

LEARNING AND GROWING TOGETHER

Thirty years ago, in September 1996, the Institute of Lifelong Learning began with a simple mission: to build connections and serve the community. Today, that legacy continues through the vision, dedication, and generosity of many individuals who believe in the value of lifelong learning.

I want to express my sincere appreciation to the volunteers and instructors who so generously share their time, talents, and expertise to make our program possible. Their passion and commitment continue to enrich the lives of our members and strengthen our community.

As we explore our world together, we meet people who inspire others through their creativity, knowledge, and service. These shared experiences encourage learning, foster meaningful connections, and celebrate the unique talents found within our communities.

Life often brings new opportunities, transitions, and discoveries. Whether you are exploring a new interest, revisiting a longtime passion, or simply looking to connect with others, we hope the courses and activities in this catalog inspire curiosity, friendship, and continued growth.

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60
YEARS

WESTERN IOWA TECH COMMUNITY COLLEGE CELEBRATES 60 YEARS

Western Iowa Tech Community College began with a bold vision in 1966: to provide accessible vocational and technical education that would strengthen communities and create opportunities across western Iowa. Established as Area Vocational School XI, the college opened its first classes in January 1967, offering workforce-focused programs in borrowed classrooms, factories, hospitals, and community facilities throughout Sioux City.

Over the next six decades, Western Iowa Tech evolved alongside the region it serves. The college established its permanent Sioux City campus in 1970 and became Western Iowa Tech Community College in 1973. As the institution grew, it expanded its impact through transfer education, lifelong learning, workforce development, community enrichment, and career and technical programs that serve students throughout western Iowa.

As enrollment grew, so did the college's reach. Campuses in Denison and Cherokee, along with regional centers and specialized training facilities, expanded educational opportunities throughout the region. Supported by strong community partnerships, these investments brought learning closer to home while helping meet the changing workforce needs of western Iowa. New facilities, technology, student housing, public radio, online learning, and workforce development initiatives helped position Western Iowa Tech for the future while continuing to serve students, employers, and communities.

Today, Western Iowa Tech's impact can be seen across the region. Through its campuses in Sioux City, Denison, and Cherokee, regional centers, and specialized training facilities, the college brings education and workforce training closer to communities throughout western Iowa. These locations, combined with partnerships that extend beyond Iowa's borders, help ensure students and employers have access to the programs and services they need. Over the years, nearly 50,000 credentials have been awarded, more than 204,000 individuals have participated in continuing education programs, and thousands of lifelong learners have pursued personal and professional enrichment through the college.

As Western Iowa Tech celebrates its 60th anniversary, it honors the vision, leadership, partnerships, employees, alumni, and students who have shaped its story. From its humble beginnings without a campus to its role as a comprehensive community college serving Siouxland, Western Iowa Tech remains committed to empowering learners, strengthening communities, and creating pathways to success for generations to come.

To explore additional milestones, stories, photos, and historical highlights from the college's first 60 years, visit witcc.edu/60-years.



Look for the Zoom icon to indicate Zoom-only classes.
If you would like to attend an in-person class via Zoom,
please contact Sue Owens. I will do my best to accommodate.

FEATURES











09 LIFELONG LEARNING 30TH ANNIVERSARY CELEBRATION FAIR

15 PAINTING CERAMICS

with Jo Asmussen

18 CROCHET A STUFFED CRITTER

with Crystal Huls

60 EXPLORE THREE EASTERN CANADIAN PROVINCES

with Dr. Juline Albert

67 HELL'S KITCHEN

Omaha Orpheum Theatre

OUR FAVORITE MEMORIES

Memories: Lifelong learning
I love our Lifelong Learning classes! Russ has so many great classes.
Bud Day was one of my favorites! Tried Radio
* so much history!
I love Rock Around the Clock

Holiday Party in December

Bus trips to Sioux City area also to Omaha musicals

Book club discussions

Yoga classes on line

Variety of lectures

The NATIONAL PARKS TRIP filled me with many memories THAT will LAST A LIFETIME & I MET great people!

It's hard to pick a favorite with so many wonderful classes. For me, the travel takes me where I can't go alone. Love the lectures + book club. So many more. We are blessed to have Life Long Learners.

My Zumba class!
So fun!

Jean Carlson

- Bus trips to Historic
- Going w/ Grace to get programs for Life Long Learning
- Bus trips
- Book club discussions
- Cultural fair (Sampler)

* Also the Holocaust Memorial in Boston. It was very moving.

The jammed packed travel schedules, where we learn about and see so much of our beautiful country.

Exploring Mackinac Island was something I never considered doing until the Upper Peninsilia (sp?) trip was announced and I'm so glad I went. Rose T

I enjoy Bingocise we have a great time!
Also I Love doing Boss Biford programs - I Love him doing the history program. Since I'm getting up in age - That was not my favorite subject in high school But I'm learning more the Subject

Definitly the Rock & Roll history last year. Brought back memories of popular songs and bands

Denny Carlson

"My trip to Mackinaw Island"

Lila Plambeck

Life Long Learning has been a wonderful educational opportunity for our 55+ community. I have enjoyed so many of the programs - Book Clubs, historical lectures and especially the one day travels - with the mystery trips the best. I hope to be able to enjoy all the different experiences in the years to come.

A.F.

A LOOK INSIDE



MAKING & GROWING

WIT 60 02–03
Lifelong Learning 30th Anniversary Celebration 08–09
Foods of Brazil 11
Guest Mystery Chef 11
Breakfast Meal Prep 12
Freezer Meals 12
Freezer Meals for One or Two 12
Make Your Own Mixes 13
Delicious Dips 13
Holiday Goodies 13
Laundry Soap Making 14
Painting Ceramics 15
Colored Pencil 17
Watercolor Painting 17
Crochet a Stuffed Critter 18
Knit a Stuffed Critter 18
Building a Truth Toolkit 18
Write Away 19



WELLNESS



ISU Extension Classes 20–21
Chair Yoga 22
Stretch and Flex 23
Chair Cardio 23
BINGOCIZE®: Play, Move, and Win! 24
Smooth Sailing Through Medicare 24

GATHERING

Beginning Bridge 25
Holiday Gathering 26

BOOKS & MORE



Exploring the Phantom of the Opera 27
WIT Library 28
Book Club 29–33

TECHNOLOGY



Everyday Uses of AI 34
Smartphone Camera Uses Beyond Photography 34
Making the Most of your iPad or iPhone ... 34
Death and Social Media 35
Scams and Staying Safe Online 35
Streaming Services and the Cloud 35
Explore the Photos App 35

HISTORY



Don't Know Much About: POW Camps in the Great Plains 36
Regional Greats 37
Dr. Dunker Leadership Series 38–39
Words the Changed the World 40–41
Rock Around the Clock 42
TEDxWestern Iowa Tech 43
Encounters with Ancient Egypt 45
Road Trip to Sioux City 47
Sioux City Water Works 47
Sioux City Houses of Worship 47
Sioux City True Crime Files 48
American Red Cross 49
Armchair Travel: Celebrating WITCC and Lifelong Learning through the Years 50
Armchair Travel: Siouxland Cemetery Art and Celebrity Burials 50

TOURS & TRIPS



Boone and Scenic Valley Railroad Dinner Train 51
Behind the Scrubs: Tour of WITCC Nursing 53
Dental Assisting Lab Tour 53
Joslyn Art Museum Tour 54
Tour of Iowa DOT District 3 Office 55
Tour of Community Action Agency of Siouxland 57
Fall Mystery Trip 57
Morning Mystery Trip 57
Colorado Trip 58–59
Explore Three Eastern Canadian Provinces 60–61
Travel Abroad 2027 and 2028 62–64
Spring Southern Tour 65

MUSIC & THEATRE



Phantom of the Opera 66
Hell's Kitchen 67
My Omaha: Film Screening and Discussion 68
Community Choir 68
Lewis & Clark Jazz Festival 69

MEMBERSHIP & MORE

Lifelong Learning Policies 70
Calendar 71–77
Campus Map 78–79



30TH YEAR ANNIVERSARY

LIFELONG LEARNING 30TH ANNIVERSARY CELEBRATION FAIR

Join us as we celebrate 30 years of learning, friendship, and community at the Lifelong Learning 30th Anniversary Celebration Fair! This special event brings together instructors, volunteers, members, and friends for an afternoon of fun, conversation, and discovery.

Meet many of the instructors who have shared their talents and passions through the years, learn about upcoming classes, and register for new learning opportunities. Enjoy live music, refreshments, and hands-on activities inspired by some of our most popular courses and programs.

Try your hand at card games, cornhole, cribbage, crafts, and other interactive activities that reflect the diverse interests of our Lifelong Learning community. Whether you are a longtime member or curious about joining, this celebration is a wonderful opportunity to connect with others, explore new interests, and honor three decades of learning together.

Come celebrate our past, enjoy the present, and help us launch the next chapter of Lifelong Learning!

Tuesday, September 15; 6 to 8 p.m.

LOCATION Rocklin Conference Center
FEE None
MEMBERSHIP Not required







KJ Wingert / Photography by KJ

FOODS OF BRAZIL

We continue our South American Cuisine Adventure with **Chef Michael Gasaway** as we explore the foods of Brazil.

Spend an evening exploring the vibrant flavors and culinary traditions of Brazil. Sample popular Brazilian favorites such as pão de queijo (cheese bread), feijoada, savory grilled meats, brigadeiros, and refreshing tropical beverages while learning about the cultures and traditions that influence this colorful cuisine. Discover the history behind regional specialties and the role food plays in Brazilian celebrations and everyday life. Whether you are an adventurous eater or simply curious about international cuisine, this flavorful evening is sure to delight your taste buds.

Thursday, November 5; 6 to 8 p.m.

LOCATION Applied Technology Building, Room D201, Entrance 14, Parking Lot 4
FEE $35
MEMBERSHIP Required
COURSE #27/FY-CPDV-3041-01

GUEST MYSTERY CHEF

Enjoy a night of mystery in the Western Iowa Tech Community College Cooking Demonstration Lab with a **Guest Chef** sharing one of their favorite culinary discoveries. This is the first of the Guest Mystery Chef series, where the guest is handpicked and guided by Chef Gasaway. Make sure you eat a light meal ahead of time to save room for tasting an unexpected delight.

Thursday, February 4; 6 to 8 p.m.

LOCATION Applied Technology Building, Room D201, Entrance 14, Parking Lot 4
FEE $35
MEMBERSHIP Required
COURSE #27/FY-CPDV-3042-01

zoom



KJ Wingert / Photography by KJ

BREAKFAST MEAL PREP

Start your mornings off right with easy, make-ahead breakfasts! Join **Brenda Wright** from Brenda's Baking Company to learn how to prep and freeze a variety of delicious breakfast options that are ready to grab and enjoy on busy days. Brenda will share simple strategies to stay organized and keep your mornings running smoothly.

Thursday, September 17; 6 to 7 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-2118-01

***A grocery list will be emailed before class.**

FREEZER MEALS

Save time and simplify mealtime by learning how to prepare and freeze delicious casseroles and soups with **Brenda Wright**. This hands-on class, enjoyed in your own kitchen, covers meal planning, safe freezing techniques, storage tips, and reheating methods to help you stock your freezer with ready-to-enjoy meals. Finish class with practical ideas and recipes perfect for busy families, meal prep beginners, and anyone looking to make home cooking more convenient.

Tuesday, October 20; 6 to 7 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-2116-01

***A grocery list will be provided by email before class.**

FREEZER MEALS FOR ONE OR TWO

Learn how to prepare flavorful casseroles and soups in smaller portions, perfect for one or two people in your own kitchen. This class, with **Brenda Wright**, covers meal planning, batch cooking, safe freezing practices, and storage techniques to help reduce food waste and make mealtime easier. Discover recipes and strategies for stocking your freezer with convenient, homemade meals you can reheat and enjoy whenever you need them.

Tuesday, November 17; 6 to 7 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-3440-01

***A grocery list will be provided by email before class.**

zoom

MAKE YOUR OWN MIXES

In her class, **Brenda Wright** teaches participants how to craft their own seasoning mixes, providing an economical alternative to store-bought options. By acquiring this skill, individuals can save money and gain control over the ingredients they use in their diets. Brenda covers a range of applications, from spice blends for cooking and baking to recreating familiar mixes such as pancake mix and gravy mix. The beauty of these recipes lies in their adaptability to personal tastes, ensuring a customized flavor profile.

Whether you're looking to enhance your culinary skills or simply seeking a cost-effective way to elevate your meals, Brenda's class offers valuable insights and recipes that empower participants to take charge of their seasoning options.

Thursday, September 24; 6 to 7 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-3444-01

***A grocery list will be provided by email prior to class.**



Photo by Sarah McSweeny

DELICIOUS DIPS

Learn to create fresh, flavorful dips from scratch using simple ingredients and easy techniques with **Brenda Wright**. Explore classic and creative recipes, experiment with herbs and spices, and discover tips for pairing dips with vegetables, chips, crackers, and more. Perfect for beginners and home cooks looking to add a homemade touch to snacks, appetizers, and gatherings.

Monday, November 23; 6 to 7 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-2119-01

***A grocery list will be provided by email prior to class.**

HOLIDAY GOODIES

Learn to make holiday goodies for your family and friends with **Brenda Wright**, from Brenda's Baking Company. Watch Brenda as she makes fudge, Bing bars, and Oreo truffles from scratch in her kitchen. You can create your own goodies at the same time, or sit back and relax, knowing the Zoom recording will be available for later.

Thursday, December 3; 6 to 7:30 p.m.

LOCATION Zoom
FEE $15
MEMBERSHIP Required
COURSE #27/FY-CPDV-3441-01

***A grocery list will be provided by email before class.**



LAUNDRY SOAP MAKING

Join **Brenda Wright** to make your own laundry soap and give back to the community. In this hands-on class, you'll make soap from scratch, package it for the college pantry, and take one home to try. Making laundry soap lets you control the ingredients while saving money. Enjoy a new skill, connect with others, and support our students.

Wednesdays; 1 to 1:30 p.m.

LOCATION Robert H. Kiser Building, Coffee Spot, Entrance 1 or 3, Parking Lot 1 or 2
FEE $15
MEMBERSHIP Required

SESSION A
Wednesday, August 12
COURSE #27/FY-CPDV-3460-01

SESSION B
Wednesday, October 14
COURSE #27/FY-CPDV-3460-02





Ceramic examples courtesy of Jo Asmussen

PAINTING CERAMICS

Come and explore the art of Painting Ceramics by **Jo Asmussen**. You will learn the different painting techniques and the hidden extra steps. You will be able to apply what you have learned to other painting projects.

In the beginning class, you will choose from: Cat on a Pumpkin or Ghost on a Pumpkin.

In the advanced class, you will choose from a lighted Halloween item of a Witch Bear, Frankenstein Bear, or Ghost Bear.

Everything you need will be provided at the class.

Hope to see you for a fun time of painting.

Beginning Class

Saturdays, August 22 and 29;
10 a.m. to 11:30 a.m.

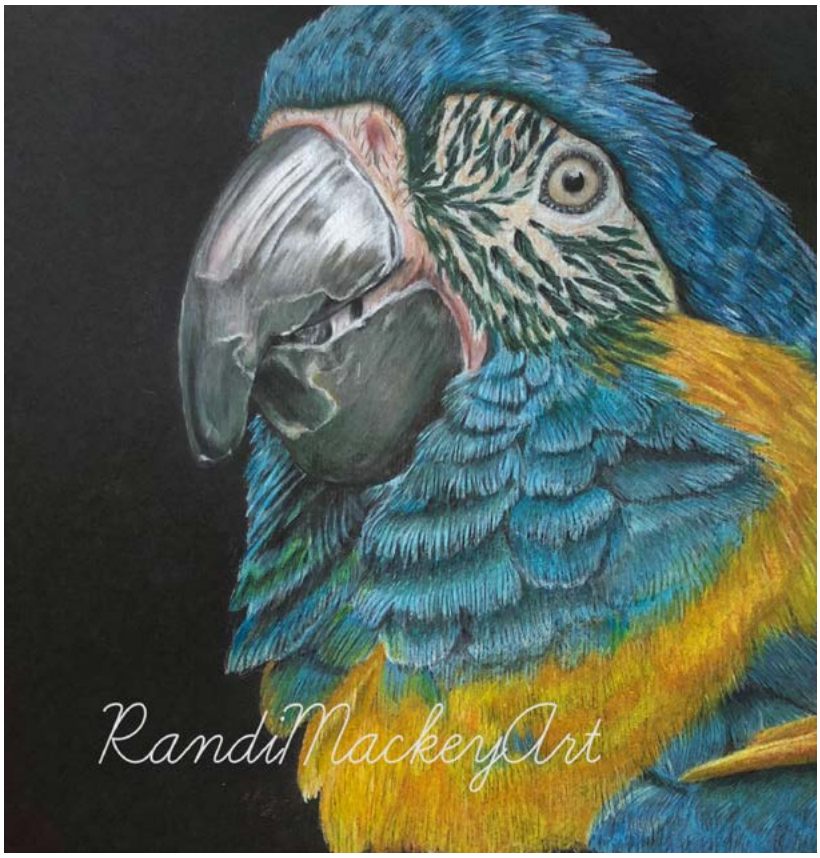
LOCATION Gaylord Smith Bldg., Art Studio, Room C129
FEE $20
MEMBERSHIP Required
COURSE #27/FY-CPDV-3085-01

Advanced Class

Saturday, September 12;
10 a.m. to Noon and 1 to 3 p.m.

LOCATION Gaylord Smith Bldg., Art Studio, Room C129
FEE $40
MEMBERSHIP Required
COURSE #27/FY-CPDV-3085-02

Randi Mackey will teach an advanced beginner/intermediate class in colored pencil featuring a macaw.



Colored pencil artwork by Randi Mackey / Photo courtesy of Randi Mackey



Watercolor artwork by Randi Mackey / Photo courtesy of Randi Mackey

COLORED PENCIL

Randi Mackey will teach an advanced beginner/intermediate class in colored pencil featuring a macaw. This macaw has many different textures to develop, from the smooth beak to the delicate feathers. We'll be drawing this on colored paper, which will help bring out the depth in the feathers.

