and recreation. Nevertheless, how do we decide which one is right for us? Ultimately, the decision of which activity is a personal one and hinges on your individual fitness goals, current physical condition and what you will enjoy doing over the long term.

Leader: Robert Jackson

Facilitator: Brad Keyes

Date: Friday, 3/20

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Meditation Made Easy

### HLT-725-CLR14

(Class Limit: 25) Discover what meditation truly is, why it's so beneficial for all aspects of your life, and how to easily make it a normal part of your day. NO experience needed! No mats or cushions; we'll be sitting on comfy chairs. Meditation is part of most faith (and no faith) traditions. We will do some easy breathing, a guided meditation, and leave time for sharing/questions. Handout will be provided with tips and resources. People who meditate regularly have less stress, better health, sleep better, more resilience, and better relationships. See how much better you feel after 2-3 weeks of practice. **NOTE:** There will be an optional session on 3/23 at the new Access Soul Center, 11824 Main St, Roscoe.

Leader: Kelly Joy Simmons

Facilitator: Midge Tesch

Date: Tuesday, 3/9 & 3/16  
(optional 3/23)

Time: 1 – 2:30 pm

Place: RVC Bell School Road  
Center, Room 1

Fee: \$20



# HISTORY

## That Was a Year That Was: 1971

### HST-701-CLR1

(Class Limit: 60) It was the third year of Richard Nixon's first term. He would be re-elected in a landslide the next year. He was already sowing the seeds of his downfall, and the war in Vietnam would be a large part of that. It was also a significant year in my life.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 4/16

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## Bertha Benz: Trailblazer in Automotive History

### HST-701-CLR2

(Class Limit: 50) In 1888, Bertha Benz - a mother of five and a visionary pioneer - made history as the first person to complete a long-distance journey by automobile. Her bold adventure not only demonstrated the potential of her husband Carl Benz's invention but also sparked the global revolution of the automobile. German historian Anette Isaacs brings to life the inspiring story of Bertha Benz, a woman of courage and determination whose journey forever changed the course of transportation history. This is an online COLLEGE COLLABORATION class. Participants will be admitted to Zoom by the College of DuPage 2 minutes before the class is scheduled to begin.

Leader: Anette Isaacs

Facilitator: Gail Wallens

Date: Monday, 3/9

Time: 6 – 8 pm

Place: Online via Zoom

Fee: \$15

## Heroes, History, & Discovery: A Virtual Tour of the Bong Veterans Center

### HST-701-CLR3

(Class Limit: 50) Join Curator Briana Fiandt for a virtual journey through the Richard I. Bong Veterans Center in Superior, Wisconsin - home to America's Ace of Aces Major Richard Bong. Through photos, video clips, and behind-the-scenes stories, you'll see exhibits that honor local heroes and uncover little-known stories from WWII, Korea, and the Vietnam wars. Highlights include: "Mission Marge," the museum's recent Lightning airplane. Discover how a small Northland Museum is connecting communities across the globe through preservation, research, and storytelling.

Leader: Briana Fiandt

Facilitator: Bob Bertolasi

Date: Tuesday, 2/24

Time: 1:30 – 3 pm

Place: Online via Zoom

Fee: \$15

## Walled Cities, Past & Present

### HST-701-CLR4

(Class Limit: 50) Come join us for a look at walled cities throughout the world, from ancient times to the modern era. Explore Sana'a (Yemen), the Forbidden City (Beijing, China), Carcassonne (France), Toledo and Avila (Spain), Dubrovnik (Croatia), Tallinn (Estonia), York (England), Lucca (Italy), Rothenburg ob der Tauber (Germany), Quebec City (Canada), Old San Juan (Puerto Rico, USA), and more. Discover their history and find out which ones have maintained their walls to this day. Maybe you will be inspired to visit some of these cities on your next trip!

Leader: Linda Greene

Facilitator: Midge Tesch

Date: Monday, 4/27

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



## The North Atlantic Treaty Organization: Its History & Future

### HST-701-CLR5

(Class Limit: 25) The North Atlantic Treaty Organization (NATO) was established as a defensive alliance against the aggression by the Soviet Union against Western Europe. We'll examine the situation in Europe and Western Asia in 1949, caused by the Soviet Union's continuing military threat to Europe, the need for the formation of a joint military and political response: the formation of NATO and its subsequent response to the perceived threat from its formation to the collapse of the Soviet Union and its satellites. Further, it will examine NATO's actions following that collapse and the current/future threats to NATO members by Russia and its allies.

Leader: John Roseberg

Facilitator: Steve Renne

Date: Thursdays, 4/9, 4/16, 4/23

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$25



## World War I

### HST-701-CLR6

(Class Limit: 50) This course will look at Europe in 1900 and examine most of the countries involved in the war. The political situation of those countries at the start of the war in 1914 will be described, and then we'll examine the causes that led to the war. The tactics used and the conditions of trench warfare will be discussed. We'll also review the actions taken on the Eastern Front, air warfare, and at sea, including the Lusitania, Jutland and U-boats. Such battles as the Battle for Paris, Verdun, the Somme, Capture of Jerusalem, the final German offensive and the American army's arrival will be covered. It includes the Armistice and the results of the Treaty of Versailles. **NOTE:** This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional colleges will be joining via Zoom. This is a HYBRID class and can be attended in-person or online.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White & Keith Magnus

Date: Friday, 5/15

Time: 10 – 11:30 am

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

Fee: \$15

## The Lady Doll and the Western Concept of Childhood

### HST-701-CLR9

(Class Limit: 25) When commercially manufactured dolls began to be produced in the 1700's and early 1800's, children were considered to be little adults and the goal of parents was to get them doing adult tasks as soon as possible. If a girl was given a doll, it was almost always in the form of an adult woman. The idea of childhood as a special time that warranted special attention evolved slowly during the mid to late 1800's into our own time. The forms of dolls have changed as well, and we will examine the fate of the lady doll during the process.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 5/11

Time: 1:30-3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## The Last Humans Standing

### HST-701-CLR8

(Class limit: 25) Up until the last 30,000-40,000 years, there were always multiple forms of early humans living at the same time and often in the same general area. Then, for reasons that are unclear, all the other humans who were contemporaries disappeared leaving only us—modern Homo sapiens. We will examine the conditions of those times and discuss possible explanations. We will also look at the lifestyle of the European Homo sapiens of that period (Upper paleolithic) because these are the ancestors we know best archeologically speaking.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 4/13 & 4/20

Time: 1:30-3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

## Women in Ancient Egypt

### HST-701-CLR7

(Limit: 25) If you were a woman in ancient times and could choose a society to live in, you might elect to be an Egyptian. While equality between the sexes did not exist anywhere, Egyptian women had more rights than most women of that time. They could own and inherit property and even run their own businesses. They also had a good deal of power and influence in the home. But, of course, there were limits. We will examine their roles and their limitations and look at the lives of some memorable women as well.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 3/16 & 3/23

Time: 1:30-3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

## The Evolving Role of the First Lady

### HST-712-CLR1

(Class Limit: 50) What are the duties of the First Lady of the United States? How has her role evolved over the years, and what has caused that development? In this class, we will look at what the First Lady has been expected to do over our country's first 250 years. Her role has changed over time - from the early years, when serving as hostess was the most important (and only) expectation of the president's wife, to the late 20th century when the First Lady took on a cause to promote, and into the 21st century when she continued her own professional career. Join us to learn how ladies like Eleanor Roosevelt, Jackie Kennedy, Ladybird Johnson, Rosalynn Carter, Hillary Clinton, Michelle Obama, Jill Biden, and others, have redefined the role of First Lady.

Leader: Linda Greene

Facilitator: Robbin Nelson

Date: Monday, 2/23

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



## Route 66 in Illinois

### HST-712-CLR2

(Class Limit: 50) Get your kicks on Route 66 during this class that explores the history of the "Mother Road." Route 66 was established in 1926 and covered a total of 2,448 miles, stretching from Chicago to Los Angeles. This class explores the history of the highway, with special attention paid to its route



through Illinois. **NOTE:** This is a COLLEGE COLLABORATION class. Participants will be admitted by College of DuPage 2 minutes before the class is scheduled to begin. This class will have a room available at the Bell Center for online Zoom viewing on a big screen.

Leader: Jay Sternickle  
Facilitator: Ellen Taylor-White  
& Gail Wallens  
Date: Wednesday, 4/8  
Time: 12:30 – 2:30 pm  
Place: Online via Zoom and Zoom Room  
Fee: \$15

## **Jerks in Chicago History**

### **HST-712-CLR3**

(Class Limit: 50) Join us for a look at some of the badly behaved characters who shaped the history of Chicago during the 19th century. There were, of course, the notorious thieves and bad guys who dominated the young and struggling prairie town. However, we will also examine perpetrators of mischief and other colorful anti-heroes, some of whom could be considered misunderstood visionary thinkers. From the Chicago Times newspaper publisher Wilbur Storey to the king of department stores, Marshall Field, to the dastardly sausage maker Adolph Luetgert, we will take a delightful look at those individuals who helped shape Chicago in the 1800s. **NOTE:** This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional colleges will be joining via Zoom. This is a HYBRID class and can be attended in-person or online.

Leader: Brad Keyes  
Facilitator: Arnie Ames & Jan Johnson  
Date: Monday, 4/13  
Time: 10 – 11:30 am  
Place: RVC Bell School Road Center, Room 3 or online via Zoom  
Fee: \$15

## **D-Day Remembered**

### **HST-712-CLR4**

(Class Limit: 75) The D-Day Invasion of 1944 was a major event in the progress of Victory for the Allied Forces in WWII. The massive planning and coordination required for a successful mission must be appreciated. The role of Gen. Dwight Eisenhower was key to the final accomplishment of the operation. Key considerations included men, supplies, transportation of troops, naval forces, air support, and the necessity of favorable weather conditions. The many challenges were met as the landings on beaches of Normandy helped to turn the tide of battle in favor of the Allied Forces against the Nazis, who controlled many Nations in Europe. June 6, 1944, is an important date to reflect upon and remember.

Leader: Edward O'Brien  
Facilitator: Arnie Ames  
Date: Tuesday, 4/21  
Time: 1:30 – 3 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$15

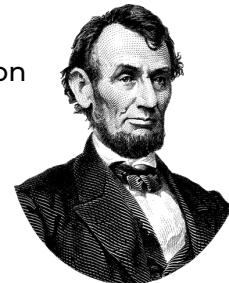
## **The Lincoln-Douglas-Douglass Debates: The Evolution of Abraham Lincoln's Views on Slavery & Race**

### **HST-712-CLR5**

(Class Limit: 50) Abraham Lincoln was a white American living in pre-Civil War United States, where racism was deeply ingrained, particularly in the mid-border region where he was born and raised. However, Lincoln had qualities of humanity, fairness, and a willingness to learn and change. Explore the evolution of Lincoln's views on slavery and race, from his influences as a young man, as a lawyer and politician, as expressed through his 1858 debates with Senator Stephen Douglas and later as the Civil War president through his crucial relationships with Frederick Douglass and other African Americans under the pressures and necessities of war.

**NOTE:** This is a HYBRID class that can be attended in-person or online.

Leader: Dr. Andy Dvorak  
Facilitator: Keith Hale & Jan Johnson  
Date: Wednesday, 4/1  
Time: 10 am – 12 pm  
Place: RVC Bell School Road Center, Room 3 or online via Zoom  
Fee: \$15

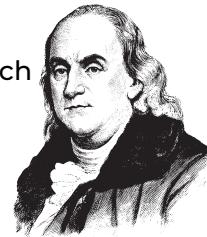


## **The Legacy of Ben Franklin**

### **HST-712-CLR6**

(Class Limit: 75) Examine the lasting legacy of Ben Franklin in journalism, statecraft, science, and culture. Did you know he was the only man to sign the Declaration of Independence, the Treaty of Alliance with France, and the Peace Treaty with England? Come learn even more about one of the founders of our country.

Leader: Gene Van Galder  
Facilitator: Arnie Ames & Midge Tesch  
Date: Thursday, 2/26  
Time: 1:30 – 3:30 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$15



## **The Pendulum of American History**

### **HST-712-CLR7**

(Class Limit: 75) We will look at the swings from calm periods like the 1950s to periods of great change like the 1960s. From politics to music, from social issues to inventions, and from race relations to entertainment. Where is the pendulum today and why?

Leader: Gene Van Galder  
Facilitator: Arnie Ames & Ellen Taylor-White  
Date: Tues/Thurs, 4/7 & 4/9  
Time: 1:30 – 3:30 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$20

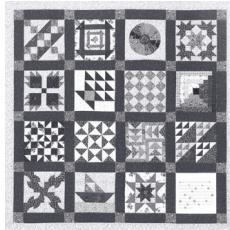


## **The Secret Code in Stitches: Quilts of the Underground Railroad**

### **HST-712-CLR8**

(Class Limit: 50) Explore how quilts and other symbols guided enslaved people to freedom on the Underground Railroad. Blending history, art and oral tradition reveals how money's needlework and coded language were powerful tools of resistance and hope.

