

WORD to the **WISE****Center for Learning in Retirement****CHAIRMAN'S CHAT***By Arnie Ames, Advisory Committee Chairperson*

Hello again and welcome back to CLR for our spring 2024 semester and the 2nd half of CLR's 30th anniversary year. This semester we have had our choice of nearly 150 different classes and tours plus a couple of social events, a bus trip and even our first multi-day trip in several years. I thought I would highlight CLR's volunteer committees and try to explain what they do and why they are so important to CLR. These committees can always use new volunteers and fresh ideas. If you see anything that might interest you, please talk to the corresponding committee chairperson(s) or stop by the CLR office. We would love to have you get more involved!

The Membership Committee, led by co-chairpersons Connie Croffoot and Sue Custer, supports our efforts to maintain and increase CLR's membership and diversity by distributing course catalogs three times per year to a variety of businesses, churches, and senior facilities, including those in underserved communities. The catalog delivery sites cover 5 counties, 21 cities & towns and 29 zip codes. Over 1,200 catalogs are delivered by CLR member volunteers each semester. These catalogs are intended to reach seniors and family members of seniors to make them aware of this often unknown Rock Valley College lifelong learning program. The committee also staffs information tables at senior expos and health fairs.

The Speakers' Bureau Committee, led by chairperson Cheryl Bush, helps locate and do presentations for senior, retiree, church, and community organizations to spread the word about CLR. Speakers can attend meetings of interested organizations and provide a 15-20 minute PowerPoint slide presentation or speak informally to the group and pass out CLR literature. If you know of a senior group that might benefit from a CLR presentation, make them aware of this available service or let the office know and we'll have the committee get in touch with them. *(continued on page 2)*

WELCOME TO ERIN!*By Lou Bowe*

If you have been to CLR anytime since the beginning of February, you would have noticed a new face sitting at the CLR front desk. Erin Eggebrecht (pictured below) started as the full-time CLR Program Assistant in February. She and her family reside in Davis Junction.



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SAVE THE DATE

Bus Trip to the
 Volo Auto Museum
 on May 21, 2024!

See page 11 for more info.

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

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COMMITTEE CORNER

Chairman's Chat continued

The Social Committee, led by co-chairpersons Cathy Eberle and Cheri Drake, plans social gatherings for CLR members throughout the year. These events often involve food, entertainment, and opportunities to meet other people and make new friends. They assist with the fall kick-off and annual meeting held at the RVC Starlight Theatre and other special events such as the recent 30th anniversary celebration. The social interaction provided by these events is an important part of CLR.

The Newsletter Committee, led by chairperson Ellen Taylor-White, writes articles for our Word to the Wise newsletter, which is published 3-4 times per year. The newsletter highlights upcoming trips, social events, classes, and other interesting topics. This may include articles about class leaders, volunteers, special interest groups, local things of interest, and travel. It also features poems and writings by members of the Word Weavers special interest group.

The Curriculum Committee has over 20 members and is led by co-chairpersons Jan Johnson and Norma Freeberg. This hard-working committee meets prior to each semester to line up a wide variety of classes and leaders. The ideas for classes come from suggestions received from CLR members, our Program Director and committee members who then follow up and try to find knowledgeable leaders for suggested class topics.

They also serve as class facilitators to help prepare for the upcoming classes, assist on class days with check-in, A/V needs, evaluations, and help keep things running smoothly.

The Media/Publicity Committee led by chairperson, Larry Nelson, has several responsibilities. Some committee members assist class leaders in preparing their PowerPoint slide presentations by downloading, converting, and editing video clips; scanning or downloading and editing pictures; and organizing presentations. Others update the Bell Center hallway display cases featuring upcoming classes, presenters, and events and prepare for special events such as the CLR 30th anniversary history display. Other members help with suggesting website and Facebook content.

The CLR Advisory Committee consists of all the committee chairpersons mentioned above plus the Secretary, Carol Nelson; the Vice Chairperson, Rhee Ellen Wright; and myself, the Chairperson for 2023-2024, plus the CLR Program Director, Tammy Lewis. The Advisory Committee meets monthly to review what each committee has done in the past month and what it plans to do, review and approve plans for upcoming events and receive Rock Valley College and CLR updates from the Program Director.