Her teaching style is easygoing, with demonstrations before you get into the drawing, lots of one-on-one attention, fun while practicing, and teaching new skills. No drawing skills are required, as she will use a minimal-trace outline of this macaw. There will be some written tutorials to help you follow along.

Randi is currently studying with internationally award-winning colored pencil artists, Lisa Ann Watkins and Cynthia Knox. This class is for all levels of experience—no drawing skills required to enjoy and succeed. Be amazed at what you can create with colored pencils.

All supplies, including reference materials, are provided.

Saturdays, September 19, 26, and October 3, and 10; 12:30 to 3:30 p.m.

LOCATION Gaylord Smith Bldg., Art Studio, Room C129
FEE $75 (Includes materials)
MEMBERSHIP Required
COURSE #27/FY-CPDV-3014-01

WATERCOLOR PAINTING

Join **Randi Mackey** in this watercolor class as you bring to life the Iowa State flower, the Wild Rose (or Primrose). Discover how to create a stunning wet-into-wet background and enhance your painting with the delicate texture of the salt technique. This inspiring session is perfect for artists of all levels who wish to explore nature through watercolor.

Randi's teaching style includes step-by-step group demonstrations followed by individual support. She creates a relaxed, enjoyable classroom environment while guiding you through techniques for capturing soft textures, delicate petals, and the cheerful spirit of spring.

Randi has studied with internationally renowned watercolor instructors such as Paul Jackson, John Salminen, and Soon Warren, as well as Anne Abgott and Jean Weiner. She is a signature member of the Iowa Watercolor Society. Randi enjoys bringing enthusiasm and humor to her classes, so come prepared to have fun while learning.

All supplies, including reference materials, are provided.

Saturdays, September 19, 26, and October 3, and 10; 9 a.m. to noon

LOCATION Gaylord Smith Bldg., Art Studio, Room C129
FEE $75 (includes materials)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2615-01



Catelin Drey / Shirley Chic Photography

CROCHET A STUFFED CRITTER

Get ready to stitch up something adorable! Join **Crystal Huls** for a fun, beginner-friendly class where you'll crochet your very own stuffed critter. We'll choose a pattern together and bring it to life step by step as we build a charming 3D character or animal. (A basic knowledge of how to single crochet is required.)

Supply lists will be sent ahead of time, and convenient kits will be available for purchase.

Need a quick refresher? No problem! The week before class, we'll offer on-campus sessions to brush up on basic skills. Watch your email for times and location details.

Mondays, September 14, 21, 28, and October 5, 12, 19; 10 to 11:30 a.m.

LOCATION Robert H. Kiser Building, Room A454, Entrance 3, Parking Lot 1 or 2
FEE $65
MEMBERSHIP Required
COURSE #26/FY-CPDV-2905-01

* A supplies list will be provided by email before class.

KNIT A STUFFED CRITTER

Get ready to knit something irresistibly cute! Join **Crystal Huls** for a beginner-friendly class where you'll create your own stuffed critter. Together, we'll choose a pattern and work step by step to bring a 3D character or animal to life.

Participants should be comfortable with knitting.

Supply lists will be sent in advance, and optional kits will be available for purchase.

Need a refresher? We've got you covered! The week before class, on-campus sessions will be offered to review basic skills. Watch your email for details on times and location.

Mondays, September 14, 21, 28, and October 5, 12, 19; 12:30 to 2 p.m.

LOCATION Robert H. Kiser Building, Room A454, Entrance 3, Parking Lot 1 or 2
FEE $65
MEMBERSHIP Required
COURSE #27/FY-CPDV-2905-02

BUILDING A TRUTH TOOLKIT: CRITICAL THINKING STRATEGIES FOR ACTIVE CITIZENS

In an era where misinformation can shape public opinion long before the facts surface, being an informed citizen requires more than just consuming the news—it demands critical thinking and active investigation. Building a Truth Toolkit: Critical Thinking Strategies for Active Citizens is an interactive session designed to equip you with the cognitive tools needed to dissect complex narratives, recognize logical fallacies, and spot institutional bias in everyday media. By shifting from passive listeners to analytical thinkers, participants will learn how to verify claims, question underlying motives, and champion intellectual integrity. Join the **Disinformation Club** and transform the way you process information and reclaim your role as a well-informed, independent participant in civic life.

Tuesday, October 13; Noon to 1 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-3095-01



WRITE AWAY

Write Away! Dip into and discover your very own writerly strengths and interests and — even perhaps taboos. In this class, you will discover your personal approach, uncover your strength, and lean into your unique voice. Develop your very own writerly tools with guidance from instructor **Kay Frances Scott**.

Kay has been writing and performing all her adult life. She created a literacy program for the website of The Girl Scouts of America and performed her one-woman show in New York City at LaMama and other venues. She also co-authored "The Loess Hills Project," featuring photos of the Loess Hills along with reminiscences of her early childhood in the Loess Hills. Currently, she teaches Oral Communication online at Bellevue University. Kay's podcast, "Use Everything," featuring original stories, can be heard on iHeartRadio.

Tuesdays; 10 a.m. to noon

LOCATION Advanced Sciences Building, L404, Entrance 4, Parking Lot 2
FEE $50 per session
MEMBERSHIP Required

SESSION A*
COURSE #27/FY-CPDV-3045-01
July 7, 14, 21, 28
**All classes for Session A will be held in Room C142*

SESSION B
COURSE #27/FY-CPDV-3045-02
August 4, 11, 18, 25

SESSION C
COURSE #27/FY-CPDV-3045-03
September 1, 8, 15, 22

SESSION D
COURSE #27/FY-CPDV-3045-04
October 6, 13, 20, 27

SESSION E
COURSE #27/FY-CPDV-3045-05
November 3, 10, 17, 24

SESSION F
COURSE #27/FY-CPDV-3045-06
January 5, 12, 19, 26

SESSION G
COURSE #27/FY-CPDV-3045-07
February 2, 9, 16, 23



ENHANCE YOUR HOME DURING THE HOLIDAYS WITH PLANTS

Bring natural beauty and seasonal charm into your home this holiday season. Discover how houseplants, blooming plants, and festive greenery can add color, warmth, and elegance to your holiday décor. Join **Lindsay Meylor**, Horticulture Coordinator with Iowa State University Extension and Outreach, to learn practical tips for selecting, displaying, and caring for holiday plants while creating welcoming spaces for family and guests. Whether you're an experienced plant enthusiast or just getting started, you'll leave with fresh ideas to make your home merry, bright, and beautifully green throughout the season.

Wednesday, November 4; 11 a.m. to 12 p.m.

LOCATION Extension Office
4728 Southern Hills Dr., Sioux City, Iowa
FEE $5
MEMBERSHIP Required
COURSE #27/FY-CPDV-2089-01



WHO GETS GRANDMOTHER'S YELLOW PIE PLATE?

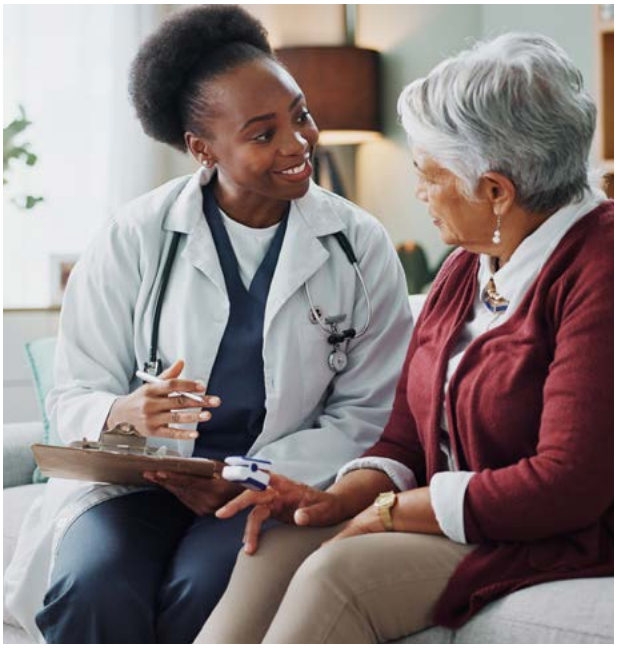
"Who Gets Grandma's Yellow Pie Plate?" with **Karrie King**, Country Director of the Iowa State University Extension and Outreach, and **Carol Ehlers**, will address six key decision-making factors for non-titled property transfer and provide strategies to help you jumpstart conversations about this issue.

"When families fail to make informed decisions about transferring personal possessions, misunderstandings and conflicts can occur, leading to damaged family relationships and costly court battles," reflects Carol Ehlers. "The goal of the program is to alleviate those possible situations."

Tuesday, November 10; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE $20
MEMBERSHIP Required
COURSE #27/FY-CPDV-2938-01

These classes are sponsored by your local ISU Extension and Outreach Woodbury County Office.



STAY INDEPENDENT: THRIVING IN PLACE

Put plans in place now that support your ability to continue independent living for the years ahead. Join **Carol Ehlers**, Iowa State University Extension and Outreach

Health and Human Sciences Educator: to identify your priorities, assess your current environment, and explore home modifications to help you age in place safely and comfortably.

Tuesday, November 17; 11 a.m. to noon

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $10
MEMBERSHIP Required
COURSE #27/FY-CPDV-3053-01



POWERFUL TOOLS FOR CAREGIVERS: MANAGING STRESS CLASS

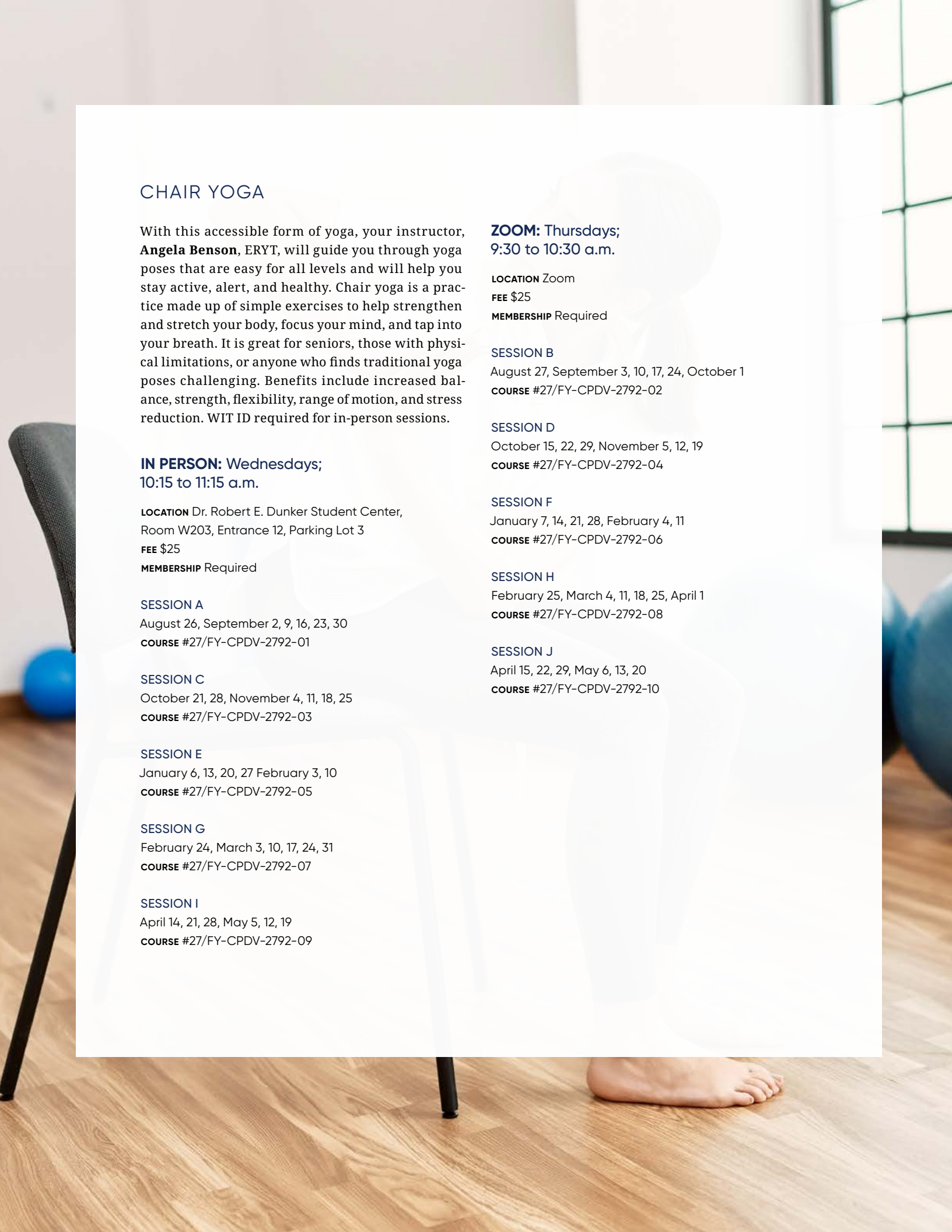
Caring for a family member or friend can be both rewarding and challenging. Join **Korissa Lassen** and **Mackenzie Schelling** for an informative session designed to help caregivers prioritize their own well-being while supporting others. Learn practical self-care strategies, stress-management techniques, and tools to maintain balance and resilience in everyday caregiving.

Recommended for: Family caregivers of adults with chronic health conditions.

Tuesday, December 8; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2090-01

These classes are sponsored by your local ISU Extension and Outreach Woodbury County Office.



CHAIR YOGA

With this accessible form of yoga, your instructor, **Angela Benson**, ERYT, will guide you through yoga poses that are easy for all levels and will help you stay active, alert, and healthy. Chair yoga is a practice made up of simple exercises to help strengthen and stretch your body, focus your mind, and tap into your breath. It is great for seniors, those with physical limitations, or anyone who finds traditional yoga poses challenging. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. WIT ID required for in-person sessions.

IN PERSON: Wednesdays; 10:15 to 11:15 a.m.

LOCATION Dr. Robert E. Dunker Student Center, Room W203, Entrance 12, Parking Lot 3
FEE $25
MEMBERSHIP Required

SESSION A
August 26, September 2, 9, 16, 23, 30
COURSE #27/FY-CPDV-2792-01

SESSION C
October 21, 28, November 4, 11, 18, 25
COURSE #27/FY-CPDV-2792-03

SESSION E
January 6, 13, 20, 27 February 3, 10
COURSE #27/FY-CPDV-2792-05

SESSION G
February 24, March 3, 10, 17, 24, 31
COURSE #27/FY-CPDV-2792-07

SESSION I
April 14, 21, 28, May 5, 12, 19
COURSE #27/FY-CPDV-2792-09

ZOOM: Thursdays; 9:30 to 10:30 a.m.

LOCATION Zoom
FEE $25
MEMBERSHIP Required

SESSION B
August 27, September 3, 10, 17, 24, October 1
COURSE #27/FY-CPDV-2792-02

SESSION D
October 15, 22, 29, November 5, 12, 19
COURSE #27/FY-CPDV-2792-04

SESSION F
January 7, 14, 21, 28, February 4, 11
COURSE #27/FY-CPDV-2792-06

SESSION H
February 25, March 4, 11, 18, 25, April 1
COURSE #27/FY-CPDV-2792-08

SESSION J
April 15, 22, 29, May 6, 13, 20
COURSE #27/FY-CPDV-2792-10

STRETCH AND FLEX

Have fun working out in a healthy way. This program includes stretching and weightlifting to strengthen muscles and improve cardiovascular health. **Desiree David** leads this class, creating a fun and energetic vibe. WIT ID required.

Tuesdays and Thursdays; 9:30 to 10:30 a.m.

LOCATION Dr. Robert E. Dunker Student Center, Gymnasium floor, Entrance 12, Parking Lot 3
FEE $10 per session
MEMBERSHIP Required

SESSION A
July 7, 9, 14, 16, 21, 23, 28, 30
COURSE #27/FY-CPDV-2244-01

SESSION B
August 4, 6, 11, 13, 18, 20, 25, 27
COURSE #27/FY-CPDV-2244-02

SESSION C
September 1, 3, 8, 10, 15, 17, 22, 24, 29
COURSE #27/FY-CPDV-2244-03

SESSION D
October 1, 6, 8, 13, (Campus Closed for Staff Development October 14 & 15) 20, 22, 27, 29
COURSE #27/FY-CPDV-2244-04

SESSION E
November 3, 5, 10, 12, 17, 19, 24
COURSE #27/FY-CPDV-2244-05

SESSION F
December 1, 3, 8, 10, 15, 17, 22
COURSE #27/FY-CPDV-2244-06

SESSION G
January 5, 7, 12, 14, 19, 21, 26, 28
COURSE #27/FY-CPDV-2244-07

SESSION H
February 2, 4, 9, 11, 16, 18, 23, 25
COURSE #27/FY-CPDV-2244-08

CHAIR CARDIO

Stay active and feel your best with this chair-based exercise class focused on flexibility, strength, and movement. **Desiree David** leads a fun and supportive session designed to help improve balance, muscle tone, and overall wellness—no floor work required. This class is perfect for all fitness levels. WIT ID required.

Mondays; 9 to 10 a.m.

LOCATION Dr. Robert E. Dunker Center, Room W203, Entrance 12, Parking Lot 3
FEE $25
MEMBERSHIP Required

SESSION A
July 6, 13, 20, 27 and August 3, 10.
COURSE #27/FY-CPDV-2125-01

SESSION B
August 17, 24, 31 and
(Campus closed for Labor Day September 7), 14, 21, 28
COURSE #27/FY-CPDV-2125-02

SESSION C
October 5, 12, 19, 26 and November 2, 9
COURSE #27/FY-CPDV-2125-03

SESSION D
November 16, 23, 30 and December 7, 14, 21
COURSE #27/FY-CPDV-2125-04

SESSION E
January 4, 11, 18, 25 and February 1, 8
COURSE #27/FY-CPDV-2125-05

SESSION F
February 15, 22 and March 1,
(Campus closed for Staff Development March 8), 15, 22, 29
COURSE #27/FY-CPDV-2125-06



Courtesy of Bingocize®

BINGOCIZE®: PLAY, MOVE, AND WIN!