Leader: Susan Knoup  
Facilitator: Arnie Ames  
Date: Thursday, 4/16  
Time: 2 – 3:30 pm  
Place: RVC Bell School Road Center, Room 3  
Fee: \$15



## **Cahokia & the Mississippian Culture**

### **HST-712-CLR9**

(Class Limit: 50) This 90-minute class looks at Cahokia, which was the largest and most influential urban settlement of the Mississippian Culture, dating from 700 to 1400 A.D. In 1150, it had a larger population than London, England. Cahokia Mounds is considered the largest and most complex archaeological site north of the great pre-Columbian cities in Mexico. There are 80 mounds in the 3.5 square mile site, and the tallest earthen pyramid is 100 feet tall, with a base of 775 by 955 feet. It is located just east of St. Louis, Missouri, in Illinois between East St. Louis and Collinsville. The instructor revisited the site in September 2019 and will share photos from his visit. **NOTE:** This is a HYBRID class and can be attended in-person or online.

Leader: Mark Peterson  
Facilitator: Ellen Taylor-White & Jack Croffoot  
Date: Friday, 3/27  
Time: 10 - 11:30 am  
Place: RVC Bell School Road Center, Room 3 and online via Zoom  
Fee: \$15

## **Surviving the Dust Bowl**

### **HST-712-CLR10**

(Class Limit: 50) What was the Dust Bowl, and how did it affect families and communities on the Great Plains? Join Prof. Pam Riney-Kehrberg as she talks about the disaster's causes, as well as its effects on the ordinary people who had the misfortune of living through ten years of drought and dust. **NOTE:** This class will have a room available at Bell Center for online Zoom viewing on a big screen.

Leader: Pamela Riney-Kehrberg  
Facilitator: Keith Hale  
Date: Thursday, 3/5  
Time: 10 am – 12 pm  
Place: Online via Zoom and Zoom Room  
Fee: \$15

## **Educated & Trained: Historical Overview of the Nursing Profession**

### **HST-712-CLR11**

(Class Limit: 25) While medical care administered by physicians can be traced to ancient times, but the nurse's role is not as clear. Nursing was not formally established as a profession until the nineteenth century. This class reviews the history of nursing from its inception in almshouses to 21st-century trends while introducing the audience to the

founders and heroes of the profession. The class is invited to join the speaker's firsthand account of life in a diploma nursing school with an entertaining historical glimpse into this transformative time in nursing history, when nurses trained "on the floor" and learned by doing.

Leader: Ila Minnick  
Facilitator: Brad Keyes  
Date: Thursday, 3/26  
Time: 9:30 – 11 am  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15

## **Divided Loyalties: The Civil War's Overlooked Patriots, Rebels, & Saboteurs**

### **HST-712-CLR12**

(Class Limit: 50) Even in a war that defined a nation, some names are overshadowed by history's favorites. This class reveals some overlooked figures of the Civil War. From Union supporters and Confederate sympathizers to government officials who shifted their allegiances, this class will cover the forgotten stories that rarely appear in the most commonly covered Civil War history.

Leader: Mike Frederiksen  
Facilitator: Bob Bertolasi  
Date: Friday, 3/6  
Time: 10 – 11:30 am  
Place: Veterans Memorial Hall – 211 N. Main St., Rockford  
Fee: \$15

## **Trailblazers in Flight: Women Aviators & Spacefarers**

### **HST-712-CLR13**

(Class Limit: 50) From biplanes to spacecraft, women have been at the forefront of aviation history, breaking barriers and setting records long before they were fully welcomed into the cockpit. Explore the remarkable stories of women pilots from the onset of flight through WWII and beyond. We will highlight figures like Amelia Earhart, Bessie Coleman (pictured) and the "Night Witches", and the first women in space. We'll also cover Rockford's own Jessica Raiche and Elizabeth "Libby" Gardner. Join us as we discuss the courage and determination of women who took flight and paved the way for future generations. **NOTE:** This is a HYBRID class and can be attended in-person or online.

Leader: Mike Frederiksen  
Facilitator: Bob Bertolasi  
Date: Tuesday, 4/21  
Time: 10 – 11:30 am  
Place: RVC Bell School Road Center, Room 3 or online via Zoom  
Fee: \$15



*Bessie Coleman*

# SPECIAL INTEREST GROUPS

New group members are welcome!

These groups meet regularly for continued learning and enjoyment. This is another opportunity to be with other CLR members who share your interests.

For more information, contact the person listed.

## KEEPING FINGERS NIMBLE

Meets weekly on Tuesdays from 9:30-11:30 a.m. at Bell School Road Center, Room 13. For those who enjoy creating handmade items (such as crocheting and knitting) to keep or donate, and also appreciate socializing and making new friends. Contact Karen Gehrig at (630) 779-1238

## 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.

## 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.



The Keeping Fingers Nimble Special Interest Group was very busy last fall making a variety of knitted and crocheted items to donate to many organizations in the community! Group co-leaders, Mary Kay Seymour and Karen Gehrig, sorted hundreds of handmade items. In November, the group delivered 575 items to 19 different places. This is quite an accomplishment!

Check out all the bags ready for delivery!



## BOOK DISCUSSION

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

- Jan. 26 (Zoom only): *The Frozen River* by Ariel Lawhon
- Feb. 16 (Zoom only): *The Bookmark* by Anne Supsic
- Mar. 16: *The Dictionary of Lost Words* by Pip Williams

Contact Ellen Taylor-White at (815) 218-4030.

## BACKGAMMON

Join backgammon enthusiasts to play the game with others once a month. Both experienced individuals and beginners are welcome. Meetings are held on the third Thursday of each month from 10 a.m. - 12 p.m. at the Bell School Road Center. Contact Joe Etminan at (815) 558-0007



## **The Construction of the Hoover Dam**

### **HST-712-CLR14**

(Class Limit: 25) Hoover Dam ranks among America's most awe-inspiring, if dubious, achievements. We will cover the dam's history from planning through construction and later developments. We will look at the hardships and accomplishments of the men on the ground—and in the air—who built the dam under the oppressive and tortuous work conditions. This is a story of the tremendous will exerted by all involved from start to finish, and the herculean engineering challenges faced by the construction crew. We will also look at some of the back-room dealings of Herbert Hoover and Franklin D. Roosevelt and the politics played to get this dam built. Join us as we look at the struggle to beat back the Colorado River and to tame the raging waters for all to use. This is a HYBRID class and can be attended in-person or online via Zoom.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Wednesday, 3/18

Time: 10-11:30 am

Place: RVC Bell School Road Center, Room 1 or online via Zoom

Fee: \$15



## **The Debates Heard 'Round the Country**

### **HST-712-CLR15**

(Class Limit: 50) The attention of the United States was surprisingly focused on Illinois, still considered the frontier, in the summer and fall of 1858. Two men, Stephen Douglas and Abraham Lincoln, both vying for the open U.S. Senate seat from Illinois, traveled the length and breadth of the state, conducting a series of seven debates. This class will take you to all seven debate sites and let you relive what the masses of people in attendance witnessed as Lincoln and Douglas squared off about the main issues which were consuming the nation: slavery and popular sovereignty. Little did these two men know that their discourse would change the course of history of the entire country. **NOTE:** This is a COLLEGE COLLABORATION class. Participants will be admitted by Illinois Valley Community College 2 minutes before the class is scheduled to begin. The class will have a room available at the Bell Center for online Zoom viewing.

Leader: Lorraine McCallister

Facilitator: Keith Hale & Jan Johnson

Date: Wednesday, 3/24

Time: 6 - 7:15 pm

Place: Online via Zoom and Zoom Room

Fee: \$15

## **Murder Most Foul: True Crimes in Northern IL & Southern WI's Past**

### **HST-720-CLR1**

(Class Limit: 75) Local historian and author Kathi Kresol has been researching this region's darker history for over two decades. This research has uncovered shocking suicides, murders, and other bizarre crimes. Kathi will share the facts about the twists and turns in these strange cases right here in this region. Stories like these are the reason for the saying "Truth is stranger than fiction."

Leader: Kathi Kresol

Facilitator: Jan Johnson

Date: Tuesday, 3/31

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## **The Irish in Rockford: Early Years & Their Homeland**

### **HST-720-CLR2**

(Class Limit: 50) A few quick looks into a few of Rockford's early Irish residents, their work, and their journey to Rockford. The earliest Irish to the Rockford area settled in Irish Grove in 1838, creating a community of farming families, establishing the first church in 1841. As the first foreign-born group to immigrate to Rockford, they arrived in large numbers to escape the Irish Holocaust precipitated by the failure of the potato crop in 1846-47. More than 1.5 million Irish starved to death in 1845-1852. We'll also take a look at the beauty of the Irish homeland they left behind.

Leader: Mike Gallagher

Facilitator: Gail Wallens

Date: Wednesday, 3/25

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## **Short History of Rockford Dairies**

### **HST-720-CLR3**

(Class Limit: 50) Do you know the name of Rockford's first dairy and how and when it began? Do you know how many dairies were in Rockford prior to 1960? What dairy owner married a president's niece? Find out this and other interesting information on Rockford's milk industry at this presentation. The instructor has collected antique Rockford bottles since 1981 and has done extensive research at the library's local history room, looking through city directories and newspaper archives.

Leader: Jeff Dahlberg

Facilitator: Loyd Wollstadt

Date: Monday, 3/9

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## **ATTENTION**

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

## History of Cottonwood Airport

### HST-720-CLR4

(Class Limit: 50) Do you know where in Rockford Cottonwood Airport is located? Come find out and learn about the interesting history of this small local airport. Gene is a pilot and a founding member.

Leader: Gene Selchow

Facilitator: Bob Bertolasi

Date: Wednesday, 5/6

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Stories in Stone: The History of Starved Rock & IL Valley State Parks

### HST-720-CLR5

(Class Limit: 50) Discover the rich history of Buffalo Rock State Park, Matthiessen State Park, Illi State Park, and Starved Rock State Park - Illinois' most visited state park. Explore the fascinating past of the Illinois Valley, from the indigenous communities who first called this land home to the French explorers who navigated the Illinois River. Learn about the park's transformation during the Civil Conservation Corps (CCC) era. The CCC also contributed to the work completed and the Illinois & Michigan Canal. Hear about the storied cliffs, trails, and waterways that have become cherished landmarks and state treasures for many generations. This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by Illinois Valley Community College 2 minutes before the class is scheduled to begin.

Leader: Amanda Carter

Facilitator: Keith Hale

Date: Tuesday, 2/10

Time: 6 – 7:15 pm

Place: Online via Zoom

Fee: \$15

## The Rise & Fall of Al Capone

### HST-720-CLR6

(Class Limit: 50) The notorious Al Capone (Alphonse Gabriel Capone) is one of the world's most recognizable mobsters. He was the co-founder and leader of the Chicago Outfit from 1925 to 1931. He was a gangster and businessman whose success paralleled Prohibition. Everything he is famous for happened by the time he was 35 years old. Analyze his rise and fall in this in-depth look at the man behind the myths. This is a live presentation and slideshow by an experienced educator at the Mob Museum in Las Vegas, Nevada, with time for Q&A.

Al Capone



This is a COLLEGE COLLABORATION class hosted by RVC/CLR, and students from other regional community colleges will be joining the Zoom class. A room will be available at the Bell Center for online Zoom viewing on a large screen.

Leader: Allyson O'Brien

Facilitator: Keith Hale & Jan Johnson

Date: Thursday, 2/26

Time: 10:30 – 11:45 am

Place: Online via Zoom and Zoom Room

Fee: \$15

## HUMANITIES

### Hollywood & the Fourth Estate: The Baffle over Citizen Kane

#### HUM-701-CLR1

(Class Limit: 60) In a departure from the norm for this class, we'll see a documentary about journalism. And, not just any movie, but the movie many have considered the best of all time: Orson Welles' 1941 masterpiece, *Citizen Kane*.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Tuesday, 2/17

Time: 1:30 – 4 pm

Place: RVC Bell School

Road Center, Room 13

Fee: \$15

Orson Welles



### I Love This Movie, But...

#### HUM-701-CLR2

(Class Limit: 50) Boy, the critics did not like this movie. For example, Roger Ebert and Gene Siskel each gave *The Money Pit* just one out of four stars. This 1986 comedy stars Tom Hanks and Shelley Long as a couple who get a deal on a house that is too good to be true. My wife and I watch it every year. Maybe we love it because it reminds us of when we bought our house, which we're still living in.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 3/12

Time: 1:30 – 3:30 pm

Place: RVC Bell School

Road Center, Room 13

Fee: \$15



# Registrant #1

Questions:  
Call (815) 921-3931

## A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - SPRING 2026

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

Name: \_\_\_\_\_ ID# (office use): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### → Annual membership renewal for ALL members is due in January ←

I am a CLR member and would like to renew my annual membership for 2026. My \$35 dues for 2026 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2026 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 \$ \_\_\_\_\_

