

Rock Valley College

CENTER FOR LEARNING IN RETIREMENT FALL 2025 CLASS SCHEDULE



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165 CLASSES | SOCIAL EVENTS | TOURS | SPECIAL INTEREST GROUPS

RockValleyCollege.edu/CLR



CLR FALL 2025 SCHEDULE



Hello Fall!

It will be a busy fall semester at the Rock Valley College Center for Learning in Retirement (CLR). We are offering more classes than we have ever had before—165! The classes are interesting, fun, and short-term with no tests or grades. Take a look inside—there's something for everyone!

CLR is a membership program that promotes lifelong learning for those 50 years and older with classes, special events & groups, bus trips, and social & volunteer opportunities. Get involved to learn new things and meet new friends!

If you are already a member, help us show others what CLR is all about. Starting this fall, you can get a "Class Pass" from the office and invite a friend to attend a lecture class with you at no charge. Yes, free! We believe if more older learners give CLR a try, they will enjoy the experience and consider becoming a member themselves. Take advantage of this new benefit to boost CLR's membership!

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

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

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

CLR MISSION STATEMENT

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

2025-2026 ADVISORY COMMITTEE

Chair.....	Steve Renne
Vice Chair.....	Lou Bowe
Secretary.....	Midge Tesch
Membership.....	Connie Croffoot, Sue Custer
Newsletter.....	Linda Jarrells
Social.....	Sandra Krause, Sandi Chamberlin
Curriculum.....	Robbin Nelson & Gail Wallens
Speakers' Bureau.....	Brad Keyes
Media/Publicity.....	Rand Moore

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[Z] Indicates an online class via Zoom
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ARTS & CRAFTS

Line and Wash Painting with Elegant Writer Pen

ART-701-CLR1

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

Leader: Pauline Joyce

Facilitator: Nancy Harvey

Date: Tuesday, 9/9

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Acrylic Painting - Colorful Trees with Palette Knives

ART-701-CLR2

(Class Limit: 10) If you can spread frosting on a cake, you can successfully use a palette knife to create an acrylic painting. Believe it! This class is for someone who wants to spread their skill and have a little fun creating a stunning and colorful autumn scene. We will discuss various aspects of some of the basic technical skills involved in painting as we "loosen up" a bit. You'll be taking a step forward in the development of your artistic skill and personal style. NOTE: A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 9/16

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Easy Watercolors

ART-701-CLR3

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

Leader: Jenny Mathews

Facilitator: Jim Munding

Date: Tuesdays,
10/21, 10/28, 11/4

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$45



Charcoal & Acrylic Painting

ART-701-CLR4

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

Leader: Sue Thompson

Facilitator: Jim Munding

Date: Tuesdays, 10/28 & 11/4

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$20



Pastel Painting

ART-701-CLR5

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

Leader: Gail Faber

Facilitator: Jim Munding

Date: Wednesdays, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$40

Exploring and Sharing the Magic of Color

ART-701-CLR6

(Class Limit: 12) You can use Alcohol Ink to create one-of-a-kind pieces of art on Yupo paper and porcelain tile. Learn to understand color and movement and how it can make you feel. Everyone possesses artistic abilities. Let's uncover yours. The instructor has taught art classes for the past 20 years. All supplies included. Bring an apron or old shirt to wear.

Leader: Christi Hopp-Kniess

Facilitator: Jim Munding

Date: Thursday, 9/18

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Pastel Techniques & Perspective Tips ART-701-CLR7

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

Leader: Nancie King Mertz

Facilitator: Jim Mundinger

Date: Thursday, 9/11

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Chinese Brush Painting I ART-701-CLR8

(Class Limit: 12) This is a beginner class focusing on the basics of Chinese Brush painting, a watercolor medium. You will learn about water control, holding the brush, basic brush strokes, and mixing ink. We will discuss the differences between “western” watercolor and Chinese watercolor. There will be an audio/video presentation during the first session, as well as demonstration of basic strokes for bamboo.

The remaining two classes, you will learn to paint bamboo and wild orchids. NOTE: Students need to bring small, medium, and large brushes, ink (stick or liquid), ink stone, small dishes to mix paint in, two large jars for water, and paper towels. Rice paper and some supplies will be made available for purchase from the instructor.

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 9/10, 9/17, 9/24

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Acrylic Painting - Beginner Level ART-701-CLR9

(Class Limit: 10) You'd like to try acrylic painting, but you're not sure where to begin or what to do. Maybe you've dabbled in acrylic painting a little, but it was a while ago and you'd like a refresher class. This is for you. We'll talk about canvasses, paints, brushes, and why it's important to buy quality materials. We'll talk about how to use the different types of brushes as well as how to clean and care for your brushes so they last for years. You will use this practical information to complete a simple painting that might well be the first step on your journey to a future of creative expression. A list of recommended supplies will be sent out prior to class.

Leader: Margi Forss

Facilitator: Nancy Harvey

Date: Tuesday, 10/7

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Wood Burning and Leather Burning ART-713-CLR1

(Class Limit: 15) Learn to create decorative designs with a wood burning tool in this beginner-friendly class. This two-session class will cover wood burning and leather burning techniques, fundamentals and safety, and include practice time and completion of two finished projects. Come join us and learn a new skill. Prepare to burn a sign on wood. If you have an idea for a sign that you want to put somewhere in your house and it can fit on a 6x6 inch wood surface, bring it with. Our second session will focus on making a leather belt. Come up with a snazzy pattern that is about an inch and a quarter wide. All supplies will be provided with the exception of the wood burning tool. If you do not currently have a wood burning tool, it can be purchased inexpensively from Hobby Lobby or Michaels.

Leader: Rand Moore

Facilitator: Jack Croffoot

Date: Tuesdays, 10/7 & 10/14

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$25



Creating Leather Cord Bracelets ART-720-CLR1

(Class Limit: 10) In this class, you will learn to create a leather cord bracelet with a button closure. Seed beads will be strung on the leather cord. To make the closure and to secure the beads, you will be knotting the leather cord. You can make up to 3 leather bracelets in your choice of bead colors. NOTE: Manual dexterity is needed for stringing small seed beads on 1mm leather cord and for knotting leather cord. You may wish to bring a free-standing magnifying glass since the seed beads are small (6/0 size).

Leader: Sylvia Emerson

Facilitator: Donna Brookbank

Date: Wednesday, 10/15

Time: 9 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Creating a Decorative Fall Pumpkin ART-720-CLR2

(Class Limit: 10) Fall will soon be here. Let's do a twist on pumpkin decorating. Our tangling artist, Rebecca, will provide white, realistic pumpkins for decorating. Each participant will receive one 5" and one 3" white pumpkin and ribbon for one bow. Rebecca will demonstrate drawing flowers and other designs on the pumpkin. Design books will be available and, of course, Rebecca will be hands-on to help you complete these delightful pumpkins. NOTE: Participants will need to bring a fine tip black Sharpie pen.

Leader: Rebecca Bowman

Facilitator: Gail Wallens

Date: Wednesday, 10/1

Time: 9:30 am – 12:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25

Making a Card with Iris Folding ART-720-CLR3

(Class Limit: 10) Learn to create a unique greeting card using folded paper. We'll apply a paper template to cardstock. It's that simple. NOTE: Bring a small pointed scissors or craft/Xacto knife (preferred) and Scotch tape. All other materials will be provided.

Leader: Dawn Calkins

Facilitator:

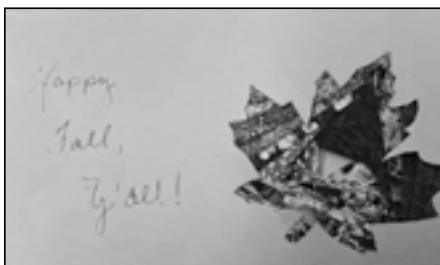
Donna Brookbank

Date: Monday, 10/13

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15



Ceramic Jolly Tree ART-720-CLR4

(Class Limit: 12) Join us for this delightful class painting a ceramic Jolly Tree. 3 different designs will be offered: a witch, an elf, or a scarecrow! (see photo) All paint supplies, sealer, and 3D decor are included. A template is provided for the face on each tree. Instruction includes how to paint the ceramic figure. Ms. Lee will then take the figures home to seal. Participants will return for the 2nd session to complete their tree with the 3D features: hair for the witch, snow for the elf, and burlap hat and straw for the scarecrow. All that is left is for your Jolly Tree to find its special niche in your home.

Leader: Gail Lee

Facilitator: Gail Wallens

Date: Mondays, 9/22 & 9/29

Time: 1 – 4 pm

Place: Lee Innovations Ceramic Studio – 3600 E. State St. Suite 306, Rockford

Fee: \$50



Beginning Quilting ART-720-CLR5

(Class Limit: 8) Learn basic quilting skills including rotary cutting, accurate piecing, fabric and pattern selection and finishing. You will get hands-on experience with individual assistance. Please bring your sewing machine that is in good working order. Also, please know how to use your machine. Our instructors are in class to assist with the projects we will be making. If you have basic sewing tools (scissors, pins, rotary cutter, seam ripper, rulers, sewing machine needles, etc.) please bring them. If not, we have a collection of assorted tools and mats that we will have available for your use. We will work on several interesting projects that will require you to complete at home for the next week. You do not need to purchase anything prior to class. All fabric will be provided to make the projects. NOTE: There is a \$15 materials fee to be paid at the first class. When you complete all four classes, you will receive a \$15 gift certificate to a local quilt shop.

Leader: Becky Harvey & members of Sinnissippi Quilt Guild

Facilitator: Jan Johnson

Date: Wednesdays, 10/1, 10/8, 10/15, 10/22

Time: 1 – 4 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$30

Chinese Brush Calligraphy & Painting ART-720-CLR6

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

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

Leader: Li Slough

Facilitator: Chris Howard

Date: Wednesdays, 11/5, 11/12, 11/19

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$35

Create a Quilted Table Runner ART-720-CLR7

(Class Limit: 8) Create a table runner using a Jelly Roll of your choice! This is a simple, fun project that you will quilt yourself using the "stitch in the ditch" method and learn binding corner technique for a flatter corner. The instructor is an award-winning quilter and taught quilting for several years in Houston, Texas. Supplies needed: your own sewing machine you know how to operate, 40 strip 2.5" jelly roll of their choice, 5/8 yard of coordinating fabric & matching thread, rotary cutter/scissors, cutting mat, ruler, pins, and seam ripper. There is a \$10 fee for the pattern payable at the first session. Instructor will supply the required batting to complete the project.

Leader: Shannon McGaw

Facilitator: Carol Salzer

Date: Mondays, 11/3, 11/10, 11/17

Time: 9 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$25



Intro to Wheel Throwing Pottery Class ART-720-CLR8

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

Leader: Tom Harrison

Facilitator: Gail Wallens

Date: Monday, 10/13

Time: 9:30 am – 12 pm

Place: Three Ravens Pottery – 1009 5th Ave., Rockford

Fee: \$45

Handbuilding Pottery - Witch Hat Luminary ART-720-CLR9

(Class Limit: 12) Celebrate the season with a little spooky charm! In this fun, beginner-friendly workshop, you'll learn basic handbuilding techniques to create your own ceramic witch hat luminary - perfect for glowing up your fall decor. No experience needed; just bring your creativity and let the magic unfold! All materials included.

Leader: Jesika Chantal

Facilitator: Gail Wallens

Date: Monday, 9/29

Time: 9:30 am – 12 pm

Place: Three Ravens Pottery – 1009 5th Ave., Rockford

Fee: \$45

Crochet - Planned Pooling ART-720-CLR11

(Class Limit: 6) Learn the crochet planned pooling technique: creating an argyle/plaid pattern using variegated yarn. The moss stitch will also be used... it's an easy stitch. NOTE: Participants will need a complete set of crochet hooks, a darning needle, and small scissors. Two skeins of variegated yarn that successfully pools will be provided that can be used to make a scarf.

Leader: Karen Wessels

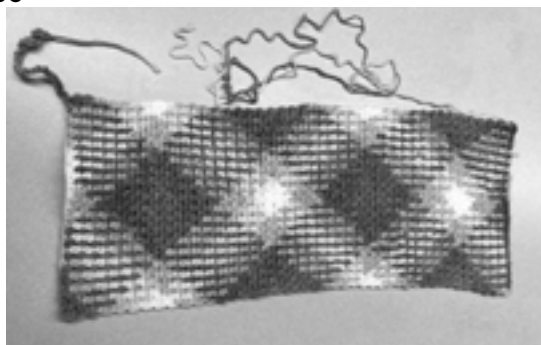
Facilitator: Lynnette Danzl-Tauer

Date: Mondays, 9/8, 9/15, 9/22

Time: 9:30 am – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$30



COMPUTERS & TECH

Photo Editing Basics for Phone, Tablet, and Computer CMP-702-CLR1

(Class Limit: 18) This class provides basic understanding of the photo "touchup" and editing utilities available on most phones, tablets, and computers. I will touch on the advanced features of purchased programs such as Adobe Photoshop Elements and free programs such as Irfanview.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Mon/Wed/Fri, 11/10, 11/12, 11/14

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$30

PowerPoint Basics CMP-702-CLR2

(Class Limit: 18) PowerPoint Basics will work through the most-used features of PowerPoint for presentation of classes, preparation of promotional videos, and building of photo albums that can be printed or produced as videos for distribution.

Leader: Bob Bertolasi

Facilitator: John Majernik

Date: Mon/Wed/Fri, 10/17, 10/20, 10/22, 10/24, 10/27

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$40

Computer Basics CMP-702-CLR3

(Class Limit: 18) Do you feel uncomfortable around computers? This introductory course will help you feel more comfortable and confident in using a computer. Computer terminology, the basic operating system, and some technical information will be presented in an interesting and understandable manner. We will cover the basics of computer operation, the use of the mouse and keyboard, and the common uses of computers through discussion and hands-on activities. The class will consist of simple learning activities designed for the very beginning computer user. If you have a fear of using a computer, this class is a safe place for you to give it a try, ask questions, and have helpers available to assist you.

Leader: John Majernik

Facilitator: Bob Bertolasi

Date: Thurs/Fri, 9/11, 9/12, 9/18

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 5

Fee: \$30



Organizing Your Computer Files CMP-702-CLR4

(Class Limit: 18) Are you frustrated because you cannot find files (documents) you are sure you saved? Do you spend too much time searching through lists of files trying to find the file you want? Do you have pictures that you cannot remember where they were taken? Then this class is for you. Learn how to organize your document and picture files for easy identification and retrieval. A flash drive is recommended.

Leader: John Majernik
Facilitator: Bob Bertolasi
Date: Thursday, 11/13
Time: 9:30 am – 12 pm
Place: RVC Bell School Road Center, Room 5
Fee: \$20

Making Labels Using Microsoft Word CMP-702-CLR5

(Class Limit: 18) Here's your chance to use your Microsoft Word skills to create miscellaneous labels, return address labels, and mailing labels. Learn how to create an address list to make labels for your holiday mailings. Creating return address labels that include graphics and pictures will also be covered. Bring a flash drive to save your creations for later use. A working knowledge of computers and Microsoft Word is recommended for anyone taking this class.

Leader: John Majernik
Facilitator: Bob Bertolasi
Date: Wednesday, 11/5
Time: 9:30 am – 12 pm
Place: RVC Bell School Road Center, Room 5
Fee: \$20

iPhone/iPad: Beyond Basics

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

Leader: Michele Arms
Facilitator: Lynnette Danzl-Tauer
Place: RVC Bell School Road Center, Room 4
Fee: \$15

CMP-703-CLR1
Date: Thursday, 9/25
Time: 1 – 3 pm

CMP-703-CLR2
Date: Friday, 9/26
Time: 10 am – 12 pm

Smartphone Basics ART-703-CLR3

(Class Limit: 50) This class will cover basic items such as menus and controls that need attention to ensure appropriate privacy and security when using a cell phone. The class will be based on the Android platform, but content is applicable to iPhone and other platforms as well.

Leader: Bob Bertolasi
Facilitator: April Rottman
Date: Thursday, 10/30
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Security and Privacy for All Digital Devices CMP-703-CLR4

(Class Limit: 25) Members will be provided with the understanding of why and how they need to take time to set up the security and privacy features of any digital device. We will work through the settings and choices for Security and Privacy on phones, tablets, and computers.

Leader: Bob Bertolasi
Facilitator: John Majernik
Date: Friday, 9/19
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 1
Fee: \$15

Introduction to AI CMP-703-CLR5

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

Leader: Bob Bertolasi
Facilitator: Jack Croffoot
Date: Mon/Tues, 11/24 & 11/25
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 5
Fee: \$25

FINANCE

Estate Planning Essentials: Protecting Your Legacy and Loved Ones FIN-701-CLR1

(Class Limit: 25) Estate planning is more than just having a will; it ensures your assets are transferred according to your wishes while reducing costs and complications for loved ones. This class, led by Savant advisor Matt Armstrong and Savant Legal LLP Managing Partner Andy Welp, will cover key documents (wills, trusts, powers of attorney), the roles of agents, trustees, and executors; probate, account transfers, and estate tax basics. Gain the knowledge you need to protect your legacy, avoid unnecessary costs, and secure peace of mind.

Leader: Matthew Armstrong
Facilitator: Brad Keyes
Date: Wednesday, 9/10
Time: 10 – 11:30 am
Place: RVC Bell School Road Center, Room 1
Fee: \$15

Plan Well, Live Well FIN-701-CLR2

(Class Limit: 25) This informative and supportive class is designed to help seniors gain confidence in understanding their personal finances and exploring senior living options. Participants will learn how to manage retirement income, navigate healthcare costs, evaluate housing choices (such as aging in place, assisted living, or senior communities), and plan for long-term care. Taught in clear, easy-to-understand language, the class includes real-world examples and time for questions, ensuring attendees leave feeling informed and empowered. Melissa is the

Director of Sales and Marketing at Wesley Willows and John is a Wealth Advisor.
Leader: Melissa Wright & John O'Connor
Facilitator: Loyd Wollstadt
Date: Thursday, 10/9
Time: 1:30 – 3 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$15

Introduction to Medicare FIN-701-CLR3

(Class Limit: 25) This class will provide an introduction to the different parts of Medicare and how they work together to cover your Health Insurance needs. The resources provided will help prepare anyone currently enrolled in Medicare, those looking to retire, or those turning 65 soon. We will spend time reviewing the different benefits of Medicare A, B, C, and D, the role private insurance companies play with Medicare Supplements and Medicare Advantage Plans, and how that may affect your cases and coverages. This class will provide a roadmap for understanding your Medicare options and the process to enroll into the kind of coverage that works right for you.

