

# Rock Valley College

## CENTER FOR LEARNING IN RETIREMENT

### Summer 2024 Class Schedule



**SAVE THE DATE**

**CLR Fall  
Kick-Off  
& Annual  
Meeting  
August 8, 2024  
10 a.m. - 12 p.m.**

## FIND YOUR PASSION

**68 Classes | Special Events | Tours | Special Interest Groups**

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



# 2024 CLR SUMMER SCHEDULE

## Here's to a great summer!

The Rock Valley College Center for Learning in Retirement (CLR) is wrapping up the 30-year anniversary celebration with the most ever summer classes. Look over the 68 class offerings inside, and I'm sure you will find something that interests you. If you haven't already done so, please renew your \$35 annual membership dues to support CLR. We ended the year in 2023 with a membership of over 1,300 which was great! We have not yet reached that number for 2024. There are so many people age 50+ in the community who have never even heard of the Center for Learning in Retirement. Be sure to tell your friends and family about this amazing program that not only offers classes, but day trips, travel, social events, special interest groups and volunteer opportunities. Thank you for your continued interest in lifelong learning and help us spread the word!

**NOTE:** 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!

**PLEASE NOTE:** See General Information on page 3 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.

## NOTICE OF NONDISCRIMINATION

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

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

### CLR MISSION STATEMENT

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

### 2023-2024

### ADVISORY COMMITTEE

Chair..... Arnie Ames  
 Vice Chair.....Rhee Ellen Wright  
 Secretary.....Carol Nelson  
 Membership.....Connie Croffoot, Sue Custer  
 Newsletter.....Ellen Taylor-White  
 Social.....Cheri Drake, Cathy Eberle  
 Curriculum.....Jan Johnson, Norma Freeberg  
 Speakers' Bureau.....Cheryl Bush  
 Media/Publicity.....Larry Nelson

### CLR OFFICE INFORMATION

**Phone: (815) 921-3931**

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

**Location: 3350 N. Bell School Rd., Rockford**

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# TABLE OF CONTENTS - SUMMER 2024

## ARTS & CRAFTS

Acrylic Art on Metal.....	4
Cardmaking: Tips & Techniques.....	4
Simple Jewelry Repair.....	4

## COMPUTER & TECHNOLOGY

Keeping Computers Safe .....	4
Using Microsoft Paint 3D.....	4
iPhone/iPad: Beyond Basics .....	5
Internet: Part of Your Life <b>[Z]</b> .....	5
Using Google Earth & Maps.....	5
Streaming, Cable, Over the Air.....	5
GPS: How Does It Really Work?.....	5

## FINANCE

Creating Your Ideal Retirement.....	5
-------------------------------------	---

## FITNESS

Walking with Nordic Poles.....	6
Vivo Virtual Fitness <b>[Z]</b> .....	6
Chair Yoga .....	6

## HEALTH & WELLNESS

Meditation Made Easy.....	6
Culinary Herbs.....	6

## HISTORY

Operation Freedom <b>[Z]</b> .....	7
First Around the World <b>[H]</b> .....	7
The Parthenon & Elgin Marbles <b>[Z]</b> .....	7
Medal of Honor Recipients <b>[H]</b> .....	7
Comparison: Watergate & Jan. 6 .....	7
Villains in Our National Parks <b>[Z]</b> .....	8
The Rise of Abraham Lincoln.....	8
180 Days <b>[Z]</b> .....	8
Women's Baseball of the 1950s.....	8

## HUMANITIES

The Healing Power of Music.....	8
Foreign Film Appreciation .....	9
Movie Music Romance II.....	9
Fall & Rise of the Western .....	9
Behind the Scenes of Starlight 2024.....	9
Acting Our Ages: Senior Theatre.....	10
ABCs of Self-Publishing.....	10

## RELIGION

How to Identify a Cult .....	10
Poor Clare Nuns .....	10
Befriending the Bible.....	10

## SCIENCE & NATURE

Dinosaur Dig Presentation .....	15
Winter Warmth: El Nino .....	15
Myths & the Constellations <b>[Z]</b> .....	15
Care for Your Trees .....	15

## SOCIAL SCIENCES

Living Alone as We Age .....	15
The Grand Jury.....	15
What in the World is Going On .....	16
Civil Rights 2024: Atlanta Report.....	16
Everyday Life in East Germany <b>[Z]</b> .....	16
Senior Safety Tips.. ..	16
Freedom From Mind's Judgment .....	16

**[Z]** Indicates an online class via Zoom

**[H]** Indicates a Hybrid class

(in person and online)

## SPECIAL INTERESTS & HOBBIES

Intro to Digital Photography .....	16
AARP Smart Driver Course .....	17
Make & Take a Fairy Garden.....	17
Learn to Play Euchre .....	17
Game of Backgammon .....	17
Cribbage for Beginners .....	17
Pickleball II .....	18
Introduction to Pickleball .....	18
Air Traffic Control .....	18
Identity Theft .....	18
Compassionate Pet Grooming .....	18
All Creatures Great & Small .....	18

## TOURS

Tour of Rockford Airport .....	19
NIU's Lorado Taft Campus .....	19
Golden Age of Horticulture .....	19
RVC Library Tour .....	19
Historic Erlander Home .....	20
History/Tour - Barloga's 3rd House .....	20

## TRAVEL

Travelogue: Ireland .....	20
---------------------------	----

## OTHER

Course Registration Form .....	11
Special Interest Groups .....	20
Tropical Social Event .....	21
Calendar .....	22

**CLR Fall Kick-Off & Annual Meeting  
August 8, 2024  
10 a.m. - 12 p.m.  
RVC Starlight Theatre**

## CLR General Information

A copy of the Center for Learning in Retirement Summer 2024 catalog is available for viewing. No online registration is available.

**Register Early:** Register early so you won't be disappointed. Often classes and bus trips reach the maximum enrollment early. You will be contacted if you have registered for a trip or social event that is already full.

**Full and Cancelled Classes:** Waiting lists for CLR members will be created when a class becomes full. RVC reserves the right to limit enrollments or cancel any class. Every effort will be made to notify registrants when a class is cancelled. Full refunds will be provided.

**Inclement Weather:** If Rock Valley College cancels classes due to bad weather, the Center for Learning in Retirement will also be cancelled (classes and trips). Cancellation notices will appear on RVC social media channels, the RVC website at RockValleyCollege.edu, and local news outlets will be notified.

**Withdrawals from a Class:** If you wish to withdraw from a class, you must do so ONE day prior to the first session in order to receive a refund. There is a \$5 per class cancellation processing fee. There are no refunds after a class begins.

If you know you will be unable to attend a class, it would be appreciated if you let the office know. It provides an opportunity to those on the waiting list to be contacted.

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

You will receive a Student Schedule by mail. 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

# ARTS & CRAFTS

## Acrylic Art on Metal

### Course Code: ART-701-CLR1

(Class Limit: 12) Paint your choice of subject on smooth aluminum. The finished project will be ready for display or hanging. The artwork will be weather-resistant and perfect for a patio or sunroom. NOTE: Supply list will be sent prior to class. Aluminum (size 8" x 10" or larger) will be provided.

Leader: Sue Thompson

Facilitator: Jim Mundinger

Dates: Tuesdays, 8/6 & 8/13

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

Place: RVC Bell School Road Center, Room 2

Fee: \$25.00

## Cardmaking: Tips and Techniques

### Course Code: ART-720-CLR1

(Class Limit: 12) Learn the basics of rubber stamping and card making. A number of techniques will be discussed. We will be completing four cards in class. Bring scissors and a small adhesive tape runner. All other materials will be provided with a \$5 fee to be paid in class. **NOTE:** These will be all new cards.

Leader: Arlene Cook

Facilitator: April Rottman

Date: Tuesday, 6/18

Time: 1 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 1

Fee: \$15.00

**\*\*CANCELLED\*\***

## ~~Simple Jewelry Repair or Restringing~~

### ~~Course Code: ART-720-CLR3~~

(Class Limit: 5) Do you have a fashion or semi-precious necklace or bracelet you want to restring, lengthen, or change the clasp on? Or a necklace you want to split up into two bracelets? In this class, the leader will assist you in making repairs and changes to a wire-strung necklace/bracelet or a stretch bracelet. (Metal findings, such as clasps, can be replaced but NOT repaired. No repairs or replacement of leather, pearl knotting, or macrame. No fine jewelry.) Bring up to four items to select from at the first session. As a class, we will look at each person's items. Then, the leader will help you select one (or two, depending on the time needed) to work on and help you list what materials you need to purchase before the next session. Your leader will have a few supplies, such as beading wire and elastic cord, for purchase at cost. Beading tools will be available to use in class. Repairs and jewelry updates will be completed in the second class.