2026 Annual Membership Dues \$ 35.00

TOTAL AMOUNT \$ \_\_\_\_\_

Check # \_\_\_\_\_ Cash payment

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road

Phone: (815) 921-3931

Rockford, IL 61114

Fax: (815) 921-3939

**PLEASE NOTE: The spring semester begins on February 9, so don't delay with your registration.** Remember to clearly indicate your class choices on the reverse side of this form. Register early and be aware that you may not get all the classes requested as classes become filled. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Student schedules will be mailed at the beginning of the semester. Refund checks for classes that you did not get registered for will be mailed out at the end of the semester. 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 2026 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	Line & Wash Painting	4	\$20	<input type="checkbox"/> HLT-725-CLR6	Eat Your Best 4/27	11	\$15	<input type="checkbox"/> REL-710-CLR1	Book of Revelation	26	\$30
<input type="checkbox"/> ART-701-CLR2	Beginner Alcohol Inks	4	\$25	<input type="checkbox"/> HLT-725-CLR7	Eat Your Best 4/28	11	\$15	<input type="checkbox"/> SCI-700-CLR1	Rockhounding Midwest	26	\$15
<input type="checkbox"/> ART-701-CLR3	Acrylic Painting - Beach	4	\$15	<input type="checkbox"/> HLT-725-CLR8	Age Well: Strength...	11	\$15	<input type="checkbox"/> SCI-700-CLR2	Glacier National Park	26	\$15
<input type="checkbox"/> ART-701-CLR4	Acrylic Painting - Clouds	4	\$20	<input type="checkbox"/> HLT-725-CLR9	Walking vs. Running	11	\$15	<input type="checkbox"/> SCI-700-CLR3	National Parks - Alaska [H]	26	\$15
<input type="checkbox"/> ART-701-CLR5	Pastel Painting	4	\$30	<input type="checkbox"/> HLT-725-CLR14	Meditation Made Easy	11	\$20	<input type="checkbox"/> SCI-700-CLR4	Lost to Found	26	\$15
<input type="checkbox"/> ART-701-CLR6	Charcoal Acrylic Painting	4	\$20	<input type="checkbox"/> HST-701-CLR1	That Was a Year: 1971	12	\$15	<input type="checkbox"/> SCI-700-CLR5	Residential Solar	27	\$15
<input type="checkbox"/> ART-701-CLR7	Chinese Brush Painting I	4	\$25	<input type="checkbox"/> HST-701-CLR2	Bertha Benz [Z]	12	\$15	<input type="checkbox"/> SCI-765-CLR1	Monarch Migration [Z]	27	\$15
<input type="checkbox"/> ART-701-CLR8	Easy Watercolors	5	\$45	<input type="checkbox"/> HST-701-CLR3	Heroes-History-Discovery [Z]	12	\$15	<input type="checkbox"/> SCI-765-CLR2	Beekeeping Benefits	27	\$15
<input type="checkbox"/> ART-701-CLR9	Pastel Techniques	5	\$15	<input type="checkbox"/> HST-701-CLR4	Walled Cities	12	\$15	<input type="checkbox"/> SCI-765-CLR3	Graceful Giraffes	27	\$15
<input type="checkbox"/> ART-713-CLR1	Beginning Woodcarving	5	\$35	<input type="checkbox"/> HST-701-CLR5	North Atlantic Treaty	12	\$25	<input type="checkbox"/> SCI-765-CLR4	Look Through My Lens	27	\$15
<input type="checkbox"/> ART-713-CLR2	Wood/Leather Burning	5	\$25	<input type="checkbox"/> HST-701-CLR6	World War I [H]	13	\$15	<input type="checkbox"/> SCI-765-CLR5	Backyard Birdwatching	27	\$20
<input type="checkbox"/> ART-720-CLR1	Bleeding Heart Flowers	5	\$35	<input type="checkbox"/> HST-701-CLR7	Women in Ancient Egypt	13	\$15	<input type="checkbox"/> SCI-765-CLR6	Wildebeest Migration	27	\$15
<input type="checkbox"/> ART-720-CLR2	Wheel Thrown Pottery	5	\$45	<input type="checkbox"/> HST-701-CLR8	Last Humans Standing	13	\$20	<input type="checkbox"/> SOC-706-CLR1	What in the World?	28	\$40
<input type="checkbox"/> ART-720-CLR3	Jump Ring Jewelry	6	\$25	<input type="checkbox"/> HST-701-CLR9	Lady Doll & Childhood	13	\$20	<input type="checkbox"/> SOC-706-CLR2	Protest & Policy Change	28	\$5
<input type="checkbox"/> ART-720-CLR4	Chinese Brush Calligraphy	6	\$25	<input type="checkbox"/> HST-712-CLR1	Role of First Lady	13	\$15	<input type="checkbox"/> SOC-710-CLR1	Native American Culture	28	\$15
<input type="checkbox"/> ART-720-CLR5	Quilted Table Runner	6	\$30	<input type="checkbox"/> HST-712-CLR2	Route 66 in IL [Z]	13	\$15	<input type="checkbox"/> SOC-717-CLR1	Third Party Candidates	28	\$15
<input type="checkbox"/> ART-720-CLR6	Crochet for Beginners	6	\$25	<input type="checkbox"/> HST-712-CLR3	Jerks in Chicago [H]	14	\$15	<input type="checkbox"/> SOC-717-CLR3	White Body Supremacy	28	\$5
<input type="checkbox"/> ART-720-CLR7	Adv. Beginning Crochet	6	\$35	<input type="checkbox"/> HST-712-CLR4	D-Day Remembered	14	\$15	<input type="checkbox"/> SOC-760-CLR1	A Nonviolent Life	28	\$15
<input type="checkbox"/> CMP-702-CLR1	The Cloud	6	\$15	<input type="checkbox"/> HST-712-CLR5	Lincoln-Douglas... [H]	14	\$15	<input type="checkbox"/> SOC-760-CLR2	Humor Development	28	\$15
<input type="checkbox"/> CMP-702-CLR2	To Snip or Not to Snip	7	\$20	<input type="checkbox"/> HST-712-CLR6	Legacy of Ben Franklin	14	\$15	<input type="checkbox"/> SOC-760-CLR3	What is Objective Truth?	29	\$15
<input type="checkbox"/> CMP-702-CLR3	Excel Basics	7	\$30	<input type="checkbox"/> HST-712-CLR7	American History	14	\$20	<input type="checkbox"/> SPC-715-CLR1	AARP Smart Driver	29	\$0
<input type="checkbox"/> CMP-702-CLR4	Edit/Restore Photos	7	\$25	<input type="checkbox"/> HST-712-CLR8	Secret Code of Stitches	15	\$15	<input type="checkbox"/> SPC-720-CLR1	Flower Workshop (AM)	29	\$50
<input type="checkbox"/> CMP-703-CLR1	iPhone/iPad 2/12	7	\$15	<input type="checkbox"/> HST-712-CLR9	Cahokia [H]	15	\$15	<input type="checkbox"/> SPC-720-CLR2	Flower Workshop (PM)	29	\$50
<input type="checkbox"/> CMP-703-CLR2	iPhone/iPad 2/13	7	\$15	<input type="checkbox"/> HST-712-CLR10	The Dust Bowl [Z]	15	\$15	<input type="checkbox"/> SPC-720-CLR3	Carnival Glass	29	\$15
<input type="checkbox"/> CMP-703-CLR3	Intro to AI - AM	7	\$25	<input type="checkbox"/> HST-712-CLR11	Nursing Profession	15	\$15	<input type="checkbox"/> SPC-753-CLR1	Cards & Games	29	\$50
<input type="checkbox"/> CMP-703-CLR4	Intro to AI - PM	7	\$25	<input type="checkbox"/> HST-712-CLR12	Divided Loyalties	15	\$15	<input type="checkbox"/> SPC-760-CLR1	Tennis Anyone? [Z]	30	\$15
<input type="checkbox"/> CMP-703-CLR5	Google Earth & Maps	7	\$25	<input type="checkbox"/> HST-712-CLR13	Trailblazers in Flight [H]	15	\$15	<input type="checkbox"/> SPC-790-CLR1	Self-Defense for Women	30	\$15
<input type="checkbox"/> FIN-701-CLR1	Passing Assets	8	\$15	<input type="checkbox"/> HST-712-CLR14	Hoover Dam	17	\$15	<input type="checkbox"/> SPC-790-CLR2	Adv. Funeral Planning	30	\$15
<input type="checkbox"/> FIN-701-CLR2	Social Security Decoded	8	\$15	<input type="checkbox"/> HST-712-CLR15	Debates Heard [Z]	17	\$15	<input type="checkbox"/> SPC-790-CLR3	True Life Traumas	30	\$15
<input type="checkbox"/> FIN-701-CLR3	Risk in Retirement	8	\$15	<input type="checkbox"/> HST-720-CLR1	Murder Most Foul	17	\$15	<input type="checkbox"/> SPC-790-CLR4	Disaster Preparedness	30	\$15
<input type="checkbox"/> FIN-701-CLR4	The Markets Today	8	\$15	<input type="checkbox"/> HST-720-CLR2	Irish in Rockford	17	\$15	<input type="checkbox"/> SPC-790-CLR5	Reflections on Work Life	30	\$20
<input type="checkbox"/> FIN-701-CLR5	Funeral, Estate, & Trust	8	\$15	<input type="checkbox"/> HST-720-CLR3	Rockford Dairies	17	\$15	<input type="checkbox"/> SPC-790-CLR6	VetsRoll - Hidden Gem	31	\$15
<input type="checkbox"/> FIT-750-CLR1	Walking w/Nordic Poles	8	\$15	<input type="checkbox"/> HST-720-CLR4	Cottonwood Airport	18	\$15	<input type="checkbox"/> SPC-790-CLR7	Recycling Dos and Don'ts	31	\$15
<input type="checkbox"/> FIT-767-CLR1	Vivo Fitness-1/27 [Z]	9	\$110	<input type="checkbox"/> HST-720-CLR5	Stories in Stone [Z]	18	\$15	<input type="checkbox"/> SPC-790-CLR8	Vietnam Woman Veteran	31	\$15
<input type="checkbox"/> FIT-767-CLR2	Vivo Fitness-3/26 [Z]	9	\$110	<input type="checkbox"/> HST-720-CLR6	Al Capone [Z]	18	\$15	<input type="checkbox"/> SPC-790-CLR9	Exciting Things at RVC	31	\$5
<input type="checkbox"/> FIT-768-CLR1	Tai Chi & Chi Kung	9	\$15	<input type="checkbox"/> HUM-701-CLR1	Hollywood & Fourth	18	\$15	<input type="checkbox"/> TOU-700-CLR1	Rockford Public Library	31	\$15
<input type="checkbox"/> FIT-768-CLR2	Cardio Drumming	9	\$20	<input type="checkbox"/> HUM-701-CLR2	I Love This Movie, But...	18	\$15	<input type="checkbox"/> TOU-700-CLR2	Robert Tinker's Downtown	31	\$20
<input type="checkbox"/> FIT-768-CLR3	Chair Yoga 2/12	9	\$45	<input type="checkbox"/> HUM-701-CLR3	Music by Henry Mancini	23	\$15	<input type="checkbox"/> TOU-700-CLR3	Exploring Sunken Garden	32	\$25
<input type="checkbox"/> FIT-768-CLR4	Chair Yoga 3/12	9	\$45	<input type="checkbox"/> HUM-701-CLR4	Classical Music Appr.	23	\$15	<input type="checkbox"/> TOU-700-CLR4	Visit iMpress Alpacas	32	\$28
<input type="checkbox"/> FIT-768-CLR5	Chair Yoga 4/16	9	\$45	<input type="checkbox"/> HUM-701-CLR5	Music in Folk Tradition	23	\$15	<input type="checkbox"/> TOU-700-CLR5	Future of Astronomy	32	\$35
<input type="checkbox"/> FIT-705-CLR1	Get Up Off the Floor	9	\$20	<input type="checkbox"/> HUM-701-CLR6	RSO Behind the Scenes	23	\$20	<input type="checkbox"/> TOU-700-CLR6	Hard Rock Casino Tour	32	\$15
<input type="checkbox"/> FIT-715-CLR1	Marijuana Safety	10	\$15	<input type="checkbox"/> HUM-702-CLR1	Foreign Film Appr.	24	\$15	<input type="checkbox"/> TOU-700-CLR7	RVC Aviation Center	32	\$15
<input type="checkbox"/> FIT-715-CLR2	A Health Question	10	\$15	<input type="checkbox"/> HUM-710-CLR1	Buster Keaton's Films	24	\$20	<input type="checkbox"/> TOU-700-CLR8	Tour of Brown Hills	32	\$15
<input type="checkbox"/> FIT-715-CLR3	Hearing Loss & Dementia	10	\$15	<input type="checkbox"/> HUM-710-CLR2	Movie Music Moments	24	\$15	<input type="checkbox"/> TVL-700-CLR1	Cuba Cultural Experience	33	\$15
<input type="checkbox"/> FIT-715-CLR4	Immune System	10	\$15	<input type="checkbox"/> HUM-710-CLR3	Serious Monkey Business	24	\$15	<input type="checkbox"/> TVL-700-CLR2	Travelogue: Turkey	33	\$15
<input type="checkbox"/> FIT-725-CLR1	Sound Healing	10	\$15	<input type="checkbox"/> HUM-712-CLR1	AE: Conscience	24	\$20	<input type="checkbox"/> TVL-700-CLR3	Travelogue: Argentina	33	\$15
<input type="checkbox"/> FIT-725-CLR2	Sourdough Bread Making	10	\$15	<input type="checkbox"/> HUM-712-CLR2	Langston Hughes	25	\$5	<input type="checkbox"/> TVL-700-CLR4	Smoky Mountain Exp.	33	\$15
<input type="checkbox"/> FIT-725-CLR3	What is Reiki?	11	\$15	<input type="checkbox"/> HUM-712-CLR3	AE: Behind the Scenes	25	\$20				
<input type="checkbox"/> FIT-725-CLR4	Cook Mediterranean 4/10	11	\$23	<input type="checkbox"/> HUM-712-CLR4	A Century of Broadway	25	\$15				
<input type="checkbox"/> FIT-725-CLR5	Cook Mediterranean 4/17	11	\$23	<input type="checkbox"/> HUM-712-CLR5	Costume Process 101	25	\$15				
				<input type="checkbox"/> HUM-714-CLR1	Book Banning	25	\$15				
				<input type="checkbox"/> HUM-714-CLR2	Why Do We Say That?	26	\$15				
				<input type="checkbox"/> HUM-741-CLR1	Beginners Line Dance	26	\$30				

Total amount: \_\_\_\_\_

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

# Registrant #2

Questions:  
Call (815) 921-3931

## A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - SPRING 2026

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

Name: \_\_\_\_\_ ID# (office use): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### → Annual membership renewal for ALL members is due in January ←

I am a CLR member and would like to renew my annual membership for 2026. My \$35 dues for 2026 are included.

