

CLR

ROCK VALLEY COLLEGE
CENTER FOR
LEARNING IN
RETIREMENT

SUMMER 2016 CLASS SCHEDULE

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2016 SUMMER SCHEDULE

RockValleyCollege
CENTER FOR LEARNING IN RETIREMENT

The Rock Valley College Center for Learning in Retirement (CLR) offers a wide variety of classes, bus trips, social events, special interest groups, volunteer opportunities, and a Golden Eagles Fitness program. CLR is a community membership organization that is an affiliate of the Road Scholar LLI Resource Network. Membership dues is \$30 and is open to anyone 50 years or older. Annual membership now runs from January 1 through December 31 with renewal each January. Membership benefits include receiving the catalog of classes each semester and the newsletter. Those who are not current 2016 members or have not been active with CLR in the past year will no longer receive the mailings. The schedule of classes, current newsletter, trip announcements, and additional CLR information is available on the RVC website at RockValleyCollege.edu/CLR. Be sure to join or renew your CLR membership so you don't miss out on any of the lifelong learning opportunities this summer! Plan to attend the Annual Meeting on August 4 to hear about what's new for fall and have the first opportunity to register for fall classes. There is something for everyone!

The \$30 yearly membership fee entitles you to:

- register for any spring, summer, or fall courses
- the Center's newsletter, published three times a year
- register for trips and social events at a discounted member rate
- opportunities to serve on one or more of the planning committees
- register for the Golden Eagles Fitness Program
- join a Special Interest Group (SIG)

Classes are available to all who wish to participate. If you need financial assistance, please call the Center office at (815) 921-3931. Scholarships are available. All inquiries are confidential.

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.

ROAD SCHOLAR[®] LLI RESOURCE NETWORK

CENTER FOR LEARNING IN RETIREMENT ADVISORY COMMITTEE • 2015-2016

Jackie Dehler - Chair	Bob Bertolasi	Robbin Nelson
Marsha Stolberg - Vice Chair	Arlene Kelegian	Mel Oberg
Kathy Hoss - Secretary	Dick Lake	Pat Seddon
	Karen Messley	Carol Swenson
	Carol Nelson	

CLR OFFICE INFORMATION

Phone: (815) 921-3931

Summer Hours: Monday-Thursday: 8 a.m.-5 p.m.
Friday: 8 a.m.-1 p.m. (May 20-Aug. 5)

Tammy Lewis - Program Director
T.Lewis@RockValleyCollege.edu

Maureen Morrissey - Program Assistant (Part-time)
M.Morrissey@RockValleyCollege.edu

PLEASE NOTE: See General Information on page 18 for CLR's policy on cancelled classes and registration and payment procedures.

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AROUND THE WORLD

LIFE IN THE UNITED ARAB EMIRATES

► COURSE CODE: SOC 760 CLR1

(Class Limit: 35) Diane and David lived and worked in the UAE for over 8 years. David was Dean of the College of Business and Economics and Diane was the Assistant Director of the Entrepreneurship Center. They traveled the country extensively while there and participated in the daily life as expats. They will provide insights on the economy, culture, people and history of the nation.

Leader(s): Diane & David Graf, Retired
Facilitator: Robbin Nelson
Date(s): Monday, July 18
Time: 9:30 a.m. to 11:00 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00

LUNCH AROUND: LUCERNE'S FONDUE & SPIRITS

► COURSE CODE: SPC 770 CLR5

(Class Limit: 38) Enjoy a unique dining experience at Lucerne's. The fondue meatless meal will include a traditional Swiss appetizer of Swiss and Cheddar cheese with fruit/vegetable sides including grapes, apples, carrots, celery, and bread. This will be followed by a house salad with golden Italian dressing. The dessert includes chocolate and caramel with sides of oranges, strawberries, bananas, pineapple, cherries, and pound cake. Punch and water are the beverage choices. The owner, Mark, will talk about the history of the fondue cooking style as well as the history of the property/home including some ghost stories. **NOTE:** The meal will be served on the first floor and the building is handicap-accessible.



Leader(s): Mark Tietz, Owner, Lucerne's Fondue & Spirits
Facilitator: Sue Foley
Date(s): Thursday, July 21
Time: 12:00 p.m. to 2:00 p.m.
Place: **NOTE LOCATION: Lucerne's Fondue & Spirits**
845 N. Church St., Rockford
Fee: \$23.00

TRAVELOGUE: ICELAND

► COURSE CODE: SOC 760 CLR2

(Class Limit: 90) Iceland is truly one of the most fascinating countries on earth, filled with amazing geographic features from volcanoes to glaciers. It is the intersection point of tectonic plates—Europe and North America. The presentation will include pictures which will make the country come alive.

Leader(s): Gene Van Galder,
Retired History Teacher; World Traveler
Facilitator: Sue Hansen
Date(s): Tuesday, July 26
Time: 1:30 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$10.00

THE HIDDEN TREASURES OF KOREAN ART & MODERN KOREA

► COURSE CODE: SOC 703 CLR3

FREE

(Class Limit: 190) Once known as the Land of the Morning Calm, Korea now possesses the 10th to 12th largest economy in the world and is becoming more and more important in the world's economy, culture, and politics. The Korean Spirit and Culture Promotion Project (KSCPP), based in New York, is a not-for-profit organization that promotes Korean history and culture, the spirit of its people, and its cultural values to the wider world. KSCPP is making the trip to Rockford to share their special program on the past and present culture of Korea. The program will include two short documentary films.

The first film will illustrate the artistic and cultural achievements of Korea's past, and the second film will show Korea's industrial progress since the Korean War. Following the films, there will be Question & Answer time. The presenters will be in traditional dress and will serve Korean desserts. Free booklets about Korean history and culture will be available to attendees. This is a special program you don't want to miss!



Leader(s): Younhee Shin, Program Coordinator,
Korean Spirit & Culture Promotion Project
Facilitator: Malia Hennessy
Date(s): Thursday, July 28
Time: 1:30 p.m. to 3:30 p.m.
Place: **NOTE LOCATION: Rock Valley College main campus, ERC building - Performing Arts Room (PAR) on lower level (elevator available)**
Fee: FREE!

ARTS & CRAFTS

NIMBLE FINGERS

► COURSE CODE: SPC 750 CLR1

(Class Limit: 50) Did you once knit...crochet...quilt...embroider...or do other kinds of handwork? Perhaps you need some encouragement or a peek at something new or different to try. Let's get together weekly to share our ideas and talents. We'll help each other refresh our skills, perhaps learn a new one. **BRING:** your knitting, crocheting, quilting, embroidery, etc. project with you to work on or look for new ideas. We encourage each other to finish projects, try different materials, and if you wish, make items to donate throughout the community. Join us and have some fun!

Leader(s): JoAnn Fischer, CLR Leader
Facilitator: Meryde Hetzler & Pat Ingold
Date(s): Tuesdays, June 21, 28, July 5, 12, 19, 26, August 2, 9
Time: 9:00 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$35.00

PORTRAITS OF PEOPLE AND PETS

► COURSE CODE: ART 701 CLR1

(Class Limit: 10) In this class you will draw or paint portraits of people or pets from your photos using your choice of media (no oil paints). The instructor will guide you through choosing good reference photos, sketching the subject, what to do about backgrounds, shading and highlighting for specific characteristics, and how to depict various textures. Students will work at their own pace. **BRING:** Your own supplies to class.

Leader(s): Gail Faber, CLR Leader; Artist
Facilitator: Jim Mundinger
Date(s): Thursdays, July 14, 21, 28; August 11
Time: 10:00 a.m. to 12:00 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$25.00

HANDBUILDING WITH CLAY

► COURSE CODE: ART 720 CLR1

(Class Limit: 10) Participants will construct utility objects such as cups, bowls, plates and small sculptures from natural clay. They will work with slab construction, pinch work, and sculpture under the guidance of an instructor with many years of teaching experience. The pieces will be glazed and colors painted onto the clay then fired in a kiln and can be picked up later. Come prepared to have fun! **BRING:** Fork, spoon, knife, and rolling pin to class. Must have strong hands for this class. Wear washable clothing.