Leader: Sylvia Emerson

Facilitator: April Rottman

Dates: Wednesdays, 7/10 & 7/17

Time: 9 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$20.00

# COMPUTER & TECH

## Keeping Your Computers Safe and Efficient

### Course Code: CMP-702-CLR1

(Class Limit: 50) Presentation of software that is available for home computers to keep them safe and efficient. (I will be showing free ones.) Demonstration of use of the software as well as other utilities provided on most computers to scan for viruses, protect against malware, and clean out junk files, cookie bins, cache folders, and other items that take up space but are not needed.

Leader: Bob Bertolasi

Facilitator: Arnie Ames

Date: Tuesday, 7/9

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

Place: RVC Bell School Road

Center, Room 3

Fee: \$15.00



## Using Microsoft Paint 3D

### Course Code: CMP-702-CLR2

(Class Limit: 18) All Microsoft Windows computers come with a free program called "Paint 3D". Have you tried using it? Would you like to know more about it? Do you know what you can do with it? In this two-session class, you will learn about the features of the paint program and how to customize graphics, make your own graphics, or develop your artistic skills. No previous computer training is necessary except for being familiar with using a mouse. We will be using the Windows 10 version of Paint, but many of the concepts covered in this class will apply to all Windows versions of the Paint program.

Leader: John Majernik

Facilitator: Bob Bertolasi

Dates: Tuesday, 7/16 & Friday, 7/19

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

Place: RVC Bell School Road Center, Room 5

Fee: \$25.00



## Virtual Fitness Program

Join this online, live, interactive physical fitness program that promotes strength building with exercises modified for YOU!

**See page 6 for more info!**



## **Iphone/Ipad: Beyond Basics**

### **Course Code: CMP-703-CLR1**

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

Leader: Michelle Arms     Facilitator: Arnie Ames

Date: Tuesday, 6/25

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

Place: RVC Bell School Road Center, Room 4

Fee: \$15.00

## **The Internet: A Part of Your Life More Than Ever Before**

### **Course Code: CMP-703-CLR2**

(Class Limit: 50) Beyond digital newspapers, email, Facebook, Amazon, and eBay, there is a stunning array of resources available today to enrich our lives. From checking a new prescription for interactions with your other medications to replacing the battery in your key fob car remote, the Internet provides useful information at all levels of thinking. In this lecture class, we will explore the expanding presence of the Internet in our lives and the benefits to older adults in their everyday search for knowledge, entertainment, and social interaction. Learn how easy it can be to access helpful and fun resources on the Internet! **NOTE:** This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional community colleges will be joining this class online.

Leader: Bob Bertolasi     Facilitator: John Majernik

Date: Thursday, 6/27     Time: 10 a.m. - 12 p.m.

Place: Online via Zoom

Fee: \$15.00

## **Using Google Earth & Maps for Convenience and Safety**

### **Course Code: CMP-703-CLR3**

(Class Limit: 18) This class will explain and show, by example, how to use Google Earth and Google Maps to pre-plan travel to a new location in Rockford, other cities and states, or even another country. Use of Google Earth images will be given to show how vacation planning can be enhanced by investigating sites along the way and attractions intended for visiting to make sure of the route, surroundings, and "don't want to miss" views at the intended sites. The use of Google Maps satellite and street view will be demonstrated, showing how to take the confusion and panic out of a visit to a new business or event by being able to see the turn-off point or parking areas before leaving your home.

Leader: Bob Bertolasi     Facilitator: John Majernik

Dates: Tuesday, 7/23 & Thursday, 7/25

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

Place: RVC Bell School Road Center, Room 5

Fee: \$25.00

## **Streaming, Cable, and Over the Air TV/Internet**

### **Course Code: CMP-703-CLR4**

(Class Limit: 50) We will investigate the pros and cons of streaming services, cable providers, and over-the-air TV possibilities. Bob will provide information on Hulu, Peacock, Disney+, and other streaming services and a comparison of Full Cable providers vs. Internet Only providers. We will also discuss the free Over the Air (OTA) television signals available in this area.

Leader: Bob Bertolasi

Facilitator: Jack Croffoot

Date: Friday, 7/26

Time: 9:30 - 11:00 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

## **GPS-How Does It Really Work?**

### **Course Code: CMP-703-CLR5**

(Class Limit: 50) GPS. We all use it, but do we really know how it actually works? A history of the development of the GPS system and an in-depth study of how and why it does what it does will be discussed. An insight into the workings of the GPS system will be provided.

Leader: Dean May

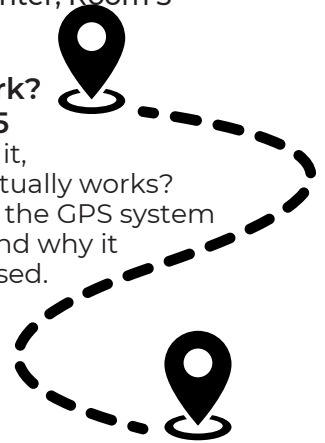
Facilitator: Bob Bertolasi

Date: Tuesday, 7/30

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



# **FINANCE**

## **5 Secrets to Creating Your Ideal Retirement**

### **Course Code: FIN-701-CLR1**



(Class Limit: 20) Come and learn how to better align your financial strategies with your retirement goals. We will discuss some common investment "traps" and how to avoid them. You will gain a better understanding of retirement planning

strategies and how to align your portfolio with your investment goals.

Leader: Stephen Lorence

Facilitator: Sue Hansen

Date: Tuesday, 7/30

Time: 9:30 a.m. - 12 p.m.

Place: RVC Bell School Road Center, Room 4

Fee: \$15.00

# FITNESS

## Wellness Walking with Nordic Poles

### Course Code: FIT-750-CLR1

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

Leader: Karla Johnson

Facilitator: Midge Tesch

Date: Tuesday, 6/11

Time: 1:30 - 3:00 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

## 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 exercising or exercising regularly, the Vivo-certified personal fitness trainers will provide modified exercises to meet each participant's fitness needs. Sessions are 45 minutes in length, 2 times a week, 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 strength training from your home. The sessions are easy to access with a link provided through your personal email. **NOTE:** A waiver will need to be signed prior to the first class and you can pick up an exercise band at the CLR office if you don't already have one.

Leader: Vivo Fitness Trainers

Facilitator: Ellen Taylor-White

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

Place: Online via Zoom

Course Code: FIT-767-CLR1

Dates: Tuesdays/Thursdays, 5/23-7/18 (skip 7/4)

Fee: \$ 110.00 for 8 weeks

Course Code: FIT 767-CLR2

Dates: Tuesdays/Thursdays, 7/23-8/20

Fee: \$55.00 for 4 weeks

## Chair Yoga

### (see below for course codes)

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

Leader: Julie Young

Facilitator: Jan Johnson

Time: 11:45 a.m – 12:45 p.m.

Place: Surya Chandra Yoga Studio - 929 S. Alpine Road, Suite 408, Rockford

Course Code: FIT-768-CLR1

Dates: Thursdays, 6/13, 6/20, 6/27, 7/11

Fee: \$45.00 for 4 weeks

Course Code: FIT-768-CLR2

Dates: Thursdays, 7/18, 7/25, 8/1

Fee: \$35.00 for 3 weeks

# HEALTH & WELLNESS

## Meditation Made Easy

### Course Code: HLT-725-CLR1

(Class Limit: 25) Discover what meditation truly is, why it's so beneficial for all aspects of your life, how to do it and how to easily make meditation a normal part of your day. NO experience needed! No mats or cushions. We sit on comfy chairs.

Meditation is part of most faith (and no faith) traditions. This class will include a discussion on various methods, a guided meditation, time for sharing and questions, and a handout with information and tips. People who meditate regularly have less stress, better health, sleep better, more resilience and better relationships.