I am a past CLR member or I would like to join. My \$35 dues for 2026 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 \$ \_\_\_\_\_

2026 Annual Membership Dues \$ 35.00

TOTAL AMOUNT \$ \_\_\_\_\_

Check # \_\_\_\_\_ Cash payment

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road

Phone: (815) 921-3931

Rockford, IL 61114

Fax: (815) 921-3939

**PLEASE NOTE: The spring semester begins on February 9, so don't delay with your registration.** Remember to clearly indicate your class choices on the reverse side of this form. Register early and be aware that you may not get all the classes requested as classes become filled. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Student schedules will be mailed at the beginning of the semester. Refund checks for classes that you did not get registered for will be mailed out at the end of the semester. 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 2026 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	Line & Wash Painting	4	\$20	<input type="checkbox"/> HLT-725-CLR6	Eat Your Best 4/27	11	\$15	<input type="checkbox"/> REL-710-CLR1	Book of Revelation	26	\$30
<input type="checkbox"/> ART-701-CLR2	Beginner Alcohol Inks	4	\$25	<input type="checkbox"/> HLT-725-CLR7	Eat Your Best 4/28	11	\$15	<input type="checkbox"/> SCI-700-CLR1	Rockhounding Midwest	26	\$15
<input type="checkbox"/> ART-701-CLR3	Acrylic Painting - Beach	4	\$15	<input type="checkbox"/> HLT-725-CLR8	Age Well: Strength...	11	\$15	<input type="checkbox"/> SCI-700-CLR2	Glacier National Park	26	\$15
<input type="checkbox"/> ART-701-CLR4	Acrylic Painting - Clouds	4	\$20	<input type="checkbox"/> HLT-725-CLR9	Walking vs. Running	11	\$15	<input type="checkbox"/> SCI-700-CLR3	National Parks - Alaska [H]	26	\$15
<input type="checkbox"/> ART-701-CLR5	Pastel Painting	4	\$30	<input type="checkbox"/> HLT-725-CLR14	Meditation Made Easy	11	\$20	<input type="checkbox"/> SCI-700-CLR4	Lost to Found	26	\$15
<input type="checkbox"/> ART-701-CLR6	Charcoal Acrylic Painting	4	\$20	<input type="checkbox"/> HST-701-CLR1	That Was a Year: 1971	12	\$15	<input type="checkbox"/> SCI-700-CLR5	Residential Solar	27	\$15
<input type="checkbox"/> ART-701-CLR7	Chinese Brush Painting I	4	\$25	<input type="checkbox"/> HST-701-CLR2	Bertha Benz [Z]	12	\$15	<input type="checkbox"/> SCI-765-CLR1	Monarch Migration [Z]	27	\$15
<input type="checkbox"/> ART-701-CLR8	Easy Watercolors	5	\$45	<input type="checkbox"/> HST-701-CLR3	Heroes-History-Discovery [Z]	12	\$15	<input type="checkbox"/> SCI-765-CLR2	Beekeeping Benefits	27	\$15
<input type="checkbox"/> ART-701-CLR9	Pastel Techniques	5	\$15	<input type="checkbox"/> HST-701-CLR4	Walled Cities	12	\$15	<input type="checkbox"/> SCI-765-CLR3	Graceful Giraffes	27	\$15
<input type="checkbox"/> ART-713-CLR1	Beginning Woodcarving	5	\$35	<input type="checkbox"/> HST-701-CLR5	North Atlantic Treaty	12	\$25	<input type="checkbox"/> SCI-765-CLR4	Look Through My Lens	27	\$15
<input type="checkbox"/> ART-713-CLR2	Wood/Leather Burning	5	\$25	<input type="checkbox"/> HST-701-CLR6	World War I [H]	13	\$15	<input type="checkbox"/> SCI-765-CLR5	Backyard Birdwatching	27	\$20
<input type="checkbox"/> ART-720-CLR1	Bleeding Heart Flowers	5	\$35	<input type="checkbox"/> HST-701-CLR7	Women in Ancient Egypt	13	\$15	<input type="checkbox"/> SCI-765-CLR6	Wildebeest Migration	27	\$15
<input type="checkbox"/> ART-720-CLR2	Wheel Thrown Pottery	5	\$45	<input type="checkbox"/> HST-701-CLR8	Last Humans Standing	13	\$20	<input type="checkbox"/> SOC-706-CLR1	What in the World?	28	\$40
<input type="checkbox"/> ART-720-CLR3	Jump Ring Jewelry	6	\$25	<input type="checkbox"/> HST-701-CLR9	Lady Doll & Childhood	13	\$20	<input type="checkbox"/> SOC-706-CLR2	Protest & Policy Change	28	\$5
<input type="checkbox"/> ART-720-CLR4	Chinese Brush Calligraphy	6	\$25	<input type="checkbox"/> HST-712-CLR1	Role of First Lady	13	\$15	<input type="checkbox"/> SOC-710-CLR1	Native American Culture	28	\$15
<input type="checkbox"/> ART-720-CLR5	Quilted Table Runner	6	\$30	<input type="checkbox"/> HST-712-CLR2	Route 66 in IL [Z]	13	\$15	<input type="checkbox"/> SOC-717-CLR1	Third Party Candidates	28	\$15
<input type="checkbox"/> ART-720-CLR6	Crochet for Beginners	6	\$25	<input type="checkbox"/> HST-712-CLR3	Jerks in Chicago [H]	14	\$15	<input type="checkbox"/> SOC-717-CLR3	White Body Supremacy	28	\$5
<input type="checkbox"/> ART-720-CLR7	Adv. Beginning Crochet	6	\$35	<input type="checkbox"/> HST-712-CLR4	D-Day Remembered	14	\$15	<input type="checkbox"/> SOC-760-CLR1	A Nonviolent Life	28	\$15
<input type="checkbox"/> CMP-702-CLR1	The Cloud	6	\$15	<input type="checkbox"/> HST-712-CLR5	Lincoln-Douglas... [H]	14	\$15	<input type="checkbox"/> SOC-760-CLR2	Humor Development	28	\$15
<input type="checkbox"/> CMP-702-CLR2	To Snip or Not to Snip	7	\$20	<input type="checkbox"/> HST-712-CLR6	Legacy of Ben Franklin	14	\$15	<input type="checkbox"/> SOC-760-CLR3	What is Objective Truth?	29	\$15
<input type="checkbox"/> CMP-702-CLR3	Excel Basics	7	\$30	<input type="checkbox"/> HST-712-CLR7	American History	14	\$20	<input type="checkbox"/> SPC-715-CLR1	AARP Smart Driver	29	\$0
<input type="checkbox"/> CMP-702-CLR4	Edit/Restore Photos	7	\$25	<input type="checkbox"/> HST-712-CLR8	Secret Code of Stitches	15	\$15	<input type="checkbox"/> SPC-720-CLR1	Flower Workshop (AM)	29	\$50
<input type="checkbox"/> CMP-703-CLR1	iPhone/iPad 2/12	7	\$15	<input type="checkbox"/> HST-712-CLR9	Cahokia [H]	15	\$15	<input type="checkbox"/> SPC-720-CLR2	Flower Workshop (PM)	29	\$50
<input type="checkbox"/> CMP-703-CLR2	iPhone/iPad 2/13	7	\$15	<input type="checkbox"/> HST-712-CLR10	The Dust Bowl [Z]	15	\$15	<input type="checkbox"/> SPC-720-CLR3	Carnival Glass	29	\$15
<input type="checkbox"/> CMP-703-CLR3	Intro to AI - AM	7	\$25	<input type="checkbox"/> HST-712-CLR11	Nursing Profession	15	\$15	<input type="checkbox"/> SPC-753-CLR1	Cards & Games	29	\$50
<input type="checkbox"/> CMP-703-CLR4	Intro to AI - PM	7	\$25	<input type="checkbox"/> HST-712-CLR12	Divided Loyalties	15	\$15	<input type="checkbox"/> SPC-760-CLR1	Tennis Anyone? [Z]	30	\$15
<input type="checkbox"/> CMP-703-CLR5	Google Earth & Maps	7	\$25	<input type="checkbox"/> HST-712-CLR13	Trailblazers in Flight [H]	15	\$15	<input type="checkbox"/> SPC-790-CLR1	Self-Defense for Women	30	\$15
<input type="checkbox"/> FIN-701-CLR1	Passing Assets	8	\$15	<input type="checkbox"/> HST-712-CLR14	Hoover Dam	17	\$15	<input type="checkbox"/> SPC-790-CLR2	Adv. Funeral Planning	30	\$15
<input type="checkbox"/> FIN-701-CLR2	Social Security Decoded	8	\$15	<input type="checkbox"/> HST-712-CLR15	Debates Heard [Z]	17	\$15	<input type="checkbox"/> SPC-790-CLR3	True Life Traumas	30	\$15
<input type="checkbox"/> FIN-701-CLR3	Risk in Retirement	8	\$15	<input type="checkbox"/> HST-720-CLR1	Murder Most Foul	17	\$15	<input type="checkbox"/> SPC-790-CLR4	Disaster Preparedness	30	\$15
<input type="checkbox"/> FIN-701-CLR4	The Markets Today	8	\$15	<input type="checkbox"/> HST-720-CLR2	Irish in Rockford	17	\$15	<input type="checkbox"/> SPC-790-CLR5	Reflections on Work Life	30	\$20
<input type="checkbox"/> FIN-701-CLR5	Funeral, Estate, & Trust	8	\$15	<input type="checkbox"/> HST-720-CLR3	Rockford Dairies	17	\$15	<input type="checkbox"/> SPC-790-CLR6	VetsRoll - Hidden Gem	31	\$15
<input type="checkbox"/> FIT-750-CLR1	Walking w/Nordic Poles	8	\$15	<input type="checkbox"/> HST-720-CLR4	Cottonwood Airport	18	\$15	<input type="checkbox"/> SPC-790-CLR7	Recycling Dos and Don'ts	31	\$15
<input type="checkbox"/> FIT-767-CLR1	Vivo Fitness-1/27 [Z]	9	\$110	<input type="checkbox"/> HST-720-CLR5	Stories in Stone [Z]	18	\$15	<input type="checkbox"/> SPC-790-CLR8	Vietnam Woman Veteran	31	\$15
<input type="checkbox"/> FIT-767-CLR2	Vivo Fitness-3/26 [Z]	9	\$110	<input type="checkbox"/> HST-720-CLR6	Al Capone [Z]	18	\$15	<input type="checkbox"/> SPC-790-CLR9	Exciting Things at RVC	31	\$5
<input type="checkbox"/> FIT-768-CLR1	Tai Chi & Chi Kung	9	\$15	<input type="checkbox"/> HUM-701-CLR1	Hollywood & Fourth	18	\$15	<input type="checkbox"/> TOU-700-CLR1	Rockford Public Library	31	\$15
<input type="checkbox"/> FIT-768-CLR2	Cardio Drumming	9	\$20	<input type="checkbox"/> HUM-701-CLR2	I Love This Movie, But...	18	\$15	<input type="checkbox"/> TOU-700-CLR2	Robert Tinker's Downtown	31	\$20
<input type="checkbox"/> FIT-768-CLR3	Chair Yoga 2/12	9	\$45	<input type="checkbox"/> HUM-701-CLR3	Music by Henry Mancini	23	\$15	<input type="checkbox"/> TOU-700-CLR3	Exploring Sunken Garden	32	\$25
<input type="checkbox"/> FIT-768-CLR4	Chair Yoga 3/12	9	\$45	<input type="checkbox"/> HUM-701-CLR4	Classical Music Appr.	23	\$15	<input type="checkbox"/> TOU-700-CLR4	Visit iMpress Alpacas	32	\$28
<input type="checkbox"/> FIT-768-CLR5	Chair Yoga 4/16	9	\$45	<input type="checkbox"/> HUM-701-CLR5	Music in Folk Tradition	23	\$15	<input type="checkbox"/> TOU-700-CLR5	Future of Astronomy	32	\$35
<input type="checkbox"/> FIT-768-CLR6	Get Up Off the Floor	9	\$20	<input type="checkbox"/> HUM-701-CLR6	RSO Behind the Scenes	23	\$20	<input type="checkbox"/> TOU-700-CLR6	Hard Rock Casino Tour	32	\$15
<input type="checkbox"/> FIT-768-CLR7	Marijuana Safety	10	\$15	<input type="checkbox"/> HUM-702-CLR1	Foreign Film Appr.	24	\$15	<input type="checkbox"/> TOU-700-CLR7	RVC Aviation Center	32	\$15
<input type="checkbox"/> FIT-768-CLR8	A Health Question	10	\$15	<input type="checkbox"/> HUM-710-CLR1	Buster Keaton's Films	24	\$20	<input type="checkbox"/> TOU-700-CLR8	Tour of Brown Hills	32	\$15
<input type="checkbox"/> FIT-768-CLR9	Hearing Loss & Dementia	10	\$15	<input type="checkbox"/> HUM-710-CLR2	Movie Music Moments	24	\$15	<input type="checkbox"/> TVL-700-CLR1	Cuba Cultural Experience	33	\$15
<input type="checkbox"/> FIT-768-CLR10	Immune System	10	\$15	<input type="checkbox"/> HUM-710-CLR3	Serious Monkey Business	24	\$15	<input type="checkbox"/> TVL-700-CLR2	Travelogue: Turkey	33	\$15
<input type="checkbox"/> FIT-768-CLR11	Sound Healing	10	\$15	<input type="checkbox"/> HUM-712-CLR1	AE: Conscience	24	\$20	<input type="checkbox"/> TVL-700-CLR3	Travelogue: Argentina	33	\$15
<input type="checkbox"/> FIT-768-CLR12	Sourdough Bread Making	10	\$15	<input type="checkbox"/> HUM-712-CLR2	Langston Hughes	25	\$5	<input type="checkbox"/> TVL-700-CLR4	Smoky Mountain Exp.	33	\$15
<input type="checkbox"/> FIT-768-CLR13	What is Reiki?	11	\$15	<input type="checkbox"/> HUM-712-CLR3	AE: Behind the Scenes	25	\$20				
<input type="checkbox"/> FIT-768-CLR14	Cook Mediterranean 4/10	11	\$23	<input type="checkbox"/> HUM-712-CLR4	A Century of Broadway	25	\$15				
<input type="checkbox"/> FIT-768-CLR15	Cook Mediterranean 4/17	11	\$23	<input type="checkbox"/> HUM-712-CLR5	Costume Process 101	25	\$15				
<input type="checkbox"/> FIT-768-CLR16				<input type="checkbox"/> HUM-714-CLR1	Book Banning	25	\$15				
<input type="checkbox"/> FIT-768-CLR17				<input type="checkbox"/> HUM-714-CLR2	Why Do We Say That?	26	\$15				
<input type="checkbox"/> FIT-768-CLR18				<input type="checkbox"/> HUM-741-CLR1	Beginners Line Dance	26	\$30				