Leader: Michael Beaver
Facilitator: Loyd Wollstadt
Date: Thursday, 10/2
Time: 10 am – 12 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$15

FITNESS

Wellness Walking with Nordic Poles FIT-750-CLR1

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

Leader: Karla Johnson
Facilitator: Midge Tesch
Date: Tuesday, 10/21
Time: 1:30 – 3 pm
Place: RVC Bell School Road Center, Room 13
Fee: \$15



Ageless Fitness FIT-750-CLR2

(Class Limit: 20) It is never too late to become fit! In this class, the presenter will explain how he trains older populations. Topics covered include how to start a training program on your own or with a trainer, what to consider when picking a trainer, balance issues and side effects of medications, different kinds of exercises to do, age-related exercises, how to adapt basic exercises, and vacation issues with consistent training. Time will be allowed for Q & A.

Leader: Carl White
Facilitator: Linda Greene
Date: Wednesday, 10/1
Time: 9:30 – 11 am
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Vivo Virtual Fitness Program

(Class Limit: 22) Join this online, live, interactive physical fitness program that promotes strength building. Did you know that muscle strength and balance are critical to maintaining health, mobility, and independence as you age? Whether you are new to exercise or exercise regularly, the Vivo certified personal fitness trainers will provide modified exercises to meet each participant's fitness needs. Sessions are 45 minutes in length and consist of cognitive, balance, flexibility, and strength exercises. The Center for Learning in Retirement has partnered with Vivo to offer this unique, science-backed fitness program. Vivo's mission is to improve the lives of older adults through strength training to slow the effects of muscle loss and to meaningfully impact quality of life. This chair-based fitness program provides a convenient way to exercise and participate in interactive strength training from your home.

Leader: Vivo Fitness Trainers
Facilitator: Ellen Taylor-White
Time: 9 – 9:45 am
Place: Online Via Zoom
FIT-767-CLR1
Date: Tue/Thurs, 8/26 – 10/16
Fee: \$110 (8 weeks / 16 sessions)



FIT-767-CLR2

Date: Tue/Thurs, 10/23 – 12/18 (no class 11/27)

Fee: \$110 (8 weeks / 16 sessions)

Chair Yoga

(Class Limit: 12) Enjoy a peaceful yoga practice that you can do seated in a chair and use the chair for assistance with balance and standing poses. This beginner-friendly and supportive practice includes gentle movement, mindful breathing, relaxation, yoga poses and sequences for strength, balance, flexibility and peace of mind. The yoga studio is located on the 4th floor in the Liberty Square Building. The Main Entrance is on the south side of the building. Wear comfortable clothes and bring water and a mat (if you have one). Extra mats will be available. There are 3 fall classes that each meet for 4 weeks.

Leader: Julie Young

Facilitator: Jan Johnson

Time: 11:45 am - 12:45 pm

Place: Surya Chandra Yoga Studio – 929 S. Alpine Rd., Suite 408, Rockford

Fee: \$45

FIT-768-CLR1

Dates: Thursdays, 9/11, 9/18, 9/25, 10/2

FIT-768-CLR2

Date: Thursdays, 10/16, 10/23, 10/30, 11/6

FIT-768-CLR3

Date: Thursdays, 11/13, 11/20, 12/4, 12/11 (skip 11/27)

Tai Chi & Chi Kung

FIT-768-CLR4

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

Leader: Sue Michaelsen

Facilitator: Midge Tesch

Date: Wednesday, 9/10

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Yoga Beyond the Mat

FIT-768-CLR5

(Class Limit: 12) There is so much more to a Yoga practice than just the physical forms done on a mat in most Yoga classes. This class will cover a brief history of Yoga, the philosophy behind the practice, and some breathing techniques to help reduce stress, enhance concentration, and improve sleep. Please bring a small blanket or large towel to help modify the chair and properly align your spine.

Leader: Jaya Elleson

Facilitator: Midge Tesch

Date: Thursday, 11/6

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15



HEALTH & WELLNESS

Let's Talk Assistive Technology and You HLT-705-CLR1

(Class Limit: 25) Want to enhance the independence and ability to be part of everyday activities for you or a loved one as you age? Ever wonder what kind of assistive technology and services could help you think differently about aging well in your home and community? Join Terri Worman with Illinois Assistive Technology Program to learn more and see examples of simple solutions that could make a difference in your life and the ones you love.

Leader: Terri Worman

Facilitator: Bob Bertolasi

Date: Wednesday, 12/10

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

What Matters Most

HLT-705-CLR2

(Class Limit: 25) End-of-life conversations are rarely easy. That's why Northern Illinois Hospice created a unique and engaging way to start a dialogue with friends and family. Join Jennifer Ramsby, RN, CHPN, to take a deep dive into discovering what matters most to you and how to share that information with your loved ones. Jennifer will also discuss the importance of advanced directives, how and when to complete those documents, and who needs to be aware of them to ensure that your wishes are followed. Everyone who attends this program will receive a What Matters Most deck of cards to help facilitate these conversations.

Leader: Jennifer Ramsby

Facilitator: Loyd Wollstadt

Date: Friday, 11/21

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Housing Options in Retirement

HLT-705-CLR3

(Class Limit: 25) Retirement housing options offer a range of possibilities for seniors, from aging in place using a reverse mortgage for home modifications, purchasing a new home (rightsizing) using the Lifestyle Home Loan (no monthly mortgage payment), or moving to a community with various levels of care. Community options include independent living, 55+ age-based communities, assisted living, and continuing care retirement communities, as well as specialized care like memory care and skilled nursing facilities. Choosing the right option depends on individual needs and preferences, such as the level of independence desired and the need for assistance with daily activities.

Leader: Larry McAnarney

Facilitator: Jack Croffoot

Date: Tuesday, 9/23

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

The Aging Eye HLT-715-CLR1

(Class Limit: 50) This class will teach about the process of changes in the eye that happens as people age. The specific areas to be covered are Cataract, Dry Eye, Macular Degeneration, and Glaucoma. Updated information on causation, prevention and treatment will be given for each area. Learn what measures can help prevent or delay their progression and current treatments available whether surgical, medical or nutritional. A handout will be provided.

Leader: Dr. Randall Kittle

Facilitator: Linda Greene

Date: Wednesday, 10/22

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Cooking Mediterranean: Let's Get STUFFED!

(Class Limit: 25) Cook well, eat well, be well. ALWAYS! Every country in the Middle East and Mediterranean area has stuffed veg. And you are going to do the stuffing! Each of the participants will stuff their own grape leaf and cabbage. In addition, we will hollow out squash for a truly stuffed experience! This is the fourth in a series of CLR classes on Mediterranean/Middle Eastern food. Because of its popularity, you can choose from two different dates. This class continues with an emphasis on various dishes offered from a 45-year experience learned and cooked throughout the Arab countries but given a modern twist based on both the original recipes and the Western palate. We will again review spices, veg, and ingredients/equipment used, with actual product examples for sampling and a limited review of past lectures. Extensive recipes will be distributed through handouts. Because of its interactive nature, you will be able to taste and try the recipes and will be given actual samples of all ingredients. Sign up right away as these classes fill quickly.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer & April Rottman

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$23

HLT-725-CLR1

Date: Friday, 11/7

HLT-725-CLR2

Date: Friday, 11/21



Eating Your Best Starts at the Store!

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

Leader: Mary Panther

Facilitator: Jack Croffoot

Time: 10 – 11:15 am

Place: Woodman's Grocery Store – 3155 McFarland Rd., Rockford

Fee: \$15

HLT-725-CLR3

Date: Tuesday, 10/7

HLT-725-CLR4

Date: Wednesday, 10/8

Healthcare Ethics - Muslim/Islamic Perspective

HLT-725-CLR5

(Class Limit: 50) The knowledge of anatomy, physiology and treatment of certain illnesses has been part of the Muslim Civilization. Muslim physicians such as Ibn Sina (Avicenna) Ibn Al-Haytham (Al-Hazen) and others made valuable contributions to the medical sciences in the 11th and 12th centuries. However, Muslim scholarship died during the centuries of Western colonial rule in Muslim lands. The Islamic Medical Association of North America (IMANA) revived the tradition and developed ethical principles for healthcare delivery from the Muslim perspective. I have been part of this effort. In this lecture, I will share modern issues such as the definition of death, instituting and withdrawing life support, organ donation, termination of pregnancy, IVF, surrogate motherhood, suicide, euthanasia and others. This knowledge will not only enlighten the students but will be useful to healthcare system managers when dealing with Muslim patients under their care.

Leader: Khalid Rehman, MD

Facilitator: Loyd Wollstadt

Date: Thursday, 10/23

Time: 9:30 – 11 am

Place: Online Via Zoom

Fee: \$15

Singing Bowls and Sound Healing HLT-725-CLR6

(Class Limit: 50) Sound Healing is an ancient healing and meditation practice using singing bowls and other instruments. Discover the benefits (including deep relaxation, stress/pain relief, improved blood pressure, better sleep, plus emotional release) while you relax to the sounds and vibrations of Tibetan bowls, Quartz crystal bowls, gong, rain stick, ocean drum and more. Even people with “busy brains” are able to enter a relaxed state. Sound healing stimulates the body's natural healing processes. You may feel immediate release and relief, and will

enjoy lasting effects. Class includes information on sound healing/instruments, Q & A, the relaxing experience of the Sound Bath and time for sharing. You can sit on chairs OR bring a mat/blanket/etc. to be comfortable on the floor. Contact Kelly at AccessSOUL.com with any questions.

Leader: Kelly Joy Simmons

Facilitator: Midge Tesch

Date: Tuesday, 10/14

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Freezer Meal Basics

HLT-725-CLR7

(Class Limit: 50) Eating healthy at every stage of life is critical because of its lasting impact on our overall health. But it can be challenging for many reasons, such as cooking for fewer people, being tired of cooking, and it can seem like a lot of work. One way to navigate these obstacles when cooking for one or two is to create freezer meals. Freezer meals save money, time, and effort while making healthy food choices, giving your body the nutrients it needs so you can enjoy retirement. Join us to learn what foods freeze well and which ones do not. Learn the value of quality freezer containers and ways to stay safe while you cook, freeze, thaw, and reheat tasty freezer meals. Leave this session with helpful tips and delicious recipes to try at home.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 9/19

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Food Safety: From Grocery Cart to Plate

HLT-725-CLR8

(Class Limit: 50) We're all at risk for foodborne illnesses, and with the rising cost of groceries, it's more important than ever to make the most of the food we buy. Reducing food waste while keeping food safe is key to protecting our health and stretching our budget. Join us for an informative and engaging presentation where we'll explore simple, effective ways to keep food safe from the grocery store to your kitchen. We'll share practical tips and easy-to-remember guidelines as we cover best practices for transporting food, proper storage in the fridge or pantry, and how long food items can be safely kept. You'll also learn when and how to clean various foods before eating or cooking.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Thursday, 10/30

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Healthy Holiday Habits

HLT-725-CLR9

(Class Limit: 50) The holiday season can be joyful, filled with delight, celebrations, and togetherness. However, it can also bring stress, busy schedules, and tempting indulgences, making it harder to stay

on track with wellness goals. Join us as we share practical tips and strategies to help you navigate holiday gatherings and food choices, make healthy substitutes when baking or cooking, manage stress, prioritize self-care, and stay connected to your wellness goals without missing out on the fun.

Leader: Diane Reinhold

Facilitator: Donna Brookbank

Date: Friday, 11/14

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Senior Care Options: Navigating the Transition to Senior Living

HLT-725-CLR10

(Class Limit: 25) Making the decision to transition from home to senior living can be a challenging and emotional journey. This class is designed to provide individuals and families with the knowledge, tools, and support needed to navigate this major life change with confidence. We'll explore the different types of senior living options, including assisted living and memory care, and learn how to assess which choice best meets your needs or those of a loved one. Topics covered include understanding signs that it might be time to consider a move, preparing emotionally and financially, identifying reputable facilities, and fostering open communication with family members during this sensitive process. The class will also address common misconceptions about senior living communities and provide resources for ongoing support during the transition. Whether you're planning for the future or facing an immediate decision, this class will empower you with practical advice and emotional guidance to make informed and compassionate choices. Ideal for seniors, caregivers, and family members alike.

Leader: Carrie Grubanowitch

Facilitator: Carol Salzer

Date: Tuesday, 9/16

Time: 1 – 3 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Geriatric Massage

HLT-725-CLR11

(Class Limit: 20) More and more older adults are turning to complementary and alternative therapies, such as massage, for pain relief and to improve their quality of life. Attendees will learn about the many benefits of therapeutic massage for the geriatric population as well as what to expect from a massage therapy session. Come and learn how to become an active participant in your own self-care using massage to maintain overall health and well-being.

Leader: Beth Campisi

Facilitator: Robbin Nelson

Date: Tuesday, 10/28

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Rest & Reset with Essential Oils

HLT-725-CLR13

(Class Limit: 20) Are you ready to experience a natural way to feel calmer, more balanced, and enjoy deeper,

more restful sleep? Join us for a transformative, hands-on journey with essential oils. This class will give you the tools to enhance your emotional well-being and create a peaceful nighttime routine - using the power of essential oils. In the first half of the class, we'll explore how essential oils can help reduce stress, uplift your mood, and promote emotional balance. You'll experience the calming, grounding, and rejuvenating effects of a variety of oils, guiding you to understand how each oil can work with your emotions. The second half of the class will help you transform your nighttime routine. Through guided oil experiences, you'll discover how specific oils can help your body and mind relax, reduce tension, and support a peaceful night's sleep. You'll learn easy tips to improve your sleep environment and wind down effectively at the end of your day.

Leader: Petrea Meier

Facilitator: Midge Tesch

Date: Monday, 10/6

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

HISTORY

Bridging the Divide: 35 Years of German Unification

HST-701-CLR1

(Class Limit: 50) As Germany approaches the 35th anniversary of its unification, the journey of bringing together two countries separated for 45 years remains a profound chapter in its modern history. The last three decades were marked by both hope and hardship as East and West Germany struggled to bridge deep divides - political, economic, and cultural. Join German historian, Anette Isaacs for a fascinating discussion on the complexities of unification, the many challenges faced, and the hard-won successes that shaped the "New Germany". This is a COLLEGE COLLABORATION class. NOTE: Participants will be admitted by McHenry County College 2 minutes before the class is scheduled to begin. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Anette Isaacs

Facilitator: Lynnette Danzl-Tauer & Linda Greene

Date: Monday, 9/22

Time: 1 – 3 pm

Place: Online Via Zoom & Zoom Room

Fee: \$15

That Was a Year That Was: 1964

HST-701-CLR2

(Class Limit: 50) A presidential election, landmark legislation, winter and summer Olympics, a World's Fair in the Big Apple, a fateful year in Vietnam, and the British invasion of America. And 1964 was a life-changing year for me on a personal level, too. Join me for another journey to the past.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Thursday, 9/25

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Aztec HST-701-CLR3

(Class Limit: 25) When the Spanish arrived in Mexico in 1519, there were many large societies in the area, but by far the most powerful, the one that dominated most of the others, was the Aztec (or Mexicana). This was a society that seemed strange and exotic to the Spaniards as they still do to us today. We will examine their origins, their culture and their fate at the hands of the Spanish.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Mondays, 11/24 & 12/1

Time: 1:30 – 3 pm

Place: RVC Bell School

Road Center, Room 1

Fee: \$20



Minorities in World War II HST-701-CLR4

(Class Limit: 50) Minorities in WWII fought two enemies - the Axis powers and the racism that was ever present in a still segregated Armed Forces. The 1.2 million African Americans who served in WWII not only helped win the war, but their service helped accelerate the civil rights movement in the war's aftermath. This presentation will include the stories of Vernon Baker, the only African American to receive the Medal of Honor while he was alive, and the men of the USS Mason, the first all-Black Naval destroyer. It will also include the contributions Mexican Americans, women, Asian Americans and Native Americans played in the war effort such as Jose Lopez, who came to the US illegally when he was 13 years old, and received the Medal of Honor for saving his company during the Battle of the Bulge; Native American Ira Hayes who helped raise the flag at Iwo Jima; and others.

Leader: Dr. John Ulferts

Facilitator: Ellen Taylor-White

Date: Thursday, 11/13

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Spanish-American War HST-701-CLR6

(Class Limit: 50) "Remember the Maine, to Hell with Spain" was the battle cry during the Spanish-American War, the shortest war in our nation's history. In this class we will look at events prior to the war, during the 10-week conflict itself, and the aftermath. Some questions we will answer include: How did the war start? Which of the theories about why the U.S.S. Maine exploded is most likely true? What role did the publisher William Randolph Hearst play? What's the real story behind Teddy Roosevelt and the Rough Riders? What happened to the Maine after the war? And, how does this war relate to the current situation of Cuba and its relationship with the United States?

Leader: Linda Greene

Facilitator: Arnie Ames

Date: Monday, 9/15

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Women Leaders of the Modern World HST-701-CLR7

(Class Limit: 50) The United States has not yet elected a woman as president, though many other countries throughout the world have done so in the 20th and 21st centuries. In this class, we will take a look at many women who have successfully performed as president or prime minister and become well-known and respected worldwide, as well as some who aren't as famous. Come meet and learn more about Indira Gandhi of India, Golda Meir of Israel, Isabel Peron of Argentina, Margaret Thatcher of the U.K., Angela Merkel of Germany, Claudia Sheinbaum Pardo of Mexico, and many others. We will also look at why so many other nations have chosen female leaders, while the U.S. has not...so far, that is.