Ready to shake up your routine? Join us for BINGOCIZE®—a 10-week health and wellness program that puts a playful twist on exercise and fall prevention. Twice a week, we combine everyone's favorite game, bingo, with simple but effective exercises designed to boost balance, strength, and coordination.

Here's how it works: while you play bingo, we sneak in energizing exercises and health tips between rounds. When a number is called, you'll rest and prep for the next fun challenge—whether it's a stretch, a balance drill, or a quick quiz on staying safe and strong. Prizes are up for grabs for bingo winners, and we keep the fun rolling with more rounds until we've ticked off every exercise.

Come for the bingo, stay for the community. Meet new friends, boost your wellness, and walk away with tips to stay steady on your feet. Let's make staying healthy a game worth playing.

Mondays and Wednesdays, Sept 14, 16, 21, 23, 28, 30, October 5, 7, 12, (closed Oct 14), 19, 21, 26, 28, November 2, 4, 9, 11, 16, 18, 23; 11 a.m. to noon

LOCATION Advanced Sciences Building, Room L304, Entrance 4, Parking Lot 1
FEE No fee
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2920-01

SMOOTH SAILING THROUGH MEDICARE FOR NEW BENEFICIARIES

Medicare is a complex system that can quickly overwhelm its beneficiaries. **Chris Kuchta**, volunteer with Iowa Senior Health Insurance Information Program (SHIIP), will give a lively overview of Medicare to help clear the murky water of Parts A, B, C, and D. Learn about supplements, advantage plans, and prescription drug plans. See how you or your loved one can lower Medicare costs by making annual drug plan comparisons, applying for federal and/or state benefits, and utilizing pharmaceutical assistance programs. The class also includes tips on avoiding healthcare fraud and identity theft. This is a class you will be glad you took.

Tuesday and Thursday; 6 to 8:30 p.m.

LOCATION Cargill Auditorium, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required

SESSION A
Thursday, August 27
COURSE #27/FY-CPDV-2626-01

SESSION B
Tuesday, October 13
COURSE #27/FY-CPDV-2626-02



Shane Monahan / Shane Monahan Photography

BEGINNING BRIDGE

Lifelong Learning is excited to offer another course of Beginning Bridge. Instructor **Carol Rogers** is a bridge enthusiast and has been playing bridge for over 50 years. Place your bids and get ready for fun.

Wednesdays, September 16, 23, 30, and October 7; 1 to 3 p.m.

LOCATION Atrium Game Area, Entrance 13, Parking Lot 4
FEE $8
MEMBERSHIP Required
COURSE #27/FY-CPDV- 2823-01

join us for a

HOLIDAY GATHERING

THURSDAY, DECEMBER 10;

11 a.m. to 1 p.m.

Room L136

Join Lifelong Learners as we gather and enjoy food, music, and activities to reconnect and celebrate the holidays. Wear your favorite holiday socks and bring your holiday spirit to share in this festive occasion.

LOCATION Advanced Sciences Building, Room L136, Entrance 14, Parking lot 4

FEE No charge

MEMBERSHIP Required

COURSE #27/FY-CPDV-3539-01

EXPLORING THE PHANTOM OF THE OPERA

The Phantom of the Opera, with music by Andrew Lloyd Webber, lyrics by Charles Hart and Richard Stilgoe and book by Lloyd Webber and Stilgoe, is the longest-running show in Broadway history. It's the second longest-running show in England's West End. It's been seen by over 140 million people in 183 cities across 41 countries. So, what makes this production so successful?

We'll explore the background of this amazing show and take a deep dive into its fascinating origin story.

It all began with a 1910 novel by Gaston Leroux. The Phantom joined the pantheon of horror icons including Frankenstein, the Hunchback of Notre-Dame, and Dracula. But it is more than a horror story. It's a romance. It's a mystery. It's a tale of obsession and revenge. There is greed, jealousy, and madness. And it is all set against the lavish world of grand opera.

Leroux's novel was first published as a serial in a French newspaper and then in volume form. It is based on historical events, rumors, and legends, many based around the spectacular Paris opera house, Palais Garnier.

Before the musical's success, many people knew of the story through the legendary 1925 silent film starring Lon Chaney. Probably fewer people have seen the entire film, but many know the images and sequences that have been frequently excerpted. The creation of that film is its own wild story.

There is a 1943 film version starring Claude Rains as the phantom that some may have stumbled across on late night television. And, of course, the famous Hammer horror film studio of England had to do their take on it in 1962. Plus there are countless other iterations of the story in film, radio, television, novel, cartoons, and children's books, both serious and humorous. It's almost impossible not to know something of the story and have some images associated with the story.

But it's the Lloyd Webber version that has had the greatest impact on today's audiences. The dramatic music, the spectacular special effects, the lavish staging, the eerie atmosphere, and even the sly comedy all contribute to a memorable experience.

Join **Bill McKenny** as he helps us explore the fascinating road that this version took to its incredible success.

Thursday, November 19; 11 a.m. to 12:30 p.m.

LOCATION: Room D202, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3557-01



Shane Monahan / Shane Monahan Photography

WIT LIBRARY

The Western Iowa Tech Community College library is home to many publications that cover a range of interests and hobbies. We have a lot of fun stuff.

There are more than 25,000 items, from books and magazines to games and puzzles. We have thousands of contemporary fiction and non-fiction books as well as literature from the past. We even have books for children. We can get interlibrary loan copies of books from other libraries locally, regionally, and even around the world. Students, staff, and Lifelong Learners can participate in our cooperative arrangement with the Sioux City libraries to check out materials.

Discover thousands of free eBooks, audiobooks, magazines, and more with the Libby app using your library card. Learn how to browse, borrow, and enjoy digital library materials anytime, anywhere—from your phone, tablet, or computer.

All you need to check out books is a current WIT ID or driver's license. Please stop and see us; we are here to help you.

Contact the library by phone (712-274-8733, ext. 1239) or email (library@witcc.edu) with your requests for library items.

Location: Room A426, Entrance 14, Parking Lot 4
Website: witcc.edu/library

BOOK CLUB

This Book Made Me Think of You

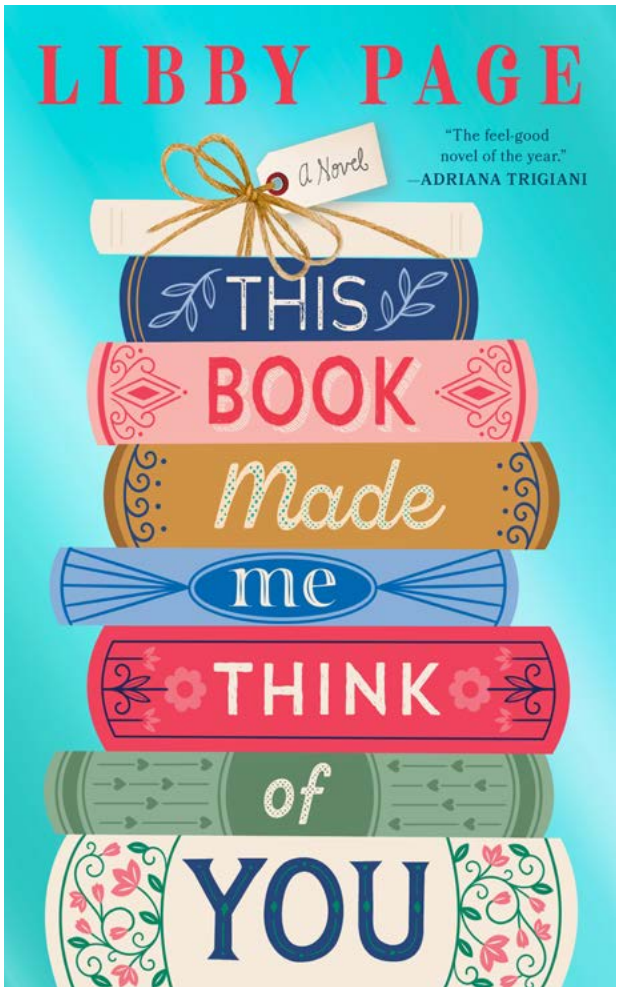
By Libby Page, Zadeiah Campbell-Davies, et al.

"When Tilly Nightingale receives a call telling her there's a birthday gift from her husband waiting for her at her local bookshop, it couldn't come as more of a shock. Partly because she can't remember the last time she read a book for pleasure. But mainly because Joe died five months ago....

When she goes to pick up the present, Alfie, the bookshop owner with kind eyes, explains the gift—twelve carefully chosen books with handwritten letters from Joe, one for each month, to help her turn the page on her first year without him.

At first Tilly can't imagine sinking into a fictional world, but Joe's tender words convince her to try, and something remarkable happens—Tilly becomes immersed in the pages, and a new chapter begins to unfold in her own life. Monthly trips to the bookstore—and heartfelt conversations with Alfie—give Tilly the comfort she craves and the courage to set out on a series of reading-inspired adventures that take her around the world. But as she begins to share her journey with others, her story—like a book—becomes more than her own."

From the publisher's notes



Cover art by Kelly Wagnerm / Cover design by Rita Frangie Batour
Publisher: Berkley: an imprint of Penguin Random House

Wednesday, September 2; Noon to 1 p.m.

Sue Owens, Lifelong Learning Coordinator, will lead the discussion.
LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15
FEE $10 (lunch included)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2208-01

BOOK CLUB

The Road to Tender Hearts: A Novel

By Annie Hartnett

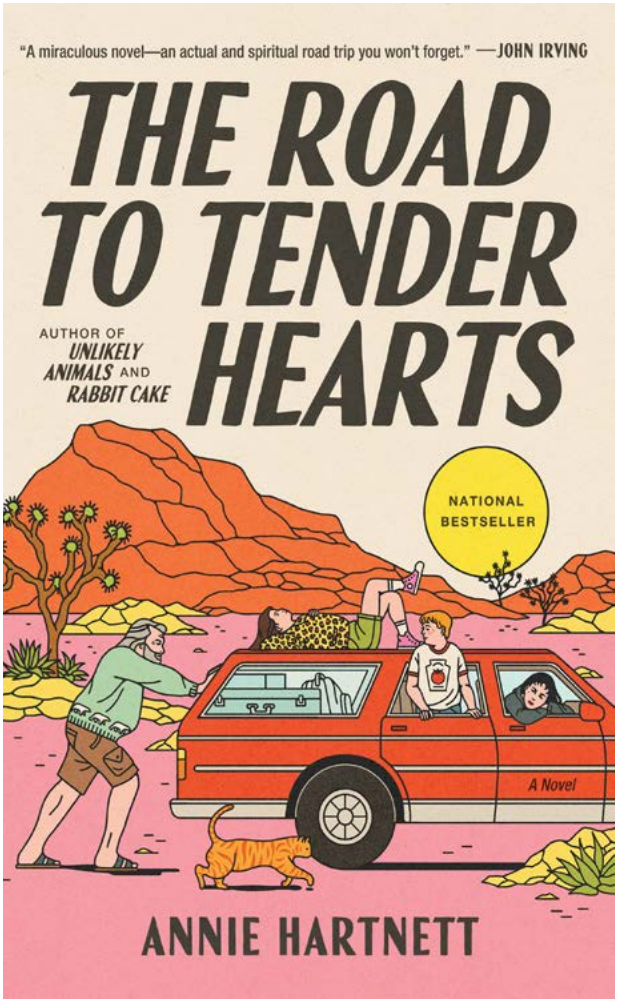
"At sixty-three years old, million-dollar lottery winner PJ Halliday would be the luckiest man in Pondville, Massachusetts, if it weren't for the tragedies of his life: the sudden death of his eldest daughter and the way his marriage fell apart after that. Since then, PJ spends both his money and his time at the bar, and he probably doesn't have much time left—he's had three heart attacks already.

But when PJ reads the obituary of his old romantic rival, he realizes his high school sweetheart, Michelle Cobb, is finally single again. Filled with a new enthusiasm for life, PJ decides he's going to drive across the country to the Tender Hearts Retirement Community in Arizona to win Michelle back.

Before PJ can hit the road, tragedy strikes Pondville, leaving PJ the sudden guardian of his estranged brother's grandchildren. Anyone else would be deterred from the planned trip, but PJ figures the orphaned kids might benefit from getting out of town. PJ also thinks he can ask Sophie, his adult daughter who's adrift in her twenties, to come along to babysit. And there's one more surprise addition to the roster: Pancakes, a former nursing home therapy cat with a knack of predicting death, who recently turned up outside PJ's home.

This could be the second chance PJ has long hoped for—a fresh shot at love and parenting—but does he have the strength to do both those things again? It's very possible his heart can't take it."

From the publisher's notes



Jacket Design by Elena Giavaldi / Jacket Illustration by Nada Hayek
Publisher: Ballantine Books a division of Penguin Random House

Wednesday, October 7; Noon to 1 p.m.

Sue Owens, Lifelong Learning Coordinator, will lead the discussion.
LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15
FEE $10 (lunch included)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2208-02

Ruby Falls: a Novel

By Gin Phillips

"A tense, claustrophobic historical mystery set almost entirely underground at the onset of the Great Depression about the discovery of a 150-foot waterfall in the middle of a mountain, the unthinkable crime that happens in its caves, and a woman who's never felt more alive.

In 1928, a Chattanooga man disappears down a hole in the ground and discovers a 150-foot waterfall in the middle of a mountain that he names after his wife: Ruby Falls. Within months, visitors can buy tickets to see the falls for themselves. Ada Smith has been sneaking into the caves at night, entranced by the natural wonders around her and the freedom granted by this new underground world.

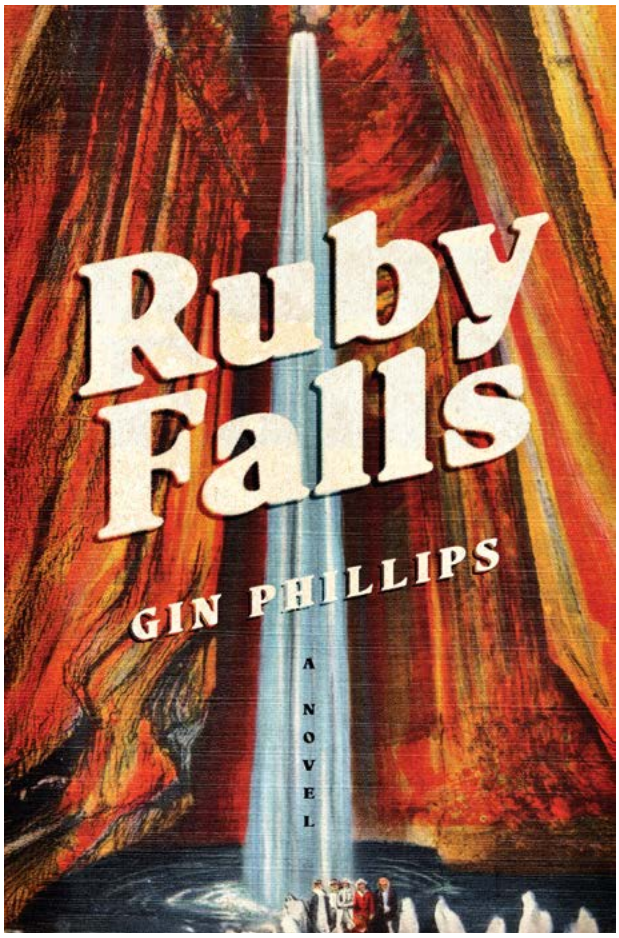
But it's tough timing for a natural wonder. As the country flounders in the Great Depression, a shrewd public relations ploy seems like the only way to save Ruby Falls. A famous mind reader and mystic agrees to launch himself into the Ruby Falls caverns where he will attempt to locate a hidden hatpin using only his psychic abilities. He'll be joined by five others: his manager, his wife, a guide, a Chattanooga businessman, and a reporter from the Chicago Times. But they're not alone in the caverns. Ada and another guide, Quinton, have been asked to follow the mind reader's party at a distance, staying out of sight. They are a safety net, in case of a broken leg or busted flashlights.

One of them will be dead before the end of the day.

Faced with a corpse and the stark reality that one of the people in her midst is a killer, Ada needs to get everyone—the murderer and the innocents—back aboveground before their light runs out.

Ruby Falls is both a unique twist on the locked-room mystery and an exploration of loss and what it means to start over. It's a heart-racing story of survival and a testament to the threads that bind strangers together. Set against the true story of the discovery of Ruby Falls, the novel also draws on the memoirs of Katie Stabler, a female guide at Wind Caves in South Dakota."

From the publisher's notes



Jacket Design by Eric Fuentecilla
Publisher: Atlantic Crime an imprint of Grove Atlantic

Wednesday, November 4; Noon to 1 p.m.

Sue Owens, Lifelong Learning Coordinator, will lead the discussion.
LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15
FEE $10 (lunch included)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2208-03

BOOK CLUB

Book Exchange

with Lifelong Learning Members

Join Lifelong Learning members for a delightful White Elephant Book Exchange, promising a gathering filled with fun and fond memories. Each participant is invited to bring a wrapped book and will draw a number to determine their turn. During their turn, they can select a book from the table or opt for one already claimed by someone else. Should their chosen book be selected by another participant, they can then choose another from the table. Join us for this engaging event and leave with a new book to enjoy over the holidays.



Wednesday, December 2; Noon to 1 p.m.