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

**Total amount:** \_\_\_\_\_

## Music by Henry Mancini

### HUM-701-CLR3

(Class Limit: 60) The prolific composer, Henry Mancini received 18 Academy Award nominations for his work, winning four Oscars. The first two were in 1961 for *Moon River* and the entire score of *Breakfast at Tiffany's*. He also won a Golden Globe and 20 Grammys. This class will feature music and film clips from this extraordinary career.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 5/7

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## Historical Classical Music Appreciation: Art, Architecture & the Romantic Era

### HUM-701-CLR4

(Class Limit: 50) Composed from about 1798 to 1825, the Romantic period followed Classical. Romantic music is defined by its emphasis on emotional expression, moving away from Classical structures to explore themes of love, longing, and the supernatural. Key characteristics include expanded orchestras, richer harmonies, and longer, more lyrical melodies. Composers also increasingly favored program music, which tells a story or depicts a scene, and incorporated nationalistic elements by using folk tunes and melodies. Maybe you've taken an appreciation class before, but this one will be different. Using PowerPoint, numerous musical and artistic examples will be presented for comparison, and the Romantic period will come to life! The presenter of this class holds advanced degree credentials in piano performance, theory, and ethnomusicology, and has taught piano and lectured for over 45 years.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer

Date: Friday, 5/15

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Music in the Folk Tradition

### HUM-701-CLR5

(Class Limit: 60) "Folk" art occurs spontaneously in culture. It develops without institutions or paid practitioners. Although some folk artists become stunningly proficient, folk art is accessible and intuitive. People without advanced training, talent, or knowledge can appreciate it and even engage in its rudimentary forms. Our presentation will explore the ways in which folk music has shaped some of our country's most beloved songs. We'll perform and explain folk songs for which 1: Neither composer of the lyrics nor the melody is known (i.e.: "Just A Closer Walk with Thee") 2: A lyric writer appropriated folk melody (i.e.: "The Battle Hymn of the Republic") 3: A music composer appropriated folk lyrics (i.e.: "900 Miles" folk lyrics in "500 Miles" by Bobby Bare and Peter, Paul and Mary). We'll incorporate a PowerPoint presentation to augment our musical



performance and comments. We'll encourage those attending to sing with us.

Leader: Ron Holm & Dorothy Paige-Turner

Facilitator: Gail Wallens

Date: Thursday, 4/16

Time: 10 – 11:30 am

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

Fee: \$15

## RSO Concert Behind the Scenes

### HUM-701-CLR6

(Class Limit: 25) This course will take you through the process of a rehearsal, what does a conductor do in the last rehearsal prior to the concert, known as the "dress rehearsal". In addition, conductor Yaniv Attar will speak about the program of American music to celebrate America's 250<sup>th</sup> anniversary, interacting with a soloist, and collaborating with the Rockford Dance Company. Following the lecture, folks will be invited to sit and observe the dress rehearsal. The conductor will be available after the rehearsal for questions.

Leader: Yaniv Attar

Facilitator: Lynnette Danzl-Tauer & Loyd Wollstadt

Date: Friday, May 8

Time: 12:30-3 pm

Place: Coronado Performing Arts Center  
314 N. Main St, Rockford

Fee: \$20



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**RockValleyCollege.edu/CCE**

## Foreign Film Appreciation: *Far From Men*

### HUM-702-CLR1

(Class Limit: 50) In 1954, a reclusive living in Algeria is ordered to escort a villager accused of murder to prison during the Algeria War of Independence from France. The two men, on opposite sides of the conflict, must join forces to survive the journey. Based on a short story by Albert Camus: "The Guest." French, Arabic, and Spanish subtitles. Discussion to follow the film.

Leader: Elvira Bayod Ventimiglia

Facilitator: Linda Greene

Date: Friday, 3/27

Time: 1 – 3:30pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Buster Keaton's Silent Short Films

### HUM-710-CLR1

(Class Limit: 60) Buster Keaton (1895-1966) grew up on the vaudeville stage as a stunt performer in his parents' stage show. His ability to take hazardous pratfalls made him famous before he started appearing in films. This class will present some of the newly restored silent Buster Keaton short subjects. Included in the course will be Buster's first film appearance and some of the films that showcase his evolution from bit player to nearly co-star status under the tutelage of his mentor, silent film superstar Roscoe "Fatty" Arbuckle. After leaving Arbuckle, Keaton's career would skyrocket as a solo film star. Besides some of his film work with Arbuckle, this course will feature some of Keaton's greatest short films as a solo artist.

Leader: Ron Schulz

Facilitator: Robbin Nelson

Date: Tuesdays, 3/10 & 3/17

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$20



Buster Keaton

## Timeless Movie Music Moments

### HUM-710-CLR2

(Class Limit: 75) This is John LeGear's 15th full-length 85-minute presentation, and we want to share the magic with you. It focuses on 20 award-winning films with outstanding performances, carefully selected from John's vast collection of memorable films. If you've seen any of his film history presentations with us over the past seven years, you'll probably agree that each class is filled with contagious energy and fascinating facts about the

films, the performers, and the time in American history that these outstanding movies were released. Join us for an uplifting afternoon - we're confident you'll leave singing a happy tune.

Leader: John LeGear

Facilitator: Ellen Taylor-White & Arnie Ames

Date: Tuesday, 3/24

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## Serious Monkey Business: The Marx Brothers Remembered

### HUM-710-CLR3

(Class Limit: 50) For seven decades, the Marx Brothers were amongst the most popular comedy teams of the 20th century, achieving success in Vaudeville, Broadway, motion pictures, radio, and television. Minnie Marx, the boys' mother, was instrumental to their early success. The history of the Marx Brothers, including their years as farmers in Illinois, will be shared. Personal stories of the presenter's friendship with Harpo's widow, Susan Marx, and his conversations with Zeppo Marx will also be featured along with clips from their films.

Leader: Dr. John Ulferts

Facilitator: Ellen Taylor-White

Date: Thursday, 4/23

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



The Marx Brothers

## Behind the Scenes of Artists' Ensemble: *Conscience*

### HUM-712-CLR1

(Class Limit: 25) In March 2026, Artists' Ensemble Theater will produce the story of a remarkable woman who stood up for what was right and refused to back down. *Conscience* is set in 1950. Senator Joseph McCarthy has electrified the country, claiming that he has a list of communists working in government. Within weeks, Congressional investigations were underway. Enter Senator Margaret Chase Smith from Maine. She defies the prevailing political winds with a speech on the Senate floor that she called a "declaration of conscience." "A timely boxing match of a history

play--Conscience portrays Margaret Chase Smith--as a dry-witted hero with the rare courage to take on a lying bully who is sowing chaos, ruining reputations and threatening the very fabric of the nation." - The New York Times.

Leader: Richard Raether

Facilitator: Carol Salzer

Date: Thursdays, 2/26 & 3/5

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

### **Langston Hughes - Literary Icon**

#### **HUM-712-CLR2**

(Class Limit: 60) Experience the poetry and writings of Langston Hughes, a prolific poet, novelist, playwright, and columnist whose works capture the African American struggles with racism and injustice, as well as the beauty and resilience of everyday life. Active participation in spoken-word activities is strongly encouraged. This is a diversity awareness class.

Leader: Dorothy Paige-Turner

Facilitator: Linda Greene

Date: Tuesday, 3/10

Time: 10 – 11:30 am

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

Fee: \$5

### **Behind the Scenes of Artists' Ensemble: *The Murder at the Vicarage***

#### **HUM-712-CLR3**

(Class Limit: 25) In May 2026, Artists' Ensemble Theater will produce the world premiere of Agatha Christie's *The Murder at the Vicarage*, adapted by Margaret Raether. We will examine what made Christie the queen of the who-dun-it, as well as the writing process of Raether, and the production challenges the play presents.

Leader: Richard Raether

Facilitator: Carol Salzer

Date: Thursdays, 4/23 & 4/30

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

### **A Century of Broadway**

#### **HUM-712-CLR4**

(Class Limit: 35) Learn a brief history of The Great White Way and the plays and musicals that made history there. There will be time to share stories and discuss the present-day Broadway and Times Square in New York City.

Leader: Jessica MacDonald

Facilitator: Robbin Nelson

Date: Wednesday, 3/11

Time: 9:30 - 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

### **Costume Process 101**

#### **HUM-712-CLR5**

(Class Limit: 25) Participants will learn about the complete process of creating costumes for stage and screen. Discussion to include design, creation process, pattern/pulling, cutting, sewing/surging, fittings, alterations, and maintenance. There will be a fun, interactive game, and questions are welcome. The costume designers will also discuss the process of creating costumes for Starlight Theatre.

Leader: Victoria Benson & Helaina Nimmo

Facilitator: Jan Johnson

Date: Thursday, 2/12

Time: 3 – 4:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

### **No Pages, No Books: Book Banning in America**

#### **HUM-714-CLR1**

(Class Limit: 50) A society without books? Read *Fahrenheit 451* by Ray Bradbury, or George Orwell's *1984*. Book challenges/bans are on the rise. In the 2023-24 school year, 10,000 books were banned in public schools, compared to 3,362 the previous year. What does this mean for school and public libraries? Who's behind this movement? The answers to these questions, the historical context, and banned books will be discussed. As citizens, what can we do to stop books from being banned? The topic has been researched extensively by the presenter.

Leader: Diane Roman

Facilitator: Karen Messley

Date: Friday, 2/20

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

ROCK VALLEY COLLEGE  
**Starlight**  
THEATRE

Experience outdoor theatre  
**under the stars!**

RVC Starlight Theatre acknowledges support from the Illinois Arts Council and the National Endowment for the Arts.

NATIONAL ENDOWMENT for the ARTS arts.gov

Illinois ARTS Council

## Why Do We Say That?

### HUM-714-CLR2

(Class Limit: 50) Why do you call "shotgun" when you want the front passenger seat? Why do you ask people to "cut to the chase"? Why do you hear all those juicy rumors "through the grapevine"? Like many people, you've probably used idioms and phrases like these without giving them a second thought. But if you were to take a moment to step back and learn about them, you may be pleasantly surprised to discover the mesmerizing and sometimes outright bizarre origins to these fun sayings. For this presentation, we have taken 80 of the most regularly used idioms, phrases, proverbs, and colloquial terms that have the most fascinating backstories, and explain how they originated (to the best that we can). Come join us and let's unravel the mysteries behind some of the most popular English-language idioms.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Wednesday, 2/11

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Absolute Beginners Line Dance

### HUM-741-CLR1

(Class Limit: 30) This Absolute Beginners Class is for anyone who is looking for a way to get off the couch, meet new friends, exercise and have a blast learning to line dance. We will teach dances that are geared for newcomers. **No experience is necessary.** For more info, [www.linedance4fun.com](http://www.linedance4fun.com).

Leader: Sally Todd, Ginger Severson & Cathy Knighton  
Facilitator: Jan Johnson

Date: Fridays,  
4/10, 4/17, 4/24, 5/1

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 13

Fee: \$30



## RELIGION

### Who's Who & What's What in the Book of Revelation

#### REL-710-CLR1

(Class Limit: 60) The Book of Revelation can be mystifying with its horrific images and bizarre creatures, evoking fears of apocalyptic destruction. But with some basic guidance, this book can be a source of uplifting consolation, inspirational prayer, and hopeful anticipation for our lives today. Join the instructor in making this final book of the New Testament a spiritual gem in your faith journey.