Leader: Linda Greene

Facilitator: Robbin Nelson

Date: Tuesday, 10/28

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



President Garfield Assassination HST-712-CLR1

(Class Limit: 50) This class looks at the assassination of President Garfield. It explores U.S. culture in 1881, a brief biography of James Garfield, and of Charles Guiteau (the assassin), who grew up in Freeport, IL. It covers the details leading up to the morning of July 2, 1881 at the Baltimore and Potomac Railroad Station in Washington D.C. and the capture, trial and execution of Guiteau. The poor medical treatment received by Garfield and his death on September 19, 1881 will be discussed. The current status of the railroad station and the gravesite of Garfield will be reviewed. This is a HYBRID class and can be attended in-person or online.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White & Gail Wallens

Date: Friday, 10/10

Time: 10 – 11:30 am

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

Fee: \$15

Know-Nothingism: Anti-Immigrant Movements in U.S. History HST-712-CLR2

(Class Limit: 50) Anti-immigrant movements in the U.S. are nearly as old as the nation itself. We will be looking at these movements, from the “alien and sedition” attack of the 1790s, to the Know Nothing agitation of the 1850s, the anti-Chinese outburst of the 1870s and 1880s, the Ku Klux Klan crusade of the 1910s and 1920s, the Japanese internment of the 1940s, to the MAGA eruption of the 2010s and 2020s. We will also probe the developments and conditions which triggered these movements, how they impacted society, and how they were eventually contained or resolved both culturally and politically.

Leader: Andy Dvorak

Facilitator: Keith Hale

Date: Monday, 10/13

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

An Afternoon with Franklin D. Roosevelt HST-712-CLR3

(Class Limit: 50) President Franklin D. Roosevelt served our nation in that office for 12 years. During that time, he enacted bills to create programs to help provide relief, recovery, and reform for our nation. Many of the programs Mr. Roosevelt created are still in existence and are used by many Americans in their daily lives. We will explore his efforts to bring our country out of the Great Depression and later prepare America and her allies to win World War II.

Leader: Edward O'Brien

Facilitator: Arnie Ames

Date: Monday, 10/20

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



The Constitutional Convention of 1787 HST-712-CLR4

(Class Limit: 25) The 1787 Constitutional Convention was the successful effort by the thirteen original states to construct a replacement for the ineffective Articles of Confederation. The five-month Convention in Philadelphia during the summer of 1787 united the states under a federal government of limited, distributed powers that is the envy of the world.

Leader: John Roseberg

Facilitator: Steve Renne

Date: Thursdays, 11/6, 11/13, 11/20

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$25

Civil War Medicine & Jonathan Letterman, Father of Battlefield Medicine HST-712-CLR5

(Class Limit: 50) The founder of the National Museum of Civil War Medicine in Frederick, Maryland, Dr. Gordon Dammann tells the story of Civil War medicine front to back. This era is often referred to in a negative way as the Middle Ages of medicine in the United States. Many misconceptions exist regarding the quality of care during the war. It is commonly believed that surgery was often done without anesthesia, that many unnecessary amputations were done, and that care was not state of the art for the times. None of these assertions is true. Physicians were practicing in an era before the germ theory of disease was established, before sterile technique and antiseptic were known, and with very few effective medications. The care of wounded and sick soldiers was one of hope, courage, innovation, discovery and social change.

Leader: Dr. Gordon Dammann

Facilitator: Jack Crofoot

Date: Thursday, 10/2

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

New France: French Heritage of IL and WI HST-712-CLR6

(Class Limit: 50) This class looks at the years (1524-1763) when the French explored and then settled in North America, including Wisconsin (Wis-kon-sa) and Illinois (Il-len-noh-wa). It examines the French relations with the native Americans. Learn about what happened to the French and Native Americans in their conflicts with the British. Various French sites such as Portage, WI and Fort De Chartres, IL and others are reviewed. This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional colleges will be joining via Zoom. This is a HYBRID class and can be attended in-person or online.

Leader: Mark Peterson

Facilitator: Ellen Taylor-White & Brad Keyes

Date: Friday, 11/7

Time: 10 – 11:30 am

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

Fee: \$15

The Curtiss Jenny - The Aircraft that Taught America to Fly HST-712-CLR7

(Class Limit: 50) The Curtiss JN-4D Jenny is one of the most iconic aircraft in American history. The Jenny-trained fought Pancho Villa, trained pilots for World War One, starred in movies and almost single-handedly taught our nation to fly. The Jenny was simply the right aircraft for the right time. This program will explore the Jenny's development and rise from humble military trainer to symbol of American aviation. This is a HYBRID class and participants can attend in-person or online.

Leader: Mike Frederiksen

Facilitator: Bob Bertolasi & Arnie Ames

Date: Wednesday, 10/15

Time: 10 – 11:30 am

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

Fee: \$15

The Rise and Fall of the Auburn Automobile Company HST-712-CLR8

(Class Limit: 50) This course traces the history of the Auburn Automobile Company from its founding in 1900 to its closure in 1937. Participants will explore the company's dramatic rise under E.L. Cord, its groundbreaking vehicles including the Auburn Speedster, Cord L-29, and Duesenberg Model J and the economic, technological, and leadership factors behind its ultimate collapse. This online course also includes an introduction to the world-famous Auburn Cord Duesenberg Automobile Museum, located in the company's original Art Deco headquarters in Auburn, Indiana.

Leader: Sam Grate

Facilitator: Bob Bertolasi

Date: Tuesday, 10/14

Time: 1 – 2:30 pm

Place: Online via Zoom

Fee: \$15



History of Printing HST-712-CLR9

(Class Limit: 40) Printing, the act of putting ink on paper, has been around for hundreds of years. This class will present a brief history of the various processes - relief printing, screen printing, intaglio and lithography - and how printing revolutionized communication. The rise of the European Renaissance begins after the invention of moveable type by Johannes Gutenberg. Advancements in technology lead to mass production in advertising and publishing. Today, the wide use of digital media coupled with short-run, on demand printing, has reduced employment in the printing industry.

Leader: Chris Mann

Facilitator: Jack Croffoot

Date: Thursday, 10/23

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

History of Medicine in Twelve Objects HST-712-CLR10

(Class Limit: 25) Progress in medicine, treatment of diseases and injuries, to improve and prolong life, is filled with wonder, invention, and compassion. One way to tell this story is to focus on specific inventions that have advanced medicine over the eons. Some of these inventions were immediately hailed as advances, but others had fitful starts, with objections from established practitioners. We will discuss these treatment advances (plus a few others) to give an outline of development of Western Medicine from the beginnings of civilization.

Leader: Loyd Wollstadt

Facilitator: Robbin Nelson

Date: Monday, 11/10

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Boone County Fair History HST-720-CLR1

(Class Limit: 50) History of the Boone County Fair from start to present. Have you ever enjoyed the Boone County Fair - the animals, the fruits, vegetables and flowers; all exhibits; the entertainment and fun? It's the best county fair in Illinois! The fairgrounds were not always where they are now. Come and hear about the growth of this wonderful fair.

Leader: Lyle Lee

Facilitator: Donna Brookbank

Date: Wednesday, 10/8

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

General John Pershing's Rockford Connection HST-720-CLR2

(Class Limit: 60) In January 1920, two years after World War I, General John "Black Jack" Pershing, commander for the American Expeditionary Force during the war, made a special appearance in Rockford. This session will follow his military career and document his stop here as part of his visit to

Army camps that trained soldiers for the war effort. Gen. Pershing had a long and stellar military career that took him to all parts of the world and several wars. He was a dedicated leader and senior officer who was in command of U.S. troops in World War I. This presentation will document many milestones but also show how he recovered from a horrible family tragedy. We hope those in attendance gain a better understanding of the man and how historians assess his career.

Leader: Mike Doyle

Facilitator: Donna Brookbank

Date: Friday, 12/5

Time: 10 – 11:30 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

The Original Inhabitants of Northern Illinois

HST-720-CLR3

(Class Limit: 50) Do you know whose land we are on? This class will focus on the original Native American tribes which lived in Northern Illinois. Discussion will include their way of life, and understanding why they no longer live here now.

Leader: Dick Rundall

Facilitator: Gail Wallens

Date: Monday, 10/6

Time: 3 – 4:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



Memories of the Wagon Wheel Resort

HST-720-CLR4

(Class Limit: 25) We are offering this again due to continued popularity. Travel down memory lane as we visit the small hamburger stand, which was the beginning of what would become a premier entertainment venue in Northern Illinois during the mid-1900s in the small village of Rockton. Learn about the history of the Wagon Wheel Resort, the people who made it possible, and some of the interesting stories from that time. Walt Williamson's Wagon Wheel Resort would encompass numerous restaurants, gift shops, a swimming pool, an ice-skating rink, a theater, an airstrip, and much more before its demise due to changing times, fires, and neglect. Time will be available after the presentation to view displays and the many items in the Wagon Wheel collection.

Leader: Marilyn Mohring

Facilitator: Midge Tesch

Date: Tuesday, 9/9

Time: 10 – 11:30 am

Place: Rockton Historical Society – 529 Green St., Rockton

Fee: \$20

Winnebago County's Participation in the Civil War

HST-720-CLR5

(Class Limit: 50) Many courageous local men sacrificed their jobs, families and ultimately their lives by volunteering to their nation in its time of need during the Civil War. Learn about Winnebago County and other local soldiers who made huge sacrifices

for their country and about Rockford's Camp Fuller Civil War training camp. Four full infantry regiments trained at Camp Fuller on the west shore of the Rock River in late summer/early fall of 1862 training and drilling hard before a refreshing wash or bath in the Rock River. The trainees included two brave, but very atypical soldiers that will be discussed in the class. One of the four regiments later became part of the famous Lightning Brigade, also known as Wilder's Brigade or the Hatchet Mounted Infantry Brigade armed with the famous seven shot Spencer rifles. Learn about other brave Rockford soldiers including an officer who received a direct order from later General and U.S. President Grant for a very unusual mission that he successfully completed and another officer who disobeyed a direct order from Grant, got in a heated argument with him and won, and much more on heroic local soldiers.

Leader: Alan Burt

Facilitator: Jan Johnson

Date: Monday, 11/24

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

You're in the Army Now: Camp Grant, Rockford's Legacy

HST-720-CLR6

(Class Limit: 25) In February 2025, Midway Village Museum opened its newest 2,200 square foot permanent exhibit, "You're in the Army Now: Camp Grant, Rockford's Legacy". Museum curator Laura B. Furman, who has spent years gathering Camp Grant documentation, will conduct a tour of the new exhibit and share some of the Camp Grant stories uncovered during the project's development. Participants are welcome to explore the other museum exhibits following the presentation.

Leader: Laura Furman

Facilitator: Jan Johnson

Date: Tuesday, 10/14

Time: 1 – 3:30 pm

Place: Midway Village Museum – 6799 Guilford Rd., Rockford

Fee: \$20

Even More Jerks in Chicago History

HST-720-CLR7

(Class Limit: 50) Join us in this last of three presentations on Jerks in Chicago History, where we examine the actions of even more thieves, murderers, jerks, and mobsters in Chicago. Starting with William Heirens in 1945 and ending with Barbara Byrd-Bennett, we look at the lives of individuals who make up the latter half of the 20th Century. Some were politicians, some were law enforcement officers, and some were respected business entrepreneurs. Whatever their role, they resorted to their dark side and added to the list of badly behaved characters who shaped the history of the Windy City.

Leader: Brad Keyes

Facilitator: Arnie Ames

Date: Monday, 10/6

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Cedar Bluff Cemetery Stories HST-720-CLR8

(Class Limit: 60) Cedar Bluff Cemetery is one of the oldest in Rockford. Many of our early settlers and prominent families are buried there. Many of their stories have been forgotten. Local historian and author Kathi Kresol has been researching local cemeteries for over two decades. She will share the stories of the folks buried in this historic cemetery. There will be stories of murder, suicides and the quirky people who once called Rockford home. The stories for this presentation will be different ones than the Walking Tour offered earlier.

Leader: Kathi Kresol

Facilitator: Jan Johnson

Date: Tuesday, 11/18

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

Farmboys to the Front: The Gasoline Engine in WWI HST-720-CLR9

(Class Limit: 50) World War I was the first war to use gasoline engines on a large scale. Young men with engine skills were in high demand for the new trucks, tanks, airplanes, and ambulances that went into service in World War I. Midwestern farm boys had the skills: stationary gasoline engines were introduced on farms in Northern Illinois and Southern Wisconsin in the very early 1900s. By 1906, automobiles arrived on many area farms, and in 1908 the Model T Ford, specifically designed with farmers in mind, was introduced. Join Dr. Carrie Meyer to explore the role of the gasoline engine in World War I, and the young men who knew how to work with them. Dive into some of the letters that young men from Winnebago County, IL and Green County, WI wrote home. Letters written to family members were published in newspapers all over the country-especially in small-town weeklies. They interpreted the war to those at home. The lecture draws on Meyer's 2018 book, *Letters from the Boys: Wisconsin World War I Soldiers Write Home*, as well as her 2007 book, *Days on the Family Farm*.

Leader: Dr. Carrie Meyer

Facilitator: Robbin Nelson

Date: Monday, 12/8

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

History of Street Names in Belvidere HST-720-CLR10

(Class Limit: 40) You will learn about some of the street names in Belvidere from a long-time member of the Boone County Museum of History. Who were the people the streets were named after? Why were they important? How did other streets get their names and their meanings? The museum entrance is free but donations are always appreciated.

Leader: Carol Rowe

Facilitator: Donna Brookbank

Date: Wednesday, 10/22

Time: 10 – 11:30 am

Place: Boone County Museum of History – 314 S. State St., Belvidere

Fee: \$15

A Walk Through History – South State Street in Belvidere HST-720-CLR11

(Class Limit: 40) Take a walk-through history in Belvidere when South State Street was a dirt road. We will start at the Kishwaukee River and head towards Logan Ave. We'll learn about the buildings that are still standing and those that are gone, who built them, and what businesses occupied them. Sonya is a volunteer and society member of the Boone County Museum of History and has written a book about South State St. Following the presentation, you are welcome to visit the museum exhibits. The museum entrance is free but donations are appreciated.

Leader: Sonya Dobberfuhr

Facilitator: Donna Brookbank

Date: Wednesday, 9/17

Time: 10 – 11:30 am

Place: Boone County Museum of History – 314 S. State St., Belvidere

Fee: \$15

Early Mexican Settlers of South Rockford HST-720-CLR12

(Class Limit: 35) Sept. 15 - Oct. 15 is Hispanic Heritage Month. Come join us at the Ethnic Heritage Museum for an informative presentation about early Mexican settlers of south Rockford - their family stories, first experiences, what it was like as new settlers in southwest Rockford, and what/how they have contributed to our city. After the slide show, we will visit the Hispanic Gallery. Then there will be time to visit the other galleries: Polish, Lithuanian, Italian, Irish, and African American. NOTE: The museum is accessible.

Leader: Monica Terronez

Facilitator: Linda Greene

Date: Friday, 9/19

Time: 1:30 – 3 pm

Place: Ethnic Heritage Museum – 1129 S. Main St., Rockford

Fee: \$20



The First Civilization HST-740-CLR1

(Class Limit: 25) Sometime around 8000 years ago, the early farming people of the New East began to grow agricultural surpluses and cluster together in larger and larger communities. Over the next 3000 years, the people living in the southern part of what is now Iraq developed the world's first civilization with metallurgy, writing and the wheel. We will examine this process and look at the nature of this civilization and how it impacted the evolution of our own western civilization.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Mondays, 11/3 & 11/10

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$20

HUMANITIES

Opera Appreciation: Andrea Chenier **HUM-701-CLR1**

(Class Limit: 50) Based on a historical character, *Andrea Chenier* is one of two operas by Umberto Giordano that have made it into the repertory (along with *Fedora*). It tells the tragedy of the virtuous poet, a dreamer and patriot, who along with his aristocratic lover, Maddalena, falls victim to the intrigues and violence of the French Revolution of 1789. The opera is a shining example of the verismo school championed by Italian composers at the turn of the 20th century of which Puccini is best known. This class will discuss the composer, his verismo style, and key elements in the opera (in Italian with English subtitles) to enhance the listener's appreciation. The Met in HD broadcast at Rockford's AMC 16 Theater will feature *Andrea Chenier* Saturday, December 13 at 11:50 am. The instructor will be in attendance.

Leader: Elvira Bayod-Ventimiglia

Facilitator: Linda Greene

Date: Friday, 12/12

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Historical Classical Music Appreciation: **Beethoven, Haydn, Mozart** **HUM-701-CLR2**

(Class Limit: 25) This class continues our exploration of the European periods of music. Composed from about 1750 to 1820, the Classical Era followed the Baroque period and was divided into three styles primarily based on rhythm, texture, melody, dynamics and the piano, and the end of the basso continuo. Maybe you've taken an appreciation class before, but this one will be different. Firstly, a summary of the Classic style in art and music will be compared with reviews of artists discussed for their similarities. Secondly, of major importance, development of musical instruments available during this period will also be discussed as this dictates the type of composition being written. Using PowerPoint, with numerous musical and artistic examples presented for comparison, Haydn, Mozart, and Beethoven will come to life. And, of course, the evolution of the modern orchestra will be discussed. The presenter of this class has advanced degree credentials in piano performance, theory, and ethnomusicology and has taught for more than 45 years. In addition, special emphasis at the Royal College of Music/UCLA program London gives her extra knowledge in the Romantic period including the composer Schumann.

Leader: Andrea Azar

Facilitator: Lynnette Danzl-Tauer

Date: Friday, 12/5

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

O Black and Unknown Bards **HUM-701-CLR3**

(Class Limit: 40) "O Black and Unknown Bards" is a poem written by James Weldon Johnson that gives homage to those enslaved "Cotton-Field Composers" who created the songs that led them on the path to freedom. Sorrow songs, spirituals, folk songs, jubilees and early gospel selections will be experienced.

Audience participation is highly encouraged. This is a diversity awareness class.

Stay for lunch at Katie's Cup!

Leader: Dorothy Paige-Turner

Facilitator: Gail Wallens

Date: Tuesday, 9/30

Time: 10 – 11:30 am

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

Fee: \$5

Hollywood and the Fourth Estate **HUM-701-CLR4**

(Class Limit: 60) This series about the depiction of journalism in the movies continues with the encore showing of the 1952 film noir "Deadline - USA". It stars Humphrey Bogart as the crusading newspaper editor who exposed a gangster's crimes while trying to prevent his paper from going out of business. It also stars Ethel Barrymore and Kim Hunter. Discussion to follow the film.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Wednesday, 10/22

Time: 9:30 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

I Love This Movie But... **HUM-701-CLR5**

(Class Limit: 60) In this case, the "But" is "I Don't Think Many Other People Have Seen It". *My Favorite Year*, released in 1982, was the first film directed by actor Richard Benjamin. It stars Peter O'Toole, who received an Oscar nomination. It was generally well-received by the critics, and its box office earnings were nearly triple its \$7.9 million budget. So, where's the love? I think it's an underrated comedy gem.