Leader(s): Kathy Lyon, MFA in Clay
Facilitator: Jane Bowers
Date(s): Fridays, July 15, 22, 29
Time: 9:00 a.m. to 12:00 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$30.00

COMPUTER TRAINING

PRESERVE YOUR PHOTO MEMORIES BY CREATING A SHUTTERFLY BOOK

► COURSE CODE: DPR 702 CLR3

(Class Limit: 18) Do you take digital pictures and then never get around to doing anything with them? Why not create a published photo book to commemorate a trip, occasion, or to just reminisce? This is a hands-on class in the computer lab. We will use free software on the internet from *Shutterfly* to create a 20-page, 5"x7" soft-cover book. Once the book is created to your liking, you can choose to order it from *Shutterfly* for \$12.99 plus shipping and handling. There is no obligation to order the book. Why not join us and learn about this great way to preserve your digital photo memories? **NOTE:** You will need to bring at least 25-50 pictures to class on a flash drive (not a CD or memory card).

Leader(s): Mary Jo Keffer, CLR Leader & Kathy Walls
Facilitator: Mary Jo Keffer
Date(s): Monday/Wednesday, June 27, 29
Time: 9:30 a.m. to 12:00 p.m.
Place: RVC Bell School Road Center, Room 5
Fee: \$20.00

USING MICROSOFT PAINT

► COURSE CODE: DPR 702 CLR2

(Class Limit: 18) All computers having Microsoft Windows include a program called "Paint," a simple drawing program. Were you aware of that? Have you used it? Do you know what you can do with it? Would you like to know more about it? In this two-session class you will learn about the features of the Paint program and how you might make use of it. No previous computer training is necessary except for being familiar with using a mouse. We will be using the Windows 7 version of paint, but the concepts covered in this class will apply to all Windows versions of the Paint program.

Leader(s): John Majernik, CLR Leader; Retired teacher
Facilitator: Bob Bertolasi
Date(s): Tuesday/Thursday, July 5, 7
Time: 9:30 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 5
Fee: \$20.00



INCREASING PRODUCTIVITY OF YOUR COMPUTER

► COURSE CODE: DPR 702 CLR1

(Class Limit: 18) This class will expose the students to free downloadable programs that will substantially increase the usefulness of any desktop or laptop pc. Students will be introduced to Nitro PDF, Open Office Suite, Savings Bond Wizard, Skype, Any Video Converter, Irfanview, and several tech type programs that are highly useful for improving productivity.

Leader(s): Bob Bertolasi, CLR Leader; Retired Electric Designer/Engineer
Facilitator: John Majernik
Date(s): Wednesday/Friday, July 6, 8
Time: 9:30 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 5
Fee: \$20.00



When you register for classes be sure to note the locations.
Many summer classes are not held at the Bell School Road Center.



FINANCE

PASSING ASSETS TO THE NEXT GENERATION: HEIRS VS UNCLE SAM

► COURSE CODE: SOC 710 CLR1

(Class Limit: 35) This popular class returns...How much will you really leave your heirs? You will learn that all assets are not created equal when passing them to your heirs. You will gain an understanding of how your assets will be taxed and tips for which assets are best to pass down and which ones you should spend. Learn how to maximize the amount your heirs will enjoy and learn ways they can maximize their inheritance. A stretch IRA can be a great way to lessen the tax burden. This is just one strategy that will be presented. The pros and cons of estate planning techniques such as wills, trusts, direct beneficiaries, and joint ownership will also be discussed.

Leader(s): Theresa Harezlak, Savant Capital Management
Facilitator: Nina Lorbinenko
Date(s): Tuesday, June 21
Time: 1:00 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00



A LOOK AT RETIREMENT LIVING

► COURSE CODE: SPC 710 CLR2

(Class Limit: 25) In this workshop we will provide insight on various topics that pertain to retirees' income needs. We will discuss various income and investment strategies, common pitfalls to avoid, and preserving wealth for the next generation. Participants will learn successful retirement income planning solutions.

Leader(s): Maleeah Cuevas & Kyle Kite, Klaas Financial
Facilitator: Marsha Stolberg
Date(s): Wednesday, July 27
Time: 10:00 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$10.00

FITNESS

GOLDEN EAGLES FITNESS PROGRAM

► COURSE CODE: PED 767 CLR1

(Class Limit: 120) Golden Eagles Fitness is a collaborative effort between the Center for Learning in Retirement (CLR) and the Division of Fitness, Wellness & Sport at RVC. This program provides CLR members an opportunity to exercise independently and use the equipment and facilities in the Physical Education Center on a regular basis, under the supervision of certified fitness specialists. (See Golden Eagles Fitness Program page 19 for specific program information.) **NOTE:** New members are REQUIRED to attend an orientation session before participation on the first day of the program. Contact Timothy Hatten, Golden Eagles Program Director, at (815) 921-3816 to set up an appointment.

Leader(s): RVC Fitness, Wellness & Sport Staff
Facilitator: Timothy Hatten, PhD, CSCS, NSCA-CP, DCT; RVC Faculty
Date(s): Mon/Wed/Fri, June 1 thru August 12
 (No class on 7/4)
Time: 7:00 a.m. to 9:00 a.m.
Place: **NOTE LOCATION: Rock Valley College, Physical Education Center (PEC)**
Fee: \$85.00, \$95.00 after May 27

CARDIO TAP

► COURSE CODE: HLT 725 CLR2

(Class Limit: 12) This class will get your toes tapping and heart pumping! A fun class for those new to tap and returning to refresh their tap skills. Tap shoes and comfortable clothing required. This is an ongoing Rockford Dance Company class and a six-class card will be provided that can be used on any day the class is offered (including Wednesday mornings).

Leader(s): Theresa Sinks, Rockford Dance Company
Facilitator: Mitchell Stolberg
Date(s): Tuesdays, June 21, 28; July 5, 12, 19, 26
Time: 9:30 a.m. to 10:30 a.m.
Place: **NOTE LOCATION: Rockford Dance Company, 711 N. Main St., Rockford**
Fee: \$30.00

BARRE VITE®

► COURSE CODE: HLT 725 CLR3

(Class Limit: 12) Barre Vite® workout focuses on form, alignment, and technique to dramatically improve core strength. Barre Vite is a complete body workout incorporating 6 essential components: cardiovascular, strength, core stability, balance, flexibility, and most importantly endorphins. Since you are essentially dancing at the barre! This is an ongoing Rockford Dance Company class and a six-class card will be provided (can be used for Monday classes too).

Leader(s): Theresa Sinks, Rockford Dance Company
Facilitator: Mitchell Stolberg
Date(s): Thursdays, June 23, 30; July 7, 14, 21, 28
Time: 9:30 a.m. to 10:30 a.m.
Place: **NOTE LOCATION: Rockford Dance Company, 711 N. Main St., Rockford**
Fee: \$30.00

TAI CHI

► COURSE CODE: HLT 725 CLR1

(Class Limit: 20) Revitalize body and mind with slow movements to tone and strengthen muscles while assisting comfort and minimize the effects of aging. Minimal strength and space are needed to benefit from special breathing techniques and exercises that are easily modified for individual abilities. Instructor trained with and has teaching certificates from medical doctors and Tai Chi masters in China, Canada and the USA. **NOTE:** This class is for students with good knees and ankles. Wear shoes with laces and comfortable clothing.

Leader(s): Sue Michaelsen, Tai Chi Instructor
Facilitator: Bill Lambert
Date(s): Monday, July 18
Time: 1:30 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$10.00

HEALTH & WELLNESS

A MATTER OF BALANCE

► COURSE CODE: HLT 705 CLR3 **FREE**

(Class Limit: 15) A Matter of Balance (MOB) is a highly evidence-based health and wellness workshop that was designed at Boston University and implemented by Maine Health. This program addresses balance and falling among seniors and teaches strategies to reduce the fear of falling. Participants will set realistic goals to increase activity, learn ways to change their environment to reduce factors that cause falls, and learn exercises that increase strength and improve balance. Exercises begin at week three and are simple so those with mobility issues can participate. This 8-week program is led by trained coaches and helps seniors live life with less fear and helps them stay active and independent.

Leader(s): Alberto Carrion, Lifescape Community Services
Facilitator: Marion Wilke
Date(s): Mondays, June 20, 27, July 5, 11, 18, 25, August 1, 8
Time: 2:00 p.m. to 4:00 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: FREE!

YOGA FOR YOUR FACE

► COURSE CODE: HLT 725 CLR4

(Class Limit: 18) Give yourself a natural face lift! Look younger and more relaxed. No pain or doctor's fees and in just 20 minutes a day. By exercising the 57 muscles of your face, you strengthen and thicken the fibers and thus reduce sagging. This can counter natural aging or a lifetime of bad habits such as squinting. Come and see how this can work for you!