Leader: John McGrath

Facilitator: Ellen Taylor-White & April Rottman

Date: Fridays, 2/27, 3/6, 3/13, 3/20

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$30

## SCIENCE & NATURE

### Rockhounding in the Midwest

#### SCI-700-CLR1

(Class Limit: 25) Participants will gain an understanding of what rocks, fossils, and minerals are available to collect in the Midwest. Samples will be on display. You will learn about ways to find locations for collecting and learning. The instructor is the President of the Rock River Valley Mineral Society. She will provide insight into this local club and talk about what some other area clubs have to offer.

Leader: Therese Cushing

Facilitator: Donna Brookbank

Date: Friday, 3/20

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

### Glacier National Park - An Insider's View

#### SCI-700-CLR2

(Class Limit: 50) Learn about Glacier National Park from someone who worked and lived for a season in one of the best National Parks in America!

Mountains, water, cows, moose, bears - oh my!

Leader: Shannon McGaw

Facilitator: Carol Salzer

Date: Monday, 3/23

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

### Traveling to the National Parks of Alaska

#### SCI-700-CLR3

(Class Limit: 50) We will discuss key learnings, possibilities, and limitations in exploring the best wilderness and history of the twenty-three National Park Service units in Alaska. Our discussion features scenes of incredible beauty and fascinating history through America's last wilderness frontier. This is a HYBRID class and can be attended in-person or online.

Leader: David Kroese

Facilitator: Bob Bertolasi

Date: Tuesday, 4/7

Time: 10 am – 12 pm

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

Fee: \$15

### Lost to Found: National Park Site Restoration

#### SCI-700-CLR4

(Class Limit: 50) We will discuss parks that underwent substantial restoration to return to a condition resembling their historical appearance. These are stories of surprising evolutions and invaluable natural, cultural, and interpretive resources.

Leader: David Kroese

Facilitator: Bob Bertolasi

Date: Wednesday, 4/8

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## How Does Residential Solar Work?

### SCI-700-CLR5

(Class Limit: 25) Solar Power is good for the environment and can help homeowners save money on their electric bills for the next 25 years. Find out about home solar installation, incentives available, and how it all works to help you decide if it makes sense for you. Questions to ask and what to be aware of before buying will be discussed. Come with your questions and get some answers from the Vice President of Iconic Energy.

Leader: Daniel Puckett

Facilitator: Jan Johnson

Date: Tuesday, 2/17

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## Migration of the Monarchs

### SCI-765-CLR1

(Class Limit: 50) Each year, Monarch Butterflies from the northeastern U.S. and Canada begin a remarkable migration that spans four generations. The fourth generation, born in Canada, flies 5,000 miles to mountain forests near Angangueo, Mexico. Scientists are still uncovering how these butterflies navigate such distances and why it takes three generations to return. Join us to explore this fascinating journey. **NOTE:** This is a COLLEGE COLLABORATION class. Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.

Leader: Suzanne Rausch

Facilitator: Keith Hale

Date: Wednesday, 2/18

Time: 10 – 11:30 am

Place: Online via Zoom

Fee: \$15



## Beekeeping and Its Benefits

### SCI-765-CLR2

(Class Limit: 25) This class will explore the fascinating world of bees, the inside workings of a beehive, how honey is harvested, and descriptions and examples of many useful products that come from the beehive. Discover the benefits of honey and its byproducts for our health, well-being, and healing. Samples will be available. What you learn will stick with you.

Leader: Jan Weldon

Facilitator: Carol Salzer

Date: Thursday, 2/19

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

## Graceful Giraffes - Africa's Long-Neck Wonders

### SCI-765-CLR3

(Class Limit: 50) The tallest of all land mammals, giraffes can eat foliage up to 20 feet off the ground. These non-territorial herbivores may live in groups of up to 20. These gentle giants have fascinated humans since ancient Egyptian times, but are now vulnerable to extinction. This presentation will focus on the giraffe's unique anatomy, habitat, social life, parenting, and conservation status. Original photographs of giraffes from the presenter's travels in Africa will also be included.

Leader: Dr. John Ulferts

Facilitator: Ellen Taylor-White

Date: Monday, 3/30

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## A Look Through My Lens

### SCI-765-CLR4

(Class Limit: 30) This program features a curated selection of nature photographs that capture the beauty of the natural world in the Rockford region. This visual journey showcases photographs of landscapes, wildlife, and wildflowers found within our 44 forest preserves and other natural habitats. These images are not just a record of what exists, but an invitation to rediscover a personal connection to the wild things that share our Northern Illinois home and an opportunity to reclaim your sense of wonder.

Leader: Connie McIntosh

Facilitator: Gail Wallens

Date: Tuesday, 4/21

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15

## Backyard Bird Watching at Severson Dells Nature Center

### SCI-765-CLR5

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

Leader: Andrea Wallace Noble

Facilitator: Jack Croffoot

Date: Monday, 5/11

Time: 8:30 – 10 am

Place: Severson Dells Nature Center

8786 Montague Rd., Rockford

Fee: \$20

## Africa and the Wildebeest Migration

### SCI-765-CLR6

(Class Limit: 50) Discover the breathtaking landscapes and unique environment that make the Serengeti a premier destination for wildlife enthusiasts. You'll be experiencing a photographic safari of Africa with all of its critters taking center stage during the "Great Wildebeest Migration". This migration has been called "The Greatest Show on Earth!" You'll enjoy the spectacular beauty of this continuous migration along with some dynamic archaeological discoveries at Olduvai Gorge.

Leader: Kurt VanGelder

Facilitator: Ellen Taylor-White

Date: Tuesday, 4/14

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



# SOCIAL SCIENCES

## What in the World is Going On?

### SOC-706-CLR1

(Class Limit: 35) 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. Active and respectful participation among class members is encouraged, and all viewpoints are welcome.

Leader: Steve Renne

Facilitator: Arnie Ames

Date: Tuesdays, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$40

## Protest and Policy Change: New Ideas for 2026

### SOC-706-CLR2

(Class Limit: 60) Public protests have been an effective means of policy change around the world. As times are changing in the United States, new styles of protest and advocacy are developing quickly. This course will offer an overview of impactful strategies from around the world and across the United States. Rev. Violet Johnicker will also focus on nonpartisan faith-based policy advocacy methodologies from many traditions. This is a community awareness class.

Leader: Rev. Violet Johnicker

Facilitator: Karen Messley

Date: Thursday, 2/19

Time: 1 – 2:30 pm

Place: Katie's Cup (Bitner Room) – 502 7th St.,

Rockford

Fee: \$5

## Native American Culture & Spirituality

### SOC-710-CLR1

(Class Limit: 60) This session will focus on the tribes from Illinois and Wisconsin. Participants will learn about the culture, ceremonies, and spiritual teachings through lecture and experiential activities.

Leader: Dick Rundall

Facilitator: Gail Wallens

Date: Monday, 4/6

Time: 3 – 4:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## Third-Party Candidates and Ideas in the U.S.

### SOC-717-CLR1

(Class Limit: 50) Many people are disenchanted with our current Democratic and Republican parties, and some say that we need a strong third party in the U.S. However, there have been several third-party candidates before, and none of them have come close to winning, though some did have an important effect on the outcome of the elections. Know-Nothings, Bull Moose, Libertarians, Greens, Independents? Remember campaigns by Rockford's own John B. Anderson, and by Ralph Nader, and Ross Perot? Come join us to learn more about third parties past and present in the U.S. We'll also discuss: Is the time right now for a new third party, such as Adam Kinzinger's "America First Movement"?

Leader: Linda Greene

Facilitator: Brad Keyes

Date: Monday, 3/30

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## White Body Supremacy

### SOC-717-CLR3

(Class Limit: 60) This conversation is based on the book *My Grandmother's Hands* by Resmaa Menakem, and his focus on "racialized trauma and the pathway to mending our hearts and bodies." We will discuss some of the history of how white supremacy is written into our founding documents and how white supremacy manifests itself today. We'll discuss the section in the book that relates to white body supremacy and the internalized violence that still exists within our hearts, minds, and bodies. We'll talk about *White Fragility* (book by Robin DiAngelo). Come and learn and feel how generational trauma lives inside us. Finally, how do all of us find a healing way forward? This is a diversity awareness class.

Leader: Rev. Michael Thomas

Facilitator: Jan Johnson

Date: Thursday, 5/7

Time: 10 – 11:30 am

Place: Katie's Cup (Bitner Room) – 502 7th St., Rockford

Fee: \$5

## A Nonviolent Life by Embracing Violence

### SOC-760-CLR1

(Class Limit: 50) How to live a life of nonviolence by embracing violence. A discussion class of what it really means to proclaim oneself nonviolent in today's society. This session will be a participation class lead by an ordained Buddhist and lifelong martial artist.

Leader: Woodson Fuller II

Facilitator: Lynnette Danzl-Tauer

Date: Thursday, 4/9

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## The Six Stages of Humor Development

### SOC-760-CLR2

(Class Limit: 24) This class is perfect for those who strive to increase humor and laughter for creative learning and wellbeing, as well as decreasing levels of stress and anxiety. The instructor has authored a book, *Legacy of Laughter: The Playbook*, that has become available. It provides guidance for building loving relationships with purposeful, brain-based play strategies, helping families and communities cope with life challenges. Research has shown that shared laughter and joyful fun are essential for optimal well-being. Mary Kay's presentation will be based on information from her book. Participants will explore the power of play as having a positive impact on the mental and physical well-being of "kids" of all ages.

Leader: Mary Kay Morrison

Facilitator: Carol Salzer

Date: Thursday, 2/19

Time: 9 – 11 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15

## What Is Objective Truth?

### SOC-760-CLR3

(Class Limit: 50) What is objective truth? Many of the conflicts we are facing today-both as a country and as a planet-are rooted in how we think about truth. Philosophy has been dedicated to the pursuit of truth for about 2500 years. This workshop explores a handful of different perspectives on truth, evaluating each perspective and their respective consequences. Your professor will offer his own perspective that attempts to resolve these conflicts.

Leader: Brian Wagner

Facilitator: Karen Messley

Date: Friday, 2/13

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## SPECIAL INTERESTS

### AARP Smart Driver Course

#### SPC-715-CLR1

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

Leader: Garry Graham

Facilitator: Garry Graham

Date: Mon/Tue, 4/13 & 4/14

Time: 12:30 – 4:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$0

### Spring Flower "Therapy" Workshop

(Class Limit: 10) No experience is necessary to learn the basic skills needed to design a beautiful Spring flower arrangement, along with proper care for fresh cut flowers. Tired of being cooped up all winter with cabin fever? Then you will love the Spring flower "therapy" workshop. Relax in Melody's new shop in The Bricks in Cherry Valley. This workshop continues to inspire creativity and encourage the "believe in yourself" attitude. Melody uses the beautiful Spring colors of varied flowers and greens to help you create a floral arrangement. All supplies will be provided. Additional parking is in the rear of the Bricks building. Register soon! This class fills up fast!

Leader: Melody Layng

Facilitator: Gail Wallens

Date: Monday, 3/23

Place: Petals & Pickins Floral Shop – 125 E. State St., Cherry Valley

Fee: \$50

#### SPC-720-CLR1

Date: 10:30 am – 12 pm

#### SPC-720-CLR2

Date: 1 – 2:30 pm

## Carnival Glass: Scarce, Rare & Everywhere

### SPC-720-CLR3

(Class Limit: 15) Carnival glass is still extremely popular. There are many households in the USA today that contain a piece or two of this colorful glass. Many of the older pieces (1906-1930) are now genuine antiques, but the genre of this glass is still being produced. Find out: What is carnival glass and what is fun about it? Where can I find and/or purchase it? How many patterns and colors of carnival glass are there? How can I tell if my carnival glass is valuable? Is my grandmother's bowl actually carnival glass, and if so, how can I get it appraised? You are welcome to come and see my large collection that is ranked up near the top in the country. I will provide basic knowledge concerning carnival glass and all questions regarding the glass will be answered. See you there.

Leader: Lantz Stein

Facilitator: Carol Salzer

Date: Thursday, 3/19

Time: 10 – 11:30 am

Place: Stein Home – 2210 Wombley Place, Rockford

Fee: \$15



### Cards & Games for Fun

#### SPC-753-CLR1

(Class Limit: 60) This class provides an opportunity to learn to play different games and meet new people. Instruction will be provided on a variety of card games, which may include Hearts, Hand & Foot, 500, and others. A new game will be taught and practiced each week. Additional instruction or assistance will be provided to beginners. Some card games you will know and some will be new. Other games may include Rummikub and Dominoes. Come increase your skills and learn new strategies. Suggestions for card games will be welcomed.

Please bring a deck of cards to class weekly.

Leader: Katy Paterson

Facilitator: Rhee Ellen Wright

Date: Fridays, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15 (skip 4/3)

Time: 1:30 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$50



## Tennis Anyone? The Court is Calling!

### SPC-760-CLR1

(Class Limit: 50) Ready to dive into the greatest sport on Earth? Get ready for a crash course on all things tennis. We'll cover everything you need to know, from how to play and score, to becoming a superfan. Join MCC tennis coach and instructor of film and journalism, Jim Stockwell, for a rally of fun stories, mind-blowing history, and, of course, plenty of ace dad jokes. It's game, set, and match for an unforgettable time! **NOTE:** This is a COLLEGE COLLABORATION class. Participants will be admitted by McHenry County College 2 minutes before the class is scheduled to begin.

Leader: Jim Stockwell  
Facilitator: Robbin Nelson  
Date: Friday, 2/20  
Time: 10 – 11:30 am  
Place: Online via Zoom  
Fee: \$15



## Self-Defense for Women

### SPC-790-CLR1

(Class Limit: 30) Provide instruction in basic self-defense techniques. This class will be hands-on and require class participation. The instructor is a lifelong martial artist and retired police officer.