Leader: Barry Wood

Facilitator: Robbin Nelson

Date: Thursday, 11/20

Time: 1:30 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15



Introduction to Taiko Drumming **HUM-701-CLR6**

(Class Limit: 10) Taiko drumming is a traditional Japanese performance art which is accessible to anyone who is interested in trying it. Teien no Taiko is the community level taiko drum group sponsored by Anderson Japanese Gardens. We welcome anyone in our community who is interested in joining us. This class will teach the basic skills and an introductory level song. Drumming can be done seated. Class members are welcome to stay at 4:00 pm for our regular weekly practice session and return as a regular member of the group in following weeks. Class will meet in the Visitors Center on the lower level.

Leader: Linda Bergstrom

Facilitator: Jan Johnson

Date: Wednesday, 9/10

Time: 2:30 – 4 pm

Place: Anderson Japanese Gardens – 2110 Stonebridge Dr., Visitors Center, Rockford, IL

Fee: \$15

Registrant #1

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - FALL 2025

(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 Fall classes.



- ☐ I am a current CLR member and have already paid my 2025 dues.
- ☐ I am a past CLR member and I would like to renew my annual membership for 2025. My \$35 dues for 2025 are included.
- ☐ I would like to join CLR. My \$35 dues for 2025 are included. *(Complete the application below)*

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road
Rockford, IL 61114

Phone: (815) 921-3931
Fax: (815) 921-3939

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 \$ _____

2025 Membership Dues \$ _____
(\$35 for new/renewing members only)

TOTAL AMOUNT \$ _____

Check # _____ Cash payment ☐

PLEASE NOTE: The CLR office will be closed for holidays on September 1, 2, November 27, 28, December 24-31, and January 1. 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 FALL 2025 COURSE SELECTIONS

Course Code	Page	Course Title	Cost	Course Code	Page	Course Title	Cost	Course Code	Page	Course Title	Cost
<input type="checkbox"/> ART-701-CLR1	4	Line & Wash Painting	\$15	<input type="checkbox"/> HLT-725-CLR10	12	Senior Care Options	\$15	<input type="checkbox"/> SCI-710-CLR1	26	Intro to Oceanography	\$15
<input type="checkbox"/> ART-701-CLR2	4	Acrylic Painting - Trees	\$15	<input type="checkbox"/> HLT-725-CLR11	12	Geriatric Massage	\$15	<input type="checkbox"/> SCI-710-CLR2	26	Community Tree Plantings	\$15
<input type="checkbox"/> ART-701-CLR3	4	Easy Watercolors	\$45	<input type="checkbox"/> HLT-725-CLR13	12	Essential Oils	\$15	<input type="checkbox"/> SCI-765-CLR1	26	Sandhill & Whooping Cranes	\$15
<input type="checkbox"/> ART-701-CLR4	4	Charcoal/Acrylic Painting	\$20	<input type="checkbox"/> HST-701-CLR1	13	Bridging the Divide	\$15	<input type="checkbox"/> SCI-765-CLR2	26	Creatures of Cryptozoology	\$15
<input type="checkbox"/> ART-701-CLR5	4	Pastel Painting	\$40	<input type="checkbox"/> HST-701-CLR2	13	That Was a Year: 1964	\$15	<input type="checkbox"/> SCI-765-CLR3	27	Bird Banding	\$15
<input type="checkbox"/> ART-701-CLR6	4	The Magic of Color	\$25	<input type="checkbox"/> HST-701-CLR3	13	The Aztec	\$20	<input type="checkbox"/> SOC-703-CLR1	27	Socialization	\$15
<input type="checkbox"/> ART-701-CLR7	5	Pastel Techniques	\$15	<input type="checkbox"/> HST-701-CLR4	13	Minorities in World War II	\$15	<input type="checkbox"/> SOC-706-CLR1	27	What in the World?	\$40
<input type="checkbox"/> ART-701-CLR8	5	Chinese Brush Painting I	\$25	<input type="checkbox"/> HST-701-CLR6	13	Spanish-American War	\$15	<input type="checkbox"/> SOC-706-CLR2	27	The Rule of Law	\$15
<input type="checkbox"/> ART-701-CLR9	5	Acrylic Painting - Beginner	\$15	<input type="checkbox"/> HST-701-CLR7	14	Women World Leaders	\$15	<input type="checkbox"/> SOC-710-CLR1	27	Who Was Neanderthal?	\$15
<input type="checkbox"/> ART-713-CLR1	5	Wood & Leather Burning	\$25	<input type="checkbox"/> HST-712-CLR1	14	Garfield Assassination	\$15	<input type="checkbox"/> SOC-710-CLR2	27	Sons of Norway	\$15
<input type="checkbox"/> ART-720-CLR1	5	Leather Cord Bracelet	\$15	<input type="checkbox"/> HST-712-CLR2	14	Know-Nothingism	\$15	<input type="checkbox"/> SOC-710-CLR3	27	My Travels	\$20
<input type="checkbox"/> ART-720-CLR2	6	Decorative Fall Pumpkin	\$25	<input type="checkbox"/> HST-712-CLR3	14	Franklin D. Roosevelt	\$15	<input type="checkbox"/> SOC-710-CLR4	28	Influence of French	\$15
<input type="checkbox"/> ART-720-CLR3	6	Making a Card	\$15	<input type="checkbox"/> HST-712-CLR4	14	Constitutional Convention	\$25	<input type="checkbox"/> SOC-717-CLR1	28	Modern China	\$20
<input type="checkbox"/> ART-720-CLR4	6	Ceramic Jolly Tree	\$50	<input type="checkbox"/> HST-712-CLR5	14	Civil War Medicine	\$15	<input type="checkbox"/> SOC-717-CLR2	28	Christian Nationalism	\$5
<input type="checkbox"/> ART-720-CLR5	6	Beginning Quilting	\$30	<input type="checkbox"/> HST-712-CLR6	15	New France	\$15	<input type="checkbox"/> SOC-721-CLR1	28	Beginning Genealogy	\$20
<input type="checkbox"/> ART-720-CLR6	6	Chinese Brush Calligraphy	\$35	<input type="checkbox"/> HST-712-CLR7	15	The Curtiss Jenny	\$15	<input type="checkbox"/> SOC-760-CLR1	28	Navigating Change	\$15
<input type="checkbox"/> ART-720-CLR7	6	Quilted Table Runner	\$25	<input type="checkbox"/> HST-712-CLR8	15	Auburn Auto Company	\$15	<input type="checkbox"/> SOC-760-CLR2	28	Self Care - Why It Matters	\$15
<input type="checkbox"/> ART-720-CLR8	7	Intro to Wheel Throwing	\$45	<input type="checkbox"/> HST-712-CLR9	15	History of Printing	\$15	<input type="checkbox"/> SOC-763-CLR1	28	How Do You Know That?	\$20
<input type="checkbox"/> ART-720-CLR9	7	Witch Hat Luminary	\$45	<input type="checkbox"/> HST-712-CLR10	15	History of Medicine	\$15	<input type="checkbox"/> SPC-715-CLR1	28	AARP Smart Driver	\$0
<input type="checkbox"/> ART-720-CLR11	7	Crochet	\$30	<input type="checkbox"/> HST-720-CLR1	15	Boone County Fair History	\$15	<input type="checkbox"/> SPC-720-CLR1	29	Fall Flower Workshop - AM	\$50
<input type="checkbox"/> CMP-702-CLR1	7	Photo Editing Basics	\$30	<input type="checkbox"/> HST-720-CLR2	15	General John Pershing	\$15	<input type="checkbox"/> SPC-720-CLR2	29	Fall Flower Workshop - PM	\$50
<input type="checkbox"/> CMP-702-CLR2	7	PowerPoint Basics	\$40	<input type="checkbox"/> HST-720-CLR3	16	Original Inhabitants of N. IL	\$15	<input type="checkbox"/> SPC-720-CLR3	29	Holiday Flowers - AM	\$50
<input type="checkbox"/> CMP-702-CLR3	7	Computer Basics	\$30	<input type="checkbox"/> HST-720-CLR4	16	Wagon Wheel Memories	\$20	<input type="checkbox"/> SPC-720-CLR4	29	Holiday Flowers - PM	\$50
<input type="checkbox"/> CMP-702-CLR4	8	Organizing Computer Files	\$20	<input type="checkbox"/> HST-720-CLR5	16	Winn. County in Civil War	\$15	<input type="checkbox"/> SPC-720-CLR5	29	Make a Fairy Garden	\$45
<input type="checkbox"/> CMP-702-CLR5	8	Making Labels	\$20	<input type="checkbox"/> HST-720-CLR6	16	Camp Grant	\$20	<input type="checkbox"/> SPC-753-CLR1	29	Cards and Games	\$50
<input type="checkbox"/> CMP-703-CLR1	8	iPhone/iPad - 9/25	\$15	<input type="checkbox"/> HST-720-CLR7	16	Jerks in Chicago	\$15	<input type="checkbox"/> SPC-760-CLR1	29	Intro to Pickleball	\$30
<input type="checkbox"/> CMP-703-CLR2	8	iPhone/iPad - 9/26	\$15	<input type="checkbox"/> HST-720-CLR8	17	Cedar Bluff Cemetery	\$15	<input type="checkbox"/> SPC-790-CLR1	29	Fire Safety in the Home	\$15
<input type="checkbox"/> CMP-703-CLR3	8	Smartphone Basics	\$15	<input type="checkbox"/> HST-720-CLR9	17	Farmboys to the Front	\$15	<input type="checkbox"/> SPC-790-CLR2	30	Heroes in National Parks	\$25
<input type="checkbox"/> CMP-703-CLR4	8	Security & Privacy for All	\$15	<input type="checkbox"/> HST-720-CLR10	17	Street Names in Belv.	\$15	<input type="checkbox"/> SPC-790-CLR3	30	Working Rockford Newsbeat	\$15
<input type="checkbox"/> CMP-703-CLR5	8	Introduction to AI	\$25	<input type="checkbox"/> HST-720-CLR11	17	A Walk Through History	\$15	<input type="checkbox"/> SPC-790-CLR4	30	Rockford Public Transport	\$5
<input type="checkbox"/> FIN-701-CLR1	8	Estate Planning Essentials	\$15	<input type="checkbox"/> HST-720-CLR12	17	Early Mexican Settlers	\$20	<input type="checkbox"/> SPC-790-CLR5	30	Home & Auto Repair Tips	\$20
<input type="checkbox"/> FIN-701-CLR2	8	Plan Well, Live Well	\$15	<input type="checkbox"/> HST-740-CLR1	17	The First Civilization	\$20	<input type="checkbox"/> SPC-790-CLR6	30	Restoring Vintage Home	\$15
<input type="checkbox"/> FIN-701-CLR3	9	Introduction to Medicare	\$15	<input type="checkbox"/> HUM-701-CLR1	18	Opera Appreciation	\$15	<input type="checkbox"/> SPC-790-CLR7	30	Broadcast Meteorology	\$15
<input type="checkbox"/> FIT-750-CLR1	9	Nordic Poles	\$15	<input type="checkbox"/> HUM-701-CLR2	18	Historical Classical Music	\$15	<input type="checkbox"/> SPC-790-CLR8	30	The Voice of Business	\$5
<input type="checkbox"/> FIT-750-CLR2	9	Ageless Fitness	\$15	<input type="checkbox"/> HUM-701-CLR3	18	O Black & Unknown Bards	\$5	<input type="checkbox"/> SPC-790-CLR10	30	CareerTek Experience	\$5
<input type="checkbox"/> FIT-767-CLR1	9	Vivo Fitness - 8/26	\$110	<input type="checkbox"/> HUM-701-CLR4	18	Hollywood & Fourth Estate	\$15	<input type="checkbox"/> SPC-790-CLR11	31	Rockford Water	\$5
<input type="checkbox"/> FIT-767-CLR2	9	Vivo Fitness - 10/23	\$110	<input type="checkbox"/> HUM-701-CLR5	18	I Love This Movie But...	\$15	<input type="checkbox"/> TOU-700-CLR1	31	Rockford Airport Tour	\$15
<input type="checkbox"/> FIT-768-CLR1	10	Chair Yoga - 9/11	\$45	<input type="checkbox"/> HUM-701-CLR6	18	Intro to Taiko Drumming	\$15	<input type="checkbox"/> TOU-700-CLR2	31	Knightsville Tour	\$15
<input type="checkbox"/> FIT-768-CLR2	10	Chair Yoga - 10/16	\$45	<input type="checkbox"/> HUM-702-CLR1	24	Foreign Film	\$15	<input type="checkbox"/> TOU-700-CLR3	31	Cedar Bluff Cemetery Tour	\$15
<input type="checkbox"/> FIT-768-CLR3	10	Chair Yoga - 11/13	\$45	<input type="checkbox"/> HUM-710-CLR1	24	A Quirky Quintet	\$15	<input type="checkbox"/> TOU-700-CLR4	31	Funderburg House	\$20
<input type="checkbox"/> FIT-768-CLR4	10	Tai Chi & Chi Kung	\$15	<input type="checkbox"/> HUM-710-CLR2	24	Movies & TV Perception	\$15	<input type="checkbox"/> TOU-700-CLR5	31	Christmas at the Cottage	\$20
<input type="checkbox"/> FIT-768-CLR5	10	Yoga Beyond Mat	\$15	<input type="checkbox"/> HUM-710-CLR3	24	Laurel and Hardy	\$20	<input type="checkbox"/> TOU-700-CLR6	32	Tour Barloga's 3rd House	\$15
<input type="checkbox"/> HLT-705-CLR1	10	Assistive Technology	\$15	<input type="checkbox"/> HUM-710-CLR4	24	Movie Music Bob Fosse	\$15	<input type="checkbox"/> TOU-700-CLR7	32	Exploring Sunken Garden	\$25
<input type="checkbox"/> HLT-705-CLR2	10	What Matters Most	\$15	<input type="checkbox"/> HUM-712-CLR1	24	The Magic of Oz	\$15	<input type="checkbox"/> TOU-700-CLR8	32	KNIB Rockford Recycle	\$15
<input type="checkbox"/> HLT-705-CLR3	10	Housing Options	\$15	<input type="checkbox"/> HUM-714-CLR1	24	ABC's of Self-Publishing	\$15	<input type="checkbox"/> TOU-700-CLR9	32	N. Illinois Food Bank	\$15
<input type="checkbox"/> HLT-715-CLR1	11	The Aging Eye	\$15	<input type="checkbox"/> HUM-714-CLR2	25	Return of Wood on Words	\$15	<input type="checkbox"/> TOU-700-CLR10	32	Visit iPress Alpacas	\$25
<input type="checkbox"/> HLT-725-CLR1	11	Cooking Mediterranean - 11/7	\$23	<input type="checkbox"/> HUM-714-CLR3	25	Blood Shed & the Bard	\$15	<input type="checkbox"/> TOU-700-CLR11	32	Rockford Public Library	\$15
<input type="checkbox"/> HLT-725-CLR2	11	Cooking Mediterranean - 11/21	\$23	<input type="checkbox"/> HUM-714-CLR4	25	Instant Irony	\$15	<input type="checkbox"/> TOU-700-CLR12	32	Tour of RVC ATC	\$5
<input type="checkbox"/> HLT-725-CLR3	11	Eating Your Best - 10/7	\$15	<input type="checkbox"/> HUM-747-CLR1	25	Wall Art Through Ages	\$15	<input type="checkbox"/> TOU-700-CLR13	33	Hard Rock Casino Tour	\$15
<input type="checkbox"/> HLT-725-CLR4	11	Eating Your Best - 10/8	\$15	<input type="checkbox"/> REL-703-CLR1	25	What Is Role of Religion	\$15	<input type="checkbox"/> TVL-700-CLR1	33	Looking At Illinois	\$20
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<input type="checkbox"/> HLT-725-CLR6	11	Singing Bowls	\$15	<input type="checkbox"/> REL-703-CLR3	25	Stories of Scripture	\$30	<input type="checkbox"/> TVL-700-CLR3	33	Travel Tips	\$15
<input type="checkbox"/> HLT-725-CLR7	12	Freezer Meal Basics	\$15	<input type="checkbox"/> REL-710-CLR1	25	The Book of Genesis	\$30	<input type="checkbox"/> TVL-700-CLR4	33	Travelogue: Ireland	\$15
<input type="checkbox"/> HLT-725-CLR8	12	Food Safety	\$15	<input type="checkbox"/> SCI-700-CLR1	26	Galveston, Texas: Disaster	\$15	<input type="checkbox"/> TVL-700-CLR5	33	Unique Festivals	\$15
<input type="checkbox"/> HLT-725-CLR9	12	Healthy Holiday Habits	\$15	<input type="checkbox"/> SCI-700-CLR2	26	Forest Preserves of Winn. Co.	\$15	<input type="checkbox"/> TVL-700-CLR6	33	Paris & Tours, France	\$15

Total Amount: _____

Registrant #2

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM - FALL 2025

(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 Fall classes.