Leader(s): Marla Kols, Blossoming Lotus Yoga
Facilitator: Jackie Dehler
Date(s): Thursdays, June 23, 30
Time: 1:30 p.m. to 3:00 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

HERBS 101: COOKING WITH CULINARY HERBS

► COURSE CODE: SPC 791 CLR1

(Class Limit: 35) Learn how to select fresh herbs whether purchasing or harvesting your own. Adding herbs to food is a healthy alternative to salt and sugar. Participants will also learn about storing and drying herbs, when the ideal time is to add herbs to food to get the most flavor, and receive fun recipes to try at home. And of course, there will be delicious samples!

Leader(s): Diane Reinhold, Nutrition & Wellness Educator, University of Illinois Extension
Facilitator: Jackie Dehler
Date(s): Tuesday, August 9
Time: 1:00 p.m. to 3:00 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00



HISTORY

HISTORY OF WINNEBAGO COUNTY: 1900-WORLD WAR I

► COURSE CODE: HST 712 CLR3

(Class Limit: 50) This class is the fourth part of a multi-part history of Winnebago County. Attendees will learn about the first twenty years of the 20th century at a time of great change, prosperity, then War and its aftermath. New inventions, changes in industrial production, politics and an evolving culture form the topics for this presentation.

Leader(s): Robert Lindvall, Retired Research Attorney; Local Historian
Facilitator: Jane Bowers
Date(s): Thursday, June 23
Time: 9:00 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00

ROBERT TINKER'S ROCKFORD

► COURSE CODE: HST 712 CLR1

(Class Limit: 35) Robert Tinker was a renaissance man who lived in Rockford from 1856 until his death in 1924. He helped to start the Rockford Park District, was a mayor of Rockford, and a leading citizen of the community. His wife, Mary Manny-Tinker was very influential as well. Learning about Robert Tinker is essential to learning the history of Rockford. **NOTE:** Optional tour of Tinker Cottage following the presentation.

Leader(s): Steve Litteral, Executive Director, Tinker Swiss Cottage
Facilitator: Linda Hamlett
Date(s): Wednesday, June 29
Time: 10:00 a.m. to 12:00 p.m.
Place: **NOTE LOCATION: Tinker Swiss Cottage 411 Kent St., Rockford**
Fee: \$10.00



HISTORY OF GIRL SCOUTS IN THE ROCK RIVER VALLEY

► COURSE CODE: HST 712 CLR4

(Class Limit: 35) The Rockford area has a long history of Girl Scouting. Join us for an informative presentation by Denise Ethun and Betty Moore, historians for Girl Scouts of Northern Illinois, who will present memorabilia and an electronic timeline with photos on the history of the Girl Scout movement in the greater Rockford area. There will probably be Girl Scout cookies!



Leader(s): Denise Ethun & Betty Moore,
Girl Scouts of Northern Illinois
Facilitator: Karen Messley
Date(s): Wednesday, July 13
Time: 10:00 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$10.00

ROCKFORD'S FORGOTTEN DRIVING PARK: THE END OF THE TRACK (1920-1938)

► COURSE CODE: HST 724 CLR1

(Class Limit: 40) This is part three of a three-part series about Rockford's forgotten Driving Park that was located on the northwest side from 1891-1938. This last session will include highlights from the last years of the park. As the track's years came to an end, it played host to automobile/motorcycle races, airplane daredevils, rodeo roundups, KKK rallies, circuses, and even a suicide. The session will conclude with the park's legacy and how Rockford is trying the same kind of attraction tactics for tourism today. **NOTE:** You don't need to have taken Parts I & II to attend this class.

Leader(s): Amanda Becker, History Teacher,
Rockford Public Schools
Facilitator: Sue Foley
Date(s): Thursday, July 14
Time: 1:30 p.m. to 3:00 p.m.
Place: **NOTE LOCATION: Midway Village**
6799 Guilford Rd., Rockford
Fee: \$10.00

HISTORY SURVEY: THE GILDED AGE

► COURSE CODE: HST 712 CLR2

(Class Limit: 90) The Gilded Age is the time of industrialization, high finance, immigration, growth of cities, and interesting politics. You will learn about the fortune builders—Carnegie, Rockefeller, Morgan; the innovators—Edison, Carver, Olmsted; and the reformers—Addams, DuBois, George. It was this period of time that set up the modern, urban-based society that we know today. Journey back and discover this dynamic period of our history.

Leader(s): Gene Van Galder, Retired History Teacher
Facilitator: Sue Hansen
Date(s): Monday/Tuesday, August 1, 2
Time: 1:30 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$15.00

ROCKFORDIANS: RAISED ON RADIO

► COURSE CODE: HST 712 CLR5

(Class Limit: 40) For everyone "raised on radio" who grew up beginning in the thirties and continuing up to present times, radio is the ultimate book combining nostalgia, information, judgement and fun as it reminds us just how wonderful this vanished medium of yesteryear was. Of course radio continues to exist for sports, news, and music—but it is not the radio of *The Lone Ranger*, *One Man's Family*, *Our Gal Sunday*, *Suspense*, *Amos & Andy*, *Fibber McGee & Molly*, *Bob & Ray*, *Jack Benny*, *Lum & Abner*, *The Shadow*, *The Green Hornet*, *Dick Tracy*, *Jack Armstrong*, and the *Adventures of Superman*. In the late 1920's radio exploded almost overnight into being America's dominant entertainment just as television would do twenty-five years later. We will look at some of the history related to the development of early radio stations like KDKA of Pittsburgh, WJZ of Newark, and WROK in Rockford as well as early networks of CBS, NBC, and ABC. The main characters and programs of radio will be explored through pictures and recordings. In addition to listening and viewing pictures, volunteers will be asked to take part in a simulated serial radio program from the 1930's or 1940's.

Leader(s): Don Swanson, Board Member,
Midway Village Museum; Local Historian
Facilitator: Sue Foley
Date(s): Thursday, August 11
Time: 1:00 p.m. to 3:00 p.m.
Place: **NOTE LOCATION: Midway Village Museum**
6799 Guilford Rd., Rockford
Fee: \$10.00

HUMANITIES

PREVIEW STARLIGHT'S 50TH SEASON

► COURSE CODE: HUM 712 CLR1

(Class Limit: 75) Join us the Friday before Starlight opens its 50th season as Mike Webb hosts this annual CLR class. A season that includes the Ian Fleming & Sherman Brother's *Chitty, Chitty, Bang, Bang*, Andrew Lloyd Webber & Tim Rice's *Jesus Christ Superstar*, Andrew Lloyd Webber's *The Phantom of the Opera* and Stephen Schwartz & John Chaired's *Children of Eden*. This is a back stage look at the preparation and behind the scenes of the entire season as it starts down the tracks of what will be one of our biggest seasons ever.



Leader(s): Mike Webb, Director/Producer,
RVC Starlight Theatre
Facilitator: Mary Ann Akerman
Date(s): Friday, June 3
Time: 12:30 p.m. to 2:30 p.m.
Place: **NOTE LOCATION: Bengt Sjostrom Theatre/**
Starlight Theatre
Fee: \$10.00

BRIEF HISTORY OF SCIENCE FICTION, FANTASY, AND HORROR

► COURSE CODE: HUM 706 CLR1

(Class Limit: 35) This class will provide a brief history of science fiction, fantasy, and horror from dime novels to pulp magazines, paperbacks to e-books. Participants will be introduced to the influences of Mary Shelley, Jules Verne, H.G. Wells, Bram Stoker, Hugo Gernsback, John W. Campbell, Farnsworth Wright, Donald A. Wollheim, Fredrik Pohl, Isaac Asimov, L. Ron Hubbard, C.L. Moore, Henry Kuttner Robert Bloch, H.P. Lovecraft, and the literary giants who created or laid the foundations for *Frankenstein*, *Dracula*, *War of the Worlds*, *The Time Machine*, *20,000 Leagues Under the Sea*, *Psycho*, *Star Trek*, *I Robot*, and *Star Wars*. They paved the way for today's best-selling books, blockbuster films, and hit television programs.