Thank you to all Center for Learning in Retirement members for your support and participation!

Welcome to Erin

continued

Like Erin, her husband Nathan works in Rockford, he being with the US Postal Service. When I heard that I asked "Oh, you can commute together?" Her response was, "No, we have different schedules and the ride home is a chance to relax."

Erin grew up in Hampshire, Illinois, and went through the school system there. She has an Associate's Degree in Business and plans to complete her Bachelor's degree in Business. She and her husband have two children--Lexi is 14 and Shea is 10. And, the house pet is Ziggy, a leopard (spotted) gecko!

Erin must be great at multitasking because during COVID she home schooled her children, worked full time plus worked on her studies and, oh yes, was a mom and wife.

The Eggebrecht family loves outings such as going to amusement parks, zoos, music festivals and traveling to the Dells in the summertime. The 4th of July is a big celebration for them and their neighbors who all get together for a block party. Erin seems to be a very enthusiastic and energetic person and we are delighted to have her.

Stop by the CLR office and say hello to Erin.



In 2008, Rock Valley College celebrated the 15th anniversary of its seniors' program, the Center for Learning in Retirement. Now, another 15 years later, we're celebrating our 30th anniversary. While many of the founding seniors and staff are no longer with us, future staff and members have continued growing the program.

Tammy Lewis became the Program Director in 2008 and new members continued to enroll – by 2015 we had our highest enrollment ever with 2,303 members. The number of classes being offered and the number of people attending increased so greatly that the amount of classes being held off-site was expanded. We learned about the history of our local neighborhoods and visited venues like Anderson Gardens, Stronghold Castle, Byron Nuclear Power Plant, and even cemeteries. Businesses opened their doors for us: Woodward Governor, Rockford News Tower, Rockford Airport, and ComEd, to name a few. Restaurants hosted Lunch Around classes and shared their histories and stories with us, along with a variety of delicious ethnic foods.

Travel experiences increased from 1-day bus trips to multiple-day overnight trips, and then even went international: England/Scotland/Wales in 2011, Italy in 2013, and Ireland in 2016. All three foreign trips sold out with 42-45 travelers.

The core of CLR, however, is its members. As Carol Nelson said, "Our members look forward to attending classes and meeting others with similar interests." CLR gets you out and active in the community with trips, walking tours, and fitness classes. The program is truly a one-stop shop for lifelong learning. Hundreds of members and community partners volunteer their time each year. Some deliver CLR class catalogs to local businesses, others speak about CLR at any number of venues, and others plan events and classes and so much more. The Advisory Committee holds the strings that keep us all together.

And then came COVID! Everything closed, and we all became isolated.

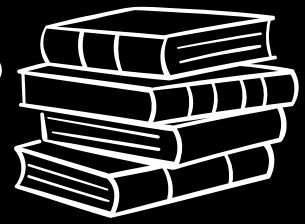
Well, not all of us. A dedicated group of people were not about to lose this vital program. Tammy headed up a small committee that put their heads together, and the RVC Center for Learning in Retirement became the "Phoenix rising from the ashes." Their research, creativity and hours of labor led to choosing an online platform called Zoom so that CLR classes could continue. They trained themselves, trained the class facilitators, trained the presenters, and trained the members.

The result: 955 online class registrations in the fall of 2020. Other community colleges joined the online format and a successful collaboration formed to begin sharing classes. In recognition of these accomplishments, RVC and the other regional colleges received the Illinois Community College Education and Training (ICCET) Most Innovative Program Award. In addition, Bob Bertolasi was honored by the Mayor of Rockford for his dedication to online training to keep seniors connected during the pandemic. His receiving of the City Challenge Coin was an honor well deserved.

Advisory Committee Secretary, Carol Nelson said, "The key to healthy aging is threefold: being physically active, having social connections, and keeping your mind active. The CLR program covers all of these!" Program Director, Tammy Lewis shared, "I have heard many members say to me, 'I don't know what I would do without CLR,' especially those who are widowed or live alone." The Rock Valley College Center for Learning in Retirement has been an amazing part of this community for 30 years!