- ☐ I am a current CLR member and have already paid my 2025 dues.
- ☐ I am a past CLR member and I would like to renew my annual membership for 2025. My \$35 dues for 2025 are included.
- ☐ I would like to join CLR. My \$35 dues for 2025 are included. *(Complete the application below)*

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road
Rockford, IL 61114

Phone: (815) 921-3931
Fax: (815) 921-3939

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 \$ _____

2025 Membership Dues \$ _____
(\$35 for new/renewing members only)

TOTAL AMOUNT \$ _____

Check # _____ Cash payment ☐

PLEASE NOTE: The CLR office will be closed for holidays on September 1, 2, November 27, 28, December 24-31, and January 1. 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 FALL 2025 COURSE SELECTIONS

Course Code	Page	Course Title	Cost	Course Code	Page	Course Title	Cost	Course Code	Page	Course Title	Cost
<input type="checkbox"/> ART-701-CLR1	4	Line & Wash Painting	\$15	<input type="checkbox"/> HLT-725-CLR10	12	Senior Care Options	\$15	<input type="checkbox"/> SCI-710-CLR1	26	Intro to Oceanography	\$15
<input type="checkbox"/> ART-701-CLR2	4	Acrylic Painting - Trees	\$15	<input type="checkbox"/> HLT-725-CLR11	12	Geriatric Massage	\$15	<input type="checkbox"/> SCI-710-CLR2	26	Community Tree Plantings	\$15
<input type="checkbox"/> ART-701-CLR3	4	Easy Watercolors	\$45	<input type="checkbox"/> HLT-725-CLR13	12	Essential Oils	\$15	<input type="checkbox"/> SCI-765-CLR1	26	Sandhill & Whooping Cranes	\$15
<input type="checkbox"/> ART-701-CLR4	4	Charcoal/Acrylic Painting	\$20	<input type="checkbox"/> HST-701-CLR1	13	Bridging the Divide	\$15	<input type="checkbox"/> SCI-765-CLR2	26	Creatures of Cryptozoology	\$15
<input type="checkbox"/> ART-701-CLR5	4	Pastel Painting	\$40	<input type="checkbox"/> HST-701-CLR2	13	That Was a Year: 1964	\$15	<input type="checkbox"/> SCI-765-CLR3	27	Bird Banding	\$15
<input type="checkbox"/> ART-701-CLR6	4	The Magic of Color	\$25	<input type="checkbox"/> HST-701-CLR3	13	The Aztec	\$20	<input type="checkbox"/> SOC-703-CLR1	27	Socialization	\$15
<input type="checkbox"/> ART-701-CLR7	5	Pastel Techniques	\$15	<input type="checkbox"/> HST-701-CLR4	13	Minorities in World War II	\$15	<input type="checkbox"/> SOC-706-CLR1	27	What in the World?	\$40
<input type="checkbox"/> ART-701-CLR8	5	Chinese Brush Painting I	\$25	<input type="checkbox"/> HST-701-CLR6	13	Spanish-American War	\$15	<input type="checkbox"/> SOC-706-CLR2	27	The Rule of Law	\$15
<input type="checkbox"/> ART-701-CLR9	5	Acrylic Painting - Beginner	\$15	<input type="checkbox"/> HST-701-CLR7	14	Women World Leaders	\$15	<input type="checkbox"/> SOC-710-CLR1	27	Who Was Neanderthal?	\$15
<input type="checkbox"/> ART-713-CLR1	5	Wood & Leather Burning	\$25	<input type="checkbox"/> HST-712-CLR1	14	Garfield Assassination	\$15	<input type="checkbox"/> SOC-710-CLR2	27	Sons of Norway	\$15
<input type="checkbox"/> ART-720-CLR1	5	Leather Cord Bracelet	\$15	<input type="checkbox"/> HST-712-CLR2	14	Know-Nothingism	\$15	<input type="checkbox"/> SOC-710-CLR3	27	My Travels	\$20
<input type="checkbox"/> ART-720-CLR2	6	Decorative Fall Pumpkin	\$25	<input type="checkbox"/> HST-712-CLR3	14	Franklin D. Roosevelt	\$15	<input type="checkbox"/> SOC-710-CLR4	28	Influence of French	\$15
<input type="checkbox"/> ART-720-CLR3	6	Making a Card	\$15	<input type="checkbox"/> HST-712-CLR4	14	Constitutional Convention	\$25	<input type="checkbox"/> SOC-717-CLR1	28	Modern China	\$20
<input type="checkbox"/> ART-720-CLR4	6	Ceramic Jolly Tree	\$50	<input type="checkbox"/> HST-712-CLR5	14	Civil War Medicine	\$15	<input type="checkbox"/> SOC-717-CLR2	28	Christian Nationalism	\$5
<input type="checkbox"/> ART-720-CLR5	6	Beginning Quilting	\$30	<input type="checkbox"/> HST-712-CLR6	15	New France	\$15	<input type="checkbox"/> SOC-721-CLR1	28	Beginning Genealogy	\$20
<input type="checkbox"/> ART-720-CLR6	6	Chinese Brush Calligraphy	\$35	<input type="checkbox"/> HST-712-CLR7	15	The Curtiss Jenny	\$15	<input type="checkbox"/> SOC-760-CLR1	28	Navigating Change	\$15
<input type="checkbox"/> ART-720-CLR7	6	Quilted Table Runner	\$25	<input type="checkbox"/> HST-712-CLR8	15	Auburn Auto Company	\$15	<input type="checkbox"/> SOC-760-CLR2	28	Self Care - Why It Matters	\$15
<input type="checkbox"/> ART-720-CLR8	7	Intro to Wheel Throwing	\$45	<input type="checkbox"/> HST-712-CLR9	15	History of Printing	\$15	<input type="checkbox"/> SOC-763-CLR1	28	How Do You Know That?	\$20
<input type="checkbox"/> ART-720-CLR9	7	Witch Hat Luminary	\$45	<input type="checkbox"/> HST-712-CLR10	15	History of Medicine	\$15	<input type="checkbox"/> SPC-715-CLR1	28	AARP Smart Driver	\$0
<input type="checkbox"/> ART-720-CLR11	7	Crochet	\$30	<input type="checkbox"/> HST-720-CLR1	15	Boone County Fair History	\$15	<input type="checkbox"/> SPC-720-CLR1	29	Fall Flower Workshop - AM	\$50
<input type="checkbox"/> CMP-702-CLR1	7	Photo Editing Basics	\$30	<input type="checkbox"/> HST-720-CLR2	15	General John Pershing	\$15	<input type="checkbox"/> SPC-720-CLR2	29	Fall Flower Workshop - PM	\$50
<input type="checkbox"/> CMP-702-CLR2	7	PowerPoint Basics	\$40	<input type="checkbox"/> HST-720-CLR3	16	Original Inhabitants of N. IL	\$15	<input type="checkbox"/> SPC-720-CLR3	29	Holiday Flowers - AM	\$50
<input type="checkbox"/> CMP-702-CLR3	7	Computer Basics	\$30	<input type="checkbox"/> HST-720-CLR4	16	Wagon Wheel Memories	\$20	<input type="checkbox"/> SPC-720-CLR4	29	Holiday Flowers - PM	\$50
<input type="checkbox"/> CMP-702-CLR4	8	Organizing Computer Files	\$20	<input type="checkbox"/> HST-720-CLR5	16	Winn. County in Civil War	\$15	<input type="checkbox"/> SPC-720-CLR5	29	Make a Fairy Garden	\$45
<input type="checkbox"/> CMP-702-CLR5	8	Making Labels	\$20	<input type="checkbox"/> HST-720-CLR6	16	Camp Grant	\$20	<input type="checkbox"/> SPC-753-CLR1	29	Cards and Games	\$50
<input type="checkbox"/> CMP-703-CLR1	8	iPhone/iPad - 9/25	\$15	<input type="checkbox"/> HST-720-CLR7	16	Jerks in Chicago	\$15	<input type="checkbox"/> SPC-760-CLR1	29	Intro to Pickleball	\$30
<input type="checkbox"/> CMP-703-CLR2	8	iPhone/iPad - 9/26	\$15	<input type="checkbox"/> HST-720-CLR8	17	Cedar Bluff Cemetery	\$15	<input type="checkbox"/> SPC-790-CLR1	29	Fire Safety in the Home	\$15
<input type="checkbox"/> CMP-703-CLR3	8	Smartphone Basics	\$15	<input type="checkbox"/> HST-720-CLR9	17	Farmboys to the Front	\$15	<input type="checkbox"/> SPC-790-CLR2	30	Heroes in National Parks	\$25
<input type="checkbox"/> CMP-703-CLR4	8	Security & Privacy for All	\$15	<input type="checkbox"/> HST-720-CLR10	17	Street Names in Belv.	\$15	<input type="checkbox"/> SPC-790-CLR3	30	Working Rockford Newsbeat	\$15
<input type="checkbox"/> CMP-703-CLR5	8	Introduction to AI	\$25	<input type="checkbox"/> HST-720-CLR11	17	A Walk Through History	\$15	<input type="checkbox"/> SPC-790-CLR4	30	Rockford Public Transport	\$5
<input type="checkbox"/> FIN-701-CLR1	8	Estate Planning Essentials	\$15	<input type="checkbox"/> HST-720-CLR12	17	Early Mexican Settlers	\$20	<input type="checkbox"/> SPC-790-CLR5	30	Home & Auto Repair Tips	\$20
<input type="checkbox"/> FIN-701-CLR2	8	Plan Well, Live Well	\$15	<input type="checkbox"/> HST-740-CLR1	17	The First Civilization	\$20	<input type="checkbox"/> SPC-790-CLR6	30	Restoring Vintage Home	\$15
<input type="checkbox"/> FIN-701-CLR3	9	Introduction to Medicare	\$15	<input type="checkbox"/> HUM-701-CLR1	18	Opera Appreciation	\$15	<input type="checkbox"/> SPC-790-CLR7	30	Broadcast Meteorology	\$15
<input type="checkbox"/> FIT-750-CLR1	9	Nordic Poles	\$15	<input type="checkbox"/> HUM-701-CLR2	18	Historical Classical Music	\$15	<input type="checkbox"/> SPC-790-CLR8	30	The Voice of Business	\$5
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<input type="checkbox"/> FIT-767-CLR1	9	Vivo Fitness - 8/26	\$110	<input type="checkbox"/> HUM-701-CLR4	18	Hollywood & Fourth Estate	\$15	<input type="checkbox"/> SPC-790-CLR11	31	Rockford Water	\$5
<input type="checkbox"/> FIT-767-CLR2	9	Vivo Fitness - 10/23	\$110	<input type="checkbox"/> HUM-701-CLR5	18	I Love This Movie But...	\$15	<input type="checkbox"/> TOU-700-CLR1	31	Rockford Airport Tour	\$15
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<input type="checkbox"/> FIT-768-CLR5	10	Yoga Beyond Mat	\$15	<input type="checkbox"/> HUM-710-CLR3	24	Laurel and Hardy	\$20	<input type="checkbox"/> TOU-700-CLR6	32	Tour Barloga's 3rd House	\$15
<input type="checkbox"/> HLT-705-CLR1	10	Assistive Technology	\$15	<input type="checkbox"/> HUM-710-CLR4	24	Movie Music Bob Fosse	\$15	<input type="checkbox"/> TOU-700-CLR7	32	Exploring Sunken Garden	\$25
<input type="checkbox"/> HLT-705-CLR2	10	What Matters Most	\$15	<input type="checkbox"/> HUM-712-CLR1	24	The Magic of Oz	\$15	<input type="checkbox"/> TOU-700-CLR8	32	KNIB Rockford Recycle	\$15
<input type="checkbox"/> HLT-705-CLR3	10	Housing Options	\$15	<input type="checkbox"/> HUM-714-CLR1	24	ABC's of Self-Publishing	\$15	<input type="checkbox"/> TOU-700-CLR9	32	N. Illinois Food Bank	\$15
<input type="checkbox"/> HLT-715-CLR1	11	The Aging Eye	\$15	<input type="checkbox"/> HUM-714-CLR2	25	Return of Wood on Words	\$15	<input type="checkbox"/> TOU-700-CLR10	32	Visit iPress Alpacas	\$25
<input type="checkbox"/> HLT-725-CLR1	11	Cooking Mediterranean - 11/7	\$23	<input type="checkbox"/> HUM-714-CLR3	25	Blood Shed & the Bard	\$15	<input type="checkbox"/> TOU-700-CLR11	32	Rockford Public Library	\$15
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<input type="checkbox"/> HLT-725-CLR9	12	Healthy Holiday Habits	\$15	<input type="checkbox"/> SCI-700-CLR2	26	Forest Preserves of Winn. Co.	\$15	<input type="checkbox"/> TVL-700-CLR6	33	Paris & Tours, France	\$15

Total Amount: _____

CLR Bus Trip - October 2025



The Fireside Dinner Theatre Thursday, Oct., 16

Oklahoma! is an American classic that first introduced the immortal writing team of Rodgers and Hammerstein and ushered in the Golden Age of American Musical Theatre! This bright, brassy, boisterous musical comedy is filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score. The original production won a Pulitzer Prize, and various Broadway revivals have won multiple Tony Awards. Now, The Fireside presents a fresh, new, not-to-be-missed telling of this time-honored musical.

Our Fireside experience includes a delicious meal and a fantastic live, professional performance of *Oklahoma!* in the intimate theatre-in-the-round. Start by browsing through the spectacular gift shops or relaxing in the lounge with a refreshing beverage from their menu of regular and alcohol-free specialty drinks. Fresh-baked breads are also available for purchase. We'll have a memorable dining experience in one of the beautiful dining rooms prior to entering the theatre for the show. During intermission, you'll have one last chance to make any gift shop purchases.

Entrée choices:

- **Chicken Florentine** – pan-seared chicken breast stuffed with fresh spinach and cheeses served over a spinach cream sauce;
- **Baked Almond-Crusted Cod** – two tender northern cod fillets coated with Dijon mustard and crusted with toasted almonds, Japanese breadcrumbs, and fresh herbs baked to crunchy perfection and served with decadent tarragon sauce;
- **Beef Short Rib** – slowly braised in beef stock and dressed with a red wine demi-glaze
- **Vegetarian Manicotti** with red sauce.

All meals include a scallop appetizer, garlic whipped potatoes, roasted asparagus, and double-layer carrot cake for dessert with your choice of coffee, tea, milk, or water. Soda and other beverages are available for purchase.

Cost (includes transportation, lunch, and show):

\$125 for CLR members

\$145 for non-members

Cancellation Policy: If it is necessary to cancel, refunds are available when you cancel at least 48 hours in advance and your seat can be filled by someone from the wait list. There is a \$10 cancellation fee per person.

Register early - buses will fill quickly! • Questions? Call (815) 921-3931

BUS TRIP REGISTRATION

Name(s): _____

Address: _____

City: _____ State: _____

Zip Code: _____

Phone: _____

Email: _____

Special Needs: _____

Traveling with a Friend?: _____

Oklahoma! at The Fireside

Thursday, Oct. 16, 2025

Entree: ☐ Chicken ☐ Cod ☐ Rib ☐ Vegetarian

☐ \$125 for CLR Members ☐ Cash enclosed

☐ \$145 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

Foreign Film Appreciation: *Baran* **HUM-702-CLR1**

(Class Limit: 50) *Baran* is the story of Afghan refugees in Iran told through the eyes of an Iranian teenage boy named Lateef. His devotion to a person he barely knows leads him to choices that will change his life forever. Academy Award nominated director, Majid Majidi, delivers a compassionate, heartbreaking story of unrequited love and sacrifice. Discussion to follow the film. The movie is in Persian with English subtitles.

Leader: Elvira Bayod-Ventimiglia & Cristina Szterensus

Facilitator: Linda Greene

Date: Friday, 10/17

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

A Quirky Quintet of Holiday Treats **HUM-710-CLR1**

(Class Limit: 60) There are so many traditional Christmas-related movies and TV shows that enhance the enjoyment of the season. But, you'll watch those on your own time and in your own place. How about joining me for a handful of offbeat holiday shows that you may not have even heard of? These are the Wood family favorites.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Wednesday, 12/17

Time: 9 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

How Movies & Television Shape Our Perception of Civil War History **HUM-710-CLR2**

(Class Limit: 50) This class will show how movies and tv have impacted our feelings about the Civil War and race relations in this country. It will include numerous videos and focus on four historical movies or tv series. It will also show how films have reflected the attitude of Americans toward race during the time they premiered.

Leader: Bob Presman

Facilitator: Ellen Taylor-White

Date: Monday, 9/22

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Laurel and Hardy: The Early Years as a Team **HUM-710-CLR3**

(Class Limit: 60) This two-session course will examine the earliest films of Stan Laurel and Oliver Hardy as a team. Special attention will be paid to the evolution of the teams' classic routines and outfits - such as their use of Derby hats. The films to be shown in class were released between 1926 and 1928, during the later years of silent film production. The course will include "Duck Soup," a short film that was once believed to be lost and features the first time that Laurel & Hardy appeared as a team. All of the films shown will have music scores on the film's soundtrack.

Leader: Ron Schulz

Facilitator: Robbin Nelson

Date: Thursdays, 10/23 & 10/30

Time: 1 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$20

Movie Music Bob Fosse Choreography **HUM-710-CLR4**

(Class Limit: 60) Dancer-choreographer Bob Fosse forever changed the way audiences around the world viewed dance on the stage and in the film industry from the 1950s to the 1980s. Born in 1927 and raised on the north side of Chicago, Fosse was the youngest of six children and learned early on that he'd need to do special things to garner any attention from his family. Visionary, intense, and passionately driven, Fosse was an artist whose work was always provocative, entertaining, and quite unlike anything ever before seen. His dances were physically demanding of even the most highly trained dancers, full of joyous humor and occasionally conspicuous cynicism - works that addressed the full range of human emotions. Through his films he revolutionized the presentation of dance on screen and paved the way for a whole generation of film and video directors that followed.

Leader: John LeGear

Facilitator: Ellen Taylor-White

Date: Wednesday, 11/12

Time: 1:30 – 3 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

The Magic of Oz **HUM-712-CLR1**

(Class Limit: 50) Follow the yellow brick road with Dorothy Gale and Toto into the magical world of Oz! Historical presenter, Michelle Gibbons, will delight audiences with a theatrical portrayal of beloved actress, Judy Garland. Learn about Judy Garland's worldwide fame, childhood, and struggles to stardom from her point of view. NOTE: This is a COLLEGE COLLABORATION class. Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin. This class will have a room available at the Bell Center for online Zoom viewing.

Leader: Michelle Gibbons

Facilitator: Jan Johnson & Arnie Ames

Date: Friday, 10/10

Time: 2 – 3:30 pm

Place: Online via Zoom & Zoom Room

Fee: \$15

ABC's of Self-Publishing **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. NOTE: Bring paper and a pen.

Leader: Maureen Lang

Facilitator: Nancy Harvey

Date: Monday, 9/29

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 2

Fee: \$15



The Return of Wood on Words HUM-714-CLR2

(Class Limit: 30) What are some of the most frequently misspelled words? What's the difference between a homonym and a homophone? And what's a homograph, then? Who was Joseph Yule, Jr? How about Ruby Catherine Stevens? And no fair looking them up before class - this is not a competition. Let's share some words about words.