Leader(s): Paul Dale Anderson, Published Author
Facilitator: Jackie Dehler
Date(s): Wednesday, June 22
Time: 2:00 p.m. to 4:00 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$10.00

ROCKFORD ART MUSEUM TOUR: THE ROCKFORD MIDWESTERN BIENNIAL EXHIBITION

► COURSE CODE: SPC 770 CLR3

(Class Limit: 25) Participate in a docent-led tour of Rockford Art Museum's 74th Rockford Midwestern Biennial, a juried survey of contemporary art in the Midwest today. Juried by Sarah Krepp, the 2016 Rockford Midwestern will be on view June 10-Sept. 25 at the Rockford Art Museum. Participants will be led through the galleries, touching on specific works of art and relevant information. Original photographs, paintings, drawings, prints, sculptures and more created within the last two years by artists that are at least 18 years old and current residents of Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Missouri, Ohio, or Wisconsin are eligible for consideration.



Leader(s): Miranda Lindvall, Education Coordinator, Rockford Art Museum
Facilitator: Sue Hansen
Date(s): Thursday, June 30
Time: 10:00 a.m. to 11:30 a.m.
Place: **NOTE LOCATION: Rockford Art Museum 711 N. Main St., Rockford**
Fee: \$13.00

MUSIC AT THE TURN OF THE CENTURY (1900)

► COURSE CODE: HUM 707 CLR3

(Class Limit: 40) An exploration of music by Late Romantic composers with emphasis on the music of Jean Sibelius and Gustav Mahler. Historical perspective of what was happening politically, socially and economically will be emphasized. Video streaming examples from the Berlin Philharmonic Concert Hall will be used. **NOTE:** Class to be held on RVC Main Campus.

Leader(s): Mike Beert, Rock Valley College, Rockford Symphony
Facilitator: Karen Messley
Date(s): Tuesday, July 12
Time: 6:00 p.m. to 8:00 p.m.
Place: **NOTE LOCATION: Rock Valley College, CL II building, Room 126 (off Spring Brook Rd.)**
Fee: \$10.00

RELIGION

WHAT IS TRUE ISLAM?

► COURSE CODE: REL 704 CLR3

(Class Limit: 30) Come to know real true Islam. The facts of Islam will be revealed and common misconceptions will be clarified. What is true Islamic faith, practice, and manners? Learn about Islamic law (Sharia), women in Islam, Prophet Mohammad, Jihad, and much more.

Leader(s): Zaher Qassem, M.D., Bachelors of Islamic Education
Facilitator: Marion Wilke
Date(s): Fridays, June 24; July 1, 15, 22
Time: 2:30 p.m. to 4:00 p.m.
Place: **NOTE LOCATION: Muslim Association of Greater Rockford Community Center 5921 Darlene Dr, Rockford**
Fee: \$25.00

EVEN MORE OF THE OLD TESTAMENT'S TOP 40

► COURSE CODE: REL 704 CLR1

(Class Limit: 30) The saga continues...better than a soap opera. The Top 40 Old Testament characters Part II uncovers the myths, the legends and the facts of fascinating Old Testament characters. Did Jephthah really sacrifice his daughter? What did it matter how Gideon's men drank water? Would Abraham really have killed his only son? Answers to these biblical dilemmas and many more await you! All new, no need to have attended Part I.



Leader(s): Jaci McNeil, Pastor, Faith Wesleyan Church
Facilitator: Ellen Taylor-White
Date(s): Thursdays, July 14, 21
Time: 1:30 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$15.00

SCIENCE & NATURE

PLANTING YOUR GARDEN WITH FOUR SEASONS OF INTEREST

► COURSE CODE: BIO 725 CLR1

(Class Limit: 30) Join University of Illinois Extension Horticulture educator, Candice Miller, as she discusses ways to plant your garden for four seasons of interest. She will show examples of plants that serve multiple purposes in the garden, as well as providing appeal all year round. Participants will leave with a better understanding of what plants can be selected for their gardens to serve multiple purposes and seasons.



Leader(s): Candice Miller, Horticulture Educator, University of Illinois Extension

Facilitator: Malia Hennessy

Date(s): Tuesday, June 21

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

Place: RVC Bell School Road Center, Room 2

Fee: \$10.00

TRASH TALKING

► COURSE CODE: BIO 710 CLR1

(Class Limit: 35) Learn how to be a better steward of the environment. Simple things you can do to leave mother Earth a better place for your children and grandchildren.



Leader(s): Lori Gummow, Executive Director, Keep Northern

Illinois Beautiful

Facilitator: Jim Dehler

Date(s): Wednesday, June 22

Time: 9:00 a.m. to 10:30 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$10.00

SOCIAL SCIENCES

REPACKING YOUR BAGS: LIGHTEN YOUR LOAD FOR THE REST OF YOUR LIFE

► COURSE CODE: SOC 707 CLR1

(Class Limit: 35) This class follows an enlightening journey to exploring the burdens we're carrying. The class then aids in evaluating to see if those burdens are making us happy. Thirdly, the class helps find new ways to lighten the load, create balance, and find joy for the rest of our lives.

Leader(s): Patricia McClelland, Retired Educator, Ordained Minister

Facilitator: Karen Messley

Date(s): Mondays/Thursdays, June 20, 23, 27, 30

Time: 9:00 a.m. to 11:00 a.m.

Place: RVC Bell School Road Center, Room 2

Fee: \$25.00

WHAT IN THE WORLD IS GOING ON?

► COURSE CODE: SOC 706 CLR1

(Class Limit: 35) World problems and political debate change all the time. Bring your opinions and listening skills to review and critique current events. This class is designed to be a discourse of today's events. Socratic in method and Orwellian in analysis. **NOTE:** The class will be 6 sessions, and the instructor will inform participants of skip days.



Leader(s): Ben Healy, CLR Leader, Lawyer

Facilitator: Ben Healy

Date(s): Tuesdays, June 21, 28, July 5, 12, 19, 26, August 2, 9

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

Place: RVC Bell School Road Center, Room 3

Fee: \$30.00

GRATITUDE

► COURSE CODE: SOC 703 CLR1

(Class Limit: 25) Psychologists believe that gratitude has life-changing qualities. It has been found that gratitude is an integral component of happiness, contentment, and an increase in one's peace of mind. Recent research has found that one can learn to be more grateful, to appreciate life more, and consequently, become more satisfied while living a life of greater meaning and purpose. This class will focus on gratitude as a learnable skill. Ideas and strategies will be presented so that students can become more thankful, more cognizant of the blessings in their lives as well as how to deal with challenges and hardships that inevitably occur.



Leader(s): Dr. Merlin Manley, Retired Professor

Facilitator: Malia Hennessy

Date(s): Wednesday, June 22, 29; July 6, 13

Time: 9:30 a.m. to 12:00 p.m.

Place: RVC Bell School Road Center, Room 3

Fee: \$25.00

SPEAKING IN PUBLIC

► COURSE CODE: COM 709 CLR1

(Class Limit: 10) We will discuss speaking skills with wording, voice, breath, and physical movement. You may wish to bring a speech that you are to give in the future or general questions about how to prepare and deliver a speech or how to talk generally in public events. There will be practice in class; these practice exercises are designed to be enjoyable, fun, relaxing, and confidence-building.



Leader(s): Rufus Cadigan, Retired Speech Consultant

Facilitator: Lynn Rodé

Date(s): Thursday, June 23

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

Place: RVC Bell School Road Center, Room 2

Fee: \$10.00

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM – SUMMER 2016

(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: _____

(Most correspondence will now be sent via email and not mailed)

**Annual membership dues for ALL members is \$30 for 1/1/16 - 12/31/16.
Must be a current 2016 CLR member to register for summer classes.**

☐ I am a past Center member and would like to renew my annual membership for 2016.
My \$30 dues for 2016 are included.

☐ I would like to join the Center.
My \$30 dues for 2016 are included.
(Please fill out the required Application for Admission below.)

PAYMENT

Make checks payable to Rock Valley College. CLR cannot accept credit/debit card payments by mail or phone and recommends members pay with check or cash.

(Separate checks for classes and trips.)

Amount paid for classes \$ _____

2016 Membership Dues (\$30) \$ _____

(Annual dues from 1/1/16 - 12/31/16.)

TOTAL AMOUNT \$ _____

Check # _____ Cash Payment ☐

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road

Rockford, IL 61114

Phone: (815) 921-3931

Fax: (815) 921-3939

PLEASE NOTE: Remember to clearly indicate 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 limited. Review the Student Schedule that will be mailed to you for confirmation of your classes, since you will not be notified by phone if you did not get into a class. Refunds for classes you did not get registered for will be mailed to you after the semester begins. There is a \$5 processing fee per class for all cancellations.