Leader: Kelly Simmons

Facilitator: Midge Tesch

Date: Monday, 7/8

Time: 1 p.m. - 2:30 p.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00

## Culinary Herbs 101

### Course Code: HLT-725-CLR2

(Class Limit: 50) During this class, we will discuss helpful tips for purchasing and storing herbs and how to preserve herbs to enjoy them throughout the year. Additionally, we will talk about when and how many various herbs should be added to a dish to maximize flavor and the health benefits of using herbs and spices instead of other ingredients. Plus, we will have tasty samples and delicious recipes to make at home.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 7/26

Time: 1 - 3 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



# HISTORY

## Operation Freedom – The Berlin Airlift

### Course Code: HST-701-CLR1

(Class Limit: 50) It was perhaps one of the greatest adventures in American military history--the Berlin airlift of 1948/49! Soviet troops closed all access routes to West Berlin by land, sea and rail, thus threatening the lives of 2.5 million people. American General Lucius D. Clay did not hesitate and organized a bold and fantastic bridge across the sky involving 700 planes and more than 250,000 flights over a period of 14 months. Join German historian Anette Isaacs for a fascinating discussion of this exciting time in her country's postwar history. This is a nighttime COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by McHenry County College five minutes before the class is scheduled to begin.

Leader: Anette Isaacs                      Facilitator: Jan Johnson  
Date: Monday, 6/17                      Time: 6 - 8 p.m.  
Place: Online via Zoom  
Fee: \$15.00

## First Around the World-Douglas World Cruisers

### Course Code: HST-701-CLR2

(Class Limit: 50) Three years before Charles Lindbergh and the Spirit of St. Louis took their legendary flight to Paris, eight brave men and four aircraft attempted to become the first to circumnavigate the world by air. The 27,553-mile flight was met with disaster almost immediately when the lead aircraft and the flight commander struck a mountain in the Alaskan fog. The remaining flight experienced it all from blown engines, forced landings, a stowaway, and much more. Come learn about this audacious, record-breaking flight. **NOTE:** This is a Hybrid COLLEGE COLLABORATION class hosted by RVC/CLR that can be attended in-person or online. Students from other regional community colleges will be joining the class online.

Leader: Mike Frederiksen  
Facilitators: Bob Bertolasi, Brad Keyes & Arnie Ames  
Date: Tuesday, 6/18  
Time: 10 - 11:30 a.m.  
Place: RVC Bell School Road Center, Room 3, or Online via Zoom  
Fee: \$15.00

## The Parthenon and the Elgin Marbles

### Course Code: HST-701-CLR3

(Class Limit: 50) The Parthenon is an enduring symbol of ancient Greece, Athenian democracy and Western civilization. It is also one of the world's greatest cultural monuments. Learn about its history and the current battle over its collection of sculptures, known as the Elgin Marbles. This is a nighttime COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by the College of DuPage two minutes before the class is scheduled to begin.

Leader: Ruth Nelson                      Facilitator: Bob Bertolasi  
Date: Wednesday, 7/24                      Time: 7 - 9 p.m.  
Place: Online via Zoom  
Fee: \$15.00

## Medal of Honor Recipients

### Course Code: HST-701-CLR4

(Class Limit: 50) The Medal of Honor is our nation's highest military honor and is given for action above and beyond the call of duty. There were 473 WW II soldiers recognized with the Medal of Honor. The majority of the recipients received the recognition posthumously, their young lives cut short. In his book, *Always Remember-World War II Through Veterans' Eyes*, Dr. John Ulferts interviewed 20 WW II Medal of Honor recipients. This presentation will tell their incredible stories of valor in words and pictures. From providing life-saving medical care while firing at enemy soldiers in Okinawa to throwing a burning phosphorus bomb out of a plane to escaping headhunters in the Pacific, the stories of these brave Medal of Honor recipients must always be remembered by a grateful nation. This is a Hybrid COLLEGE COLLABORATION class hosted by RVC/CLR. You may attend in person or online. Other regional community colleges will be participating online.

Leader: John Ulferts  
Facilitators: Ellen Taylor-White & Robbin Nelson  
Date: Monday, 8/12  
Time: 2 - 4 p.m.  
Place: RVC Bell School Road Center, Room 3 or Online via Zoom  
Fee: \$15.00



## A Comparison of Watergate and Jan. 6

### Course Code: HST-712-CLR1

(Class Limit: 75) Watergate is considered to be the most significant scandals involving a US President in the 20th Century and resulted in Richard Nixon leaving office. The January 6th event was an attempt by a sitting President to remain in office despite losing the election--a first in our history. We will examine both events and draw out the significance of each and how they were/are perceived by the American people.

Leader: Gene Van Galder  
Facilitators: Arnie Ames & Malia Hennessy  
Date: Wednesday, 6/26  
Time: 1:30 - 3:30 p.m.  
Place: RVC Bell School Road Center, Room 13  
Fee: \$15.00

## Villains & Scalawags in Our National Park Service

### Course Code: HST-712-CLR2

(Class Limit: 50) Walk through history with instructor David Kroese as he highlights some of our country's darker stories from the 400+ units in the US National Park System and the individuals who experienced these events. This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by the College of DuPage two minutes before the class is scheduled to begin. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: David Kroese

Facilitators: Bob Bertolasi & Keith Hale

Date: Monday, 7/15

Time: 1 - 3 p.m.

Place: Online via Zoom and Zoom Room

Fee: \$15.00

## The Rise of Abraham Lincoln

### Course Code: HST-712-CLR4



(Class Limit: 75) This class will examine Abraham Lincoln from his birth to his election to the presidency in 1860. The class will continue with Part 2 in the fall 2024 semester.

Leader: Gene Van Galder

Facilitators: Malia Hennessy & Arnie Ames

Dates: Monday, 7/22 & Tuesday, 7/23

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

Place: RVC Bell School Road Center, Room 13

Fee: \$20.00

## 180 Days

### Course Code: HST-720-CLR1

(Class Limit: 50) It's the presidential election season which brings us to the story of the most famous prisoner in McHenry County, Eugene Debs. Debs, who ran for president five times (including once from federal prison) transitioned from a railroad union president to the leader of the national socialist party while serving 180 days in the county jail in downtown Woodstock, Illinois. None of this would have been possible were it not for the bonding of Debs and the ultra-conservative sheriff of McHenry County. This unbelievable story of two unique men at totally opposite ends of the political spectrum will bring to light the extreme courage they had in not being afraid to listen to each other. This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by McHenry County College five minutes before the class is scheduled to begin.

Leader: Steve Aavang

Facilitator: Steve Renne

Date: Thursday, 8/15

Time: 1 - 3 p.m.

Place: Online via Zoom

Fee: \$15.00

## Barnstorming Women's Baseball of the 1950s

### Course Code: HST-720-CLR2

(Class Limit: 50) Despite no longer having a league of their own, a handful of elite women baseball players traveled the country in the 1950s challenging men's teams. Learn more about the players, including former Rockford Peaches, and their travel and level of play during this often overlooked period of women's baseball history.

Leader: Ryan Woodward

Facilitator: Midge Tesch

Date: Thursday, 6/13

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

# HUMANITIES

## The Healing Power of Music

### Course Code: HUM-701-CLR1

(Class Limit: 60) This will be an educational and experiential session on music therapy. Learn about the ever-expanding research which illustrates how profoundly we are all impacted by music. With the intentional application of the properties of music (tempo, pitch, harmony, melody, form) we can impact various levels of physiological, emotional and spiritual healing. Music therapy interventions can promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication and promote physical rehabilitation. A brief overview of music therapy as a profession with special emphasis on the hospice setting and use for those affected by dementia will be presented and then a musical demonstration.

Leader: Jen Jencks Conley

Facilitator: Loyd Wollstadt

Date: Tuesday, 7/9

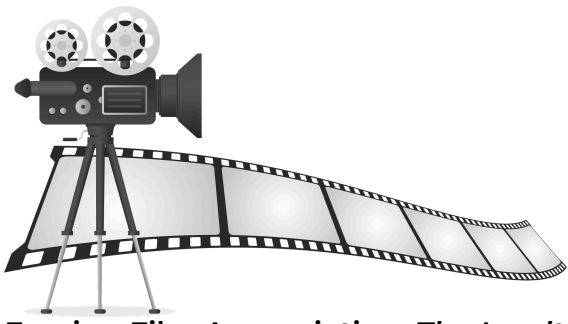
Time: 1:30 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00







**Foreign Film Appreciation: *The Insult***

**Course Code: HUM-702-CLR1**

(Class Limit: 50) In today's Beirut, an insult blows out of proportion resulting in a dramatic confrontation between a Lebanese Christian and a Palestinian refugee who face each other in a highly publicized court case. From secret wounds to traumatic revelations, the media circus surrounding the case puts Lebanon through a social explosion forcing the two protagonists to reconsider their lives and prejudices. Discussion to follow the film. The film is in Arabic with English subtitles. A Lebanese guest will be attending, providing background on the religious and political culture of Lebanon as well as the Lebanese civil war.