Leader: Barry Wood

Facilitator: Ellen Taylor-White

Date: Wednesday, 11/12

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Blood Shed, Bedlam, Bad Guys and the Bard HUM-714-CLR3

(Class Limit: 50) Shakespeare is shrouded in mysteries. Did he write all the works attributed to him? What are the missing plays? What are the mysteries buried in his plays when viewed through the lens of today's crime fiction? How has he inspired today's mystery writers? His body count surpasses more than many authors of serial killer mysteries. Learn which of his plays might today be seen as capers, psychological thrillers, noir and more. And see how today's crime fiction authors are inspired by him.

Leader: Sharon Boehlefeld

Facilitator: Robbin Nelson

Date: Monday, 11/3

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Instant Irony HUM-714-CLR4

(Class Limit: 20) Politically squeamish?

Don't choose this. Beware:

Behavior examined, I try to be fair.

And half the snippets discuss other things.

Yes, Irony's everywhere. Read what it brings.

We'll laugh and we'll learn, admire and despise.

Go home with five sheets that will open your eyes.

Leader: Carey Kelly

Facilitator: Midge Tesch

Date: Monday, 11/3

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 2

Fee: \$15

Wall Art Through the Ages HUM-747-CLR1

(Class Limit: 50) Come travel the world and take a trip through time by viewing wall art, from ancient cave paintings to frescos, mosaics, murals, graffiti art and more. It seems that human beings have always felt a need to express themselves through art, and walls have almost always been there to serve as an "easel". In this class we will look at the various forms wall art has taken in the past and present, and what purposes it has served. Our trip will conclude with wall art in Rockford, Belvidere, and other area towns.

Leader: Linda Greene

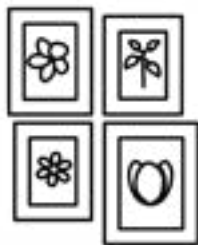
Facilitator: Gail Wallens

Date: Monday, 11/17

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15



RELIGION

What Is the Role of Religion in American Society?

REL-703-CLR1

(Class Limit: 75) In the last two decades the secularization of American society has significantly reduced church attendance, decreased the role of religion in the daily life of people, and begs the question - Are churches in the future to be little more than historical sites that people will visit? A second part of the class is to examine its role in politics and government.

Leader: Gene Van Galder

Facilitator: Arnie Ames & Ellen Taylor-White

Date: Monday, 10/27

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$15

True Islam 101 REL-703-CLR2

(Class Limit: 20) Come to know what real Islam is all about and create bridges to other religions. Learn what is true Islamic faith, practices, manners, disciplines, law (Shareea), and other issues. This class will clarify common misconceptions about Islam and women in Islam. Learn about the Prophet Muhammad and much more. Gain an understanding about the Muslim way of life from a practicing Muslim. This is a prerequisite for a class to be offered in the spring about the Quran.

Leader: Zaher Qassem

Facilitator: Loyd Wollstadt

Date: Mon/Wed/Thurs, 12/1, 12/3, 12/4

Time: 5:30 – 7 pm

Place: Muslim Community Center – 5921 Darlene Dr., Rockford

Fee: \$25

Lesser-Known Stories of Scripture REL-703-CLR3

(Class Limit: 20) There's something compelling about finding a "hidden gem" - and the Bible is full of them. Sure, you've heard of Paul and Esther and Adam and Ruth - but what about Shiphrah or Zelophehad and his daughters? Join us as we dig into scripture and unearth some of the Bible's often overlooked stories.

Leader: Rev. Lauren Patrus-Betzel

Facilitator: April Rottman

Date: Wednesdays, 10/1, 10/8, 10/15, 10/22

Time: 10:30 am – 12 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$30

The Book of Genesis REL-710-CLR1

(Class Limit: 60) We'll dive into the foundational stories that shape the entire Bible, from creation to the formative adventures of the early families. We'll explore key moments like Adam and Eve, Noah and the Great Flood, Abraham's journey, the conflicts of Jacob, and the beautiful, heart-warming story of Joseph. These fascinating accounts guide our understanding of the rest of the Bible and give meaning and insight to our faith lives today.

Leader: John McGrath

Facilitator: Ellen Taylor-White & April Rottman

Date: Fridays, 10/3, 10/10, 10/17, 10/24

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$30

SCIENCE & NATURE

Galveston, Texas: America's Deadliest Natural Disaster

SCI-700-CLR1

(Class Limit: 50) Galveston, Texas was a pleasant sea-side community of 13,000 residents on September 8, 1900, and the leading port to the great Southwest of a bustling United States. Little did anyone realize that a violent hurricane was about to change their lives and the make-up of their city forever. It is estimated that over 8,000 people lost their lives that day. Join us for this presentation of America's worst natural disaster as we examine the science on how this monster storm began and why our own U.S. Weather Service failed to recognize the potential this storm would have. This is a COLLEGE COLLABORATION class hosted by RVC/CLR. Students from other regional colleges will be joining the Zoom class. This is a HYBRID class and can be attended in-person or online.

Leader: Brad Keyes

Facilitator: Arnie Ames & Keith Hale

Date: Monday, 9/8

Time: 9:30 – 11 am

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

Fee: \$15

The Many Forest Preserves of Winnebago County

SCI-700-CLR2

(Class Limit: 40) Learn about the many forest preserves in Winnebago County and how the Forest Preserves of Winnebago County (FPWC) protects and conserves the area's natural heritage. FPWC staff will discuss all 44 forest preserves, the flora and fauna that live there, the work being done by staff to protect these areas and the recreation opportunities available to visitors before heading outside for a walk around Headquarters Forest Preserve. This optional walk includes about 1 mile of walking on a paved path with some incline and decline.

Leader: Sarah Lorenz

Facilitator: Loyd Wollstadt

Date: Tuesday, 9/16

Time: 3 – 4:30 pm

Place: Forest Preserves of Winnebago County, Administrative Building – 5500 Northrock Dr., Rockford

Fee: \$15

Introduction to Oceanography

SCI-710-CLR1

(Class Limit: 50) Oceanography is the application of several fields of science to all aspects of the ocean. This class presents information on the various disciplines of oceanography, including the composition of seawater, the biological environment and marine life, physical characteristics of the sea (waves, tides, currents), and the geology of the sea floor and coastlines. Following the word coastlines. We will also discuss how the oceans influence climate, environmental concerns, and plate tectonics.

Leader: Keith Magnus

Facilitator: Loyd Wollstadt

Date: Monday, 10/27

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 3

Fee: \$15

A Better Direction for Community Tree Plantings

SCI-710-CLR2

(Class Limit: 50) Learn issues and hear guidance towards creating a more biodiverse and climate resilient community forest that benefits not just us humans, but creates a landscape rich in all of life. Urban forests should not only mitigate heat islands caused by all the man-made materials but be a life-giving stopover to the billion migrating songbirds that fly overhead each spring and fall season. Learn from past mistakes and reflect on ongoing challenges to plant a future urban forest that will enrich our communities into the future and provide the benefits of its full potential of ecosystem services.

Leader: Alan Branhagen

Facilitator: Loyd Wollstadt

Date: Tuesday, 11/11

Time: 2 – 3:30 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

Sandhill Cranes & Whooping Cranes

SCI-765-CLR1

(Class Limit: 50) Each spring, over half a million Sandhill Cranes and five hundred Whooping Cranes make a spectacular stop along the Platte River in Nebraska. This creates one of the most awe-inspiring wildlife migrations in North America. These tall, elegant birds use the river's shallow waters, surrounding grasslands, and corn fields as a vital resting and feeding ground on their journey north to breeding grounds in Canada, Alaska, and Siberia. The life cycle of cranes begins in these northern regions, where they build nests and raise their young. As fall approaches, the cranes prepare for their southward migration to wintering areas in the southern United States and northern Mexico. Year after year, this remarkable cycle continues, forging a deep connection between cranes and the Nebraska landscape.

Leader: Kurt Van Galder

Facilitator: Ellen Taylor-

White & Gail Wallens

Date: Tuesday, 9/23

Time: 1 – 3 pm

Place: RVC Bell School

Road Center, Room 3

Fee: \$15



Legendary Creatures of Cryptozoology

SCI-765-CLR2

(Class Limit: 50) Explore the "myths" and "truths" about Bigfoot, the Loch Ness Monster and more. Cryptozoology is the search for and study of animals whose existence is disputed or unsubstantiated. Learn about a variety of legendary creatures, including Chupacabra, the Yeti, the Jersey Devil, and Champ of Lake Champlain. NOTE: This is a COLLEGE COLLABORATION class hosted by College of DuPage. Students from other regional colleges will be joining the Zoom class. Participants will be admitted by College of DuPage 2 minutes before the class is scheduled to begin.

Leader: Jay Sternick

Facilitator: April Rottman

Date: Tuesday, 10/21

Time: 10 am – 12 pm

Place: Online via Zoom

Fee: \$15

Bird Banding at Sand Bluff Bird Observatory SCI-765-CLR3

(Class Limit: 20) Participants will get the opportunity to observe live birds that are being trapped, banded, and released, during the early stages of fall migration, as the birds migrate through the Sugar River area of Winnebago County, Illinois. During the session we will discuss the purpose of citizen science in action through the practice of bird banding and why the gathering of data on hundreds/thousands of birds over time can provide scientists valuable information on migratory habits, numbers of species, and the health of the bird populations in America. Participants will also get to observe the various habitats where birds congregate as they nest, feed, shelter, and then migrate out of the area. Class will be held at the Sand Bluff Bird Observatory at Colored Sands Forest Preserve. (No fees charged but donations appreciated.) NOTE: Rain date will be 9/25.

Leader: John Longhenry

Facilitator: Loyd Wollstadt

Date: Thursday, 9/18

Time: 8 – 10 am

Place: Colored Sands Forest Preserve –
10602 Haas Rd., Rockton

Fee: \$15

SOCIAL SCIENCES

Changing Mindset Concerning Socialization SOC-703-CLR1

(Class Limit: 50) Is it needed now in 2025? We'll attempt to spell out and untangle the clarification and the subtle nuances of socialization by throwing light on its origin. We'll discuss the many benefits of socialization. What are the challenges for seniors and our young people? It is disturbing that youth are hanging out less and have limited face to face socialization with friends than in previous generations. With adolescence being a delicate period of social development, this is concerning. We need to give voice to getting our young folks back on social footing. We'll also discuss steps to take helping seniors regain a sense of socialization. There is both insecurity and uncertainty regarding socialization for all ages. This is important because socialization is fundamental to individuals flourishing and the healthy functioning of society.

Leader: Robert Jackson

Facilitator: Brad Keyes

Date: Friday, 9/26

Time: 10 am – 12 pm

Place: RVC Bell School Road Center, Room 3

Fee: \$15

What in the World Is Going On? SOC-706-CLR1

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

Leader: Steve Renne

Facilitator: Arnie Ames

Date: Tuesdays, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18

Time: 9:30 – 11:30 am

Place: RVC Bell School Road Center, Room 1

Fee: \$40

Historical Perspectives on The Rule of Law SOC-706-CLR2

(Class Limit: 50) Bar associations across the country have issued statements lauding the Rule of Law as a universal virtue of a free and just society, but a precise definition of the term itself is elusive. Join local attorney and bar leader Adam Fleming for an approachable and timely examination of the evolving thoughts among legal scholars through history about the salient features of legal systems characterized by the Rule of Law.

Leader: Adam Fleming

Facilitator: Bob Bertolasi

Date: Wednesday, 11/5

Time: 2 – 3:30 pm

Place: RVC Bell School

Road Center, Room 3

Fee: \$15



Who Was Neanderthal? SOC-710-CLR1

(Class Limit: 25) For over a century, since the first Neanderthal remains were found in the mid-1800's, modern people, including anthropologists, have been trying to distance ourselves from this ancestor of ours, pretending we were really not related. However, as the years passed, the more we discovered about Neanderthal, the more like us they become. We will look at some of the latest finds and what they tell us about this ancestor of ours.

Leader: Jean Saghu

Facilitator: Donna Brookbank

Date: Monday, 10/13

Time: 1:30 – 3:30 pm

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Sons of Norway: Promoting and Preserving the Heritage of Norway SOC-710-CLR2

(Class Limit: 50) Having been the president of the Sons of Norway Valhall Lodge Rockford for the past 15 years, I will share the history of the Sons of Norway organization from its evolution to what it offers its members today. Sons of Norway was founded 130 years ago when Norwegian immigrants created a mutual assistance organization to provide members with financial security against financial crisis. It evolved into a forum to celebrate Norwegian-American nationalism and a means to preserve the treasured literature, folk music, art, foods, and customs of Norway. Insights into the Norwegian language and the cultural skills programs such as rosemaling and chip carving will be shared.

Leader: Vicki Rudh-Jones

Facilitator: Midge Tesch

Date: Thursday, 10/9

Time: 9:30 – 11 am

Place: RVC Bell School Road Center, Room 1

Fee: \$15

Customs, Culture, and Curiosities From My Years of Travel SOC-710-CLR3

(Class Limit: 50) I will present images and details about the various customs, culture and curiosities that I experienced with over 30 years of travel for work. I will cover many of the 31 countries that I worked in.

Leader: Bob Bertolasi

Facilitator: Donna Brookbank

Date: Tue/Wed, 12/2 & 12/3

Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 3
Fee: \$20

Influence of the French Language and Culture on Vietnam **SOC-710-CLR4**

(Class Limit: 50) Discover the rich history of French influence in Vietnam from the alphabet and gastronomy to iconic monuments. Explore how French leadership shaped Southeast Asia during the Indochine period, including Vietnam, Laos, and Cambodia. The instructor will be presenting remotely from France! NOTE: This is an online COLLEGE COLLABORATION class hosted by McHenry County College. Students from other regional colleges will be joining via Zoom, and participants will be admitted two minutes before the class is scheduled to begin.

Leader: Gigi Kuhn
Facilitator: Bob Bertolasi
Date: Monday, 10/13
Time: 12:30 – 2:30 pm
Place: Online via Zoom
Fee: \$15

Understanding Modern China **SOC-717-CLR1**

(Class Limit: 75) It has been said that the 20th century was America's century and that the 21st century will be China's century. This class will examine the many factors that have made modern China a super power rivaling the economy and military of the United States. A special focus will be China's end game - what are their national interests and what does it mean for the world.

Leader: Gene Van Galder
Facilitator: Arnie Ames
Date: Mon/Tue, 9/29 & 9/30
Time: 1:30 – 3:30 pm
Place: RVC Bell School Road Center, Room 13
Fee: \$20

Christian Nationalism: History & Dangers **SOC-717-CLR2**

(Class Limit: 60) The topic of Christian Nationalism seems new but it's been around for a long time. We will touch base on the history of the models of Church & State and the experience of American Civil Religion. We'll discuss a working definition of Christian Nationalism and its dangers in the merging of white supremacy, exclusively Christian biased policies and unregulated prosperity gospel capitalism. Participants can stay and have lunch at Katie's Cup if they wish. This is a diversity awareness class.

Leader: Rev. Michael Thomas
Facilitator: Jan Johnson
Date: Thursday, 10/30
Time: 10 – 11:30 am
Place: Katie's Cup (Bitner Room) - 502 7th St., Rockford
Fee: \$5

Beginning Genealogy Using FamilySearch.org **SOC-721-CLR1**

(Class Limit: 18) Getting started with family history by starting at the beginning. Is working on your family history something you've always wanted to do, but you're just not sure how? Many people have the desire to expand their family tree but find the thought of starting to be overwhelming. Now that you're convinced to start, you just need a game plan.

Don't worry - we've already developed one and we're happy to share it with you.

Leader: Gary Sooter
Facilitator: Bob Bertolasi
Date: Tuesday, 10/21
Time: 1:30 – 3:30 pm
Place: RVC Bell School Road Center, Room 5
Fee: \$20

Navigating Change as We Age **SOC-760-CLR1**

(Class Limit: 50) Everyone is aging, and there are many changes that happen along the way - physically, mentally, financially - in about every aspect of our lives. Why can change be so difficult to manage? By participating in this program, participants will examine major life changes that we experience and will explore ways to adopt a mindset that is more accepting of change that will result in improved well-being and open new opportunities!

Leader: Kara Schweitzer
Facilitator: Ellen Taylor-White
Date: Thursday, 11/20
Time: 1 – 2:30 pm
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Self Care - Why It Matters **SOC-760-CLR2**

(Class Limit: 20) In these trying times, as we continue to age with dignity, we are confronted with personal challenges with health, wealth, family and friends. But what about you? This class emphasizes the need for self-awareness, nurturing, compassion and connection to our body, mind, emotions and spirit. How can you raise your awareness, change your patterns and realize what keeps you in a continuing loop of stress and fatigue without personal growth? Come and find some key takeaways that could help you find new ways to create the life that you truly want.

Leader: Patricia Halverson
Facilitator: Sue Hansen
Date: Thursday, 10/23
Time: 1 – 3 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$15

How Do You Know That? Part II **SOC-763-CLR1**

(Class Limit: 25) This class may help participants become more critical thinkers, more willing to question the status quo and authorities, and expand their research. We will examine and discuss the role of media and education in engineering consent.

Leader: Sue Halbrader
Facilitator: Linda Greene
Date: Tue/Thurs, 10/7 & 10/9
Time: 1 – 3 pm
Place: RVC Bell School Road Center, Room 2
Fee: \$20

SPECIAL INTERESTS

AARP Smart Driver Course **SPC-715-CLR1**

(Class Limit: 24) An updated 8-hour course for drivers aged 50 and over. Participants will learn research-based strategies; understand the link among the driver, vehicle and road environment; learn how aging, medications, alcohol, and other health related

issues affect driving ability; increase confidence; learn the newest and advanced features in vehicles; and learn when driving may no longer be safe. This class (two 4-hour sessions are required) may qualify you for an auto insurance reduction. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment. NOTE: A check made payable to AARP will be collected by the instructor on the first day of class.