Sue Owens, Lifelong Learning Coordinator, will lead the discussion.
LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15
FEE $10 (lunch included)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2208-04

BOOK CLUB

The Cello Still Sings

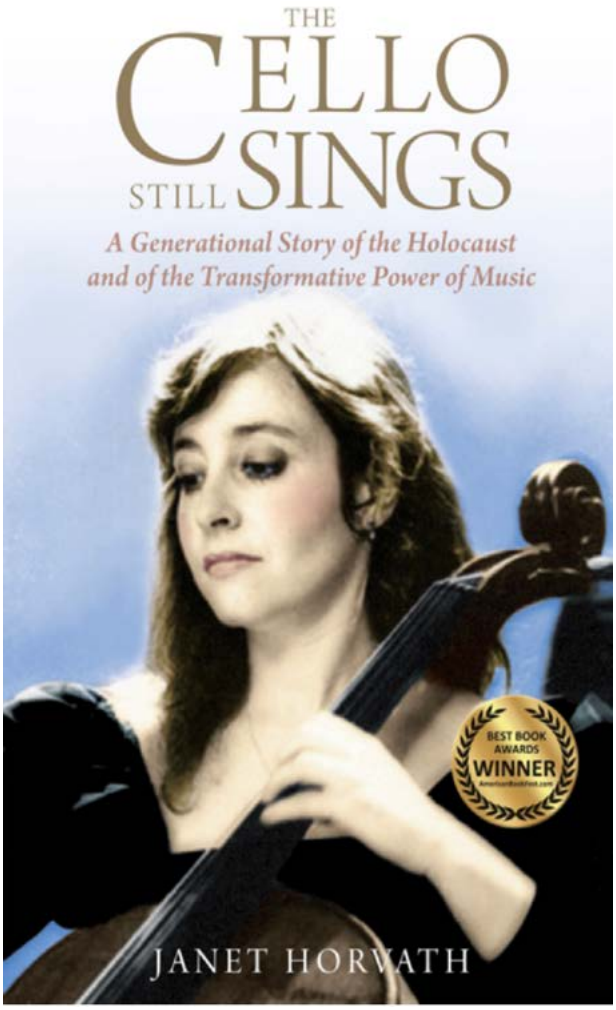
By Janet Horvath

"A sweeping history of three generations darkened by the long shadow of the Holocaust, The Cello Still Sings is a vivid, moving, and true story of personal discovery. As a child Janet is haunted by the eerie hush surrounding her parents' experiences. George and Katherine, two professional musicians and Holocaust survivors, bury the memories of who and what they were before, silencing the past in order to live. Music is their lifeline.

After five decades of secrets, Janet finally unravels her Holocaust heritage when she stumbles upon a clue. After the war, George performed morale-boosting programs throughout Bavaria in a twenty-member orchestra of concentration camp survivors. Although Janet also becomes a cellist, her father never discloses that two of the programs, in 1948, were led by the legendary American maestro, Leonard Bernstein.

Janet's father was more fortunate than others. When he was rounded up for hard labor, narrowly missing deportation to the death camps of Auschwitz, a music-loving Nazi guard gave him gloves to protect his cello-playing hands. Janet's memoir of the Holocaust is deeply personal and illuminating. Through humor and colorful story-telling, she weaves her parents' life into her own and captures the intensity of their life experiences. The lingering scars are healed through the sustenance and power of music, and their music-making unites people from generation to generation."

From the publisher's notes



Cover design by Denise Tsui / Copyright: Janet Horvath
Cover photo by Ann Marsden
Publisher: Amsterdam Publishers, The Netherlands

Wednesday, February 3; Noon to 1 p.m.

Sue Owens, Lifelong Learning Coordinator, will lead the discussion.
LOCATION Cafeteria, Wells Fargo Room (L110), Entrance 14 or 15
FEE $10 (lunch included)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2208-05



EVERYDAY USES OF AI

Everyone is talking about AI. Come to this class to be a part of the conversation! This class will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.

This program is brought to you as part of the OATS (Older Adults Technology Services) program through the Connections Area Agency on Aging.

Thursday, September 3; 1 to 2 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2088-01

Cherokee Campus Session
Thursday, October 8;
10:30 a.m. to noon
Call 712-225-0238 to register

SMARTPHONE CAMERA USES BEYOND PHOTOGRAPHY

Join us to learn additional ways to use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.

This program is brought to you as part of the OATS (Older Adults Technology Services) program through the Connections Area Agency on Aging.

Wednesday, October 28; 1 to 2 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2085-01

Cherokee Campus Session
Tuesday, November 3;
1 to 2:30 p.m.
Call 712-225-0238 to register

MAKING THE MOST OF YOUR IPAD OR IPHONE

Your instructor, **Haseena Napier**, will offer tips and tricks to get the most out of your Apple iPad and iPhone device. She will explain all your burning Apple questions. Find out how to set up your device so that it works the way you need it to, like making the screen easier to see, changing how fast the screen goes dark, or keep unwanted calls from disturbing you. Learn to use your device for photography, including how to take, edit, and share your photographs. Navigate the internet on your iPhone or iPad so you can share or save webpages by understanding Safari's toolbar, symbols, icons, and history. Time permitting, she will cover any other questions you may have.

Tuesday and Thursday, January 12 and 14; 2 to 4 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $20
MEMBERSHIP Required
COURSE #27/FY-CPDV-2822-01

DEATH AND SOCIAL MEDIA

Social media keeps us connected to our family and friends and allows us to share daily events, no matter the distance. In a way, social media is a digital record of your life. What happens to all that content when a person dies?

There is no universal protocol for managing a deceased loved one's social media. In this lecture, **Haseena Napier** will help you understand what happens to your content and walk you through how to plan for your digital legacy.

Haseena will explore the practices of popular social media sites such as Facebook, YouTube, and Instagram, and how they handle content after someone passes. She will also talk through the various decisions one can make now to protect your digital legacy after you pass.

Tuesday, January 19; 2 to 4 p.m.

LOCATION Advanced Sciences Building, Room L304, Entrance 4, Parking Lot 1
FEE $10
MEMBERSHIP Required
COURSE #27/FY-CPDV-3037-01

SCAMS AND STAYING SAFE ONLINE

Gain the knowledge you need to spot scams before they catch you off guard. In this essential lecture, **Haseena Napier** dives into the world of online scams to help you recognize and avoid email and text message scams.

This class covers common phishing tactics, teaching you to identify suspicious links, verify message senders, recognize "too-good-to-be-true" offers, and develop a critical eye for fake messages. With real-world examples and simple, practical tips, you will gain confidence in navigating your inbox and protecting your personal information.

Don't let scammers hook you—arm yourself with the skills to stay safe online.

Thursday, January 21; 2 to 4 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $10
MEMBERSHIP Required
COURSE #27/FY-CPDV-2966-01

STREAMING SERVICES AND THE CLOUD

Haseena Napier will explain how streaming works and what you need to stream music and movies. She will also go over verbiage associated with streaming, like bandwidth, gigabytes, and buffering, and introduce video streaming services like Netflix, Hulu, and Amazon. In the second half of the class, Haseena will teach you how to use the cloud to store your documents, photos, and other items.

Tuesday, January 26; 2 to 3 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $10
MEMBERSHIP Required
COURSE #27/FY-CPDV-2887-01

EXPLORE THE PHOTOS APP

Your iPhone takes great photos — but do you know what to do with them after you snap the shot?

In this hands-on class, you will explore the Photos app on your iPhone or iPad from the ground up. Your instructor, **Haseena Napier**, will cover how to...find and organize your pictures, create albums, and edit photos right on your device — no extra software needed. You will also learn how iCloud keeps your photos safely backed up and accessible across all your Apple devices, and we will walk through the many ways to share photos with family and friends, from texting a single picture to creating a shared album. Whether you have hundreds of photos piling up with no system, or you just want to feel more confident using your phone's camera, this class is designed for you. No prior experience is required — just bring your iPhone or iPad and a willingness to learn.

Thursday, January 28; 2 to 4 p.m.

LOCATION Advanced Sciences Building, Room L304, Entrance 4, Parking Lot 1
FEE $10
MEMBERSHIP Required
COURSE #27/FY-CPDV-2080-01

DON'T KNOW MUCH ABOUT: POW CAMPS IN THE GREAT PLAINS

By Russ Gifford

One of the more fascinating stories of our region is hiding in plain sight: Almost half a million Axis prisoners of war were housed in camps in America. And some were here in Sioux City.

POW camps existed in the Midwest, and close to half a million captured Axis soldiers would call America home for one to three years in this improbable turn of events. The camps existed throughout the Great Plains and deep into rural areas of America. The prisoners found it all almost beyond comprehension as they traveled for days on trains to reach their new lodgings.

Why haul them all the way to America? What did the camps look like? What was life like for the people in those camps?

Join me as we look back on this overlooked or perhaps ignored history of WWII coming into the heartland of America. We will see the maps of where the camps existed, hear the stories of the men as they remembered the camps, and what happened during their time in America. We'll discuss the work, the daily details, and the differences in the types of prisoners and their attitudes. And we will hear memories of those rural Americans and their memories of meeting these men.

Consider this – it is highly likely there are people in our class who met someone who was in one of these camps.

If you did – I hope you will share those memories with the people who attend. I know one person who will do so. Join me to see a completely different view of WWII – and how it changed the views of those who were involved in this aspect of the war.

IN PERSON: Monday, October 12; Noon to 2 p.m.

LOCATION: Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No Charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3039-01

ZOOM: Monday, October 12; 6:30 to 8:30 p.m.

LOCATION: Zoom
FEE No Charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3039-02

REGIONAL GREATS

By Russ Gifford

Does where a person grew up make a difference? Can we trace clues to their successes to their region and the examples of their neighbors? In this term, we will add two famous Iowans to the list of people who led the way for their region, generation, state, and country.

IN PERSON: Monday, October 19 and 26; Noon to 2 p.m.

LOCATION: Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No Charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3070-01

ZOOM: Monday, October 19 and 26; 6:30 to 8:30 p.m.

LOCATION: Zoom
FEE No Charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3070-02

PART 1: ROBERT RAY, IOWAN AND HUMANITARIAN

In the tumultuous year of 1968, a young man from Iowa won election as Governor of the state of Iowa. He exemplified the image of a leader. Tall and graceful, he seemed quieter than most politicians. It was as if he was watching, studying, and most importantly, thinking before he jumped into a debate. He only spoke after he had given the issue some thought. And when he committed, it was rarely about 'what does my party require' but always, 'what was right?'

In the era of clashes and protests, anger and division, he was diligent, discerning, and determined. Compromises were ok, as long as the end result met the needs.

He vexed his party at times, but he would reject limus tests and party purity. He was proud to be a staunch supporter of Civil Rights, energy conservation, and an advocate of educational achievement standards. With three daughters, he was a quiet but determined supporter of women's equality and justice.

And how does an Iowa governor become nationally known as a humanitarian? By doing what is right. Join me as we look at this heartland hero to thousands for his principled stands on refugees in the 1970s and 80s.

IN PERSON: Monday, October 19; Noon to 2 p.m.
ZOOM: Monday, October 19; 6:30 to 8:30 p.m.

PART 2: HAROLD HUGHES, REFORMER FROM THE HEARTLAND

Ida Grove would not have expected Howard Hughes to be their most famous son, but he would become an important governor of Iowa. Hughes gave those who followed him a government swept clean of corruption. A progressive in the normally Republican state, he would unite Iowans, give a voice to those in rural areas, and then step up to take their issues to the Federal government as a Senator. Hughes is that key man, the transitional, transformative personality that Iowa used to produce, giving the national government a rock-solid foundation to keep it on an even keel.

Hughes inspired and influenced those around him, kicking off an era of Iowa exceptionalism.

I hope you will join me for this look at two outstanding Iowans who are too often overlooked today.

IN PERSON: Monday, October 26; Noon to 2 p.m.
ZOOM: Monday, October 26; 6:30 to 8:30 p.m.

DR. ROBERT E. DUNKER LEADERSHIP SERIES

By Russ Gifford

The Robert E. Dunker Leadership Lectures examine and discuss examples of leadership displayed in life by prominent people in America, both nationally and locally. This series is sponsored by and named in honor of Dr. Robert E. Dunker, President Emeritus of Western Iowa Tech Community College, founder of The Institute for Lifelong Learning, and one of Western Iowa Tech's earliest graduates.

This series is about people whose actions have impacted the world. These individuals made national news with perseverance, persistence, and sacrifice. Today, the reason behind their fame is obscured by the results. We know they succeeded or failed. How can we learn from their example if we don't know what they did or why they did it? Historian **Russ Gifford** will introduce us to the person behind the headlines, their motives, their methods, and what traits allowed them to exercise leadership and achieve their fame!

The Robert E. Dunker Leadership Lectures examine the skills of individuals who become prominent in America in business, politics, or both. What skills enable them to be effective leaders and hold the public's attention? The people discussed may be national or local leaders. Are the skills the same? Join us for the discussion and see!

The series will feature two programs this term.

IN PERSON: Mondays, November 2 and 9; Noon to 2 p.m.

LOCATION Cargill Auditorium, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3017-01

ZOOM: Mondays, November 2 and 9; 6:30 to 8:30 p.m.

LOCATION Zoom
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3017-02



My advice to anyone as First Lady would be to be herself... No one should have to live up to a standard.



BETTY FORD: AN AMERICAN ORIGINAL

Last term, we discussed the role of the First Lady throughout our country's history. With no authority, no power, and no salary, the prestige of the title might be welcomed, but the pressure of being a far too public figure in the intense spotlight of the office

One of the women who held that title would experience the most intense spotlight during a period of American upheaval. Only 2 months after her husband took office as President, Betty Ford would be diagnosed with breast cancer. In previous years, any mention of a health issue for the First Lady was always quietly and discreetly mentioned. Not this time. Breast cancer at the time was rarely mentioned on TV, even in fictional dramas. If mentioned in private, it was almost whispered. Mastectomies were treated as a stigma, and those who experienced them usually suffered in silence. But Betty Ford attacked this issue as she did every issue – head-on and with as much honesty as possible. The open discussion of breast cancer and her choice of a mastectomy became a public conversation that would no doubt save lives. Over 50,000 Americans sent her get-well wishes, and check-ups for breast cancer jumped over 400 percent overnight.

It was only the first of Betty's many honest choices that would provoke outrage from fellow Republicans – including her husband!

Join me as we look at a First Lady who was far from perfect – but may have been perfect for the job. And we will see how her personal difficulties after leaving the White House would allow the kinship she had forged with many Americans to help her change how those problems are viewed and treated.

IN PERSON: Monday, November 2; Noon to 2 p.m.
ZOOM: Monday, November 2; 6:30 to 8:30 p.m.

HARRIET TUBMAN: TRANSFORMATIONAL LEADERSHIP UNDER FIRE

We define leaders by the skills they demonstrate, both as strategists in quiet times and in how they perform under pressure. We also look to see if the efforts are valuable and good for everyone, not just a select group. Last, we want to see how they bring others together and make a difference going forward.

Of all the people I have discussed, Harriet Tubman may be the peak person on this list.

We think of her as a conductor on the Underground Railroad, leading slaves to freedom in the North. She was phenomenally successful, yet she was so much more than that.

In this talk, we will try to encompass all the aspects of Harriet Tubman. The Strategic planner, the brave participant, the communicator with a vision of what success would look like, and the humanitarian with integrity. Her actions emulated those of Moses in the Bible. Her goals were the betterment of all, and in the post-war era, she embraced the need for feminism and voting rights for women, breaking barriers for women, not just women of color. Even in her death, she thought of others, donating her land to be used as a home for the aged. We have barely scratched the surface of the things this remarkable woman achieved – and she lived her life as a blueprint for others to follow. Join me to see the whole story of a remarkable person!

IN PERSON: Monday, November 9; Noon to 2 p.m.
ZOOM: Monday, November 9; 6:30 to 8:30 p.m.

WORDS THAT CHANGED THE WORLD

By Russ Gifford

Right now, America is celebrating its 250th anniversary. As well it should. But when we celebrate the American Revolution, we speak of Lexington and Concord, Paul Revere, George Washington crossing the Delaware, and the terrible hardships endured by the men at Valley Forge. We hear Nathan Hale's final words, Molly Pitcher's extraordinary efforts under fire, Betsy Ross's devotion to duty, and Abigail Adams rousing neighbors to keep vital necessities flowing to the front lines.

Rightfully so – the actions of these valiant men and women remain vital to the battle of arms that would lead to the victory. The force of arms was carried by those who carried the arms.

But the true revolution was the revolutionary idea of the rights possessed by all men and women.

But those ideas were equally revolutionary to many Americans – though they were not called that yet. They thought they were British subjects. But the actions of the Crown had called that idea into question.

Were we British subjects – with the rights of all British subjects – or were we something else?

The King and the Parliament that passed first special taxes, and then the 'Intolerable Acts' that bottled up Boston's harbor certainly thought the Colonists were something other than citizens.

The troops that killed protesters on the streets of Boston certainly didn't care who they were.

That question would become the bedrock on which the revolution would stand – or fall. As America reaches for its 250th anniversary, we will look back at those ideas, and the people who rocked the world by fighting that war of words. The outcome would decide the future of America – and the world.

Join Russ Gifford as he explores the words that challenged – and changed – the world.

IN PERSON: Mondays, September 21 (Part 1), September 28 (Part 2), and October 5 (Part 3); Noon to 2 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3060-01

ZOOM: Mondays, September 21 (Part 1), September 28 (Part 2), and October 5 (Part 3); 6:30 to 8:30 p.m.

LOCATION Zoom
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3060-02

PART 1: FRANKLIN, ADAMS, JEFFERSON, AND THE DECLARATION OF INDEPENDENCE

He is the best known American in the World in his time. He, like Washington, also considers himself a British citizen. Ben Franklin, the representative to Parliament for the colonies had tried for a decade to appeal to reason. Yet from the ascension of King George the Third, the Crown directed a rise of special taxes in the colonies, each worse than the previous one. But when the King directed troops to the colonies to stop the angry demonstrations against these taxes, Franklin warned them: If British soldiers are sent into the colonies, "They will not find a rebellion; they may indeed make one."

By 1775, Franklin conceded the war was imminent, and left England. On the day he lands in Philadelphia, he is elected to the second Continental Congress, called together to find a path forward. He will serve with John Adams, Thomas Jefferson, and a host of other luminaries – and his role there will be as vexing as his previous post. For the war of words in Congress will soon be faced with the rebellion Franklin had predicted.

But if the members on the street are uncertain of their status with England – many of their representatives are equally torn on how to proceed. Even as musket balls flew in Lexington and Concord, debates over the standing of the

colonies as citizens of the crown reverberated in the halls of Congress.