Leaders: Elvira Bayod Ventimiglia & Andrea Azar

Facilitator: Norma Freeberg

Date: Friday, 7/12

Time: 1 - 3:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

**Movie Music Romance II**

**Course Code: HUM-710-CLR1**

(Class Limit: 60) Movie Music Romance II is a brand-new presentation of sensational songs and dances from the past 100 years of film history that eases us down memory lane. Join John LeGear as he showcases another 36 of the most creatively conceived movie scenes, love songs and dance pairings ever seen on the silver screen. Movie Music Romance II will forever change the way you view movies. Little-known insights and behind-the-scene stories make these memorable film clips appear as if you're seeing them for the first time. In this new 2-hour presentation, look for more familiar faces: Rita Hayworth, Cyd Charisse, Marilyn Monroe, Yul Brynner, Audrey Hepburn, Emma Stone, Jennifer Lawrence, Bradley Cooper and more. Just as with the original Movie Music Romance, it's a journey through lyrical splendor that spans the past century.

Leader: John LeGear

Facilitator: Ellen Taylor-White

Date: Tuesday, 7/16

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

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00

**The Rise & Fall of the Western in America, 1870s-1970s**

**Course Code: HUM-710-CLR2**

(Class Limit: 35) The Western as an artistic and moral force had a powerful influence in American society from the 1870s to the 1970s. Whether in pulp fiction and book form, Hollywood movie, radio play, or television drama, the Western was so influential in a society that was increasingly industrial and urban. We will trace the reasons for the rise and dominance of the Western until the 1950s, as well as its rapid decline and fall in the 1960s and 1970s.

Leader: Andy Dvorak

Facilitator: Keith Hale

Date: Wednesday, 7/17

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

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



**Behind the Scenes of Starlight 2024**

**Course Code: HUM-712-CLR1**

(Class Limit: 50) Join us before we open Starlight Theatre's summer season as Director, Christopher D. Brady and Tech Director, Brandon Mechler, host this informative class. The exciting 2024 season boasts the lineup of *Legally Blonde*, *Guys & Dolls*, *The Color Purple*, and *Newsies*, and a new StarBright series (*Beauty & the Beast*) that features the next generation of Starlight performers. Chris and Brandon will provide an informal backstage look at the preparation and operations of putting together a season of outdoor community theatre! It will shed light on the audition process, the thoughts behind the design and implementation, humorous tidbits and a welcoming of all theatre-related questions as well! An interesting behind-the-scenes tour will follow the presentation. This is a community awareness class.

Leaders: Christopher Brady & Brandon Mechler

Facilitator: Jan Johnson

Date: Friday, 5/31

Time: 12:30 - 2:30 p.m.

Place: Rock Valley College Main Campus Bengt Sjostrom (Starlight) Theatre - 3301 N. Mulford Rd., Rockford

Fee: \$5.00

# RELIGION

## Acting Our Ages: Seniors in Theatre

### Course Code: HUM-712-CLR2

(Class Limit: 25) We offer workshop participants an interactive theatre experience, which includes the opportunity to take the stage themselves. A brief comedic 2-person script will be presented in three very different styles. It will be simply read, presented in an "over the top" style, and as an author/director might have produced it. Class participants will read several lines of dialogue from different scenes and star in the roles of Gladys and Herb, an older couple who find they have a new life problem concerning their morning Danish pastries.

Leaders: Joan Kole & John Kirkpatrick

Facilitator: Arnie Ames

Date: Monday, 6/17

Time: 10 - 11:30 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00



## ABCs of Self-Publishing

### Course Code: HUM-714-CLR1

(Class Limit: 16) Have you written a book you'd like to bring to one of the biggest markets in the world? Or have you simply written a legacy to leave to your friends and family? Many publishing services offering to help publish your book charge thousands of dollars, leaving you with a basement full of hard-to-sell copies. Now, you can publish with Amazon using print-on-demand services for next to nothing. If you have a book or memoir in you, publishing on Amazon can be the avenue to seeing this dream fulfilled.

Leader: Maureen Lang

Facilitator: Nancy Harvey

Date: Monday, 7/29

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

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00

## How to Identify a Cult

### Course Code: REL-703-CLR1

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

Leader: Brian Wagner Facilitator: Karen Messley

Date: Friday, 7/12

Time: 10 a.m. - 12:00 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00



## History and Life of the Poor Clare Nuns

### Course Code: REL-703-CLR2

(Class Limit: 25) Founded by St. Clare of Assisi in 1212. History 1212-2024. Monastic customs we observe are passed on to us unbroken from the 100's AD. Lots of interesting details to share. From our beginnings, we were founded as a cloistered, contemplative order. What does all this mean...come and find out! All and any questions are welcome.

Leader: Mother M. Dominica, PCC

Facilitator: Mary Ann Akerman

Date: Thursday, 6/20 Time: 2:30 - 4 p.m.

Place: Poor Clare Monastery - 2111 S. Main St., Rockford

Fee: \$15.00

## Befriending the Bible - Part 2

### Course Code: REL-710-CLR1

(Class Limit: 60) This session is a follow-up to Part 1 from last summer. You need not have been present for Part 1 to benefit from Part 2. These two classes will address a) How to learn FROM the Bible vs. learning ABOUT the Bible, b) The thematic unity of the Old and New Testaments, and c) Some tried-and-true methods for praying with the Bible. The goal is to make your Bible reading more fruitful. Please bring your Bible to class.

Leader: John McGrath

Facilitators: Malia Hennessy & Ellen Taylor-White

Dates: Wednesdays, 7/24 & 7/31

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

Place: RVC Bell School Road Center, Room 13

Fee: \$20.00



## ROCKFORD PUBLIC LIBRARY

### Visit the Mobile Library

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

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!

# Registrant #1

Questions:  
Call (815) 921-3931

## A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - SUMMER 2024

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

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

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

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

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

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

- I am a current CLR member and have already paid my 2024 dues.
- I am a past CLR member and I would like to renew my annual membership for 2024. My \$35 dues for 2024 are included.
- I would like to join CLR. My \$35 dues for 2024 are included. *(Complete the application below)*

#### 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 class and event registrations.

Amount paid for classes \$ \_\_\_\_\_

2024 Membership Dues \$ \_\_\_\_\_  
*(\$35 for new/renewing members only)*

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 CLR office will be closed for holidays on May 27, June 19, and July 4.

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. Waiting lists are kept for full classes. Review the Student Schedule that will be sent to you for confirmation of the classes you get into. **Be sure to note if the classes are in-person, online, hybrid, or Zoom Room.** Refund for classes that you did not get registered for will be mailed out after the semester begins. There is a \$5 processing fee per class for cancellations. Annual membership dues of \$35 is due for CLR members every January for the calendar year.