KEEP THIS CATALOG FOR FUTURE REFERENCE REGARDING CLASS DETAILS AND LOCATIONS.

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

Registrant #1

Note: Each person registering MUST fill out a separate form. For your convenience there are two registration forms in this section.

COURSE REGISTRATION

✓ COURSE CODE	COURSE TITLE	COST	✓ COURSE CODE	COURSE TITLE	COST
<input type="checkbox"/> ART-701-CLR1	Portraits of People and Pets	\$25.00	<input type="checkbox"/> SOC-703-CLR1	Gratitude	\$25.00
<input type="checkbox"/> ART-720-CLR1	Handbuilding With Clay	\$30.00	<input type="checkbox"/> SOC-703-CLR2	Increasing Self-Acceptance	\$25.00
<input type="checkbox"/> BIO-710-CLR1	Trash Talking	\$10.00	<input type="checkbox"/> SOC-703-CLR3	Hidden Treasures of Korean Art.....	\$0.00
<input type="checkbox"/> BIO-725-CLR1	Planting Your Garden.....	\$10.00	<input type="checkbox"/> SOC-706-CLR1	What in the World Is Going On?	\$30.00
<input type="checkbox"/> BIO-725-CLR2	You Can Grow Orchids At Home!	\$10.00	<input type="checkbox"/> SOC-707-CLR1	Repacking Your Bags.....	\$25.00
<input type="checkbox"/> COM-709-CLR1	Speaking in Public.....	\$10.00	<input type="checkbox"/> SOC-710-CLR1	Passing Assets.....	\$10.00
<input type="checkbox"/> DPR-702-CLR1	Increasing Computer Productivity....	\$20.00	<input type="checkbox"/> SOC-717-CLR1	The League of Women Voters	\$10.00
<input type="checkbox"/> DPR-702-CLR2	Using Microsoft Paint.....	\$20.00	<input type="checkbox"/> SOC-760-CLR1	Life in United Arab Emirates.....	\$10.00
<input type="checkbox"/> DPR-702-CLR3	Photo Memories <i>Shutterfly</i>	\$20.00	<input type="checkbox"/> SOC-760-CLR2	Travelogue: Iceland.....	\$10.00
<input type="checkbox"/> HLT-705-CLR3	A Matter of Balance	\$0.00	<input type="checkbox"/> SPC-705-CLR1	100 Years of Ukulele.....	\$10.00
<input type="checkbox"/> HLT-725-CLR1	Tai Chi.....	\$10.00	<input type="checkbox"/> SPC-710-CLR1	UW Health Sports Factory	\$10.00
<input type="checkbox"/> HLT-725-CLR2	Cardio Tap	\$30.00	<input type="checkbox"/> SPC-710-CLR2	A Look At Retirement Living	\$10.00
<input type="checkbox"/> HLT-725-CLR3	Barre Vite.....	\$30.00	<input type="checkbox"/> SPC-715-CLR1	AARP Smart Driver	\$0.00
<input type="checkbox"/> HLT-725-CLR4	Yoga for Your Face.....	\$15.00	<input type="checkbox"/> SPC-750-CLR1	Nimble Fingers.....	\$35.00
<input type="checkbox"/> HST-712-CLR1	Robert Tinker's Rockford.....	\$10.00	<input type="checkbox"/> SPC-770-CLR1	ComEd Facility Tour	\$10.00
<input type="checkbox"/> HST-712-CLR2	History Survey: The Gilded Age.....	\$15.00	<input type="checkbox"/> SPC-770-CLR2	U of I College of Medicine.....	\$10.00
<input type="checkbox"/> HST-712-CLR3	History of Winnebago County.....	\$10.00	<input type="checkbox"/> SPC-770-CLR3	Rockford Art Museum Tour	\$13.00
<input type="checkbox"/> HST-712-CLR4	History of Girl Scouts	\$10.00	<input type="checkbox"/> SPC-770-CLR4	Patterns in Nature	\$13.00
<input type="checkbox"/> HST-712-CLR5	Rockfordians: Raised on Radio.....	\$10.00	<input type="checkbox"/> SPC-770-CLR5	Lunch Around: Lucerne's	\$23.00
<input type="checkbox"/> HST-724-CLR1	Rkfd's Forgotten Driving Park.....	\$10.00	<input type="checkbox"/> SPC-770-CLR6	Booker Washington Center	\$15.00
<input type="checkbox"/> HUM-706-CLR1	Brief History Science Fiction.....	\$10.00	<input type="checkbox"/> SPC-770-CLR7	Rockford City Market	\$10.00
<input type="checkbox"/> HUM-707-CLR3	Music Turn of Century (1900).....	\$10.00	<input type="checkbox"/> SPC-770-CLR8	Castle Beloit Lunch & Tour	\$25.00
<input type="checkbox"/> HUM-712-CLR1	Preview of Starlight's 50th.....	\$10.00	<input type="checkbox"/> SPC-790-CLR1	A Day At the Ball Park.....	\$10.00
<input type="checkbox"/> PED-767-CLR1	Golden Eagles Fitness	\$85.00	<input type="checkbox"/> SPC-791-CLR1	Herbs 101	\$10.00
<input type="checkbox"/> REL-704-CLR1	Even More Old Testament Top 40.....	\$15.00	<input type="checkbox"/> SPC-792-CLR1	Using Social Media.....	\$10.00
<input type="checkbox"/> REL-704-CLR3	What Is True Islam?	\$25.00	<input type="checkbox"/> SPC-792-CLR2	3D Printing/Technology.....	\$10.00

TOTAL AMOUNT: \$ _____

Pull out the center section and mail back to the Center for Learning in Retirement (address on page 11)

Registrant #2

Questions:
Call (815) 921-3931

A. CENTER FOR LEARNING IN RETIREMENT REGISTRATION FORM – SUMMER 2016

(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: _____

(Most correspondence will now be sent via email and not mailed)

**Annual membership dues for ALL members is \$30 for 1/1/16 - 12/31/16.
Must be a current 2016 CLR member to register for summer classes.**

☐ I am a past Center member and would like to renew my annual membership for 2016.
My \$30 dues for 2016 are included.

☐ I would like to join the Center.
My \$30 dues for 2016 are included.
(Please fill out the required Application for Admission below.)

PAYMENT

Make checks payable to Rock Valley College. CLR cannot accept credit/debit card payments by mail or phone and recommends members pay with check or cash.

(Separate checks for classes and trips.)

Amount paid for classes \$ _____

2016 Membership Dues (\$30) \$ _____

(Annual dues from 1/1/16 - 12/31/16.)

TOTAL AMOUNT \$ _____

Check # _____ Cash Payment ☐

Mail registration form and check to:

Rock Valley College - CLR

3301 N. Mulford Road

Rockford, IL 61114

Phone: (815) 921-3931

Fax: (815) 921-3939

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(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

Registrant #2

Note: Each person registering MUST fill out a separate form. For your convenience there are two registration forms in this section.

COURSE REGISTRATION

✓ COURSE CODE	COURSE TITLE	COST	✓ COURSE CODE	COURSE TITLE	COST
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<input type="checkbox"/> HST-724-CLR1	Rkfd's Forgotten Driving Park.....	\$10.00	<input type="checkbox"/> SPC-770-CLR6	Booker Washington Center	\$15.00
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<input type="checkbox"/> HUM-712-CLR1	Preview of Starlight's 50th.....	\$10.00	<input type="checkbox"/> SPC-790-CLR1	A Day At the Ball Park.....	\$10.00
<input type="checkbox"/> PED-767-CLR1	Golden Eagles Fitness	\$85.00	<input type="checkbox"/> SPC-791-CLR1	Herbs 101	\$10.00
<input type="checkbox"/> REL-704-CLR1	Even More Old Testament Top 40.....	\$15.00	<input type="checkbox"/> SPC-792-CLR1	Using Social Media.....	\$10.00
<input type="checkbox"/> REL-704-CLR3	What Is True Islam?	\$25.00	<input type="checkbox"/> SPC-792-CLR2	3D Printing/Technology.....	\$10.00

TOTAL AMOUNT: \$ _____

Pull out the center section and mail back to the Center for Learning in Retirement (address on page 11)

INCREASING SELF-ACCEPTANCE

► COURSE CODE: SOC 703 CLR2

(Class Limit: 25) Do you judge yourself more harshly than others? Focus mainly on ineptness rather than accomplishments? Believe that whatever you do, it is not good enough? Feelings of self-acceptance are directly related to happiness and peace of mind. Accordingly, if we can increase our self-acceptance, we can increase our satisfaction with ourselves and our lives. Frequently, low self-acceptance is attributable to perfectionistic thinking (If I don't do something perfectly or almost perfectly, I am a failure.) This class will focus on increasing self-acceptance and strategies to minimize perfectionistic thinking.