Leader: Woodson Fuller II  
Facilitator: Lynnette Danzl-Tauer  
Date: Thursday, 3/26  
Time: 1 – 3 pm  
Place: RVC Bell School Road Center, Room 13  
Fee: \$15

## An Open Discussion on Advanced Funeral Planning

### SPC-790-CLR2

(Class Limit: 25) Prearranging your funeral may seem daunting or scary, but the truth is, it is the best gift you can give your loved ones. In this open discussion, you will learn how funerals have changed in the last 50 years, everything you need to know about cremation, and what the benefits are to prearranging and/or prefunding your funeral.

Leader: Jane Burden  
Facilitator: Karen Messley  
Date: Friday, 3/27  
Time: 10 – 11:30 am  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15

## Tales of True-Life Traumas

### SPC-790-CLR3

(Class Limit: 25) The instructor, a Certified Catastrophic Trauma RN, will present the details of authentic catastrophic trauma cases. She will share experiences of assisting in times of medical emergencies and rescues in emergent situations - from 36,000 feet in the air to the bottom of a steep ravine to reach a car that had flown over the rail of a bridge. Don't miss these incredible stories!

Leader: Charlene Ratzlow  
Facilitator: Carol Salzer  
Date: Friday, 4/24  
Time: 10 – 11:30 am  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15

## Disaster Preparedness: What You Need to Know

### SPC-790-CLR4

(Class Limit: 50) A disaster can strike at any moment and anywhere. Being prepared for a disaster is crucial for navigating the challenges that often arise during a natural disaster. Developing an emergency plan, assembling a disaster supply kit, and practicing your plan will help everyone know what to do and help keep you and your family safe. Learning about and discussing emergency preparedness with friends and family can help you and others better cope with stress during a crisis.

Leader: Diane Reinhold  
Facilitator: Donna Brookbank  
Date: Friday, 3/27  
Time: 1 – 3 pm  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15



## Reflections on a Work Life of Solving Problems

### SPC-790-CLR5

(Class Limit: 30) A review of Research and Development work over 50 years of designing solutions for problems presented. The presenter will discuss some of the unusual problems that he worked on and the background or follow-up issues that relate to the problems. This will include some fascinating stories from around the world.

Leader: Bob Bertolasi  
Facilitator: Donna Brookbank  
Date: Tue/Thurs, 5/12 & 5/14  
Time: 1:30 - 3:30 pm  
Place: RVC Bell School Road Center, Room 3  
Fee: \$20

## ROCKFORD PUBLIC LIBRARY



## Visit the Mobile Library

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

**Spring 2026 Schedule**  
**Jan. 27, Feb. 17, Mar. 10 & 31, Apr. 21**

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!

## **VetsRoll: The Hidden Gem of the Stateline**

### **SPC-790-CLR6**

(Class Limit: 25) This class will present the backstory of why VetsRoll was formed, the logistics involved, eligibility, how it all works, previous experiences, memorable veterans and their stories as well as the future plans for the VetsRoll Foundation.

Leader: Mark Finnegan  
Facilitator: Donna Brookbank  
Date: Wednesday, 3/4  
Time: 9 – 11 am  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15



**VetsRoll.org**

## **Recycling Do's & Don'ts – & Impacts**

### **SPC-790-CLR7**

(Class Limit: 25) WHAT can be recycled? How should you recycle? The answers are...it depends on who picks it up or where you take it. WHERE does it go? And exactly HOW is it recycled? The answers to these questions may surprise you. We will follow some of the material through the recycling process and show the environmental benefits that result.

Leader: Keith Magnus  
Facilitator: Brad Keyes  
Date: Thursday, 3/19  
Time: 9:30 – 11 am  
Place: RVC Bell School Road Center, Room 1  
Fee: \$15

## **Army Vietnam Woman Veteran: My Story in Vietnam and Cambodia**

### **SPC-790-CLR8**

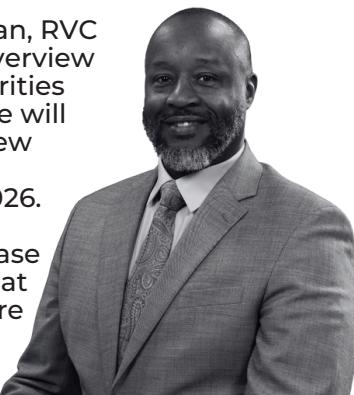
(Class Limit: 50) The theme of "Women are Veterans too," follows a woman who served in an administrative role in the U.S. Army from 1966-1976, with significant years in Vietnam and Cambodia. What was it like to join the U.S. Army to serve her country? How did she get from a small rural town in Northern Illinois to foreign lands in Southeast Asia? As a service woman in a war zone, what did it take to endure life in a man's world? In honor of Women's History Month, learn of her struggles and triumphs as she shares that women served too.

Leader: Maryna Misiewicz  
Facilitator: Donna Brookbank  
Date: Tuesday, 3/3  
Time: 1:30 – 3 pm  
Place: RVC Bell School Road Center, Room 3  
Fee: \$15

## **Exciting Things Happening at RVC**

### **SPC-790-CLR9**

(Class Limit: 50) Dr. Spearman, RVC President, will present an overview of the College's current priorities and exciting future plans. He will provide an update on the new RVC downtown campus scheduled to open in Fall 2026. Learn about the variety of programs offered and increase your understanding of all that the college has to offer. There will be time for questions



*Howard J. Spearman, Ph.D.*

and discussion. This is a community awareness class.

Leader: Dr. Howard Spearman

Facilitator: Donna Brookbank

Date: Wednesday, 2/25

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$5

## **TOURS**

### **Explore Your New Rockford Public Library**

#### **TOU-700-CLR1**

(Class Limit: 25) Learn how the Rockford Public Library balances the past of the Carnegie Library with the future of Rockford to come by joining us on this in-depth tour of the one-year-old downtown Main Library. Attendees may bring their devices to learn how to download the latest books. Learn how to use the media room in the maker lab to bring your audio and video projects to life. Find out how to research the history of your house.

Leader: Lorene Kennard

Facilitator: Jan Johnson

Date: Tuesday, 2/10

Time: 2 – 4 pm

Place: Rockford Public Library – 215 N. Wyman, Rockford

Fee: \$15

### **Robert Tinker's Downtown Walking Tour**

#### **TOU-700-CLR2**

(Class Limit: 40) Welcome to Robert Tinker's World! Join Tinker Swiss Cottage staff and follow in the footsteps of former Rockford mayor and Park District Commissioner, Robert Hall Tinker, and his family. We will see the exterior of many of the homes, businesses, and public buildings that the Tinker family enjoyed visiting while they inhabited the Swiss Cottage. Along the way, you will learn to recognize various architectural styles and deepen your knowledge of the Forest City's history. Come see downtown Rockford through the eyes of the Victorians. Tours start and end at the Rockford Park District Webbs Norman Center, 401 S. Main St. This is approximately a 1.5-mile walking tour with some uneven ground. Please wear appropriate walking shoes.

Leader: Stephanie Hartman

Facilitator: Carol Salzer

Date: Thursday, 5/7

Time: 10 am – 12 pm

Place: Begin at Webbs Norman Park District Building, 401 S. Main St., Rockford

Fee: \$20

**RENEW YOUR CLR  
MEMBERSHIP TODAY!**

## Exploring the Sunken Garden at Esta Barrett Manor & Gardens

### TOU-700-CLR3

(Class Limit: 25) Begin your visit to the 1917 historic site with a self-guided tour of the 6,500 sq. ft. manor. Then, settle into the living room to learn the history of the grounds, the significance of the O.C. Simonds landscape, and the modern landscape team that brought the sunken garden back to life. Landscape staff will show you an up-close look at the garden elements, including formal hedges and thousands of native plants that fill the beds with texture and color.

**NOTE:** This National Register of Historic Places site was formerly known as Indian Hill Manor and was renamed Esta Barrett Manor & Gardens in late 2024. The tour will be inside and outside. Expect some uneven terrain and steps to the garden. Wear comfortable shoes and dress for the weather. **NOTE:** The entrance is located at 5085 South Bend Road, Rockford. See [estabarrett.com/visit](http://estabarrett.com/visit) for a map.

Leader: Brian Reis & Nathan Hill

Facilitator: Jan Johnson

Date: Thursday, 5/14

Time: 10 am – 12 pm

Place: Esta Barrett Manor & Gardens – 5085 South Bend Rd., Rockford

Fee: \$25

## Visit iMpress Alpacas

### TOU-700-CLR4

(Class Limit: 25) Tour a working, Suri alpaca farm in Northern IL known for their award-winning animals, breeding program, and championship fleeces.

Discover what it takes to make the farm successful and the sustainable nature of alpacas. Learn how the fiber produced on the farm is used, regardless of where it is sheared off the animal, and the products made from the fiber. Learn how the alpaca is different than other livestock. Michelle, a Ph.D chemist and published scientist, recently retired to focus on the farm. Following the tour, alpaca fiber products will be available for sale. **NOTE restriction:** Absolutely no open-toe shoes can be worn during the tour.

Leader: Michelle Pressler

Facilitator: Gail Wallens

Date: Thursday, 4/16

Time: 1 – 2:30 pm

Place: Alpaca Farm – 14036 Clover Rd., Rockton

Fee: \$28

## History & Future of Astronomy at Yerkes Observatory

### TOU-700-CLR5

(Class Limit: 40) Join astronomers at Yerkes Observatory for your chance to explore the history and future of astronomy at this cherished Wisconsin landmark! During this visit, you'll tour the observatory and have Q&A with a Yerkes astronomer. Please note that, as a historic facility, not all spaces are wheelchair accessible. While there, you should expect to climb/descend several flights of stairs. **NOTE:** Transportation is on your own.

Leader: Mallory Conlon

Facilitator: Midge Tesch

Date: Thursday, 4/23

Time: 10:30 am – 12 pm

Place: Yerkes Observatory – 373 W. Geneva St., Williams Bay, WI

Fee: \$35

## Hard Rock Casino Tour

### TOU-700-CLR6

(Class Limit: 25) Explore the new Hard Rock Casino! After a brief introduction, the group will have a guided tour of the facility. This will include the gaming areas, memorabilia, artwork, concert venue with seating for 1600, smaller stage areas, Hard Rock Cafe and bar, and other restaurants/eating areas. Following the tour, we will return to a seated area where more information will be shared, and questions can be answered. Stay for lunch if you wish, and you can even register to receive a \$10 free play card if it's your first visit to the casino.

Leader: Gene Young

Facilitator: Jack Croffoot

Date: Friday, 2/27

Time: 11 am – 12:45 pm

Place: Hard Rock Casino  
7801 E. State St., Rockford

Fee: \$15



## RVC Aviation Career Education Center Tour

### TOU-700-CLR7

(Class Limit: 25) This will be an introduction to the RVC Aviation Career Education Center (ACEC) located at the Rockford airport. A tour will follow the presentation. Participants will gain a deeper awareness of RVC's aviation technology program, the types of aircraft in its hangar, and the facility. Also, see the program's CRJ200 (pictured below). RVC is the only community college in the nation with this type of aircraft for its students.

Leader: Yahcolyah Muhammad

Facilitator: Arnie Ames

Date: Wednesday, 5/6

Time: 1:30 – 3 pm

Place: RVC Aviation Career Education Center  
6045 Cessna Dr., Rockford

Fee: \$15



## Tour of Brown Hills Historic District

### TOU-700-CLR8

(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, 5/4

Time: 10 am – 12 pm

Place: Mangas Home – 1327 Brownwood Dr., Rockford

Fee: \$15

# TRAVELS

## Travelogue: Cuba Cultural Experience

### TVL-700-CLR1

(Class Limit: 50) Russ and his wife Sarah will present pictures and experiences from their October 2025 trip to Cuba with GVG Tours. The trip included several days in and around Havana on the northern coast of Cuba which included a walking tour of Old Havana, rides in restored antique autos, and several museum visits. They also traveled to Matanzas and Varadero seeing museums and agricultural sites in Cuba.

Leader: Russ Stoneback & Sarah Walder

Facilitator: Arnie Ames

Date: Thursday, 4/9

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

## Travelogue: Turkey

### TVL-700-CLR2

(Class Limit: 75) Turkey is a large country with many interesting historical and cultural treasures. Join Gene as he shares photos, videos, maps, and the spoken word. Turkey has become a tourist destination for people throughout the world.

Leader: Gene Van Galder

Facilitator: Arnie Ames & Midge Tesch

Date: Thursday, 3/12

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

## Travelogue: Argentina

### TVL-700-CLR3

(Class Limit: 50) Keith will present photos he and his wife Kathleen took during two visits to Argentina in 2009 and 2011 while their daughter was living there. In addition to spending time in Buenos Aires, they covered much of the country including Iguazu Falls, Patagonia, and the southern end and northern end of the country. The photo tour will show much about the geography, culture and life in this very interesting country.

Leader: Keith Magnus

Facilitator: Linda Greene

Date: Thursday, 2/12

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

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

## Travelogue: Smoky Mountain Experience

### TVL-700-CLR4

(Class Limit: 50) Arnie will present photos he and others took during their May 6-10, 2025 Smoky Mountain Experience bus trip. The 5-day trip was sponsored by CLR and the provider was GVG Tours. The trip included visits to the Newfield's cultural campus in Indianapolis, Indiana, the Kentucky Artisan Center in Berea, Kentucky, a guided tour of Smoky Mountains National Park, a visit to Dollywood, and a tour of Fair Oaks in Fair Oaks, Indiana. While in Gatlinburg, Tennessee the group attended the Hatfield & McCoy Dinner Feud and Dolly Parton's Stampede dinner shows.