## 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 SUMMER 2024 COURSE SELECTIONS

✓	Course Code	Page	Course Title	Cost
<input type="checkbox"/>	ART-701-CLR1	4	Acrylic Art on Metal	\$25
<input type="checkbox"/>	ART-720-CLR1	4	Cardmaking: Tips	\$15
<input type="checkbox"/>	<del>ART-720-CLR3</del>	<del>4</del>	<del>Simple Jewelry Repair</del>	<del>\$20</del>
<input type="checkbox"/>	CMP-702-CLR1	4	Keeping Computers Safe	\$15
<input type="checkbox"/>	CMP-702-CLR2	4	Using Microsoft Paint 3D	\$25
<input type="checkbox"/>	CMP-703-CLR1	5	Iphone/Ipad Beyond Basics	\$15
<input type="checkbox"/>	CMP-703-CLR2	5	Internet: Part of Your Life <b>[Z]</b>	\$15
<input type="checkbox"/>	CMP-703-CLR3	5	Using Google Earth & Maps	\$25
<input type="checkbox"/>	CMP-703-CLR4	5	Streaming, Cable, Over the Air	\$15
<input type="checkbox"/>	CMP-703-CLR5	5	GPS-How Does it Really Work?	\$15
<input type="checkbox"/>	FIN-701-CLR1	5	5 Secrets to Creating Your Ideal Retirement	\$15
<input type="checkbox"/>	FIT-750-CLR1	6	Walking w/Nordic Poles	\$15
<input type="checkbox"/>	FIT-767-CLR1	6	Vivo Virtual Fitness 8-wks <b>[Z]</b>	\$110
<input type="checkbox"/>	FIT-767-CLR2	6	Vivo Virtual Fitness 4-wks <b>[Z]</b>	\$55
<input type="checkbox"/>	FIT-768-CLR1	6	Chair Yoga 4-sessions	\$45
<input type="checkbox"/>	FIT-768-CLR2	6	Chair Yoga 3-sessions	\$35
<input type="checkbox"/>	HLT-725-CLR1	6	Meditation Made Easy	\$15
<input type="checkbox"/>	HLT-725-CLR2	6	Culinary Herbs 101	\$15
<input type="checkbox"/>	HST-701-CLR1	7	Operation Freedom <b>[Z]</b>	\$15
<input type="checkbox"/>	HST-701-CLR2	7	First Around the World <b>[H]</b>	\$15
<input type="checkbox"/>	HST-701-CLR3	7	Parthenon & Elgin Marbles <b>[Z]</b>	\$15
<input type="checkbox"/>	HST-701-CLR4	7	Medal of Honor Recipients <b>[H]</b>	\$15
<input type="checkbox"/>	HST-712-CLR1	7	Watergate & Jan. 6	\$15
<input type="checkbox"/>	HST-712-CLR2	8	Villains in National Parks <b>[Z]</b>	\$15
<input type="checkbox"/>	HST-712-CLR4	8	The Rise of Abraham Lincoln	\$20
<input type="checkbox"/>	HST-720-CLR1	8	180 Days <b>[Z]</b>	\$15
<input type="checkbox"/>	HST-720-CLR2	8	Women's Baseball of the 1950s	\$15
<input type="checkbox"/>	HUM-701-CLR1	8	The Healing Power of Music	\$15
<input type="checkbox"/>	HUM-702-CLR1	9	Foreign Film Appreciation	\$15
<input type="checkbox"/>	HUM-710-CLR1	9	Movie Music Romance II	\$15
<input type="checkbox"/>	HUM-710-CLR2	9	Rise & Fall of the Western	\$15
<input type="checkbox"/>	HUM-712-CLR1	9	Behind the Scenes: Starlight 2024	\$5
<input type="checkbox"/>	HUM-712-CLR2	10	Acting Our Ages: Senior Theatre	\$15
<input type="checkbox"/>	HUM-714-CLR1	10	ABCs of Self-Publishing	\$15
<input type="checkbox"/>	REL-703-CLR1	10	How to Identify a Cult	\$15

✓	Course Code	Page	Course Title	Cost
<input type="checkbox"/>	REL-703-CLR2	10	History of Poor Clare Nuns	\$15
<input type="checkbox"/>	REL-710-CLR1	10	Befriending the Bible	\$20
<input type="checkbox"/>	SCI-700-CLR1	15	Dinosaur Dig & Paleo Lab	\$20
<input type="checkbox"/>	SCI-710-CLR1	15	Winter Warmth - El Nino	\$15
<input type="checkbox"/>	SCI-710-CLR2	15	Myths & Constellations <b>[Z]</b>	\$15
<input type="checkbox"/>	SCI-725-CLR1	15	Care for Your Trees	\$15
<input type="checkbox"/>	SOC-703-CLR1	15	Living Alone As We Age	\$15
<input type="checkbox"/>	SOC-706-CLR1	15	The Grand Jury	\$15
<input type="checkbox"/>	SOC-706-CLR2	16	What in the World?	\$35
<input type="checkbox"/>	SOC-706-CLR3	16	Civil Rights 2024: Atlanta	\$5
<input type="checkbox"/>	SOC-710-CLR1	16	Life in East Germany <b>[Z]</b>	\$15
<input type="checkbox"/>	SOC-730-CLR1	16	Senior Safety Tips	\$5
<input type="checkbox"/>	SOC-760-CLR1	16	Freedom from Mind's Judgments	\$20
<input type="checkbox"/>	SPC-710-CLR1	16	Intro to Digital Photography	\$15
<input type="checkbox"/>	SPC-715-CLR1	17	AARP Smart Driver	\$0
<input type="checkbox"/>	SPC-720-CLR1	17	Make & Take Fairy Garden	\$45
<input type="checkbox"/>	SPC-753-CLR1	17	Learn to Play Euchre	\$20
<input type="checkbox"/>	SPC-753-CLR2	17	Game of Backgammon	\$15
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<input type="checkbox"/>	TOU-700-CLR1	19	Tour of Rockford Airport	\$15
<input type="checkbox"/>	TOU-700-CLR2	19	NIU Lorado Taft Campus	\$25
<input type="checkbox"/>	TOU-700-CLR3	19	Golden Age of Horticulture	\$20
<input type="checkbox"/>	TOU-700-CLR4	19	RVC Library Tour	\$5
<input type="checkbox"/>	TOU-700-CLR5	20	Historic Erlander Home	\$20
<input type="checkbox"/>	TOU-700-CLR6	20	History/Tour Barloga's 3rd House	\$15
<input type="checkbox"/>	TVL-700-CLR1	20	Travelogue: Ireland	\$15

**[Z] Indicates an online class via Zoom**

**[H] Indicates a Hybrid class (in person and online)**

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

# Registrant #2

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<input type="checkbox"/>	SCI-710-CLR1	15	Winter Warmth - El Nino	\$15
<input type="checkbox"/>	SCI-710-CLR2	15	Myths & Constellations [Z]	\$15
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<input type="checkbox"/>	SPC-790-CLR3	18	Pet Grooming at Home	\$15
<input type="checkbox"/>	SPC-790-CLR4	18	All Creatures Great & Small	\$15
<input type="checkbox"/>	TOU-700-CLR1	19	Tour of Rockford Airport	\$15
<input type="checkbox"/>	TOU-700-CLR2	19	NIU Lorado Taft Campus	\$25
<input type="checkbox"/>	TOU-700-CLR3	19	Golden Age of Horticulture	\$20
<input type="checkbox"/>	TOU-700-CLR4	19	RVC Library Tour	\$5
<input type="checkbox"/>	TOU-700-CLR5	20	Historic Erlander Home	\$20
<input type="checkbox"/>	TOU-700-CLR6	20	History/Tour Barloga's 3rd House	\$15
<input type="checkbox"/>	TVL-700-CLR1	20	Travelogue: Ireland	\$15

[Z] Indicates an online class via Zoom

[H] Indicates a Hybrid class (in person and online)

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



# SCIENCE

## Dinosaur Dig Presentation and Collections and Paleo Lab Tour

### Course Code: SCI-700-CLR1

(Class Limit: 25) What better place to learn about dinosaur digs than the museum with the most complete juvenile T-Rex in the world? Learn how Burpee excavates dinosaur bone beds and brings these amazing paleontology specimens to you in Rockford! Get a behind-the-scenes tour of Burpee Museum's collections! Walk through our working paleontology lab and learn about the scientific process for using fossil evidence! **NOTE:** Meet at the museum entrance at **1:45 p.m.**

Leader: Burpee Museum educator

Facilitator: Bob Bertolasi

Date: Tuesday, 6/25

Time: 2 - 3:45 p.m.

Place: Burpee Museum - 767 N. Main St., Rockford

Fee: \$20.00

## Winter Warmth: The Impact of El Nino

### Course Code: SCI-710-CLR1

(Class Limit: 50) Learn the basics of storm structure, different types of storms, and how the El Nino conditions can dramatically change our weather pattern. The class will also provide a basic overview of how weather radar works and how we use it to follow thunderstorms and severe weather.

Leader: Candice King

Facilitator: Bob Bertolasi

Date: Monday, 7/1

Time: 11 a.m. - 1 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

## Myths and the Constellations

### Course Code: SCI-710-CLR2

(Class Limit: 50) Looking up at night? How many constellations can you identify? The constellations we see in the northern sky are just a portion of those visible around the planet. What are their stories? Many are the creative identification of myths that our ancestors used to tell stories or emphasize moral and not-so-moral behavior. Let's take a look at these constellations and learn their stories...so we can share with others who might be looking up at night with us! This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by Harper College two minutes before the class is scheduled to begin.

Leader: Suzanne Rausch

Facilitator: Jan Johnson

Date: Thursday, 8/15

Time: 10 - 11:30 a.m.

Place: Online via Zoom

Fee: \$15.00

## Care for Your Trees

### Course Code: SCI-725-CLR1

(Class Limit: 25) Tree pruning, tree insects and diseases in 2024 will be discussed. Learn about the preferred trees for planting in Northern Illinois. The session will include a tree pruning demonstration.