WORD WEAVERS BOOK NOOK



WORD WEAVERS

By Jan July

John Mori spoke in the fall to the Word Weavers group about Haiku poetry. He feels that it is both easy and difficult to create.

Classical Haiku is closely associated with observations about nature. The form is short, traditionally only three lines, with the structure of 5-7-5 syllables. However, John notes that the format was developed for the Japanese language. He feels “modern” Haiku allows for more diversity in construction, although he remains true to three lines.

His version of Haiku encourages an “action” verb in the 2nd line, and “ah-hah moment” or revelation in the third line. Each word is carefully chosen to convey the intent and mood. Here are two Haiku examples by John reflecting his economy of words:

Moonlight --
Rabbit tracks
In the snow



The short days of winter
Shrink my world --
And my soul



John carries a small notebook to record inspirations, has a second larger notebook in which he refines his efforts and a hard bound ledger to pen the final Haiku poems.

BOOK NOOK

By Malia Hennessy



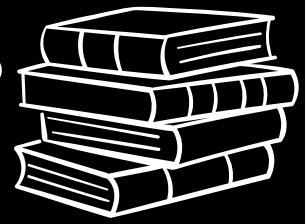
The Last Bookshop in London by Madeline Martin tells a compelling story of experiences in London during World War II. During the war, much of London was destroyed, along with most of the bookshops in the city. This book is a fictional account of a bookshop that survived and the remarkable people involved, especially the main character, Grace Bennett. She and her best friend, Viv, come to London to find jobs, and Viv easily finds one at Harrods. However, Grace, who has no letter of recommendation, cannot work there and finds a job working in a bookstore, Primrose Hill Books, with the help of Mrs. Weatherford, a friend of her mother. It is run by George, a bad-tempered older man who built the bookstore in honor of his wife and their love for books. Though Grace is not a reader, she organizes the cluttered bookstore and thinks of ways to make it more profitable. Grace works hard and is successful, but she doesn't have time to read the books she sells. However, when she is given one, she becomes drawn into reading and a love of literature.

The story takes you into the devastating effects of the war in London, with the constant bombing of the city, the blackouts and air raids, and the effects on the people. It puts you in the center of the action and helps you to see and feel what the people went through during this terrible time. In spite of a number of difficulties, Grace's bookshop survives the devastation, and Grace comes up with ways to unify the community in reading and keeping the bookshop alive.

The Last Bookshop in London is a story that, even though it tells about the terrors of World War II, is a story of resilience, bravery, and the power of literature. It has wonderful characters that you come to know and a story that moves you. I have always liked stories that told how it was on the Homefront during the war, and this book puts you there and lets you know how people coped and survived.

You are welcome to join the CLR Book Discussion Group on Monday, May 20, from 10 - 11 a.m. when we discuss this book. We will be meeting both via Zoom and in person at the Bell Center.

WORD WEAVERS BOOK GROUP



POETRY >>

TAXES IN RETIREMENT

By Jan July, Word Weavers

Personally, I find getting out of bed in the morning taxing
as is struggling to put on my socks and tie my shoes.
And fastening the clasp on my necklace taxes my patience
after trying to curl the back of my hair with an uncooperative shoulder.

I find it vexing to locate a working electric cart at the local grocery store,
to say nothing of trying to reach the box of cereal on the top shelf or coaxing the
carton of milk within range of my grasping fingers.

Drive up windows at the bank & pharmacy tax my driving skills!
I strive to find the "sweet spot" between scratching my car and being able to
reach the tray. How do I put the window down and open the door without
dropping my deposit out of reach on the ground?

Oh yes, there are plenty of taxes in retirement, but most important are the taxing
of my heartstrings when my grandchildren call and say "Hello Grandma," or my
dog snuggles close in contentment or my husband reaches silently for my hand in
empathy. Those are the taxes in retirement that I do not mind paying at all.