We will hear from Franklin, from Adams, and from Jefferson – along with many others, as the War of Words moves from the long held effort to get the Crown to see reason, to the documentation of the abuses that the colonies would no longer tolerate. The war of words would finally move from consideration to a declaration that all people have rights that come from nature, not from government. Among those rights – the right of a liberty to pursue happiness. As a natural right of life, government could not take that right from them. It was a profound idea and one that had never been declared before that moment.

But once stated, the idea did not stay in the American colonies. It traveled around the world as fast as the papers quoting those words could be carried across the ocean. The words would all but fly from Philly to the four corners of the world. And the world would never be the same.

IN PERSON: Monday, September 21; Noon to 2 p.m.
ZOOM: Monday, September 21; 6:30 to 8:30 p.m.

PART 2: THOMAS PAINE AND COMMON SENSE

While the Declaration of Independence had bravely declared their intent to carry the war to the British, and the people mostly responded positively to the call, after Lexington and Concord, there were major problems. How did the colonists feel on this subject? Congress may vote to declare independence, but it is the public that must bring the fight and suffer the consequences.

These revolutionaries faced the single most powerful army in the world, and that army quickly dispatched the farmers and would be fighters that had only stood briefly before running. As Washington's ragtag army is kicked off the battlefield in New York, the men scatter to sneak back home as the remaining army dwindles in the rout.

Was the rebellion already over?

It could have been – but there was a battle of ideas and ideals being fought off the field. It was happening in newspapers and in pamphlets handed out on street corners and in taverns, or any place else people would gather. The people reading those papers would be the ones that decide the ultimate outcome of this Revolution.

It is at this point when Thomas Paine enters the war of words – and carries the battle.

Who?

Looking back on the revolutionary era, John Adams would write, "I don't know whether any man in the world has had more influence on its inhabitants" than Thomas Paine. That is no small claim, considering Adams' own efforts for his country.

Paine wrote for the masses, using stirring phrases, vigorous style, and most importantly, applying "common sense" to his arguments. And the masses responded.

Writing pamphlets that boosted morale during the darkest days for the Revolution it is Thomas Paine who convinced the colonists that this war was their war. It is Paine that convinces the common man that this was the moment to declare their independence and to join the troops on the field.

As Adams notes, it was Thomas Paine who was fighting the war of words. And he was winning.

In this lecture, we will hear the words of Thomas Paine, and see how he pulled the young revolution through "times that try a man's soul."

IN PERSON: Monday, September 28; Noon to 2 p.m.
ZOOM: Monday, September 28; 6:30 to 8:30 p.m.

PART 3: FARMERS, FRAMERS AND REVOLUTIONARY THINKING

As the revolutionary war ends, it is the challenges of governing that will honestly require truly revolutionary thinking. It is one thing to declare your freedom. It is a completely different thing to construct a framework to marry the ideals to practical necessity.

We know that to be true – we stumble over it daily.

We will hear the words that stirred men to think deeper, and embrace the risk of the unknown and the unknowable. We will hear from the framers, who braced to dig deeper to make certain they had a solution. And the practical people that recognized the key considerations that must be met.

We will read the last war of words – the pamphlets and the letters that exhorted the thinks, and excoriated their ideals 'in order to form a more perfect union.'

And in this, we will be celebrating the most powerful and important ideal of the revolution – the freedom to exchange ideas and vote on the solution.

Because it was the freedom to publish those ideas, to be heard and to be considered, that makes us different than all that came before us.

IN PERSON: Monday, October 5; Noon to 2 p.m.
ZOOM: Monday, October 5; 6:30 to 8:30 p.m.

ROCK AROUND THE CLOCK: RE-CREATING A NIGHT ON THE RADIO, NEW YEAR'S EVE, LOOKING BACK ON 1967-1968

By Russ Gifford

Join **Russ Gifford** and step into the time machine – the destination – New Year's Eve, 1969! We'll relive the hits from 1967 and 1968 to remember the Summer of Love and the upheavals of 1968. This session is dedicated to the transition in America that none of us realized was happening until we looked back.

We will remember the Mamas and the Papas, and see the rise of Jefferson Airplane, the Doors, and Jimi Hendrix. Janis continues to fly high as well. We will see the second wave of the British Invasion taking hold, but the Beatles and the Stones will retool and chart the path for everyone that follows – along with the trailblazer, Bob Dylan! We will see new acts like Credence Clearwater Revival bring rock back to its GarageBand roots, along with a number of Canadians that are also blazing their own paths to stardom – people like Joni Mitchell. This is the History of Rock, 1967-1968, Part 4!

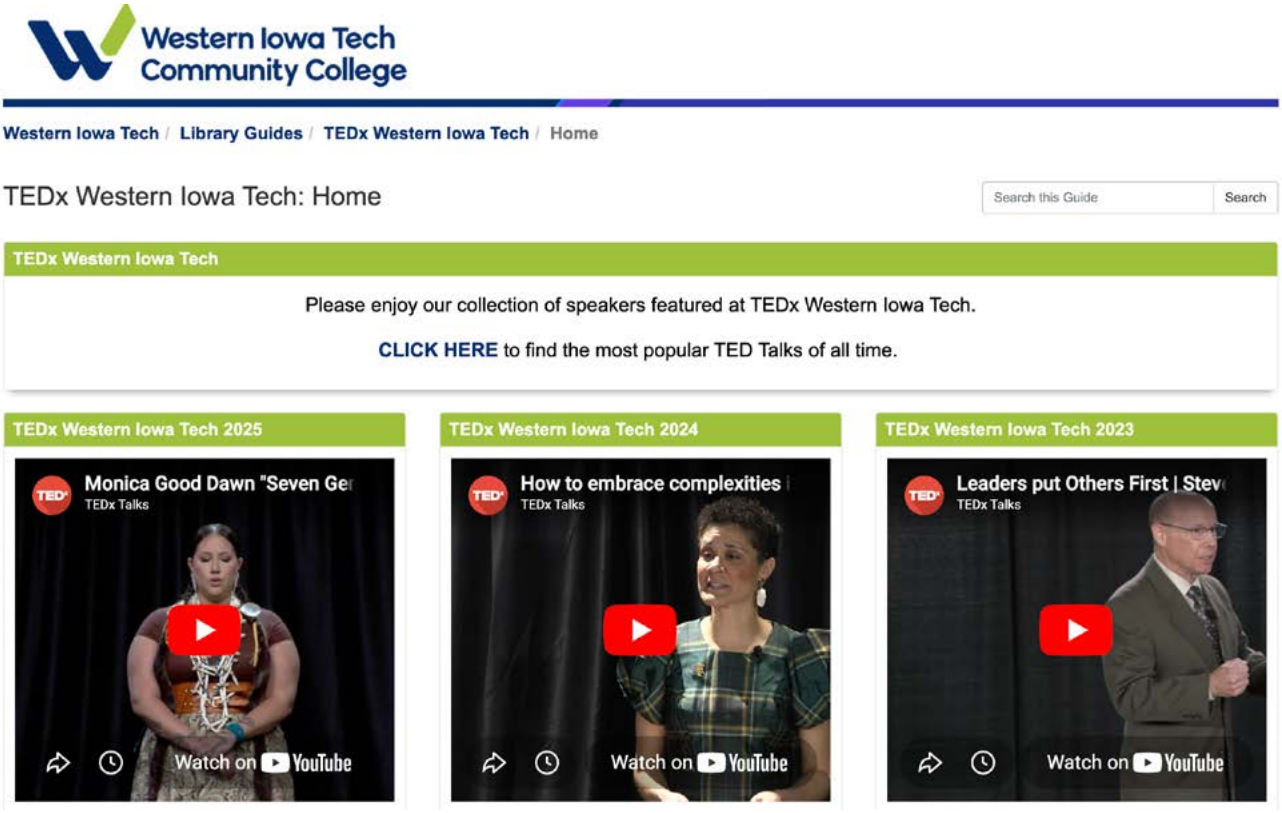
Thursday, November 12; 6 to 8 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-2827-01

Join Russ Gifford as we continue our history of rock 'n' roll.



"Promotional photo of The Doors" by Joel Brodsky / Wikimedia Commons / Public Domain



UNLIMITED: TEDX WESTERN IOWA TECH

In the spirit of TED's mission, Ideas Change Everything, please join us in the Rocklin Center for our 6th annual TEDx Western Iowa Tech event. Our panel of TEDx speakers will be exploring the theme of Unlimited in talks that are sure to make you think, warm your heart, and inspire.

The panel of speakers includes a current WITCC student, a recent graduate, a documentarian with local ties, and two people in our community who work as advocates for others.

TEDx is a grassroots initiative that brings the spirit of a TED event to local communities worldwide. The "x" stands for "independently organized event".

Thursday, November 5; 11 a.m. to 1 p.m.

LOCATION Rocklin Conference Center, Entrances 6-10, Parking Lots 2, 2B, and 3
FEE No charge
MEMBERSHIP Not required

Scan this QR code to see the TEDx speeches from previous years. (https://witcc.libguides.com/TEDx)





ENCOUNTERS WITH ANCIENT EGYPT

The civilization of ancient Egypt, which lasted from 3,000 B.C. to 332 B.C., before being conquered by Alexander the Great, continues to enthrall us. Egyptologist **Mary Vaught** will explore this fascinating world in images and words.

PTOLEMAIC EGYPT – PART II

Picking up from April's lecture, we will continue our exploration of the Ptolemaic Dynasty with Ptolemy IV through Cleopatra VI. The Ptolemaic Dynasty of Egypt was a Macedonian Greek royal house that ruled the Ptolemaic Kingdom in Egypt from 305 BCE, after the death of Alexander the Great, until its incorporation into the Roman Republic in 30 BCE. Reigning for 275 years, the Ptolemaic was the longest and the last dynasty of ancient Egypt.

Thursday, October 8; 7 to 8:30 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $8
MEMBERSHIP Required
COURSE #27/FY-CPDV-2359-01

EVERYDAY LIFE IN ANCIENT EGYPT

We know how the Pharaohs, viziers and priests lived, but what about the lives of the "commoners"? Housing, cooking, shopping, working, and playing. We will look at the 'everyday' life of merchants, farmers, potters, herders, servants, and slaves in Ancient Egypt.

Thursday, October 22; 7 to 8:30 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE $8
MEMBERSHIP Required
COURSE #27/FY-CPDV-2359-02

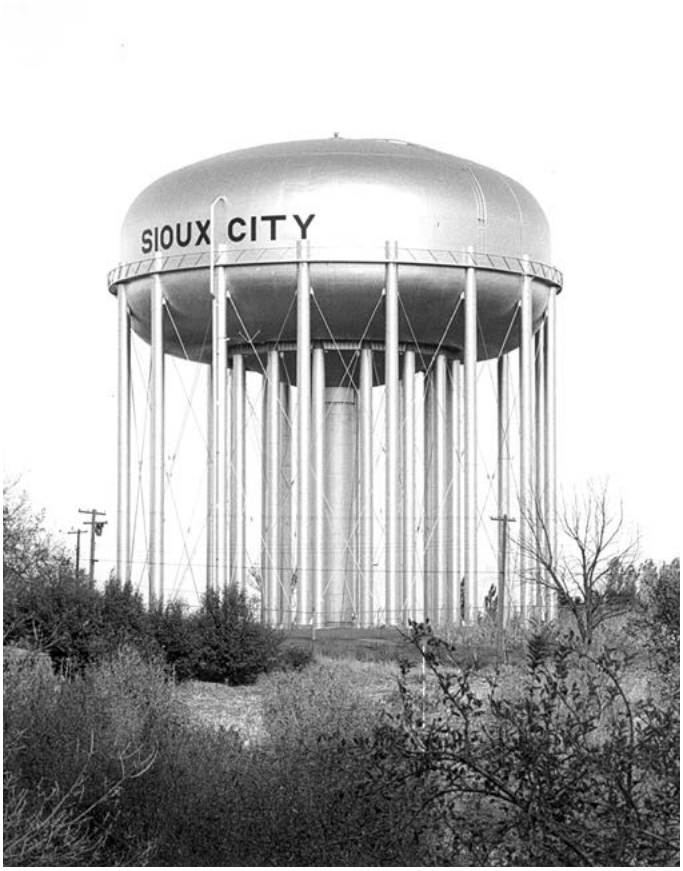
WALK LIKE AN EGYPTIAN PRESENTATION

Presentation by **Mary Vaught** and **Dr. Juline Albert**.

Tuesday, September 22; 6 to 7 p.m.

LOCATION Applied Technology Building, Room D202, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required







Photos courtesy of the Sioux City Public Museum



Photo courtesy of the Sioux City Public Museum

ROAD TRIP TO SIOUX CITY: US 20 AND US 75 AT 100

2026 marks the 100th anniversary of the US Numbered Highway System. Sioux City's first federal highways were US 20 and US 75. The former extended east-west from Boston, Massachusetts to Newport, Oregon, while the latter ran north-south from Noyes, Minnesota to Galveston, Texas. **Matt Anderson**, Sioux City Public Museum's Curator of History, will use historic maps and photographs to show how these major thoroughfares progressed from simple dirt wagon roads to paved state highways to important routes in the first national highway system. There will also be a discussion of how US 20 and US 75 have changed over the years and how these changes have affected Sioux City.

Thursday, September 24; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2551-01

SIOUX CITY'S WATER WORKS

We've all turned on a water faucet, but have you ever stopped to think how it gets there? Discover how Sioux City's water system has grown from the first downtown wells of the 1880s to the modern system we have today. Presenter **Haley Aguirre**, Archival Clerk at the Sioux City Public Museum, will explore historic photographs of many aspects of the water system, including construction of the city's reservoirs, water towers, and pumping stations

Thursday, November 12; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2551-02

SIOUX CITY HOUSES OF WORSHIP, 1870-1940

Dozens of images documenting over a century of religious houses from the 1860s to the 1930s will be featured in the photograph-based presentation with **Tom Munson**, Sioux City Public Museum's Archives Manager. Presbyterians built Sioux City's first church in 1850s. By the 1890s the number of churches had exploded to over 40. Among the new edifices of the 1890s were Richardsonian Romanesque works like St. Thomas Episcopal and St. Joseph Catholic. The early 20th century saw many fresh immigrants to Sioux City with their own beliefs and languages; they too built new buildings for new congregations. This era brought about Sioux City's first synagogue and churches like St. Casimir Catholic and Mt. Zion Baptist.

Thursday, December 3; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2551-03



Photo courtesy of the Sioux City Public Museum



SIOUX CITY TRUE CRIME: SENSATIONAL STORIES (CHAPTER 1)

This session explores a wide-ranging collection of local cases pulled from different decades of Sioux City history. Moving beyond a single theme or time period, the presentation examines murders, mysteries, and shocking crimes that either captivated the community or slowly disappeared from public memory. Some stories may be familiar, others almost forgotten, but each offers a glimpse into the violence, tragedy, and human drama that have woven through Sioux City across generations and the lasting impact these events left behind. Presented by **Sarah Enright**, Local History Librarian Specialist with the Sioux City Public Library.

Thursday, October 22; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2551-04



Photos courtesy of The American Red Cross

AMERICAN RED CROSS

October is Fire Preparedness Month. Home fires displace more than 300 people each year in the Siouxland area and structures burn faster than ever before. Come learn from the American Red Cross about the impact of fires on the community, how the Red Cross works with local fire departments, and actions you can take to make your home and your neighborhood safer.

Thursday, October 8;
11 a.m. to Noon

LOCATION Advanced Sciences Building, Room L136, Entrance 14, Parking lot 4
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-2111-01

ARMCHAIR TRAVEL: CELEBRATING WITCC AND LIFELONG LEARNING THROUGH THE YEARS

Join us as we celebrate two remarkable milestones—60 years of Western Iowa Tech Community College and 30 years of Lifelong Learning. This special presentation with **Grace Linden**, former curator of history at the Sioux City Public Museum, will take a nostalgic look back through the years, highlighting memorable moments, inspiring instructors, lifelong friendships, favorite classes, and the lasting impact both programs have had on our community. Through stories, photos, and shared memories, discover how lifelong education has enriched generations of learners while honoring the vision and growth that continue to shape the future. Whether you are a longtime member, former student, or new participant, come celebrate the people and experiences that made these programs so meaningful through the years.

Wednesday, September 16; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Required
COURSE #27/FY-CPDV-3026-01

ARMCHAIR TRAVEL: SIOUXLAND CEMETERY ART AND CELEBRITY BURIALS

Step into the stories, artistry, and fascinating history hidden within Siouxland's cemeteries with **Grace Linden**, former curator of history at the Sioux City Public Museum. This unique photo tour explores beautiful monuments, symbolic artwork, and the final resting places of notable local figures, celebrities, and community leaders who helped shape the region. Along the way, discover the meaning behind cemetery sculpture and architecture while hearing intriguing tales of triumph, tragedy, and local legend. Whether you enjoy history, art, genealogy, or storytelling, this memorable experience offers a fresh perspective on Siouxland's rich past.

Wednesday, October 21; 11 a.m. to 12:30 p.m.

LOCATION Cargill Auditorium, Room D103, Entrance 14, Parking Lot 4
FEE $5
MEMBERSHIP Required
COURSE #27/FY-CPDV-3026-02



"A steam train operated by the Boone & Scenic Valley Railroad, a heritage railroad that operates excursions in Boone County, Iowa, crosses the 156-foot-tall Bass Point Creek Bridg" by Carol M. Highsmith / Wikimedia Commons / Public Domain

BOONE AND SCENIC VALLEY RAILROAD DINNER TRAIN

Join Lifelong Learners for a charming evening aboard the Boone & Scenic Valley Railroad's Sunset Dinner Train in Boone, Iowa! We'll depart in the afternoon and travel through the beautiful Des Moines River Valley as the sun sets over the countryside. Along the way, enjoy a relaxed, casual dinner in the vintage dining cars while taking in sweeping views from high trestle bridges and wooded hillsides.

This unique experience combines history, scenery, and great company—perfect for anyone who loves trains, travel, or simply a memorable night out. Space is limited, so climb aboard and enjoy the ride.