Leader: John Richards

Facilitator: Lynette Danzl-Tauer

Date: Thursday, 8/1

Time: 9 - 11 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00



# SOCIAL SCIENCES

## Living Alone as We Age: Have Your Plan

### Course Code: SOC-703-CLR1

(Class Limit: 25) Many of us have mixed emotions about the prospect of living alone as we age—a feeling of freedom, uncertainty, even fear. This interactive workshop will help you identify a clear idea of what's most important to YOU and give you the tools to create a plan to make your best life possible.

Leader: Terri Worman

Facilitator: Bob Bertolasi

Date: Monday, 7/22

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

Place: RVC Bell School Road Center, Room 2

Fee: \$15.00

## Everything You Wanted to Know about the Grand Jury, but Were Afraid to Ask

### Course Code: SOC-706-CLR1

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

Leader: Dennis Olson

Facilitator: Lynette Danzl--Tauer

Date: Monday, 7/29

Time: 1 - 2:30 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$15.00

## **What in the World Is Going On?**

### **Course Code: SOC-706-CLR2**

(Class Limit: 30) This course will provide an opportunity for participants to discuss world, domestic, and local/regional current events. Articles from newspapers and news journals are used to prompt and stimulate discussion and dialogue on two or more topics each week. Active participation among class members is encouraged, and all viewpoints are welcome.

**Leader: Steve Renne**

**Facilitator: Arnie Ames**

**Dates: Tuesdays, 6/11, 6/18, 6/25, 7/2, 7/16, 7/23 (skip 7/9)**

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

**Place: RVC Bell School Road Center, Room 1**

**Fee: \$35.00**

## **Civil Rights 2024: A Report from Atlanta**

### **Course Code: SOC-706-CLR3**

(Class Limit: 50) A panel of participants, including Pastor Mike Thomas of Zion Lutheran Church, will provide information about the recent church-sponsored Civil Rights trip to Atlanta. They will share the impact of this interracial, multi-generational, and interfaith bus trip through words and pictures. This is a diversity awareness class and all are welcome to attend.

**Leader: Rev. Dr. Michael Thomas**

**Facilitator: Loyd Wollstadt**

**Date: Tuesday, 8/13**

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

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

**Fee: \$5.00**

## **Everyday Life in East Germany: A Look Across the Border**

### **Course Code: SOC-710-CLR1**

(Class Limit: 50) Since the fall of the Berlin Wall 35 years ago, historians have dedicated themselves mostly to East Germany's political system and its oppressive instruments, such as the secret police STASI. Although East Germany was a totalitarian state, there were still 16 million people who were living a more or less normal life. Join German historian Anette Isaacs for a compelling exploration of daily life in East Germany, its food and culture, education, consumerism (or the lack thereof!), and everyday items that were giving the GDR its identity and made it so different from its big capitalist sister, the Federal Republic (West Germany). This is a COLLEGE COLLABORATION class. **NOTE:** Participants will be admitted by Harper College two minutes before class is scheduled to begin. This is a Zoom Room class, and a room will be available at the Bell Center for online Zoom viewing.

**Leader: Anette Isaacs**

**Facilitator: Bob Bertolasi**

**Date: Thursday, 8/8**

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

**Place: Online via Zoom and Zoom Room**

**Fee: \$15.00**

## **Senior Safety Tips**

### **Course Code: SOC-730-CLR1**

(Class Limit: 50) During this informative class, seniors will be empowered with self-awareness and safety skills through engaging and interactive activities, promoting independence and well-being in their daily lives. We will discuss self-awareness and personal safety, crime prevention through environmental design and the dangers of phone/internet scams. This is a community awareness class led by two Rockford Police Department Officers.

**Leaders: Officers Patrice Turner & Lathaniel Best**

**Facilitator: Jan Johnson**

**Date: Tuesday, 7/23**

**Time: 9 - 10:30 a.m.**

**Place: RVC Bell School Road Center, Room 3**

**Fee: \$5.00**

## **Find Freedom from Your Mind's Judgements**

### **Course Code: SOC-760-CLR1**

(Class Limit: 20) If you suffer from a mind bent on negative judgements of others or unkind self-talk, you will find constructive ideas to turn them around in this 2-session class. You'll come to see that every perceived problem appearing "out there" is really nothing more than a misperception within your own thinking. Sound impossible? Come and identify what you are thinking and believing and capture the culprit of your discomfort. Don't let your mind fool you anymore.

**Leader: Patricia Halverson**

**Facilitator: Sue Hansen**

**Dates: Thursdays, 6/20 & 6/27**

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

**Place: RVC Bell School Road Center, Room 2**

**Fee: \$20.00**

# **SPECIAL INTERESTS**

## **Intro to Digital Photography**

### **Course Code: SPC-710-CLR1**

(Class Limit: 15) In this class we will present the basics of photography using your single lens reflex (SLR) camera. It will be a "hands on" class where you will take photos with your camera in class. We will have a backdrop and lights set up for taking portraits. The goal of this class is to provide the attendees with enough knowledge about photography so that they can take photos with their camera in a mode other than "AUTO"! Class members should bring a USB flash drive to store photos taken during class. (This class is NOT for taking photos with an IPHONE or ANDROID device.)

**Leaders: Russ Stoneback & James Ulrich**

**Facilitator: Arnie Ames**

**Date: Wednesday, 6/26**

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

**Place: RVC Bell School Road Center, Room 2**

**Fee: \$15.00**



### **AARP Smart Driver Course**

**Course Code: SPC-715-CLR1**

(Class Limit: 24) An updated 8-hour course for drivers aged 50 and over. Participants will learn research-based strategies; understand the link among the driver, vehicle and road environment; learn how aging, medications, alcohol, and other health related issues affect driving ability; increase confidence; learn the newest and advanced features in vehicles; and learn when driving may no longer be safe. 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 and \$25 for non-AARP members.**

Leader: Keith Cross

Facilitator: Keith Cross

Dates: Wednesday, 7/10 & Thursday, 7/11

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

Place: RVC Bell School Road Center, Room 3

Fee: see above



### **Make and Take a Fairy Garden**

**Course Code: SPC-720-CLR1**

(Class Limit: 20) A fairy garden is a miniature garden planted in a small container complete with landscaping, living plants and whimsical accessories. Join us as we get our hands in the dirt and create a miniature fairy garden to take home. We will guide you with foolproof step-by-step instructions and all the necessary supplies.

Leader: Cathy Ott

Facilitator: Donna Brookbank

Date: Tuesday, 7/30

Time: 1:30 - 3 p.m.

Place: Rock Valley Garden Center - 785 N. Bell School Rd., Rockford

Fee: \$45.00

### **Learn to Play Euchre**

**Course Code: SPC-753-CLR1**

(Class Limit: 20) Have you ever wanted to learn how to play the popular, fast-paced game of Euchre? If so, this class is for you! Please bring a deck of cards to class and prepare to have some fun!

Leader: Katy Paterson

Facilitator: Rhee Ellen Wright

Dates: Mondays, 6/17 & 6/24

Time: 1:30 - 4 p.m.

Place: RVC Bell School Road Center, Room 4

Fee: \$20.00



### **The Game of Backgammon**

(Class Limit: 8) In this class, you will learn the Backgammon board, game rules, and how to play this game. You will play Backgammon during the class and will receive guidelines for more practice at home. Backgammon is one of the oldest board games with origins dating as far back as 3000 BC. It is a game of luck and strategy and is popular around the world. Easy to learn and fun to play, it is no wonder why it has withstood the test of time and is played by so many people. **NOTE: Bring your own Backgammon board if you have one.**

Leader: Joe Etminan

Facilitator: Brad Keyes

Date: Thursday, 7/11

Place: RVC Bell School Road Center, Room 4

Fee: \$15.00

Course Code: SPC-753-CLR2

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

Course Code: SPC-753-CLR4

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

### **Cribbage for Beginners**

**Course Code: SPC-753-CLR3**

(Class Limit: 20) This class will provide an opportunity to learn how to play cribbage and meet new people in a fun environment. If you have a cribbage board, please bring it with you to the class.

Leader: Rhee Ellen Wright

Facilitator: Katy Paterson

Dates: Mondays, 7/8 & 7/15

Time: 1:30 - 4 p.m.