GET INVOLVED >>

BOOK DISCUSSION SPECIAL INTEREST GROUP MEETINGS

Monday, April 15

Team of Five

by Kate Anderson Brower

Monday, May 20

*The Last Bookshop in
London: A Novel of World
War II*

by Madeline Martin

Monday, June 17

The Prayer Box
by Lisa Wingate

For more information or to
be added to the group
mailing list, contact Malia
Hennessy at (847) 347-
6454.

THE ROCK VALLEY COLLEGE CENTER FOR LEARNING IN RETIREMENT PROVIDES

By Nancy J. Harvey, Word Weavers

A place to go to learn new things,
A place to grow as human beings.

An opportunity to nourish our minds,
An opportunity to explore new finds.

An opportunity to foster one's creativity,
whether it be in art, writing, or other activity.

An opportunity to pursue topics of interest,
A learning resource members can trust.

An opportunity to delve deeper into history, both local and national,
An opportunity to explore the new, exciting, and traditional.

An opportunity to keep your mind engaged,
Through computer technology knowledge gained.

And lastly, an opportunity to ease one through retirement strife
An opportunity to provide continuous growth in life.

CLR

INSTRUCTOR NEWS



INSTRUCTOR SPOTLIGHT: JOHN MCGRATH

By Joanne Newton

“The people of CLR have a deep desire to learn,” John McGrath says, “and I have a deep desire to teach. So, it’s a good match.”

It’s obvious to everyone who has taken John’s classes about the Bible that he enjoys teaching at CLR. He has been teaching here since 2002.



“I feel like I have something to offer,” John says. Indeed, he brings a wealth of experience and knowledge to his classes at CLR.

He’s been an educator and teacher all his life. He first stepped into the classroom at Aurora Central Catholic High School in 1969. In 1972, he started teaching at Boylan High School, staying there for 19 years. He followed that with 27 years in the Rockford Diocese’s Department of Education, serving as Director of Ministry Formation and also as Diocesan Director of Religious Education.

“Since I first became a teacher, I’ve always enjoyed sharing the Scriptures,” John said. “Over the years, I came to get a deeper appreciation of the Bible. The years have gone by in a hurry.”

John commented, “One of the nice things about CLR students is that this is a really ecumenical group with different religious backgrounds and traditions. There is a lot of kindness and mutual respect. A common thread is the desire to learn what’s in the Bible.”

“People in the classes have differing degrees of exposure to the Bible. I try to offer something for everyone, from the absolute beginner to those who have studied the Bible deeply.”

One of his favorite Bible verses is Jeremiah 15:16: “When I found your words, I devoured them. They became the joy and the happiness of my heart.”

“This is a summation of my appreciation for the Word of God and my desire to share it with people,” John said.

John gives compliments to the facilitators who help him with his classes; Malia Hennessy and Ellen Taylor-White; and also, the CLR Director, Tammy Lewis. “Everyone at CLR makes it so easy and pleasant to teach here.”

“The Bible is so hard to read, but John can help you understand it better,” Ellen said. She notes that John’s classes are always large and he takes a non-denominational approach.

“There is always more to learn,” John says. Thankfully for CLR, there is always more for John to teach. He will be presenting “Friendly Bible Part II” next semester. Look for his class in the summer catalog.



RECOMMENDED

366 DAYS TO A BETTER BRAIN, MIND, & LIFE!

By Norma Freeberg

In *Change Your Brain Every Day*, psychiatrist and clinical neuroscientist Daniel Amen, MD, draws on over 40 years’ of clinical practice with tens of thousands of patients to give you the most effective daily habits he has seen that can help you improve your brain, master your mind, boost your memory, and make you feel happier, healthier, and more connected to those you love.

Incorporating Dr. Amen’s tiny habits and practices over the course of a year will help. Day 9 in the book is to “Engage in Regular Brain-Healthy Habits.” Following this, he lists several potential habits for you to review and choose a strategy to add to your daily routine. They are things like walking, learning something new, flossing your teeth and many more.

Imagine what you could learn by spending every day for a year on a psychiatrist’s couch. In the pages of *Change Your Brain Every Day*, you’ll get a year’s worth of life-changing daily wisdom from Dr. Amen, one of the world’s most prominent psychiatrists.

“Today is the day to start changing the trajectory of your life, one tiny step at a time,” according to the book jacket.