Leader: Arnie Ames

Facilitator: Midge Tesch

Date: Thursday, 3/26

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Arnie & Trina Ames on the CLR Smoky Mountain Experience



A view high above Gatlinburg, Tennessee

# MOVIE & LUNCH

*Come enjoy food, friends, and a fun movie!*

**Wednesday, March 11, 2026**



**Rock Valley College  
Main Campus/ERC Building  
12 - 3 p.m.**

**Cost: \$22 Members  
\$27 Non-Members**



**MOVIE:** We are unable to disclose the title of the film due to royalty restrictions, but it's a film you are sure to enjoy!

**LUNCH:** "A Better Taste of Italy" meal catered by ABC Catering: special Italian salad with house Italian dressing, green bean almondine, baked mostaccioli, Italian beef sandwiches served with fresh-baked sub rolls and grated parmesan cheese, and a surprise dessert.

**LOCATION:** The ERC building on the RVC main campus. Lunch will be served in the main lobby in front of the library, and the movie will be shown in the Performing Arts Room (PAR) on the lower level. Elevator and stairs are both available.

**NOTE:** Use the Springbrook entrance to the college. RVC students will be on spring break, so there will be plenty of close parking in Lot 8A in front of the ERC building, which is handicap accessible.

**Registration Deadline: March 6, 2026**

**Questions? Call (815) 921-3931**

## SOCIAL EVENT REGISTRATION

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Special Needs: \_\_\_\_\_

ID # (office use): \_\_\_\_\_

## MOVIE MATINEE & LUNCH

Wednesday, March 11, 2026

\$22 for CLR Members

\$27 for Non-Members

Check payment \$ \_\_\_\_\_ Check Number: \_\_\_\_\_

Cash Payment amount \$ \_\_\_\_\_

**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

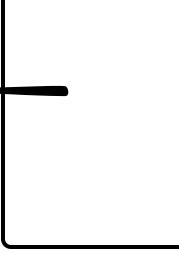
# JANUARY 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
18	19 HOLIDAY College Closed	20	21	22	23	24
25	26	27 9 - 9:45 am Vivo Fitness Begins [Z]	28	29	30	31 

# FEBRUARY 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10 10:30 am-12 pm Easy Watercolors 2-4 pm Public Library Tour 6-7:15pm Stories in Stone (Z)	11 10-11:30 am Why Do We Say That? 10 am-12 pm Tai Chi & Chi Kung	12 9:30-11 am Travelogue: Argentina 11:45 am-12:45 pm Chair Yoga Begins 1-3 pm iPhone/iPad 3 - 4:30 pm Costume Process	13 10 am-12 pm iPhone/iPad 1:30-3:30 pm Objective Truth 1:30-4 pm Cards & Games Begins	14 
15	16 9:30-11 am Crochet 	17 10-11:30 am Residential Solar 10:30 am-12 pm Easy Watercolor 1-4 pm Acrylic Painting - Sandy Beach 1:30-4 pm Hollywood & 4th Estate	18 10-11:30 am Migration of Monarchs (Z)	19 9-11 am Stages of Humor 9-11:30 am Passing Assets 9:30 am-12 pm Alcohol Inks 11:45 am-12:45 pm Chair Yoga 1-2:30 pm Protest & Policy Change 1-3 pm Beekeeping	20 10-11:30 am Tennis Anyone? (Z) 10 am-12 pm Book Banning	21
22	23 9:30-11 am Crochet 9:30-11:30 am The Cloud 1:30-3:30 pm The First Lady	24 9:30 am-12 pm Wheel Throwing Pottery 10:30 am-12 pm Easy Watercolors 1:30-3 pm Heroes & History (Z)	25 1:30-3 pm Happening @RVC	26 10:30-11:45 am Al Capone (Z) 11:45 am-12:45 pm Chair Yoga 1:30-3 pm A.E. Conscience 1:30-3:30 pm Ben Franklin	27 10 am-12 pm Book of Revelation 11 am-12:45 pm Hard Rock Tour	28

# MARCH 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 9:30-11 am Crochet	3 9:30-11:30 am What in the World 1-2:30 pm Sound Healing 1:30-3 pm Vietnam Women Veterans	4 9-11 am VetsRoll 9:30-11:30 am Snip It	5 9-11:30 am Pastel Techniques 10 am-12 pm The Dust Bowl (Z) 11:45 am-12:45 pm Chair Yoga Ends 1:30-3 pm A.E. Conscience	6 10 - 11:30 am Divided Loyalties 10 am-12 pm Book of Revelation	7
8  Daylight Saving Time Starts	9 9:30-11:30 am Excel Basics 10-11:30 am Rockford Dairies 1-2:30 pm Meditation 6-8 pm Bertha Benz (Z)	10 9:30-11:30 am What in the World 9:30-11:30 am Google Maps 10-11:30 am Langston Hughes 1-3:30 pm Buster Keaton 1:30-3 pm What is Reiki? 1:30-3:30 pm Beg. Alcohol Inks	11 9:30-11:30 am Chinese Brush I 9:30-11:30 am Excel Basics 9:30-11:30 am Century of Broadway 12-3 pm <b>MOVIE MATINEE EVENT</b>	12 9:30-11:30 am Wood/Leather Burning 9:30-11:30 am Google Maps 11:45 am-12:45 pm Chair Yoga Begins 1-4 pm Charcoal & Acrylic 1:30-3:30 pm Love This Movie 1:30-3:30 pm Travelogue: Turkey	13 9:30-11:30 am Excel Basics 10 am-12 pm Book of Revelation	14
15	16 1:30-3 pm Women in Ancient Egypt 1-2:30 pm Meditation	17 9:30-11:30 am What in the World 1-3:30 pm Buster Keaton 1:30-3:30 pm Beg. Alcohol Inks 	18 9-11:30 am Jump Ring Bracelets 9:30-11:30 am Chinese Brush 10-11:30 am Hoover Dam (H)	19 9-9:45 am Vivo Ends [Z] 9:30-11 am Recycling 9:30-11:30 am Wood/Leather Burning 10-11:30 am Carnival Glass 10-11:30 am Social Security 11:45 am-12:45 pm Chair Yoga 1-4 pm Charcoal & Acrylic	20 10 am-12 pm Walking vs Running 10 am-12 pm Book of Revelation 1-3 pm Rockhounding	21
22	23 9:30-11 am Glacier National Park 10:30 am-12 pm Flower Therapy 1-2:30 pm Flower Therapy 1:30-3 pm Women in Ancient Egypt	24 9:30-11:30 am What in the World 2-3:30 pm Movie Music Moments 6-7:15 pm Lincoln/Douglas 1858 (Z)	25 9-11:30 am Jump Ring Bracelets 9:30-11:30 am Chinese Brush 10-11:30 am Irish in Rockford	26 9-9:45 am Vivo Begins (Z) 9:30-11 am Nursing 10-11:30 am Smoky Mtn. Exp 11:45 am-12:45 pm Chair Yoga 1-3 pm Defense for Women	27 10-11:30 am Funeral Planning 10-11:30 am Cahokia [H] 1-3 pm Disaster Prep. 1-3:30 pm Foreign Film	28
29	30 10 am-12 pm Marijuana Safety 10:30 am-12 pm Graceful Giraffes 1:30-3:30 pm 3 <sup>rd</sup> Party Candidate	31 9:30-11:30 am What in the World 1:30-3:30 pm Murder Most Foul				

# APRIL 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
			<b>1</b> 9 am-12 pm Woodcarving 9:30-11:30 am Chinese Calligraphy 10 am-12 pm Lincoln-Douglas-Douglass [H]	<b>2</b> College Closed	<b>3</b> <b>HOLIDAY</b> College Closed	<b>4</b>
<b>5</b> 	<b>6</b> 3-4:30 pm Native American Culture	<b>7</b> 9:30-11:30 am What in the World 10 am-12 pm National Parks of Alaska [H] 1:30-3:30 pm American History	<b>8</b> 9 am-12 pm Woodcarving 9:30-11:30 am Chinese Calligraphy 10 am-12 pm Lost to Found 12:30-2:30 pm Route 66 in IL (Z)	<b>9</b> 9:30-11 am Travelogue: Cuba 10 am-12 pm NATO History 10 am-12 pm Non-Violent Life 11:45 am-12:45 pm Chair Yoga Ends 1:30-3:30 pm American History	<b>10</b> 9:30-11:30 am Restoring Photos w/AI 9:30-11:30 am Adv. Crochet 10-11:30 am Line Dance 1:30-3:30 pm Cook Mediterranean	<b>11</b>
<b>12</b>	<b>13</b> 9 am-12 pm Quilted Table Runner 10-11:30 am Jerks in Chicago History (H) 12:30-4:30 pm AARP Driver Safety 1:30-3 pm Last Humans Standing	<b>14</b> 10 am-12 pm Health Info 12:30-4:30 pm AARP Driver Safety 1-3 pm Wildebeest Migration 1-4 pm Acrylic-Clouds	<b>15</b> 9 am-12 pm Woodcarving 9:30-11:30 am Chinese Calligraphy	<b>16</b> 10-11:30 am Music in Folk Tradition 10 am-12 pm NATO History 11:45 am-12:45 pm Chair Yoga Begins 1-2:30 pm Visit iMpress Alpacas 1:30-3:30 pm Year 1971 2-3:30 pm Secret Code-Quilts	<b>17</b> 9:30-11:30 am Restoring Photos w/AI 9:30-11:30 am Advanced Crochet 10-11:30 am Line Dance 1:30-3:30 pm Cook Mediterranean	<b>18</b>
<b>19</b>	<b>20</b> 9 am-12 pm Quilted Table Runner 1:30-3 pm Last Humans Standing 2-3:30 pm Immune System	<b>21</b> 9-11 am Managing Risk 9:30-11 am Look through Lens 10-11:30 am Trail Blazers in Flight [H] 1-4 pm Acrylic-Clouds 1:30-3 pm D-Day Remembered	<b>22</b> 9 am-12 pm Woodcarving 9:30-11:30 am Intro to AI 10 am-12 pm Pastel Painting 1-3 pm Understanding Funerals & Trusts 1:30-3:30 pm Intro to AI	<b>23</b> 10:30 am-12 pm Yerkes Observatory 10 am-12 pm NATO History 11:45 am-12:45 pm Chair Yoga 1-3 pm Marx Brothers 1:30-3 pm A.E. Behind the Scenes	<b>24</b> 9:30-11:30 am Intro to AI 9:30-11:30 am Adv. Crochet 10-11:30 am Line Dance 10-11:30 am Trauma Medical 1-3 pm Sour Dough Bread 1:30-3:30 pm Intro to AI	<b>25</b>
<b>26</b>	<b>27</b> 9 am-12 pm Quilted Table Runner 10-11:15 am Eating Your Best @Woodmans 1:30-3:30 pm Walled Cities	<b>28</b> 10-11:15 am Eating Your Best @Woodmans 1:30-3:30 pm Line & Wash Painting	<b>29</b> 9 am -12 pm Woodcarving 10 am-12 pm Pastel Painting	<b>30</b> 10 am-12 pm The Markets Today 11:45 am-12:45 pm Chair Yoga 1:30-3 pm A.E. Behind the Scenes		

# MAY 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
						
<b>3</b>	<b>4</b>  9 am-12 pm Quilted Table Runner  10 am-12 pm Tour of Brown Hills	<b>5</b>  1:30-3:30 pm Line & Wash Painting  1:30-3 pm Nordic Poles  <b>CINCO DE MAYO</b>	<b>6</b>  10-11:30 am Cottonwood Airport  10 am-12 pm Pastel Painting  10-11:30 am Hearing Loss  1-2 pm Cardio Drumming @PEC  1:30-3 pm RVC Aviation Tour	<b>7</b>  10-11:30 am White Supremacy  10 am-12 pm Tinker Downtown Tour  11:45 am-12:45 pm Chair Yoga Ends  1-2:30 pm Get up Off the Floor  1:30-3:30 pm Mancini Music	<b>8</b>  9:30-11:30 am Adv. Crochet  12:30-3 pm RSO @Coronado	<b>9</b>
	<b>11</b>  8:30-10 am Bird Watching @Severson Dells  1:30-3 pm The Lady Doll	<b>12</b>  1:30-3:30 pm Reflections on Work Life	<b>13</b>  9-10:30 am Age Well  10 am-12 pm Pastel Painting  1-2 pm Cardio Drumming @PEC	<b>14</b>  10 am-12 pm Sunken Gardens @Esta Barrett Manor  1-2:30 pm Get up Off the Floor  1:30-3:30 pm Reflections of Work Life	<b>15</b>  10-11:30 am World War I <b>[H]</b>  1:30-3:30 pm Classical Music Appreciation  1:30-4 pm Cards & Games Ends	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>  9-9:45 am Vivo Virtual Fitness Ends	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>

See you this spring at CLR!

# CLR General Information

A copy of the Center for Learning in Retirement Spring 2026 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 could notify the office. It provides an opportunity for those on the waiting list to be contacted.

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

You will receive a Student Schedule from the CLR office at the beginning of the semester. Please review to confirm which classes you are registered for and take note of any classes you did not get into.

**Payment:** Make checks payable to Rock Valley College CLR



# Rock Valley College

## CENTER FOR LEARNING IN RETIREMENT

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

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