Place: RVC Bell School Road Center, Room 4

Fee: \$20.00



## **Pickleball II**

### **Course Code: SPC-760-CLR1**

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

**Leader:** Chris Mann

**Facilitator:** Jan Johnson

**Dates:** Thursdays, 7/18 & 7/25

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

**Place:** UW Sports Factory - 305 Madison St., Rockford

**Fee:** \$30.00

## **Introduction to Pickleball**

### **Course Code: SPC-760-CLR2**

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

**Leader:** Chris Mann

**Facilitator:** Jan Johnson

**Dates:** Thursdays, 6/20 & 6/27

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

**Place:** UW Sports Factory - 305 Madison St., Rockford

**Fee:** \$30.00

## **Air Traffic Control – Beyond the Control Tower**

### **Course Code: SPC-790-CLR1**

(Class Limit: 50) This class is a presentation all about Air Traffic Control in the National Airspace System of the United States. The presentation goes beyond the air traffic control tower that the public generally knows about and brings to light all the air traffic control that occurs quietly in the background out of public view.

**Leader:** Ed Asmus

**Facilitator:** Bob Bertolasi

**Date:** Monday, 6/24

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

**Place:** RVC Bell School Road Center, Room 3

**Fee:** \$15.00

## **Identity Theft**

### **Course Code: SPC-790-CLR2**

(Class Limit: 50) In this workshop, participants will learn about the methods used by identity thieves to steal personal information and how to protect themselves. They will also understand what information is at risk and red flags to watch out for with regard to common scams.

**Leader:** Hailey Yates

**Facilitator:** Jan Johnson

**Date:** Friday, 7/12

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

**Place:** RVC Bell School Road Center, Room 3

**Fee:** \$15.00

## **Compassionate Pet Grooming at Home**

### **Course Code: SPC-790-CLR3**

(Class Limit: 10) Want to save money by doing your own pet grooming at home? The instructor will demonstrate on a live dog how to correctly use tools and gently encourage cooperation for: combing, trimming hair, nails, bathing, conditioning, drying and finishing into a simple style.

**Leader:** Sue Michaelsen

**Facilitator:** Midge Tesch

**Date:** Wednesday, 7/17

**Time:** 10 a.m. – 12 p.m.

**Place:** RVC Bell School Road Center, Room 7

**Fee:** \$15.00

## **All Creatures Great and Small**

### **Course Code: SPC-790-CLR4**

(Class Limit: 20) The goal of this course is to create a local version of the iconic works of the Yorkshire Dales (England) veterinarian, James Herriot. There will be interesting accounts of unusual and amazing local cases, but an opportunity for course participants to recount memories of their pets that will warm the heart and create an interesting course session. For added interest, the class leader, David Helland, DVM, MS, was part of a veterinary tour group that visited James Herriot's Veterinary Hospital in Thirsk, England in 1985. It was obviously a going business, complete with animals in cages in the back room. Parallels to contemporary veterinary care will be incorporated into the course content. Adequate time will be allotted for participants to share anecdotal stories about pets they have owned as well as general sharing of memories of animal experiences.

**Leader:** Dr. David Helland

**Facilitator:** Arnie Ames

**Date:** Wednesday, 7/24

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

**Place:** RVC Bell School Road Center, Room 2

**Fee:** \$15.00

# TOURS

## **Tour Chicago Rockford International Airport**

**Course Code: TOU-700-CLR1**

(Class Limit: 28) A behind-the-scenes look at the Chicago Rockford International Airport. By touring outside, you will gain a better understanding of how the airport works. A shuttle bus tour of the airport, including the history of the airport and its future development, includes stops at UPS, the new AAR Maintenance Facility/Hanger, the fire station, and other aircraft and tenants at the airport. The bus is handicap accessible, but some walking and climbing of stairs to view aircraft interiors will be included.

**Leaders: Mike Peranich & David Lindberg**

**Facilitator: Arnie Ames**

**Date: Monday, 6/17**

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

**Place: Rockford Airport - 2 Circle Dr., Rockford**

**Fee: \$15.00**



## **NIU's Lorado Taft Campus**

**Course Code: TOU-700-CLR2**

(Class Limit: 80) You will drive on your own to the NIU Lorado Taft Campus, which is adjacent to Lowden State Park in Oregon, IL. The class will start in the beautiful dining hall with an all-you-can-eat brunch buffet, including scrambled eggs, biscuits & gravy, world-famous cinnamon rolls, and other delicious treats from the Taft kitchen. There are many large glass windows for views of the Rock River in the summertime. Following brunch, we will begin our walking tour of this beautiful campus among the trees. You might wonder, "What are all those buildings used for anyway?" You will find this out and more. The Lorado Taft Outdoor Education Staff will take our group through the different buildings and explain their uses through the years and now. For some participants, this might be a walk remembering their time at this campus during their education at NIU. We will all learn how this wonderful campus serves our communities today, in addition to the many NIU students it has served through the years. Please wear comfortable shoes and pack an umbrella in the event of rain.

**Leader: Taft Outdoor Education Staff**

**Facilitators: Ellen Taylor-White & Malia Hennessy**

**Date: Friday, 6/21**

**Time: 9:30 a.m. - 12:00 p.m.**

**Place: NIU Lorado Taft Campus - 1414 N. River Rd., Oregon**

**Fee: \$25.00**

## **The Golden Age of Horticulture: Tour of**

## **Midway Village Victorian Gardens**

**Course Code: TOU-700-CLR3**

(Class Limit: 20) Midway Village Heritage Gardens provide a glimpse of the Golden Age of Horticulture by incorporating 19th century designs, heirloom flowers, collectable exotic plants, native flora and life sustaining vegetable varieties. The patterns, colors and shapes are not just the background on the scene, but indeed an important aspect of cultural history of Northern Illinois from 1890-1910. Join us for a moderate in length walking tour that will visit nine different themed gardens and discover the role these lovely spaces played in period economics, recreation, romance, health and even politics. Tour guests are welcome to bring a picnic basket and have lunch inside the village following the session.

**Leader: Katie Townsend**

**Facilitator: Brad Keyes**

**Date: Wednesday, 6/26**

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

**Place: Midway Village Museum - 6799 Guilford Rd., Rockford**

**Fee: \$20.00**

## **RVC Estelle M. Black Library Tour**

**Course Code: TOU-700-CLR4**

(Class Limit: 20) This class will include a tour of the Estelle M. Black Library's spaces and materials (including the RVC Archives), a summary of resources the library can offer the public, and some discussion of the history of the RVC campus. This is a community awareness class.

**Leader: Lukas Wenner**

**Facilitator: Jan Johnson**

**Date: Thursday, 7/18**

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

**Place: Rock Valley College Main Campus ERC building - 3301 N. Mulford Rd., Rockford**

**Fee: \$5.00**

### **ATTENTION:**

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

Some of the summer classes are not held at the Bell School Road Center or are online offerings.

## Tour of Historic Erlander Home

### Course Code: TOU-700-CLR5

(Class Limit: 25) Guided tour of the Erlander Home Museum located within historic Haight Village Neighborhood by trained docents. The tour will begin at the Nordic Cultural Center, and then we'll walk across the street to the Erlander Home Museum. Learn about Rockford's Swedish culture, heritage and history; showcasing the Erlander family through their residence. This is a walking tour; wear comfortable shoes. Currently, the Erlander Home Museum is not ADA accessible.

Leaders: Swedish Historical Society members

Facilitator: Robbin Nelson

Date: Friday, 8/9

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

Place: Nordic Cultural Center - 327 S. 3rd. St., Rockford

Fee: \$20.00

## History and Tour of Barloga's 3rd House

### Course Code: TOU-700-CLR6

(Class Limit: 20) Tour the third home built by Jesse Barloga in 1925. You'll see historic murals from the 1950's painted by Mr. Kernwin who was a professional acrobat with Wild Bill Hickok's Show. Visit the home from top (attic) to bottom (basement) to see how it is currently used as a gallery, shop and learning center by internationally known artist, Nancie King Mertz and her husband Ron Mertz. Light refreshments will be provided.

Leaders: Nancie & Ron Mertz

Facilitator: Lynnette Danzl-Tauer

Date: Monday, 6/24

Time: 1 - 3 p.m.

Place: Mertz Home - 905 Ridgewood Rd., Rockford

Fee: \$15.00

## TRAVEL

## Travelogue: Ireland-the Enchanted Isle

### Course Code: TVL-700-CLR1

(Class Limit: 75) This class through pictures, videos, and commentary will make the Emerald Isle come alive. We will examine tourist destinations in Ireland and the many behind-the-scenes aspects that will make travel there memorable.