Leader: Garry Graham

Facilitator: Betty Lawler

Date: Mon/Tue, 10/6 & 10/7

Time: 12:30 – 4:30 pm

Place: RVC Bell School Road Center, Room 1

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

Fall Flower “Therapy” Workshop

(Class Limit: 10) Join us for this fun, exciting experience in Melody's NEW SHOP at The Bricks in Cherry Valley. Remember, no experience is necessary to learn the basic skills needed to design a beautiful FALL arrangement and proper care for fresh cut flowers. This workshop continues to inspire creativity and encourage the “believe in yourself” attitude. Melody uses the vibrant colors of varied Fall flowers to help you create a beautiful arrangement to celebrate the season. All materials are provided, but you are welcome to bring your own cutters if you prefer. Parking is available on the street and in the rear of The Bricks building. Register early...this class fills up fast!

Leader: Melody Layng

Facilitator: Gail Wallens

Date: Monday, 10/20

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

Fee: \$50

SPC-720-CLR1

Time: 10:30 am – 12 pm

SPC-720-CLR2

Time: 1 – 2:30 pm

Holiday Flower “Therapy” Workshop

(Class Limit: 10) Join us for this fun, exciting experience in Melody's NEW SHOP at The Bricks in Cherry Valley. Remember, no experience is necessary to learn the basic skills needed to design a beautiful HOLIDAY arrangement and proper care for fresh cut flowers. This workshop continues to inspire creativity and encourage the “believe in yourself” attitude. Melody uses the beautiful colors and textures of varied Holiday flowers to help you create a beautiful arrangement to celebrate this joyous season. All materials are provided, but you are welcome to bring your own cutters if you prefer. Parking is available on the street and in the rear of The Bricks building. Registration deadline is one week prior to class.

Leader: Melody Layng

Facilitator: Gail Wallens

Date: Monday, 12/8

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

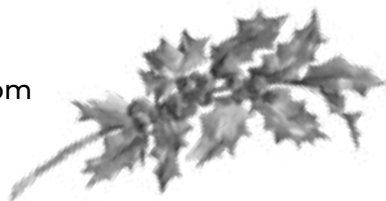
Fee: \$50

SPC-720-CLR3

Time: 10:30 am – 12 pm

SPC-720-CLR4

Time: 1 – 2:30 pm



Make and Take a Fairy Garden SPC-720-CLR5

(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: Wednesday, 10/22

Time: 1 – 3 pm

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

Fee: \$45

Cards and Games for Fun SPC-753-CLR1

(Class Limit: 50) This class provides an opportunity to learn to play different games and meet new people. Instruction will be provided on a variety of card games, which may include Hearts, Hand & Foot, 500, and others. A new game will be taught and practiced each week. Additional instruction or assistance will be provided to beginners. Some card games you will know and some will be new. Other games may include Rummikub and Dominoes. Come increase your skills and learn new strategies. Suggestions for card games will be welcomed. Please bring a deck of cards to class weekly.

Leader: Katy Paterson

Facilitator: Rhee Ellen Wright

Date: Fridays, 9/19 – 12/12

Time: 1:30 – 4 pm

Place: RVC Bell School Road Center, Room 13

Fee: \$50

Introduction to Pickleball SPC-760-CLR1

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

Leader: Chris Mann

Facilitator: Jan Johnson

Date: Thursdays, 10/30 & 11/6

Time: 1:30 – 3:30 pm

Place: Sports Factory – 305 Madison St., Rockford

Fee: \$30

Fire Safety in the Home SPC-790-CLR1

(Class Limit: 25) If you had to say, which room in your home is the most likely to have a fire? Our homes must meet fire-safety codes when they are built, but what standards are present to ensure we maintain our homes in a fire-safe manner? Fire-safety in the home is something we rarely give much thought about, until we have an unfortunate event. Join us in this brief session to learn not only where fires are most likely to occur in your home, but how we can mitigate the risk to minimize any event from happening. Find out what safety equipment we can install to provide warning and early suppression of any outbreak. This course is presented by a Certified Healthcare Safety Professional with decades of experience in fire-safety.

Leader: Brad Keyes
Facilitator: Arnie Ames
Date: Wednesday, 10/8
Time: 9:30 – 11 am
Place: RVC Bell School Road Center, Room 1
Fee: \$15

Heroes and Inspirational Stories in America's National Park System SPC-790-CLR2

(Class Limit: 50) We visit parks across the National Park Service's 28 designations to tell stories of courage, determination, perseverance, and brotherly love. These stories and their heroes inspire us as much today as ever, reminding us of our individual potential to contribute to the present and future.

Leader: David Kroese
Facilitator: Arnie Ames
Date: Wed/Thurs/Fri, 10/1, 10/2, 10/3
Time: 1:30 – 3:30 pm
Place: RVC Bell School Road Center, Room 3
Fee: \$25

Working the Rockford Area Newsbeat for 44 years SPC-790-CLR3

(Class Limit: 30) Reminisce along with Rockford radio personality Fred Speer as he shares a newsman's perspective of events during his 44 years of on-the-spot reporting on WROK. He will give insight on a variety of news stories as they impacted the Rockford area from 1959 to 2003. His presentation will touch on the police and fire beat, crime, and the local political scene with a dash of humor.

Leader: Fred Speer
Facilitator: Arnie Ames
Date: Wednesday, 9/17
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 1
Fee: \$15

Rockford Area Public Transportation SPC-790-CLR4

(Class Limit: 25) In this class, I will be discussing the resources that the Rockford Mass Transit District provides through public transportation. I will also be explaining the route system to individuals in attendance. Lastly, I will be answering any questions and noting all suggestions or concerns about our system and how it works. This is a community awareness class.

Leader: Orlando Toatley
Facilitator: Loyd Wollstadt
Date: Wednesday, 11/5
Time: 10 – 11:30 am
Place: RVC Bell School Road Center, Room 1
Fee: \$5

Home and Auto Repair Tips SPC-790-CLR5

(Class Limit: 25) This presentation will cover home and auto repairs that you can do yourself to save money. Replacing door handles, outlets and light switches are common household repairs that you can do. Leveling cabinet doors, refinishing water-stained areas on woodwork, and other cabinet tips will be covered. We will also demonstrate using stud finders for various tasks and replacing/upgrading doorbell buttons. Replacing the cabin air filter, checking tire pressure, and replenishing windshield washer fluid are also easy things for you to do on your car. Updating the maps for your navigation system, and

checking the fault codes for your car require more skill, but are easily done by many and can save a lot of money.

Leader: Tracy King & Bob Bertolasi
Facilitator: April Rottman
Date: Tue/Wed, 11/18 & 11/19
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 1
Fee: \$20

Finding and Restoring Your Vintage Dream Home SPC-790-CLR6

(Class Limit: 50) The instructor will use her experience finding, purchasing, and restoring & renovating her Mid-Century Modern home in Rockford. Topics include how to find and purchase your vintage dream home without a realtor, how to research your home's provenance, understanding your home's architectural style, and how to source historically correct materials for restoration and renovation. A Mid-Century Modern home will be used as an example for this course but principles apply to other types of architecture.

Leader: Laurie Hamdani
Facilitator: Sue Hansen
Date: Thursday, 11/6
Time: 1 – 2:30 pm
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Broadcast Meteorology - A Day in the Life of a Broadcast Meteorologist SPC-790-CLR7

(Class Limit: 50) Career path to becoming a meteorologist - virtual tour of the station, tools broadcast meteorologists use to put together a forecast, and changes within the business. Participants will learn more of the ins and outs of broadcasting and perhaps work towards putting together a very simplified forecast at the end of class.

Leader: Candice King
Facilitator: Bob Bertolasi
Date: Wednesday, 9/10
Time: 11 am – 1 pm
Place: RVC Bell School Road Center, Room 3
Fee: \$15



The Voice of Business SPC-790-CLR8

(Class Limit: 25) With a rich history, the Greater Rockford Chamber of Commerce (GRCC) has been serving the Rockford regional business community for more than 110 years. While our mission hasn't changed, the way we work certainly has. Post-COVID and post-merger with the Rockford Area Economic Development Council, the GRCC has been strategically realigned to serve the needs of the business community. This workshop will focus on the strategic work of the Chamber including community collaborations, project updates, and a brief Chamber 101. This is a community awareness class.

Leader: Caitlin Pusateri
Facilitator: Loyd Wollstadt
Date: Thursday, 11/20
Time: 9:30 – 11 am
Place: RVC Bell School Road Center, Room 3
Fee: \$5

The CareerTek Experience SPC-790-CLR10

(Class Limit: 25) Learn about new developments

in career education for middle and high school students. Explore a blended concept of hands-on learning with community support giving students the opportunity for experiential learning. Hendricks CareerTek in Beloit, WI provides free career exploration programs to students beginning in 6th grade. Students can participate in after-school programs, high school clubs, and summer academics to gain hands-on experience and explore a wide range of career opportunities in healthcare, innovation, and construction/trades. All students can access CareerTek's programming, which is fully funded by the Hendricks Family Foundation. The goal is to guide students toward an informed decision about their post-high school plans. This is a community awareness class.

Leader: Susan Day
Facilitator: Sue Hansen
Date: Thursday, 11/13
Time: 2 – 3:30 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$5

Rockford Water - From History to the Future SPC-790-CLR11

(Class Limit: 50) Learn more about the City of Rockford Water Division from the City Water Superintendent. This session will include an in-depth look at the water system that serves Rockford, Illinois. The city's water treatment, distribution, and upcoming projects will be discussed. There will be time allowed for Q & A. This is a community awareness class.

Leader: Jamie Rott
Facilitator: Loyd Wollstadt
Date: Friday, 11/14
Time: 10 – 11:30 am
Place: RVC Bell School Road Center, Room 3
Fee: \$5

TOURS

Tour of Chicago Rockford International Airport 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 including its history and future development. A shuttle bus tour of the airport includes stops at UPS, the new AAR Maintenance Facility/Hanger, the fire station, and other aircraft and tenants. The bus is handicap accessible, but some walking and climbing of stairs to view aircraft interiors will be included.

Leader: Mike Peranich & Dave Lindberg
Facilitator: Arnie Ames
Date: Monday, 9/29
Time: 10 am – 12 pm
Place: Rockford Airport – 2 Airport Circle, Rockford
Fee: \$15

Walking Tour of Knightville District TOU-700-CLR2

(Class Limit: 25) Walking tour and stories of the 1890 village of Knightville, a Swedish village built for the purpose of providing housing for Skandia Furniture Company. Knightville is the only area besides the Chicago Pullman District, where an entire village was built for the sole purpose of providing housing for a

single industry. This section of Rockford is part of the Brown Hills-Knightsville Historic District. There will be a short historical presentation at the Mangas home prior to the start of the tour. NOTE: There are a couple rather steep hills, which may be a challenge for some. Wear comfortable walking shoes.

Leader: Marty Mangas
Facilitator: Jan Johnson
Date: Monday, 9/15
Time: 10 am – 12 pm
Place: Mangas Home – 1327 Brownwood Dr., Rockford
Fee: \$15

Cedar Bluff Cemetery Tour TOU-700-CLR3

(Class Limit: 25) Cedar Bluff Cemetery is one of the oldest in Rockford. Early settlers and prominent families are buried there and many of their stories have been forgotten. Local historian and author Kathi Kresol has been researching local cemeteries for over two decades. She will share the stories as she leads you on a walking tour through Cedar Bluff. There will be stories of murder, suicides and the quirky people who once called Rockford home.

Leader: Kathi Kresol
Facilitator: Jan Johnson
Date: Tuesday, 9/23
Time: 10:30 am – 12 pm
Place: Cedar Bluff Cemetery – 1200 Rural St., Rockford
Fee: \$15

Funderburg House at the Holidays TOU-700-CLR4

(Class Limit: 20) Follow a Funderburg House docent as they tell you the history of the 1906 mansion and the two families who lived there. The house will also be decorated for Christmas. Enjoy the decorated fireplaces and a dozen festive Christmas trees. NOTE: The first floor is completely ADA accessible. For those who are unable to reach the second and third floors, we offer a state-of-the-art interactive virtual tour.

Leader: Carol Rowe
Facilitator: Donna Brookbank
Date: Thursday, 12/11
Time: 10 am – 12 pm
Place: Funderburg House – 605 N. State St., Belvidere
Fee: \$20

Christmas at the Cottage TOU-700-CLR5

(Class Limit: 40) Join us for a guided holiday tour that brings to life the cherished traditions and festive customs of the 19th century. As you explore the beautifully decorated Cottage - complete with original Tinker family ornaments and Christmas cards - you'll discover how the Tinker family and others of the Victorian era celebrated Christmas with charm and sentimentality. Throughout the tour, we'll share stories of handmade gifts, Victorian Christmas cards, and beloved holiday traditions and customs. Through storytelling and historical interpretation, participants will gain insight into 19th century domestic life, explore cultural roots of modern holiday traditions, and enjoy the seasonal beauty of one of Rockford's most iconic historic homes. The tour celebrates the enduring spirit of the holidays.

Leader: Stephanie Hartman
Facilitator: Carol Salzer
Date: Thursday, 12/18
Time: 10 am – 12 pm
Place: Tinker Swiss Cottage – 411 Kent St., Rockford
Fee: \$20

History & Tour of Barloga's 3rd House 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 the home is currently used as a gallery, shop and learning center by internationally known artist, Nancie King Mertz. The house will be decorated for the holidays and light refreshments will be provided.

Leader: Nancie King Mertz

Facilitator: Lynnette Danzl-Tauer

Date: Wednesday, 12/10

Time: 1 – 3 pm

Place: Mertz Home – 905 Ridgewood Rd., Rockford

Fee: \$15

Exploring the Sunken Garden at Esta Barrett Manor & Gardens TOU-700-CLR7

(Class Limit: 25) Begin your visit to the 1917 historic site with a self-guided tour of the 6,500 sq. ft. manor. Then, settle into the living room for a presentation on the history of the grounds, the significance of the O.C. Simonds landscape, and the modern landscape team that brought the sunken garden back to life.

After, follow our landscape staff to the garden for an up-close look at the garden elements, formal hedges, and thousands of native plants filling the beds with texture and color. NOTE: The tour will be both inside and outside. Expect some uneven terrain and steps to the garden. Wear comfortable shoes and dress for the weather. See estabarrett.com/visit for a map. (The National Register of Historic Places site was formerly known as Indian Hill Manor and renamed Esta Barrett Manor & Gardens in late 2024.)

Leader: Brian Reis

Facilitator: Jan Johnson

Date: Tuesday, 9/16

Time: 10 am – 12 pm

Place: Esta Barrett Manor & Gardens – 6901 Kishwaukee Rd. (with entrance at 5085 South Bend Rd.), Rockford

Fee: \$25

KNIB Rockford Recycle Center Tour TOU-700-CLR8

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

Leader: Corinne Sosso & Pamela Osborne

Facilitator: Lynnette Danzl-Tauer

Date: Tuesday, 9/9

Time: 1 – 2:45 pm

Place: KNIB Rockford Recycle Center – 4665 Hydraulic Rd., Rockford

Fee: \$15

Northern Illinois Food Bank – Harvesting Hope TOU-700-CLR9

(Class Limit: 20) Nourish & Educate: Food Bank Operations. This program provides a comprehensive

overview of food banks, focusing on their operations and impact. Participants will learn about the history, supply chain management, warehouse operations, distribution methods, and challenges faced by food banks. The class includes real-life case studies, effective solutions, and strategies for community engagement. It concludes with a recap, Q&A session, and resources for further learning.

Leader: Chris White

Facilitator: Loyd Wollstadt

Date: Friday, 9/26

Time: 9 – 11 am

Place: Northern IL Food Bank - 1397 Sandy Hollow Rd., Rockford (Old Kmart site)

Fee: \$15

Visit iMpress Alpacas TOU-700-CLR10

(Class Limit: 25) Tour a working, Suri alpaca farm in northern IL known for their award-winning animals, breeding program and championship fleeces. Learn what it takes on a daily, monthly, and yearly basis to make the alpaca farm successful and the sustainable nature of the alpaca. Also discussed will be how the fiber produced on the farm is used regardless of where it is sheared off the animal and the products made from the fiber. Learn how the alpaca is different than other livestock. Michelle, a Ph.D. chemist and published scientist, recently retired to focus on the farm. Following the tour, alpaca fiber products will be available for sale. NOTE restriction: No open-toed shoes (absolutely none) can be worn during the tour.