Tuesday, September 29; 1 to 11 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 12:45 p.m.
FEE $125 (includes ticket, meal, and transportation)
MEMBERSHIP Required
COURSE #27/FY-CPDV-3006-01

***Early registration is recommended.** Full payment is due on booking. For an additional fee of $25 you may purchase the cancellation waiver which provides a refund of the trip price at any time for any reason. We regret that there can be no refunds unless you have purchased the waiver. The waiver must be purchased at the time of the ticket purchase. **Waiver #27/FY-CPDV-3006-02**.



Shane Monahan / Shane Monahan Photography



BEHIND THE SCRUBS: A LIFELONG LEARNER'S TOUR OF WITCC NURSING

Ever wondered what goes on behind the scenes of modern healthcare training? Join **Teri Peterson**, Associate Dean of Health Sciences and EMS Program Coordinator, for a guided tour of the Western Iowa Tech Nursing Department. Tailored specifically for Lifelong Learners, this tour offers an inside look at how today's nurses are trained. You will explore our simulation labs, see high-tech patient simulators in action, and discover the evolution of nursing education from traditional classrooms to hands-on, high-fidelity technology. Meet our passionate faculty, learn about the vital role WITCC plays in supporting our healthcare community, and get answers to your questions about the modern medical world.

Thursday, September 10; 1 to 2 p.m.

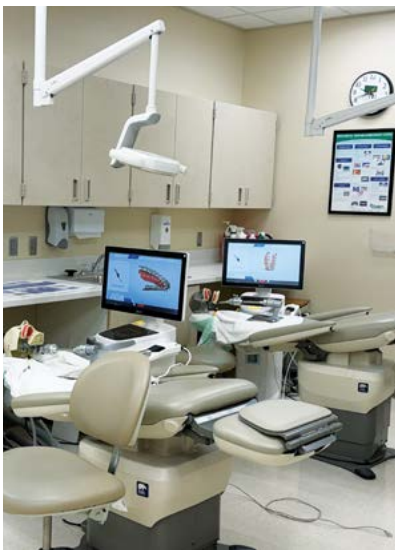
LOCATION Advanced Sciences Building, Room L426, Entrance 4, Parking Lot 1
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-3579-01

DENTAL ASSISTING LAB TOUR

Discover what it takes to build a healthy smile during this behind-the-scenes tour of Western Iowa Tech's Dental Assisting Lab with **Kerry Patchin**, Division Chair of Allied Health. Explore the training facilities, see the equipment used in today's dental practices, and learn how students prepare for rewarding careers in oral health. Along the way, faculty will share insights about preventive dental care, career opportunities, and the important role oral health plays in overall wellness. Whether you're curious about healthcare careers or simply interested in learning something new, this informative tour offers a fascinating look inside the world of dentistry.

Wednesday, September 30; 1 to 2 p.m.

LOCATION Advanced Sciences Building, Dental Lab, Room L221, Entrance 4, Parking Lot 1
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-3580-01



Jessica Huggenberger / WITCC



JOSLYN ART MUSEUM TOUR

Join Lifelong Learners for a day of art, architecture, and discovery at Omaha's renowned Joslyn Art Museum. Recently reopened following a major expansion and renovation, the museum features stunning new galleries, beautiful sculpture gardens, and a world-class collection spanning 5,000 years of human creativity. Visitors will enjoy time to explore masterpieces from ancient cultures, European and American art, Native American works, and contemporary exhibitions, all within one of the Midwest's premier cultural destinations. Whether you are an art enthusiast or simply curious to experience something new, this enriching day trip offers inspiration, learning, and the opportunity to share the experience with fellow Lifelong Learners.

Friday, October 9; 9 a.m. to 6 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 8:45 a.m.
FEE $50 (includes transportation and lunch)
MEMBERSHIP Required
COURSE #27/FY-CPDV-3600-01



Photo courtesy of the Iowa DOT

TOUR OF IOWA DOT DISTRICT 3 OFFICE

Take a behind-the-scenes look at the Iowa Department of Transportation's District 3 Office and discover how transportation systems are planned, maintained, and improved across northwest Iowa. During this informative tour, participants will learn about the Iowa DOT's mission to provide a safe, efficient, and reliable transportation network while supporting economic growth and quality of life. Explore the work of engineers, planners, and maintenance teams, and gain insight into the projects and services that keep Iowa moving. This is a unique opportunity to learn how transportation decisions impact our daily lives and communities.

Tuesday, October 20; 1 to 2 p.m.

LOCATION 6409 Gordon Drive, Sioux City, Iowa
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-3581-01



Photo courtesy of Community Action Agency of Siouxland

TOUR OF COMMUNITY ACTION AGENCY OF SIOUXLAND

Discover how local programs make a difference in our community during a special visit to Community Action Agency. Founded in 1971, this nonprofit organization is dedicated to building partnerships, strengthening families, and alleviating the causes and conditions of poverty. Participants will tour the facility, learn about services that support individuals and families in need, and gain insight into programs such as energy assistance, early childhood education, food assistance, housing support, and family development. This behind-the-scenes experience with **Katie Logan**, Development Director, offers a deeper understanding of the agency's mission and its impact on the Siouxland community.

Wednesday, November 18; 1 to 2 p.m.

LOCATION 2700 Leech Avenue, Sioux City, Iowa
FEE No charge
MEMBERSHIP Not required
COURSE #27/FY-CPDV-3582-01



Photo courtesy of Thomas Schoening / https://www.facebook.com/BerreyBear

FALL MYSTERY TRIP

Ready for an autumn adventure with a twist? Join us for a Fall Mystery Trip to a charming Iowa town where crisp leaves, cozy streets, and unexpected delights await. We won't spoil the surprise—but prepare for a day filled with hidden gems, local legends, small-town hospitality, and one-of-a-kind experiences.

Enjoy beautiful fall colors on the drive and a guided visit to a unique regional attraction. We will see a little history and explore regional culture. Whether you're a curious traveler or just love a good surprise, this trip promises a perfect mix of discovery and autumn charm.

Friday, September 18; 9 a.m. to 6 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 8:45 a.m.
FEE $85 (includes transportation, lunch, and admissions)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2287-01

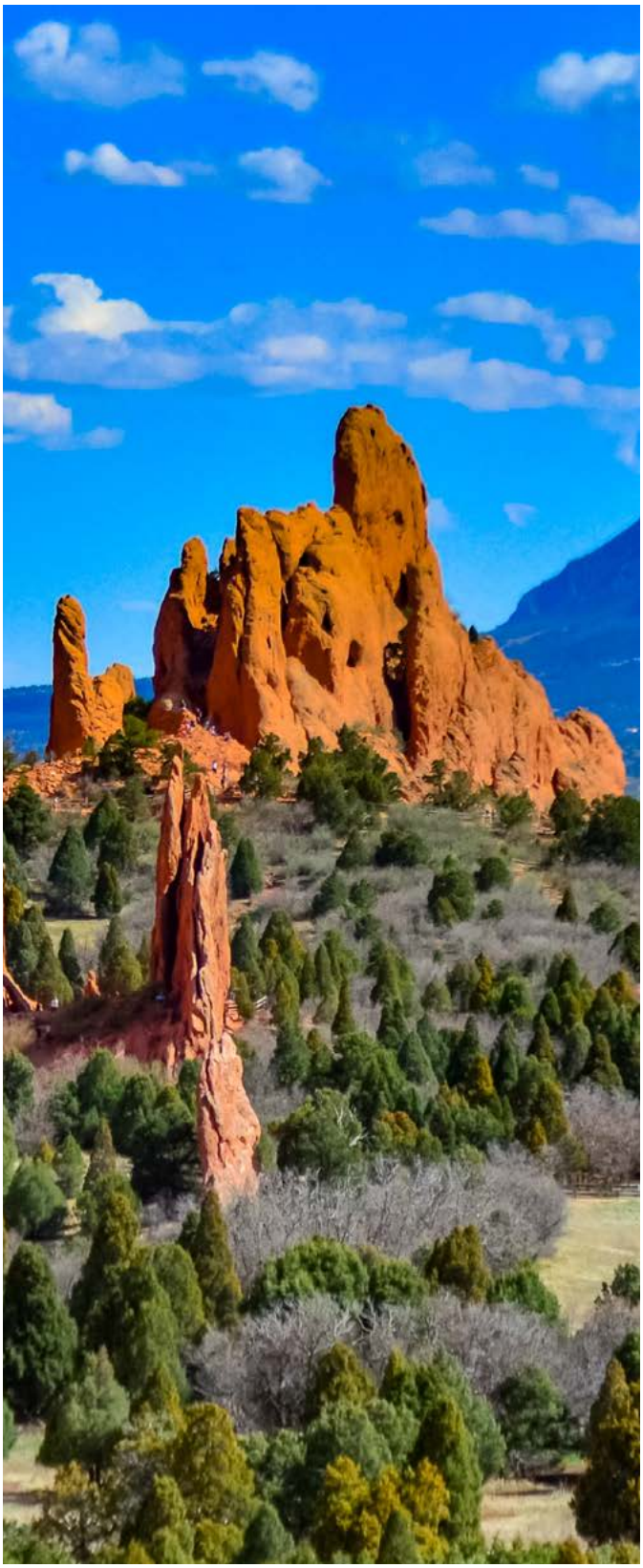
***Early registration is recommended.** Full payment is due on booking. For an additional fee of $25 you may purchase the cancellation waiver which provides a refund of the trip price at any time for any reason. We regret that there can be no refunds unless you have purchased the waiver. The waiver must be purchased at the time of the ticket purchase. **Waiver #27/FY-CPDV-2287-02.**

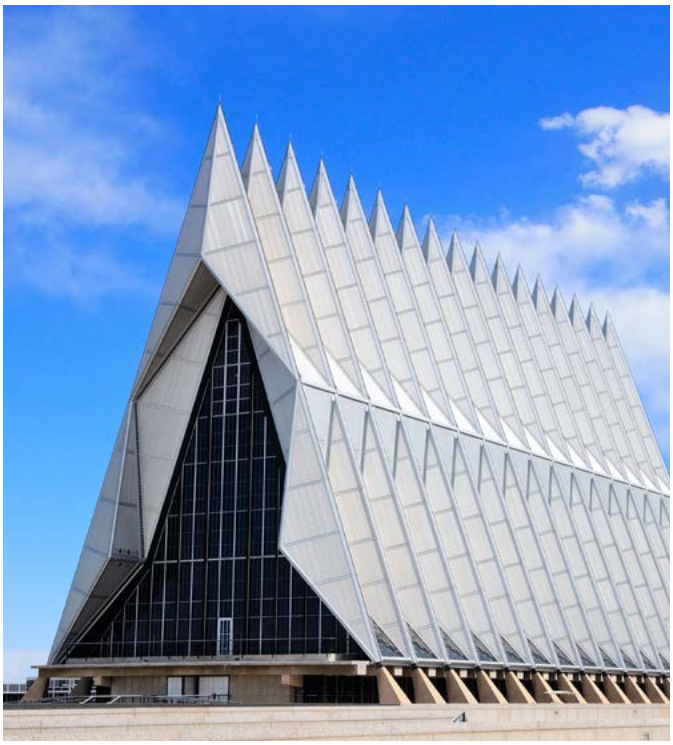
MORNING MYSTERY TRIP

Take a fun and surprising adventure with Lifelong Learners on a short mystery trip. We'll head out together for a morning of discovery—where we stop and what we see is all part of the mystery. Along the way, enjoy interesting stories, local charm, and a unique destination revealed only when we arrive. Light walking and plenty of laughter included. Join us for a delightful outing filled with curiosity and fun—guessing is half the adventure!

Friday, November 6; 9 a.m. to 2 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 8:45 a.m.
FEE $50 (includes transportation, lunch, and admissions)
MEMBERSHIP Required
COURSE #27/FY-CPDV-2834-01







MORE INFO OR REGISTER

Sue Owens / 712-317-3442 / sue.owens@witcc.edu

Juline Albert / 712-574-9492 / travelwithdrjuli@gmail.com



COLORADO

October 2 – 7, 2026

Discover the beauty and history of Colorado Springs on a delightful Lifelong Learning getaway. Our journey features a tour of the breathtaking Garden of the Gods, a visit to Glen Eyrie Castle, the United States Air Force Academy, the Royal Gorge, historic Manitou Springs, and much more.

Relax with friends, breathe in the mountain air, and let the stunning scenery surround you.

This refreshing, affordable multi-day trip offers a perfect blend of leisure, learning, and unforgettable Colorado views. Let us handle the details and stress. Reserve your seat for a truly enchanting experience.

Interested in learning more? Come to one of our informational sessions. Juline Albert will present the highlights of the upcoming trip and answer any questions you may have. **Final registrations must be submitted by September 15.**

August 18, 10 a.m.
August 26, 10 a.m.
September 15, 10 a.m.

LOCATION Informational sessions will be held in Room D202, Entrance 14, Parking Lot 4

DOUBLE OCCUPANCY FEE $1,350 / person
COURSE #27/FY-CPDV-2988-01

SINGLE OCCUPANCY FEE $1,650 / person
COURSE #27/FY-CPDV-2988-02

LIFELONG LEARNING MEMBERSHIP FEE $15 / person
COURSE #27/FY-CPDV-2200-01

MEMBERSHIP Required

CONTACT Juline Albert
712-574-9492 / travelwithdrjuli@gmail.com

TRIP HIGHLIGHTS

- Garden of the Gods
- Glen Eyrie Castle
- United States Air Force Academy
- Royal Gorge
- Manitou Springs
- The Archway Museum

TRIP INCLUDES

- Transportation
- Hotels
- Some meals
- Admissions to all activities







EXPLORE THREE EASTERN CANADIAN PROVINCES

September 20–27, 2027

Join Lifelong Learners as they explore three Eastern Canadian Provinces: Nova Scotia, New Brunswick, and Prince Edward Island. The fall scenery promises to be spectacular as travelers experience rugged coastlines, charming fishing villages, historic landmarks, and warm Maritime hospitality. From the beauty of Peggy's Cove to the red cliffs of Prince Edward Island, this unforgettable journey offers a perfect blend of history, culture, and breathtaking autumn landscapes.

Interested in learning more? Come to one of our informational sessions.

August 18, 10 a.m.
August 26, 10 a.m.
September 15, 10 a.m.
September 23, 10 a.m.
October 13, 10 a.m.
November 24, 10 a.m.
December 15, 10 a.m.

LOCATION Informational sessions will be held in Room D202, Entrance 14, Parking Lot 4

MEMBERSHIP Required

CONTACT Juline Albert / 712-574-9492 / travelwithdrjuli@gmail.com
Sue Owens / 712-317-3442 / sue.owens@witcc.edu

MORE INFO https://www.explorica.com/resources.aspx
TOUR CENTER ID Albert-2168

DAY 1: Hello Halifax

- Meet your tour director
- Maritime Museum of the Atlantic visit
- Dinner

DAY 2: Halifax landmarks

- Breakfast
- Halifax guided sightseeing tour
- Halifax Public Gardens visit, Fairview Lawn Cemetery visit, Halifax waterfront
- Peggy's Cove visit
- Dinner

DAY 3: Halifax—Saint John

- Breakfast
- Fort Anne National Historic Site visit
- Travel to Saint John by ferry
- Dinner

DAY 4: Saint John—Moncton

- Breakfast
- Saint John tour director-led sightseeing
- Loyalist Burial Grounds, City Market, Stone Church, Three Sisters Lamp
- Travel to Moncton via Fundy National Park
- Fundy National Park visit
- Dickson Falls Trail hike
- Hopewell Rocks visit
- Dinner

DAY 5: Moncton—Charlottetown

- Breakfast
- Travel to Charlottetown
- Charlottetown tour director-led sightseeing
- Beaconsfield Historic House visit, Confederation Centre of the Arts visit, Victoria Park, Historic Great George Street
- Dinner

DAY 6: Charlottetown

- Breakfast
- Prince Edward Island excursion
- Anne of Green Gables Museum visit, Cavendish Beach, Covehead Lighthouse, Prince Edward Island National Park
- Dinner

DAY 7: Charlottetown—Halifax

- Breakfast
- Travel to Charlottetown
- Charlottetown tour director-led sightseeing
- Beaconsfield Historic House visit, Confederation Centre of the Arts visit, Victoria Park, Historic Great George Street
- Dinner

DAY 8: End tour

- Breakfast
- Travel home

TRIP INCLUDES

- Round-trip transportation
- 7 overnight stays in hotels with private bathrooms
- Breakfast daily (except Dinner daily (except departure day)
- Full-time services of a professional Tour Director
- Guided sightseeing tours & city walks as per itinerary
- Overnight security chaperone
- Tour Diary™

- *Note: Tour cost does not include airline-imposed baggage fees, or fees for any required passport or visa. Optional excursions, optional pre-paid Tour Director and multi-day bus driver tipping, among other individual and group customizations will be listed as separate line items in the total trip cost, if included.*







TRAVEL ABROAD 2027 AND 2028

Informational Sessions

Short-term international educational tours are available for learners of all ages through Western Iowa Tech. You do not need to be a student to participate. Everyone is welcome. **Dr. Juline Albert** has visited over 70 countries and led over 20 tours across the world. Join Juline on one of the trips of a lifetime.

Interested in learning more? Come to one of our informational sessions.

August 18, 10 a.m.
August 26, 10 a.m.
September 15, 10 a.m.
September 23, 10 a.m.
October 13, 10 a.m.
November 24, 10 a.m.
December 15, 10 a.m.

LOCATION Informational sessions will be held in D202, Entrance 14, Parking Lot 4

CONTACT Juline Albert
712-574-9492 / travelwithdrjuli@gmail.com

MORE INFO www.grouptoursite.com/julinealbert

Celtic Connections: Ireland & Scotland Experience

May 17 – 27, 2027

Discover the heart of Celtic heritage on this unforgettable journey through Ireland and Scotland. Begin in Dublin, exploring its lively streets before venturing to Drogheda and the mystical Boyne Valley. Enjoy hands-on Irish experiences like baking traditional bread and visiting a working farm, then raise a glass at Sean's Bar in Athlone — Ireland's oldest pub. Travel through scenic countryside to the Drumshanbo Distillery, Glencar Waterfall, and the dramatic Slieve League Cliffs. Explore Derry City, the Giant's Causeway, and Belfast's Titanic Experience before crossing to Scotland. In Glasgow and Edinburgh, uncover centuries of history and culture with visits to Kelvingrove Museum, Stirling Castle, and Edinburgh Castle, and meet the iconic Highland cows. With breathtaking landscapes, rich history, and warm welcomes at every turn, this Celtic adventure celebrates the beauty, spirit, and soul of Ireland and Scotland.