Leader: Gene Van Galder

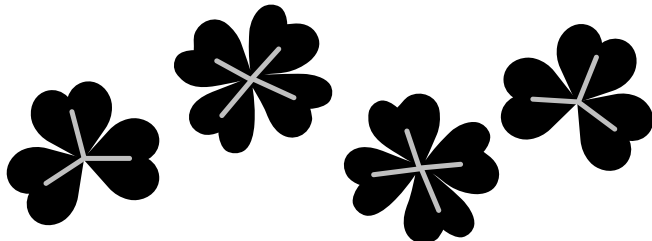
Facilitators: Arnie Ames & Malia Hennessy

Date: Thursday, 8/1

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

Place: RVC Bell School Road Center, Room 13

Fee: \$15.00



# HELL-SUN Summer

## SPECIAL INTEREST GROUPS

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

### ARTISTS' STUDIO

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

### BOOK DISCUSSION

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

- June 17 - *The Prayer Box* by Lisa Wingate
- July 15 - *Intended* by Sharon Nesbit-Davis
- August 19 - *Ordinary Grace* by William Kent Krueger

Contact Malia Hennessy at (847) 347-6454

### KEEPING FINGERS NIMBLE

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

Contact Donna Kopplin at (815) 289-5779

### IPAD USERS'

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

### WORD WEAVERS

For those who love to write, an opportunity to share your writing with others and learn from each other. This group is currently seeking a new leader for the group to continue. If you are interested, please reach out to the CLR Office at (815) 921-3931.

**New group members are welcome!**

CLR Social Event - June 2024

# PALM LEAVES *and* Summer Breeze

Come join us for a fun & relaxing tropical afternoon.

Friday, June 28, 2024

1:15 - 3:45 p.m.

*Doors do not open until 1 p.m.*

**Bell School Road Center**



*Enjoy a tropical-themed meal of pulled pork sandwiches, BBQ Hawaiian meatballs, ambrosia salad, fresh fruit & veggies, macaroni salad, surprise pineapple dessert and refreshing tropical mocktails.*

**Cost:**

\$18 for CLR members  
\$23 for non-members

**Wear your best tropical or Hawaiian attire. Prizes to be awarded!**

*Musical entertainment by ukulele player and singer, Todd Lorenc*

Registration Deadline: Monday, June 17 • Questions? Call (815) 921-3931

**SOCIAL EVENT REGISTRATION**

Name(s): \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Special Needs: \_\_\_\_\_  
ID # (office use): \_\_\_\_\_

**TROPICAL SOCIAL EVENT**

Friday, June 28, 2024

\$18 for CLR Members       Cash enclosed  
 \$23 for Non-Members       Check enclosed

Amount Enclosed \$ \_\_\_\_\_  
Check Number: \_\_\_\_\_

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

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



# JUNE



# 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
<b>MAY</b> <b>23</b> 8:30 - 9:15 a.m. Vivo Virtual Fitness begins  <b>27 HOLIDAY</b> College Closed	10	11 9:30 - 11:30 a.m. What in the World?  1:30 - 3 p.m. Nordic Poles	12	13 10 - 11:30 a.m. Women's Baseball  11:45 a.m. - 12:45 p.m. Chair Yoga	14 	15
16 <i>HAPPY Father's Day</i>	17 10 - 11:30 a.m. Acting Our Age 10 a.m. - Noon Rkfd. Airport Tour 1:30 - 4 p.m. Euchre 6 - 8 p.m. Operation Freedom [Z]	18 9:30 - 11:30 a.m. What in the World? 10 - 11:30 a.m. First Around the World [Z] 1 - 3:30 p.m. Cardmaking	19 HOLIDAY College Closed 	20 11:45 a.m. - 12:45 p.m. Chair Yoga 1 - 3:30 p.m. Find Freedom 1:30 - 3:30 p.m. Pickleball 2:30 - 4 p.m. Pool Clare	21 9:30 a.m. - Noon NIU Taft Campus	22
23	24 10 - 11:30 a.m. Air Traffic Control 1 - 3 p.m. Barloga House Tour 1:30 - 4 p.m. Euchre	25 9:30 - 11:30 a.m. What in the World? 10 a.m. - Noon iPhone/iPad 2 - 3:45 p.m. Dinosaur Dig @Burpee	26 10 - 11:30 a.m. Photography 9:30 - 11:30 a.m. Horticulture @Midway 1:30 - 3:30 p.m. Watergate	27 10 a.m. - Noon The Internet [Z] 11:45 a.m. - 12:45 p.m. Chair Yoga 1:30 - 3:30 p.m. Pickleball 1 - 3:30 p.m. Find Freedom	28 1:15 - 3:45 p.m. Tropical Social Event 	29

# JULY

# 2024

	1 11 a.m. - 1 p.m. Weather	2 9:30 - 11:30 a.m. What in the World?	3	4 HOLIDAY College Closed 	5	6
7 	8 1 - 2:30 p.m. Meditation 1:30 - 4 p.m. Cribbage	9 9:30 - 11:30 a.m. Safe Computers 1:30 - 3:30 p.m. Power of Music	10 9 - 11:30 a.m. Jewelry Repair 12:30 - 4:30 p.m. AARP Safe Driver	11 10 a.m. - Noon Backgammon 11:45 a.m. - 12:45 p.m. Chair Yoga 1:30 - 3:30 p.m. Backgammon 12:30 - 4:30 p.m. AARP Safe Driver	12 9:30 - 11 a.m. Identity Theft 10 - Noon Identify a Cult 1 - 3:30 p.m. Foreign Film	13
14	15 1 - 3 p.m. National Park Villains [Z] 1:30 - 4 p.m. Cribbage	16 9:30 - 11:30 a.m. Microsoft Paint 9:30 - 11:30 a.m. What in the World? 1:30 - 3:30 p.m. Movie, Music, Romance	17 9 - 11:30 a.m. Jewelry Repair 10 a.m. - Noon Pet Grooming 10 a.m. - Noon Westerns	18 8:30 - 9:15 A.M. Vivo Ends [Z] 10 - 11 a.m. RVC Library Tour 11:45 a.m. - 12:45 p.m. Chair Yoga 1:30 - 3:30 p.m. Pickleball II	19 9:30 - 11:30 a.m. Microsoft Paint	20

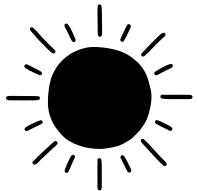

# JULY

# 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
21	22 10 a.m. – Noon Living Alone 1:30 – 3:30 p.m. Rise of Lincoln	23 8:30 – 9:15 a.m. Vivo Begins [Z] 9:30 – 11:30 a.m. Google Earth 9 – 10:30 a.m. Senior Safety 9:30 – 11:30 a.m. What in the World 1:30 – 3:30 p.m. Rise of Lincoln	24 10 a.m. – Noon All Creatures 10 a.m. – Noon Befriending the Bible 7 – 9 p.m. The Parthenon [Z]	25 9:30 – 11:30 a.m. Google Earth 11:45 a.m. – 12:45 p.m. Chair Yoga 1:30 – 3:30 p.m. Pickleball II	26 9:30 – 11 a.m. Streaming Cable 1 – 3 p.m. Culinary Herbs	27
28	29 9:30 – 11:30 p.m. Self-Publishing 1 – 2:30 p.m. Grand Jury	30 10 – 11:30 a.m. GPS 9:30 a.m. – Noon Ideal Retirement 1:30 – 3 p.m. Fairy Gardens	31 10 a.m. – Noon Befriending the Bible			

# AUGUST

# 2024

				1 9 – 11 a.m. Care for Trees 11:45 a.m. – 12:45 p.m. Chair Yoga 1:30 – 3:30 p.m. Travelogue: Ireland	2	3
4	5	6 9:30 – 11:30 a.m. Acrylics on Metal	7	8 10 a.m. - 12 p.m. <b>ANNUAL MEETING</b> at RVC Starlight 1 – 3 p.m. Life in Germany [Z]	9 10 a.m. – Noon Erlander Tour	10
11	12 2 – 4 p.m. Medal of Honor [H]	13 9:30 – 11:30 a.m. Acrylics on Metal 10 – 11:30 a.m. Civil Rights @Katie's Cup	14	15 10 – 11:30 a.m. Constellations [Z] 1 – 3 p.m. 180 Days [Z]	16	17
18	19	20 8:30 – 9:15 A.M. Vivo Ends [Z]	21	22	23	24 

## 2023-2024 CLR Advisory Committee



A Member of

**ROAD SCHOLAR**

LLI RESOURCE NETWORK

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

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