Leader(s): Dr. Merlin Manley, Retired Professor
Facilitator: Malia Hennessy
Date(s): Wednesday, July 20, 27, August 3, 10
Time: 9:30 a.m. to 12:00 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$25.00



THE LEAGUE OF WOMEN VOTERS AND ELECTION 2016

► COURSE CODE: SOC 717 CLR1

(Class Limit: 35) What goes into an election? Why promote fair election practices, voter registration and voter education? Why educate the public on issues affecting the community as part of the election process? Why hold elected officials accountable as a way of safeguarding democracy? For almost 100 years the League of Women Voters has been dedicated to making Democracy work for all of us. Since its inception, the League has helped millions of women.



LEAGUE OF
WOMEN VOTERS®

Leader(s): Paula Lind, Ann Dempsey, and Claire McIntyre;
Members, League of Women Voters
Facilitator: Robbin Nelson
Date(s): Monday, August 8
Time: 10:00 a.m. to 11:30 a.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00

SPECIAL INTERESTS & HOBBIES

3D PRINTING / TECHNOLOGY

► COURSE CODE: SPC 792 CLR2

(Class Limit: 60) Learn how 3D Printing Technology has changed how things today are manufactured from concept through production. See how everyone from tinkerers and inventors to big industries like food and aerospace are taking advantage of this technology to quickly bring new ideas to life, as well as breathe new life into already existing products. Learn just how quickly you can start with a simple sketch and create an actual tangible object in the same day. See how 3D Scanning Technology can take 3D "photos" of real-life objects to 3D Print and/or aid in 3D design. Do you like to make things, or learn how they're made? Come learn about the new way that it's being done.



Leader(s): Russell Dulaney, Owner,
Dulaney Drafting and Design
Facilitator: Linda Hamlett
Date(s): Wednesday, June 22
Time: 1:00 p.m. to 3:00 p.m.
Place: RVC Bell School Road Center, Room 13
Fee: \$10.00

ROCKFORD CITY MARKET: UP CLOSE AND PERSONAL

► COURSE CODE: SPC 770 CLR7

(Class Limit: 40) Cathy will provide a history of the market and the results of the annual survey which includes demographic and spending information. She will share the growth of the market and the success of the vendors over the years and more. Following the presentation in the City Market pavilion, attendees are welcome to walk around and enjoy the market.

Leader(s): Cathy McDermott,
Rock River Development Partnership
Facilitator: Sue Foley & Mary Ann Akerman
Date(s): Friday, June 24
Time: 2:00 p.m. to 4:00 p.m.
Place: **NOTE LOCATION: City Market Pavilion,
100 N. Water St., Rockford**
Fee: \$10.00



100 YEARS OF UKULELE

► COURSE CODE: SPC 705 CLR1

(Class Limit: 35) From its humble beginnings on the sugar plantations of Hawaii, the ukulele has evolved into one of the most popular musical instruments around the world. This program will be focused on the history of this “tiny” instrument and John’s involvements as a professional singer, songwriter and teacher. He will also perform using a variety of ukulele sizes and styles. You can, as you wish, tap your toes, sing along, or get up and dance! This is a class that will be both informative and entertaining.

Leader(s): John Lindhorst, Owner, Ukulele Station America
Facilitator: Bud Wiener
Date(s): Monday, July 25
Time: 1:30 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$10.00

USING SOCIAL MEDIA

► COURSE CODE: SPC 792 CLR1

(Class Limit: 35) In just the last 10 years, the way we communicate in the world has drastically changed. We speak to each other in 140 characters or less. We express our feelings in the form of likes and favorites. The lives of our friends and family members are virtual scrapbooks we can thumb through at any time of day. If you feel shut out of the conversation, join us for this fun and educational journey through the world of social media. Participants will learn about common social media platforms including Facebook and Twitter; how to post a status, photo or video; what a “hashtag” is; how to download apps; how to use Google and other search engines, and more. This is a lecture class, not “hands-on.”

Leader(s): Dave Costello, RVC Communications Manager & Abbye Garcia, RVC Multi-Media Specialist
Facilitator: Bob Bertolasi
Date(s): Tuesday, July 19
Time: 2:00 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 3
Fee: \$10.00

YOU CAN GROW ORCHIDS AT HOME!

► COURSE CODE: BIO 725 CLR2

(Class Limit: 30) This is a class for novice and experienced orchid growers. If you have never grown orchids and are afraid to try, this may be the course for you. All aspects of orchid care will be covered. Varieties of orchids, watering, light, potting mediums and ice cubes, as well as sick and weak orchids will be discussed. Bruce will share his expertise from growing orchids for over 40 years and winning numerous awards.



Leader(s): Bruce Olson, Orchid Enthusiast, Owner, Olson Funeral & Cremation Services
Facilitator: Marsha Stolberg
Date(s): Tuesday, July 19
Time: 2:00 p.m. to 3:30 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$10.00



BOOKER WASHINGTON CENTER: PAST, PRESENT AND FUTURE

► COURSE CODE: SPC 770 CLR6

(Class Limit: 30) Join us at the Ethnic Heritage Museum for an interactive discussion on the past, present and future of Booker Washington Center, featuring a historical exhibit. Participants will gain awareness of the contributions made by Booker Washington Center and its founders to the African American soldiers at Camp Grant, President Franklin Roosevelt’s Works Progress Administration (WPA) and to the Rockford community. The curator of the African American Gallery will guide the tour of the exhibit.

Leader(s): Fay Muhammad, Joyce Higgins, Sidella Hughes, April Prunty & Jessie Bates
Facilitator: Pat Seddon
Date(s): Monday, August 1
Time: 10:00 a.m. to 12:00 p.m.
Place: **NOTE LOCATION: Ethnic Heritage Museum, 1129 S. Main St., Rockford**
Fee: \$15.00

AARP SMART DRIVER COURSE

► COURSE CODE: SPC 715 CLR1

(Class Limit: 25) This is an updated 8-hour informative course for drivers age 50 and older. Participants will learn research-based safety strategies; understand the links 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 safety 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 out to AARP will be collected at the first session.

Leader(s): Ed McMahon, AARP Trained Instructor
Facilitator: Ed McMahon
Date(s): Monday/Tuesday, August 8, 9
Time: 12:30 p.m. to 4:30 p.m.
Place: RVC Bell School Road Center, Room 2
Fee: \$15.00 for AARP members;
\$20.00 for non-members, paid in class

TOURS

COMED TRAINING FACILITY TOUR

► COURSE CODE: SPC 770 CLR1

(Class Limit: 30) Ever wonder what the next technological advancement will be in energy and electricity? Or wondered how energy from a small power box in your backyard powers your entire home? At the ComEd Training Facility in Rockford, we'll explain all of this and so much more. This presentation and tour of the new training center promises to educate you on topics including purpose of the training center, understanding the Smart Grid, history of energy and electricity, energy in the home, safety in the field, and a live demonstration by a ComEd lineman. There will also be a Q & A session.

Leader(s): ComEd & Field Trip Factory Staff
Facilitator: Myrna Lake
Date(s): Wednesday, June 22
Time: 9:30 a.m. to 11:30 a.m.
Place: **NOTE LOCATION: ComEd Training Facility**
403 Energy Dr., Rockford
Fee: \$10.00

PATTERNS IN NATURE THAT INSPIRE JAPANESE GARDENS

► COURSE CODE: SPC 770 CLR4

(Class Limit: 20) Much of what guides Japanese garden design is derived from patterns and rhythms found in nature and the human connection to the landscape. At their best, Japanese gardens can induce the positive emotional responses felt by a human viewer that one might experience in a place of natural beauty. Join Tim for a PowerPoint presentation followed by a walk in the Garden to view examples of this unique art form.