Hotel accommodations and round-trip airfare are included, along with daily Irish and Scottish breakfasts, and welcome and farewell group dinners. Enjoy luxury coach transportation, private airport transfers, and a scenic ferry crossing between Ireland and Scotland. All listed attraction entry fees are covered, and an expert tour director will bring local culture and history to life. Meals, drinks, tips, and gratuities are paid locally, and optional excursions can be booked separately. Full pre-trip support is provided to help you prepare for this unforgettable journey.

MORE INFO Download the brochure at https://tri.ps/LvgKA

Grand Tour of Ireland

September 2 - 15, 2027
September 2 - 18, 2027 with extension to Scotland

Get to the heart of Irish culture on this sweeping survey of the Emerald Isle.

Beyond the sheep-dotted landscapes and cliff-carved coasts that are its calling card, the island of Ireland comprises dynamic cities, cute villages, and a certain charm you won't find anywhere else. From the Ring of Kerry in the south to Derry in neighboring Northern Ireland, you'll get a proper look at life in the region. And after two weeks of exploring, you'll leave feeling like a local (if you can even bear to leave at all). Should you choose to stay a little longer, Scotland awaits on this trip's extension, showcasing another side of Celtic culture that's just as captivating.

Your tour package includes: 12 nights in handpicked hotels, 12 breakfasts, 1 lunch, 4 dinners with beer or wine, 12 sightseeing tours, expert tour director and local guides, and private deluxe motor coach

Included highlights: St. Patrick's Cathedral, Glendalough, Kilkenny Castle, House of Waterford factory tour, Cobh Heritage Centre, Blarney Castle, Ring of Kerry, Cliffs of Moher, and Titanic Belfast museums. An optional extension to Scotland is available.

MORE INFO https://groups.goaheadtours.com/tours/lssg-albert

Egypt and the Nile River Cruise

March 16 – 27, 2028
March 16 – 30, 2028, with extension to Jordan

Float past the pyramids, temples, and tombs of Egypt atop the Nile's gentle waters.

Descend into a world of ancient wonders to discover the land behind the legends. Walk past towering stone icons, through avenues of sphinxes, and into royal valleys tucked amid desert sands. Then, cruise down the Nile and anchor at remote islands under the watchful gaze of the Theban Hills. End your adventure in Cairo, where the prayer calls of historic houses of worship echo amidst the modern bustle.

Your tour package includes six nights in handpicked hotels and four nights aboard a Nile River cruise ship, along with daily breakfast, five lunches, and nine dinners featuring beer or wine. Travelers will enjoy the expertise of an Egyptologist Tour Director, private deluxe motor coach transportation, and two on-tour flights. Highlights of this unforgettable journey include the Pyramids of Giza, the Great Sphinx, the Grand Egyptian Museum, the Temples of Karnak and Luxor, the Tomb of Tutankhamun, the Temple of Edfu, the Temple of Kom Ombo, a traditional felucca ride on the Nile, Ben Ezra Synagogue, and the Gayer-Anderson Museum.

An optional extension to Jordan is available.

Interested in learning more? Join us on September 22 at 6 p.m. for a presentation by Mary Vaught and Dr. Juline Albert. See page 45 for more details.

MORE INFO https://groups.goaheadtours.com/tours/zeag-albert

Highlights of Morocco: Marrakech, the Sahara & Fes with Optional Extension to Spain and Portugal

November 1 – 12, 2028
November 1 – 18, 2028 with extension to Spain and Portugal

Vibrant cities, oasis towns, and desert communities—this is Morocco.

One day you're riding a camel through the Sahara Desert, and the next you're walking through lively city souks. On this small group adventure tour, you'll see classically tiled gates and walled medinas as well as towering mountain ranges and colorful botanical gardens, all located in the heart of North Africa. Among these unique landscapes and inspiring cultures, find your Morocco moment.

Your tour package includes ten nights in handpicked hotels, ten breakfasts, two lunches, five dinners, some with beer or wine, three tastings, fourteen sightseeing tours, expert tour director, and private deluxe motor coach.

Included highlights: Majorelle Garden, Djemaa el Fna market, Ait-Ben-Haddou, Kasbah Ait Kassi, Tinghir's Jewish Quarter, Erg Chebbi sand dunes, Roman Archaeological Site of Volubilis, and Fes Medina.

Interested in learning more? Come to one of our informational sessions in Room D202 on Tuesday, August 18 or Wednesday, August 26 at 11 a.m.

MORE INFO https://groups.goaheadtours.com/tours/highlights-of-morocco-marrakech-the-sahara-fes







SPRING SOUTHERN TOUR

February 2027

Join Lifelong Learners for a memorable Spring Southern Tour in February 2027 as we journey through the rich history, music, and culture of the South. Traveling from St. Joseph, Missouri, through Little Rock and Vicksburg to vibrant New Orleans, Louisiana, participants will experience historic landmarks, regional traditions, scenic landscapes, and Southern hospitality along the way.

Details to be announced at future travel sessions.

Interested in learning more? Come to one of our informational sessions.

August 18, 10 a.m.
August 26, 10 a.m.
September, 10 a.m.
September 23 at 10 a.m.
October 13, 10 a.m.
November 24, 10 a.m.
December 15, 10 a.m.

LOCATION Informational sessions will be held in Room D202, Entrance 14, Parking Lot 4

MEMBERSHIP Required

CONTACT Juline Albert
712-574-9492 / travelwithdrjuli@gmail.com



MORE INFO OR REGISTER

Sue Owens / 712-317-3442 / sue.owens@witcc.edu
Juline Albert / 712-574-9492 / travelwithdrjuli@gmail.com



Courtesy of Omaha Performing Arts

PHANTOM OF THE OPERA

Omaha Orpheum Theatre

"Cameron Mackintosh said, "I'm really delighted to bring Andrew Lloyd Webber's PHANTOM OF THE OPERA back to thrill American audiences once again after its phenomenal record-breaking run on Broadway. When I unveiled this new production in London after the pandemic many of our brilliant original creative team, including Hal Prince, Gillian Lynne and Maria Björnson, were sadly no longer with us. Our exciting new team, inspired by their predecessors' glorious work, updated certain aspects of the production that resulted in a dazzlingly fresh version of the much-loved original, which was rapturously received by audiences and critics alike. So, as we raise our even more sensational chandelier across North America, you can once again thrill to Andrew's soaring music of the night and be swept away by a revitalized PHANTOM in all its glory!"

– From Omaha.Broadway.com

Saturday, February 27; 9 a.m. to 7 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 8:45 a.m.
FEE $160 (includes ticket, meal, and transportation)
MEMBERSHIP Required
COURSE #27/FY-CPDV-3043-01

***Early registration is recommended.** Full payment is due on booking. For an additional fee of $25 you may purchase the cancellation waiver which provides a refund of the trip price at any time for any reason. We regret that there can be no refunds unless you have purchased the waiver. The waiver must be purchased at the time of the ticket purchase. **Waiver #27/FY-CPDV-3043-02 .**



Courtesy of Omaha Performing Arts

HELL'S KITCHEN

Omaha Orpheum Theatre

"Hell's Kitchen, the award-winning Broadway musical created and inspired by 17-time Grammy® Award winner Alicia Keys, takes you on the journey of Ali — a 17-year-old girl full of fire.

Relatable, raw, and refreshingly fun, it's a celebration of finding yourself, your purpose, and the people who lift you up. The music — a mix of Keys' greatest hits and new songs written exclusively for the show — and exhilarating choreography bring to life a story that speaks to you no matter where you're from, where you've been, or where you're going.

Feel the energy of this multi-award-winning musical and experience where dreams begin."

– From Ticket Omaha

Saturday, June 26; 9 a.m. to 7 p.m.

LOCATION Park in Parking Lot 2B
BOARDING Bus arrives at 8:45 a.m.
FEE $160 (includes ticket, meal, and transportation)
MEMBERSHIP Required
COURSE #27/FY-CPDV-3043-03

***Early registration is recommended.** Full payment is due on booking. For an additional fee of $25 you may purchase the cancellation waiver which provides a refund of the trip price at any time for any reason. We regret that there can be no refunds unless you have purchased the waiver. The waiver must be purchased at the time of the ticket purchase. **Waiver #27/FY-CPDV-3043-04 .**



MY OMAHA: FILM SCREENING AND DISCUSSION

Join us on campus November 4th for a screening of *My Omaha* followed by a discussion with documentarian Nick Beaulieu and community activity Leo Louis II. Nick's father is from Sioux City and he is excited to bring this work to our community—a place he has great affection for and memories of.

Set in Omaha, Nebraska — where the legacies of Malcolm X, racial segregation, and political division still shape everyday life — *My Omaha* follows filmmaker Nick Beaulieu as he documents his city's racial justice movement while attempting to reconnect with his terminally ill father Randy, a staunch Trump supporter. As activist Leo Louis II draws Nick deeper into North Omaha's struggle and resilience, the film becomes an intimate portrait of family, race, and the uneasy search for truth inside modern America.

While confirmed, this event is still in planning stages, so watch for updates regarding location, time, and events connected to this visit. If you would like to discuss supporting this event financially, please contact Kendra.Hall@witcc.edu.

Save the date: Wednesday, November 4

Scan this code to visit the My Omaha website and watch the trailer. (https://www.myomahafilm.com/)

COMMUNITY CHOIR

Join the Western Iowa Tech Community Choir. Vocal Music Instructor and Director of Choral Activities, **William Darwin, Jr.**, will lead the choir on Tuesday nights. Every level of singer is welcome. The choir will perform at least once a semester. Singing in a choir is incredible for your well-being. Numerous studies show it can relieve stress, boost the immune system, and build a sense of belonging. Join the WIT community choir to create lovely harmony in your life.

Tuesdays, September 15 to May 11; 5:30 to 6:30 p.m.

LOCATION Room D215, Entrance 14, Parking Lot 4
FEE No charge
MEMBERSHIP Not required

CONTACT William Darwin, Jr.
712.317.3409 / william.darwin@witcc.edu

FALL SESSION
Tuesdays, September 22 to December 15, 2026; 5:30 to 6:30 p.m.
COURSE #27/FY-CPDV-3439-01

SPRING SESSION
Tuesdays, January 26 to May 11, 2027; 5:30 to 6:30 p.m.
(Choir will not meet on February 23 due to Lewis and Clark Jazz Festival)
COURSE #27/FY-CPDV-3439-02



LEWIS & CLARK JAZZ FESTIVAL

The Fine Arts - Music Program of Western Iowa Tech Community College (WITCC) will host the annual Lewis and Clark Jazz Festival on February 23 and 24 from 8 a.m. to 6 p.m. at the Sioux City Campus, 4647 Stone Ave.

This is a free public event that provides middle and high school students from Iowa, Nebraska and South Dakota with the opportunity to experience jazz music through spirited competitions.

The vocal jazz competition will be held in Cargill Auditorium, and the instrumental jazz competition will be held in the Rocklin Conference Center. WITCC hosts the event to give students an opportunity to perform and receive feedback. Trophies are awarded for first through third place in each class. Awards are also given for outstanding soloists.

The mass communications program at WITCC will provide sound support and video/audio recording services for the festival and WITCC's choirs and other music students will offer assistance for directors, ensembles, and audience members from check-in to campus guides. For more information, contact William Darwin Jr. at 712-317-3409 or at william.darwin@witcc.edu.

Monday, February 22 and Tuesday, February 23; 8 a.m. to 6 p.m.

LOCATION Western Iowa Tech Community College
FEE No charge
MEMBERSHIP Not required

LIFELONG LEARNING PARTICIPATION AND POLICIES

LIFELONG LEARNING MEMBERSHIP

The annual membership fee for Lifelong Learning is $15 per fiscal year (July 1 through June 30). Membership is a requirement for many classes, but not all.

REGISTRATION

Registration is a requirement for participation in most Lifelong Learning classes. You can register by phone, in person, or by mail on or before the first session of the class. When registering, please give your name, address, phone number, and email.

You can register for classes, including Lifelong Learning membership, at the Registration Office in the Dr. Robert H. Kiser Building. Register with Sue Owens by phone at 712-317-3442 or email sue.owens@witcc.edu

You can view Lifelong Learning class information online at witcc.edu/lifelong-learning

We do not mail out written confirmation of your registration. If you need information or want to check any details about your class, call Registration at 712-274-6404.

ATTENDING A ZOOM SESSION

Once you have registered for your class or workshop, please make sure to give the person registering you your most recent email address. You will be sent an email from sue.owens@witcc.edu. It will have all the Zoom login information you will need to attend the class. Questions? Contact Sue Owens at 712-317-3442 or sue.owens@witcc.edu.

PAYMENT

Payment is required in full on or before the first time the class meets. You can send in your check with your registration or pay in person at the cashier's desk in the Dr. Robert H. Kiser Building during normal business hours. You can also pay by credit card over the phone by calling 712-274-8733, ext. 1210.

WAITING LIST

If you find that one of your selections is full, we encourage you to put your name on the waiting list. To check your status after you have been wait listed, please call Registration at 712-274-6404.

CANCELLATION POLICY FOR CLASSES

Remember to cancel your registration if you can't attend. You will be charged for any class which has a fee that you register for but don't attend. Cancellations must be directed to WIT Registration no less than two business days before the start of the class (712-274-6404).

CANCELLATION POLICY FOR TRIPS

We realize that life happens and you may not be able to attend a planned trip. A cancellation waiver is now available for purchase with your reservation so you can receive a full refund no questions asked. Please see trip details for specifics. Without the waiver, trip reservations must be canceled eleven business days in advance for a full refund to Sue Owens by phone at 712-317-3442 or email sue.owens@witcc.edu.

CANCELED CLASSES DUE TO LOW ENROLLMENT

If Lifelong Learning classes are canceled due to low enrollment, we will do everything possible to notify you in advance, and we will send you a full refund.

CANCELED CLASSES DUE TO WEATHER, ILLNESS, AND OTHER CAUSES

Sometimes a class is canceled due to weather or other unforeseen circumstances. In these cases, we do all we can to inform registered students in a timely fashion. Sometimes, it is not possible to reach you in time. In these circumstances, we will work with you to find a satisfactory resolution.

JULY

7/4			Campus Closed - July 4th Holiday		
7/6	9:30 AM	Mon.	Chair Cardio	W203	Page 23
7/7	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
7/7	10:00 AM	Tues.	Write Away!	C142	Page 19
7/9	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
7/13	9:30 AM	Mon.	Chair Cardio	W203	Page 23
7/14	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
7/14	10:00 AM	Tues.	Write Away!	C142	Page 19
7/16	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
7/21	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
7/21	10:00 AM	Tues.	Write Away!	C142	Page 19
7/23	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
7/27	9:30 AM	Mon.	Chair Cardio	W203	Page 23
7/28	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
7/28	10:00 AM	Tues.	Write Away!	C142	Page 19
7/30	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23

AUGUST

8/1	TBA	Sat.	Easter Island Trip Departure	Pk Lot 2B	
8/3	9:30 AM	Mon.	Chair Cardio	W203	Page 23
8/4	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
8/4	10:00 AM	Tues.	Write Away!	L404	Page 19
8/6	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
8/10	6:30 AM	Mon.	Easter Island Trip Return	Parking Lot 2B	
8/10	9:30 AM	Mon.	Chair Cardio	W203	Page 23
8/11	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
8/11	10:00 AM	Tues.	Write Away!	L404	Page 19
8/12	1:00 PM	Wed.	Make Your Own Laundry Soap	Coffee Spot	Page 14
8/13	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
8/17	9:30 AM	Mon.	Chair Cardio	W203	Page 23
8/18	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
8/18	10:00 AM	Tues.	Write Away!	L404	Page 19
8/18	10:00 AM	Tues.	Travel Information Session	D202	Page 62
8/20	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
8/22	10:00 AM	Sat.	Beginner Ceramic Painting	C129	Page 15
8/24	9:30 AM	Mon.	Chair Cardio	W203	Page 23
8/25	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
8/25	10:00 AM	Tues.	Write Away!	L404	Page 19
8/26	10:00 AM	Wed.	Travel Information Session	D202	Page 62
8/26	10:15 AM	Wed.	Chair Yoga	W203	Page 22
8/27	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
8/27	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
8/27	6:00 PM	Thurs.	Smooth Sailing Through Medicare	Cargill Auditorium	Page 24
8/29	10:00 AM	Sat.	Beginner Ceramic Painting	C129	Page 15
8/31	9:30 AM	Mon.	Chair Cardio	W203	Page 23