Change Your Brain Everyday: Simple Daily Practices to Strengthen Your Mind, Memory, Moods, Focus, Energy, Habits, and Relationships by Daniel G. Amen, MD.

THE END OF THE ROAD



By Mary Jo Keffer

In 1959, Hugh and Jody Deery purchased an interest in a 50-acre rural property located along IL-173 seven miles outside of Rockford. That property became The Rockford Speedway, and by 1967 Hugh and Jody were the sole owners.

Rockford Speedway (*pictured below in its early years*) was sanctioned by NASCAR and has been known as “Mid-America’s Finest Racetrack.” It was responsible for promoting the careers of Dick Trickle, Rusty Wallace, and Todd Kluever, to name a few.



Rockford Speedway appealed to many families. Jody and Hugh had seven sons and a daughter, so perhaps that was the reason they hosted other fun events, including circuses, concerts, and community fundraising events.

Hugh died in 1984, and Jody (*pictured below*) ran the business until her mid-90s. She died last June at the age of 97. All eight children had duties at the Speedway through the years.



The Speedway operated from April through October on Saturday and Wednesday nights. In 1977, they built a banquet and convention facility, which was utilized year-round for wedding receptions, conferences, meetings, holiday parties, and even served as a large, quiet facility for Harlem students to use for the administration of Advanced Placement Exams in the spring.



Pictured: Hugh and Jody Deery pictured with driver Dick Trickle in 1978 in the Rockford Register Star.

The 50-acre property has touched a lot of individuals over the years, and it is sad to see it come to the “end of the road.”





MY FAVORITE BIRTHDAY PRESENT EVER

By Joan Schmelzle

It won't be hard to figure out that my favorite trip was quite a while ago when I say that it was my 50th birthday present to myself. I also should admit that this memorable birthday was part of a trip that had included several previous stops before the five full days at renowned Italian Chef Giuliano Bugialli's Cooking School in Florence.

Our group of 10 travellers started our adventure with dinner at a restaurant outside of Florence on June 29. We enjoyed four kinds of wine and a pre-dinner drink or aperitivo. The food courses started with two mushroom (funghi) and prosciutto crostini followed by salad with capers, anchovies, and pecorino cheese. Then came tagliatella alla primatura (sauce of unripe tomatoes and lots of garlic), grilled chicken and rabbit plus spinach. Dessert was zuppa cafe (coffee-soaked sponge cake) with whipped cream. We finished with Amaro, a rather bitter, but good, digestivo and lots of talking and laughing on the ride home.

I promise I won't keep telling you about all the different meals we had, but I will include the food on my birthday since that day was the reason I was there.

The next day we started at Giuliano's school. In the bright kitchen were four big gas stoves, two big marble tables, plus four small ones, pans, bowls, spoons and all kinds of kitchen equipment. Giuliano talked to us about last night's dinner. Next, he showed us how to make pasta, and we went to work. We each had to

make two kinds of pasta in small batches, so we had practice with it. Then we alternated working on sauces, vegetables, and dessert. My first job was chopping onions. For this I used a mezzaluna, (half-moon shaped knife). I still have the one I bought when I returned home.

After lunch I went back to the hotel, picked up my guidebook,



and did some sightseeing. Yes, I did lots and lots of walking.

On July 1st I wrote in my journal, "...launched into another wild day of cooking!" I made the stuffing for the ravioli and helped on a couple stages of dessert. We all helped each other and got practice in more techniques that way. Later that day we went sightseeing and saw the Roman theater in Fiesole and its museum, followed by the Church of San Miniato on a hill above Florence. That night we went to Tonio's restaurant that specializes in seafood and has its own fishing boat. At that

time, most seafood in Florence was imported from Sicily. We had nine or 10 different types of antipasti: small shrimp in vinaigrette, shrimp and squid, shrimp with onions, small snails, herring fillet and cod in sauce.