Leader: Michelle Pressler

Facilitator: Gail Wallens

Date: Thursday, 9/18

Time: 1 – 2:30 pm

Place: iMpress Alpacas – 14036 Clover Rd., Rockton

Fee: \$25

Explore Your New Rockford Public Library TOU-700-CLR11

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

Leader: Lorene Kennard

Facilitator: Jan Johnson

Date: Tuesday, 9/23

Time: 2 – 4 pm

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

Fee: \$15

Tour of RVC Advanced Technology Center TOU-700-CLR12

(Class Limit: 25) Join us for a visit at RVC's Advanced Technology Center (ATC)! During this class, you'll see the future of manufacturing, as we train students for careers in welding, mechatronics, and computer numerical control (CNC). View the cutting-edge instructional equipment - including robotic welders, vision/handling robotics, and other simulated systems. The ATC is also home to the RVC Truck Driver Training program, so you just might sneak a peek at the big rigs! Come learn about the importance of the ATC as an economic driver for our community, with a guided tour of the 77,000 sq. ft.

facility. This is a community awareness class.
Leader: Jenny Morgan
Facilitator: Carol Salzer
Date: Tuesday, 9/9
Time: 10 – 11:30 am
Place: ATC – 1400 Big Thunder Blvd., Belvidere,
Room #1304
Fee: \$5

Hard Rock Casino Tour TOU-700-CLR13

(Class Limit: 25) Explore the new Hard Rock Casino! After a brief introduction, the group will have a guided tour of the facility. This will include the gaming areas, memorabilia, artwork, concert venue with seating for 1600, smaller stage areas, Hard Rock Cafe & Bar, and other restaurants/eating areas. During the tour, we will stop in a seated area where more information will be shared, and questions can be answered. Stay for lunch if you wish, and you can even register to receive a \$10 free play card if it's your first visit to the casino.
Leader: Gene Young
Facilitator: Jack Croffoot
Date: Friday, 10/3
Time: 11 am -12:45 pm
Place: Hard Rock Casino – 7801 E. State St., Rockford
Fee: \$15

TRAVEL

Looking at Illinois Through Many Lenses TVL-700-CLR1

(Class Limit: 25) New and exciting experiences await those who venture out and explore all 102 counties in Illinois! This workshop will offer a variety of lenses through which to view Illinois. Take a virtual trip with Gayle Sears through highlights she will present about museums, historic houses, buildings, and other sites, courthouses and government facilities, various outdoor settings such as state parks and nature preserves, and other unique places she has visited in every county in The Prairie State. Participants may find that they are setting new goals for travel throughout Illinois.
Leader: Gayle Sears
Facilitator: Brad Keyes
Date: Thursdays, 10/2 & 10/9
Time: 1 – 3 pm
Place: RVC Bell School Road Center, Room 1
Fee: \$20

Ancient Egypt & Valley of the Kings TVL-700-CLR2

(Class Limit: 50) In this class, we will tour ancient Egypt virtually. We will visit the Sphinx, the Pyramids of Giza, the Temple of Luxor, take a Nile River cruise, and see the Valley of the Kings from a hot air balloon. We will go inside the tombs of Rameses III, VI, IX and King Tut. We will also visit Dubai and Abu Dhabi. As presenters, we will be dressed in period Egyptian clothes.
Leader: Russ Stoneback & Sarah Walder
Facilitator: Arnie Ames
Date: Wednesday, 9/24
Time: 9:30 – 11 am
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Travel Tips TVL-700-CLR3

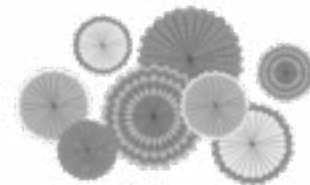
(Class Limit: 75) The presenter has traveled to all seven continents and multiple times to many countries, and would like to share some insightful travel tips for domestic and international travel. In addition, there will be time for questions from the group pertaining to planned travel or other travel issues.
Leader: Gene Van Galder
Facilitator: Arnie Ames & Midge Tesch
Date: Thursday, 9/25
Time: 1:30 – 3:30 pm
Place: RVC Bell School Road Center, Room 13
Fee: \$15

Travelogue: Ireland and Northern Ireland TVL-700-CLR4

(Class Limit: 50) Arnie will present photos he and his wife Trina took during their October 1-11, 2018 trip to Ireland and Northern Ireland with GVG Tours. The trip included Trinity College and Dublin Castle in Dublin, St. Patrick's Center in Downpatrick, a city tour and the Titanic Museum in Belfast, Giants Causeway, Derry/Londonderry, Donegal, Galway, Cliffs of Moher, Killarney National Park, Clarny Castle, and Glendalough.
Leader: Arnie Ames
Facilitator: Midge Tesch
Date: Monday, 10/13
Time: 9:30 – 11:30 am
Place: RVC Bell School Road Center, Room 3
Fee: \$15

Unique Festivals Around the World New and Old TVL-700-CLR5

(Class Limit: 50) Take a look at the most unique and exceptional festivals enjoyed by millions around the world! You are familiar with Mardi Gras, Holi, and Running with the Bulls. However, have you heard of Boryeong Mud or the International Hair Freezing Festival? Let's explore some new and old fun festivals together! This is a COLLEGE COLLABORATION class hosted by Harper College. Students from other regional colleges will be joining the Zoom class. Participants will be admitted by Harper College 2 minutes before the class is scheduled to begin.
Leader: Suzanne Rausch
Facilitator: Gail Wallens
Date: Tuesday, 11/18
Time: 1 – 2:30 pm
Place: Online via Zoom
Fee: \$15



New Looks at Old Friends: Paris and Tours, France TVL-700-CLR6

(Class Limit: 50) I will be travelling this summer to Paris and Tours, France, and will share updates since COVID, the Paris Olympics, and the renovation of the Notre Dame Cathedral. Last fall I shared information on these two cities and their treasures and residents from my visits between 2010 and 2018. This presentation will offer information on changes I noticed during my July 2025 visit. I will share observations about the attitudes of the French towards changes in our world, especially in the last 2 years with economic and political upheaval.
Leader: Karen Van Howe
Facilitator: Linda Greene
Date: Thursday, 9/11
Time: 10 am – 12 pm
Place: RVC Bell School Road Center, Room 3
Fee: \$15

CLR Social Event - October 2025

LET THE GHOUL TIMES ROLL!

Wednesday, October 29
12-3 pm (doors open at 11:45 am)
Bell School Center – Room 13



The afternoon will begin with a costume contest! Costumes are highly encouraged, and prizes will be awarded for: **Most Frightening, Funniest, Best Twosome, Most Creative, and Best Overall.** There will be a photo booth area to capture all the **excitement and fun!**

Come enjoy a ghoulish lunch of pulled pork or chicken sandwiches, pasta salad, chips, taffy apple salad, and pumpkin bars for dessert.

We'll **Let the Ghoul Times Roll** with high-spirited, spooky tunes by **Trinadora** featuring local musicians **Janel Nelson and Ron Holm.**

Cost:
\$22 for CLR members
\$27 for non-members
Seating is limited—register early!

Questions? Call (815) 921-3931

SOCIAL EVENT REGISTRATION

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

LET THE GHOUL TIMES ROLL

Wednesday, Oct. 29, 2025

☐ \$22 for CLR Members ☐ Cash enclosed
☐ \$27 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

Happy Fall!

SPECIAL INTEREST GROUPS

New group members are welcome!

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

ARTISTS' STUDIO

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

BACKGAMMON

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

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.

- August 18: *The Warmth of Other Suns* by Isabel Wilkerson
 - September 15: *The Shadow of the Wind* by Carlos Ruiz Zafron
 - October 20: *The Maid* by Nita Prose
- Contact Ellen Taylor-White at (815) 218-4030

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 and making new friends.
Contact Karen Gehrig at (630) 779-1238

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.

NEW GROUP MEMBERS ARE WELCOME!



Visit the Mobile Library
Bell School Road Center
East Parking Lot

Tuesday mornings
9 - 9:45 a.m.

September 9 & 30
October 21
November 11
December 2

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!

EXPLORE. LEARN. BELONG.

From personal enrichment to professional training – we've got you covered.

**Search & Register
for classes online!**

RockValleyCollege.edu/CCE

SEPTEMBER



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
Aug 26 9 – 9:45AM Vivo Fitness Begins	1 LABOR DAY HOLIDAY	2 COLLEGE/CLR CLOSED	3	4	5	6
7	8 9:30 – 11AM Galveston Texas [H] 9:30 – 11:30 AM Crochet	9 10 – 11:30AM ATC Tour 10-11:30AM Wagon Wheel 1:30 – 3:30PM Line & Wash 1 – 2:45PM KNIB Tour	10 9:30 – 11:30 am Chinese Brush 10 – 11:30 am Estate Planning 10 am – 12 pm Tai-Chi 11 am – 1 pm Meteorology 2:30 – 4 pm Taiko Drumming	11 9 – 11:30AM Pastel Techniques 9:30 – 11:30AM Computer Basics 10 – 12PM France 11:45AM – 12:45PM Chair Yoga	12 9:30 – 11:30AM Computer Basics 12 – 2PM SOCIAL EVENT Lunch & Bingo w/NICC	13
14	15 9:30 – 11:30AM Crochet 10 am – 12PM Knightsville Tour 1:30 – 3PM Spanish American War 1 – 4PM Ceramic Jolly Tree	16 9:30 – 11:30AM Intro to AI 10AM– 12PM Sunken Garden 1 – 3PM Senior Care Options 1 – 4PM Acrylic Painting 3 – 4:30PM Forest Preserves	17 9:30 – 11:30AM Intro to AI 9:30 – 11:30AM Rockford Newsbeat 9:30 – 11:30AM Chinese Brush 10 – 11:30AM Belvedere Buildings	18 8 – 10AM Bird Banding 9:30 – 11:30AM Computer Basics 11:45AM – 12:45PM Chair Yoga 1-2:30PM iMpress Alpacas Tour 1 – 3PM Magic of Color	19 9:30 – 11:30AM Security & Privacy 1:30 – 3PM Early Mexican Settlers 1 – 3PM Freezer Meals 1:30 – 4PM Cards & Games	20
21	22 9:30 – 11:30AM Crochet 9:30 – 11AM Movies & TV 1 – 3PM Bridging the Divide [Z] 1 – 4PM Ceramic Jolly Tree	23 10 – 11:30AM Housing Options 10:30AM – 12PM Cedar Bluff Cemetery Tour 1 – 3PM Cranes 2-4PM RPL Tour	24 9:30 – 11AM Ancient Egypt 9:30 – 11:30AM Chinese Brush	25 11:45AM – 12:45PM Chair Yoga 1 – 3PM iPhone/iPad 1:30 – 3:30PM The Year 1964 1:30 – 3:30PM Travel Tips	26 9 – 11AM Food Bank Tour 10AM – 12PM Socialization 10AM – 12PM iPhone/iPad 1:30 – 4PM Cards & Games	27
28	29 9:30AM – 12PM Pottery Handbuilding 9:30 – 11:30AM Self-Publishing 10AM – 12PM Airport Tour 1:30 – 3:30PM Modern China	30 10 – 11:30AM O Black & Bards 1:30 – 3:30PM Modern China	<div> <h2>IMPORTANT</h2> <p>Many of the Fall classes are NOT held at the Bell School Road Center.</p> <p>BE SURE TO NOTE THE CLASS LOCATIONS!</p> </div>			

OCTOBER



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9:30AM – 12:30PM Pumpkin Tangling 9:30 – 11AM Ageless Fitness 10:30AM – 12PM Scripture 1 – 4PM Beginning Quilting 1:30 – 3:30PM Heroes	2 10AM – 12PM Medicare 10 – 11:30AM Civil War Medicine 11:45AM – 12:45PM Chair Yoga 1 – 3PM Looking at IL 1:30 – 3:30PM Heroes	3 10AM – 12PM Book of Genesis 11AM-12:45PM Hard Rock Casino Tour 1:30 – 4PM Cards & Games 1:30 – 3:30PM Heroes	4
5	6 9:30 – 11AM Even More Jerks 10AM – 12PM Essential Oils 12:30 – 4:30PM AARP Smart Driver 3 – 4:30PM Original Habitants	7 9:30 – 11:30AM Wood/Leather Burning 9:30 – 11:30AM What in the World 10 – 11:15AM Eating Your Best 12:30 – 4:30PM AARP Smart Driver 1 – 3PM How Do You Know 1 – 4PM Beginning Acrylic	8 9:30 – 11AM Fire Safety 10 – 11:15AM Eating Your Best 10AM – 12PM Boone County Fair History 10:30AM – 12PM Scripture 1 – 4PM Beginning Quilting	9 9:30 – 11AM Sons of Norway 1 – 3PM Looking at IL 1 – 3PM How Do You Know 1:30 – 3PM Plan Well, Live Well	10 10AM – 12PM Genesis 10-11:30AM Garfield [H] 1:30 – 4PM Cards & Games 2-3:30PM Magic of Oz [Z]	11
12	13 9:30AM – 12PM Pottery Wheel Throwing 9:30 – 11:30AM Travelogue: Ireland 10AM – 12PM Know-Nothingism 12:30 – 2:30PM Vietnam [Z] 1 – 3PM Cardmaking 1:30 – 3:30PM Who Was Neanderthal	14 9:30 – 11:30AM Wood/Leather Burning 9:30 – 11:30AM What in the World 1 – 3PM Singing Bowls 1 – 3:30PM Camp Grant 1 – 2:30PM Auburn Auto	15 9 – 11:30AM Leather Bracelets 10 – 11:30AM The Curtiss Jenny 10:30AM – 12PM Scripture 1 – 4PM Beginning Quilting	16 9 – 9:45AM Vivo Fitness Ends 11:45AM – 12:45PM Chair Yoga OKLAHOMA! FIRESIDE BUS TRIP	17 9:30 – 11:30AM PowerPoint 10AM – 12PM Book of Genesis 1 – 3:30PM Foreign Film 1:30 – 4PM Cards & Games	18
19	20 9:30 – 11:30AM PowerPoint 10:30AM – 12PM Flower Therapy 1:30 – 3PM Roosevelt 1 – 2:30PM Flower Therapy	21 9:30 – 11:30AM What in the World 10AM-12PM Legendary Creatures 10:30-12PM Watercolors 1:30 – 3PM Nordic Poles 1:30 – 3:30PM Genealogy 1 – 4PM Acrylics	22 9:30 – 11:30AM PowerPoint 9:30AM – 12PM Hollywood & 4th 10:00 – 11:30AM Street Names 10:30AM – 12PM Scripture 1:3PM Fairy Garden 1 – 4PM Beginning Quilting 1:30 – 3PM The Aging Eye	23 9 – 9:45AM Vivo Fitness Begins 9:30 – 11AM Healthcare Ethics 11:45AM – 12:45PM Chair Yoga 1 – 3PM Self-Care 1 – 3:30PM Laurel & Hardy 1:30-3:30PM Printing	24 9:30 – 11:30AM PowerPoint 10AM – 12PM Book of Genesis 1:30 – 4PM Cards & Games	25
26	27 9:30 – 11:30AM PowerPoint 9:30 – 11AM Oceanography 1:30 – 3:30PM Role of Religion	28 9:30 – 11:30AM What in the World 10 – 11:30AM Geriatric Massage 10:30-12PM Watercolors 1 – 4PM Charcoal & Acrylics 1:30 – 3:30PM Women Leaders	29 SOCIAL EVENT: “Let the Ghouls Times Roll”	30 9:30 – 11:30AM Smart Phone Basics 10 – 11:30AM Christian Nationalism 11:45AM – 12:45PM Chair Yoga 1 – 3PM Food Safety 1 – 3:30PM Laurel & Hardy 1:30 – 3:30PM Pickleball	31 1:30 – 4PM Cards & Games	

NOVEMBER



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
1	3 9AM-12PM Table Runnrer 9:30AM – 12PM Organizing Files 10:30AM – 12PM Bloodshed, Bedlam 1:30 – 3:30PM First Civilization 2 – 3:30PM Instant Irony	4 9:30 – 11:30AM What in the World 10:30-12PM Watercolors 1 – 4PM Charcoal & Acrylics	5 9:30AM – 12PM Making Labels 10 – 11:30AM Transportation 10AM – 12PM Pastel Painting 1:30 – 3:30PM Chinese Calligraphy 2 – 3:30PM Rule of law	6 10AM – 12PM Constitutional Convention 10 – 11:30AM Yoga-Beyond Mat 11:45AM – 12:45PM Chair Yoga 1 – 2:30PM Dream Home 1:30 – 3:30PM Pickleball	7 10 – 11:30AM New France [H] 1:30 – 4PM Cards & Games 1:30 – 3:30PM Cooking Mediterranean	8
2						
9	10 9AM – 12PM Table Runner 9:30 – 11:30AM Photo Editing 10 – 11:30AM History of Medicine 1:30 – 3:30PM First Civilization	11 9:30 – 11:30AM What in the World 2 – 3:30PM Tree Plantings	12 9:30 – 11:30 am Photo Editing 10AM – 12PM Wood on Words 10AM – 12PM Pastel Painting 1:30 – 3PM Movie Music 1:30 – 3:30PM Chinese Calligraphy	13 9:30AM-12PM Organizing Files 10AM – 12PM Constitutional Convention 11:45AM – 12:45PM Chair Yoga 1:30 – 3PM Minorities in WWII 2 – 3:30PM CareerTek Experience	14 9:30 – 11:30AM Photo Editing 10 – 11:30AM Rockford Water 1 – 3PM Healthy Habits 1:30 – 4PM Cards & Games	15
16	17 9 AM – 12PM Table Runner 1:30 – 3:30PM Wall Art	18 9:30 – 11:30AM What in the World 9:30 – 11:30AM Home & Auto Repair 1 – 2:30PM Unique Festivals [Z] 1:30 – 3:30PM Cedar Bluff Cemetery Stories	19 9:30 – 11:30AM Home & Auto Repair 10AM – 12PM Pastel Painting 1:30 – 3:30PM Chinese Calligraphy	20 9:30 – 11AM Voice of Business 10AM – 12PM Constitutional Convention 11:45AM – 12:45PM Chair Yoga 1 – 2:30PM Navigating Change 1:30 – 4PM I Love This Movie	21 10 – 11:30AM What Matters Most 1:30 – 4PM Cards & Games 1:30 – 3:30PM Cooking Mediterranean	22
23	24 9:30 – 11:30AM Intro to AI 10 AM – 12PM Winn. Co. In Civil War 1:30 – 3PM The Aztec	25 9:30 – 11:30AM Intro to AI	26 10AM – 12PM Pastel Painting	27 THANKSGIVING HOLIDAY	28 COLLEGE/CLR CLOSED	29
30						

DECEMBER



2025

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 1:30 – 3PM The Aztec 5:30 – 7PM True Islam 101	2 9:30 – 11:30AM Customs & Culture	3 10AM – 12PM Pastel Painting HOLIDAY GALA 5:30 – 7PM True Islam 101	4 9:30 – 11:30AM Customs & Culture 11:45AM – 12:45PM Chair Yoga 5:30 – 7PM True Islam 101	5 10 – 11:30AM Gen. John Pershing 1:30 – 3:30PM Classical Musi 1:30 – 4PM Cards & Games	6
7	8 9:30 – 11AM Farm Boys 10:30 am – 12PM Flower Therapy 1 – 2:30PM Flower Therapy	9	10 10 – 11:30AM Assistive Technology 10AM – 12PM Pastel Painting 1 – 3PM Tour of Barloga Home	11 10AM – 12PM Funderburg House Tour 11:45AM – 12:45PM Chair Yoga	12 1 – 3:30PM Opera Appreciation 1:30 – 4PM Cards & Games	13
14	15	16	17 9AM – 12PM A Quirky Quintet	18 9 – 9:45AM Vivo Fitness Ends 10AM – 12PM Christmas at the Cottage	19	20

CLR GENERAL INFORMATION

A copy of the Center for Learning in Retirement Fall 2025 catalog is available for viewing on the website. 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.
NOTE: CLR cannot accept credit/debit card payments.

JOIN CLR, JOIN THE FUN!



A Member of

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LLI RESOURCE NETWORK



RockValleyCollege.edu/CLR

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