SEPTEMBER

9/1	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
9/1	10:00 AM	Tues.	Write Away!	L404	Page 19
9/2	10:15 AM	Wed.	Chair Yoga	W203	Page 22
9/2	12 Noon	Wed.	Book Club	L110	Page 29
9/3	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
9/3	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
9/3	1:00PM	Thurs.	Everyday Uses of AI	D202	Page 34
9/7		Mon.	Labor Day Holiday - Campus Closed		Page 23
9/8	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
9/8	10:00 AM	Tues.	Write Away!	L404	Page 19
9/9	10:15 AM	Wed.	Chair Yoga	W203	Page 22
9/9	11:00 AM	Wed.	Travel Information Session	D202	Page 62
9/10	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
9/10	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
9/10	1:00PM	Thurs.	Behind the Scrubs: A Lifelong Learner's Tour of WITCC Nursing	L426	Page 53
9/12	9:00 AM	Sat.	Advanced Ceramic Painting	C129	Page 15
9/14	9:30 AM	Mon.	Chair Cardio	W203	Page 23
9/14	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
9/14	11:00 AM	Mon.	Bingocize	L304	Page 24
9/14	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
9/15	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
9/15	10:00 AM	Tues.	Write Away!	L404	Page 19
9/15	10:00 AM	Tues.	Travel Information Session	D202	Page 62
9/15	6:00 PM	Tues.	Celebrate Lifelong Learning Fair	Rocklin Conference Ce	Page 9
9/16	10:15 AM	Wed.	Chair Yoga	W203	Page 22
9/16	11:00 AM	Wed.	Bingocize	L304	Page 24
9/16	11:00 AM	Wed.	Armchair Travel: Celebrating WITCC & Lifelong Learning Through the Years	Cargill Auditorium	Page 9
9/16	1:00PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
9/17	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
9/17	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
9/17	6:00 PM	Thurs.	Breakfast Meal Prep	Zoom	Page 12
9/18	9:00 AM	Friday	Fall Mystery Trip	Parking Lot 2B	Page 57
9/19	9:00 AM	Sat.	Watercolor Painting Class	C129	Pages 16-17
9/19	12:30 AM	Sat.	Colored Pencil Class	C129	Pages 16-17
9/21	9:30 AM	Mon.	Chair Cardio	W203	Page 23
9/21	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
9/21	11:00 AM	Mon.	Bingocize	L304	Page 24
9/21	12 Noon	Mon.	Words That Changed The World: Part One	Cargill Auditorium	Pages 40-41
9/21	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
9/21	6:30 PM	Mon.	Words That Changed The World: Part One	Zoom	Pages 40-41
9/22	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
9/22	10:00 AM	Tues.	Write Away!	L404	Page 19
9/22	5:30 PM	Tues.	Community Choir	D215	Page 68
9/22	6:00 PM	Tues.	Walk Like an Eqyptian with Mary Vaught and Juline Albert	D202	Page 45
9/22	10:15 AM	Wed.	Chair Yoga	W203	Page 22
9/23	10:00 AM	Wed.	Travel Information Session	D202	Page 62
9/23	11:00 AM	Wed.	Bingocize	L304	Page 24
9/23	1:00PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25

SEPTEMBER

9/23	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
9/24	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
9/24	11:00 AM	Thurs.	Roadtrip to Sioux City: US 20 and US 75 at 100	Cargill Auditorium	Page 47
9/24	6:00 PM	Thurs.	Make Your Own Mixes	Zoom	Page 13
9/24	9:00 AM	Sat.	Watercolor Painting Class	C129	Pages 16-17
9/25	12:30 AM	Sat.	Colored Pencil Class	C129	Pages 16-17
9/25	9:30 AM	Mon.	Chair Cardio	W203	Page 23
9/28	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
9/28	12 Noon	Mon.	Words That Changed The World: Part Two	Cargill Auditorium	Pages 40-41
9/28	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
9/28	6:30 PM	Mon.	Words That Changed The World: Part Two	Zoom	Pages 40-41
9/28	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
9/38	11:00 AM	Wed.	Bingocize	L304	Page 24
9/29	1:00 PM	Tues.	Boone and Scenic Valley Railroad Dinner Train	Parking Lot 2B	Page 51
9/29	5:30 PM	Tues.	Community Choir	D215	Page 68
9/30	10:15 AM	Wed.	Chair Yoga	W203	Page 22
9/30	11:00 AM	Wed.	Bingocize	L304	Page 24
9/30	1:00PM	Wed.	Beginning Bridge	Atrium Game Area	Page 25
9/30	1:00 PM	Wed.	Dental Assisting Lab Tour	L221	Page 53

OCTOBER

10/1	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
10/1	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
10/2	TBA	Thurs.	Depart on Colorado Springs Trip	Parking Lot 2B	Page 59
10/3	9:00 AM	Sat.	Watercolor Painting Class	C129	Pages 16-17
10/3	12:30 AM	Sat.	Colored Pencil Class	C129	Pages 16-17
10/5	9:30 AM	Mon.	Chair Cardio	W203	Page 23
10/5	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
10/5	11:00 AM	Mon.	Bingocize	L304	Page 24
10/5	12 Noon	Mon.	Words That Changed The World: Part Three	Cargill Auditorium	Pages 40-41
10/5	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
10/5	6:30 PM	Mon.	Words That Changed The World: Part Three	Zoom	Pages 40-41
10/6	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
10/6	10:00 AM	Tues.	Write Away!	L404	Page 19
10/6	5:30 PM	Tues.	Community Choir	D215	Page 68
10/7	TBA	Tues.	Return from Colorado Springs Trip	Parking Lot 2B	Page 59
10/7	10:15 AM	Wed.	Chair Yoga	W203	Page 22
10/7	11:00 AM	Wed.	Bingocize	L304	Page 24
10/7	12 Noon	Wed.	Book Club	L110	Page 30
10/7	1:00 PM	Wed.	Beginning Bridge	D202	Page 25
10/8	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
10/8	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
10/8	11:00 AM	Thurs.	American Red Cross: Fire Preparedness	L136	Page 49
10/8	7:00 PM	Thurs.	Ptolemaic Egypt II	D202	Page 45
10/9	9:00 AM	Friday	Explore the Josalyn Art Museum in Omaha	Parking Lot 2B	Page 54
10/10	9:00 AM	Sat.	Watercolor Painting Class	C129	Pages 16-17
10/10	12:30 AM	Sat.	Colored Pencil Class	C129	Pages 16-17
10/12	9:30 AM	Mon.	Chair Cardio	W203	Page 23
10/12	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
10/12	11:00 AM	Mon.	Bingocize	L304	Page 25

OCTOBER

10/12	12 Noon	Mon.	Don't Know Much About POW Camps in the Great Plains	Cargill Auditorium	Page 36
10/12	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
10/12	6:30 PM	Mon.	Don't Know Much About POW Camps in the Great Plains	Zoom	Page 36
10/13	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
10/13	10:00 AM	Tues.	Write Away!	L404	Page 19
10/13	10:00 AM	Wed.	Travel Information Session	D202	Page 62
10/13	12 Noon	Tues.	Building a Truth Toolkit: Critical Thinking Strategies for Active Citizens	Cargill Auditorium	Page 18
10/13	5:30 PM	Tues.	Community Choir	D215	Page 68
10/13	6:00 PM	Tues.	Smooth Sailing Through Medicare	Cargill Auditorium	Page 24
10/14	8:00 AM	Wed.	Staff Development - Campus Closed		
10/15	8:00 AM	Wed.	Staff Development - Campus Closed		
10/15	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
10/19	9:30 AM	Mon.	Chair Cardio	W203	Page 23
10/19	10:00 AM	Mon.	Crochet A Stuffed Critter	A454	Page 18
10/19	11:00 AM	Mon.	Bingocize	L304	Page 24
10/19	12 Noon	Mon.	Regional Greats: Robert Ray	Cargill Auditorium	Page 37
10/19	12:30 PM	Mon.	Knit a Stuffed Critter	A454	Page 18
10/19	6:30 PM	Mon.	Regional Greats: Robert Ray	Zoom	Page 37
10/20	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
10/20	10:00 AM	Tues.	Write Away!	L404	Page 19
10/20	1:00 PM	Tues.	Tour of Iowa DOT District 3 Office	6409 Gordon Drive	Page 55
10/20	6:00 PM	Tues.	Freezer Meals	Zoom	Page 12
10/20	5:30 PM	Tues.	Community Choir	D215	Page 68
10/21	10:15 AM	Wed.	Chair Yoga	W203	Page 22
10/21	11:00 AM	Wed.	Bingocize	L304	Page 24
10/21	11:00 AM	Wed.	Armchair Travel: Siouxland Cemetary Art and Celebrity Burials	Cargill Auditorium	Page 50
10/22	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
10/22	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
10/22	11:00 AM	Thurs.	Sioux City True Crime: Sensational Stories	Cargill Auditorium	Page 48
10/22	7:00 PM	Thurs.	Everyday Life in Ancient Egypt	D202	Page 45
10/26	9:30 AM	Mon.	Chair Cardio	W203	Page 23
10/26	11:00 AM	Mon.	Bingocize	L304	Page 24
10/26	12 Noon	Mon.	Regional Greats: Harold Hughes	Cargill Auditorium	Page 37
10/26	6:30 PM	Mon.	Regional Greats: Harold Hughes	Zoom	Page 37
10/27	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
10/27	10:00 AM	Tues.	Write Away!	L404	Page 19
10/27	5:30 PM	Tues.	Community Choir	D215	Page 68
10/28	10:15 AM	Wed.	Chair Yoga	W203	Page 22
10/28	11:00 AM	Wed.	Bingocize	L304	Page 24
10/28	1:00 PM	Wed.	Smart Phone Camera Uses Beyond Photography	D202	Page 34
10/29	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
10/29	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
10/29	7:00 PM	Thurs.	Fall Choral Showcase	Cargill Auditorium	

NOVEMBER

11/2	9:30 AM	Mon.	Chair Cardio	W203	Page 23
11/2	11:00 AM	Mon.	Bingocize	L304	Page 24

NOVEMBER

11/2	12 Noon	Mon.	Dunker Leadership Series - Betty Ford	Cargill Auditorium	Pages 38-39
11/2	6:30 PM	Mon.	Dunker Leadership Series - Betty Ford	Zoom	Pages 38-39
11/3	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
11/3	10:00 AM	Tues.	Write Away!	L404	Page 19
11/3	5:30 PM	Tues.	Community Choir	D215	Page 68
11/4	10:15 AM	Wed.	Chair Yoga	W203	Page 22
11/4	11:00 AM	Wed.	Bingocize	L304	Page 24
11/4	11:00 AM	Wed.	Enhance Your Home During The Holidays with Plants	4728 Southern Hills Dr	Page 20
11/4	12 Noon	Wed.	Book Club	L110	Page 31
11/4	TBA	Wed.	My Omaha: Film Screening and Discussion	TBA	Page 68
11/5	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
11/5	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
11/5	11:00 AM	Thurs.	Unlimited: TEDX Western Iowa Tech	Rocklin Conference Ce	Page 43
11/5	6:00 PM	Thurs.	Explore the Foods of Brazil	D201	Page 11
11/6	9:00 AM	Friday	Morning Mystery Trip	Parking Lot 2B	Page 57
11/9	9:30 AM	Mon.	Chair Cardio	W203	Page 23
11/9	11:00 AM	Mon.	Bingocize	L304	Page 24
11/9	12 Noon	Mon.	The Dunker Leadership Series - Harriet Tubman	Cargill Auditorium	Pages 38-39
11/9	6:30 PM	Mon.	The Dunker Leadership Series - Harriet Tubman	Zoom	Pages 38-39
11/10	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
11/10	10:00 AM	Tues.	Write Away!	L404	Page 19
11/10	11:00 AM	Tues.	Who Gets Grandma's Yellow Pie Plate	D201	Page 20
11/10	5:30 PM	Tues.	Community Choir	D215	Page 68
11/11	10:15 AM	Wed.	Chair Yoga	W203	Page 22
11/11	11:00 AM	Wed.	Bingocize	L304	Page 24
11/12	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
11/12	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
11/12	11:00 AM	Thurs.	Sioux City Water Works	Cargill Auditorium	Page 47
11/12	6:00 PM	Thurs.	Rock Around the Clock	Cargill Auditorium	Page 42
11/16	9:30 AM	Mon.	Chair Cardio	W203	Page 23
11/16	11:00 AM	Mon.	Bingocize	L304	Page 24
11/17	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
11/17	10:00 AM	Tues.	Write Away!	L404	Page 19
11/17	11:00 AM	Tues.	Stay Independent: Thriving in Place	D202	Page 21
11/17	5:30 PM	Tues.	Community Choir	D215	Page 68
11/17	6:00 PM	Tues.	Freezer Meals for One or Two	Zoom	Page 12
11/18	10:15 AM	Wed.	Chair Yoga	W203	Page 22
11/18	11:00 AM	Wed.	Bingocize	L304	Page 24
11/18	1:00 PM	Wed.	Tour of the Community Action Agency of Siouxland	2700 Leach Avenue	Page 56
11/19	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
11/19	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
11/19	11:00 AM	Tues.	Exploring Phantom of the Opera	D202	Page 27
11/19	7:00 PM	Thurs.	Faculty Recital - Christmas Special	Cargill Auditorium	
11/23	9:30 AM	Mon.	Chair Cardio	W203	Page 23
11/23	11:00 AM	Mon.	Bingocize	L304	Page 24
11/23	6:00 PM	Mon.	Delicious Dips	Zoom	Page 13
11/24	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
11/24	10:00 AM	Tues.	Write Away!	L404	Page 19
11/24	10:00 AM	Tues.	Travel Information Session	D202	Page 62
11/24	5:30 PM	Tues.	Community Choir	D215	Page 68

NOVEMBER

11/25	10:15 AM	Wed.	Chair Yoga	W203	Page 22
11/26		Thurs.	Thanksgiving Holiday - Campus Closed		
11/27		Friday	Thanksgiving Holiday - Campus Closed		
11/30	9:30 AM	Mon.	Chair Cardio	W203	Page 23

DECEMBER

12/1	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
12/1	5:30 PM	Tues.	Community Choir	D215	Page 68
12/2	12 Noon	Wed.	White Elephant Book Exchange	L110	Page 32
12/3	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
12/3	11:00 AM	Thurs.	Sioux City Houses of Worship	Cargill Auditorium	Page 47
12/3	6:00 PM	Thurs.	Holiday Goodie Trays	Zoom	Page 13
12/7	9:30 AM	Mon.	Chair Cardio	W203	Page 23
12/8	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
12/8	11:00 AM	Tues.	Powerful Tools for Caregivers: Managing Stress	Cargill Auditorium	Page 21
12/8	5:30 PM	Tues.	Community Choir	D215	Page 68
12/10	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
12/10	11:00 AM	Thurs.	Holiday Gathering	L136	Page 26
12/10	7:00 PM	Thurs.	A WITCC Winter Concert	Cargill Auditorium	
12/14	9:30 AM	Mon.	Chair Cardio	W203	Page 23
12/15	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
12/15	11:00 AM	Tues.	Travel Information Session	D202	Page 62
12/15	5:30 PM	Tues.	Community Choir	D215	Page 68
12/17	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
12/21	9:30 AM	Mon.	Chair Cardio	W203	Page 23
12/22	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
12/24		Tues.	Winter Break - Campus Closed Through January 1		Page 21
6/23	10:00 AM	Tues.	Write Away	L404	Page 17
6/23	2:00 PM	Tues.	Social Media Legacy Accounts	D202	Page 32
6/25	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 21
6/25	2:00 PM	Thurs.	Scams and Staying Safe Online: How to Spot Fake Texts and Emails	D202	Page 33
6/29	9:00 AM	Mon.	Chair Cardio	W203	Page 21
6/30	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 21

JANUARY

1/4	9:30 AM	Mon.	Chair Cardio	W203	Page 23
1/5	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
1/5	10:00 AM	Tues.	Write Away!	L404	Page 19
1/6	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/7	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/7	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
1/11	9:30 AM	Mon.	Chair Cardio	W203	Page 23
1/12	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
1/12	10:00 AM	Tues.	Write Away!	L404	Page 19
1/12	2:00 PM	Tues.	Making the Most of Your iPad or iPhone	D202	Page 34
1/13	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/14	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/14	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23

JANUARY

1/14	2:00 PM	Tues.	Making the Most of Your iPad or iPhone	D202	Page 34
1/18	9:30 AM	Mon.	Chair Cardio	W203	Page 23
1/19	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
1/19	10:00 AM	Tues.	Write Away!	L404	Page 19
1/19	2:00 PM	Tues.	Death and Social Media	L304	Page 35
1/20	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/21	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/21	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
1/21	2:00 PM	Thurs.	Scams and Staying Safe Online	D202	Page 35
1/25	9:30 AM	Mon.	Chair Cardio	W203	Page 23
1/26	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
1/26	10:00 AM	Tues.	Write Away!	L404	Page 19
1/26	2:00 PM	Tues.	Streaming Services and the Cloud	D202	Page 35
1/26	5:30 PM	Tues.	Community Choir	D215	Page 68
1/27	10:15 AM	Wed.	Chair Yoga	W203	Page 22
1/28	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
1/28	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
1/28	2:00 PM	Thurs.	Explore the Photos App	L304	Page 35

FEBRUARY

2/1	9:30 AM	Mon.	Chair Cardio	W203	Page 23
2/2	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
2/2	10:00 AM	Tues.	Write Away!	L404	Page 19
2/2	5:30 PM	Tues.	Community Choir	D215	Page 68
2/3	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/3	12 Noon	Wed.	Book Club	L110	Page 29
2/4	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/4	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
2/4	6:00 PM	Thurs.	Guest Mystery Chef	D201	Page 11
2/8	9:30 AM	Mon.	Chair Cardio	W203	Page 23
2/9	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
2/9	10:00 AM	Tues.	Write Away!	L404	Page 19
2/9	5:30 PM	Tues.	Community Choir	D215	Page 68
2/10	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/11	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/11	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
2/15	9:30 AM	Mon.	Chair Cardio	W203	Page 23
2/16	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
2/16	10:00 AM	Tues.	Write Away!	L404	Page 19
2/16	5:30 PM	Tues.	Community Choir	D215	Page 68
2/18	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
2/22	9:30 AM	Mon.	Chair Cardio	W203	Page 23
2/22		Mon.	Lewis and Clark Jazz Festival	Cargill Auditorium	Page 69
2/23		Tues.	Lewis and Clark Jazz Festival	Cargill Auditorium	Page 69
2/23	9:30 AM	Tues.	Stretch and Flex	Gym Floor	Page 23
2/23	10:00 AM	Tues.	Write Away!	L404	Page 19
2/24	10:15 AM	Wed.	Chair Yoga	W203	Page 22
2/25	9:30 AM	Thurs.	Chair Yoga	Zoom	Page 22
2/25	9:30 AM	Thurs.	Stretch and Flex	Gym Floor	Page 23
2/27	9:00 AM	Sat.	Phantom of the Opera at the Omaha Orpheum	Parking Lot 2B	Page 66


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5
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