The first course was spaghetti in a very spicy sauce with some pieces of lobster, shell and all. Next, we had fried shrimp and squid and grilled sole and mixed salad. Then came the surprise. I had mentioned to one couple on the trip that it was my birthday and they told Giuliano, who arranged a special cake. It was actually two layers of meringue with about two inches of ice cream between and some chocolate pieces sprinkled on the bottom meringue. The scheduled dessert was raisin ice cream with biscotti and Vin Santo for dipping, still my favorite Italian dessert.

The next day, I made focaccia all' aglio and burned the first batch of garlic by not watching, but did OK with the pasta. Mornings of cooking were intense, three to four hours on our feet cooking and everybody helping each other to get through it. That night at school we had a wine and cheese "tasting": eight types of sausage, 12 types of cheese, four kinds of bread and rolls, and five kinds of red wine. Before the tasting, we ate the egg white frittata made that morning and afterwards we had dessert made that morning.

July 3 started with sightseeing to an old monastery where we could see the chapel and one



of the monk's "cells." We went to a five-course lunch, which lasted from 1:30 to 4. Then we went to Lucca and visited two churches and the old Roman amphitheater that is now a round piazza with a morning market surrounded by houses probably built on what once were rows of seats.

On July 4, we had another full morning of cooking and helping each other. Two of us worked on the polenta, which had to be stirred for a solid hour. I'm pretty sure the muscles from the swimming I was doing at that time in my life helped with that task. Giuliano made an extra pasta dish with sauce containing vodka. This recipe is in Bugialli on Pasta, which came out in 1987. Of course, I still have it among my diminished collection of cookbooks. That night we ate at a small restaurant specializing in Florentine dishes. And, yes, I ate tripe, in fact two kinds and wrote in my journal, "Now I'll never have to eat tripe again!"

On the morning of the last day, we cooked lunch and most of that night's "gala dinner." My main project for that was risotto, which

had to be made at the last minute, so I worked on other tasks first: cleaned duck, cleaned vegetables, shelled shrimp and chopped tomatoes. Giuliano himself ate dinner with us. After dinner, he gave us beautifully decorated and signed certificates showing we had completed the course. I still have mine framed and hanging in the kitchen.

My favorite birthday came to an end, but then I headed to Palermo, Sicily to continue my Italian adventures!

SPRINGTIME FUN AT CLR





HEALTHYAGING

Doesn't Just Happen

By Ellen Taylor-White

Fortunately, I was already a lifelong learner by the time I retired from work. And fortunately, I met a member of the Center for Learning in Retirement (CLR) within the first few months of retirement. I never saw this woman again, but I thank her almost every day for telling me about this excellent program.

She introduced me to a program that has helped me embrace healthy aging as recognized by the experts: exercise and physical activity, learning more about healthy eating, and making smart food choices, all while reducing any social isolation and loneliness of being at home all the time. CLR can also provide leisure activities, hobbies, and classes that make you laugh, cry, or just learn something new. Whatever your interest, we probably have a class for that. If there is a class you would like added, just suggest it on your evaluation form and the Curriculum Committee will look into getting this added to the program.

So, how does CLR help with exercise and physical activity? First, it gets you out of the house and into the building. But there are also different types of classes focused on exercise, from the twice-a-week Vivo Fitness class on Zoom with guided exercises for members at all levels of physical ability, to samples of different types of movement such as KnockOut Parkinson's using boxing to help slow the progression of parkinsonism, to walking with Nordic Poles, Tai Chi, Bicycling, and Yoga. But don't just look in the Fitness section of the catalog. In the Special Interests section you will find classes such as Intro to Pickleball and Pickleball II.

There are classes to help make healthier food choices. Diane Reinhold, a dietician working with the University of Illinois Extension, often presents classes on healthy eating. This semester she offered a class on a plant-based diet in February and about your Gut Microbiome in March. Be sure to watch for more classes from her and other presenters in the future.

Social isolation, loneliness, and depression all seem to go together as we age. Once we quit going to work every day, many of us will need a reason to get out and go someplace by ourselves. The Center for Learning in Retirement is just the place. It's often difficult to go somewhere new, but the staff and members are so welcoming that it's hard to stay a stranger for long. Some of our members only take art classes, others prefer history classes, some are looking to improve their computer skills, and others are only interested in the social events hosted by our all-volunteer Social Committee or the bus trips. Whatever your interest is, just learning something new is great for the brain.