Leader(s): Tim Gruner, Garden Curator, Anderson Japanese Gardens
Facilitator: Mary Ann Akerman
Date(s): Thursday, June 23
Time: 1:00 p.m. to 3:00 p.m.
Place: **NOTE LOCATION: Anderson Japanese Gardens**
Visitor Center Gallery
318 Spring Creek Rd., Rockford
Fee: \$13.00



UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE AT ROCKFORD: RESEARCH & OTHER INITIATIVES

► COURSE CODE: SPC 770 CLR2

(Class Limit: 30) Join Dean Stagnaro-Green at the University of Illinois College of Medicine at Rockford as he talks about the history of the college,



current research, educational and community initiatives, and plans for the future. The group will also receive a guided tour of the campus.

Leader(s): Alex Stagnaro-Green, MD, MHPE, Dean, College of Medicine at Rockford
Facilitator: Robbin Nelson
Date(s): Thursday, June 30
Time: 1:00 p.m. to 2:30 p.m.
Place: **NOTE LOCATION: U of I College of Medicine**
1601 Parkview Ave., Rockford
Fee: \$10.00



A DAY AT THE BALL PARK

► COURSE CODE: SPC 790 CLR1

(Class Limit: 25) Join us for this on-site walk of Rockford's Beyer Stadium with history lessons as we go. Learn about all the activities that took place there, including the Rockford Peaches' role at the stadium. See the additions to the stadium including the new historical signage, artwork in the dugout, and future museum plans. **NOTE:** Optional pay on your own lunch at the nearby Stadium Lounge following the class.



Leader(s): Greg Schwanke & Steve McIntosh, Co-Chairs, Friends of Beyer Park
Facilitator: Mary Ann Akerman
Date(s): Friday, July 22
Time: 9:30 a.m. to 11:30 a.m.
Place: **NOTE LOCATION: Beyer Stadium**
245 15th Ave., Rockford
Fee: \$10.00

THE CASTLE AT 501 PROSPECT, BELOIT: LUNCH & TOUR

► **COURSE CODE: SPC 770 CLR8**

(Class Limit: 25) We'll start in the Castle Root Cellar for a box lunch with salad, sandwich, dessert, and coffee, tea or milk prepared by Executive Chef Freddie Greer. After lunch, enjoy a guided tour of this historical downtown building that has become Beloit's most unique arts and entertainment



venue. Executive Director, Greg Gerard, will lead the tour and provide a description of the amazing history of the property and a look at what's been done to reclaim the building that was built in 1906 and was the former First Presbyterian Church. You'll be treated to a demonstration of the Castle Sanctuary's vintage Henry Pilcher Sons pipe organ, a look at the "nooks and crannies" of the labyrinth-like construction, as well as a sneak-peak at areas that are still being renovated. **NOTE:** Building is handicap accessible, but tour includes lots of walking and standing. You provide your own transportation.

Leader(s): Greg Gerard, Executive Director,
The Castle at 501 Prospect
Facilitator: Sue Foley
Date(s): Tuesday, August 9
Time: 12:00 p.m. to 2:00 p.m.
Place: **NOTE LOCATION: The Castle**
501 Prospect Ave., Beloit
Fee: \$25.00

UW HEALTH SPORTS FACTORY: ECONOMIC DEVELOPMENT THROUGH COMMUNITY COLLABORATION

► **COURSE CODE: SPC 710 CLR1**

(Class Limit: 100) Reclaiming First is a community-wide comprehensive economic development plan to enhance and enlarge the sports facilities in the Rockford region and to reclaim the region's dominance in sports tourism. Rockford Park District Executive Director Tim Dimke will describe the process that led to this unprecedented regional collaborative initiative to bring this plan to life from feasibility and legislation to investment and oversight. As a result, the region is on the path to retaining, regaining, and growing sports tourism in an increasingly competitive market vying for sports tourism dollars, while providing Rockford area residents world-class amateur sports facilities. The class will include a tour of the new facility.

Leader(s): Tim Dimke, Executive Director, Rockford Park District
Facilitator: Jim Dehler
Date(s): Wednesday, August 10
Time: 9:00 a.m. to 11:00 a.m.
Place: **NOTE LOCATION: UW Health Sports Factory**
305 S. Madison St., Rockford
Fee: \$10.00

CLR GENERAL INFORMATION

Register Early: Register early so you won't be disappointed. Often classes and bus trips reach the maximum enrollment early. You will not be contacted by phone if you have registered for a class that is already full. Please review the Student Schedule that will be mailed to you for confirmation of class registration.

Full and Cancelled Classes: Limited waiting lists 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.

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). Local news media will be notified of cancellations.

Rock Valley College Website: Go to RockValleyCollege.edu/CLR. A copy of the Center for Learning in Retirement Summer 2016 catalog is available for viewing. No on-line registration available.

Withdrawals from a Class: If you wish to withdraw from a class, you must do so ONE day prior to the first session in order to receive a refund. There is a \$5 per class cancellation processing fee. There are no refunds after a class begins. If you know you will be unable to attend a class, it would be appreciated if you let the office know. It provides an opportunity to those on the waiting list to be contacted.

Payment for Classes and Trips: To ensure your registration for classes and trips is processed, payment must be attached. Separate checks are requested for trip and class registrations. You will receive a Student Schedule from the College after your registration is processed. Please review to confirm which classes you are registered for and take note of any classes you did not get into.

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

NOTICE OF NONDISCRIMINATION

Rock Valley College does not discriminate on the basis of race, color, religion, national origin, ancestry, citizenship status, sex, age, disability, marital status, sexual orientation, veteran status, military status, genetic information, or any legally protected category.

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

Title IX & Section 504/ADA Compliance Officer - Employees
Ms. Jessica Jones, Vice President of Human Resources
(815) 921-4755 or J.Jones@RockValleyCollege.edu

Title IX Coordinator - Students
Rick Daniels, M.S. Ed.
Interim Dean of Students
(815) 921-4187 or S.Daniels@RockValleyCollege.edu

Section 504 Coordinator - Students
Ms. Lynn Shattuck, Director of Disability Services
(815) 921-2356 or L.Shattuck@RockValleyCollege.edu

Title IX Coordinator - Athletics
Ms. Misty Opat, Athletic Director
(815) 921-3807 or M.Opat@RockValleyCollege.edu

This notice is available from Rock Valley College in additional alternative formats upon request.

GOLDEN EAGLES FITNESS PROGRAM

SUMMER 2016

This program offers use of the equipment and facilities in the Physical Education Center (PEC) at Rock Valley College, including:



- Cardiovascular exercise machines and an indoor track (1/10th mile)
- Weight lifting machines and free weights
- Instructor-led group sessions for cardiovascular fitness, strength training, flexibility and balance
- Balance stations
- Heart rate monitors and blood pressure monitors
- Instructors to guide and assist you with independent exercise routines
- Class three times a week (M-W-F) between the hours of 7:00 -9:00 a.m. (June 1 - Aug. 12), no class on July 4.

ATTENTION NEW MEMBERS

(or members who have been away from the program for one calendar year): You must attend an orientation session before the start of the upcoming program session. During this orientation session you must also submit your Medical/Health History, Assumption of Risk waiver, and Medical Consent forms to the fitness program director.

Members will not be able to participate in the program session until these forms (or updated information) are submitted to the fitness program director. Please contact Timothy Hatten, Golden Eagles Program Director, at (815) 921-3816 to set up an appointment.

Cost: Registration is \$85 by May 27.

Late registration (May 28 or after) is \$95.



2016 SPECIAL INTEREST GROUPS

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

ARTISTS' STUDIO GROUP

Open art studio that meets Fridays from 9:00 a.m. - 11:30 a.m. at the Bell School Road Center.

Contact: Sara Skaggs (815) 547-6951

BOOK DISCUSSION

Meets monthly on the third Monday of the month from 10:00 a.m. - 11:00 a.m. at the Bell School Road Center to discuss a different book each month.

Contact: Jane Larson (815) 399-8519

BRIDGE FOR FUN

Weekly sessions at the Bridge Center on Thursdays from 9:30 a.m. - 11:30 a.m. include a brief lesson and instructor who is available for help and advice.

Contact: Judy Stemwedel (815) 398-6107

CARDS FOR ENJOYMENT

Weekly sessions this summer at the Bell School Road Center on Tuesdays from 1:30 - 4:00 p.m. Beginning on June 22 and ending on August 2. Leader available for assistance.

Contact: Katy Paterson (815) 964-0089

GENEALOGY

For those interested in researching their family history. Meets on the second Monday of the month at the Bell School Road Center. (No meetings in June, July, August.)