One of the classes I have been hearing about recently is Card and Games for Fun which runs the entire spring and fall semesters. I heard about four strangers ending up at the same table in this class who have become very good friends. They play cards together each Friday afternoon, but also meet for dinner, shows and other types of entertainment outside of CLR.

For me, I grew up not far from Rockford and have now lived in the Rockford area for many years and I've found the classes about Rockford some of the most fascinating classes. There are tours offered most semesters of places like Tinker Swiss Cottage and the Funderberg House in Belvidere. Most of our tours are small groups, so be sure to sign up early. One of the new favorites is the Eagle Watch class presented by the NIU education staff at the Lorado Taft Campus near Oregon.

I know, you're asking me, "Why are you telling me all this? I already know all this." Well, I am asking you to tell your friends and acquaintances about CLR. Help those around you work towards healthy aging too.

Did you know that CLR's best advertising comes from you? Pick up a catalog and give it to a friend who might be interested. There are membership brochures in each of the classrooms for you to share with others. Invite them to social events or bus trips with you. And don't forget to bring them to the free CLR Annual Meeting that will be held at the beautiful Starlight Theatre on August 8. It is an enjoyable morning with entertainment, learning, and complimentary refreshments!



check out
RockValleyCollege.edu
for all the latest CLR info

Bus Trip



Experience the Volo Auto Museum Tuesday, May 21, 2024

Our day will begin with an early lunch at Lindy's Landing in Wauconda, IL. The restaurant was established in 1965 but was recently redesigned with a modern look and coastal chic décor. The restaurant features large glass windows, an outdoor porch, and a lovely waterfront view.

We will enjoy an amazing buffet including pasta salad, house salad, homemade mac n' cheese, mini roast beef sandwiches, crispy chicken sliders, California turkey wraps, homemade potato chips and unlimited coffee, tea, or Coca-Cola beverages. A cash bar will also be available. The meal will be topped off with a scrumptious chocolate mousse dessert.

Then we're off to the Volo Auto Museum just minutes away in Volo, IL, for an exciting and educational day. The museum features over 45 exhibits, so there is something of interest for everyone to explore and learn from. You will see over 300 classic, antique, and muscle cars, including the country's largest display of Hollywood, TV and Movie cars. Discover thousands of mechanical marvels from the first motorcycle to rare military vehicles and weapons. See a self-playing orchestra in the Carousel and Music Hall.

Our experience also includes a special visit to The Titanic exhibit. You will step back in time to the night of April 14, 1912 when the Titanic met its fateful end. Learn about the passengers and crew who were aboard and view a short film that educates about the history, survivors, facts, and more. This is a unique opportunity to gain a deeper understanding of one of the most tragic events in modern history.

The day wouldn't be complete without a complimentary ice-cream treat before boarding the motor coach for the return trip home.

Additional Information

DEPART:

9:45 am - Rock Valley College Lot 10

RETURN:

6 pm Rock Valley College Lot 10

COST:

Includes transportation, lunch, museum entrance and Titanic exhibit

- \$125 for CLR members
- \$145 for non-members

NOTE:

Both the restaurant and museum are handicap accessible.

**Registration
Deadline
Wednesday, May 15**

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

BUS TRIP REGISTRATION - MAY 2024

Name(s): _____

Address: _____

City: _____ State: _____

Zip Code: _____

Phone: _____

Email: _____

ID # (office use): _____

Must Provide Emergency Contact & Phone
Number: _____

Please indicate any special accommodations (dietary, seating, etc.)

\$125 for CLR Members Cash payment

\$145 for Non-Members Check payment

Amount total \$ _____

Check Number: _____

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

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



a member of

ROAD SCHOLAR
LLI RESOURCE NETWORK

ATTENTION: Summer CLR classes begin in June. The summer catalog of classes will be mailed out in May. The class schedule will be posted at rockvalleycollege.edu/CLR when available.

*RVC is an equal opportunity
educator & employer.
Learn more at rockvalleycollege.edu.*

2023-2024 ADVISORY COMMITTEE

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