Contact: Jan Klimek (815) 877-8916

iPAD USERS' GROUP

A group for those interested in meeting with other users to discuss uses, problems, and concerns relating to your iPad. Meets monthly at the Bell School Road Center.

Contact: Larry Nelson (815) 877-4438

WORD WEAVERS

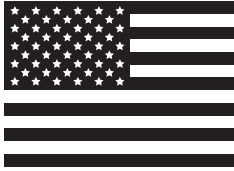
For those who love to write, an opportunity to share your writing with others and learn from each other. Meets monthly at Independence Village on the second Tuesday from 9:30 a.m. - 11:00 a.m..

Contact: Nancy Harvey (815) 282-1526

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 25-31 CLR OFFICE CLOSED		7:00a-9:00a Golden Eagles Begins 1	2	12:30p-2:30p Starlight Preview @ BST 3
	6	7	8	10
	13	14	15	17
	20	21	22	24
	27	28	29	30
9:00a-11:00a Repacking Your Bags 2:00p-4:00p Matter Of Balance	9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World 1:00p-3:30p Passing Assets 1:30p-3:00p Planting Your Garden	9:00a-10:30a Trash Talking 9:30a-11:30a Com Ed Tour 9:30a-12:00p Gratitude 1:00p-3:00p 3D Printing 2:00p-4:00p Science Fiction	9:00a-11:00a Repacking Your Bags 9:00a-11:30a Winnebago County 9:30a-10:30a Barre Vite @ RDC 1:00p-3:00p Japanese Gardens @ Anderson Gardens 1:30p-3:00p Yoga For Your Face 1:30p-3:30p Speaking In Public	2:00p-4:00p City Market Tour 2:30p-4:00p Islam @ MCC
9:00a-11:00a Repacking Your Bags 9:30a-12:00p <i>Shutterfly</i> 2:00p-4:00p Matter Of Balance	9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World	9:30a-12:00p Gratitude 9:30a-12:00p <i>Shutterfly</i> 10:00a-12:00p Robert Tinker @ Tinker Cottage	9:00a-11:00a Repacking Your Bags 9:30a-10:30a Barre Vite @ RDC 10:00a-11:30a RAM Tour 1:00p-2:30p U of I College of Med. Tour 1:30p-3:00p Yoga For Your Face	
 OVERNIGHT BUS TRIP				

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2:30p-4:00p Islam @ MCC 1
 HOLIDAY OFFICE CLOSED	4 9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World 9:30a-11:30a Microsoft Paint 2:00p-4:00p Matter Of Balance	5 9:30a-11:30a Computer Productivity 9:30a-12:00p Gratitude	6 9:30a-10:30a Barre Vite @ RDC 9:30a-11:30a Microsoft Paint	7 9:30a-11:30a Computer Productivity 8
2:00p-4:00p Matter Of Balance 11	12 9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World 6:00p-8:00p Music At Turn Of Century @ RVC / CL II	13 9:30a-12:00p Gratitude 10:00a-11:30a History Of Girl Scouts	14 9:30a-10:30a Barre Vite @ RDC 10:00a-12:00p Portraits 1:30p-3:00p Rkfd's Driving Park @ MV 1:30p-3:30p Old Testament	15 9:00a-12:00p Handbuilding With Clay 2:30p-4:00p Islam @ MCC
9:30-11:00 United Arab Emirates 18 1:30p-3:30p Tai Chi 2:00p-4:00p Matter Of Balance	19 9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World 2:00p-3:30p Orchids 2:00p-3:30p Social Media	20 9:30a-12:00p Self-Acceptance	21 9:30a-10:30a Barre Vite @ RDC 10:00a-12:00p Portraits 12:00p-2:00p Lunch Around @ Lucernes 1:30p-3:30p Old Testament	22 9:00a-12:00p Handbuilding With Clay 9:30a-11:30a Ball Park @ Beyer Stadium 2:30p-4:00p Islam @ MCC
1:30p-3:30p History Of Ukelele 25 2:00p-4:00p Matter Of Balance	26 9:00a-11:30a Nimble Fingers 9:30a-10:30a Cardio Tap @ RDC 9:30a-11:30a What In The World 1:00p-3:00p Herbs 101 1:30p-3:30p Iceland	27 9:30a-12:00p Self-Acceptance 10:00a-11:30a Retirement Living	28 9:30a-10:30a Barre Vite @ RDC 10:00a-12:00p Portraits 1:30p-3:30p Korean Art @ RVC/PAR	29 9:00a-12:00p Handbuilding With Clay

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00a-12:00p Booker Washington Cntr @ EHM 1 1:30p-3:30p The Gilded Age 2:00p-4:00p Matter Of Balance	9:00a-11:30a Nimble Fingers 2 9:30a-11:30a What In The World 1:30p-3:30p The Gilded Age	9:30a-12:00p Self-Acceptance 3	4 Annual Meeting @ Starlight Theatre 1:30p-3:30p	5
10:00a-11:30a League Of Women Voters 8 12:30p-4:30p AARP Smart Driver 2:00p-4:00p Matter Of Balance	9:00a-11:30a Nimble Fingers 9 9:30a-11:30a What In The World 12:00p-2:00p The Castle Tour - Beloit 12:30p-4:30p AARP Smart Driver 1:00p-3:00p Herbs 101	9:00a-11:00a Sports Factory Tour 10 9:30a-12:00p Self-Acceptance	10:00a-12:00p Portraits 11 1:00p-3:00p Raised On Radio @ MV	7:00a-9:00a Golden Eagles Ends 12
15	16	17	18	19
22	23	24	25	26
29	30	31		

ROAD SCHOLAR[®]

LLI RESOURCE NETWORK

CLR ANNUAL MEETING

**THURSDAY
AUGUST 4
2016**

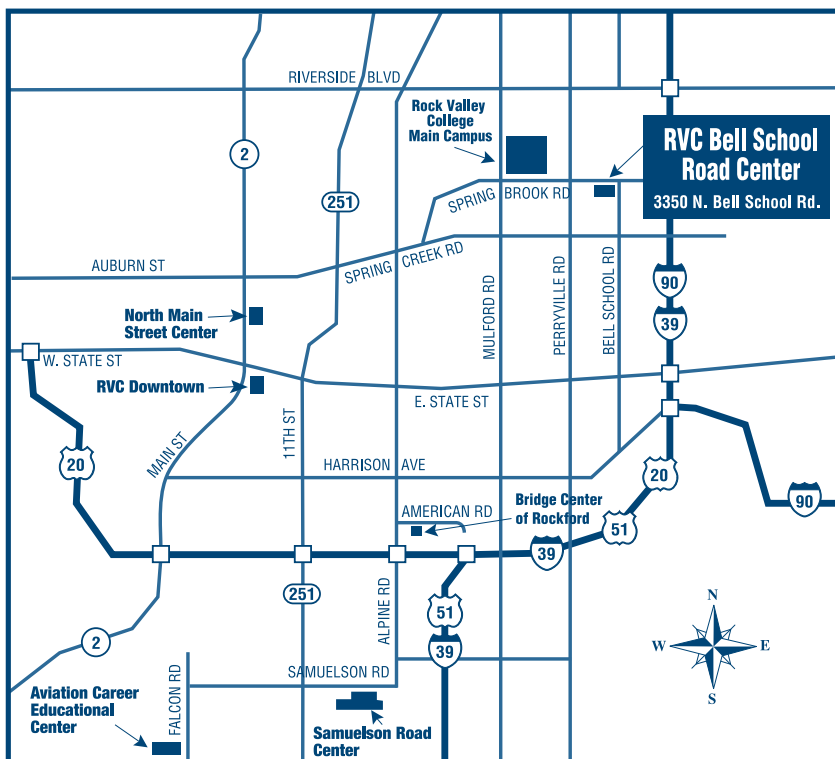
1:30 p.m. - 3:30 p.m.



**Bengt Sjostrom (Starlight) Theatre
Rock Valley College Main Campus
Seating opens at 1:00 p.m.**

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This fall kick-off event is open to CLR members and the public at no charge. Participants will receive the Fall 2016 catalog with the schedule of classes and trips and have the first opportunity for registration. Free entertainment and refreshments provided!



Rock Valley College

CENTER FOR LEARNING IN RETIREMENT

RVC Bell School Road Center

3350 N. Bell School Road

(Do not use as a mailing address.)

Phone (815) 921-3931

Fax (815) 921-3939

RockValleyCollege.edu/CLR

MISSION STATEMENT:

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